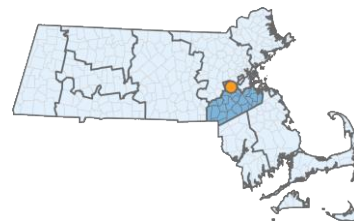


## Needham (Norfolk)

Needham is a town in Norfolk County with 5,829 residents aged 65 and older. Compared to state average rates, older residents in Needham have lower rates of tooth loss, asthma, chronic kidney disease, COPD, diabetes, endometrial cancer, heart attack, hypertension, substance and tobacco use disorders, and PTSD. However, they have higher rates of hip fracture, Alzheimer's disease, benign prostatic hyperplasia, breast cancer, cataract, fibromyalgia/chronic pain/fatigue, glaucoma, migraine, osteoarthritis/rheumatoid arthritis, osteoporosis, peripheral vascular disease, and prostate cancer. They are more likely to take the health promotion steps of doing physical activity, meeting the CDC guidelines for strength and aerobic training, receiving flu and shingles vaccines, having a regular doctor and annual dental exams. Community resources include a COA, two adult day health centers, four home health agencies, one hospice agency, one hospital, one public library, 168 primary care providers, two assisted living residences, two skilled nursing facilities, and one public university or community college.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		31,957	6,984,205
Population 60 years or older as % of total population		24.9%	23.8%
Total population 60 years and older		7,948	1,661,076
Population 65 years or older as % of total population		18.2%	17.1%
Total population 65 years and older		5,829	1,195,589
% 65-74 years	*	51.3%	58.4%
% 75-84 years		27.3%	28.1%
% 85 years or older	*	21.3%	13.4%
% 65+ population who are female		56.3%	56.2%
% 85+ population who are female		67.1%	66.6%
Race and ethnicity of the population 65+			
% White	*	94.1%	86.3%
% African American		2.7%	4.4%
% Asian	*	2.2%	4.0%
% Other race(s)	*	0.9%	5.3%
% Hispanic	*	0.7%	4.8%
# 55+ who are Native American / Alaskan		11	3,537
Marital status of the population 65+			
% married	*	66.7%	54.0%
% divorced/separated		10.9%	15.8%
% widowed		20.0%	21.1%
% never married	*	2.4%	9.0%
Education of the population 65+			
% with less than high school education	*	2.7%	12.7%
% with high school or some college	*	28.6%	50.3%
% with college degree	*	26.8%	18.1%
% with graduate or professional degree	*	41.8%	18.9%
% 65+ population who speak only English at home		82.3%	83.1%
% 65+ population who are veterans of military service	*	8.6%	12.7%
% 60+ LGBT		2.9%	3.5%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
<b>HOUSING</b>			
% 65+ population who live alone	*	21.9%	28.1%
Average household size (all ages)	*	2.8	2.5
Median house value (all ages)	*	\$1,076,900	\$483,900
% 60+ own home	*	81.7%	72.9%
% 60+ homeowners who have mortgage		40.9%	46.8%
% 65+ households (renter) spend >35% of income on housing		41.4%	43.6%
% 65+ households (owner) spend >35% of income on housing		21.7%	27.3%
% grandparents who live with grandchildren	*	1.3%	2.8%
# of assisted living sites		2	275
<b>SOCIAL DETERMINANTS OF HEALTH</b>			
<b>COST OF LIVING</b>			
Elder Index			
Single, homeowner without mortgage, good health (County)	1.06	\$32,352	\$30,552
Single, renter, good health (County)	1.15	\$44,208	\$38,580
Couple, homeowner without mortgage, good health (County)	1.03	\$45,960	\$44,520
Couple, renter, good health (County)	1.06	\$57,816	\$54,548
<b>ECONOMIC</b>			
% 60+ receiving food stamps in past year	*	4.6%	13.3%
% 65+ employed in past year		22.1%	22.0%
% 65+ with income below the poverty line in past year	*	5.0%	9.9%
Median annual income for households with a householder age 65+	*	\$111,193	\$61,624
% 65+ households with annual income < \$20,000	*	8.4%	17.1%
% 65+ households with annual income \$20,000-\$49,999	*	13.7%	25.3%
% 65+ households with annual income \$50,000-\$99,999		21.7%	26.7%
% 65+ households with annual income \$100,000+	*	56.2%	31.0%
<b>WELLNESS</b>			
% 60+ getting the recommended hours of sleep		68.7%	63.1%
% 60+ doing any physical activity in past month	B	87.2%	72.8%
% 60+ met CDC guidelines for muscle-strengthening activity	B	42.6%	25.8%
% 60+ met CDC guidelines for aerobic physical activity	B	68.8%	53.9%
% 60+ with fair or poor self-reported health status	B	10.6%	18.5%
% 60+ with 15+ physically unhealthy days in past month		9.3%	13.1%
<b>COMMUNITY</b>			
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)	*	90.2%	87.6%
% households with only a smartphone to access the Internet (all ages)	*	2.0%	6.4%

