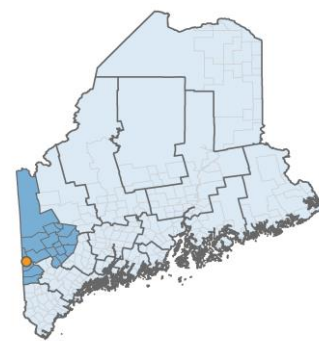


## Fryeburg, Stow (Oxford)

The communities of Fryeburg and Stow are located in Oxford County. Collectively, these areas are home to 863 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of anemia and heart attack. However, they have a higher rate of osteoarthritis/rheumatoid arthritis. Older residents in Oxford County varied in obtaining preventive health screenings: residents 18 and older got annual physical exams (76.5%) and annual dental exams (57.6%), while 43.2% of men and 38.8% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. A community resource to support healthy aging is their public library. Fryeburg is a designated AARP Age-Friendly Community.



### POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		3,820	1,366,949
Population 60 years or older as % of total population		32.9%	29.4%
Total population 60 years and older		1,257	402,170
Population 65 years or older as % of total population		22.6%	21.5%
Total population 65 years and older		863	293,488
% 65-74 years		57.8%	59.9%
% 75-84 years		31.9%	28.5%
% 85 years or older		10.3%	11.6%
% 65+ population who are female		54.6%	54.3%
% 85+ population who are female		34.8%	64.8%
Race and ethnicity of the population 65+			
% White		95.6%	96.6%
% African American		0.0%	0.3%
% Asian		4.4%	0.5%
% Other race(s)		0.0%	2.5%
% Hispanic		0.0%	0.7%
# 55+ who are Native American / Alaskan		9	1,794
Marital status of the population 65+			
% married		47.2%	57.0%
% divorced/separated		24.7%	16.9%
% widowed		22.0%	20.6%
% never married		6.1%	5.6%
Education of the population 65+			
% with less than high school education		12.5%	7.6%
% with high school or some college		59.7%	59.0%
% with college degree		13.7%	18.3%
% with graduate or professional degree		14.1%	15.1%
% 65+ population who speak only English at home		99.9%	92.7%
% 65+ population who are veterans of military service		14.8%	18.4%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
<b>HOUSING</b>			
% 65+ population who live alone		33.1%	28.3%
Average household size (all ages)		2.2	2.3
Median house value (all ages)		\$245,950	\$244,800
% 60+ own home		76.9%	80.4%
% 60+ homeowners who have mortgage		43.2%	40.6%
% 65+ households (renter) spend >35% of income on housing		9.8%	35.2%
% 65+ households (owner) spend >35% of income on housing		38.3%	20.4%
% grandparents who live with grandchildren		4.8%	1.8%
# of assisted living sites		0	21
<b>SOCIAL DETERMINANTS OF HEALTH</b>			
<b>COST OF LIVING</b>			
Elder Index			
Single, homeowner without mortgage, good health (County)	0.92	\$22,632	\$24,528
Single, renter, good health (County)	0.89	\$25,620	\$28,704
Couple, homeowner without mortgage, good health (County)	0.95	\$35,628	\$37,380
Couple, renter, good health (County)	0.93	\$38,616	\$41,556
<b>ECONOMIC</b>			
% 60+ receiving food stamps in past year		11.1%	10.8%
% 65+ employed in past year		35.9%	18.8%
% 65+ with income below the poverty line in past year		13.1%	9.0%
Median annual income for households with a householder age 65+	*	\$34,741	\$49,828
% 65+ households with annual income < \$20,000		20.4%	17.1%
% 65+ households with annual income \$20,000-\$49,999		45.5%	33.1%
% 65+ households with annual income \$50,000-\$99,999		21.9%	29.4%
% 65+ households with annual income \$100,000+		12.1%	20.4%
<b>WELLNESS</b>			
% 18+ with less than 7 hours sleep (County)		32.3%	NA
% 18+ without leisure-time physical activity (County)		28.4%	NA
% 18+ with fair or poor self-reported health status (County)		16.4%	NA
% 18+ with 14+ physically unhealthy days (County)		13.1%	NA
<b>COMMUNITY</b>			
Annual # unhealthy days due to air pollution for 65+ (County)		1	NA
AARP Age-Friendly Communities		Yes	Yes
# of public universities and community colleges		0	42
# of public libraries		1	261
# of senior centers		0	27
# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households with a smartphone (all ages)		78.6%	82.5%
% households with only a smartphone to access the Internet (all ages)		3.4%	6.4%
% households without a computer (all ages)		5.2%	7.1%
% households with access to Broadband (all ages)		83.3%	87.3%
% households without access to the Internet (all ages)		16.2%	12.3%

