

## Essex (Middlesex)



HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>POPULATION CHARACTERISTICS</b>					
Population 65 years or older					
% 65-74 years		51.9%	[ 43.50% - 60.32% ]	55.7%	[ 55.33% - 56.11% ]
% 75-84 years		34.4%	[ 25.47% - 43.25% ]	29.1%	[ 28.75% - 29.45% ]
% 85 years or older		13.7%	[ 8.14% - 19.33% ]	15.2%	[ 14.93% - 15.43% ]
% 65+ population who are female		52.4%	[ 43.59% - 61.25% ]	56.8%	[ 56.36% - 57.18% ]
% 85+ population who are female		48.8%	[ 28.79% - 68.83% ]	66.6%	[ 65.94% - 67.18% ]
Race and ethnicity of the population 65+					
% White		92.7%	[ 87.52% - 97.86% ]	88.4%	[ 87.85% - 88.93% ]
% African American		4.5%	[ -0.37% - 9.31% ]	6.8%	[ 6.63% - 6.88% ]
% Asian		1.9%	[ -1.41% - 5.14% ]	2.3%	[ 2.20% - 2.35% ]
% Hispanic/Latino	*	1.9%	[ -1.15% - 4.97% ]	5.8%	[ 5.66% - 5.84% ]
Marital status of the population 65+					
% married	*	62.4%	[ 57.59% - 67.18% ]	53.8%	[ 53.46% - 54.12% ]
% divorced/separated		17.6%	[ 7.17% - 28.03% ]	14.9%	[ 14.58% - 15.29% ]
% widowed	*	11.2%	[ 5.80% - 16.64% ]	24.2%	[ 23.77% - 24.57% ]
% never married		8.8%	[ 3.92% - 13.67% ]	7.1%	[ 6.85% - 7.36% ]
Education of the population 65+					
% with less than high school education	*	3.1%	[ -0.86% - 7.10% ]	14.7%	[ 14.30% - 15.04% ]
% with high school or some college	*	41.5%	[ 31.27% - 51.69% ]	53.3%	[ 52.80% - 53.74% ]
% with college degree	*	55.4%	[ 49.03% - 61.77% ]	32.1%	[ 31.72% - 32.40% ]
% with graduate or professional degree	*	23.7%	[ 17.22% - 30.26% ]	16.8%	[ 16.58% - 17.09% ]
% of 65+ population who speak only English at home	*	95.7%	[ 85.11% - 106.32% ]	84.3%	[ 83.76% - 84.83% ]
% of 65+ population who are veterans of military service		23.2%	[ 16.16% - 30.21% ]	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		3.5%	[ 2.64% - 4.30% ]	4.1%	[ 4.08% - 4.18% ]
<b>WELLNESS</b>					
% 60+ getting the recommended hours of sleep		69.9%	[ 64.64% - 75.19% ]	65.2%	[ 64.24% - 66.16% ]
% 60+ doing any physical activity within last month	B	81.5%	[ 77.57% - 85.41% ]	75.0%	[ 74.20% - 75.79% ]
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	[ 22.50% - 34.53% ]	27.6%	[ 26.62% - 28.52% ]
% 60+ met CDC guidelines for aerobic physical activity	B	69.7%	[ 63.75% - 75.68% ]	58.1%	[ 56.98% - 59.11% ]
% 60+ with fair or poor health status	B	12.1%	[ 8.98% - 15.25% ]	17.6%	[ 16.90% - 18.31% ]
% 60+ with 15+ physically unhealthy days in last month	B	7.4%	[ 4.89% - 9.93% ]	12.4%	[ 11.74% - 12.96% ]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>FALLS</b>					
% 60+ who fell within last year		25.4%	[ 20.57% - 30.21% ]	26.3%	[ 25.38% - 27.18% ]
% 60+ who were injured in a fall within last year		6.8%	[ 4.02% - 9.60% ]	9.8%	[ 9.22% - 10.46% ]