<b>SOCIAL DETERMINANTS OF HEALTH</b>	<b>Significantly different than state rate</b>	<b>Community estimate</b>	<b>State estimate</b>
<b>COMMUNITY</b>			
% households without a computer (all ages)	*	2.6%	5.7%
% households with access to Broadband (all ages)	*	94.7%	90.7%
% households without access to the Internet (all ages)	*	5.3%	9.2%
% 60+ who used Internet in past month	*	83.8%	70.6%
Voter participation rate in 2020 election (age 18+)		84.8%	80.8%
Homicide rate/100,000 persons (County)		1.3	2.3
# firearm fatalities (all ages) (County)		72	1267
# 65+ deaths by suicide (County)		54	527
Age-sex adjusted 1-year mortality rate	B	3.1%	3.9%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle		83.2%	84.2%
% 60+ who always drive or ride wearing a seatbelt		90.9%	85.9%
% 60+ drove under influence		NA	1.3%
# fatal crashes involving adult age 60+ (County)		66	545
AllTransit Score		5.00	2.93
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 60+ who fell in past year		23.8%	26.6%
% 60+ who were injured by a fall in past year		6.7%	10.1%
% 65+ with hip fracture	W	4.3%	3.2%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in past year		88.7%	89.8%
% 60+ flu shot in past year	B	75.8%	67.6%
% 60+ with pneumonia vaccine		63.5%	61.7%
% 60+ with shingles vaccine	B	63.9%	46.3%
% 60+ women with mammogram in past 2 years		80.9%	79.9%
% 60+ had colorectal cancer screening		68.2%	62.4%
% 60+ with optimal preventive health		30.9%	26.1%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		18.9%	16.3%
% 60+ self-reported obese	B	19.1%	27.8%
% 65+ with high cholesterol		74.3%	75.9%
% 60+ with high cholesterol screening		96.5%	96.3%
<b>ORAL HEALTH</b>			
% 60+ with annual dental exam	B	88.4%	74.9%
# dentists per 100,000 persons (all ages) (County)		104.8	69.0
% 60+ with loss of 6+ teeth	B	12.8%	28.2%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	15.4%	12.9%
% 65+ with anemia		43.7%	43.1%
% 65+ with asthma	B	12.5%	13.9%
% 65+ with atrial fibrillation		16.4%	15.2%
% 65+ with benign prostatic hyperplasia (men)	W	48.8%	42.6%
% 65+ with breast cancer (women)	W	14.7%	11.6%
% 65+ with cataract	W	73.2%	64.3%
% 65+ with chronic kidney disease	B	30.4%	34.3%
% 65+ with chronic obstructive pulmonary disease	B	13.7%	19.1%
% 65+ with colon cancer		2.2%	2.4%
% 65+ with congestive heart failure		18.8%	19.6%
% 65+ with diabetes	B	21.8%	28.6%
% 65+ with endometrial cancer (women)	B	1.6%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue	W	39.6%	37.2%
% 65+ with glaucoma	W	29.8%	25.3%
% 65+ ever had a heart attack	B	3.4%	4.6%
% 65+ with HIV/AIDS		0.16%	0.30%
% 65+ with hypertension	B	68.2%	72.9%
% 65+ with ischemic heart disease		35.5%	37.1%
% 65+ with liver disease		11.4%	12.2%
% 65+ with lung cancer		1.9%	2.1%
% 65+ with migraine and other chronic headache	W	9.6%	8.0%
% 65+ with osteoarthritis or rheumatoid arthritis	W	58.2%	55.5%
% 65+ with osteoporosis	W	24.5%	20.1%
% 65+ with peripheral vascular disease	W	20.2%	18.1%
% 65+ with pressure ulcer or chronic ulcer		7.9%	7.8%
% 65+ with prostate cancer (men)	W	17.5%	13.6%
% 65+ with stroke		11.6%	11.2%
% 65+ with 4+ (out of 15) chronic conditions	B	57.6%	60.4%
% 65+ with 0 chronic conditions		6.8%	7.2%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		961	11,845
% 65+ with substance use disorder	B	5.7%	9.4%
% 60+ excessive drinking		10.8%	10.9%
% 65+ with tobacco use disorder	B	5.8%	12.3%
% 60+ current smokers	B	2.5%	8.9%
<b>MENTAL HEALTH</b>			
% 60+ with 15+ days poor mental health in past month	B	4.5%	8.4%
% 65+ with depression		35.0%	34.6%
% 65+ with anxiety disorder		31.9%	33.0%
% 65+ with post-traumatic stress disorder	B	1.5%	3.0%
% 65+ with schizophrenia & other psychotic disorder		3.6%	4.0%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		9.6%	12.3%
% 65+ with self-reported vision difficulty	*	1.8%	4.8%
% 65+ with self-reported cognition difficulty		7.2%	7.5%
% 65+ with self-reported ambulatory difficulty		20.5%	18.6%
% 65+ with self-reported self-care difficulty		12.5%	7.3%
% 65+ with self-reported independent living difficulty		14.6%	13.2%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	25
% grandparents raising grandchildren		0.40%	0.66%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	7.4%	17.1%
% 65+ Medicare managed care enrollees	*	22.2%	30.5%
% 60+ with a regular doctor	B	98.7%	96.5%
% 60+ who did not see a doctor when needed due to cost		2.9%	3.9%
# of primary care providers		168	8,899
# of hospitals		1	79
# of home health agencies		4	269
# of skilled nursing facilities		2	352
# of hospice agencies		1	76
# of community health centers		0	215
# of adult day health centers		2	143
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	8.1	7.3
# emergency room visits/1000 persons 65+ years annually		546.2	558.8
# Part D monthly prescription fills per person annually	*	48.6	53.5
# home health visits annually		3.1	2.9
# durable medical equipment claims annually	*	1.6	1.9
# inpatient hospital stays/1000 persons 65+ years annually		234.6	251.7
% Medicare inpatient hospital readmissions (as % of admissions)		16.5%	18.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	94.7	72.9
# skilled nursing home Medicare beds/1000 persons 65+ years		32.4	33.7
% 65+ getting Medicaid long term services and supports	*	2.4%	3.4%
% 65+ hospice users	*	3.5%	2.8%
% 65+ hospice users as % of decedents	*	54.1%	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](https://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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