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

121 health risk indicators in 367 communities*

**KEY FINDINGS**

- **By 2030**, OUT OF EVERY 5 people will be age 65 or older.
- **78%** have ever been diagnosed with hypertension.
- **Nearly 2 OUT OF EVERY 3** have 4 or more chronic conditions.
- **1 OUT OF EVERY 3** has ever been diagnosed with diabetes.
- **Nearly one quarter** are obese.
- **1 OUT OF EVERY 3** households with an older adult has an annual income of less than $20,000.

**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 a higher percentage of women and veterans.
- Communities with more racially diverse and acculturated residents.
- Healthy behaviors and preventive services.

**FACTORS ASSOCIATED WITH WORSE POPULATION HEALTH**
- Communities with poorer social environments (higher crime rates, lower voter participation rates).
- 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).

**RACIAL DISPARITIES**

- 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

**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.

Learn more at mahealthyagingcollaborative.org/data-report/explore-the-profiles