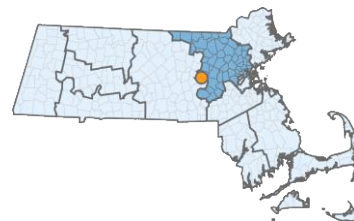


Marlborough (Middlesex)

Marlborough is a city in Middlesex County with 6,024 residents aged 65 and older. Compared to state average rates, older residents in Marlborough report lower a rate of tooth loss, but have higher rates of anemia, cataract, chronic kidney disease, diabetes, hypertension, ischemic heart disease, pressure ulcer, and substance use disorder. They are more likely to take the health promotion step of having an annual dental exam. Community resources to support healthy aging include an adult day health center, a COA, four home health agencies, three hospice agencies, a hospital, a public library, 42 primary care providers, three skilled nursing facilities, four assisted living facilities, and a public university or community college. Marlborough is a Dementia-Friendly Community.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		41,391	6,984,205
Population 60 years or older as % of total population		20.8%	23.8%
Total population 60 years and older		8,618	1,661,076
Population 65 years or older as % of total population		14.6%	17.1%
Total population 65 years and older		6,024	1,195,589
% 65-74 years		57.1%	58.4%
% 75-84 years		30.1%	28.1%
% 85 years or older		12.7%	13.4%
% 65+ population who are female		52.1%	56.2%
% 85+ population who are female		58.7%	66.6%
Race and ethnicity of the population 65+			
% White		84.9%	86.3%
% African American	*	2.1%	4.4%
% Asian		5.2%	4.0%
% Other race(s)		7.9%	5.3%
% Hispanic		5.1%	4.8%
# 55+ who are Native American / Alaskan		23	3,537
Marital status of the population 65+			
% married		51.1%	54.0%
% divorced/separated		17.8%	15.8%
% widowed		21.0%	21.1%
% never married		10.1%	9.0%
Education of the population 65+			
% with less than high school education		10.2%	12.7%
% with high school or some college		55.4%	50.3%
% with college degree		20.1%	18.1%
% with graduate or professional degree	*	14.3%	18.9%
% 65+ population who speak only English at home		81.2%	83.1%
% 65+ population who are veterans of military service		15.2%	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		31.1%	28.1%
Average household size (all ages)		2.5	2.5
Median house value (all ages)	*	\$439,600	\$483,900
% 60+ own home		70.5%	72.9%
% 60+ homeowners who have mortgage		44.9%	46.8%
% 65+ households (renter) spend >35% of income on housing		50.4%	43.6%
% 65+ households (owner) spend >35% of income on housing		28.5%	27.3%
% grandparents who live with grandchildren		3.3%	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		10.5%	13.3%
% 65+ employed in past year		22.2%	22.0%
% 65+ with income below the poverty line in past year		9.7%	9.9%
Median annual income for households with a householder age 65+		\$58,301	\$61,624
% 65+ households with annual income < \$20,000		16.9%	17.1%
% 65+ households with annual income \$20,000-\$49,999		29.9%	25.3%
% 65+ households with annual income \$50,000-\$99,999		27.2%	26.7%
% 65+ households with annual income \$100,000+		26.0%	31.0%

WELLNESS

% 60+ getting the recommended hours of sleep		60.7%	63.1%
% 60+ doing any physical activity in past month		76.7%	72.8%
% 60+ met CDC guidelines for muscle-strengthening activity		30.0%	25.8%
% 60+ met CDC guidelines for aerobic physical activity		56.2%	53.9%
% 60+ with fair or poor self-reported health status		12.7%	18.5%
% 60+ with 15+ physically unhealthy days in past month		9.8%	13.1%

COMMUNITY

Annual # unhealthy days due to air pollution for 65+ (County)		2	NA
AARP Age-Friendly Communities		Not yet	Yes
Dementia Friendly Communities		Yes	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)		87.5%	87.6%
% households with only a smartphone to access the Internet (all ages)		8.0%	6.4%

SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
% households without a computer (all ages)		5.3%	5.7%
% households with access to Broadband (all ages)	*	93.4%	90.7%
% households without access to the Internet (all ages)	*	6.6%	9.2%
% 60+ who used Internet in past month		75.5%	70.6%
Voter participation rate in 2020 election (age 18+)		79.0%	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		4.1%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		85.8%	84.2%
% 60+ who always drive or ride wearing a seatbelt		87.8%	85.9%
% 60+ drove under influence		NA	1.3%
# fatal crashes involving adult age 60+ (County)		83	545
AllTransit Score		1.80	2.93
HEALTH OUTCOMES			
FALLS			
% 60+ who fell in past year		24.9%	26.6%
% 60+ who were injured by a fall in past year		7.5%	10.1%
% 65+ with hip fracture		3.6%	3.2%
PREVENTION			
% 60+ with physical exam/check-up in past year		88.7%	89.8%
% 60+ flu shot in past year		65.0%	67.6%
% 60+ with pneumonia vaccine		57.3%	61.7%
% 60+ with shingles vaccine		44.5%	46.3%
% 60+ women with mammogram in past 2 years		79.9%	79.9%
% 60+ had colorectal cancer screening		66.1%	62.4%
% 60+ with optimal preventive health		31.3%	26.1%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		21.9%	16.3%
% 60+ self-reported obese		31.0%	27.8%
% 65+ with high cholesterol		77.1%	75.9%
% 60+ with high cholesterol screening		97.5%	96.3%
ORAL HEALTH			
% 60+ with annual dental exam	B	82.3%	74.9%
# dentists per 100,000 persons (all ages) (County)		95.6	69.0
% 60+ with loss of 6+ teeth	B	18.3%	28.2%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.8%	12.9%
% 65+ with anemia	W	46.1%	43.1%
% 65+ with asthma		14.1%	13.9%
% 65+ with atrial fibrillation		16.2%	15.2%
% 65+ with benign prostatic hyperplasia (men)		44.7%	42.6%
% 65+ with breast cancer (women)		12.0%	11.6%
% 65+ with cataract	W	67.1%	64.3%
% 65+ with chronic kidney disease	W	39.1%	34.3%
% 65+ with chronic obstructive pulmonary disease		20.0%	19.1%
% 65+ with colon cancer		2.6%	2.4%
% 65+ with congestive heart failure		20.0%	19.6%
% 65+ with diabetes	W	31.1%	28.6%
% 65+ with endometrial cancer (women)		2.3%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue		36.2%	37.2%
% 65+ with glaucoma		24.8%	25.3%
% 65+ ever had a heart attack		4.3%	4.6%
% 65+ with HIV/AIDS		0.40%	0.30%
% 65+ with hypertension	W	75.3%	72.9%
% 65+ with ischemic heart disease	W	39.9%	37.1%
% 65+ with liver disease		11.5%	12.2%
% 65+ with lung cancer		2.1%	2.1%
% 65+ with migraine and other chronic headache		8.4%	8.0%
% 65+ with osteoarthritis or rheumatoid arthritis		54.3%	55.5%
% 65+ with osteoporosis		20.5%	20.1%
% 65+ with peripheral vascular disease		19.0%	18.1%
% 65+ with pressure ulcer or chronic ulcer	W	8.9%	7.8%
% 65+ with prostate cancer (men)		14.2%	13.6%
% 65+ with stroke		12.3%	11.2%
% 65+ with 4+ (out of 15) chronic conditions	W	62.5%	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	W	10.9%	9.4%
% 60+ excessive drinking		11.6%	10.9%
% 65+ with tobacco use disorder		12.2%	12.3%
% 60+ current smokers	B	5.5%	8.9%
MENTAL HEALTH			
% 60+ with 15+ days poor mental health in past month		5.3%	8.4%
% 65+ with depression		33.9%	34.6%
% 65+ with anxiety disorder		31.6%	33.0%
% 65+ with post-traumatic stress disorder		3.1%	3.0%
% 65+ with schizophrenia & other psychotic disorder		4.8%	4.0%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.8%	12.3%
% 65+ with self-reported vision difficulty		6.2%	4.8%
% 65+ with self-reported cognition difficulty		6.3%	7.5%
% 65+ with self-reported ambulatory difficulty	*	14.3%	18.6%
% 65+ with self-reported self-care difficulty		5.1%	7.3%
% 65+ with self-reported independent living difficulty		13.1%	13.2%
CAREGIVING			
# of Alzheimer's support groups		0	25
% grandparents raising grandchildren		0.89%	0.66%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	15.1%	17.1%
% 65+ Medicare managed care enrollees	*	36.5%	30.5%
% 60+ with a regular doctor		98.1%	96.5%
% 60+ who did not see a doctor when needed due to cost	B	2.4%	3.9%
# of primary care providers		42	8,899
# of hospitals		1	79
# of home health agencies		4	269
# of skilled nursing facilities		3	352
# of hospice agencies		3	76
# of community health centers		0	215
# of adult day health centers		1	143
SERVICE UTILIZATION			
# physician visits per year	*	8.1	7.3
# emergency room visits/1000 persons 65+ years annually	*	642.0	558.8
# Part D monthly prescription fills per person annually		54.7	53.5
# home health visits annually	*	3.5	2.9
# durable medical equipment claims annually		2.0	1.9
# inpatient hospital stays/1000 persons 65+ years annually		265.9	251.7
% Medicare inpatient hospital readmissions (as % of admissions)		18.5%	18.2%
# skilled nursing facility stays/1000 persons 65+ years annually		80.1	72.9
# skilled nursing home Medicare beds/1000 persons 65+ years		65.0	33.7
% 65+ getting Medicaid long term services and supports	*	4.2%	3.4%
% 65+ hospice users		2.9%	2.8%
% 65+ hospice users as % of decedents		42.0%	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