# Sandwich (Barnstable)

Sandwich is a town in Barnstable County with 5,403 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of hip fracture, tooth loss, Alzheimer's disease or related dementias, anemia, chronic kidney disease, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), diabetes, glaucoma, heart attack, ischemic heart disease, liver disease, peripheral vascular disease, pressure ulcer, substance and tobacco use disorders, depression, and schizophrenia. However, they have higher rates of cataract, fibromyalgia/chronic pain/fatigue, and high cholesterol. Older residents have a higher rate of excessive drinking. They are more likely to engage in health promotion activities, such as doing physical activity, meeting the CDC guidelines for aerobic activity, having an annual physical exam, receiving a pneumonia vaccine, and having annual dental exams. Community resources to support healthy aging include a COA, two home health agencies, one public library, 12 primary care providers, one assisted living facility, and one skilled nursing facility.



| POPULATION CHARACTERISTICS | Significantly different than state rate | Community estimate | State estimate |
|---|---|---|---|
| Total population (all ages) | | 20,419 | 6,984,205 |
| Population 60 years or older as % of total population | | 34.6% | 23.8% |
| Total population 60 years and older | | 7,058 | 1,661,076 |
| Population 65 years or older as % of total population | | 26.5% | 17.1% |
| Total population 65 years and older | | 5,403 | 1,195,589 |
| % 65-74 years | | 65.9% | 58.4% |
| % 75-84 years | | 27.5% | 28.1% |
| % 85 years or older | * | 6.6% | 13.4% |
| % 65+ population who are female | | 54.2% | 56.2% |
| % 85+ population who are female | | 69.0% | 66.6% |
| Race and ethnicity of the population 65+ | | | |
| % White | * | 98.1% | 86.3% |
| % African American | * | 0.2% | 4.4% |
| % Asian | * | 0.5% | 4.0% |
| % Other race(s) | * | 1.2% | 5.3% |
| % Hispanic | * | 0.7% | 4.8% |
| # 55+ who are Native American / Alaskan | | 0 | 3,537 |
| Marital status of the population 65+ | | | |
| % married | * | 67.9% | 54.0% |
| % divorced/separated | | 12.0% | 15.8% |
| % widowed | * | 16.0% | 21.1% |
| % never married | * | 4.2% | 9.0% |
| Education of the population 65+ | | | |
| % with less than high school education | * | 1.9% | 12.7% |
| % with high school or some college | | 51.5% | 50.3% |
| % with college degree | | 24.4% | 18.1% |
| % with graduate or professional degree | | 22.1% | 18.9% |
| % 65+ population who speak only English at home | * | 97.0% | 83.1% |
| % 65+ population who are veterans of military service | | 14.9% | 12.7% |
| % 60+ LGBT | | 4.9% | 3.5% |

| POPULATION CHARACTERISTICS | Significantly different than state rate | Community estimate | State estimate |
|---|---|---|---|
| **HOUSING** | | | |
| % 65+ population who live alone | * | 19.6% | 28.1% |
| Average household size (all ages) | | 2.5 | 2.5 |
| Median house value (all ages) | | $482,300 | $483,900 |
| % 60+ own home | * | 93.4% | 72.9% |
| % 60+ homeowners who have mortgage | * | 58.7% | 46.8% |
| % 65+ households (renter) spend >35% of income on housing | * | 15.0% | 43.6% |
| % 65+ households (owner) spend >35% of income on housing | | 30.3% | 27.3% |
| % grandparents who live with grandchildren | | 2.6% | 2.8% |
| # of assisted living sites | | 1 | 275 |
| **SOCIAL DETERMINANTS OF HEALTH** | | | |
| **COST OF LIVING** | | | |
| Elder Index | | | |
| Single, homeowner without mortgage, good health (County) | 1.02 | $31,164 | $30,552 |
| Single, renter, good health (County) | 1.01 | $38,928 | $38,580 |
| Couple, homeowner without mortgage, good health (County) | 1.05 | $46,608 | $44,520 |
| Couple, renter, good health (County) | 1.00 | $54,372 | $54,548 |
| **ECONOMIC** | | | |
| % 60+ receiving food stamps in past year | * | 3.7% | 13.3% |
| % 65+ employed in past year | | 29.3% | 22.0% |
| % 65+ with income below the poverty line in past year | | 7.6% | 9.9% |
| Median annual income for households with a householder age 65+ | * | $99,235 | $61,624 |
| % 65+ households with annual income < $20,000 | * | 10.0% | 17.1% |
| % 65+ households with annual income $20,000-$49,999 | * | 12.3% | 25.3% |
| % 65+ households with annual income $50,000-$99,999 | | 28.4% | 26.7% |
| % 65+ households with annual income $100,000+ | * | 49.4% | 31.0% |
| **WELLNESS** | | | |
| % 60+ getting the recommended hours of sleep | | 63.9% | 63.1% |
| % 60+ doing any physical activity in past month | B | 80.1% | 72.8% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 28.0% | 25.8% |
| % 60+ met CDC guidelines for aerobic physical activity | B | 63.8% | 53.9% |
| % 60+ with fair or poor self-reported health status | | 15.8% | 18.5% |
| % 60+ with 15+ physically unhealthy days in past month | | 13.6% | 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 | | 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) | | 88.8% | 87.6% |
| % households with only a smartphone to access the Internet (all ages) | * | 1.8% | 6.4% |

