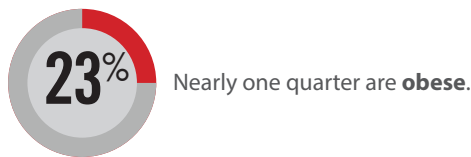
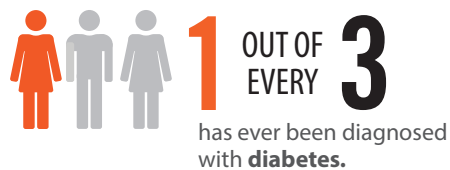
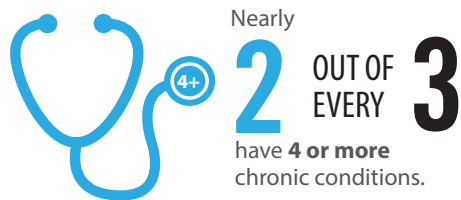
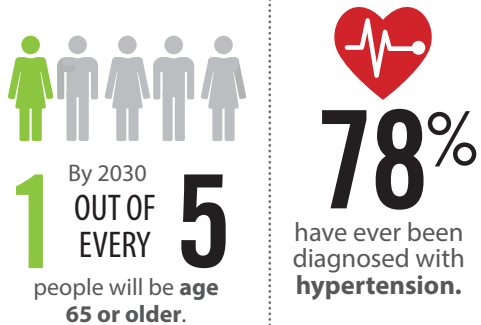


# Massachusetts Healthy Aging Data Report: The Health of Older Adults in Every Community

121 health risk indicators in 367 communities\*

## KEY FINDINGS



## FACTORS DRIVING HEALTH

*Income and education have powerful effects on health.*

FACTORS ASSOCIATED WITH **BETTER** POPULATION HEALTH

Higher levels of income and education.



Communities with more racially diverse and acculturated residents.

Healthy behaviors and preventive services.



FACTORS ASSOCIATED WITH **WORSE** POPULATION HEALTH

Communities with a higher percentage of women and veterans.



Communities with poorer social environments (higher crime rates, lower voter participation rates).

## RACIAL DISPARITIES

↑ = higher rates  
↓ = lower rates



Compared to older white men, **older black and Hispanic men** report:

- ↓ emotional support
- ↓ engagement in healthy behaviors
- ↑ hypertension, diabetes, kidney disease and glaucoma
- ↓ other chronic conditions such as osteoporosis, hip fracture and COPD

Compared to older white women, **older black and Hispanic women** report:



- ↑ most heart conditions (e.g., stroke, heart attacks, congestive heart failure, high blood pressure)
- ↑ disability
- ↑ obesity
- ↓ engagement in healthy behaviors

**Older Asian adults** generally appear much healthier than their non-Asian counterparts, reporting:

- ↓ chronic diseases (except diabetes in both men and women, and osteoporosis in women only).

## RECOMMENDATIONS



### UNDERSTAND.

- Download your Community Profile.
- Educate yourself and others about the older adults who live in your city or town.
- Compare your city or town to state averages for every indicator.



### ENGAGE.

- Start a conversation about what the data mean and what can be done to address challenges.
- Bring stakeholders and community members together.



### ACT.

- Prioritize needs, potential interventions, and allocation of resources.
- Diversify partnerships and funding sources.

\* Data reflect health for adults age 60+ or 65+ in Massachusetts.