

Portland (Middlesex)



HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
POPULATION CHARACTERISTICS					
Population 65 years or older					
% 65-74 years		52.2%	[43.33% - 60.99%]	55.7%	[55.33% - 56.11%]
% 75-84 years		30.3%	[22.79% - 37.83%]	29.1%	[28.75% - 29.45%]
% 85 years or older		17.5%	[10.04% - 25.03%]	15.2%	[14.93% - 15.43%]
% 65+ population who are female		60.1%	[51.75% - 68.38%]	56.8%	[56.36% - 57.18%]
% 85+ population who are female		69.4%	[47.14% - 91.66%]	66.6%	[65.94% - 67.18%]
Race and ethnicity of the population 65+					
% White	*	99.7%	[91.84% - 107.50%]	88.4%	[87.85% - 88.93%]
% African American	*	0.3%	[-2.28% - 2.94%]	6.8%	[6.63% - 6.88%]
% Asian		0.0%	[-2.74% - 2.74%]	2.3%	[2.20% - 2.35%]
% Hispanic/Latino	*	0.0%	[-2.74% - 2.74%]	5.8%	[5.66% - 5.84%]
Marital status of the population 65+					
% married	*	43.0%	[34.09% - 51.86%]	53.8%	[53.46% - 54.12%]
% divorced/separated		17.3%	[9.66% - 24.97%]	14.9%	[14.58% - 15.29%]
% widowed	*	34.3%	[25.56% - 43.03%]	24.2%	[23.77% - 24.57%]
% never married		5.4%	[0.44% - 10.40%]	7.1%	[6.85% - 7.36%]
Education of the population 65+					
% with less than high school education	*	6.5%	[1.94% - 11.00%]	14.7%	[14.30% - 15.04%]
% with high school or some college	*	62.9%	[54.81% - 71.08%]	53.3%	[52.80% - 53.74%]
% with college degree		30.6%	[21.84% - 39.33%]	32.1%	[31.72% - 32.40%]
% with graduate or professional degree		21.6%	[12.90% - 30.24%]	16.8%	[16.58% - 17.09%]
% of 65+ population who speak only English at home		95.7%	[83.22% - 108.16%]	84.3%	[83.76% - 84.83%]
% of 65+ population who are veterans of military service		20.2%	[13.23% - 27.26%]	17.5%	[17.21% - 17.69%]
% of 60+ who are LGBT (County)		3.2%	[1.87% - 4.53%]	2.5%	[2.17% - 2.74%]
Age-sex adjusted 1-year mortality rate		4.2%	[3.25% - 5.15%]	4.1%	[4.08% - 4.18%]
WELLNESS					
% 60+ getting the recommended hours of sleep		63.1%	[56.95% - 69.23%]	65.2%	[64.24% - 66.16%]
% 60+ doing any physical activity within last month		75.6%	[70.71% - 80.54%]	75.0%	[74.20% - 75.79%]
% 60+ met CDC guidelines for muscle-strengthening activity		31.4%	[25.54% - 37.27%]	27.6%	[26.62% - 28.52%]
% 60+ met CDC guidelines for aerobic physical activity		59.8%	[53.79% - 65.79%]	58.1%	[56.98% - 59.11%]
% 60+ with fair or poor health status	B	12.2%	[8.80% - 15.64%]	17.6%	[16.90% - 18.31%]
% 60+ with 15+ physically unhealthy days in last month		10.9%	[7.59% - 14.11%]	12.4%	[11.74% - 12.96%]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
FALLS					
% 60+ who fell within last year		27.9%	[22.10% - 33.62%]	26.3%	[25.38% - 27.18%]
% 60+ who were injured in a fall within last year		6.4%	[3.22% - 9.51%]	9.8%	[9.22% - 10.46%]
% 65+ had hip fracture		3.8%	[2.77% - 4.77%]	3.7%	[3.63% - 3.75%]
