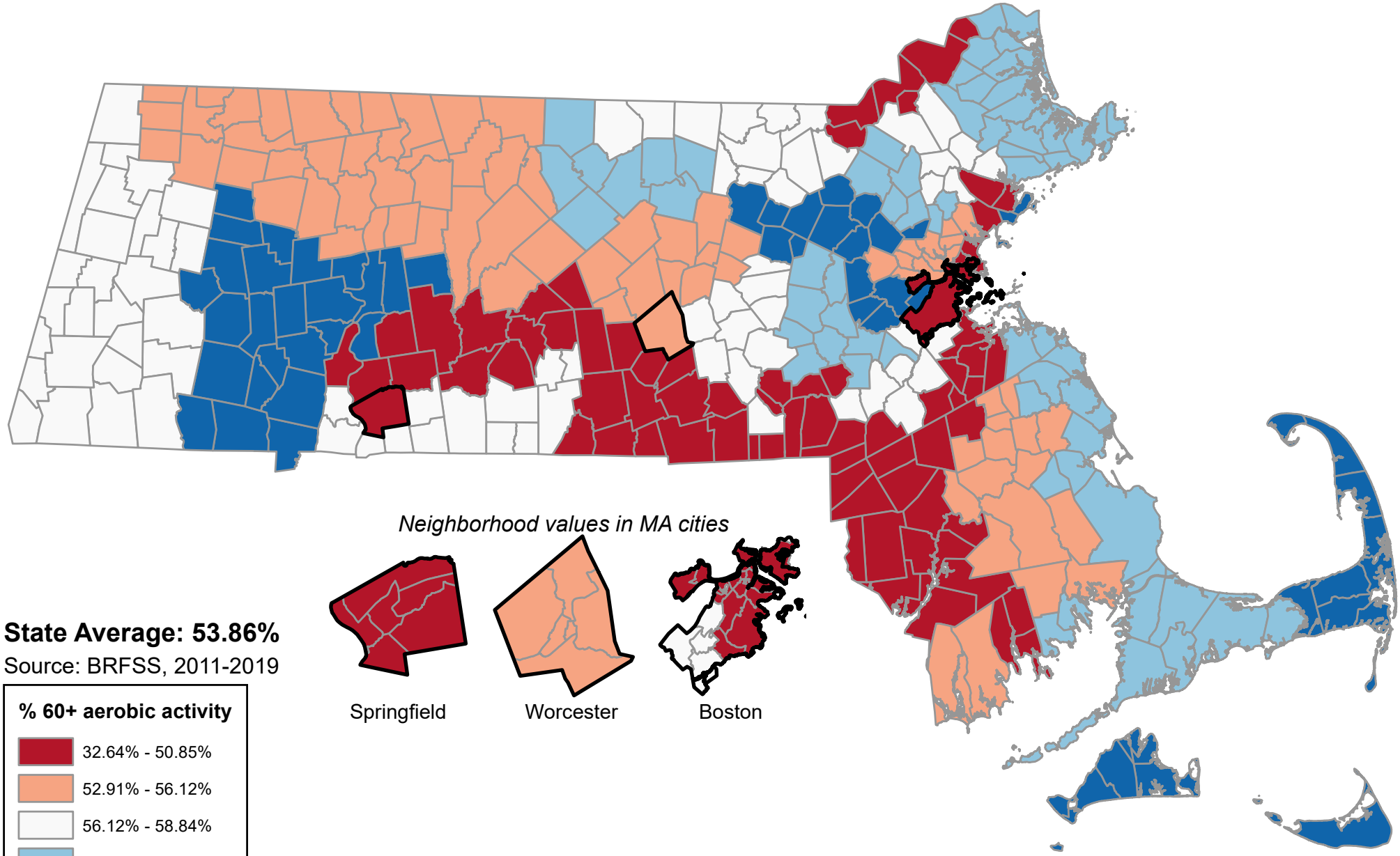
Map 52

Percentage of Persons Age 60+ Years who met CDC Guidelines for Aerobic Activity



State Average: 53.86%

Source: BRFSS, 2011-2019

% 60+ aerobic activity

- 32.64% - 50.85%
- 52.91% - 56.12%
- 56.12% - 58.84%
- 59.36% - 63.76%
- 64.00% - 78.29%

Map generated 12/2024 by The Healthy Aging Data Report Team at Gerontology Institute, University of Massachusetts Boston
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Percentage of Persons Age 60+ Years who met CDC Guidelines for Aerobic Activity

Abington	53.31%	Chester	64.58%	Hadley	64.58%	Medfield	62.73%	Peru	56.99%	Swampscott	70.66%	Worthington	64.58%		
Acton	78.29%	Chesterfield	64.58%	Halifax	53.31%	Medford	54.30%	Petersham	54.77%	Swansea	43.52%	Wrentham	48.07%		
Acushnet	47.88%	Chicopee	50.85%	Hamilton	60.70%	Medway	49.90%	Phillipston	54.77%	Taunton	43.52%	Yarmouth	63.76%		
Adams	54.77%	Chilmark	64.00%	Hampden	58.84%	Melrose	54.30%	Pittsfield	56.99%	Templeton	61.75%				
Agawam	58.84%	Clarksburg	54.77%	Hancock	56.99%	Mendon	56.16%	Plainfield	64.58%	Tewksbury	59.36%	***Boston***			
Alford	56.99%	Clinton	56.12%	Hanover	62.03%	Merrimac	40.95%	Plainville	48.07%	Tisbury	64.00%	Allston	44.01%		
Amesbury	60.70%	Cohasset	62.03%	Hanson	53.31%	Methuen	40.95%	Plymouth	62.03%	Tolland	64.58%	Back Bay	44.01%		
Amherst	64.58%	Colrain	54.77%	Hardwick	56.12%	Middleborough	53.31%	Plympton	62.03%	Topsfield	60.70%	Beacon Hill	44.01%		
Andover	56.54%	Concord	78.29%	Harvard	78.29%	Middlefield	64.58%	Princeton	56.12%	Townsend	57.40%	Brighton	44.01%		
Arlington	55.29%	Conway	54.77%	Harwich	64.00%	Middleton	56.54%	Provincetown	64.00%	Truro	64.00%	Charlestown	44.01%		
Ashburnham	57.40%	Cummington	64.58%	Hatfield	64.58%	Milford	49.90%	Quincy	49.20%	Tyngsborough	57.40%	Chinatown	44.01%		
Ashby	57.40%	Dalton	56.99%	Haverhill	40.95%	Millbury	49.90%	Randolph	49.20%	Tyringham	56.99%	Dorchester	41.58%		
Ashfield	54.77%	Danvers	56.54%	Hawley	54.77%	Millis	48.07%	Raynham	53.31%	Upton	56.16%	Downtown	44.01%		
Ashland	62.73%	Dartmouth	53.62%	Heath	54.77%	Millville	49.90%	Reading	56.54%	Uxbridge	49.90%	East Boston	44.01%		
Athol	54.77%	Dedham	56.12%	Hingham	62.03%	Milton	56.12%	Rehoboth	43.52%	Wakefield	59.36%	Fenway	44.01%		
Attleboro	43.52%	Deerfield	54.77%	Hinsdale	56.99%	Monroe	54.77%	Revere	47.05%	Wales	58.84%	Hyde Park	57.25%		
