

Middlefield (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 | | 55.4% | [45.62% - 65.14%] | 55.7% | [55.33% - 56.11%] |
| % 75-84 years | | 30.7% | [21.44% - 40.00%] | 29.1% | [28.75% - 29.45%] |
| % 85 years or older | | 13.9% | [8.06% - 19.74%] | 15.2% | [14.93% - 15.43%] |
| % 65+ population who are female | | 48.7% | [40.42% - 56.89%] | 56.8% | [56.36% - 57.18%] |
| % 85+ population who are female | * | 88.7% | [72.16% - 105.26%] | 66.6% | [65.94% - 67.18%] |
| Race and ethnicity of the population 65+ | | | | | |
| % White | * | 100.0% | [91.92% - 108.08%] | 88.4% | [87.85% - 88.93%] |
| % African American | * | 0.0% | [-3.93% - 3.93%] | 6.8% | [6.63% - 6.88%] |
| % Asian | | 0.0% | [-3.93% - 3.93%] | 2.3% | [2.20% - 2.35%] |
| % Hispanic/Latino | * | 0.0% | [-3.93% - 3.93%] | 5.8% | [5.66% - 5.84%] |
| Marital status of the population 65+ | | | | | |
| % married | * | 66.6% | [59.40% - 73.78%] | 53.8% | [53.46% - 54.12%] |
| % divorced/separated | | 8.3% | [0.86% - 15.74%] | 14.9% | [14.58% - 15.29%] |
| % widowed | | 21.6% | [12.23% - 31.04%] | 24.2% | [23.77% - 24.57%] |
| % never married | | 3.5% | [-0.78% - 7.73%] | 7.1% | [6.85% - 7.36%] |
| Education of the population 65+ | | | | | |
| % with less than high school education | | 9.8% | [3.48% - 16.02%] | 14.7% | [14.30% - 15.04%] |
| % with high school or some college | | 57.0% | [47.42% - 66.48%] | 53.3% | [52.80% - 53.74%] |
| % with college degree | | 33.3% | [23.76% - 42.83%] | 32.1% | [31.72% - 32.40%] |
| % with graduate or professional degree | | 20.9% | [12.59% - 29.12%] | 16.8% | [16.58% - 17.09%] |
| % of 65+ population who speak only English at home | | 96.6% | [82.52% - 110.76%] | 84.3% | [83.76% - 84.83%] |
| % of 65+ population who are veterans of military service | | 21.2% | [13.49% - 28.88%] | 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 | | 4.0% | [2.71% - 5.34%] | 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%] |

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| 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 | | 3.9% | [2.33% - 5.48%] | 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 | | 23.1% | [19.14% - 27.04%] | 22.5% | [22.35% - 22.66%] |
| % 65+ with high cholesterol | | 74.2% | [70.13% - 78.25%] | 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 | | 11.7% | [8.95% - 14.44%] | 14.4% | [14.26% - 14.49%] |
| % 65+ with anemia | | 47.6% | [43.12% - 52.01%] | 50.6% | [50.41% - 50.76%] |
| % 65+ with asthma | | 11.7% | [8.86% - 14.47%] | 14.1% | [13.96% - 14.19%] |
| % 65+ with atrial fibrillation | | 16.3% | [13.26% - 19.39%] | 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 | 33.2% | [26.97% - 39.36%] | 42.8% | [42.49% - 43.01%] |
| % 65+ with breast cancer (women) | B | 7.9% | [4.87% - 10.95%] | 11.4% | [11.25% - 11.53%] |
| % 65+ with cataract | | 65.9% | [61.45% - 70.31%] | 64.8% | [64.67% - 65.00%] |
| % 65+ with chronic kidney disease | | 29.8% | [25.52% - 34.05%] | 29.9% | [29.70% - 30.03%] |
| % 65+ with chronic obstructive pulmonary disease | B | 17.7% | [14.43% - 20.89%] | 21.0% | [20.90% - 21.17%] |
| % 65+ with colon cancer | | 2.5% | [1.99% - 2.99%] | 2.7% | [2.65% - 2.75%] |
| % 65+ with congestive heart failure | B | 18.5% | [15.17% - 21.91%] | 22.6% | [22.43% - 22.72%] |
| % 65+ with diabetes | B | 28.1% | [23.84% - 32.30%] | 33.8% | [33.59% - 33.93%] |
| % 65+ with endometrial cancer (women) | | 1.7% | [1.15% - 2.31%] | 2.0% | [1.97% - 2.10%] |

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| % 65+ with epilepsy | | 2.9% | [2.26% - 3.45%] | 2.9% | [2.82% - 2.95%] |