% 65+ had hip fracture		3.5%	[ 2.57% - 4.51% ]	3.7%	[ 3.63% - 3.75% ]
<b>PREVENTION</b>					
% 60+ with physical exam/check-up in last year		90.8%	[ 87.86% - 93.82% ]	88.5%	[ 87.93% - 89.09% ]
% 60+ flu shot in last year		59.6%	[ 54.50% - 64.69% ]	57.5%	[ 56.60% - 58.43% ]
% 60+ with pneumonia vaccine	B	77.7%	[ 73.39% - 82.09% ]	63.9%	[ 62.97% - 64.79% ]
% 60+ with shingles vaccine	B	41.7%	[ 35.56% - 47.93% ]	33.5%	[ 32.43% - 34.52% ]
% 60+ women with a mammogram within last 2 years		83.0%	[ 77.54% - 88.49% ]	79.7%	[ 78.56% - 80.79% ]
% 60+ with colorectal cancer screening	B	85.8%	[ 81.89% - 89.75% ]	78.2%	[ 77.29% - 79.05% ]
% 60+ with HIV test		17.3%	[ 13.39% - 21.20% ]	16.1%	[ 15.40% - 16.83% ]
% 60+ met CDC preventive health screening goals	B	54.3%	[ 47.63% - 60.91% ]	39.6%	[ 38.38% - 40.80% ]
<b>NUTRITION &amp; DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		21.3%	[ 15.84% - 26.85% ]	19.9%	[ 19.00% - 20.72% ]
% 60+ stressed about buying food in last month	B	4.9%	[ 2.32% - 7.55% ]	8.6%	[ 7.95% - 9.17% ]
% 60+ self-reported obese		23.4%	[ 18.90% - 27.88% ]	26.1%	[ 25.27% - 26.93% ]
% 65+ clinically diagnosed obesity	B	13.4%	[ 11.34% - 15.50% ]	22.5%	[ 22.35% - 22.66% ]
% 65+ with high cholesterol	W	79.7%	[ 77.22% - 82.20% ]	77.0%	[ 76.85% - 77.15% ]
% 60+ with cholesterol screening		95.9%	[ 93.44% - 98.34% ]	97.1%	[ 96.74% - 97.42% ]
<b>ORAL HEALTH</b>					
% 60+ with dental insurance		58.9%	[ 50.35% - 67.35% ]	59.2%	[ 57.60% - 60.76% ]
% 60+ with annual dental exam	B	87.5%	[ 83.79% - 91.26% ]	80.0%	[ 79.13% - 80.76% ]
% 60+ with loss of 6 or more teeth	B	16.0%	[ 11.99% - 20.03% ]	23.8%	[ 22.96% - 24.69% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		14.1%	[ 12.17% - 15.97% ]	14.4%	[ 14.26% - 14.49% ]
% 65+ with anemia	W	54.5%	[ 51.60% - 57.48% ]	50.6%	[ 50.41% - 50.76% ]
% 65+ with asthma	B	11.1%	[ 9.38% - 12.91% ]	14.1%	[ 13.96% - 14.19% ]
% 65+ with atrial fibrillation		16.7%	[ 14.67% - 18.71% ]	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)		41.2%	[ 36.86% - 45.52% ]	42.8%	[ 42.49% - 43.01% ]
% 65+ with breast cancer (women)	W	14.3%	[ 11.72% - 16.96% ]	11.4%	[ 11.25% - 11.53% ]
% 65+ with cataract	W	72.6%	[ 69.83% - 75.38% ]	64.8%	[ 64.67% - 65.00% ]
% 65+ with chronic kidney disease	B	24.1%	[ 21.49% - 26.62% ]	29.9%	[ 29.70% - 30.03% ]
% 65+ with chronic obstructive pulmonary disease		19.4%	[ 17.18% - 21.61% ]	21.0%	[ 20.90% - 21.17% ]
% 65+ with colon cancer		2.2%	[ 1.62% - 2.68% ]	2.7%	[ 2.65% - 2.75% ]
% 65+ with congestive heart failure	B	17.8%	[ 15.71% - 19.97% ]	22.6%	[ 22.43% - 22.72% ]
% 65+ with diabetes	B	23.9%	[ 21.34% - 26.52% ]	33.8%	[ 33.59% - 33.93% ]