Auburn	49.90%	Dennis	64.00%	Holbrook	49.20%	Monson	58.84%	Richmond	56.99%	Walpole	56.12%	Jamaica Plain	57.25%		
Avon	45.52%	Dighton	43.52%	Holden	56.12%	Montague	54.77%	Rochester	53.31%	Waltham	55.29%	Longwood	44.01%		
Ayer	57.40%	Douglas	49.90%	Holland	58.84%	Monterey	56.99%	Rockland	53.31%	Ware	50.85%	Mattapan	41.58%		
Barnstable	63.76%	Dover	62.73%	Holliston	62.73%	Montgomery	64.58%	Rockport	60.70%	Wareham	53.31%	Mission Hill	41.58%		
Barre	56.12%	Dracut	40.95%	Holyoke	50.85%	Mount Washington	56.99%	Rowe	54.77%	Warren	50.85%	North End	44.01%		
Becket	56.99%	Dudley	49.90%	Hopedale	49.90%	Nahant	70.66%	Rowley	60.70%	Warwick	54.77%	Roslindale	57.25%		
Bedford	78.29%	Dunstable	57.40%	Hopkinton	56.16%	Nantucket	64.00%	Royalston	54.77%	Washington	56.99%	Roxbury	41.58%		
Belchertown	50.85%	Duxbury	62.03%	Hubbardston	61.75%	Natick	62.73%	Russell	64.58%	Watertown	55.29%	South Boston	32.64%		
Bellingham	49.90%	East Bridgewater	53.31%	Hudson	56.16%	Needham	68.78%	Rutland	56.12%	Wayland	62.73%	South Boston Waterfront	32.64%		
Belmont	55.29%	East Brookfield	58.84%	Hull	62.03%	New Ashford	56.99%	Salem	35.77%	Webster	49.90%	South End	32.64%		
Berkley	43.52%	East Longmeadow	58.84%	Huntington	64.58%	New Bedford	48.41%	Salisbury	60.70%	Wellesley	68.78%	West End	44.01%		
Berlin	56.12%	Eastham	64.00%	Ipswich	60.70%	New Braintree	50.85%	Sandisfield	56.99%	Wellfleet	64.00%	West Roxbury	57.25%		
Bernardston	54.77%	Easthampton	64.58%	Kingston	62.03%	New Marlborough	56.99%	Sandwich	63.76%	Wendell	54.77%				
Beverly	60.70%	Easton	48.07%	Lakeville	53.31%	New Salem	54.77%	Saugus	54.30%	Wenham	60.70%	***Springfield***			
Billerica	59.36%	Edgartown	64.00%	Lancaster	56.12%	Newbury	60.70%	Savoy	54.77%	West Boylston	56.12%	Bay, McKnight, Old, Upper Hill	37.96%		
Blackstone	49.90%	Egremont	56.99%	Lanesborough	56.99%	Newburyport	60.70%	Scituate	62.03%	West Bridgewater	53.31%				
Blandford	64.58%	Erving	54.77%	Lawrence	40.95%	Newton	68.78%	Seekonk	43.52%	West Brookfield	50.85%	6 Cor Memo Metro Brightwood S	37.96%		
Bolton	56.12%	Essex	60.70%	Lee	56.99%	Norfolk	56.12%	Sharon	56.12%	West Newbury	60.70%				
Boston	44.95%	Everett	54.30%	Leicester	49.90%	North Adams	54.77%	Sheffield	56.99%	West Springfield	58.84%	E Springfield Indian Liberty	37.96%		
Bourne	63.76%	Fairhaven	47.88%	Lenox	56.99%	North Andover	56.54%	Shelburne	54.77%	West Stockbridge	56.99%				