| SOCIAL DETERMINANTS OF HEALTH | Significantly different than state rate | Community estimate | State estimate |
|---|---|---|---|
| **COMMUNITY** | | | |
| % households without a computer (all ages) | * | 2.9% | 5.7% |
| % households with access to Broadband (all ages) | * | 95.4% | 90.7% |
| % households without access to the Internet (all ages) | * | 4.5% | 9.2% |
| % 60+ who used Internet in past month | * | 81.8% | 70.6% |
| Voter participation rate in 2020 election (age 18+) | | 84.3% | 80.8% |
| Homicide rate/100,000 persons (County) | | 1.3 | 2.3 |
| # firearm fatalities (all ages) (County) | | 39 | 1267 |
| # 65+ deaths by suicide (County) | | 36 | 527 |
| Age-sex adjusted 1-year mortality rate | | 3.8% | 3.9% |
| **TRANSPORTATION** | | | |
| % householders 65+ who own a motor vehicle | * | 97.1% | 84.2% |
| % 60+ who always drive or ride wearing a seatbelt | | 90.6% | 85.9% |
| % 60+ drove under influence | | NA | 1.3% |
| # fatal crashes involving adult age 60+ (County) | | 28 | 545 |
| AllTransit Score | | 0.47 | 2.93 |
| **HEALTH OUTCOMES** | | | |
| **FALLS** | | | |
| % 60+ who fell in past year | | 28.3% | 26.6% |
| % 60+ who were injured by a fall in past year | | 9.4% | 10.1% |
| % 65+ with hip fracture | B | 2.6% | 3.2% |
| **PREVENTION** | | | |
| % 60+ with physical exam/check-up in past year | B | 93.2% | 89.8% |
| % 60+ flu shot in past year | | 66.1% | 67.6% |
| % 60+ with pneumonia vaccine | B | 68.2% | 61.7% |
| % 60+ with shingles vaccine | | 51.4% | 46.3% |
| % 60+ women with mammogram in past 2 years | | 77.4% | 79.9% |
| % 60+ had colorectal cancer screening | | 64.3% | 62.4% |
| % 60+ with optimal preventive health | | 26.7% | 26.1% |
| **NUTRITION & DIET** | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 16.1% | 16.3% |
| % 60+ self-reported obese | | 24.4% | 27.8% |
| % 65+ with high cholesterol | W | 81.7% | 75.9% |
| % 60+ with high cholesterol screening | | 97.8% | 96.3% |
| **ORAL HEALTH** | | | |
| % 60+ with annual dental exam | B | 84.6% | 74.9% |
| # dentists per 100,000 persons (all ages) (County) | | 66.7 | 69.0 |
| % 60+ with loss of 6+ teeth | B | 20.1% | 28.2% |