PREVENTION					
% 60+ with physical exam/check-up in last year	W	83.3%	[79.06% - 87.50%]	88.5%	[87.93% - 89.09%]
% 60+ flu shot in last year		59.4%	[53.64% - 65.08%]	57.5%	[56.60% - 58.43%]
% 60+ with pneumonia vaccine		64.0%	[58.41% - 69.64%]	63.9%	[62.97% - 64.79%]
% 60+ with shingles vaccine	B	41.5%	[34.69% - 48.36%]	33.5%	[32.43% - 34.52%]
% 60+ women with a mammogram within last 2 years		81.7%	[74.52% - 88.97%]	79.7%	[78.56% - 80.79%]
% 60+ with colorectal cancer screening	B	83.8%	[79.07% - 88.46%]	78.2%	[77.29% - 79.05%]
% 60+ with HIV test		17.9%	[12.94% - 22.89%]	16.1%	[15.40% - 16.83%]
% 60+ met CDC preventive health screening goals		41.7%	[33.59% - 49.81%]	39.6%	[38.38% - 40.80%]
NUTRITION & DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		24.3%	[18.89% - 29.80%]	19.9%	[19.00% - 20.72%]
% 60+ stressed about buying food in last month		5.8%	[2.77% - 8.90%]	8.6%	[7.95% - 9.17%]
% 60+ self-reported obese		22.2%	[17.74% - 26.63%]	26.1%	[25.27% - 26.93%]
% 65+ clinically diagnosed obesity		25.0%	[22.14% - 27.83%]	22.5%	[22.35% - 22.66%]
% 65+ with high cholesterol	W	80.0%	[77.45% - 82.58%]	77.0%	[76.85% - 77.15%]
% 60+ with cholesterol screening		96.9%	[94.88% - 98.83%]	97.1%	[96.74% - 97.42%]
ORAL HEALTH					
% 60+ with dental insurance		59.7%	[49.73% - 69.57%]	59.2%	[57.60% - 60.76%]
% 60+ with annual dental exam		83.4%	[78.87% - 87.88%]	80.0%	[79.13% - 80.76%]
% 60+ with loss of 6 or more teeth		20.0%	[14.47% - 25.44%]	23.8%	[22.96% - 24.69%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		14.4%	[12.40% - 16.43%]	14.4%	[14.26% - 14.49%]
% 65+ with anemia		47.9%	[44.86% - 50.93%]	50.6%	[50.41% - 50.76%]
% 65+ with asthma		12.8%	[10.83% - 14.80%]	14.1%	[13.96% - 14.19%]
% 65+ with atrial fibrillation		15.5%	[13.45% - 17.61%]	16.1%	[15.94% - 16.18%]
% 65+ with autism spectrum disorder		0.10%	[0.05% - 0.15%]	0.12%	[0.11% - 0.14%]
% 65+ with benign prostatic hyperplasia (men)	B	37.1%	[32.67% - 41.58%]	42.8%	[42.49% - 43.01%]
% 65+ with breast cancer (women)		13.2%	[10.48% - 15.88%]	11.4%	[11.25% - 11.53%]
% 65+ with cataract	W	68.2%	[65.19% - 71.21%]	64.8%	[64.67% - 65.00%]
% 65+ with chronic kidney disease	B	26.7%	[23.83% - 29.47%]	29.9%	[29.70% - 30.03%]
% 65+ with chronic obstructive pulmonary disease		19.2%	[16.89% - 21.47%]	21.0%	[20.90% - 21.17%]
% 65+ with colon cancer	B	2.2%	[1.73% - 2.61%]	2.7%	[2.65% - 2.75%]
% 65+ with congestive heart failure	B	19.1%	[16.67% - 21.53%]	22.6%	[22.43% - 22.72%]
% 65+ with diabetes	B	29.4%	[26.43% - 32.27%]	33.8%	[33.59% - 33.93%]
% 65+ with endometrial cancer (women)		2.0%	[1.42% - 2.66%]	2.0%	[1.97% - 2.10%]

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% 65+ with epilepsy		2.4%	[1.85% - 2.93%]	2.9%	[2.82% - 2.95%]
