Nobleboro (Lincoln)

Nobleboro is a town in Lincoln County with 455 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of hip fracture, high cholesterol, asthma, diabetes, hypertension, peripheral vascular disease, PTSD, and schizophrenia. Older residents in Lincoln County varied in obtaining preventive health screenings: residents 18 and older got annual physical exams (76.4%) and annual dental exams (70%), while 53.5% of men and 41.5% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. A community resource to support healthy aging is one primary care provider.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		1,554	1,366,949
Population 60 years or older as % of total population		38.0%	29.4%
Total population 60 years and older		591	402,170
Population 65 years or older as % of total population		29.3%	21.5%
Total population 65 years and older		455	293,488
% 65-74 years		56.3%	59.9%
% 75-84 years	*	39.1%	28.5%
% 85 years or older	*	4.6%	11.6%
% 65+ population who are female		56.5%	54.3%
% 85+ population who are female		38.1%	64.8%
Race and ethnicity of the population 65+			
% White		98.0%	96.6%
% African American		0.0%	0.3%
% Asian		0.0%	0.5%
% Other race(s)		2.0%	2.5%
% Hispanic		0.0%	0.7%
# 55+ who are Native American / Alaskan		1	1,794
Marital status of the population 65+			
% married		66.6%	57.0%
% divorced/separated		14.1%	16.9%
% widowed		15.8%	20.6%
% never married		3.5%	5.6%
Education of the population 65+			
% with less than high school education	*	0.9%	7.6%
% with high school or some college		57.1%	59.0%
% with college degree		20.7%	18.3%
% with graduate or professional degree		21.3%	15.1%
% 65+ population who speak only English at home		96.9%	92.7%
% 65+ population who are veterans of military service		21.5%	18.4%

HOUSING state rate estimate estimate % 65+ population who live alone 21.3% 28.3% Average household size (all ages) 3 21.1 22.3% % 60+ own home 86.900 \$244,800 % 60+ homeowners who have mortgage 40.1% 40.6% % 65+ households (renter) spend >35% of income on housing 11.2% 20.4% % 65+ households (cowner) spend >35% of income on housing 0.8% 1.8% % 65+ households (cowner) spend >35% of income on housing 11.2% 20.4% % 65+ households (cowner) spend >35% of income on housing 0.8% 1.8% % of assisted living sites 0.8% 1.8% SCOCIAL DETERMINANTS OF HEALTH 5 5 Elder Index Elder Index Single, nomeowner without mortgage, good health (County) 1.00 \$24,536 \$24,528 Single, renter, good health (County) 0.96 \$27,624 \$28,704 Couple, renter, good health (County) 0.98 \$40,620 \$41,556 ECOMOMIC 8.0%	DODLII ATION CHADACTEDISTICS	Significantly	Community	State
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% households with a smartphone (all ages) % households with only a smartphone to access the Internet (all ages) % households without a computer (all ages) % households with access to Broadband (all ages) 88.9% 87.3%	# of senior centers		0	27
% households with only a smartphone to access the Internet (all ages) 5.3% 6.4% households without a computer (all ages) 4.9% 7.1% households with access to Broadband (all ages) 88.9% 87.3%	# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households without a computer (all ages) 4.9% 7.1% 88.9% 87.3%	% households with a smartphone (all ages)		86.0%	82.5%
% households with access to Broadband (all ages) 88.9% 87.3%	% households with only a smartphone to access the Internet (all ages)		5.3%	6.4%
<u> </u>	% households without a computer (all ages)		4.9%	7.1%
% households without access to the Internet (all ages) 10.7% 12.3%	% households with access to Broadband (all ages)		88.9%	87.3%
	% households without access to the Internet (all ages)		10.7%	12.3%

