

## Hopkinton (Washington)

Hopkinton is a town in Washington County with 1,265 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anemia, glaucoma, migraine and other chronic headache, peripheral vascular disease, anxiety disorder, schizophrenia and other psychotic disorders, and personality disorder. However, they had higher rates of COPD and opioid use disorder. They are less likely to take the health promotion step of getting a pneumonia vaccine. Community resources to support healthy aging include 4 primary care providers within 5 miles; 8 home health agencies, a community health center, 2 hospice agencies, a senior center, and 2 public libraries.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		8,111	1,056,611
Median age of females		45.2	41.6
Median age of males		45.3	38.1
Population 60 years or older as % of total population		23.9%	23.0%
Total population 60 years or older		1,937	243,523
Population 65 years or older as % of total population		15.6%	16.5%
Total population 65 years or older		1,265	174,210
% 65-74 years	*	69.2%	55.6%
% 75-84 years		24.7%	28.9%
% 85 years or older	*	6.1%	15.5%
% 65+ population who are female		54.5%	57.2%
% 85+ population who are female		80.5%	69.7%
Race and ethnicity of the population 65+			
% White		95.3%	92.0%
% African American		0.0%	3.2%
% Asian		4.7%	1.6%
% Other race		0.0%	3.3%
% Hispanic/Latino	*	0.0%	4.9%
Marital status of the population 65+			
% married	*	63.6%	51.3%
% divorced/separated		14.1%	15.7%
% widowed		18.6%	25.0%
% never married		3.8%	8.0%
Education of the population 65+			
% with less than high school education	*	11.2%	19.1%
% with high school or some college		57.1%	52.9%
% with college degree		21.2%	14.2%
% with graduate or professional degree		10.5%	13.9%
% of 65+ population who speak only English at home	*	94.2%	82.9%
% of 65+ population who are veterans of military service		17.7%	19.0%
% of 60+ who are LGBT		1.8%	2.8%
Age-sex adjusted 1-year mortality rate		5.5%	4.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>WELLNESS</b>			
% 60+ getting the recommended hours of sleep		63.5%	63.0%
% 60+ doing any physical activity within last month		73.6%	71.0%
% 60+ met CDC guidelines for muscle-strengthening activity		29.4%	25.0%
% 60+ met CDC guidelines for aerobic physical activity		58.7%	54.3%
% 60+ with fair or poor health status		16.3%	19.5%
% 60+ with 15+ physically unhealthy days in last month		14.2%	14.5%
<b>FALLS</b>			
% 60+ who fell within last year		28.9%	26.3%
% 60+ who were injured in a fall within last year		9.1%	10.3%
% 65+ had hip fracture		3.0%	3.4%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in last year		90.6%	93.0%
% 60+ flu shot in last year		58.3%	60.6%
% 60+ with pneumonia vaccine	W	57.5%	67.7%
% 60+ with shingles vaccine		33.2%	35.3%
% 60+ women with a mammogram within last 2 years		82.1%	82.0%
% 60+ with colorectal cancer screening		77.9%	77.8%
% 60+ with HIV test		13.3%	15.8%
% 60+ met CDC preventive health screening goals		40.7%	39.2%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		19.8%	18.1%
% 65+ with poor supermarket access		0.0%	23.6%
% 60+ stressed about buying food in last month		8.9%	13.2%
% 60+ self-reported obese		28.3%	26.8%
% 65+ clinically diagnosed obesity		28.6%	29.3%
% 65+ with high cholesterol		80.6%	79.1%
% 60+ with cholesterol screening		97.9%	96.9%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance		56.4%	56.3%
% 60+ with annual dental exam		80.0%	75.9%
# of dentists per 100,000 persons (all ages)		74.0	64.7
% 60+ with loss of 6 or more teeth		27.7%	29.6%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		14.2%	13.1%
% 65+ with anemia	B	43.0%	50.0%
% 65+ with asthma		13.1%	14.9%
% 65+ with atrial fibrillation		15.6%	15.0%
% 65+ with autism spectrum disorder		N/A	0.04%
% 65+ with benign prostatic hyperplasia (men)		37.2%	42.2%
% 65+ with breast cancer (women)		9.1%	11.1%
% 65+ with cataract		65.5%	67.5%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with chronic kidney disease		30.4%	30.7%
% 65+ with chronic obstructive pulmonary disease	W	26.6%	22.9%
% 65+ with colon cancer		2.8%	2.7%
% 65+ with congestive heart failure		24.7%	21.6%
% 65+ with diabetes		35.9%	34.7%
% 65+ with endometrial cancer (women)		1.3%	1.9%
% 65+ with epilepsy		2.4%	2.9%
% 65+ with fibromyalgia, chronic pain and fatigue		26.5%	25.4%