% 65+ with fibromyalgia, chronic pain, and fatigue		25.8%	[23.00% - 28.58%]	26.6%	[26.42% - 26.73%]
% 65+ with glaucoma		30.7%	[27.91% - 33.42%]	28.3%	[28.11% - 28.41%]
% 65+ ever had a heart attack		4.4%	[3.23% - 5.61%]	4.5%	[4.40% - 4.53%]
% 65+ with HIV/AIDS	*	0.13%	[0.08% - 0.18%]	0.21%	[0.19% - 0.23%]
% 65+ with hypertension		78.7%	[76.10% - 81.40%]	76.2%	[76.07% - 76.37%]
% 65+ with hypothyroidism		22.6%	[20.09% - 25.10%]	25.1%	[24.99% - 25.28%]
% 65+ with ischemic heart disease		39.8%	[36.62% - 42.95%]	40.7%	[40.55% - 40.90%]
% 65+ with leukemias and lymphomas		2.2%	[1.66% - 2.73%]	2.7%	[2.60% - 2.71%]
% 65+ with liver disease		9.8%	[7.99% - 11.64%]	9.5%	[9.37% - 9.59%]
% 65+ with lung cancer		2.2%	[1.71% - 2.61%]	1.9%	[1.81% - 1.90%]
% 65+ with migraine and other chronic headache		6.9%	[5.24% - 8.58%]	5.2%	[5.13% - 5.29%]
% 65+ with osteoarthritis or rheumatoid arthritis		53.2%	[49.87% - 56.50%]	54.2%	[53.97% - 54.34%]
% 65+ with osteoporosis	B	17.7%	[15.54% - 19.86%]	20.2%	[20.11% - 20.37%]
% 65+ with peripheral vascular disease		18.7%	[16.31% - 21.03%]	19.9%	[19.72% - 19.99%]
% 65+ with pressure ulcer or chronic ulcer		7.7%	[6.07% - 9.41%]	9.2%	[9.11% - 9.31%]
% 65+ with prostate cancer (men)	B	10.1%	[7.47% - 12.80%]	13.1%	[12.93% - 13.28%]
% 65+ with stroke		11.5%	[9.66% - 13.26%]	11.9%	[11.80% - 12.01%]
% 65+ with traumatic brain injury	B	0.7%	[0.43% - 1.00%]	1.3%	[1.25% - 1.33%]
% 65+ with 4+ (out of 15) chronic conditions		61.2%	[58.15% - 64.27%]	61.8%	[61.61% - 61.95%]
% 65+ with 0 chronic conditions		5.6%	[4.06% - 7.20%]	7.2%	[7.10% - 7.29%]
BEHAVIORAL HEALTH					
% 65+ with opioid use disorder		2.6%	[2.00% - 3.12%]	2.2%	[2.10% - 2.21%]
% 65+ with substance use disorder		7.8%	[5.99% - 9.60%]	6.8%	[6.66% - 6.85%]
% 60+ who used marijuana in last month		N/A		2.9%	[2.30% - 3.53%]
% 60+ excessive drinking		9.6%	[6.52% - 12.71%]	9.2%	[8.64% - 9.71%]
% 65+ with tobacco use disorder		12.3%	[10.06% - 14.47%]	10.1%	[9.94% - 10.17%]
% 60+ current smokers		6.1%	[3.43% - 8.68%]	7.7%	[7.20% - 8.17%]
% 60+ ever used E-Cigarettes in last month		5.9%	[2.97% - 8.75%]	6.4%	[5.89% - 6.80%]
MENTAL HEALTH					
% 60+ who reported receiving adequate emotional support		76.0%	[68.68% - 83.39%]	78.3%	[76.70% - 79.88%]
% 60+ with 15+ days poor mental health in last month		5.7%	[3.15% - 8.35%]	6.9%	[6.41% - 7.37%]
% 65+ with depression		32.2%	[29.42% - 35.03%]	30.3%	[30.10% - 30.41%]
% 65+ with anxiety disorder		27.1%	[24.27% - 29.99%]	25.5%	[25.35% - 25.66%]
% 65+ with bipolar disorder		3.9%	[3.16% - 4.61%]	3.9%	[3.78% - 3.92%]
% 65+ with post-traumatic stress disorder		1.6%	[1.12% - 2.08%]	1.3%	[1.20% - 1.29%]
