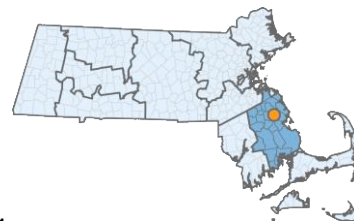


Pembroke (Plymouth)

Pembroke is a town in Plymouth County with 3,090 residents aged 65 and older. Compared to state average rates, older residents perform better on some healthy aging indicators with lower rates of glaucoma, osteoarthritis/rheumatoid arthritis, and osteoporosis. However, older residents report higher rates of tooth loss, chronic kidney disease, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), and tobacco use disorder. They are more likely to take the health promotion steps of having an annual physical exam and receiving a shingles vaccine but are less likely to receive flu shots. Community resources to support healthy aging include a COA, one public library, one assisted living, and 25 primary care providers.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		18,330	6,984,205
Population 60 years or older as % of total population		25.9%	23.8%
Total population 60 years and older		4,744	1,661,076
Population 65 years or older as % of total population		16.9%	17.1%
Total population 65 years and older		3,090	1,195,589
% 65-74 years		62.9%	58.4%
% 75-84 years		31.1%	28.1%
% 85 years or older	*	6.1%	13.4%
% 65+ population who are female		54.2%	56.2%
% 85+ population who are female		59.9%	66.6%
Race and ethnicity of the population 65+			
% White	*	99.4%	86.3%
% African American	*	0.0%	4.4%
% Asian	*	0.0%	4.0%
% Other race(s)	*	0.6%	5.3%
% Hispanic	*	0.5%	4.8%
# 55+ who are Native American / Alaskan		0	3,537
Marital status of the population 65+			
% married	*	67.4%	54.0%
% divorced/separated		12.0%	15.8%
% widowed	*	13.1%	21.1%
% never married		7.4%	9.0%
Education of the population 65+			
% with less than high school education	*	5.7%	12.7%
% with high school or some college		59.0%	50.3%
% with college degree		19.1%	18.1%
% with graduate or professional degree		16.1%	18.9%
% 65+ population who speak only English at home	*	97.2%	83.1%
% 65+ population who are veterans of military service	*	17.8%	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		22.9%	28.1%
Average household size (all ages)	*	2.7	2.5
Median house value (all ages)	*	\$533,500	\$483,900
% 60+ own home	*	83.6%	72.9%
% 60+ homeowners who have mortgage		53.8%	46.8%
% 65+ households (renter) spend >35% of income on housing	*	17.7%	43.6%
% 65+ households (owner) spend >35% of income on housing		37.0%	27.3%
% grandparents who live with grandchildren		2.7%	2.8%
# of assisted living sites		1	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	*	2.9%	13.3%
% 65+ employed in past year		19.5%	22.0%
% 65+ with income below the poverty line in past year		10.1%	9.9%
Median annual income for households with a householder age 65+		\$64,071	\$61,624
% 65+ households with annual income < \$20,000		13.9%	17.1%
% 65+ households with annual income \$20,000-\$49,999		28.1%	25.3%
% 65+ households with annual income \$50,000-\$99,999		30.2%	26.7%
% 65+ households with annual income \$100,000+		27.8%	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		0	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)	*	91.1%	87.6%
% households with only a smartphone to access the Internet (all ages)	*	3.0%	6.4%

SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
% households without a computer (all ages)	*	3.1%	5.7%
% households with access to Broadband (all ages)		92.1%	90.7%
% households without access to the Internet (all ages)		7.5%	9.2%
% 60+ who used Internet in past month		74.2%	70.6%
Voter participation rate in 2020 election (age 18+)		82.3%	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		4.0%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		91.6%	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		1.20	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		2.8%	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		77.1%	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		11.9%	12.9%
% 65+ with anemia		45.1%	43.1%
% 65+ with asthma		13.5%	13.9%
% 65+ with atrial fibrillation		16.7%	15.2%
% 65+ with benign prostatic hyperplasia (men)		41.0%	42.6%
% 65+ with breast cancer (women)		11.4%	11.6%
% 65+ with cataract		63.9%	64.3%
% 65+ with chronic kidney disease	W	36.7%	34.3%
% 65+ with chronic obstructive pulmonary disease	W	21.7%	19.1%
% 65+ with colon cancer		3.0%	2.4%
% 65+ with congestive heart failure	W	21.7%	19.6%
% 65+ with diabetes		27.7%	28.6%
% 65+ with endometrial cancer (women)		1.9%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue		37.4%	37.2%
% 65+ with glaucoma	B	22.0%	25.3%
% 65+ ever had a heart attack		4.8%	4.6%
% 65+ with HIV/AIDS		0.13%	0.30%
% 65+ with hypertension		73.8%	72.9%
% 65+ with ischemic heart disease		37.9%	37.1%
% 65+ with liver disease		13.1%	12.2%
% 65+ with lung cancer		2.7%	2.1%
% 65+ with migraine and other chronic headache		7.5%	8.0%
% 65+ with osteoarthritis or rheumatoid arthritis	B	52.9%	55.5%
% 65+ with osteoporosis	B	16.7%	20.1%
% 65+ with peripheral vascular disease		18.5%	18.1%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.8%
% 65+ with prostate cancer (men)		13.9%	13.6%
% 65+ with stroke		11.7%	11.2%
% 65+ with 4+ (out of 15) chronic conditions		61.2%	60.4%
% 65+ with 0 chronic conditions		6.9%	7.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		1,012	11,845
% 65+ with substance use disorder		9.7%	9.4%
% 60+ excessive drinking		10.3%	10.9%
% 65+ with tobacco use disorder	W	15.6%	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		33.1%	34.6%
% 65+ with anxiety disorder		32.5%	33.0%
% 65+ with post-traumatic stress disorder		2.3%	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		14.6%	12.3%
% 65+ with self-reported vision difficulty	*	1.3%	4.8%
% 65+ with self-reported cognition difficulty	*	3.4%	7.5%
% 65+ with self-reported ambulatory difficulty	*	12.1%	18.6%
% 65+ with self-reported self-care difficulty		5.2%	7.3%
% 65+ with self-reported independent living difficulty	*	8.6%	13.2%
CAREGIVING			
# of Alzheimer's support groups		0	25
% grandparents raising grandchildren		0.43%	0.66%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	8.3%	17.1%
% 65+ Medicare managed care enrollees	*	22.4%	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		25	8,899
# of hospitals		0	79
# of home health agencies		0	269
# of skilled nursing facilities		0	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	*	8.0	7.3
# emergency room visits/1000 persons 65+ years annually		530.3	558.8
# Part D monthly prescription fills per person annually		51.9	53.5
# home health visits annually		2.5	2.9
# durable medical equipment claims annually		2.0	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	302.8	251.7
% Medicare inpatient hospital readmissions (as % of admissions)		15.9%	18.2%
# skilled nursing facility stays/1000 persons 65+ years annually		67.4	72.9
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	33.7
% 65+ getting Medicaid long term services and supports	*	2.3%	3.4%
% 65+ hospice users		2.6%	2.8%
% 65+ hospice users as % of decedents		46.9%	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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