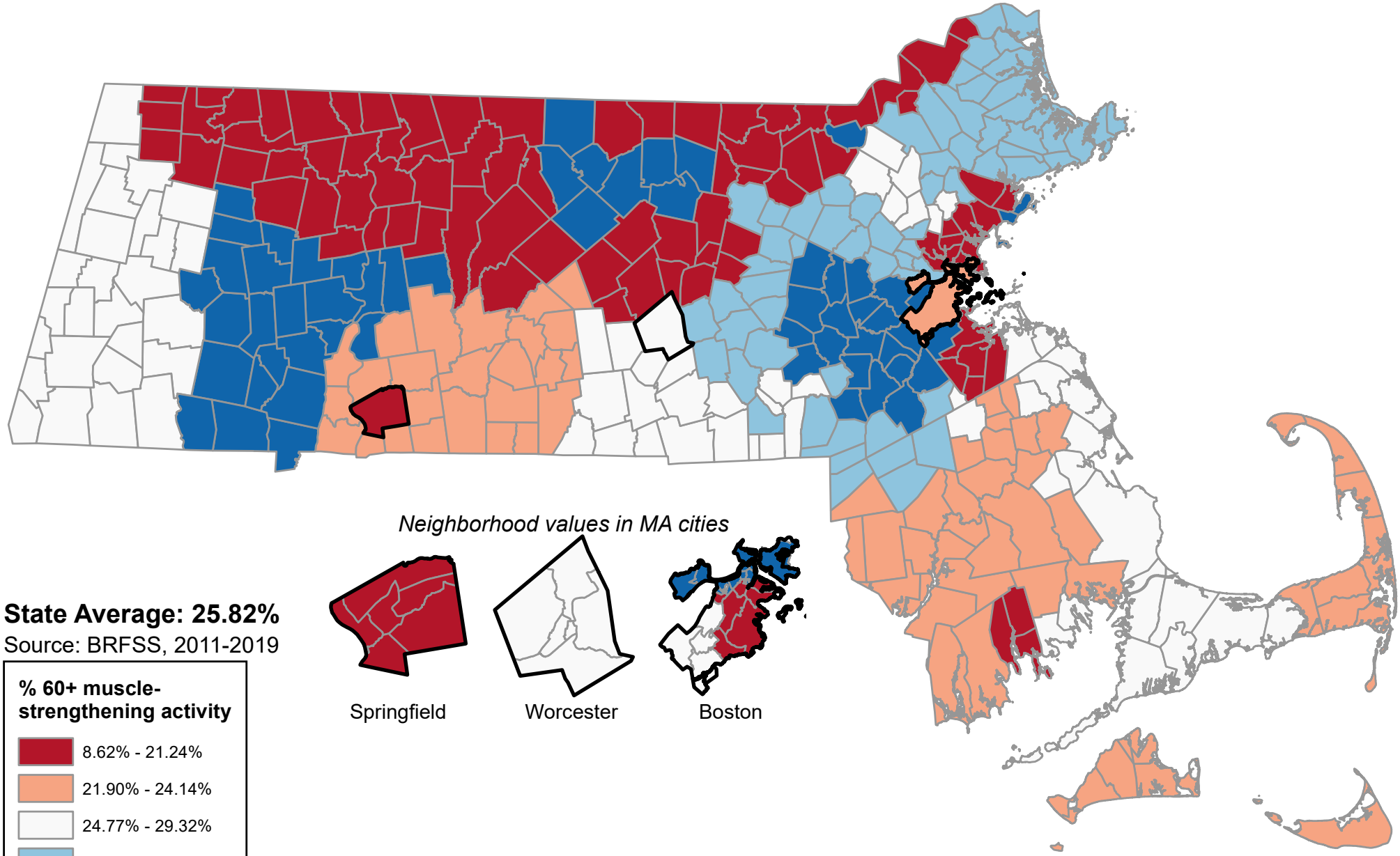
Map 51

Percentage of Persons Age 60+ Years who met CDC Guidelines for Muscle-Strengthening Activity



State Average: 25.82%

Source: BRFSS, 2011-2019

% 60+ muscle-strengthening activity

- 8.62% - 21.24%
- 21.90% - 24.14%
- 24.77% - 29.32%
- 29.40% - 31.08%
- 32.03% - 42.59%

