

Charlestown (Washington)

Charlestown is a town in Washington County with 1,733 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fractures, tooth loss, obesity, high cholesterol, anemia, chronic kidney disease, CHF, diabetes, heart attack, ischemic heart disease, migraine, osteoporosis, peripheral vascular disease, depression, anxiety disorder, schizophrenia, and ambulatory difficulties. However, they had a higher rate of cataract. They reported receiving adequate emotional support and being satisfied with life. They are more likely to take the health promotion steps of having dental insurance and an annual dental exam, doing physical activity, meeting the CDC guidelines for muscle-strengthening and aerobic physical activity, getting a colorectal cancer screening. Community resources include a primary care provider within 5 miles, 11 home health agencies, 7 hospice agencies, a senior center, a public library, and a YMCA.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		7,780	1,056,611
Median age of females		50.5	41.6
Median age of males		46.2	38.1
Population 60 years or older as % of total population		31.3%	23.0%
Total population 60 years or older		2,432	243,523
Population 65 years or older as % of total population		22.3%	16.5%
Total population 65 years or older		1,733	174,210
% 65-74 years	*	68.4%	55.6%
% 75-84 years		25.0%	28.9%
% 85 years or older	*	6.6%	15.5%
% 65+ population who are female		50.1%	57.2%
% 85+ population who are female		71.1%	69.7%
Race and ethnicity of the population 65+			
% White		96.7%	92.0%
% African American	*	0.1%	3.2%
% Asian		0.0%	1.6%
% Other race		3.2%	3.3%
% Hispanic/Latino	*	0.6%	4.9%
Marital status of the population 65+			
% married	*	68.2%	51.3%
% divorced/separated		11.1%	15.7%
% widowed	*	17.4%	25.0%
% never married		3.3%	8.0%
Education of the population 65+			
% with less than high school education	*	8.5%	19.1%
% with high school or some college		47.1%	52.9%
% with college degree	*	20.0%	14.2%
% with graduate or professional degree	*	24.5%	13.9%
% of 65+ population who speak only English at home	*	95.0%	82.9%
% of 65+ population who are veterans of military service		18.1%	19.0%
% of 60+ who are LGBT		1.8%	2.8%
Age-sex adjusted 1-year mortality rate		3.6%	4.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
WELLNESS			
% 60+ getting the recommended hours of sleep		66.9%	63.0%
% 60+ doing any physical activity within last month	B	77.7%	71.0%
% 60+ met CDC guidelines for muscle-strengthening activity	B	32.3%	25.0%
% 60+ met CDC guidelines for aerobic physical activity	B	63.0%	54.3%
% 60+ with fair or poor health status	B	14.6%	19.5%
% 60+ with 15+ physically unhealthy days in last month		11.5%	14.5%
FALLS			
% 60+ who fell within last year		27.2%	26.3%
% 60+ who were injured in a fall within last year		9.6%	10.3%
% 65+ had hip fracture	B	2.3%	3.4%
PREVENTION			
% 60+ with physical exam/check-up in last year		92.6%	93.0%
% 60+ flu shot in last year		59.0%	60.6%
% 60+ with pneumonia vaccine		66.0%	67.7%
% 60+ with shingles vaccine		39.7%	35.3%
% 60+ women with a mammogram within last 2 years		86.1%	82.0%
% 60+ with colorectal cancer screening	B	84.7%	77.8%
% 60+ with HIV test		12.5%	15.8%
% 60+ met CDC preventive health screening goals		41.8%	39.2%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		20.8%	18.1%
% 65+ with poor supermarket access		0.0%	23.6%
% 60+ stressed about buying food in last month		10.2%	13.2%
% 60+ self-reported obese		23.5%	26.8%
% 65+ clinically diagnosed obesity	B	24.9%	29.3%
% 65+ with high cholesterol	B	75.5%	79.1%
% 60+ with cholesterol screening		97.2%	96.9%
ORAL HEALTH			
% 60+ with dental insurance	B	64.2%	56.3%
% 60+ with annual dental exam	B	85.8%	75.9%
