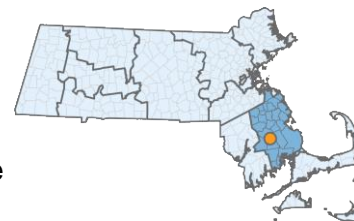


Middleborough (Plymouth)

Middleborough is a town in Plymouth County with 5,006 residents aged 65 and older. Compared to state average rates, older residents in Middleborough have lower rates of glaucoma and substance use disorder. However, they have higher rates of tooth loss, anemia, asthma, atrial fibrillation, cataract, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), diabetes, fibromyalgia/chronic pain/fatigue, heart attack, hypertension, ischemic heart disease, osteoarthritis/rheumatoid arthritis, peripheral vascular disease, stroke, anxiety disorder, and high cholesterol. Older Middleborough residents are more likely to take the health promotion steps of having an annual physical exam and receiving a shingles vaccination but are less likely to get a flu shot. Community resources to support healthy aging include a COA, a public library, eight primary care providers, three skilled nursing facilities, and a public university or community college.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		24,268	6,984,205
Population 60 years or older as % of total population		27.4%	23.8%
Total population 60 years and older		6,651	1,661,076
Population 65 years or older as % of total population		20.6%	17.1%
Total population 65 years and older		5,006	1,195,589
% 65-74 years		61.1%	58.4%
% 75-84 years		29.7%	28.1%
% 85 years or older	*	9.2%	13.4%
% 65+ population who are female		55.5%	56.2%
% 85+ population who are female		70.3%	66.6%
Race and ethnicity of the population 65+			
% White	*	96.8%	86.3%
% African American	*	0.9%	4.4%
% Asian	*	0.0%	4.0%
% Other race(s)		2.3%	5.3%
% Hispanic		2.1%	4.8%
# 55+ who are Native American / Alaskan		0	3,537
Marital status of the population 65+			
% married		56.0%	54.0%
% divorced/separated		15.5%	15.8%
% widowed		21.7%	21.1%
% never married		6.9%	9.0%
Education of the population 65+			
% with less than high school education		12.1%	12.7%
% with high school or some college	*	65.1%	50.3%
% with college degree		15.6%	18.1%
% with graduate or professional degree	*	7.2%	18.9%
% 65+ population who speak only English at home	*	96.0%	83.1%
% 65+ population who are veterans of military service		13.6%	12.7%
% 60+ LGBT		2.4%	3.5%

POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone		25.0%	28.1%
Average household size (all ages)		2.5	2.5
Median house value (all ages)	*	\$401,700	\$483,900
% 60+ own home	*	87.1%	72.9%
% 60+ homeowners who have mortgage		46.5%	46.8%
% 65+ households (renter) spend >35% of income on housing		47.2%	43.6%
% 65+ households (owner) spend >35% of income on housing	*	16.1%	27.3%
% grandparents who live with grandchildren		3.9%	2.8%
# of assisted living sites		0	275

SOCIAL DETERMINANTS OF HEALTH

COST OF LIVING

Elder Index			
Single, homeowner without mortgage, good health (County)	1.03	\$31,416	\$30,552
Single, renter, good health (County)	1.06	\$40,908	\$38,580
Couple, homeowner without mortgage, good health (County)	1.04	\$46,272	\$44,520
Couple, renter, good health (County)	1.02	\$55,764	\$54,548

ECONOMIC

% 60+ receiving food stamps in past year	*	9.3%	13.3%
% 65+ employed in past year		24.8%	22.0%
% 65+ with income below the poverty line in past year		7.1%	9.9%
Median annual income for households with a householder age 65+		\$62,198	\$61,624
% 65+ households with annual income < \$20,000		11.9%	17.1%
% 65+ households with annual income \$20,000-\$49,999		30.1%	25.3%
% 65+ households with annual income \$50,000-\$99,999		33.4%	26.7%
% 65+ households with annual income \$100,000+		24.5%	31.0%

WELLNESS

% 60+ getting the recommended hours of sleep		64.3%	63.1%
% 60+ doing any physical activity in past month		68.7%	72.8%
% 60+ met CDC guidelines for muscle-strengthening activity		24.1%	25.8%
% 60+ met CDC guidelines for aerobic physical activity		53.3%	53.9%
% 60+ with fair or poor self-reported health status		20.7%	18.5%
% 60+ with 15+ physically unhealthy days in past month		16.4%	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		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)		87.0%	87.6%
% households with only a smartphone to access the Internet (all ages)		5.4%	6.4%

SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
% households without a computer (all ages)		4.2%	5.7%
% households with access to Broadband (all ages)		91.1%	90.7%
% households without access to the Internet (all ages)		8.8%	9.2%
% 60+ who used Internet in past month		74.2%	70.6%
Voter participation rate in 2020 election (age 18+)		75.2%	80.8%
Homicide rate/100,000 persons (County)		1.9	2.3
# firearm fatalities (all ages) (County)		90	1267
# 65+ deaths by suicide (County)		40	527
Age-sex adjusted 1-year mortality rate	W	4.9%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle	*	95.2%	84.2%
% 60+ who always drive or ride wearing a seatbelt		85.0%	85.9%
% 60+ drove under influence		NA	1.3%
# fatal crashes involving adult age 60+ (County)		49	545
AllTransit Score		2.90	2.93
HEALTH OUTCOMES			
FALLS			
% 60+ who fell in past year		26.9%	26.6%
% 60+ who were injured by a fall in past year		8.9%	10.1%
% 65+ with hip fracture		3.3%	3.2%
PREVENTION			
% 60+ with physical exam/check-up in past year	B	93.2%	89.8%
% 60+ flu shot in past year	W	60.2%	67.6%
% 60+ with pneumonia vaccine		63.1%	61.7%
% 60+ with shingles vaccine	B	55.8%	46.3%
% 60+ women with mammogram in past 2 years		83.5%	79.9%
% 60+ had colorectal cancer screening		69.5%	62.4%
% 60+ with optimal preventive health		24.8%	26.1%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		14.3%	16.3%
% 60+ self-reported obese		30.2%	27.8%
% 65+ with high cholesterol	W	82.2%	75.9%
% 60+ with high cholesterol screening		96.3%	96.3%
ORAL HEALTH			
% 60+ with annual dental exam		72.7%	74.9%
# dentists per 100,000 persons (all ages) (County)		56.9	69.0
% 60+ with loss of 6+ teeth	W	38.0%	28.2%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		14.0%	12.9%
% 65+ with anemia	W	46.3%	43.1%
% 65+ with asthma	W	15.8%	13.9%
% 65+ with atrial fibrillation	W	17.6%	15.2%
% 65+ with benign prostatic hyperplasia (men)		45.0%	42.6%
% 65+ with breast cancer (women)		11.4%	11.6%
% 65+ with cataract	W	67.9%	64.3%
% 65+ with chronic kidney disease		35.6%	34.3%
% 65+ with chronic obstructive pulmonary disease	W	25.1%	19.1%
% 65+ with colon cancer		2.5%	2.4%
% 65+ with congestive heart failure	W	22.0%	19.6%
% 65+ with diabetes	W	32.4%	28.6%
% 65+ with endometrial cancer (women)		2.2%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue	W	39.1%	37.2%
% 65+ with glaucoma	B	23.7%	25.3%
% 65+ ever had a heart attack	W	5.5%	4.6%
% 65+ with HIV/AIDS		0.13%	0.30%
% 65+ with hypertension	W	77.7%	72.9%
% 65+ with ischemic heart disease	W	40.1%	37.1%
% 65+ with liver disease		13.0%	12.2%
% 65+ with lung cancer		2.7%	2.1%
% 65+ with migraine and other chronic headache		8.7%	8.0%
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.5%	55.5%
% 65+ with osteoporosis		19.3%	20.1%
% 65+ with peripheral vascular disease	W	26.9%	18.1%
% 65+ with pressure ulcer or chronic ulcer		7.8%	7.8%
% 65+ with prostate cancer (men)		14.8%	13.6%
% 65+ with stroke	W	12.4%	11.2%
% 65+ with 4+ (out of 15) chronic conditions	W	67.0%	60.4%
% 65+ with 0 chronic conditions	W	5.0%	7.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		1,012	11,845
% 65+ with substance use disorder	B	8.3%	9.4%
% 60+ excessive drinking		10.3%	10.9%
% 65+ with tobacco use disorder		13.5%	12.3%
% 60+ current smokers		11.0%	8.9%
MENTAL HEALTH			
% 60+ with 15+ days poor mental health in past month		9.3%	8.4%
% 65+ with depression		35.8%	34.6%
% 65+ with anxiety disorder	W	37.2%	33.0%
% 65+ with post-traumatic stress disorder		2.9%	3.0%
% 65+ with schizophrenia & other psychotic disorder		4.4%	4.0%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.3%	12.3%
% 65+ with self-reported vision difficulty	*	2.4%	4.8%
% 65+ with self-reported cognition difficulty		5.1%	7.5%
% 65+ with self-reported ambulatory difficulty		14.2%	18.6%
% 65+ with self-reported self-care difficulty		4.7%	7.3%
% 65+ with self-reported independent living difficulty	*	7.0%	13.2%
CAREGIVING			
# of Alzheimer's support groups		0	25
% grandparents raising grandchildren		1.30%	0.66%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	12.8%	17.1%
% 65+ Medicare managed care enrollees	*	19.2%	30.5%
% 60+ with a regular doctor		96.8%	96.5%
% 60+ who did not see a doctor when needed due to cost		3.4%	3.9%
# of primary care providers		8	8,899
# of hospitals		0	79
# of home health agencies		0	269
# of skilled nursing facilities		3	352
# of hospice agencies		0	76
# of community health centers		0	215
# of adult day health centers		0	143
SERVICE UTILIZATION			
# physician visits per year	*	8.1	7.3
# emergency room visits/1000 persons 65+ years annually		549.7	558.8
# Part D monthly prescription fills per person annually	*	56.1	53.5
# home health visits annually		2.6	2.9
# durable medical equipment claims annually	*	2.5	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	290.5	251.7
% Medicare inpatient hospital readmissions (as % of admissions)		19.0%	18.2%
# skilled nursing facility stays/1000 persons 65+ years annually		85.5	72.9
# skilled nursing home Medicare beds/1000 persons 65+ years		61.1	33.7
% 65+ getting Medicaid long term services and supports	*	4.7%	3.4%
% 65+ hospice users	*	3.4%	2.8%
% 65+ hospice users as % of decedents		45.8%	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.*

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