Map generated 12/2024 by The Healthy Aging Data Report Team at Gerontology Institute, University of Massachusetts Boston
To see more Healthy Aging Data Reports go to www.healthyagingdatareports.org | Research supported by the Point32Health Foundation

Percentage of Persons Age 60+ Years who met CDC Guidelines for Muscle-Strengthening Activity

Abington	24.14%	Chester	36.60%	Hadley	36.60%	Medfield	33.53%	Peru	29.32%	Swampscott	34.04%	Worthington	36.60%		
Acton	29.40%	Chesterfield	36.60%	Halifax	24.14%	Medford	19.44%	Petersham	21.24%	Swansea	22.34%	Wrentham	30.11%		
Acushnet	21.06%	Chicopee	21.90%	Hamilton	31.08%	Medway	26.50%	Phillipston	21.24%	Taunton	22.34%	Yarmouth	27.99%		
Adams	21.24%	Chilmark	23.88%	Hampden	23.70%	Melrose	19.44%	Pittsfield	29.32%	Templeton	32.46%				
Agawam	23.70%	Clarksburg	21.24%	Hancock	29.32%	Mendon	29.96%	Plainfield	36.60%	Tewksbury	27.55%	***Boston***			
Alford	29.32%	Clinton	20.72%	Hanover	24.88%	Merrimac	19.92%	Plainville	30.11%	Tisbury	23.88%	Allston	32.03%		
Amesbury	31.08%	Cohasset	24.88%	Hanson	24.14%	Methuen	19.92%	Plymouth	24.88%	Tolland	36.60%	Back Bay	32.03%		
Amherst	36.60%	Colrain	21.24%	Hardwick	20.72%	Middleborough	24.14%	Plympton	24.88%	Topsfield	31.08%	Beacon Hill	32.03%		
Andover	30.28%	Concord	29.40%	Harvard	29.40%	Middlefield	36.60%	Princeton	20.72%	Townsend	20.24%	Brighton	32.03%		
Arlington	30.55%	Conway	21.24%	Harwich	23.88%	Middleton	30.28%	Provincetown	23.88%	Truro	23.88%	Charlestown	32.03%		
Ashburnham	20.24%	Cummington	36.60%	Hatfield	36.60%	Milford	26.50%	Quincy	19.25%	Tyngsborough	20.24%	Chinatown	32.03%		
Ashby	20.24%	Dalton	29.32%	Haverhill	19.92%	Millbury	26.50%	Randolph	19.25%	Tyringham	29.32%	Dorchester	18.11%		
Ashfield	21.24%	Danvers	30.28%	Hawley	21.24%	Millis	30.11%	Raynham	24.14%	Upton	29.96%	Downtown	32.03%		
Ashland	33.53%	Dartmouth	22.00%	Heath	21.24%	Millville	26.50%	Reading	30.28%	Uxbridge	26.50%	East Boston	32.03%		
Athol	21.24%	Dedham	37.37%	Hingham	24.88%	Milton	37.37%	Rehoboth	22.34%	Wakefield	27.55%	Fenway	32.03%		
Attleboro	22.34%	Deerfield	21.24%	Hinsdale	29.32%	Monroe	21.24%	Revere	21.20%	Wales	23.70%	Hyde Park	26.88%		
Auburn	26.50%	Dennis	23.88%	Holbrook	19.25%	Monson	23.70%	Richmond	29.32%	Walpole	37.37%	Jamaica Plain	26.88%		
Avon	29.15%	Dighton	22.34%	Holden	20.72%	Montague	21.24%	Rochester	24.14%	Waltham	30.55%	Longwood	32.03%		