# of dentists per 100,000 persons (all ages)		141.5	64.7
% 60+ with loss of 6 or more teeth	B	22.5%	29.6%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		11.0%	13.1%
% 65+ with anemia	B	45.6%	50.0%
% 65+ with asthma		12.9%	14.9%
% 65+ with atrial fibrillation		14.2%	15.0%
% 65+ with autism spectrum disorder		N/A	0.04%
% 65+ with benign prostatic hyperplasia (men)		44.4%	42.2%
% 65+ with breast cancer (women)		10.3%	11.1%
% 65+ with cataract	W	71.6%	67.5%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with chronic kidney disease	B	23.8%	30.7%
% 65+ with chronic obstructive pulmonary disease		22.3%	22.9%
% 65+ with colon cancer		2.5%	2.7%
% 65+ with congestive heart failure	B	15.4%	21.6%
% 65+ with diabetes	B	27.6%	34.7%
% 65+ with endometrial cancer (women)		3.5%	1.9%
% 65+ with epilepsy		2.9%	2.9%
% 65+ with fibromyalgia, chronic pain and fatigue		27.5%	25.4%
% 65+ with glaucoma		27.5%	27.0%
% 65+ ever had a heart attack	B	3.9%	5.8%
% 65+ with HIV/AIDS		0.06%	0.12%
% 65+ with hypertension		74.9%	78.0%
% 65+ with hypothyroidism		21.8%	22.4%
% 65+ with ischemic heart disease	B	37.1%	41.8%
% 65+ with leukemias and lymphomas		2.8%	2.7%
% 65+ with liver disease		9.9%	9.9%
% 65+ with lung cancer		2.2%	2.1%
% 65+ with migraine and other chronic headache	B	4.5%	6.1%
% 65+ with osteoarthritis or rheumatoid arthritis		57.4%	56.2%
% 65+ with osteoporosis	B	16.9%	19.6%
% 65+ with peripheral vascular disease	B	19.4%	25.6%
% 65+ with pressure ulcer or chronic ulcer		7.7%	8.1%
% 65+ with prostate cancer (men)		14.9%	13.4%
% 65+ with stroke		10.8%	11.9%
% 65+ with traumatic brain injury		0.7%	1.0%
% 65+ with 4+ (out of 15) chronic conditions	B	57.5%	63.8%
% 65+ with 0 chronic conditions		7.1%	7.0%
BEHAVIORAL HEALTH			
# opioid deaths (all ages)		12	1,654
% 65+ with opioid use disorder		1.5%	1.9%
% 65+ with substance use disorder		6.1%	7.0%
% 60+ who used marijuana in last month		N/A	3.4%
% 60+ excessive drinking		13.6%	9.3%
% 65+ with tobacco use disorder		8.7%	10.8%
% 60+ current smokers		5.7%	8.7%
% 60+ ever used E-Cigarettes in last month		3.7%	5.8%
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support	B	86.0%	79.7%
% 60+ who reported being satisfied with life	B	97.3%	95.3%
% 60+ with 15+ days poor mental health in last month	B	4.3%	7.4%
% 65+ with depression	B	27.5%	32.9%
% 65+ with anxiety disorder	B	22.4%	29.8%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with bipolar disorder		3.4%	4.1%
% 65+ with post-traumatic stress disorder		1.2%	1.7%
% 65+ with schizophrenia & other psychotic disorder	B	2.3%	3.8%
% 65+ with personality disorder		1.9%	2.8%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.1%	13.9%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.5%	16.4%
% 65+ with self-reported vision difficulty		5.4%	5.5%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	1.1%
% 65+ with self-reported cognition difficulty		6.8%	8.2%
% 65+ with self-reported ambulatory difficulty	B	10.5%	21.0%
% 65+ with clinical diagnosis of mobility impairment		3.2%	3.8%
% 65+ with self-reported self-care difficulty		4.5%	8.0%
% 65+ with self-reported independent living difficulty	B	8.0%	14.3%
CAREGIVING			
# 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	*	0.3%	1.0%
% of grandparents who live with grandchildren	*	1.3%	3.2%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	4.0%	13.8%
% 65+ Medicare managed care enrollees	*	33.9%	43.8%
% 60+ with a regular doctor		97.2%	96.7%
% 60+ who did not see a doctor when needed due to cost		4.1%	5.4%
# of primary care providers within 5 miles		1	1,605
# of hospitals within 5 miles		0	13
# of home health agencies		11	23
# of nursing homes within 5 miles		0	80
# of community health centers		0	43
# of adult day health centers		0	31
# of hospice agencies		7	18
SERVICE UTILIZATION			