% 65+ with endometrial cancer (women)		1.8%	[ 1.10% - 2.46% ]	2.0%	[ 1.97% - 2.10% ]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
% 65+ with epilepsy		2.6%	[ 1.91% - 3.25% ]	2.9%	[ 2.82% - 2.95% ]
% 65+ with fibromyalgia, chronic pain, and fatigue		23.9%	[ 21.39% - 26.48% ]	26.6%	[ 26.42% - 26.73% ]
% 65+ with glaucoma		29.9%	[ 27.29% - 32.46% ]	28.3%	[ 28.11% - 28.41% ]
% 65+ ever had a heart attack		4.8%	[ 3.64% - 5.97% ]	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	B	71.6%	[ 68.90% - 74.39% ]	76.2%	[ 76.07% - 76.37% ]
% 65+ with hypothyroidism		25.4%	[ 22.92% - 27.85% ]	25.1%	[ 24.99% - 25.28% ]
% 65+ with ischemic heart disease	B	37.4%	[ 34.44% - 40.27% ]	40.7%	[ 40.55% - 40.90% ]
% 65+ with leukemias and lymphomas		2.9%	[ 2.24% - 3.57% ]	2.7%	[ 2.60% - 2.71% ]
% 65+ with liver disease		8.6%	[ 6.84% - 10.28% ]	9.5%	[ 9.37% - 9.59% ]
% 65+ with lung cancer		2.2%	[ 1.61% - 2.69% ]	1.9%	[ 1.81% - 1.90% ]
% 65+ with migraine and other chronic headache		5.8%	[ 4.34% - 7.24% ]	5.2%	[ 5.13% - 5.29% ]
% 65+ with osteoarthritis or rheumatoid arthritis		57.3%	[ 54.17% - 60.41% ]	54.2%	[ 53.97% - 54.34% ]
% 65+ with osteoporosis		21.1%	[ 18.87% - 23.34% ]	20.2%	[ 20.11% - 20.37% ]
% 65+ with peripheral vascular disease		19.3%	[ 17.08% - 21.60% ]	19.9%	[ 19.72% - 19.99% ]
% 65+ with pressure ulcer or chronic ulcer	B	7.3%	[ 5.84% - 8.71% ]	9.2%	[ 9.11% - 9.31% ]
% 65+ with prostate cancer (men)		13.9%	[ 10.98% - 16.80% ]	13.1%	[ 12.93% - 13.28% ]
% 65+ with stroke		12.2%	[ 10.42% - 13.93% ]	11.9%	[ 11.80% - 12.01% ]
% 65+ with traumatic brain injury		1.1%	[ 0.66% - 1.55% ]	1.3%	[ 1.25% - 1.33% ]
% 65+ with 4+ (out of 15) chronic conditions		58.9%	[ 55.98% - 61.86% ]	61.8%	[ 61.61% - 61.95% ]
% 65+ with 0 chronic conditions		6.1%	[ 4.56% - 7.71% ]	7.2%	[ 7.10% - 7.29% ]
<b>BEHAVIORAL HEALTH</b>					
% 65+ with opioid use disorder		2.5%	[ 1.82% - 3.17% ]	2.2%	[ 2.10% - 2.21% ]
% 65+ with substance use disorder		7.5%	[ 5.87% - 9.13% ]	6.8%	[ 6.66% - 6.85% ]
% 60+ who used marijuana in last month		N/A		2.9%	[ 2.30% - 3.53% ]
% 60+ excessive drinking		12.7%	[ 9.36% - 16.06% ]	9.2%	[ 8.64% - 9.71% ]
% 65+ with tobacco use disorder		10.6%	[ 8.57% - 12.61% ]	10.1%	[ 9.94% - 10.17% ]
% 60+ current smokers		6.5%	[ 3.80% - 9.15% ]	7.7%	[ 7.20% - 8.17% ]
% 60+ ever used E-Cigarettes in last month		6.3%	[ 3.87% - 8.82% ]	6.4%	[ 5.89% - 6.80% ]
<b>MENTAL HEALTH</b>					
% 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		5.4%	[ 3.23% - 7.58% ]	6.9%	[ 6.41% - 7.37% ]
% 65+ with depression		31.6%	[ 28.94% - 34.31% ]	30.3%	[ 30.10% - 30.41% ]
% 65+ with anxiety disorder		26.6%	[ 23.90% - 29.36% ]	25.5%	[ 25.35% - 25.66% ]
% 65+ with bipolar disorder		3.9%	[ 3.00% - 4.70% ]	3.9%	[ 3.78% - 3.92% ]