Ayer	20.24%	Douglas	26.50%	Holland	23.70%	Monterey	29.32%	Rockland	24.14%	Ware	21.90%	Mattapan	18.11%		
Barnstable	27.99%	Dover	33.53%	Holliston	33.53%	Montgomery	36.60%	Rockport	31.08%	Wareham	24.14%	Mission Hill	18.11%		
Barre	20.72%	Dracut	19.92%	Holyoke	21.90%	Mount Washington	29.32%	Rowe	21.24%	Warren	21.90%	North End	32.03%		
Becket	29.32%	Dudley	26.50%	Hopedale	26.50%	Nahant	34.04%	Rowley	31.08%	Warwick	21.24%	Roslindale	26.88%		
Bedford	29.40%	Dunstable	20.24%	Hopkinton	29.96%	Nantucket	23.88%	Royalston	21.24%	Washington	29.32%	Roxbury	18.11%		
Belchertown	21.90%	Duxbury	24.88%	Hubbardston	32.46%	Natick	33.53%	Russell	36.60%	Watertown	30.55%	South Boston	8.62%		
Bellingham	26.50%	East Bridgewater	24.14%	Hudson	29.96%	Needham	42.59%	Rutland	20.72%	Wayland	33.53%	South Boston Waterfront	8.62%		
Belmont	30.55%	East Brookfield	23.70%	Hull	24.88%	New Ashford	29.32%	Salem	14.08%	Webster	26.50%	South End	8.62%		
Berkley	22.34%	East Longmeadow	23.70%	Huntington	36.60%	New Bedford	19.96%	Salisbury	31.08%	Wellesley	42.59%	West End	32.03%		
Berlin	20.72%	Eastham	23.88%	Ipswich	31.08%	New Braintree	21.90%	Sandisfield	29.32%	Wellfleet	23.88%	West Roxbury	26.88%		
Bernardston	21.24%	Easthampton	36.60%	Kingston	24.88%	New Marlborough	29.32%	Sandwich	27.99%	Wendell	21.24%				
Beverly	31.08%	Easton	30.11%	Lakeville	24.14%	New Salem	21.24%	Saugus	19.44%	Wenham	31.08%	***Springfield***			
Billerica	27.55%	Edgartown	23.88%	Lancaster	20.72%	Newbury	31.08%	Savoy	21.24%	West Boylston	20.72%	Bay, McKnight, Old, Upper Hill	17.76%		
Blackstone	26.50%	Egremont	29.32%	Lanesborough	29.32%	Newburyport	31.08%	Scituate	24.88%	West Bridgewater	24.14%				
Blandford	36.60%	Erving	21.24%	Lawrence	19.92%	Newton	42.59%	Seekonk	22.34%	West Brookfield	21.90%	6 Cor Memo Metro Brightwood S	17.76%		
Bolton	20.72%	Essex	31.08%	Lee	29.32%	Norfolk	37.37%	Sharon	37.37%	West Newbury	31.08%				
Boston	23.54%	Everett	19.44%	Leicester	26.50%	North Adams	21.24%	Sheffield	29.32%	West Springfield	23.70%	E Springfield Indian Liberty	17.76%		
Bourne	27.99%	Fairhaven	21.06%	Lenox	29.32%	North Andover	30.28%	Shelburne	21.24%	West Stockbridge	29.32%				
Boxborough	29.40%	Fall River	22.34%	Leominster	32.46%	North Attleborough	30.11%	Sherborn	33.53%	West Tisbury	23.88%	Pine Point Boston Rd	17.76%		
