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

121 health risk indicators in 367 communities*

**KEY FINDINGS**

- By 2030, 78% of people will be age 65 or older.
- 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 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**

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

- = higher rates
- = lower rates

- 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.

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