| HEALTH OUTCOMES | Significantly different than state rate | Community estimate | State estimate |
|---|---|---|---|
| **CHRONIC DISEASE** | | | |
| % 65+ with Alzheimer's disease or related dementias | B | 9.9% | 12.9% |
| % 65+ with anemia | B | 41.0% | 43.1% |
| % 65+ with asthma | | 12.8% | 13.9% |
| % 65+ with atrial fibrillation | | 14.1% | 15.2% |
| % 65+ with benign prostatic hyperplasia (men) | | 45.0% | 42.6% |
| % 65+ with breast cancer (women) | | 11.5% | 11.6% |
| % 65+ with cataract | W | 66.3% | 64.3% |
| % 65+ with chronic kidney disease | B | 28.6% | 34.3% |
| % 65+ with chronic obstructive pulmonary disease | B | 17.1% | 19.1% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ with congestive heart failure | B | 16.2% | 19.6% |
| % 65+ with diabetes | B | 22.3% | 28.6% |
| % 65+ with endometrial cancer (women) | | 1.7% | 2.2% |
| % 65+ with fibromyalgia, chronic pain, and fatigue | W | 40.3% | 37.2% |
| % 65+ with glaucoma | B | 23.7% | 25.3% |
| % 65+ ever had a heart attack | B | 3.5% | 4.6% |
| % 65+ with HIV/AIDS | | 0.30% | 0.30% |
| % 65+ with hypertension | | 71.4% | 72.9% |
| % 65+ with ischemic heart disease | B | 35.3% | 37.1% |
| % 65+ with liver disease | B | 10.3% | 12.2% |
| % 65+ with lung cancer | | 2.0% | 2.1% |
| % 65+ with migraine and other chronic headache | | 7.3% | 8.0% |
| % 65+ with osteoarthritis or rheumatoid arthritis | | 55.0% | 55.5% |
| % 65+ with osteoporosis | | 19.3% | 20.1% |
| % 65+ with peripheral vascular disease | B | 16.6% | 18.1% |
| % 65+ with pressure ulcer or chronic ulcer | B | 6.1% | 7.8% |
| % 65+ with prostate cancer (men) | | 14.9% | 13.6% |
| % 65+ with stroke | | 10.6% | 11.2% |
| % 65+ with 4+ (out of 15) chronic conditions | | 58.6% | 60.4% |
| % 65+ with 0 chronic conditions | | 7.0% | 7.2% |
| **BEHAVIORAL HEALTH** | | | |
| # drug overdose deaths (all ages) (County) | | 442 | 11,845 |
| % 65+ with substance use disorder | B | 8.1% | 9.4% |
| % 60+ excessive drinking | W | 16.2% | 10.9% |
| % 65+ with tobacco use disorder | B | 11.1% | 12.3% |
| % 60+ current smokers | | 7.3% | 8.9% |
| **MENTAL HEALTH** | | | |
| % 60+ with 15+ days poor mental health in past month | | 7.8% | 8.4% |
| % 65+ with depression | B | 31.5% | 34.6% |
| % 65+ with anxiety disorder | | 31.9% | 33.0% |
| % 65+ with post-traumatic stress disorder | | 2.4% | 3.0% |
| % 65+ with schizophrenia & other psychotic disorder | B | 2.5% | 4.0% |

| HEALTH OUTCOMES | Significantly different than state rate | Community estimate | State estimate |
|---|---|---|---|
| **LIVING WITH DISABILITY** | | | |
| % 65+ with self-reported hearing difficulty | * | 8.7% | 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 | * | 8.5% | 18.6% |
| % 65+ with self-reported self-care difficulty | * | 3.8% | 7.3% |
| % 65+ with self-reported independent living difficulty | * | 7.0% | 13.2% |
| **CAREGIVING** | | | |
| # of Alzheimer's support groups | | 0 | 25 |
| % grandparents raising grandchildren | | 0.71% | 0.66% |
| **ACCESS TO CARE** | | | |
| % 65+ dually eligible for Medicare and Medicaid | * | 7.5% | 17.1% |
| % 65+ Medicare managed care enrollees | * | 18.7% | 30.5% |
| % 60+ with a regular doctor | | 96.7% | 96.5% |
| % 60+ who did not see a doctor when needed due to cost | | 5.0% | 3.9% |
| # of primary care providers | | 12 | 8,899 |
| # of hospitals | | 0 | 79 |
| # of home health agencies | | 2 | 269 |
| # of skilled nursing facilities | | 1 | 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 | | 7.5 | 7.3 |
| # emergency room visits/1000 persons 65+ years annually | | 518.8 | 558.8 |
| # Part D monthly prescription fills per person annually | * | 46.7 | 53.5 |
| # home health visits annually | * | 2.3 | 2.9 |
| # durable medical equipment claims annually | * | 1.5 | 1.9 |
| # inpatient hospital stays/1000 persons 65+ years annually | * | 216.6 | 251.7 |
| % Medicare inpatient hospital readmissions (as % of admissions) | | 19.5% | 18.2% |
| # skilled nursing facility stays/1000 persons 65+ years annually | * | 60.9 | 72.9 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 23.1 | 33.7 |
| % 65+ getting Medicaid long term services and supports | * | 2.0% | 3.4% |
| % 65+ hospice users | | 2.6% | 2.8% |
| % 65+ hospice users as % of decedents | | 48.3% | 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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