Boxford	31.08%	Falmouth	27.99%	Leverett	21.24%	North Brookfield	21.90%	Shirley	20.24%	Westborough	29.96%				
Boylston	20.72%	Fitchburg	32.46%	Lexington	29.40%	North Reading	30.28%	Shrewsbury	29.96%	Westfield	36.60%	E Forest Park 16 Acre	17.76%		
Braintree	19.25%	Florida	21.24%	Leyden	21.24%	Northampton	36.60%	Shutesbury	21.24%	Westford	20.24%				
Brewster	23.88%	Foxborough	30.11%	Lincoln	29.40%	Northborough	29.96%	Somerset	22.34%	Westhampton	36.60%	Forest Park	17.76%		
Bridgewater	24.14%	Framingham	33.53%	Littleton	20.24%	Northbridge	26.50%	Somerville	19.44%	Westminster	32.46%				
Brimfield	23.70%	Franklin	30.11%	Longmeadow	23.70%	Northfield	21.24%	South Hadley	36.60%	Weston	42.59%				
Brockton	29.15%	Freetown	22.34%	Lowell	32.87%	Norton	30.11%	Southampton	36.60%	Westport	22.00%				
Brookfield	23.70%	Gardner	32.46%	Ludlow	21.90%	Norwell	24.88%	Southborough	29.96%	Westwood	33.53%	***Worcester***			
Brookline	42.59%	Aquinnah	23.88%	Lunenburg	32.46%	Norwood	37.37%	Southbridge	26.50%	Weymouth	19.25%	Downtown	24.77%		
Buckland	21.24%	Georgetown	31.08%	Lynn	14.08%	Oak Bluffs	23.88%	Southwick	36.60%	Whately	21.24%	Central City	24.77%		
Burlington	27.55%	Gill	21.24%	Lynnfield	30.28%	Oakham	21.90%	Spencer	26.50%	Whitman	24.14%	East Worcester	24.77%		
Cambridge	30.55%	Gloucester	31.08%	Malden	19.44%	Orange	21.24%	Springfield	17.76%	Wilbraham	23.70%	North Worcester	24.77%		
Canton	37.37%	Goshen	36.60%	Manchester	31.08%	Orleans	23.88%	Sterling	20.72%	Williamsburg	36.60%	South Worcester	24.77%		
Carlisle	29.40%	Gosnold	27.99%	Mansfield	30.11%	Otis	29.32%	Stockbridge	29.32%	Williamstown	29.32%	West Worcester	24.77%		
Carver	24.14%	Grafton	29.96%	Marblehead	34.04%	Oxford	26.50%	Stoneham	27.55%	Wilmington	27.55%				
Charlemont	21.24%	Granby	21.90%	Marion	27.99%	Palmer	21.90%	Stoughton	30.11%	Winchendon	32.46%				
Charlton	26.50%	Granville	36.60%	Marlborough	29.96%	Paxton	20.72%	Stow	29.40%	Winchester	29.40%				
Chatham	23.88%	Great Barrington	29.32%	Marshfield	24.88%	Peabody	14.08%	Sturbridge	23.70%	Windsor	29.32%				
Chelmsford	20.24%	Greenfield	21.24%	Mashpee	27.99%	Pelham	36.60%	Sudbury	33.53%	Winthrop	21.20%				
Chelsea	21.20%	Groton	20.24%	Mattapoisett	27.99%	Pembroke	24.14%	Sunderland	21.24%	Woburn	27.55%				
Cheshire	29.32%	Groveland	31.08%	Maynard	29.40%	Pepperell	20.24%	Sutton	26.50%	Worcester	24.77%				