% 65+ with post-traumatic stress disorder		1.3%	[ 0.77% - 1.78% ]	1.3%	[ 1.20% - 1.29% ]
% 65+ with schizophrenia & other psychotic disorder		4.4%	[ 3.55% - 5.23% ]	4.6%	[ 4.53% - 4.68% ]
% 65+ with personality disorder		2.9%	[ 2.17% - 3.58% ]	2.6%	[ 2.49% - 2.61% ]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>LIVING WITH DISABILITY</b>					
% 65+ with self-reported hearing difficulty	*	7.0%	[ 2.77% - 11.14% ]	12.4%	[ 12.08% - 12.71% ]
% 65+ with clinical diagnosis of deafness or hearing impairment		16.9%	[ 14.80% - 19.06% ]	15.7%	[ 15.60% - 15.85% ]
% 65+ with self-reported vision difficulty		2.9%	[ -0.49% - 6.27% ]	4.8%	[ 4.55% - 5.04% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[ 0.44% - 1.13% ]	1.1%	[ 1.05% - 1.12% ]
% 65+ with self-reported cognition difficulty	*	2.3%	[ -1.69% - 6.33% ]	7.6%	[ 7.34% - 7.87% ]
% 65+ with self-reported ambulatory difficulty	*	6.3%	[ 1.34% - 11.25% ]	19.1%	[ 18.71% - 19.52% ]
% 65+ with clinical diagnosis of mobility impairment		3.7%	[ 2.61% - 4.77% ]	4.0%	[ 3.95% - 4.09% ]
% 65+ with self-reported self-care difficulty		3.8%	[ -0.41% - 8.07% ]	7.5%	[ 7.25% - 7.77% ]
% 65+ with self-reported independent living difficulty	*	6.5%	[ 1.52% - 11.45% ]	13.6%	[ 13.23% - 13.93% ]
<b>CAREGIVING</b>					
% 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%	[ -0.41% - 0.41% ]	0.8%	[ 0.73% - 0.86% ]
% of grandparents who live with grandchildren	*	0.5%	[ -0.31% - 1.36% ]	2.7%	[ 2.62% - 2.83% ]
<b>ACCESS TO CARE</b>					
% 65+ dually eligible for Medicare and Medicaid	*	8.7%	[ 7.41% - 9.90% ]	22.1%	[ 21.96% - 22.17% ]
% 65+ Medicare managed care enrollees	*	26.6%	[ 24.62% - 28.53% ]	29.9%	[ 29.76% - 29.99% ]
% 60+ with a regular doctor	B	98.0%	[ 96.60% - 99.32% ]	96.0%	[ 95.68% - 96.39% ]
% 60+ who did not see a doctor when needed due to cost		2.7%	[ 0.96% - 4.53% ]	4.5%	[ 4.14% - 4.92% ]
<b>SERVICE UTILIZATION</b>					
# physician visits per year		8.5	[ 8.05 - 8.89 ]	8.6	[ 8.60 - 8.66 ]
# emergency room visits/1000 persons 65+ years annually		606.2	[ 537.64 - 674.72 ]	636.7	[ 631.77 - 641.56 ]
# Part D monthly prescription fills per person annually	*	43.1	[ 41.15 - 44.99 ]	50.3	[ 50.15 - 50.39 ]
# home health visits annually		3.9	[ 3.13 - 4.71 ]	4.1	[ 4.02 - 4.14 ]
# durable medical equipment claims annually	*	1.3	[ 1.03 - 1.55 ]	1.9	[ 1.88 - 1.91 ]
# inpatient hospital stays/1000 persons 65+ years annually		245.4	[ 205.43 - 285.38 ]	273.3	[ 270.72 - 275.80 ]
% Medicare inpatient hospital readmissions (as % of admissions)		18.7%	[ 13.79% - 23.67% ]	17.2%	[ 16.89% - 17.47% ]
