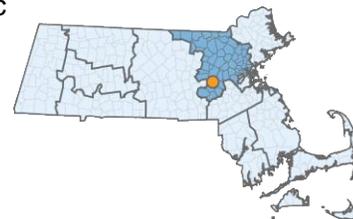


Framingham (Middlesex)

Framingham is a city in Middlesex County with 11,914 residents aged 65 and older. Compared to state average rates, older residents in Framingham report lower rates of tooth loss and tobacco use disorders. However, they report higher rates of hip fracture, Alzheimer's disease or related dementias, anemia, asthma, benign prostatic hyperplasia, chronic kidney disease, diabetes, fibromyalgia/chronic pain/fatigue, glaucoma, ischemic heart disease, liver disease, migraine, osteoporosis, pressure ulcers, prostate cancer, depression, and schizophrenia. Older residents are more likely to engage in physical activity and have annual dental exams. Community resources to support healthy aging include a COA, four assisted living facilities, one adult day health center, two community health centers, a hospital, two public libraries, 96 primary care providers, five skilled nursing facilities, and four public universities or community colleges. Framingham is a designated AARP Age-Friendly Community.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		71,805	6,984,205
Population 60 years or older as % of total population		22.4%	23.8%
Total population 60 years and older		16,102	1,661,076
Population 65 years or older as % of total population		16.6%	17.1%
Total population 65 years and older		11,914	1,195,589
% 65-74 years		57.8%	58.4%
% 75-84 years		26.3%	28.1%
% 85 years or older		15.8%	13.4%
% 65+ population who are female		57.4%	56.2%
% 85+ population who are female		71.2%	66.6%
Race and ethnicity of the population 65+			
% White	*	75.6%	86.3%
% African American		4.2%	4.4%
% Asian	*	11.7%	4.0%
% Other race(s)	*	8.4%	5.3%
% Hispanic		7.0%	4.8%
# 55+ who are Native American / Alaskan		0	3,537
Marital status of the population 65+			
% married	*	58.1%	54.0%
% divorced/separated		14.3%	15.8%
% widowed		18.8%	21.1%
% never married		8.9%	9.0%
Education of the population 65+			
% with less than high school education		9.9%	12.7%
% with high school or some college	*	44.4%	50.3%
% with college degree	*	26.4%	18.1%
% with graduate or professional degree		19.4%	18.9%
% 65+ population who speak only English at home	*	74.2%	83.1%
% 65+ population who are veterans of military service	*	8.8%	12.7%
% 60+ LGBT		3.6%	3.5%

POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone	*	24.1%	28.1%
Average household size (all ages)		2.5	2.5
Median house value (all ages)	*	\$553,200	\$483,900
% 60+ own home		73.2%	72.9%
% 60+ homeowners who have mortgage		49.6%	46.8%
% 65+ households (renter) spend >35% of income on housing		36.7%	43.6%
% 65+ households (owner) spend >35% of income on housing		24.8%	27.3%
% grandparents who live with grandchildren	*	1.7%	2.8%
# of assisted living sites		4	275

SOCIAL DETERMINANTS OF HEALTH

COST OF LIVING

Elder Index			
Single, homeowner without mortgage, good health (County)	1.07	\$32,592	\$30,552
Single, renter, good health (County)	1.12	\$43,044	\$38,580
Couple, homeowner without mortgage, good health (County)	1.05	\$46,584	\$44,520
Couple, renter, good health (County)	1.05	\$57,036	\$54,548

ECONOMIC

% 60+ receiving food stamps in past year		12.9%	13.3%
% 65+ employed in past year		25.9%	22.0%
% 65+ with income below the poverty line in past year		10.6%	9.9%
Median annual income for households with a householder age 65+		\$71,250	\$61,624
% 65+ households with annual income < \$20,000		15.6%	17.1%
% 65+ households with annual income \$20,000-\$49,999		21.7%	25.3%
% 65+ households with annual income \$50,000-\$99,999		29.2%	26.7%
% 65+ households with annual income \$100,000+		33.4%	31.0%

WELLNESS

% 60+ getting the recommended hours of sleep		66.5%	63.1%
% 60+ doing any physical activity in past month	B	79.4%	72.8%
% 60+ met CDC guidelines for muscle-strengthening activity		33.5%	25.8%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	53.9%
% 60+ with fair or poor self-reported health status		14.7%	18.5%
% 60+ with 15+ physically unhealthy days in past month		11.2%	13.1%