UMass Boston

Point32Health Foundation

In partnership with Harvard Pilgrim Health Care, TUFTS Health Plan

Point32Health companies

Percentage of Persons Age 60+ Years who met CDC Guidelines for Muscle-Strengthening Activity (Ranked)

Brookline	42.59%	Winchendon	32.46%	Lincoln	29.40%	Milford	26.50%	Hampden	23.70%	Phillipston	21.24%	Lynn	14.08%		
Needham	42.59%	Amesbury	31.08%	Maynard	29.40%	Millbury	26.50%	Holland	23.70%	Rowe	21.24%	Peabody	14.08%		
Newton	42.59%	Beverly	31.08%	Stow	29.40%	Millville	26.50%	Longmeadow	23.70%	Royalston	21.24%	Salem	14.08%		
Wellesley	42.59%	Boxford	31.08%	Winchester	29.40%	Northbridge	26.50%	Monson	23.70%	Savoy	21.24%				
Weston	42.59%	Essex	31.08%	Alford	29.32%	Oxford	26.50%	Sturbridge	23.70%	Shelburne	21.24%	***Boston***			
Canton	37.37%	Georgetown	31.08%	Becket	29.32%	Southbridge	26.50%	Wales	23.70%	Shutesbury	21.24%	Allston	32.03%		
Dedham	37.37%	Gloucester	31.08%	Cheshire	29.32%	Spencer	26.50%	West Springfield	23.70%	Sunderland	21.24%	Back Bay	32.03%		
Milton	37.37%	Groveland	31.08%	Dalton	29.32%	Sutton	26.50%	Wilbraham	23.70%	Warwick	21.24%	Beacon Hill	32.03%		
Norfolk	37.37%	Hamilton	31.08%	Egremont	29.32%	Uxbridge	26.50%	Boston	23.54%	Wendell	21.24%	Brighton	32.03%		
Norwood	37.37%	Ipswich	31.08%	Great Barrington	29.32%	Webster	26.50%	Attleboro	22.34%	Whately	21.24%	Charlestown	32.03%		
Sharon	37.37%	Manchester	31.08%	Hancock	29.32%	Cohasset	24.88%	Berkley	22.34%	Chelsea	21.20%	Chinatown	32.03%		
Walpole	37.37%	Newbury	31.08%	Hinsdale	29.32%	Duxbury	24.88%	Dighton	22.34%	Revere	21.20%	Downtown	32.03%		
Amherst	36.60%	Newburyport	31.08%	Lanesborough	29.32%	Hanover	24.88%	Fall River	22.34%	Winthrop	21.20%	East Boston	32.03%		
Blandford	36.60%	Rockport	31.08%	Lee	29.32%	Hingham	24.88%	Freetown	22.34%	Acushnet	21.06%	Fenway	32.03%		
Chester	36.60%	Rowley	31.08%	Lenox	29.32%	Hull	24.88%	Rehoboth	22.34%	Fairhaven	21.06%	Longwood	32.03%		
Chesterfield	36.60%	Salisbury	31.08%	Monterey	29.32%	Kingston	24.88%	Seekonk	22.34%	Barre	20.72%	North End	32.03%		
Cummington	36.60%	Topsfield	31.08%	Mount Washington	29.32%	Marshfield	24.88%	Somerset	22.34%	Berlin	20.72%	West End	32.03%		
Easthampton	36.60%	Wenham	31.08%	New Ashford	29.32%	Norwell	24.88%	Swansea	22.34%	Bolton	20.72%	Hyde Park	26.88%		
Goshen	36.60%	West Newbury	31.08%	New Marlborough	29.32%	Plymouth	24.88%	Taunton	22.34%	Boylston	20.72%	Jamaica Plain	26.88%		
Granville	36.60%	Arlington	30.55%	Otis	29.32%	Plympton	24.88%	Dartmouth	22.00%	Clinton	20.72%	Roslindale	26.88%		
Hadley	36.60%	Belmont	30.55%	Peru	29.32%	Scituate	24.88%	Westport	22.00%	Hardwick	20.72%	West Roxbury	26.88%		
Hatfield	36.60%	Cambridge	30.55%	Pittsfield	29.32%	Worcester	24.77%	Belchertown	21.90%	Holden	20.72%	Dorchester	18.11%		
Huntington	36.60%	Waltham	30.55%	Richmond	29.32%	Abington	24.14%	Chicopee	21.90%	Lancaster	20.72%	Mattapan	18.11%		
Middlefield	36.60%	Watertown	30.55%	Sandisfield	29.32%	Bridgewater	24.14%	Granby	21.90%	Paxton	20.72%	Mission Hill	18.11%		
Montgomery	36.60%	Andover	30.28%	Sheffield	29.32%	Carver	24.14%	Holyoke	21.90%	Princeton	20.72%	Roxbury	18.11%		
Northampton	36.60%	Danvers	30.28%	Stockbridge	29.32%	East Bridgewater	24.14%	Ludlow	21.90%	Rutland	20.72%	South Boston	8.62%		
Pelham	36.60%	Lynnfield	30.28%	Tyringham	29.32%	Halifax	24.14%	New Braintree	21.90%	Sterling	20.72%	South Boston Waterfront	8.62%		
Plainfield	36.60%	Middleton	30.28%	Washington	29.32%	Hanson	24.14%	North Brookfield	21.90%	West Boylston	20.72%	South End	8.62%		