% 65+ with glaucoma	B	23.2%	27.0%
% 65+ ever had a heart attack		4.7%	5.8%
% 65+ with HIV/AIDS		0.06%	0.12%
% 65+ with hypertension		78.5%	78.0%
% 65+ with hypothyroidism		20.5%	22.4%
% 65+ with ischemic heart disease		41.6%	41.8%
% 65+ with leukemias and lymphomas		2.4%	2.7%
% 65+ with liver disease		10.8%	9.9%
% 65+ with lung cancer		1.8%	2.1%
% 65+ with migraine and other chronic headache	B	4.1%	6.1%
% 65+ with osteoarthritis or rheumatoid arthritis		56.0%	56.2%
% 65+ with osteoporosis		18.2%	19.6%
% 65+ with peripheral vascular disease	B	22.0%	25.6%
% 65+ with pressure ulcer or chronic ulcer		8.4%	8.1%
% 65+ with prostate cancer (men)		15.3%	13.4%
% 65+ with stroke		10.2%	11.9%
% 65+ with traumatic brain injury		0.6%	1.0%
% 65+ with 4+ (out of 15) chronic conditions		61.9%	63.8%
% 65+ with 0 chronic conditions		7.6%	7.0%
<b>BEHAVIORAL HEALTH</b>			
# opioid deaths (all ages)		12	1,654
% 65+ with opioid use disorder	W	3.3%	1.9%
% 65+ with substance use disorder		8.6%	7.0%
% 60+ who used marijuana in last month		N/A	3.4%
% 60+ excessive drinking		7.9%	9.3%
% 65+ with tobacco use disorder		9.9%	10.8%
% 60+ current smokers		8.5%	8.7%
% 60+ ever used E-Cigarettes in last month		5.6%	5.8%
<b>MENTAL HEALTH</b>			
% 60+ who reported receiving adequate emotional support		77.7%	79.7%
% 60+ who reported being satisfied with life		96.9%	95.3%
% 60+ with 15+ days poor mental health in last month		6.2%	7.4%
% 65+ with depression		30.8%	32.9%
% 65+ with anxiety disorder	B	23.2%	29.8%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with bipolar disorder		3.1%	4.1%
% 65+ with post-traumatic stress disorder		2.4%	1.7%
% 65+ with schizophrenia & other psychotic disorder	B	2.5%	3.8%
% 65+ with personality disorder	B	1.6%	2.8%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		18.3%	13.9%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.7%	16.4%
% 65+ with self-reported vision difficulty		7.6%	5.5%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	1.1%
% 65+ with self-reported cognition difficulty		5.5%	8.2%
% 65+ with self-reported ambulatory difficulty		25.1%	21.0%
% 65+ with clinical diagnosis of mobility impairment		2.7%	3.8%
% 65+ with self-reported self-care difficulty		4.3%	8.0%
% 65+ with self-reported independent living difficulty		9.5%	14.3%
<b>CAREGIVING</b>			
# of Alzheimer's disease specific support groups		0	16
# of Memory Cafes		0	10
% of 60+ who provide care to a family/friend in last month		20.5%	22.5%
% of grandparents raising grandchildren		1.2%	1.0%
% of grandparents who live with grandchildren	*	1.2%	3.2%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	7.3%	13.8%
% 65+ Medicare managed care enrollees	*	36.3%	43.8%
% 60+ with a regular doctor		95.8%	96.7%
% 60+ who did not see a doctor when needed due to cost		7.1%	5.4%
# of primary care providers within 5 miles		4	1,605
# of hospitals within 5 miles		0	13
# of home health agencies		8	23
# of nursing homes within 5 miles		0	80
# of community health centers		1	43
# of adult day health centers		0	31
# of hospice agencies		2	18
<b>SERVICE UTILIZATION</b>			
# physician visits per year		7.8	8.4
# emergency room visits/1000 persons 65+ years annually		586.5	620.6
# Part D monthly prescription fills per person annually		51.9	52.2
# home health visits annually		2.9	3.5
# durable medical equipment claims annually		1.7	1.7
# inpatient hospital stays/1000 persons 65+ years annually		259.7	286.5
% Medicare inpatient hospital readmissions (as % of admissions)		14.8%	17.4%
# skilled nursing facility stays/1000 persons 65+ years annually		89.4	98.8

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	47.1
% 65+ getting Medicaid long term services and supports	*	1.7%	4.2%
% 65+ hospice users		3.8%	3.5%
% 65+ hospice users as % of decedents		51.9%	53.0%
Median hospice days per hospice user (65+, deceased)		12.0	11.0
Median hospice payment (Medicare + other) per hospice user		\$3,010.98	\$3,870.97
<b>COMMUNITY</b>			
Air pollution: annual # of unhealthy days for 65+ (county)		5	N/A
Age-friendly efforts in community		Not yet	Yes
# of senior centers		1	32
# of universities and community colleges		0	19
# of public libraries		2	71
# of YMCAs		0	15
% in county with access to broadband (all ages)		97.7%	98.1%
% 60+ who used Internet in last month		76.6%	71.6%
