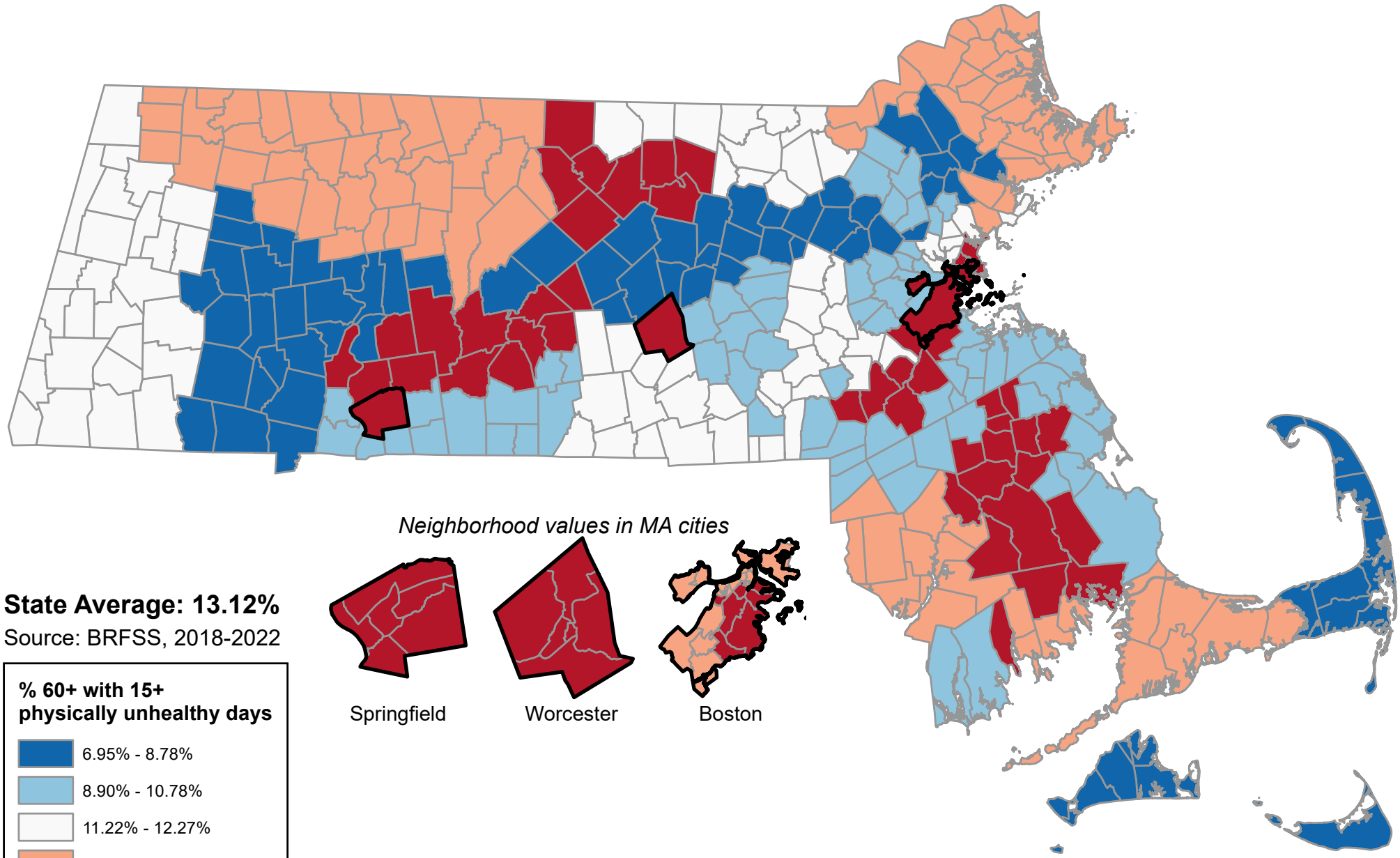
Map 54

Percentage of Persons Age 60+ Years with 15+ Physically Unhealthy Days in Past Month



State Average: 13.12%

Source: BRFSS, 2018-2022

% 60+ with 15+ physically unhealthy days

- 6.95% - 8.78%
- 8.90% - 10.78%
- 11.22% - 12.27%
- 12.30% - 16.05%
- 16.32% - 28.40%