Russell	36.60%	North Andover	30.28%	West Stockbridge	29.32%	Lakeville	24.14%	Oakham	21.90%	Ashburnham	20.24%				
South Hadley	36.60%	North Reading	30.28%	Williamstown	29.32%	Middleborough	24.14%	Palmer	21.90%	Ashby	20.24%	***Springfield***			
Southampton	36.60%	Reading	30.28%	Windsor	29.32%	Pembroke	24.14%	Ware	21.90%	Ayer	20.24%	Bay, McKnight, Old, Upper Hill	17.76%		
Southwick	36.60%	Easton	30.11%	Avon	29.15%	Raynham	24.14%	Warren	21.90%	Chelmsford	20.24%	6 Cor Memo Metro Brightwood So	17.76%		
Tolland	36.60%	Foxborough	30.11%	Brockton	29.15%	Rochester	24.14%	West Brookfield	21.90%	Dunstable	20.24%	E Springfield Indian Liberty	17.76%		
Westfield	36.60%	Franklin	30.11%	Barnstable	27.99%	Rockland	24.14%	Adams	21.24%	Groton	20.24%	Pine Point Boston Rd	17.76%		
Westhampton	36.60%	Mansfield	30.11%	Bourne	27.99%	Wareham	24.14%	Ashfield	21.24%	Littleton	20.24%	E Forest Park 16 Acre	17.76%		
Williamsburg	36.60%	Millis	30.11%	Falmouth	27.99%	West Bridgewater	24.14%	Athol	21.24%	Pepperell	20.24%	Forest Park	17.76%		
Worthington	36.60%	North Attleborough	30.11%	Gosnold	27.99%	Whitman	24.14%	Bernardston	21.24%	Shirley	20.24%				
Marblehead	34.04%	Norton	30.11%	Marion	27.99%	Brewster	23.88%	Buckland	21.24%	Townsend	20.24%	***Worcester***			
Nahant	34.04%	Plainville	30.11%	Mashpee	27.99%	Chatham	23.88%	Charlemont	21.24%	Tyngsborough	20.24%	Downtown	24.77%		
Swampscott	34.04%	Stoughton	30.11%	Mattapoisett	27.99%	Chilmark	23.88%	Clarksburg	21.24%	Westford	20.24%	Central City	24.77%		
Ashland	33.53%	Wrentham	30.11%	Sandwich	27.99%	Dennis	23.88%	Colrain	21.24%	New Bedford	19.96%	East Worcester	24.77%		
Dover	33.53%	Grafton	29.96%	Yarmouth	27.99%	Eastham	23.88%	Conway	21.24%	Dracut	19.92%	North Worcester	24.77%		
Framingham	33.53%	Hopkinton	29.96%	Billerica	27.55%	Edgartown	23.88%	Deerfield	21.24%	Haverhill	19.92%	South Worcester	24.77%		
Holliston	33.53%	Hudson	29.96%	Burlington	27.55%	Aquinnah	23.88%	Erving	21.24%	Lawrence	19.92%	West Worcester	24.77%		
Medfield	33.53%	Marlborough	29.96%	Stoneham	27.55%	Harwich	23.88%	Florida	21.24%	Merrimac	19.92%				
Natick	33.53%	Mendon	29.96%	Tewksbury	27.55%	Nantucket	23.88%	Gill	21.24%	Methuen	19.92%				
Sherborn	33.53%	Northborough	29.96%	Wakefield	27.55%	Oak Bluffs	23.88%	Greenfield	21.24%	Everett	19.44%				
Sudbury	33.53%	Shrewsbury	29.96%	Wilmington	27.55%	Orleans	23.88%	Hawley	21.24%	Malden	19.44%				
Wayland	33.53%	Southborough	29.96%	Woburn	27.55%	Provincetown	23.88%	Heath	21.24%	Medford	19.44%				
Westwood	33.53%	Upton	29.96%	Auburn	26.50%	Tisbury	23.88%	Leverett	21.24%	Melrose	19.44%				
Lowell	32.87%	Westborough	29.96%	Bellingham	26.50%	Truro	23.88%	Leyden	21.24%	Saugus	19.44%				
Fitchburg	32.46%	Acton	29.40%	Blackstone	26.50%	Wellfleet	23.88%	Monroe	21.24%	Somerville	19.44%				
Gardner	32.46%	Bedford	29.40%	Charlton	26.50%	West Tisbury	23.88%	Montague	21.24%	Braintree	19.25%				
Hubbardston	32.46%	Boxborough	29.40%	Douglas	26.50%	Agawam	23.70%	New Salem	21.24%	Holbrook	19.25%				
Leominster	32.46%	Carlisle	29.40%	Dudley	26.50%	Brimfield	23.70%	North Adams	21.24%	Quincy	19.25%				
Lunenburg	32.46%	Concord	29.40%	Hopedale	26.50%	Brookfield	23.70%	Northfield	21.24%	Randolph	19.25%				
Templeton	32.46%	Harvard	29.40%	Leicester	26.50%	East Brookfield	23.70%	Orange	21.24%	Weymouth	19.25%				
Westminster	32.46%	Lexington	29.40%	Medway	26.50%	East Longmeadow	23.70%	Petersham	21.24%	Springfield	17.76%				

Questions ?
Beth.dugan@umb.edu