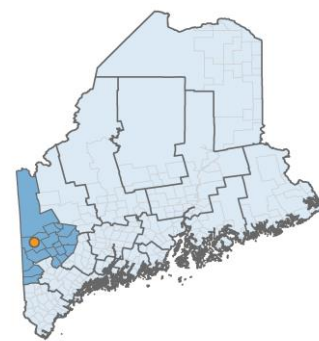


## Bethel, Gilead, South Oxford, Stoneham (Oxford)

The communities of Bethel, Gilead, South Oxford, and Stoneham are located in Oxford County. Collectively, these areas are home to 921 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of Alzheimer's disease or related dementias, anemia, asthma, chronic kidney disease, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), diabetes, fibromyalgia/chronic pain/fatigue, glaucoma, ischemic heart disease, liver disease, peripheral vascular disease, pressure ulcer, tobacco use disorder, depression, and anxiety disorder. 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. Community resources to support healthy aging include six primary care providers, one community health center, and one public library. Bethel and Gilead are designated AARP Age-Friendly Communities.



### POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		3,652	1,366,949
Population 60 years or older as % of total population		34.4%	29.4%
Total population 60 years and older		1,257	402,170
Population 65 years or older as % of total population		25.2%	21.5%
Total population 65 years and older		921	293,488
% 65-74 years		56.5%	59.9%
% 75-84 years		24.6%	28.5%
% 85 years or older		18.9%	11.6%
% 65+ population who are female		45.4%	54.3%
% 85+ population who are female	*	31.0%	64.8%
Race and ethnicity of the population 65+			
% White		94.4%	96.6%
% African American		0.0%	0.3%
% Asian		0.0%	0.5%
% Other race(s)		5.6%	2.5%
% Hispanic		0.0%	0.7%
# 55+ who are Native American / Alaskan		0	1,794
Marital status of the population 65+			
% married		54.4%	57.0%
% divorced/separated		15.6%	16.9%
% widowed		21.3%	20.6%
% never married		8.7%	5.6%
Education of the population 65+			
% with less than high school education		2.6%	7.6%
% with high school or some college		64.9%	59.0%
% with college degree		20.0%	18.3%
% with graduate or professional degree		12.5%	15.1%
% 65+ population who speak only English at home		97.6%	92.7%
% 65+ population who are veterans of military service		25.5%	18.4%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
<b>HOUSING</b>			
% 65+ population who live alone		31.7%	28.3%
Average household size (all ages)		2.3	2.3
Median house value (all ages)		\$197,425	\$244,800
% 60+ own home	*	94.9%	80.4%
% 60+ homeowners who have mortgage		46.5%	40.6%
% 65+ households (renter) spend >35% of income on housing		28.1%	35.2%
% 65+ households (owner) spend >35% of income on housing		34.0%	20.4%
% grandparents who live with grandchildren		1.0%	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		7.5%	10.8%
% 65+ employed in past year		19.2%	18.8%
% 65+ with income below the poverty line in past year		7.7%	9.0%
Median annual income for households with a householder age 65+		\$44,043	\$49,828
% 65+ households with annual income < \$20,000		15.7%	17.1%
% 65+ households with annual income \$20,000-\$49,999		51.3%	33.1%
% 65+ households with annual income \$50,000-\$99,999	*	14.4%	29.4%
% 65+ households with annual income \$100,000+		18.6%	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)		76.9%	82.5%
% households with only a smartphone to access the Internet (all ages)		6.8%	6.4%
% households without a computer (all ages)		7.7%	7.1%
% households with access to Broadband (all ages)		86.6%	87.3%
% households without access to the Internet (all ages)		12.6%	12.3%