% 65+ with schizophrenia & other psychotic disorder		4.9%	[4.12% - 5.59%]	4.6%	[4.53% - 4.68%]
% 65+ with personality disorder		2.4%	[1.87% - 2.99%]	2.6%	[2.49% - 2.61%]

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LIVING WITH DISABILITY					
% 65+ with self-reported hearing difficulty		17.3%	[10.34% - 24.21%]	12.4%	[12.08% - 12.71%]
% 65+ with clinical diagnosis of deafness or hearing impairment		13.7%	[11.66% - 15.79%]	15.7%	[15.60% - 15.85%]
% 65+ with self-reported vision difficulty	*	1.5%	[-1.31% - 4.38%]	4.8%	[4.55% - 5.04%]
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	[0.47% - 0.91%]	1.1%	[1.05% - 1.12%]
% 65+ with self-reported cognition difficulty		9.5%	[4.34% - 14.70%]	7.6%	[7.34% - 7.87%]
% 65+ with self-reported ambulatory difficulty		18.8%	[11.29% - 26.23%]	19.1%	[18.71% - 19.52%]
% 65+ with clinical diagnosis of mobility impairment		3.8%	[2.62% - 4.90%]	4.0%	[3.95% - 4.09%]
% 65+ with self-reported self-care difficulty		4.8%	[0.67% - 9.02%]	7.5%	[7.25% - 7.77%]
% 65+ with self-reported independent living difficulty		14.4%	[8.01% - 20.83%]	13.6%	[13.23% - 13.93%]
CAREGIVING					
% of 60+ who provide care to a family/friend in last month		22.6%	[13.74% - 31.36%]	21.7%	[19.87% - 23.57%]
% of grandparents raising grandchildren	*	0.0%	[-0.31% - 0.31%]	0.8%	[0.73% - 0.86%]
% of grandparents who live with grandchildren		1.6%	[0.11% - 3.02%]	2.7%	[2.62% - 2.83%]
ACCESS TO CARE					
% 65+ dually eligible for Medicare and Medicaid	*	14.4%	[12.84% - 16.04%]	22.1%	[21.96% - 22.17%]
% 65+ Medicare managed care enrollees		27.9%	[25.87% - 29.95%]	29.9%	[29.76% - 29.99%]
% 60+ with a regular doctor		97.7%	[96.24% - 99.12%]	96.0%	[95.68% - 96.39%]
% 60+ who did not see a doctor when needed due to cost		4.0%	[1.98% - 6.03%]	4.5%	[4.14% - 4.92%]
SERVICE UTILIZATION					
# physician visits per year		9.0	[8.49 - 9.54]	8.6	[8.60 - 8.66]
# emergency room visits/1000 persons 65+ years annually		662.2	[578.67 - 745.73]	636.7	[631.77 - 641.56]
# Part D monthly prescription fills per person annually		49.1	[47.05 - 51.13]	50.3	[50.15 - 50.39]
# home health visits annually		3.4	[2.50 - 4.40]	4.1	[4.02 - 4.14]
# durable medical equipment claims annually		1.8	[1.51 - 2.15]	1.9	[1.88 - 1.91]
# inpatient hospital stays/1000 persons 65+ years annually		273.8	[223.23 - 324.39]	273.3	[270.72 - 275.80]
% Medicare inpatient hospital readmissions (as % of admissions)		19.3%	[13.39% - 25.22%]	17.2%	[16.89% - 17.47%]
# skilled nursing facility stays/1000 persons 65+ years annually		103.8	[79.42 - 128.18]	104.7	[103.23 - 106.08]
% 65+ getting Medicaid long term services and supports	*	4.2%	[3.28% - 5.10%]	5.5%	[5.48% - 5.60%]
% 65+ hospice users		3.3%	[2.44% - 4.12%]	2.8%	[2.70% - 2.79%]
