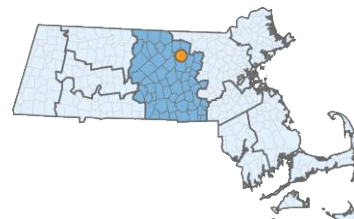


Leominster (Worcester)

Leominster is a city in Worcester County with 8,116 residents aged 65 and older. Compared to state average rates, older residents in Leominster have lower rates of anemia, atrial fibrillation, breast cancer, cataract, osteoarthritis/rheumatoid arthritis, and prostate cancer. However, they report higher rates of asthma, chronic kidney disease, diabetes, glaucoma, heart attack, hypertension, substance use disorder, and depression. Older Leominster residents are less likely to take the health promotion step of receiving a flu shot. Community resources to support healthy aging include an adult day health center, a community health center, a COA, two home health agencies, two hospice agencies, three assisted living facilities, a hospital, a public library, 43 primary care providers, two skilled nursing facilities, an Alzheimer's caregiver support group, and a public university or community college.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		43,620	6,984,205
Population 60 years or older as % of total population		26.8%	23.8%
Total population 60 years and older		11,699	1,661,076
Population 65 years or older as % of total population		18.6%	17.1%
Total population 65 years and older		8,116	1,195,589
% 65-74 years		61.2%	58.4%
% 75-84 years		23.6%	28.1%
% 85 years or older		15.2%	13.4%
% 65+ population who are female		53.2%	56.2%
% 85+ population who are female		66.2%	66.6%
Race and ethnicity of the population 65+			
% White	*	89.9%	86.3%
% African American		3.7%	4.4%
% Asian		2.8%	4.0%
% Other race(s)		3.5%	5.3%
% Hispanic		7.8%	4.8%
# 55+ who are Native American / Alaskan		40	3,537
Marital status of the population 65+			
% married	*	49.3%	54.0%
% divorced/separated		18.8%	15.8%
% widowed		25.0%	21.1%
% never married		6.9%	9.0%
Education of the population 65+			
% with less than high school education	*	18.5%	12.7%
% with high school or some college	*	57.3%	50.3%
% with college degree	*	13.2%	18.1%
% with graduate or professional degree	*	11.0%	18.9%
% 65+ population who speak only English at home		78.7%	83.1%
% 65+ population who are veterans of military service		14.3%	12.7%
% 60+ LGBT		2.7%	3.5%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone		31.7%	28.1%
Average household size (all ages)	*	2.3	2.5
Median house value (all ages)	*	\$323,400	\$483,900
% 60+ own home		71.6%	72.9%
% 60+ homeowners who have mortgage		43.8%	46.8%
% 65+ households (renter) spend >35% of income on housing		55.0%	43.6%
% 65+ households (owner) spend >35% of income on housing		22.2%	27.3%
% grandparents who live with grandchildren		3.1%	2.8%
# of assisted living sites		3	275
SOCIAL DETERMINANTS OF HEALTH			
COST OF LIVING			
Elder Index			
Single, homeowner without mortgage, good health (County)	0.95	\$28,884	\$30,552
Single, renter, good health (County)	0.84	\$32,388	\$38,580
Couple, homeowner without mortgage, good health (County)	0.96	\$42,564	\$44,520
Couple, renter, good health (County)	0.84	\$46,068	\$54,548
ECONOMIC			
% 60+ receiving food stamps in past year		12.5%	13.3%
% 65+ employed in past year		19.8%	22.0%
% 65+ with income below the poverty line in past year	*	4.9%	9.9%
Median annual income for households with a householder age 65+	*	\$53,001	\$61,624
% 65+ households with annual income < \$20,000	*	11.4%	17.1%
% 65+ households with annual income \$20,000-\$49,999	*	34.1%	25.3%
% 65+ households with annual income \$50,000-\$99,999		33.1%	26.7%
% 65+ households with annual income \$100,000+	*	21.4%	31.0%
WELLNESS			
% 60+ getting the recommended hours of sleep		62.4%	63.1%
% 60+ doing any physical activity in past month		67.0%	72.8%
% 60+ met CDC guidelines for muscle-strengthening activity		32.5%	25.8%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	53.9%
% 60+ with fair or poor self-reported health status		22.8%	18.5%
% 60+ with 15+ physically unhealthy days in past month		17.2%	13.1%
COMMUNITY			
Annual # unhealthy days due to air pollution for 65+ (County)		3	NA
AARP Age-Friendly Communities		Not yet	Yes
Dementia Friendly Communities		Not yet	Yes
# of public universities and community colleges		1	124
# of public libraries		1	455
# of Councils of Aging (COAs)		1	350
# of Osher Lifelong Learning Institutes (OLLI)		0	4
% households with a smartphone (all ages)		89.1%	87.6%
% households with only a smartphone to access the Internet (all ages)		7.4%	6.4%

