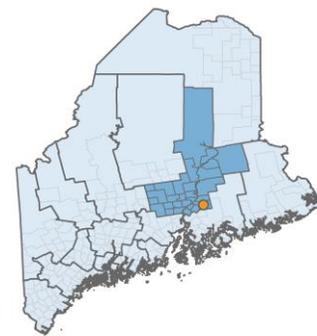


## Clifton, Eddington (Penobscot)

The communities of Clifton and Eddington are located in Penobscot County. Collectively, these areas are home to 675 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, chronic kidney disease, and diabetes. However, they have higher rates of glaucoma, lung cancer, and PTSD. Older residents in Penobscot County varied in obtaining preventive health screenings: residents 18 and older got annual physical exams (78.3%) and annual dental exams (58.3%), while 47.7% of men and 40.7% of women 65 and older completed all CDC recommended vaccinations and cancer screenings.



<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different than state rate</b>	<b>Community estimate</b>	<b>State estimate</b>
Total population (all ages)		3,500	1,366,949
Population 60 years or older as % of total population		30.1%	29.4%
Total population 60 years and older		1,052	402,170
Population 65 years or older as % of total population		19.3%	21.5%
Total population 65 years and older		675	293,488
% 65-74 years		55.7%	59.9%
% 75-84 years		32.9%	28.5%
% 85 years or older		11.4%	11.6%
% 65+ population who are female		54.7%	54.3%
% 85+ population who are female		59.7%	64.8%
Race and ethnicity of the population 65+			
% White		99.1%	96.6%
% African American		0.0%	0.3%
% Asian		0.0%	0.5%
% Other race(s)		0.9%	2.5%
% Hispanic		1.8%	0.7%
# 55+ who are Native American / Alaskan		0	1,794
Marital status of the population 65+			
% married		65.3%	57.0%
% divorced/separated		9.2%	16.9%
% widowed		21.9%	20.6%
% never married		3.6%	5.6%
Education of the population 65+			
% with less than high school education		13.6%	7.6%
% with high school or some college		63.7%	59.0%
% with college degree		13.5%	18.3%
% with graduate or professional degree		9.2%	15.1%
% 65+ population who speak only English at home		93.8%	92.7%
% 65+ population who are veterans of military service		17.0%	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		20.1%	28.3%
Average household size (all ages)		2.6	2.3
Median house value (all ages)	*	\$179,200	\$244,800
% 60+ own home	*	85.5%	80.4%
% 60+ homeowners who have mortgage		39.2%	40.6%
% 65+ households (renter) spend >35% of income on housing		7.0%	35.2%
% 65+ households (owner) spend >35% of income on housing		10.7%	20.4%
% grandparents who live with grandchildren		4.6%	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)	0.98	\$24,132	\$24,528
Single, renter, good health (County)	0.98	\$28,200	\$28,704
Couple, homeowner without mortgage, good health (County)	1.01	\$37,704	\$37,380
Couple, renter, good health (County)	1.01	\$41,772	\$41,556
<b>ECONOMIC</b>			
% 60+ receiving food stamps in past year		12.1%	10.8%
% 65+ employed in past year		13.3%	18.8%
% 65+ with income below the poverty line in past year		5.2%	9.0%
Median annual income for households with a householder age 65+		\$60,188	\$49,828
% 65+ households with annual income < \$20,000		7.3%	17.1%
% 65+ households with annual income \$20,000-\$49,999		30.7%	33.1%
% 65+ households with annual income \$50,000-\$99,999		44.3%	29.4%
% 65+ households with annual income \$100,000+		17.8%	20.4%
<b>WELLNESS</b>			
% 18+ with less than 7 hours sleep (County)		32.4%	NA
% 18+ without leisure-time physical activity (County)		27.3%	NA
% 18+ with fair or poor self-reported health status (County)		15.4%	NA
% 18+ with 14+ physically unhealthy days (County)		11.9%	NA
<b>COMMUNITY</b>			
Annual # unhealthy days due to air pollution for 65+ (County)		0	NA
AARP Age-Friendly Communities		Not yet	Yes
# of public universities and community colleges		0	42
# of public libraries		0	261
# of senior centers		0	27
# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households with a smartphone (all ages)		86.1%	82.5%
% households with only a smartphone to access the Internet (all ages)		5.9%	6.4%
% households without a computer (all ages)		6.4%	7.1%
% households with access to Broadband (all ages)		86.8%	87.3%
% households without access to the Internet (all ages)		12.8%	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+)		75.5%	74.1%
Homicide rate/100,000 persons (County)		1.3	1.5
# firearm fatalities (all ages) (County)		105	770
# 65+ deaths by suicide (County)		35	290
Age-sex adjusted 1-year mortality rate		3.6%	4.2%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle		95.9%	91.0%
# fatal crashes involving adult age 60+ (County)		24	251
AllTransit Score		NA	0.51
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 65+ with hip fracture		2.5%	3.1%
<b>PREVENTION</b>			
% 18+ with physical exam/check-up in past year (County)		78.3%	NA
% mammography use among women age 50-74 Years (County)		76.1%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		75.8%	NA
% 65+ men up to date on preventive services (County)		47.7%	NA
% 65+ women up to date on preventive services (County)		40.7%	NA
<b>NUTRITION &amp; DIET</b>			
% 18+ with obesity (County)		36.2%	NA
% 65+ with high cholesterol		67.2%	69.5%
% 18+ with cholesterol screening (County)		61.2%	NA
<b>ORAL HEALTH</b>			
% 18+ with annual dental exam (County)		58.3%	NA
# dentists per 100,000 persons (all ages) (County)		58.9	47.2
% 65+ with complete tooth loss (County)		16.2%	NA
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.5%	11.0%
% 65+ with anemia		35.2%	38.1%
% 65+ with asthma		12.7%	11.8%
% 65+ with atrial fibrillation		16.0%	14.3%
% 65+ with benign prostatic hyperplasia (men)		33.0%	35.2%
% 65+ with breast cancer (women)		6.9%	9.6%
% 65+ with cataract		58.7%	60.4%
% 65+ with chronic kidney disease	B	24.3%	29.4%
% 65+ with chronic obstructive pulmonary disease		18.2%	20.9%
% 65+ with colon cancer		2.4%	2.1%
% 65+ with congestive heart failure		19.6%	18.1%
% 65+ with diabetes	B	19.8%	26.2%
% 65+ with endometrial cancer (women)		2.3%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue		36.3%	34.8%
% 65+ with glaucoma	W	28.1%	23.3%