SOCIAL DETERMINANTS OF HEALTH	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
Voter participation rate in 2020 election (age 18+)		79.0%	74.1%
Homicide rate/100,000 persons (County)		0.0	1.5
# firearm fatalities (all ages) (County)		22	770
# 65+ deaths by suicide (County)		13	290
Age-sex adjusted 1-year mortality rate		3.8%	4.2%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		99.0%	91.0%
# fatal crashes involving adult age 60+ (County)		12	251
AllTransit Score		NA	0.51
HEALTH OUTCOMES			
FALLS			
% 65+ with hip fracture	В	1.7%	3.1%
PREVENTION			
% 18+ with physical exam/check-up in past year (County)		76.4%	NA
% mammography use among women age 50-74 Years (County)		68.9%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		78.4%	NA
% 65+ men up to date on preventive services (County)		53.5%	NA
% 65+ women up to date on preventive services (County)		41.5%	NA
NUTRITION & DIET			
% 18+ with obesity (County)		27.5%	NA
% 65+ with high cholesterol	В	65.9%	69.5%
% 18+ with cholesterol screening (County)		63.8%	NA
ORAL HEALTH			
% 18+ with annual dental exam (County)		70.0%	NA
# dentists per 100,000 persons (all ages) (County)		25.1	47.2
% 65+ with complete tooth loss (County)		12.6%	NA
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		9.2%	11.0%
% 65+ with anemia		36.7%	38.1%
% 65+ with asthma	В	9.0%	11.8%
% 65+ with atrial fibrillation		13.7%	14.3%
% 65+ with benign prostatic hyperplasia (men)		33.5%	35.2%
% 65+ with breast cancer (women)		7.5%	9.6%
% 65+ with cataract		59.1%	60.4%
% 65+ with chronic kidney disease		28.4%	29.4%
% 65+ with chronic obstructive pulmonary disease		20.6%	20.9%
% 65+ with colon cancer		2.0%	2.1%
% 65+ with congestive heart failure		16.5%	18.1%
% 65+ with diabetes	В	20.6%	26.2%
% 65+ with endometrial cancer (women)		2.1%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue		32.9%	34.8%
% 65+ with glaucoma		25.2%	23.3%

HEALTH OUTCOMES	Significantly different than	Community estimate	State estimate
	state rate	Cotimate	- Commute
CHRONIC DISEASE			
% 65+ ever had a heart attack		5.3%	6.1%
% 65+ with HIV/AIDS		0.23%	0.17%
% 65+ with hypertension	В	63.3%	67.1%
% 65+ with ischemic heart disease		33.0%	35.3%
% 65+ with liver disease		10.7%	10.2%
% 65+ with lung cancer		1.7%	1.8%
% 65+ with migraine and other chronic headache		8.9%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis		50.3%	51.5%
% 65+ with osteoporosis		15.3%	15.7%
% 65+ with peripheral vascular disease	В	11.6%	15.3%
% 65+ with pressure ulcer or chronic ulcer		6.8%	6.8%
% 65+ with prostate cancer (men)		7.6%	10.3%
% 65+ with stroke		9.4%	10.0%
% 65+ with 4+ (out of 15) chronic conditions	В	51.6%	55.5%
% 65+ with 0 chronic conditions		14.0%	12.4%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		50	2,080
% 65+ with substance use disorder		8.6%	8.7%
% 18+ excessive drinking (County)		14.6%	NA
% 65+ with tobacco use disorder		12.8%	13.6%
% 18+ current smokers (County)		15.0%	NA
MENTAL HEALTH			
% 18+ with 14+ days poor mental health (County)		13.3%	NA
% 65+ with depression		35.4%	34.8%
% 65+ with anxiety disorder		28.2%	30.7%
% 65+ with post-traumatic stress disorder	В	2.9%	3.9%
% 65+ with schizophrenia & other psychotic disorder	В	1.7%	3.2%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.6%	15.5%
% 65+ with self-reported vision difficulty		1.5%	4.6%
% 65+ with self-reported cognition difficulty		5.1%	7.5%
% 65+ with self-reported ambulatory difficulty		11.2%	17.8%
% 65+ with self-reported self-care difficulty		4.8%	5.2%
% 65+ with self-reported independent living difficulty	*	5.1%	10.5%
CAREGIVING		3,3	. 5.5 / 6
# of Alzheimer's support groups		0	11
% grandparents raising grandchildren		0.00%	0.55%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	15.2%	18.7%
% 65+ Medicare managed care enrollees		50.9%	50.3%
% 18-64 who lack health insurance (County)		7.2%	NA
# of primary care providers		1	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	*	4.2	4.7
# emergency room visits/1000 persons 65+ years annually		508.7	556.1
# Part D monthly prescription fills per person annually	*	46.7	49.8
# home health visits annually	*	1.0	1.7
# durable medical equipment claims annually		1.7	2.0
# inpatient hospital stays/1000 persons 65+ years annually		160.2	169.8
% Medicare inpatient hospital readmissions (as % of admissions)		13.8%	14.3%
# skilled nursing facility stays/1000 persons 65+ years annually	*	29.6	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		2.8%	3.0%
% 65+ hospice users as % of decedents		58.4%	49.7%
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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). 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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