| % 65+ with fibromyalgia, chronic pain, and fatigue | | 25.6% | [21.39% - 29.84%] | 26.6% | [26.42% - 26.73%] |
| % 65+ with glaucoma | | 25.9% | [22.10% - 29.63%] | 28.3% | [28.11% - 28.41%] |
| % 65+ ever had a heart attack | | 3.9% | [2.24% - 5.53%] | 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 | | 73.8% | [69.72% - 77.94%] | 76.2% | [76.07% - 76.37%] |
| % 65+ with hypothyroidism | B | 20.2% | [16.70% - 23.64%] | 25.1% | [24.99% - 25.28%] |
| % 65+ with ischemic heart disease | | 37.8% | [33.19% - 42.33%] | 40.7% | [40.55% - 40.90%] |
| % 65+ with leukemias and lymphomas | | 2.8% | [2.19% - 3.38%] | 2.7% | [2.60% - 2.71%] |
| % 65+ with liver disease | | 10.6% | [7.66% - 13.50%] | 9.5% | [9.37% - 9.59%] |
| % 65+ with lung cancer | | 1.8% | [1.33% - 2.21%] | 1.9% | [1.81% - 1.90%] |
| % 65+ with migraine and other chronic headache | | 4.9% | [2.92% - 6.78%] | 5.2% | [5.13% - 5.29%] |
| % 65+ with osteoarthritis or rheumatoid arthritis | | 56.6% | [51.75% - 61.49%] | 54.2% | [53.97% - 54.34%] |
| % 65+ with osteoporosis | B | 16.4% | [13.27% - 19.44%] | 20.2% | [20.11% - 20.37%] |
| % 65+ with peripheral vascular disease | | 18.0% | [14.64% - 21.42%] | 19.9% | [19.72% - 19.99%] |
| % 65+ with pressure ulcer or chronic ulcer | | 7.9% | [5.59% - 10.20%] | 9.2% | [9.11% - 9.31%] |
| % 65+ with prostate cancer (men) | | 15.5% | [10.85% - 20.21%] | 13.1% | [12.93% - 13.28%] |
| % 65+ with stroke | | 11.6% | [8.95% - 14.24%] | 11.9% | [11.80% - 12.01%] |
| % 65+ with traumatic brain injury | | 1.3% | [0.92% - 1.72%] | 1.3% | [1.25% - 1.33%] |
| % 65+ with 4+ (out of 15) chronic conditions | B | 56.8% | [52.34% - 61.33%] | 61.8% | [61.61% - 61.95%] |
| % 65+ with 0 chronic conditions | | 7.7% | [5.01% - 10.31%] | 7.2% | [7.10% - 7.29%] |
| BEHAVIORAL HEALTH | | | | | |
| % 65+ with opioid use disorder | | 2.7% | [2.10% - 3.30%] | 2.2% | [2.10% - 2.21%] |
| % 65+ with substance use disorder | | 7.5% | [4.87% - 10.20%] | 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 | | 11.3% | [8.12% - 14.50%] | 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 | | 28.4% | [24.48% - 32.39%] | 30.3% | [30.10% - 30.41%] |
| % 65+ with anxiety disorder | | 26.1% | [21.91% - 30.33%] | 25.5% | [25.35% - 25.66%] |
| % 65+ with bipolar disorder | | 3.5% | [2.86% - 4.22%] | 3.9% | [3.78% - 3.92%] |
| % 65+ with post-traumatic stress disorder | | 1.4% | [0.95% - 1.88%] | 1.3% | [1.20% - 1.29%] |
| % 65+ with schizophrenia & other psychotic disorder | | 5.3% | [4.50% - 6.03%] | 4.6% | [4.53% - 4.68%] |
| % 65+ with personality disorder | W | 3.4% | [2.69% - 4.06%] | 2.6% | [2.49% - 2.61%] |

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| LIVING WITH DISABILITY | | | | | |
| % 65+ with self-reported hearing difficulty | | 10.5% | [3.97% - 17.11%] | 12.4% | [12.08% - 12.71%] |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 13.9% | [10.77% - 16.99%] | 15.7% | [15.60% - 15.85%] |
| % 65+ with self-reported vision difficulty | | 4.7% | [-0.04% - 9.46%] | 4.8% | [4.55% - 5.04%] |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 1.0% | [0.68% - 1.28%] | 1.1% | [1.05% - 1.12%] |
| % 65+ with self-reported cognition difficulty | | 3.8% | [-0.81% - 8.43%] | 7.6% | [7.34% - 7.87%] |
| % 65+ with self-reported ambulatory difficulty | | 12.1% | [3.87% - 20.34%] | 19.1% | [18.71% - 19.52%] |
| % 65+ with clinical diagnosis of mobility impairment | | 3.8% | [2.12% - 5.54%] | 4.0% | [3.95% - 4.09%] |
| % 65+ with self-reported self-care difficulty | | 5.2% | [-1.54% - 11.86%] | 7.5% | [7.25% - 7.77%] |