Boxborough	78.29%	Fall River	43.52%	Leominster	61.75%	North Attleborough	48.07%	Sherborn	62.73%	West Tisbury	64.00%	Pine Point Boston Rd	37.96%		
Boxford	60.70%	Falmouth	63.76%	Leverett	54.77%	North Brookfield	50.85%	Shirley	57.40%	Westborough	56.16%				
Boylston	56.12%	Fitchburg	61.75%	Lexington	78.29%	North Reading	56.54%	Shrewsbury	56.16%	Westfield	64.58%	E Forest Park 16 Acre	37.96%		
Braintree	49.20%	Florida	54.77%	Leyden	54.77%	Northampton	64.58%	Shutesbury	54.77%	Westford	57.40%				
Brewster	64.00%	Foxborough	48.07%	Lincoln	78.29%	Northborough	56.16%	Somerset	43.52%	Westhampton	64.58%	Forest Park	37.96%		
Bridgewater	53.31%	Framingham	62.73%	Littleton	57.40%	Northbridge	49.90%	Somerville	54.30%	Westminster	61.75%				
Brimfield	58.84%	Franklin	48.07%	Longmeadow	58.84%	Northfield	54.77%	South Hadley	64.58%	Weston	68.78%				
Brockton	45.52%	Freetown	43.52%	Lowell	46.93%	Norton	48.07%	Southampton	64.58%	Westport	53.62%				
Brookfield	58.84%	Gardner	61.75%	Ludlow	50.85%	Norwell	62.03%	Southborough	56.16%	Westwood	62.73%	***Worcester***			
Brookline	68.78%	Aquinnah	64.00%	Lunenburg	61.75%	Norwood	56.12%	Southbridge	49.90%	Weymouth	49.20%	Downtown	52.91%		
Buckland	54.77%	Georgetown	60.70%	Lynn	35.77%	Oak Bluffs	64.00%	Southwick	64.58%	Whately	54.77%	Central City	52.91%		
Burlington	59.36%	Gill	54.77%	Lynnfield	56.54%	Oakham	50.85%	Spencer	49.90%	Whitman	53.31%	East Worcester	52.91%		
Cambridge	55.29%	Gloucester	60.70%	Malden	54.30%	Orange	54.77%	Springfield	37.96%	Wilbraham	58.84%	North Worcester	52.91%		
Canton	56.12%	Goshen	64.58%	Manchester	60.70%	Orleans	64.00%	Sterling	56.12%	Williamsburg	64.58%	South Worcester	52.91%		
Carlisle	78.29%	Gosnold	63.76%	Mansfield	48.07%	Otis	56.99%	Stockbridge	56.99%	Williamstown	56.99%	West Worcester	52.91%		
Carver	53.31%	Grafton	56.16%	Marblehead	70.66%	Oxford	49.90%	Stoneham	59.36%	Wilmington	59.36%				
Charlemont	54.77%	Granby	50.85%	Marion	63.76%	Palmer	50.85%	Stoughton	48.07%	Winchendon	61.75%				
Charlton	49.90%	Granville	64.58%	Marlborough	56.16%	Paxton	56.12%	Stow	78.29%	Winchester	78.29%				
Chatham	64.00%	Great Barrington	56.99%	Marshfield	62.03%	Peabody	35.77%	Sturbridge	58.84%	Windsor	56.99%				
Chelmsford	57.40%	Greenfield	54.77%	Mashpee	63.76%	Pelham	64.58%	Sudbury	62.73%	Winthrop	47.05%				