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 with 15+ Physically Unhealthy Days in Past Month

Abington	16.43%	Chester	8.71%	Hadley	8.71%	Medfield	11.22%	Peru	11.47%	Swampscott	11.94%	Worthington	8.71%		
Acton	6.95%	Chesterfield	8.71%	Halifax	16.43%	Medford	12.10%	Petersham	16.05%	Swansea	13.24%	Wrentham	10.08%		
Acushnet	14.11%	Chicopee	19.91%	Hamilton	14.31%	Medway	12.27%	Phillipston	16.05%	Taunton	13.24%	Yarmouth	13.56%		
Adams	16.05%	Chilmark	7.38%	Hampden	9.95%	Melrose	12.10%	Pittsfield	11.47%	Templeton	17.25%				
Agawam	9.95%	Clarksburg	16.05%	Hancock	11.47%	Mendon	9.76%	Plainfield	8.71%	Tewksbury	10.35%	***Boston***			
Alford	11.47%	Clinton	8.22%	Hanover	10.00%	Merrimac	14.34%	Plainville	10.08%	Tisbury	7.38%	Allston	15.60%		
Amesbury	14.31%	Cohasset	10.00%	Hanson	16.43%	Methuen	14.34%	Plymouth	10.00%	Tolland	8.71%	Back Bay	15.60%		
Amherst	8.71%	Colrain	16.05%	Hardwick	8.22%	Middleborough	16.43%	Plympton	10.00%	Topsfield	14.31%	Beacon Hill	15.60%		
Andover	8.78%	Concord	6.95%	Harvard	6.95%	Middlefield	8.71%	Princeton	8.22%	Townsend	12.07%	Brighton	15.60%		
Arlington	9.93%	Conway	16.05%	Harwich	7.38%	Middleton	8.78%	Provincetown	7.38%	Truro	7.38%	Charlestown	15.60%		
Ashburnham	12.07%	Cummington	8.71%	Hatfield	8.71%	Milford	12.27%	Quincy	10.42%	Tyngsborough	12.07%	Chinatown	15.60%		
Ashby	12.07%	Dalton	11.47%	Haverhill	14.34%	Millbury	12.27%	Randolph	10.42%	Tyringham	11.47%	Dorchester	19.84%		
Ashfield	16.05%	Danvers	8.78%	Hawley	16.05%	Millis	10.08%	Raynham	16.43%	Upton	9.76%	Downtown	15.60%		
Ashland	11.22%	Dartmouth	8.90%	Heath	16.05%	Millville	12.27%	Reading	8.78%	Uxbridge	12.27%	East Boston	15.60%		
Athol	16.05%	Dedham	16.32%	Hingham	10.00%	Milton	16.32%	Rehoboth	13.24%	Wakefield	10.35%	Fenway	15.60%		
Attleboro	13.24%	Deerfield	16.05%	Hinsdale	11.47%	Monroe	16.05%	Revere	19.85%	Wales	9.95%	Hyde Park	13.29%		
Auburn	12.27%	Dennis	7.38%	Holbrook	10.42%	Monson	9.95%	Richmond	11.47%	Walpole	16.32%	Jamaica Plain	13.29%		
Avon	10.78%	Dighton	13.24%	Holden	8.22%	Montague	16.05%	Rochester	16.43%	Waltham	9.93%	Longwood	15.60%		
Ayer	12.07%	Douglas	12.27%	Holland	9.95%	Monterey	11.47%	Rockland	16.43%	Ware	19.91%	Mattapan	19.84%		
Barnstable	13.56%	Dover	11.22%	Holliston	11.22%	Montgomery	8.71%	Rockport	14.31%	Wareham	16.43%	Mission Hill	19.84%		
Barre	8.22%	Dracut	14.34%	Holyoke	19.91%	Mount Washington	11.47%	Rowe	16.05%	Warren	19.91%	North End	15.60%		
Becket	11.47%	Dudley	12.27%	Hopedale	12.27%	Nahant	11.94%	Rowley	14.31%	Warwick	16.05%	Roslindale	13.29%		
Bedford	6.95%	Dunstable	12.07%	Hopkinton	9.76%	Nantucket	7.38%	Royalston	16.05%	Washington	11.47%	Roxbury	19.84%		
Belchertown	19.91%	Duxbury	10.00%	Hubbardston	17.25%	Natick	11.22%	Russell	8.71%	Watertown	9.93%	South Boston	17.58%		
Bellingham	12.27%	East Bridgewater	16.43%	Hudson	9.76%	Needham	9.30%	Rutland	8.22%	Wayland	11.22%	South Boston Waterfront	17.58%		
Belmont	9.93%	East Brookfield	9.95%	Hull	10.00%	New Ashford	11.47%	Salem	14.53%	Webster	12.27%	South End	17.58%		
Berkley	13.24%	East Longmeadow	9.95%	Huntington	8.71%	New Bedford	28.40%	Salisbury	14.31%	Wellesley	9.30%	West End	15.60%		
Berlin	8.22%	Eastham	7.38%	Ipswich	14.31%	New Braintree	19.91%	Sandisfield	11.47%	Wellfleet	7.38%	West Roxbury	13.29%		