SOCIAL DETERMINANTS OF HEALTH	Significantly different than state rate	Community estimate	State estimate
<b>COMMUNITY</b>			
Voter participation rate in 2020 election (age 18+)		63.6%	74.1%
Homicide rate/100,000 persons (County)		NA	1.5
# firearm fatalities (all ages) (County)		39	770
# 65+ deaths by suicide (County)		17	290
Age-sex adjusted 1-year mortality rate		4.5%	4.2%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle		96.7%	91.0%
# fatal crashes involving adult age 60+ (County)		17	251
AllTransit Score		0.00	0.51
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 65+ with hip fracture		2.8%	3.1%
<b>PREVENTION</b>			
% 18+ with physical exam/check-up in past year (County)		76.5%	NA
% mammography use among women age 50-74 Years (County)		75.9%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		76.6%	NA
% 65+ men up to date on preventive services (County)		43.2%	NA
% 65+ women up to date on preventive services (County)		38.8%	NA
<b>NUTRITION &amp; DIET</b>			
% 18+ with obesity (County)		34.5%	NA
% 65+ with high cholesterol		72.6%	69.5%
% 18+ with cholesterol screening (County)		66.7%	NA
<b>ORAL HEALTH</b>			
% 18+ with annual dental exam (County)		57.6%	NA
# dentists per 100,000 persons (all ages) (County)		34.1	47.2
% 65+ with complete tooth loss (County)		16.5%	NA
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		13.4%	11.0%
% 65+ with anemia	B	33.1%	38.1%
% 65+ with asthma		9.6%	11.8%
% 65+ with atrial fibrillation		14.2%	14.3%
% 65+ with benign prostatic hyperplasia (men)		34.8%	35.2%
% 65+ with breast cancer (women)		13.3%	9.6%
% 65+ with cataract		63.7%	60.4%
% 65+ with chronic kidney disease		27.5%	29.4%
% 65+ with chronic obstructive pulmonary disease		19.1%	20.9%
% 65+ with colon cancer		2.2%	2.1%
% 65+ with congestive heart failure		19.4%	18.1%
% 65+ with diabetes		25.7%	26.2%
% 65+ with endometrial cancer (women)		2.0%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue		34.0%	34.8%
% 65+ with glaucoma		25.6%	23.3%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
<b>CHRONIC DISEASE</b>			
% 65+ ever had a heart attack	B	4.0%	6.1%
% 65+ with HIV/AIDS		0.11%	0.17%
% 65+ with hypertension		70.3%	67.1%
% 65+ with ischemic heart disease		31.8%	35.3%
% 65+ with liver disease		9.1%	10.2%
% 65+ with lung cancer		1.8%	1.8%
% 65+ with migraine and other chronic headache		6.7%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.4%	51.5%
% 65+ with osteoporosis		14.4%	15.7%
% 65+ with peripheral vascular disease		15.7%	15.3%
% 65+ with pressure ulcer or chronic ulcer		5.1%	6.8%
% 65+ with prostate cancer (men)		11.5%	10.3%
% 65+ with stroke		9.5%	10.0%
% 65+ with 4+ (out of 15) chronic conditions		55.0%	55.5%
% 65+ with 0 chronic conditions		10.3%	12.4%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		64	2,080
% 65+ with substance use disorder		8.5%	8.7%
% 18+ excessive drinking (County)		15.1%	NA
% 65+ with tobacco use disorder		14.9%	13.6%
% 18+ current smokers (County)		19.6%	NA
<b>MENTAL HEALTH</b>			
% 18+ with 14+ days poor mental health (County)		16.6%	NA
% 65+ with depression		35.6%	34.8%
% 65+ with anxiety disorder		29.0%	30.7%
% 65+ with post-traumatic stress disorder		3.7%	3.9%
% 65+ with schizophrenia & other psychotic disorder		3.5%	3.2%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		10.8%	15.5%
% 65+ with self-reported vision difficulty		3.5%	4.6%
% 65+ with self-reported cognition difficulty		11.9%	7.5%
% 65+ with self-reported ambulatory difficulty		14.7%	17.8%
% 65+ with self-reported self-care difficulty		8.7%	5.2%
% 65+ with self-reported independent living difficulty		14.4%	10.5%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	11
% grandparents raising grandchildren		0.55%	0.55%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
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**Community estimate**