SOCIAL DETERMINANTS OF HEALTH		Significantly different than state rate	Community estimate	State estimate
COMMUNITY				
Voter participation rate in 2020 election (age 18+)			79.9%	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			3.3%	4.2%
TRANSPORTATION				
% householders 65+ who own a motor vehicle			95.6%	91.0%
# fatal crashes involving adult age 60+ (County)			17	251
AllTransit Score			NA	0.51
HEALTH OUTCOMES				
FALLS				
% 65+ with hip fracture			2.5%	3.1%
PREVENTION				
% 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
NUTRITION & DIET				
% 18+ with obesity (County)			34.5%	NA
% 65+ with high cholesterol			67.8%	69.5%
% 18+ with cholesterol screening (County)			66.7%	NA
ORAL HEALTH				
% 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
CHRONIC DISEASE				
% 65+ with Alzheimer's disease or related dementias		B	7.9%	11.0%
% 65+ with anemia		B	24.8%	38.1%
% 65+ with asthma		B	8.8%	11.8%
% 65+ with atrial fibrillation			13.8%	14.3%
% 65+ with benign prostatic hyperplasia (men)			29.2%	35.2%
% 65+ with breast cancer (women)			9.4%	9.6%
% 65+ with cataract			59.0%	60.4%
% 65+ with chronic kidney disease		B	23.3%	29.4%
% 65+ with chronic obstructive pulmonary disease		B	13.5%	20.9%
% 65+ with colon cancer			2.2%	2.1%
% 65+ with congestive heart failure		B	11.2%	18.1%
% 65+ with diabetes		B	18.3%	26.2%
% 65+ with endometrial cancer (women)			2.0%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue		B	26.3%	34.8%
% 65+ with glaucoma		B	18.9%	23.3%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
<b>CHRONIC DISEASE</b>			
% 65+ ever had a heart attack		5.6%	6.1%
% 65+ with HIV/AIDS		0.11%	0.17%
% 65+ with hypertension		67.0%	67.1%
% 65+ with ischemic heart disease	B	27.8%	35.3%
% 65+ with liver disease	B	6.1%	10.2%
% 65+ with lung cancer		1.8%	1.8%
% 65+ with migraine and other chronic headache		5.8%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis		52.7%	51.5%
% 65+ with osteoporosis		13.0%	15.7%
% 65+ with peripheral vascular disease	B	8.5%	15.3%
% 65+ with pressure ulcer or chronic ulcer	B	3.7%	6.8%
% 65+ with prostate cancer (men)		13.1%	10.3%
% 65+ with stroke		8.4%	10.0%
% 65+ with 4+ (out of 15) chronic conditions	B	50.2%	55.5%
% 65+ with 0 chronic conditions		13.0%	12.4%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		64	2,080
% 65+ with substance use disorder		6.3%	8.7%
% 18+ excessive drinking (County)		15.1%	NA
% 65+ with tobacco use disorder	B	9.5%	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	B	27.6%	34.8%
% 65+ with anxiety disorder	B	21.7%	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		14.4%	15.5%
% 65+ with self-reported vision difficulty		12.1%	4.6%
% 65+ with self-reported cognition difficulty		3.3%	7.5%
% 65+ with self-reported ambulatory difficulty		19.9%	17.8%
% 65+ with self-reported self-care difficulty		14.9%	5.2%
% 65+ with self-reported independent living difficulty		7.5%	10.5%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	11
% grandparents raising grandchildren		0.38%	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	17.8%	18.7%
% 65+ Medicare managed care enrollees	49.4%	50.3%
% 18-64 who lack health insurance (County)	9.2%	NA
# of primary care providers	6	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	1	164
# of adult day health centers	0	33

## SERVICE UTILIZATION

# physician visits per year	*	2.6	4.7
# emergency room visits/1000 persons 65+ years annually	*	351.8	556.1
# Part D monthly prescription fills per person annually	*	41.6	49.8
# home health visits annually		1.9	1.7
# durable medical equipment claims annually	*	1.3	2.0
# inpatient hospital stays/1000 persons 65+ years annually	*	100.2	169.8
% Medicare inpatient hospital readmissions (as % of admissions)		8.9%	14.3%
# skilled nursing facility stays/1000 persons 65+ years annually	*	23.0	43.3
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	20.0
% 65+ getting Medicaid long term services and supports	*	0.6%	2.1%
% 65+ hospice users		2.5%	3.0%
% 65+ hospice users as % of decedents		59.2%	49.7%

NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## 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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