# physician visits per year		8.6	8.4
# emergency room visits/1000 persons 65+ years annually	*	496.9	620.6
# Part D monthly prescription fills per person annually	*	47.4	52.2
# home health visits annually		2.8	3.5
# durable medical equipment claims annually		1.6	1.7
# inpatient hospital stays/1000 persons 65+ years annually	*	215.9	286.5
% Medicare inpatient hospital readmissions (as % of admissions)		14.3%	17.4%
# skilled nursing facility stays/1000 persons 65+ years annually	*	69.7	98.8

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	47.1
% 65+ getting Medicaid long term services and supports	*	1.4%	4.2%
% 65+ hospice users		3.0%	3.5%
% 65+ hospice users as % of decedents		63.4%	53.0%
Median hospice days per hospice user (65+, deceased)		17.5	11.0
Median hospice payment (Medicare + other) per hospice user		\$4,288.40	\$3,870.97
COMMUNITY			
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		1	48
# of YMCAs		1	15
% in county with access to broadband (all ages)		97.7%	98.1%
% 60+ who used Internet in last month	*	84.7%	71.6%
Voter participation rate in 2016 election (age 18+)		69.9%	55.0%
% 60+ who believe local service orgs understand needs	*	56.2%	44.1%
% 60+ who believe he/she can make a difference	*	63.3%	52.2%
% 60+ who believe working together can make a difference		84.5%	81.0%
% 60+ who volunteer at least once per month	*	29.3%	22.9%
% 60+ who attend community events (church, club) monthly	*	56.7%	44.4%
SAFETY & CRIME			
Violent crime rate /100,000 persons		102.7	220.3
Homicide rate /100,000 persons (county)		N/A	2
# firearm fatalities (all ages) (county)		104	895
Property crime rate /100,000 persons		706.3	1,678.4
# 65+ deaths by suicide (county)		N/A	57
TRANSPORTATION			
% 65+ who own a motor vehicle	*	93.1%	85.0%
% 60+ who always drive or ride wearing a seatbelt		91.1%	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
HOUSING			
% 65+ population who live alone	*	22.8%	31.4%
Average household size (all ages)		2.4	2.5
Median house value		\$309,800.00	\$249,800.00
% 60+ own home	*	95.7%	70.3%
% 60+ homeowners who have mortgage		43.1%	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		0.0%	39.2%
% 65+ households (owner) spend >35% of income on housing	*	23.0%	27.6%
% 65+ moved within same county in last year	*	0.0%	3.6%
% 65+ moved from different county in last year		0.6%	1.0%
% 65+ moved from different state in last year		1.0%	1.1%
# of assisted living sites		0	62
% of vacant homes in community	*	38.1%	12.1%
ECONOMIC			
% 60+ receiving food benefits in last year		5.2%	15.0%
% 65+ employed in last year		22.9%	21.9%
% 65+ with income below the poverty line in last year		5.1%	9.5%
Median household income		\$79,019.00	\$63,296.00
% 65+ households with annual income < \$20,000	*	8.4%	24.3%
% 65+ households with annual income \$20,000-\$49,999		30.1%	32.2%
% 65+ households with annual income \$50,000-\$99,999	*	35.7%	24.8%
% 65+ households with annual income \$100,000+		25.8%	18.7%
COST OF LIVING			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Elder Index			
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), Institute of Museum and Library Services (2017), 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).

Healthy Aging Data Report Team: Many people contributed to this research. The 2020 research team: Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Frank Porell PhD, ShuangShuang Wang PhD, Haowei Wang PhD, Xiao Joyce Wang, Richard Chunga, Taylor Jansen, & Shu Xu from the Gerontology Institute at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Questions? Beth.dugan@umb.edu