SOCIAL DETERMINANTS OF HEALTH		Significantly different than state rate	Community estimate	State estimate
COMMUNITY				
% households without a computer (all ages)			4.4%	5.7%
% households with access to Broadband (all ages)			91.7%	90.7%
% households without access to the Internet (all ages)			8.2%	9.2%
% 60+ who used Internet in past month			64.9%	70.6%
Voter participation rate in 2020 election (age 18+)			72.6%	80.8%
Homicide rate/100,000 persons (County)			1.8	2.3
# firearm fatalities (all ages) (County)			145	1267
# 65+ deaths by suicide (County)			57	527
Age-sex adjusted 1-year mortality rate			3.9%	3.9%
TRANSPORTATION				
% householders 65+ who own a motor vehicle			83.2%	84.2%
% 60+ who always drive or ride wearing a seatbelt			85.6%	85.9%
% 60+ drove under influence			NA	1.3%
# fatal crashes involving adult age 60+ (County)			78	545
AllTransit Score			2.80	2.93
HEALTH OUTCOMES				
FALLS				
% 60+ who fell in past year			31.2%	26.6%
% 60+ who were injured by a fall in past year			12.8%	10.1%
% 65+ with hip fracture			3.0%	3.2%
PREVENTION				
% 60+ with physical exam/check-up in past year			86.0%	89.8%
% 60+ flu shot in past year		W	58.8%	67.6%
% 60+ with pneumonia vaccine			64.0%	61.7%
% 60+ with shingles vaccine			42.4%	46.3%
% 60+ women with mammogram in past 2 years			79.4%	79.9%
% 60+ had colorectal cancer screening			59.5%	62.4%
% 60+ with optimal preventive health			24.4%	26.1%
NUTRITION & DIET				
% 60+ with 5 or more servings of fruit or vegetables per day			16.3%	16.3%
% 60+ self-reported obese			33.4%	27.8%
% 65+ with high cholesterol			74.4%	75.9%
% 60+ with high cholesterol screening			96.1%	96.3%
ORAL HEALTH				
% 60+ with annual dental exam			69.7%	74.9%
# dentists per 100,000 persons (all ages) (County)			57.1	69.0
% 60+ with loss of 6+ teeth			32.3%	28.2%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.4%	12.9%
% 65+ with anemia	B	41.1%	43.1%
% 65+ with asthma	W	17.5%	13.9%
% 65+ with atrial fibrillation	B	13.6%	15.2%
% 65+ with benign prostatic hyperplasia (men)		41.4%	42.6%
% 65+ with breast cancer (women)	B	8.6%	11.6%
% 65+ with cataract	B	60.8%	64.3%
% 65+ with chronic kidney disease	W	38.3%	34.3%
% 65+ with chronic obstructive pulmonary disease		19.9%	19.1%
% 65+ with colon cancer		2.1%	2.4%
% 65+ with congestive heart failure		19.3%	19.6%
% 65+ with diabetes	W	33.7%	28.6%
% 65+ with endometrial cancer (women)		2.6%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue		37.9%	37.2%
% 65+ with glaucoma	W	29.8%	25.3%
% 65+ ever had a heart attack	W	5.7%	4.6%
% 65+ with HIV/AIDS		0.12%	0.30%
% 65+ with hypertension	W	74.6%	72.9%
% 65+ with ischemic heart disease		38.1%	37.1%
% 65+ with liver disease		11.1%	12.2%
% 65+ with lung cancer		2.0%	2.1%
% 65+ with migraine and other chronic headache		8.5%	8.0%
% 65+ with osteoarthritis or rheumatoid arthritis	B	53.2%	55.5%
% 65+ with osteoporosis		18.7%	20.1%
% 65+ with peripheral vascular disease		18.0%	18.1%
% 65+ with pressure ulcer or chronic ulcer		7.2%	7.8%
