

## 2018 Metrowest Summary Sheet† | Healthy Aging Indicators in Metrowest, MA

	2018 State %	2018 Metrowest Weighted %*	2018 Metrowest Range	2018 Metrowest Count**
<b>Population Count (65+)</b>				
Total 65+ population			683-10,193	69,502
% 65-74	55.34%	57.12%	42.55-74.39%	40,684
% 75-84	29.43%	28.60%	17.72-35.67%	19,351
% 85 years and older	15.23%	14.28%	6.36-26.60%	9,467
<b>General Demographics and lifestyle (65+)</b>				
Living alone	30.21%	26.61%	11.27-43.98%	18,585
Female	57.23%	55.67%	45.11-63.62%	38,723
Veterans	18.84%	18.77%	15.41-27.70%	13,060
Employed in the past year	24.33%	28.69%	20.54-45.30%	20,009
Income below poverty line	8.70%	5.03%	0-9.89%	3,513
Substance misuse (drugs +/- alcohol)	6.62%	5.93%	4.25-9.84%	4,111
Tobacco use disorders	10.21%	7.60%	2.67-11.24%	5,202
Far from supermarket (1mi urban, 10mi rural)	29.26%	48.26%	0-100%	33,035
<b>Race/Ethnicity (65+)</b>				
White	90.01%	93.62%	89.79-100%	65,018
Asian	3.22%	3.49%	0-7.17%	2,500
Hispanic/Latino	3.81%	2.58%	0-8.74%	1,780
African American	4.28%	1.50%	0-4.97%	1,036
Other	2.49%	1.39%	0-3.49%	955
<b>Marital Status (65+)</b>				
Married	52.48%	58.37%	41.49-77.40%	40,475
Widowed	25.50%	22.93%	8.72-30.96%	15,958
Divorced/separated	14.00%	12.19%	3.85-19.36%	8,516
Never married	8.02%	6.51%	1.79-10.34%	4,560
<b>Medicare population (65+)</b>				
Medicare managed care enrollees	23.14%	23.59%	15.19-36.53%	16,440
Dually eligible for Medicare and Medicaid	16.75%	10.37%	2.11-16.51%	7,191
<b>Living with Disability (65+)</b>				
Self-reported vision difficulty	5.79%	4.55%	0.98 – 15.60%	3,168
Self-reported hearing difficulty	14.15%	11.81%	5.44-21.32%	8,227
Self-reported cognition difficulty	8.31%	6.34%	1.74-10.05%	4,416
Self-reported self-care difficulty	7.85%	6.58%	2.13-10.65%	4,548
Self-reported ambulatory difficulty	20.16%	15.49%	9.34-20.54%	10,770
Self-reported independent living difficulty	14.33%	11.34%	5.03-15.98%	7,879
<b>Chronic Disease (65+)</b>				
Alzheimer's disease or related dementias	13.56%	13.77%	8.81-16.59%	9,604
Fibromyalgia, chronic pain, fatigue	19.75%	19.30%	13.33-22.73%	13,452
4+ chronic conditions (out of 15)	60.68%	58.30%	48.54-64.31%	40,535
No chronic conditions (out of 15)	7.28%	7.67%	5.13-12.75%	5,355
(over)				

Data from: Massachusetts Healthy Aging Data Report, December 2018. [healthyagingdatareports.org](http://healthyagingdatareports.org)

Metrics were available at community, county, and other geographic levels.

There may be variability due to sampling.



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<b>Population and General Demographics (60+)</b>				
Total population 60+			986-14,425	99,561
Have a regular doctor	96.43%	97.59%	96.47-98.37%	97,186
Did not see doctor due to cost	4.09%	2.57%	1.41-5.16%	2,526
LGBT	3.25%	2.89%	2.46-3.13%	2,885
Homeowners	79.66%	79.79%	70.03-95.78%	79,454
<b>Nutrition/Diet (60+)</b>				
5+ servings of fruits or vegetables/day	21.54%	23.09%	16.93-27.22%	23,131
Obese (Self-report)	23.14%	21.55%	11.32-26.35%	21,282
Obese (clinical)	19.01%	17.28%	10.27-24.52%	11,947
Receiving food stamps in past year	12.30%	5.84%	0-11.44%	5,822
<b>Wellness and Prevention (60+)</b>				
Any physical activity last month	73.30%	75.02%	68.15-88.26%	74,848
Met guidelines for both types of physical activity	20.76%	23.91%	15.12-31.42%	23,939
Met guidelines for aerobic physical activity	56.75%	60.12%	50.20-66.57%	60,009
Met guidelines for muscle-strengthening activity	27.70%	29.27%	23.42-39.39%	29,223
Met CDC preventive health screening goals	35.02%	37.08%	31.80-39.57%	37,016
Current smokers	8.52%	6.47%	1.56-10.22%	6,337
Excessive drinking	9.30%	7.53%	6.17-13.72%	7,477
Getting recommended hours of sleep	62.74%	65.80%	56.38-70.12%	65,650
Live where smoking is not allowed	84.68%	87.68%	80.84-91.75%	87,394
Mammogram within last 2 years (women)	84.82%	86.45%	82.59-88.89%	86,095
Colorectal cancer screening	63.32%	63.99%	58.44-67.54%	63,738
Cholesterol screening	95.75%	97.45%	95.41-98.73%	97,016
Flu shot past year	60.84%	60.05%	55.47-71.09%	59,977
Pneumonia vaccine (65+)	72.02%	74.32%	68.01-78.65%	51,696
Shingles vaccine	39.66%	42.77%	32.22-55.67%	42,809
With physical exam in past year	89.35%	89.46%	87.64-91.55%	89,108
With annual dental exam	77.54%	82.90%	70.72-89.05%	82,701
Ever tested for HIV	15.60%	14.61%	10.77-17.91%	14,635
Always wear seatbelt while driving	86.35%	90.03%	84.78-94.37%	89,702
<b>Physical/Mental Health (60+)</b>				
With self-reported fair or poor health status	17.98%	14.83%	9.87-18.18%	14,748
Injured with a fall in past year	10.58%	8.43%	6.95-9.87%	8,408
15+ physically unhealthy days in last month	12.73%	9.32%	6.94-14.02%	9,206
15+ days poor mental health last month	6.97%	5.25%	4.08-7.92%	5,220
Lost 6 or more teeth	32.46%	25.45%	14.56-36.49%	25,014
High cholesterol (65+)	74.99%	74.78%	66.56-80.79%	51,872
Ever diagnosed with depression (65+)	31.47%	29.70%	20.18-33.56%	20,722

† Metrowest as defined by Metrowest Health Foundation [mwhealth.org/Who-We-Are/Communities-Served](http://mwhealth.org/Who-We-Are/Communities-Served).

Total Metrowest population is roughly 494,000

\*Averages were weighted by community population size. The total 60+, 65+, or general population counts were used for calculating weights as appropriate

\*\*The Metrowest count was calculated using the calculated weighted average for each variable.