# skilled nursing facility stays/1000 persons 65+ years annually	*	82.4	[ 64.09 - 100.62 ]	104.7	[ 103.23 - 106.08 ]
% 65+ getting Medicaid long term services and supports	*	2.1%	[ 1.46% - 2.74% ]	5.5%	[ 5.48% - 5.60% ]
% 65+ hospice users		2.9%	[ 2.08% - 3.63% ]	2.8%	[ 2.70% - 2.79% ]
% 65+ hospice users as % of decedents	*	63.2%	[ 50.31% - 76.10% ]	45.5%	[ 44.85% - 46.14% ]
Median hospice days per hospice user (65+, deceased)		11.0	[ 7.0 - 14.0 ]	10.0	[ 10.00 - 10.00 ]
Median hospice payment (Medicare + other) per hospice user		\$3,334	[ \$2,613 - \$4,942 ]	\$3,741	[ \$3,650 - \$3,816 ]
<b>COMMUNITY</b>					
% 60+ who used Internet in last month	*	84.2%	[ 80.39% - 87.97% ]	75.1%	[ 74.32% - 75.89% ]
<b>TRANSPORTATION</b>					
% 65+ who own a motor vehicle		97.2%	[ 85.97% - 108.49% ]	87.3%	[ 87.15% - 87.49% ]
% 60+ who always drive or ride wearing a seatbelt		93.5%	[ 90.78% - 96.21% ]	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% ]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>HOUSING</b>					
% 65+ population who live alone		23.3%	[ 14.68% - 31.94% ]	28.4%	[ 27.99% - 28.89% ]
% 60+ own home	*	81.8%	[ 77.68% - 85.88% ]	76.9%	[ 76.70% - 77.17% ]
% 60+ homeowners who have mortgage		47.8%	[ 36.19% - 59.32% ]	47.1%	[ 46.58% - 47.64% ]
% 60+ stressed about paying rent/mortgage in last month		12.6%	[ 8.48% - 16.76% ]	17.4%	[ 16.52% - 18.19% ]
% 65+ households (renter) spend >35% of income on housing	*	14.9%	[ -2.28% - 32.03% ]	44.0%	[ 42.55% - 45.42% ]
% 65+ households (owner) spend >35% of income on housing		25.9%	[ 12.99% - 38.81% ]	29.5%	[ 28.89% - 30.15% ]
% 65+ moved within same county in last year		3.3%	[ 0.09% - 6.43% ]	3.7%	[ 3.48% - 3.89% ]
% 65+ moved from different county in last year		0.4%	[ -1.33% - 2.07% ]	0.8%	[ 0.71% - 0.90% ]
% 65+ moved from different state in last year		4.1%	[ 0.11% - 8.18% ]	0.9%	[ 0.82% - 1.05% ]
% of vacant homes in community		11.0%	[ 4.68% - 17.37% ]	9.6%	[ 9.29% - 9.87% ]
<b>ECONOMIC</b>					
% 60+ receiving food benefits in last year		6.4%	[ 0.83% - 12.02% ]	10.9%	[ 10.53% - 11.21% ]
% 65+ employed in last year		31.1%	[ 23.29% - 39.00% ]	24.8%	[ 24.48% - 25.15% ]
% 65+ with income below the poverty line in last year		3.4%	[ -1.93% - 8.82% ]	7.0%	[ 6.79% - 7.30% ]
% 65+ households with annual income < \$20,000		13.8%	[ 3.76% - 23.93% ]	17.1%	[ 16.57% - 17.55% ]
% 65+ households with annual income \$20,000-\$49,999		26.2%	[ 14.82% - 37.49% ]	31.0%	[ 30.35% - 31.62% ]
% 65+ households with annual income \$50,000-\$99,999		21.6%	[ 10.64% - 32.59% ]	27.6%	[ 27.04% - 28.17% ]
% 65+ households with annual income \$100,000+	*	38.4%	[ 29.72% - 47.05% ]	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.

Questions or suggestions? [Beth.Dugan@umb.edu](mailto:Beth.Dugan@umb.edu)