| % 65+ with self-reported independent living difficulty | | 10.3% | [2.37% - 18.25%] | 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 | | 0.4% | [-0.35% - 1.18%] | 0.8% | [0.73% - 0.86%] |
| % of grandparents who live with grandchildren | | 1.5% | [-0.29% - 3.30%] | 2.7% | [2.62% - 2.83%] |
| ACCESS TO CARE | | | | | |
| % 65+ dually eligible for Medicare and Medicaid | * | 12.8% | [10.60% - 14.95%] | 22.1% | [21.96% - 22.17%] |
| % 65+ Medicare managed care enrollees | | 30.6% | [27.62% - 33.61%] | 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 | | 8.2 | [7.53 - 8.94] | 8.6 | [8.60 - 8.66] |
| # emergency room visits/1000 persons 65+ years annually | | 630.3 | [486.24 - 774.37] | 636.7 | [631.77 - 641.56] |
| # Part D monthly prescription fills per person annually | * | 45.9 | [42.91 - 48.93] | 50.3 | [50.15 - 50.39] |
| # home health visits annually | * | 3.0 | [2.12 - 3.87] | 4.1 | [4.02 - 4.14] |
| # durable medical equipment claims annually | * | 1.4 | [0.94 - 1.79] | 1.9 | [1.88 - 1.91] |
| # inpatient hospital stays/1000 persons 65+ years annually | | 335.7 | [258.04 - 413.29] | 273.3 | [270.72 - 275.80] |
| % Medicare inpatient hospital readmissions (as % of admissions) | | 17.2% | [10.69% - 23.75%] | 17.2% | [16.89% - 17.47%] |
| # skilled nursing facility stays/1000 persons 65+ years annually | | 82.0 | [54.96 - 109.12] | 104.7 | [103.23 - 106.08] |
| % 65+ getting Medicaid long term services and supports | * | 2.3% | [1.33% - 3.29%] | 5.5% | [5.48% - 5.60%] |
| % 65+ hospice users | | 3.1% | [1.94% - 4.32%] | 2.8% | [2.70% - 2.79%] |
| % 65+ hospice users as % of decedents | * | 62.6% | [47.97% - 77.30%] | 45.5% | [44.85% - 46.14%] |
| Median hospice days per hospice user (65+, deceased) | | 11.0 | [6.0 - 20.5] | 10.0 | [10.00 - 10.00] |
| Median hospice payment (Medicare + other) per hospice user | | \$4,684 | [\$2,472 - \$6,952] | \$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 | | 96.3% | [84.46% - 108.12%] | 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 | | 28.1% | [20.68% - 35.59%] | 28.4% | [27.99% - 28.89%] |
| % 60+ own home | | 81.3% | [75.32% - 87.21%] | 76.9% | [76.70% - 77.17%] |
| % 60+ homeowners who have mortgage | | 47.9% | [36.38% - 59.40%] | 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 | | 43.0% | [4.10% - 81.84%] | 44.0% | [42.55% - 45.42%] |
| % 65+ households (owner) spend >35% of income on housing | | 24.9% | [13.33% - 36.44%] | 29.5% | [28.89% - 30.15%] |
| % 65+ moved within same county in last year | | 3.7% | [-1.90% - 9.30%] | 3.7% | [3.48% - 3.89%] |
| % 65+ moved from different county in last year | | 0.0% | [-2.78% - 2.78%] | 0.8% | [0.71% - 0.90%] |
| % 65+ moved from different state in last year | | 0.8% | [-1.91% - 3.48%] | 0.9% | [0.82% - 1.05%] |
| % of vacant homes in community | | 7.8% | [2.76% - 12.79%] | 9.6% | [9.29% - 9.87%] |
| ECONOMIC | | | | | |
| % 60+ receiving food benefits in last year | | 11.3% | [2.78% - 19.88%] | 10.9% | [10.53% - 11.21%] |
| % 65+ employed in last year | | 26.7% | [17.43% - 35.93%] | 24.8% | [24.48% - 25.15%] |
| % 65+ with income below the poverty line in last year | | 7.0% | [1.95% - 11.95%] | 7.0% | [6.79% - 7.30%] |
| % 65+ households with annual income < \$20,000 | | 18.6% | [9.08% - 28.03%] | 17.1% | [16.57% - 17.55%] |
| % 65+ households with annual income \$20,000-\$49,999 | | 31.1% | [16.08% - 46.11%] | 31.0% | [30.35% - 31.62%] |
| % 65+ households with annual income \$50,000-\$99,999 | | 30.0% | [17.29% - 42.78%] | 27.6% | [27.04% - 28.17%] |
| % 65+ households with annual income \$100,000+ | | 20.3% | [9.65% - 30.99%] | 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