Bernardston	16.05%	Easthampton	8.71%	Kingston	10.00%	New Marlborough	11.47%	Sandwich	13.56%	Wendell	16.05%				
Beverly	14.31%	Easton	10.08%	Lakeville	16.43%	New Salem	16.05%	Saugus	12.10%	Wenham	14.31%	***Springfield***			
Billerica	10.35%	Edgartown	7.38%	Lancaster	8.22%	Newbury	14.31%	Savoy	16.05%	West Boylston	8.22%	Bay, McKnight, Old, Upper Hill	22.21%		
Blackstone	12.27%	Egremont	11.47%	Lanesborough	11.47%	Newburyport	14.31%	Scituate	10.00%	West Bridgewater	16.43%	6 Cor Memo Metro Brightwood S	22.21%		
Blandford	8.71%	Erving	16.05%	Lawrence	14.34%	Newton	9.30%	Seekonk	13.24%	West Brookfield	19.91%	E Springfield Indian Liberty	22.21%		
Bolton	8.22%	Essex	14.31%	Lee	11.47%	Norfolk	16.32%	Sharon	16.32%	West Newbury	14.31%	Pine Point Boston Rd	22.21%		
Boston	16.50%	Everett	12.10%	Leicester	12.27%	North Adams	16.05%	Sheffield	11.47%	West Springfield	9.95%	E Forest Park 16 Acre	22.21%		
Bourne	13.56%	Fairhaven	14.11%	Lenox	11.47%	North Andover	8.78%	Shelburne	16.05%	West Stockbridge	11.47%	Forest Park	22.21%		
Boxborough	6.95%	Fall River	13.24%	Leominster	17.25%	North Attleborough	10.08%	Sherborn	11.22%	West Tisbury	7.38%				
Boxford	14.31%	Falmouth	13.56%	Leverett	16.05%	North Brookfield	19.91%	Shirley	12.07%	Westborough	9.76%				
Boylston	8.22%	Fitchburg	17.25%	Lexington	6.95%	North Reading	8.78%	Shrewsbury	9.76%	Westfield	8.71%				
Braintree	10.42%	Florida	16.05%	Leyden	16.05%	Northampton	8.71%	Shutesbury	16.05%	Westford	12.07%				
Brewster	7.38%	Foxborough	10.08%	Lincoln	6.95%	Northborough	9.76%	Somerset	13.24%	Westhampton	8.71%				
Bridgewater	16.43%	Framingham	11.22%	Littleton	12.07%	Northbridge	12.27%	Somerville	12.10%	Westminster	17.25%				
Brimfield	9.95%	Franklin	10.08%	Longmeadow	9.95%	Northfield	16.05%	South Hadley	8.71%	Weston	9.30%				
Brockton	10.78%	Freetown	13.24%	Lowell	12.30%	Norton	10.08%	Southampton	8.71%	Westport	8.90%				
Brookfield	9.95%	Gardner	17.25%	Ludlow	19.91%	Norwell	10.00%	Southborough	9.76%	Westwood	11.22%				
Brookline	9.30%	Aquinnah	7.38%	Lunenburg	17.25%	Norwood	16.32%	Southbridge	12.27%	Weymouth	10.42%				
Buckland	16.05%	Georgetown	14.31%	Lynn	14.53%	Oak Bluffs	7.38%	Southwick	8.71%	Whately	16.05%				
Burlington	10.35%	Gill	16.05%	Lynnfield	8.78%	Oakham	19.91%	Spencer	12.27%	Whitman	16.43%				
Cambridge	9.93%	Gloucester	14.31%	Malden	12.10%	Orange	16.05%	Springfield	22.21%	Wilbraham	9.95%				
Canton	16.32%	Goshen	8.71%	Manchester	14.31%	Orleans	7.38%	Sterling	8.22%	Williamsburg	8.71%				
Carlisle	6.95%	Gosnold	13.56%	Mansfield	10.08%	Otis	11.47%	Stockbridge	11.47%	Williamstown	11.47%				
Carver	16.43%	Grafton	9.76%	Marblehead	11.94%	Oxford	12.27%	Stoneham	10.35%	Wilmington	10.35%				
Charlemont	16.05%	Granby	19.91%	Marion	13.56%	Palmer	19.91%	Stoughton	10.08%	Winchendon	17.25%				
Charlton	12.27%	Granville	8.71%	Marlborough	9.76%	Paxton	8.22%	Stow	6.95%	Winchester	6.95%				
Chatham	7.38%	Great Barrington	11.47%	Marshfield	10.00%	Peabody	14.53%	Sturbridge	9.95%	Windsor	11.47%				
Chelmsford	12.07%	Greenfield	16.05%	Mashpee	13.56%	Pelham	8.71%	Sudbury	11.22%	Winthrop	19.85%				
Chelsea	19.85%	Groton	12.07%	Mattapoisett	13.56%	Pembroke	16.43%	Sunderland	16.05%	Woburn	10.35%				
Cheshire	11.47%	Groveland	14.31%	Maynard	6.95%	Pepperell	12.07%	Sutton	12.27%	Worcester	19.14%				