Chelsea	47.05%	Groton	57.40%	Mattapoisett	63.76%	Pembroke	53.31%	Sunderland	54.77%	Woburn	59.36%				
Cheshire	56.99%	Groveland	60.70%	Maynard	78.29%	Pepperell	57.40%	Sutton	49.90%	Worcester	52.91%				

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 Aerobic Activity (Ranked)

Acton	78.29%	Wellfleet	64.00%	Billerica	59.36%	Windsor	56.99%	Heath	54.77%	Blackstone	49.90%	Lynn	35.77%		
Bedford	78.29%	West Tisbury	64.00%	Burlington	59.36%	Andover	56.54%	Leverett	54.77%	Charlton	49.90%	Peabody	35.77%		
Boxborough	78.29%	Barnstable	63.76%	Stoneham	59.36%	Danvers	56.54%	Leyden	54.77%	Douglas	49.90%	Salem	35.77%		
Carlisle	78.29%	Bourne	63.76%	Tewksbury	59.36%	Lynnfield	56.54%	Monroe	54.77%	Dudley	49.90%				
Concord	78.29%	Falmouth	63.76%	Wakefield	59.36%	Middleton	56.54%	Montague	54.77%	Hopedale	49.90%	***Boston***			
Harvard	78.29%	Gosnold	63.76%	Wilmington	59.36%	North Andover	56.54%	New Salem	54.77%	Leicester	49.90%	Hyde Park	57.25%		
Lexington	78.29%	Marion	63.76%	Woburn	59.36%	North Reading	56.54%	North Adams	54.77%	Medway	49.90%	Jamaica Plain	57.25%		
Lincoln	78.29%	Mashpee	63.76%	Agawam	58.84%	Reading	56.54%	Northfield	54.77%	Milford	49.90%	Roslindale	57.25%		
Maynard	78.29%	Mattapoisett	63.76%	Brimfield	58.84%	Grafton	56.16%	Orange	54.77%	Millbury	49.90%	West Roxbury	57.25%		
Stow	78.29%	Sandwich	63.76%	Brookfield	58.84%	Hopkinton	56.16%	Petersham	54.77%	Millville	49.90%	Allston	44.01%		
Winchester	78.29%	Yarmouth	63.76%	East Brookfield	58.84%	Hudson	56.16%	Phillipston	54.77%	Northbridge	49.90%	Back Bay	44.01%		
Marblehead	70.66%	Ashland	62.73%	East Longmeadow	58.84%	Marlborough	56.16%	Rowe	54.77%	Oxford	49.90%	Beacon Hill	44.01%		
Nahant	70.66%	Dover	62.73%	Hampden	58.84%	Mendon	56.16%	Royalston	54.77%	Southbridge	49.90%	Brighton	44.01%		
Swampscott	70.66%	Framingham	62.73%	Holland	58.84%	Northborough	56.16%	Savoy	54.77%	Spencer	49.90%	Charlestown	44.01%		
Brookline	68.78%	Holliston	62.73%	Longmeadow	58.84%	Shrewsbury	56.16%	Shelburne	54.77%	Sutton	49.90%	Chinatown	44.01%		
Needham	68.78%	Medfield	62.73%	Monson	58.84%	Southborough	56.16%	Shutesbury	54.77%	Uxbridge	49.90%	Downtown	44.01%		
Newton	68.78%	Natick	62.73%	Sturbridge	58.84%	Upton	56.16%	Sunderland	54.77%	Webster	49.90%	East Boston	44.01%		
Wellesley	68.78%	Sherborn	62.73%	Wales	58.84%	Westborough	56.16%	Warwick	54.77%	Braintree	49.20%	Fenway	44.01%		