COMMUNITY

Annual # unhealthy days due to air pollution for 65+ (County)		2	NA
AARP Age-Friendly Communities		Yes	Yes
Dementia Friendly Communities		Not yet	Yes
# of public universities and community colleges		4	124
# of public libraries		2	455
# of Councils of Aging (COAs)		1	350
# of Osher Lifelong Learning Institutes (OLLI)		0	4
% households with a smartphone (all ages)	*	90.0%	87.6%
% households with only a smartphone to access the Internet (all ages)		7.9%	6.4%

SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
% households without a computer (all ages)	*	3.9%	5.7%
% households with access to Broadband (all ages)	*	94.0%	90.7%
% households without access to the Internet (all ages)	*	5.9%	9.2%
% 60+ who used Internet in past month	*	82.3%	70.6%
Voter participation rate in 2020 election (age 18+)		77.3%	80.8%
Homicide rate/100,000 persons (County)		1.0	2.3
# firearm fatalities (all ages) (County)		152	1267
# 65+ deaths by suicide (County)		109	527
Age-sex adjusted 1-year mortality rate		3.8%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		85.1%	84.2%
% 60+ who always drive or ride wearing a seatbelt		90.6%	85.9%
% 60+ drove under influence		NA	1.3%
# fatal crashes involving adult age 60+ (County)		83	545
AllTransit Score		3.80	2.93
HEALTH OUTCOMES			
FALLS			
% 60+ who fell in past year		23.7%	26.6%
% 60+ who were injured by a fall in past year		9.4%	10.1%
% 65+ with hip fracture	W	4.0%	3.2%
PREVENTION			
% 60+ with physical exam/check-up in past year		89.5%	89.8%
% 60+ flu shot in past year		71.2%	67.6%
% 60+ with pneumonia vaccine		63.5%	61.7%
% 60+ with shingles vaccine		52.5%	46.3%
% 60+ women with mammogram in past 2 years		78.3%	79.9%
% 60+ had colorectal cancer screening		70.5%	62.4%
% 60+ with optimal preventive health		26.7%	26.1%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		24.5%	16.3%
% 60+ self-reported obese		26.0%	27.8%
% 65+ with high cholesterol		77.1%	75.9%
% 60+ with high cholesterol screening		94.2%	96.3%
ORAL HEALTH			
% 60+ with annual dental exam	B	86.0%	74.9%
# dentists per 100,000 persons (all ages) (County)		95.6	69.0
% 60+ with loss of 6+ teeth	B	16.6%	28.2%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	15.1%	12.9%
% 65+ with anemia	W	47.9%	43.1%
% 65+ with asthma	W	15.6%	13.9%
% 65+ with atrial fibrillation		16.0%	15.2%
% 65+ with benign prostatic hyperplasia (men)	W	48.9%	42.6%
% 65+ with breast cancer (women)		12.6%	11.6%
% 65+ with cataract		64.9%	64.3%
% 65+ with chronic kidney disease	W	38.2%	34.3%
% 65+ with chronic obstructive pulmonary disease		18.3%	19.1%
% 65+ with colon cancer		2.3%	2.4%
% 65+ with congestive heart failure		19.5%	19.6%
% 65+ with diabetes	W	30.9%	28.6%
% 65+ with endometrial cancer (women)		2.4%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue	W	39.7%	37.2%
% 65+ with glaucoma	W	26.7%	25.3%
% 65+ ever had a heart attack		4.2%	4.6%
% 65+ with HIV/AIDS		0.16%	0.30%
% 65+ with hypertension		73.1%	72.9%
% 65+ with ischemic heart disease	W	39.6%	37.1%
% 65+ with liver disease	W	15.2%	12.2%
% 65+ with lung cancer		2.1%	2.1%
% 65+ with migraine and other chronic headache	W	9.1%	8.0%
% 65+ with osteoarthritis or rheumatoid arthritis		55.2%	55.5%
% 65+ with osteoporosis	W	23.1%	20.1%
% 65+ with peripheral vascular disease		17.6%	18.1%
% 65+ with pressure ulcer or chronic ulcer	W	9.1%	7.8%
% 65+ with prostate cancer (men)	W	15.2%	13.6%
% 65+ with stroke		11.7%	11.2%
% 65+ with 4+ (out of 15) chronic conditions	W	62.2%	60.4%
% 65+ with 0 chronic conditions		7.4%	7.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		1,928	11,845
% 65+ with substance use disorder		9.5%	9.4%
% 60+ excessive drinking		10.7%	10.9%
% 65+ with tobacco use disorder	B	9.6%	12.3%
% 60+ current smokers	B	3.9%	8.9%
MENTAL HEALTH			
% 60+ with 15+ days poor mental health in past month		7.8%	8.4%
% 65+ with depression	W	36.2%	34.6%
% 65+ with anxiety disorder		33.6%	33.0%
% 65+ with post-traumatic stress disorder		2.7%	3.0%
% 65+ with schizophrenia & other psychotic disorder	W	5.8%	4.0%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		10.2%	12.3%
% 65+ with self-reported vision difficulty		4.2%	4.8%
% 65+ with self-reported cognition difficulty		7.6%	7.5%
% 65+ with self-reported ambulatory difficulty		19.6%	18.6%
% 65+ with self-reported self-care difficulty		5.2%	7.3%
% 65+ with self-reported independent living difficulty		11.3%	13.2%
CAREGIVING			
# of Alzheimer's support groups		0	25
% grandparents raising grandchildren		0.33%	0.66%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid		17.0%	17.1%
% 65+ Medicare managed care enrollees	*	32.2%	30.5%
% 60+ with a regular doctor		96.3%	96.5%
% 60+ who did not see a doctor when needed due to cost	B	2.4%	3.9%
# of primary care providers		96	8,899
# of hospitals		1	79
# of home health agencies		0	269
# of skilled nursing facilities		5	352
# of hospice agencies		0	76
# of community health centers		2	215
# of adult day health centers		1	143
SERVICE UTILIZATION			
# physician visits per year	*	8.7	7.3
# emergency room visits/1000 persons 65+ years annually		579.6	558.8
# Part D monthly prescription fills per person annually	*	55.0	53.5
# home health visits annually	*	3.3	2.9
# durable medical equipment claims annually		2.0	1.9
# inpatient hospital stays/1000 persons 65+ years annually		262.3	251.7
% Medicare inpatient hospital readmissions (as % of admissions)		19.1%	18.2%
# skilled nursing facility stays/1000 persons 65+ years annually		75.5	72.9
# skilled nursing home Medicare beds/1000 persons 65+ years		72.6	33.7
% 65+ getting Medicaid long term services and supports	*	4.0%	3.4%
% 65+ hospice users	*	2.4%	2.8%
% 65+ hospice users as % of decedents	*	36.7%	44.0%