Worcester

Downtown	19.14%
Central City	19.14%
East Worcester	19.14%
North Worcester	19.14%
South Worcester	19.14%
West Worcester	19.14%

Percentage of Persons Age 60+ Years with 15+ Physically Unhealthy Days in Past Month (Ranked)

New Bedford	28.40%	Deerfield	16.05%	Marion	13.56%	Cheshire	11.47%	Wrentham	10.08%	Cummington	8.71%	Maynard	6.95%		
Springfield	22.21%	Erving	16.05%	Mashpee	13.56%	Dalton	11.47%	Cohasset	10.00%	Easthampton	8.71%	Stow	6.95%		
Belchertown	19.91%	Florida	16.05%	Mattapoisett	13.56%	Egremont	11.47%	Duxbury	10.00%	Goshen	8.71%	Winchester	6.95%		
Chicopee	19.91%	Gill	16.05%	Sandwich	13.56%	Great Barrington	11.47%	Hanover	10.00%	Granville	8.71%				
Granby	19.91%	Greenfield	16.05%	Yarmouth	13.56%	Hancock	11.47%	Hingham	10.00%	Hadley	8.71%	***Boston***			
Holyoke	19.91%	Hawley	16.05%	Attleboro	13.24%	Hinsdale	11.47%	Hull	10.00%	Hatfield	8.71%	Dorchester	19.84%		
Ludlow	19.91%	Heath	16.05%	Berkley	13.24%	Lanesborough	11.47%	Kingston	10.00%	Huntington	8.71%	Mattapan	19.84%		
New Braintree	19.91%	Leverett	16.05%	Dighton	13.24%	Lee	11.47%	Marshfield	10.00%	Middlefield	8.71%	Mission Hill	19.84%		
North Brookfield	19.91%	Leyden	16.05%	Fall River	13.24%	Lenox	11.47%	Norwell	10.00%	Montgomery	8.71%	Roxbury	19.84%		
Oakham	19.91%	Monroe	16.05%	Freetown	13.24%	Monterey	11.47%	Plymouth	10.00%	Northampton	8.71%	South Boston	17.58%		
Palmer	19.91%	Montague	16.05%	Rehoboth	13.24%	Mount Washington	11.47%	Plympton	10.00%	Pelham	8.71%	South Boston Waterfront	17.58%		
Ware	19.91%	New Salem	16.05%	Seekonk	13.24%	New Ashford	11.47%	Scituate	10.00%	Plainfield	8.71%	South End	17.58%		
Warren	19.91%	North Adams	16.05%	Somerset	13.24%	New Marlborough	11.47%	Agawam	9.95%	Russell	8.71%	Allston	15.60%		
West Brookfield	19.91%	Northfield	16.05%	Swansea	13.24%	Otis	11.47%	Brimfield	9.95%	South Hadley	8.71%	Back Bay	15.60%		
Chelsea	19.85%	Orange	16.05%	Taunton	13.24%	Peru	11.47%	Brookfield	9.95%	Southampton	8.71%	Beacon Hill	15.60%		
Revere	19.85%	Petersham	16.05%	Lowell	12.30%	Pittsfield	11.47%	East Brookfield	9.95%	Southwick	8.71%	Brighton	15.60%		
Winthrop	19.85%	Phillipston	16.05%	Auburn	12.27%	Richmond	11.47%	East Longmeadow	9.95%	Tolland	8.71%	Charlestown	15.60%		
Worcester	19.14%	Rowe	16.05%	Bellingham	12.27%	Sandisfield	11.47%	Hampden	9.95%	Westfield	8.71%	Chinatown	15.60%		
