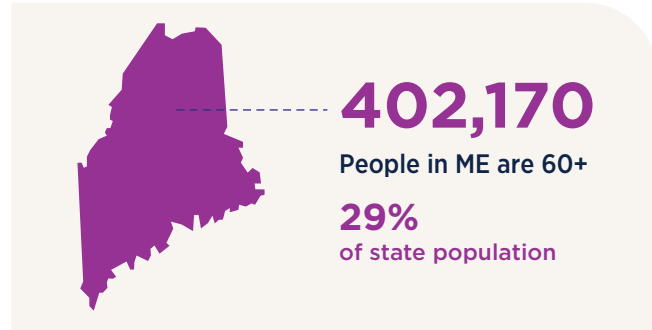


2025 Maine Healthy Aging Data Report

152 indicators for 265 communities

healthyagingdatareports.org/maine-healthy-aging-data-report/

Opportunity to engage Maine's growing and unique older population



Increasingly Diverse
2X Increase in Maine's 65+ non-white population since 2010

Where you live matters

For population 65+



	Urban	Rural
Residents Age 60+	29.1%	36.5%
Income & Housing		
Annual Income <\$20,000	14.9%	22.1%
Income Below the Poverty Line in Past Year	8.1%	12.0%
Spend >35% of Income on Housing (Renters)	28.2%	24.7%
Age 60+ with Mortgage on Homes	41.9%	33.3%
Access to Technology		
Without Access to the Internet (All Ages)	10.3%	18.1%
Households with a Smartphone (All Ages)	84.2%	74.1%

Risk for Social Isolation
66% of older women live alone in Maine (35% of older men)

Differences in Health



Women

Have higher rates than men in conditions related to **bone health, mental health, vision, and pain.**



Men

Have higher rates than women in conditions related to **cardiovascular health and diabetes.**

Health Indicators

For population 65+

1 in 3

Older Mainers have **depression** (highest rate in New England)



Half

Of older adults in Maine manage **4 or more chronic conditions** (56%)



Positive Momentum

Age-positive progress is happening across the state:

- [The University of Maine Center on Aging](#)
- [Maine Council on Aging](#)
- [Lifelong Maine \(90+ communities\)](#)
- [Maine Cabinet on Aging](#)
- Broadband access initiatives
- Age-positive shifts
- Community Connections Initiatives

Together We Can Create Change



UNDERSTAND

- **Download** your community profile at: healthyagingdatareports.org
- **Educate** yourself and others about the indicators in your city or town
- **Learn** about services available at your local Agency on Aging



ENGAGE

- **Encourage** participation in the age-positive movement
- **Explore** ways to highlight what your community needs to promote health for all ages



ACT

- **Get involved!** Join [Age-Friendly Maine](#)
- **Host** a Power in Aging Conversation
- **Connect** with your lawmaker either at the legislature or by calling them
- **Join** AARP volunteers on Tuesdays at the State House to elevate issues of older Mainers



Gerontology Institute

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