% 65+ with prostate cancer (men)	B	11.5%	13.6%
% 65+ with stroke		11.5%	11.2%
% 65+ with 4+ (out of 15) chronic conditions		62.1%	60.4%
% 65+ with 0 chronic conditions		7.2%	7.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		1,520	11,845
% 65+ with substance use disorder	W	11.0%	9.4%
% 60+ excessive drinking		13.4%	10.9%
% 65+ with tobacco use disorder		13.3%	12.3%
% 60+ current smokers		9.1%	8.9%
MENTAL HEALTH			
% 60+ with 15+ days poor mental health in past month		14.5%	8.4%
% 65+ with depression	W	37.6%	34.6%
% 65+ with anxiety disorder		33.8%	33.0%
% 65+ with post-traumatic stress disorder		3.0%	3.0%
% 65+ with schizophrenia & other psychotic disorder		3.4%	4.0%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		10.8%	12.3%
% 65+ with self-reported vision difficulty		4.1%	4.8%
% 65+ with self-reported cognition difficulty		9.9%	7.5%
% 65+ with self-reported ambulatory difficulty		19.8%	18.6%
% 65+ with self-reported self-care difficulty		8.8%	7.3%
% 65+ with self-reported independent living difficulty		16.0%	13.2%
CAREGIVING			
# of Alzheimer's support groups		1	25
% grandparents raising grandchildren		1.23%	0.66%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid		17.6%	17.1%
% 65+ Medicare managed care enrollees	*	45.7%	30.5%
% 60+ with a regular doctor		95.4%	96.5%
% 60+ who did not see a doctor when needed due to cost		4.6%	3.9%
# of primary care providers		43	8,899
# of hospitals		1	79
# of home health agencies		2	269
# of skilled nursing facilities		2	352
# of hospice agencies		2	76
# of community health centers		1	215
# of adult day health centers		1	143
SERVICE UTILIZATION			
# physician visits per year	*	7.0	7.3
# emergency room visits/1000 persons 65+ years annually		594.1	558.8
# Part D monthly prescription fills per person annually		54.1	53.5
# home health visits annually		2.8	2.9
# durable medical equipment claims annually	*	2.3	1.9
# inpatient hospital stays/1000 persons 65+ years annually		267.4	251.7
% Medicare inpatient hospital readmissions (as % of admissions)		20.8%	18.2%
# skilled nursing facility stays/1000 persons 65+ years annually		74.8	72.9
# skilled nursing home Medicare beds/1000 persons 65+ years		31.8	33.7
% 65+ getting Medicaid long term services and supports		3.4%	3.4%
% 65+ hospice users		3.0%	2.8%
% 65+ hospice users as % of decedents		48.8%	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.*

Healthy Aging Data Report Research Team (2025): Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Taylor Jansen PhD, Yan-Jhu Su, Yan Lin, Shan Qu, Tiffany Tang & Qian Song PhD, from the Gerontology Institute at the University of Massachusetts Boston. The Point32Health Foundation supported the research and provided important guidance.

Suggested citation: Dugan E, Lee CM, Jansen T, Su YJ, Silverstein NM, & Song Q. (2025). The Massachusetts 2025 Healthy Aging Data Report. Retrieved from www.healthyagingdatareports.org

Questions or Ideas? Beth.dugan@umb.edu



Point32Health Foundation

In partnership with



Point32Health companies