Fitchburg	17.25%	Royalston	16.05%	Blackstone	12.27%	Sheffield	11.47%	Holland	9.95%	Westhampton	8.71%	Downtown	15.60%		
Gardner	17.25%	Savoy	16.05%	Charlton	12.27%	Stockbridge	11.47%	Longmeadow	9.95%	Williamsburg	8.71%	East Boston	15.60%		
Hubbardston	17.25%	Shelburne	16.05%	Douglas	12.27%	Tyringham	11.47%	Monson	9.95%	Worthington	8.71%	Fenway	15.60%		
Leominster	17.25%	Shutesbury	16.05%	Dudley	12.27%	Washington	11.47%	Sturbridge	9.95%	Barre	8.22%	Longwood	15.60%		
Lunenburg	17.25%	Sunderland	16.05%	Hopedale	12.27%	West Stockbridge	11.47%	Wales	9.95%	Berlin	8.22%	North End	15.60%		
Templeton	17.25%	Warwick	16.05%	Leicester	12.27%	Williamstown	11.47%	West Springfield	9.95%	Bolton	8.22%	West End	15.60%		
Westminster	17.25%	Wendell	16.05%	Medway	12.27%	Windsor	11.47%	Wilbraham	9.95%	Boylston	8.22%	Hyde Park	13.29%		
Winchendon	17.25%	Whately	16.05%	Milford	12.27%	Ashland	11.22%	Arlington	9.93%	Clinton	8.22%	Jamaica Plain	13.29%		
Boston	16.50%	Lynn	14.53%	Millbury	12.27%	Dover	11.22%	Belmont	9.93%	Hardwick	8.22%	Roslindale	13.29%		
Abington	16.43%	Peabody	14.53%	Millville	12.27%	Framingham	11.22%	Cambridge	9.93%	Holden	8.22%	West Roxbury	13.29%		
Bridgewater	16.43%	Salem	14.53%	Northbridge	12.27%	Holliston	11.22%	Waltham	9.93%	Lancaster	8.22%				
Carver	16.43%	Dracut	14.34%	Oxford	12.27%	Medfield	11.22%	Watertown	9.93%	Paxton	8.22%	***Springfield***			
East Bridgewater	16.43%	Haverhill	14.34%	Southbridge	12.27%	Natick	11.22%	Grafton	9.76%	Princeton	8.22%	Bay, McKnight, Old, Upper Hill	22.21%		
Halifax	16.43%	Lawrence	14.34%	Spencer	12.27%	Sherborn	11.22%	Hopkinton	9.76%	Rutland	8.22%	6 Cor Memo Metro	22.21%		
Hanson	16.43%	Merrimac	14.34%	Sutton	12.27%	Sudbury	11.22%	Hudson	9.76%	Sterling	8.22%	Brightwood So			
Lakeville	16.43%	Methuen	14.34%	Uxbridge	12.27%	Wayland	11.22%	Marlborough	9.76%	West Boylston	8.22%	E Springfield Indian	22.21%		
Middleborough	16.43%	Amesbury	14.31%	Webster	12.27%	Westwood	11.22%	Mendon	9.76%	Brewster	7.38%	Liberty			
Pembroke	16.43%	Beverly	14.31%	Everett	12.10%	Avon	10.78%	Northborough	9.76%	Chatham	7.38%	Pine Point Boston	22.21%		
Raynham	16.43%	Boxford	14.31%	Malden	12.10%	Brockton	10.78%	Shrewsbury	9.76%	Chilmark	7.38%	Rd			