Voter participation rate in 2016 election (age 18+)		64.2%	55.0%
% 60+ who believe local service orgs understand needs		45.9%	44.1%
% 60+ who believe he/she can make a difference		53.5%	52.2%
% 60+ who believe working together can make a difference		80.1%	81.0%
% 60+ who volunteer at least once per month		23.3%	22.9%
% 60+ who attend community events (church, club) monthly		47.6%	44.4%
<b>SAFETY &amp; CRIME</b>			
Violent crime rate /100,000 persons		49.3	220.3
Homicide rate /100,000 persons (county)		N/A	2
# firearm fatalities (all ages) (county)		104	895
Property crime rate /100,000 persons		956.0	1,678.4
# 65+ deaths by suicide (county)		N/A	57
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle	*	92.8%	85.0%
% 60+ who always drive or ride wearing a seatbelt		93.2%	91.9%
% 60+ who drove under the influence of drinking in last month		N/A	2.0%
# of fatal crashes involving adult age 60+/town		0	82
# of fatal crashes involving adult age 60+/county		7	82
<b>HOUSING</b>			
% 65+ population who live alone		24.7%	31.4%
Average household size (all ages)		2.6	2.5
Median house value		\$263,600.00	\$249,800.00
% 60+ own home	*	87.5%	70.3%
% 60+ homeowners who have mortgage		60.0%	48.7%
% 60+ stressed about paying rent/mortgage in last month		18.3%	22.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		18.8%	39.2%
% 65+ households (owner) spend >35% of income on housing	*	30.7%	27.6%
% 65+ moved within same county in last year		2.3%	3.6%
% 65+ moved from different county in last year		1.4%	1.0%
% 65+ moved from different state in last year		0.0%	1.1%
# of assisted living sites		0	62
% of vacant homes in community		9.6%	12.1%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year		12.6%	15.0%
% 65+ employed in last year		28.1%	21.9%
% 65+ with income below the poverty line in last year		6.6%	9.5%
Median household income		\$89,033.00	\$63,296.00
% 65+ households with annual income < \$20,000		18.4%	24.3%
% 65+ households with annual income \$20,000-\$49,999		32.8%	32.2%
% 65+ households with annual income \$50,000-\$99,999		34.6%	24.8%
% 65+ households with annual income \$100,000+		14.2%	18.7%
<b>COST OF LIVING</b>			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
<b>Elder Index</b>			
Single, homeowner without mortgage, good health	1.00	\$23,424.00	\$23,484.00
Single, renter, good health	0.99	\$25,332.00	\$25,560.00
Couple, homeowner without mortgage, good health	1.00	\$33,852.00	\$33,984.00
Couple, renter, good health	0.99	\$35,760.00	\$36,060.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org>) for more information on data sources, measures, and methodology. For most indicators the community and state values are estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "Better" and "Worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2014-2018).
- Wellness, Falls, Prevention, Nutrition/Diet, Oral Health: The Behavioral Risk Factor Surveillance System (2012-2017), the USDA Food Atlas (2017), CMS (2016-2017).
- Chronic Disease: The CMS Master Beneficiary Summary File ABCD/Other (2016-2017).
- Behavioral Health, Mental Health: BRFSS (2012-2017), CMS (2016-2017), CDC Wonder website (2016-2020).
- Living with Disability: CMS (2016-2017) and ACS (2014-2018).
- Caregiving: BRFSS (2012-2017), memorycafedirectory.com (2020), and the Alzheimer's Assoc. (May 2018).
- Access to Care: BRFSS (2012-2017), CMS (2017), Medicare.gov (May 2020), and RI Health Center Association (2020), and RI Department of Health.
- Service Utilization: CMS (2017), and Medicare Nursing Home Compare (May 2020).
- Community: BRFSS (2012-2017), AARP (2020 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), New England Commission of Higher Education (2020), Office of Library and Information Services (2021), U.S. Environmental Protection Agency Air Compare (2018), RI YMCA (May 2020), the Federal Communications Commission (2018), and BRFSS (2012-2017).
- Safety & Crime: U.S. Department of Justice Federal Bureau of Investigation (2017-2018), the County Health Rankings (2016-2020).
- Transportation: BRFSS (2012-2017), ACS (2014-2018), and the National Highway Traffic Safety Administration (2014-2018).
- Housing & Economic: BRFSS (2012-2017), ACS (2014-2018).
- Cost of Living: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (2019).

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