Weston	68.78%	Sudbury	62.73%	West Springfield	58.84%	Canton	56.12%	Wendell	54.77%	Holbrook	49.20%	Longwood	44.01%		
Amherst	64.58%	Wayland	62.73%	Wilbraham	58.84%	Dedham	56.12%	Whately	54.77%	Quincy	49.20%	North End	44.01%		
Blandford	64.58%	Westwood	62.73%	Ashburnham	57.40%	Milton	56.12%	Everett	54.30%	Randolph	49.20%	West End	44.01%		
Chester	64.58%	Cohasset	62.03%	Ashby	57.40%	Norfolk	56.12%	Malden	54.30%	Weymouth	49.20%	Dorchester	41.58%		
Chesterfield	64.58%	Duxbury	62.03%	Ayer	57.40%	Norwood	56.12%	Medford	54.30%	New Bedford	48.41%	Mattapan	41.58%		
Cummington	64.58%	Hanover	62.03%	Chelmsford	57.40%	Sharon	56.12%	Melrose	54.30%	Easton	48.07%	Mission Hill	41.58%		
Easthampton	64.58%	Hingham	62.03%	Dunstable	57.40%	Walpole	56.12%	Saugus	54.30%	Foxborough	48.07%	Roxbury	41.58%		
Goshen	64.58%	Hull	62.03%	Groton	57.40%	Barre	56.12%	Somerville	54.30%	Franklin	48.07%	South Boston	32.64%		
Granville	64.58%	Kingston	62.03%	Littleton	57.40%	Berlin	56.12%	Dartmouth	53.62%	Mansfield	48.07%	South Boston Waterfront	32.64%		
Hadley	64.58%	Marshfield	62.03%	Pepperell	57.40%	Bolton	56.12%	Westport	53.62%	Millis	48.07%	South End	32.64%		
Hatfield	64.58%	Norwell	62.03%	Shirley	57.40%	Boylston	56.12%	Abington	53.31%	North Attleborough	48.07%				
Huntington	64.58%	Plymouth	62.03%	Townsend	57.40%	Clinton	56.12%	Bridgewater	53.31%	Norton	48.07%	***Springfield***			
Middlefield	64.58%	Plympton	62.03%	Tyngsborough	57.40%	Hardwick	56.12%	Carver	53.31%	Plainville	48.07%	Bay, McKnight, Old, Upper Hill	37.96%		
Montgomery	64.58%	Scituate	62.03%	Westford	57.40%	Holden	56.12%	East Bridgewater	53.31%	Stoughton	48.07%				
Northampton	64.58%	Fitchburg	61.75%	Alford	56.99%	Lancaster	56.12%	Halifax	53.31%	Wrentham	48.07%	6 Cor Memo Metro Brightwood So	37.96%		
Pelham	64.58%	Gardner	61.75%	Becket	56.99%	Paxton	56.12%	Hanson	53.31%	Acushnet	47.88%				
Plainfield	64.58%	Hubbardston	61.75%	Cheshire	56.99%	Princeton	56.12%	Lakeville	53.31%	Fairhaven	47.88%	E Springfield Indian Liberty	37.96%		
Russell	64.58%	Leominster	61.75%	Dalton	56.99%	Rutland	56.12%	Middleborough	53.31%	Chelsea	47.05%				
South Hadley	64.58%	Lunenburg	61.75%	Egremont	56.99%	Sterling	56.12%	Pembroke	53.31%	Revere	47.05%	Pine Point Boston Rd	37.96%		
Southampton	64.58%	Templeton	61.75%	Great Barrington	56.99%	West Boylston	56.12%	Raynham	53.31%	Winthrop	47.05%				