Rochester	16.43%	Essex	14.31%	Medford	12.10%	Braintree	10.42%	Southborough	9.76%	Dennis	7.38%	E Forest Park 16	22.21%		
Rockland	16.43%	Georgetown	14.31%	Melrose	12.10%	Holbrook	10.42%	Upton	9.76%	Eastham	7.38%	Acre			
Wareham	16.43%	Gloucester	14.31%	Saugus	12.10%	Quincy	10.42%	Westborough	9.76%	Edgartown	7.38%	Forest Park	22.21%		
West Bridgewater	16.43%	Groveland	14.31%	Somerville	12.10%	Randolph	10.42%	Brookline	9.30%	Aquinnah	7.38%				
Whitman	16.43%	Hamilton	14.31%	Ashburnham	12.07%	Weymouth	10.42%	Needham	9.30%	Harwich	7.38%				
Canton	16.32%	Ipswich	14.31%	Ashby	12.07%	Billerica	10.35%	Newton	9.30%	Nantucket	7.38%				
Dedham	16.32%	Manchester	14.31%	Ayer	12.07%	Burlington	10.35%	Wellesley	9.30%	Oak Bluffs	7.38%	***Worcester***			
Milton	16.32%	Newbury	14.31%	Chelmsford	12.07%	Stoneham	10.35%	Weston	9.30%	Orleans	7.38%	Downtown	19.14%		
Norfolk	16.32%	Newburyport	14.31%	Dunstable	12.07%	Tewksbury	10.35%	Dartmouth	8.90%	Provincetown	7.38%	Central City	19.14%		
Norwood	16.32%	Rockport	14.31%	Groton	12.07%	Wakefield	10.35%	Westport	8.90%	Tisbury	7.38%	East Worcester	19.14%		
Sharon	16.32%	Rowley	14.31%	Littleton	12.07%	Wilmington	10.35%	Andover	8.78%	Truro	7.38%	North Worcester	19.14%		
Walpole	16.32%	Salisbury	14.31%	Pepperell	12.07%	Woburn	10.35%	Danvers	8.78%	Wellfleet	7.38%	South Worcester	19.14%		
Adams	16.05%	Topsfield	14.31%	Shirley	12.07%	Easton	10.08%	Lynnfield	8.78%	West Tisbury	7.38%	West Worcester	19.14%		
Ashfield	16.05%	Wenham	14.31%	Townsend	12.07%	Foxborough	10.08%	Middleton	8.78%	Acton	6.95%				
Athol	16.05%	West Newbury	14.31%	Tyngsborough	12.07%	Franklin	10.08%	North Andover	8.78%	Bedford	6.95%				
Bernardston	16.05%	Acushnet	14.11%	Westford	12.07%	Mansfield	10.08%	North Reading	8.78%	Boxborough	6.95%				
Buckland	16.05%	Fairhaven	14.11%	Marblehead	11.94%	Millis	10.08%	Reading	8.78%	Carlisle	6.95%				
Charlemont	16.05%	Barnstable	13.56%	Nahant	11.94%	North Attleborough	10.08%	Amherst	8.71%	Concord	6.95%				
Clarksburg	16.05%	Bourne	13.56%	Swampscott	11.94%	Norton	10.08%	Blandford	8.71%	Harvard	6.95%				
Colrain	16.05%	Falmouth	13.56%	Alford	11.47%	Plainville	10.08%	Chester	8.71%	Lexington	6.95%				
Conway	16.05%	Gosnold	13.56%	Becket	11.47%	Stoughton	10.08%	Chesterfield	8.71%	Lincoln	6.95%				

Questions ?
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