

## Biddeford (York)

Biddeford is a city in York County with 3,833 residents aged 65 and older. Compared to state average rates, older residents have a lower rate of schizophrenia. However, they have higher rates of high cholesterol, anemia, chronic kidney disease, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), diabetes, heart attack, hypertension, ischemic heart disease, osteoarthritis/rheumatoid arthritis, and prostate cancer. Older residents in York County varied in obtaining preventive health screenings: residents 18 and older got annual physical exams (78.1%) and annual dental exams (70%), while 53.8% of men and 40% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. Community resources to support healthy aging include 67 primary care providers, one hospital, two skilled nursing facilities, one community health center, one adult day health center, one senior center, and one public library. Biddeford is a designated AARP Age-Friendly Community.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		22,438	1,366,949
Population 60 years or older as % of total population		22.6%	29.4%
Total population 60 years and older		5,070	402,170
Population 65 years or older as % of total population		17.1%	21.5%
Total population 65 years and older		3,833	293,488
% 65-74 years	*	52.8%	59.9%
% 75-84 years	*	36.3%	28.5%
% 85 years or older		10.9%	11.6%
% 65+ population who are female		54.7%	54.3%
% 85+ population who are female		69.5%	64.8%
Race and ethnicity of the population 65+			
% White		99.2%	96.6%
% African American		0.0%	0.3%
% Asian		0.5%	0.5%
% Other race(s)		0.2%	2.5%
% Hispanic		0.0%	0.7%
# 55+ who are Native American / Alaskan		7	1,794
Marital status of the population 65+			
% married	*	51.2%	57.0%
% divorced/separated		18.1%	16.9%
% widowed		20.8%	20.6%
% never married		9.8%	5.6%
Education of the population 65+			
% with less than high school education	*	14.8%	7.6%
% with high school or some college		61.6%	59.0%
% with college degree	*	10.4%	18.3%
% with graduate or professional degree		13.3%	15.1%
% 65+ population who speak only English at home	*	71.9%	92.7%
% 65+ population who are veterans of military service		18.2%	18.4%

<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different than state rate</b>	<b>Community estimate</b>	<b>State estimate</b>
<b>HOUSING</b>			
% 65+ population who live alone		30.0%	28.3%
Average household size (all ages)		2.2	2.3
Median house value (all ages)	*	\$321,900	\$244,800
% 60+ own home	*	70.8%	80.4%
% 60+ homeowners who have mortgage	*	54.6%	40.6%
% 65+ households (renter) spend >35% of income on housing		27.4%	35.2%
% 65+ households (owner) spend >35% of income on housing		29.7%	20.4%
% grandparents who live with grandchildren		1.5%	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)	1.02	\$25,140	\$24,528
Single, renter, good health (County)	1.05	\$30,168	\$28,704
Couple, homeowner without mortgage, good health (County)	1.00	\$37,488	\$37,380
Couple, renter, good health (County)	1.02	\$42,516	\$41,556
<b>ECONOMIC</b>			
% 60+ receiving food stamps in past year		14.9%	10.8%
% 65+ employed in past year		21.2%	18.8%
% 65+ with income below the poverty line in past year		10.1%	9.0%
Median annual income for households with a householder age 65+		\$49,706	\$49,828
% 65+ households with annual income < \$20,000		16.3%	17.1%
% 65+ households with annual income \$20,000-\$49,999		34.2%	33.1%
% 65+ households with annual income \$50,000-\$99,999		31.2%	29.4%
% 65+ households with annual income \$100,000+		18.3%	20.4%
<b>WELLNESS</b>			
% 18+ with less than 7 hours sleep (County)		31.4%	NA
% 18+ without leisure-time physical activity (County)		24.9%	NA
% 18+ with fair or poor self-reported health status (County)		13.2%	NA
% 18+ with 14+ physically unhealthy days (County)		11.1%	NA
<b>COMMUNITY</b>			
Annual # unhealthy days due to air pollution for 65+ (County)		3	NA
AARP Age-Friendly Communities		Yes	Yes
# of public universities and community colleges		0	42
# of public libraries		1	261
# of senior centers		1	27
# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households with a smartphone (all ages)		83.9%	82.5%
% households with only a smartphone to access the Internet (all ages)		9.6%	6.4%
% households without a computer (all ages)		5.4%	7.1%
% households with access to Broadband (all ages)		89.1%	87.3%
% households without access to the Internet (all ages)		10.9%	12.3%