Southwick	64.58%	Westminster	61.75%	Hancock	56.99%	Arlington	55.29%	Rochester	53.31%	Lowell	46.93%	E Forest Park 16 Acre	37.96%		
Tolland	64.58%	Winchendon	61.75%	Hinsdale	56.99%	Belmont	55.29%	Rockland	53.31%	Avon	45.52%				
Westfield	64.58%	Amesbury	60.70%	Lanesborough	56.99%	Cambridge	55.29%	Wareham	53.31%	Brockton	45.52%	Forest Park	37.96%		
Westhampton	64.58%	Beverly	60.70%	Lee	56.99%	Waltham	55.29%	West Bridgewater	53.31%	Boston	44.95%				
Williamsburg	64.58%	Boxford	60.70%	Lenox	56.99%	Watertown	55.29%	Whitman	53.31%	Attleboro	43.52%				
Worthington	64.58%	Essex	60.70%	Monterey	56.99%	Adams	54.77%	Worcester	52.91%	Berkley	43.52%	***Worcester***			
Brewster	64.00%	Georgetown	60.70%	Mount Washington	56.99%	Ashfield	54.77%	Belchertown	50.85%	Dighton	43.52%	Downtown	52.91%		
Chatham	64.00%	Gloucester	60.70%	New Ashford	56.99%	Athol	54.77%	Chicopee	50.85%	Fall River	43.52%	Central City	52.91%		
Chilmark	64.00%	Groveland	60.70%	New Marlborough	56.99%	Bernardston	54.77%	Granby	50.85%	Freetown	43.52%	East Worcester	52.91%		
Dennis	64.00%	Hamilton	60.70%	Otis	56.99%	Buckland	54.77%	Holyoke	50.85%	Rehoboth	43.52%	North Worcester	52.91%		
Eastham	64.00%	Ipswich	60.70%	Peru	56.99%	Charlemont	54.77%	Ludlow	50.85%	Seekonk	43.52%	South Worcester	52.91%		
Edgartown	64.00%	Manchester	60.70%	Pittsfield	56.99%	Clarksburg	54.77%	New Braintree	50.85%	Somerset	43.52%	West Worcester	52.91%		
Aquinnah	64.00%	Newbury	60.70%	Richmond	56.99%	Colrain	54.77%	North Brookfield	50.85%	Swansea	43.52%				
Harwich	64.00%	Newburyport	60.70%	Sandisfield	56.99%	Conway	54.77%	Oakham	50.85%	Taunton	43.52%				
Nantucket	64.00%	Rockport	60.70%	Sheffield	56.99%	Deerfield	54.77%	Palmer	50.85%	Dracut	40.95%				
Oak Bluffs	64.00%	Rowley	60.70%	Stockbridge	56.99%	Erving	54.77%	Ware	50.85%	Haverhill	40.95%				
Orleans	64.00%	Salisbury	60.70%	Tyringham	56.99%	Florida	54.77%	Warren	50.85%	Lawrence	40.95%				
Provincetown	64.00%	Topsfield	60.70%	Washington	56.99%	Gill	54.77%	West Brookfield	50.85%	Merrimac	40.95%				
Tisbury	64.00%	Wenham	60.70%	West Stockbridge	56.99%	Greenfield	54.77%	Auburn	49.90%	Methuen	40.95%				
Truro	64.00%	West Newbury	60.70%	Williamstown	56.99%	Hawley	54.77%	Bellingham	49.90%	Springfield	37.96%				

Questions ?
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