% 65+ hospice users as % of decedents	*	61.3%	[47.54% - 75.08%]	45.5%	[44.85% - 46.14%]
Median hospice days per hospice user (65+, deceased)		11.0	[7.2 - 14.0]	10.0	[10.00 - 10.00]
Median hospice payment (Medicare + other) per hospice user		\$4,168	[\$2,998 - \$5,767]	\$3,741	[\$3,650 - \$3,816]
COMMUNITY					
% 60+ who used Internet in last month		78.9%	[74.44% - 83.38%]	75.1%	[74.32% - 75.89%]
TRANSPORTATION					
% 65+ who own a motor vehicle		90.7%	[83.06% - 98.35%]	87.3%	[87.15% - 87.49%]
% 60+ who always drive or ride wearing a seatbelt		90.6%	[86.37% - 94.74%]	93.0%	[92.53% - 93.49%]
% 60+ who drove under the influence of drinking in last month		N/A		2.2%	[1.76% - 2.56%]

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HOUSING					
% 65+ population who live alone	*	36.1%	[30.58% - 41.56%]	28.4%	[27.99% - 28.89%]
% 60+ own home	*	87.2%	[81.45% - 92.88%]	76.9%	[76.70% - 77.17%]
% 60+ homeowners who have mortgage		35.7%	[23.92% - 47.40%]	47.1%	[46.58% - 47.64%]
% 60+ stressed about paying rent/mortgage in last month	B	12.3%	[8.27% - 16.25%]	17.4%	[16.52% - 18.19%]
% 65+ households (renter) spend >35% of income on housing		43.4%	[10.73% - 76.01%]	44.0%	[42.55% - 45.42%]
% 65+ households (owner) spend >35% of income on housing		27.7%	[15.89% - 39.55%]	29.5%	[28.89% - 30.15%]
% 65+ moved within same county in last year		4.3%	[0.54% - 7.98%]	3.7%	[3.48% - 3.89%]
% 65+ moved from different county in last year		4.0%	[0.05% - 8.02%]	0.8%	[0.71% - 0.90%]
% 65+ moved from different state in last year		0.0%	[-1.94% - 1.94%]	0.9%	[0.82% - 1.05%]
% of vacant homes in community		11.0%	[5.30% - 16.75%]	9.6%	[9.29% - 9.87%]
ECONOMIC					
% 60+ receiving food benefits in last year	*	5.9%	[1.81% - 10.07%]	10.9%	[10.53% - 11.21%]
% 65+ employed in last year		27.4%	[17.93% - 36.83%]	24.8%	[24.48% - 25.15%]
% 65+ with income below the poverty line in last year	*	3.2%	[0.08% - 6.33%]	7.0%	[6.79% - 7.30%]
% 65+ households with annual income < \$20,000		12.9%	[6.13% - 19.67%]	17.1%	[16.57% - 17.55%]
% 65+ households with annual income \$20,000-\$49,999		30.2%	[18.79% - 41.51%]	31.0%	[30.35% - 31.62%]
% 65+ households with annual income \$50,000-\$99,999		35.7%	[24.20% - 47.16%]	27.6%	[27.04% - 28.17%]
% 65+ households with annual income \$100,000+		21.3%	[10.77% - 31.78%]	24.4%	[23.82% - 24.89%]

Notes. 1 We use B, W, or * to denote significant differences in rates where the margins of error do not overlap (B=rate is better than the comparison, W=rate is worse than comparison, *=rate is different than comparison).

2 All community and state margins of error are 95% confidence intervals.

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