State estimate

## ACCESS TO CARE

% 65+ dually eligible for Medicare and Medicaid	*	22.3%	18.7%
% 65+ Medicare managed care enrollees	*	44.1%	50.3%
% 18-64 who lack health insurance (County)		9.2%	NA
# of primary care providers		0	2,199
# of hospitals		0	37
# of home health agencies		0	20
# of skilled nursing facilities		0	87
# of hospice agencies		0	14
# of community health centers		0	164
# of adult day health centers		0	33

**SERVICE UTILIZATION**

# physician visits per year	*	2.3	4.7
# emergency room visits/1000 persons 65+ years annually		577.8	556.1
# Part D monthly prescription fills per person annually	*	53.7	49.8
# home health visits annually		1.5	1.7
# durable medical equipment claims annually		1.7	2.0
# inpatient hospital stays/1000 persons 65+ years annually		184.5	169.8
% Medicare inpatient hospital readmissions (as % of admissions)		24.1%	14.3%
# skilled nursing facility stays/1000 persons 65+ years annually		48.7	43.3
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	20.0
% 65+ getting Medicaid long term services and supports	*	0.8%	2.1%
% 65+ hospice users		2.6%	3.0%
% 65+ hospice users as % of decedents		52.6%	49.7%

NOTES

## TECHNICAL NOTES

\*For more information on data sources, measures, and methodology used in the 2025 Maine Healthy Aging Data Report see our technical documentation at ([healthyagingdatareports.org](https://healthyagingdatareports.org)). 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. 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 (ACS)) 2018-2022.*
- *Housing: ACS, 2018-2022; Maine Home Care Association (MEHCA), 2023.*
- *Cost of Living: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston, 2023.*
- *Economic: ACS, 2018-2022.*
- *Wellness: Centers for Disease Control and Prevention (CDC; Behavioral Risk Factor Surveillance Survey (BRFSS)), 2020-2021.*
- *Community: AARP, 2023; ACS, 2018-2022; CDC WONDER, 2016-2020; The CMS Master Beneficiary Summary File ABCD/Other (CMS), 2020-2021; NECHE, 2023; State of Maine, 2023; Maine State Library, 2023; Maine Secretary of State, 2023; OLLI, 2023; U.S. EPA Air Compare, 2023.*
- *Transportation: ACS, 2018-2022; AllTransit™, 2023; NHTSA, 2018-2022.*
- *Falls: CMS, 2020-2021.*
- *Prevention: BRFSS, 2020-2021.*
- *Nutrition/Diet: BRFSS, 2020-2021; CMS, 2020-2021.*
- *Oral Health: BRFSS, 2020-2021; HRSA, 2023.*
- *Chronic Disease: CMS, 2020-2021.*
- *Behavioral Health: BRFSS, 2020-2021; CDC WONDER 2016-2020; CMS, 2020-2021.*
- *Mental Health: BRFSS, 2020-2021; CMS, 2020-2021.*
- *Living with Disability: ACS, 2018-2022.*
- *Caregiving: ACS, 2018-2022; Alzheimer's Association, 2023.*
- *Access to Care: BRFSS, 2020-2021; CMS, 2020-2021; HRSA, 2023; Medicare.gov, 2023; Maine.gov, 2023.*
- *Service Utilization: CMS, 2020-2021.*

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