<b>HEALTH OUTCOMES</b>	<b>Significantly different than state rate</b>	<b>Community estimate</b>	<b>State estimate</b>
<b>CHRONIC DISEASE</b>			
% 65+ ever had a heart attack		5.9%	6.1%
% 65+ with HIV/AIDS		0.07%	0.17%
% 65+ with hypertension		64.9%	67.1%
% 65+ with ischemic heart disease		33.4%	35.3%
% 65+ with liver disease		13.9%	10.2%
% 65+ with lung cancer	W	2.1%	1.8%
% 65+ with migraine and other chronic headache		8.6%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis		51.0%	51.5%
% 65+ with osteoporosis		14.1%	15.7%
% 65+ with peripheral vascular disease		12.9%	15.3%
% 65+ with pressure ulcer or chronic ulcer		7.3%	6.8%
% 65+ with prostate cancer (men)		13.9%	10.3%
% 65+ with stroke		10.2%	10.0%
% 65+ with 4+ (out of 15) chronic conditions		52.0%	55.5%
% 65+ with 0 chronic conditions		14.1%	12.4%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		306	2,080
% 65+ with substance use disorder		8.9%	8.7%
% 18+ excessive drinking (County)		14.7%	NA
% 65+ with tobacco use disorder		11.5%	13.6%
% 18+ current smokers (County)		18.0%	NA
<b>MENTAL HEALTH</b>			
% 18+ with 14+ days poor mental health (County)		16.3%	NA
% 65+ with depression		32.5%	34.8%
% 65+ with anxiety disorder		27.9%	30.7%
% 65+ with post-traumatic stress disorder	W	5.2%	3.9%
% 65+ with schizophrenia & other psychotic disorder		3.7%	3.2%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.3%	15.5%
% 65+ with self-reported vision difficulty		3.6%	4.6%
% 65+ with self-reported cognition difficulty		6.8%	7.5%
% 65+ with self-reported ambulatory difficulty		17.6%	17.8%
% 65+ with self-reported self-care difficulty		9.5%	5.2%
% 65+ with self-reported independent living difficulty		5.9%	10.5%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	11
% grandparents raising grandchildren		0.50%	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.*

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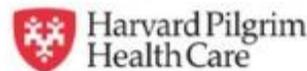
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