NOTES

TECHNICAL NOTES

*For more information on data sources, measures, and methodology used in the 2025 Massachusetts Healthy Aging Data Report see our technical documentation at (healthyagingdatareports.org). For most indicators, the community and state values are estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms “Better” and “Worse” to highlight differences between community and state estimates that we are confident are not due to chance. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed, we used a hierarchical approach to reporting.

Data Sources:

- *Population Characteristics: The U.S. Census Bureau (American Community Survey (ACS)) 2018-2022; Massachusetts Department of Public Health (MDPH) (Behavioral Risk Factor Surveillance Survey (BRFSS)), 2010-2022.*
- *Housing: ACS, 2018-2022; Mass.gov, 2023.*
- *Cost of Living: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston, 2023.*
- *Economic: ACS, 2018-2022.*
- *Wellness: BRFSS, 2010-2022.*
- *Community: AARP, 2023; ACS, 2018-2022; BRFSS, 2010-2022; CDC WONDER, 2016-2020; The CMS Master Beneficiary Summary File ABCD/Other (CMS), 2020-2021; Dementia Friendly Massachusetts, 2023; Massachusetts Executive Office of Elder Affairs (EOEA), 2023; NECHE, 2023; OLLI, 2023; MA State Library, 2023; MA Secretary of State, 2023; U.S. EPA Air Compare, 2023.*
- *Transportation: ACS, 2018-2022; AllTransit™, 2023; BRFSS, 2010-2022; NHTSA, 2018-2022.*
- *Falls: CMS, 2020-2021; BRFSS, 2010-2022.*
- *Prevention: BRFSS, 2010-2022.*
- *Nutrition/Diet: BRFSS, 2010-2022; CMS, 2020-2021.*
- *Oral Health: BRFSS, 2010-2022; HRSA, 2023.*
- *Chronic Disease: CMS, 2020-2021.*
- *Behavioral Health: BRFSS, 2010-2022; CDC WONDER 2016-2020; CMS, 2020-2021.*
- *Mental Health: BRFSS, 2010-2022; CMS, 2020-2021.*
- *Living with Disability: ACS, 2018-2022.*
- *Caregiving: ACS, 2018-2022; Alzheimer’s Association, 2023.*
- *Access to Care: BRFSS, 2010-2022; CMS, 2020-2021; HRSA, 2023; Medicare.gov, 2023; Massachusetts Executive Office of Health and Human Services (HHS), 2023.*
- *Service Utilization: CMS, 2020-2021.*

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