<b>SOCIAL DETERMINANTS OF HEALTH</b>	<b>Significantly different than state rate</b>	<b>Community estimate</b>	<b>State estimate</b>
<b>COMMUNITY</b>			
Voter participation rate in 2020 election (age 18+)		69.9%	74.1%
Homicide rate/100,000 persons (County)		NA	1.5
# firearm fatalities (all ages) (County)		97	770
# 65+ deaths by suicide (County)		41	290
Age-sex adjusted 1-year mortality rate		4.0%	4.2%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle		93.2%	91.0%
# fatal crashes involving adult age 60+ (County)		26	251
AllTransit Score		2.90	0.51
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 65+ with hip fracture		3.1%	3.1%
<b>PREVENTION</b>			
% 18+ with physical exam/check-up in past year (County)		78.1%	NA
% mammography use among women age 50-74 Years (County)		76.2%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		81.7%	NA
% 65+ men up to date on preventive services (County)		53.8%	NA
% 65+ women up to date on preventive services (County)		40.0%	NA
<b>NUTRITION &amp; DIET</b>			
% 18+ with obesity (County)		31.7%	NA
% 65+ with high cholesterol	W	76.3%	69.5%
% 18+ with cholesterol screening (County)		65.0%	NA
<b>ORAL HEALTH</b>			
% 18+ with annual dental exam (County)		70.0%	NA
# dentists per 100,000 persons (all ages) (County)		40.1	47.2
% 65+ with complete tooth loss (County)		10.5%	NA
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.3%	11.0%
% 65+ with anemia	W	53.1%	38.1%
% 65+ with asthma		13.5%	11.8%
% 65+ with atrial fibrillation		15.3%	14.3%
% 65+ with benign prostatic hyperplasia (men)		41.7%	35.2%
% 65+ with breast cancer (women)		10.3%	9.6%
% 65+ with cataract		59.3%	60.4%
% 65+ with chronic kidney disease	W	38.3%	29.4%
% 65+ with chronic obstructive pulmonary disease	W	30.9%	20.9%
% 65+ with colon cancer		1.9%	2.1%
% 65+ with congestive heart failure	W	22.4%	18.1%
% 65+ with diabetes	W	32.0%	26.2%
% 65+ with endometrial cancer (women)		2.3%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue		36.0%	34.8%
% 65+ with glaucoma		25.9%	23.3%

## HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
<b>CHRONIC DISEASE</b>			
% 65+ ever had a heart attack	W	9.8%	6.1%
% 65+ with HIV/AIDS		0.20%	0.17%
% 65+ with hypertension	W	74.3%	67.1%
% 65+ with ischemic heart disease	W	44.0%	35.3%
% 65+ with liver disease		9.2%	10.2%
% 65+ with lung cancer		1.9%	1.8%
% 65+ with migraine and other chronic headache		6.8%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.1%	51.5%
% 65+ with osteoporosis		16.9%	15.7%
% 65+ with peripheral vascular disease		18.0%	15.3%
% 65+ with pressure ulcer or chronic ulcer		6.3%	6.8%
% 65+ with prostate cancer (men)	W	14.9%	10.3%
% 65+ with stroke		11.9%	10.0%
% 65+ with 4+ (out of 15) chronic conditions	W	65.2%	55.5%
% 65+ with 0 chronic conditions		10.1%	12.4%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		357	2,080
% 65+ with substance use disorder		9.3%	8.7%
% 18+ excessive drinking (County)		16.5%	NA
% 65+ with tobacco use disorder		17.4%	13.6%
% 18+ current smokers (County)		14.3%	NA
<b>MENTAL HEALTH</b>			
% 18+ with 14+ days poor mental health (County)		15.0%	NA
% 65+ with depression		34.1%	34.8%
% 65+ with anxiety disorder		31.0%	30.7%
% 65+ with post-traumatic stress disorder		3.6%	3.9%
% 65+ with schizophrenia & other psychotic disorder	B	2.3%	3.2%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.1%	15.5%
% 65+ with self-reported vision difficulty		4.1%	4.6%
% 65+ with self-reported cognition difficulty		9.5%	7.5%
% 65+ with self-reported ambulatory difficulty		18.0%	17.8%
% 65+ with self-reported self-care difficulty		3.1%	5.2%
% 65+ with self-reported independent living difficulty		12.6%	10.5%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	11
% grandparents raising grandchildren		0.75%	0.55%



## 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](http://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.*

Healthy Aging Data Report Research Team (2025): Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Taylor Jansen PhD, Yan-Jhu Su, Yan Lin, Shan Qu, Tiffany Tang & Qian Song PhD, from the Gerontology Institute at the University of Massachusetts Boston. The Point32Health Foundation supported the research and provided important guidance.

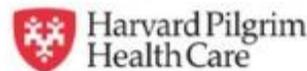
Suggested citation: Dugan E, Lee CM, Jansen T, Su YJ, Silverstein NM, & Song Q. (2025). The Maine 2025 Healthy Aging Data Report. Retrieved from [www.healthyagingdatareports.org](http://www.healthyagingdatareports.org)

Questions or Ideas? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)



Point32Health  
Foundation

In partnership with



a Point32Health company