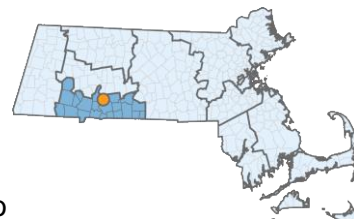# Chicopee (Hampden)

Chicopee is a city in Hampden County with 10,426 residents aged 65 and older. Compared to state average rates, older residents have lower rates of cataract, endometrial cancer, and prostate cancer. However, they face higher rates of tooth loss, asthma, chronic kidney disease, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), diabetes, hypertension, osteoarthritis/rheumatoid arthritis, peripheral vascular disease, pressure ulcer, substance and tobacco use disorders, depression, and PTSD. Chicopee residents are less likely to receive flu shots and have annual dental exams. Community resources to support healthy aging include a COA, one community health center, two assisted living facilities, two home health agencies, two public libraries, three skilled nursing facilities, and 24 primary care providers. Chicopee is a designated AARP Age-Friendly Community.

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		55,441	6,984,205
Population 60 years or older as % of total population		26.4%	23.8%
Total population 60 years and older		14,623	1,661,076
Population 65 years or older as % of total population		18.8%	17.1%
Total population 65 years and older		10,426	1,195,589
% 65-74 years		59.3%	58.4%
% 75-84 years		28.2%	28.1%
% 85 years or older		12.5%	13.4%
% 65+ population who are female		54.6%	56.2%
% 85+ population who are female		77.6%	66.6%
Race and ethnicity of the population 65+			
% White	*	91.4%	86.3%
% African American	*	2.5%	4.4%
% Asian	*	0.9%	4.0%
% Other race(s)		5.2%	5.3%
% Hispanic	*	8.1%	4.8%
# 55+ who are Native American / Alaskan		25	3,537
Marital status of the population 65+			
% married	*	38.9%	54.0%
% divorced/separated	*	23.2%	15.8%
% widowed	*	26.3%	21.1%
% never married		11.6%	9.0%
Education of the population 65+			
% with less than high school education	*	22.4%	12.7%
% with high school or some college	*	58.8%	50.3%
% with college degree	*	10.8%	18.1%
% with graduate or professional degree	*	8.0%	18.9%
% 65+ population who speak only English at home		83.2%	83.1%
% 65+ population who are veterans of military service		15.6%	12.7%
% 60+ LGBT		4.5%	3.5%

POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone	*	38.9%	28.1%
Average household size (all ages)	*	2.3	2.5
Median house value (all ages)	*	$230,700	$483,900
% 60+ own home		70.7%	72.9%
% 60+ homeowners who have mortgage		41.1%	46.8%
% 65+ households (renter) spend >35% of income on housing		44.2%	43.6%
% 65+ households (owner) spend >35% of income on housing		24.4%	27.3%
% grandparents who live with grandchildren	*	1.7%	2.8%
# of assisted living sites		2	275
SOCIAL DETERMINANTS OF HEALTH			
COST OF LIVING			
Elder Index			
Single, homeowner without mortgage, good health (County)	0.90	$27,600	$30,552
Single, renter, good health (County)	0.76	$29,460	$38,580
Couple, homeowner without mortgage, good health (County)	0.93	$41,268	$44,520
Couple, renter, good health (County)	0.79	$43,128	$54,548
ECONOMIC			
% 60+ receiving food stamps in past year	*	19.3%	13.3%
% 65+ employed in past year	*	15.6%	22.0%
% 65+ with income below the poverty line in past year	*	14.9%	9.9%
Median annual income for households with a householder age 65+	*	$38,898	$61,624
% 65+ households with annual income < $20,000	*	24.2%	17.1%
% 65+ households with annual income $20,000-$49,999	*	34.5%	25.3%
% 65+ households with annual income $50,000-$99,999		23.5%	26.7%
% 65+ households with annual income $100,000+	*	17.9%	31.0%
WELLNESS			
% 60+ getting the recommended hours of sleep		69.0%	63.1%
% 60+ doing any physical activity in past month		66.1%	72.8%
% 60+ met CDC guidelines for muscle-strengthening activity		21.9%	25.8%
% 60+ met CDC guidelines for aerobic physical activity		50.8%	53.9%
% 60+ with fair or poor self-reported health status		25.4%	18.5%
% 60+ with 15+ physically unhealthy days in past month		19.9%	13.1%
COMMUNITY			
Annual # unhealthy days due to air pollution for 65+ (County)		2	NA
AARP Age-Friendly Communities		Yes	Yes
Dementia Friendly Communities		Not yet	Yes
# of public universities and community colleges		0	124
# of public libraries		2	455
# of Councils of Aging (COAs)		1	350
# of Osher Lifelong Learning Institutes (OLLI)		0	4
% households with a smartphone (all ages)	*	81.2%	87.6%
% households with only a smartphone to access the Internet (all ages)	*	11.4%	6.4%

SOCIAL DETERMINANTS OF HEALTH	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
% households without a computer (all ages)	*	9.7%	5.7%
% households with access to Broadband (all ages)	*	87.4%	90.7%
% households without access to the Internet (all ages)	*	12.6%	9.2%
% 60+ who used Internet in past month		63.7%	70.6%
Voter participation rate in 2020 election (age 18+)		66.6%	80.8%
Homicide rate/100,000 persons (County)		5.3	2.3
# firearm fatalities (all ages) (County)		181	1267
# 65+ deaths by suicide (County)		45	527
Age-sex adjusted 1-year mortality rate	W	4.6%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		79.9%	84.2%
% 60+ who always drive or ride wearing a seatbelt		81.9%	85.9%
% 60+ drove under influence		NA	1.3%
# fatal crashes involving adult age 60+ (County)		47	545
AllTransit Score		5.30	2.93
HEALTH OUTCOMES			
FALLS			
% 60+ who fell in past year		28.7%	26.6%
% 60+ who were injured by a fall in past year		9.6%	10.1%
% 65+ with hip fracture		3.3%	3.2%
PREVENTION			
% 60+ with physical exam/check-up in past year		88.2%	89.8%
% 60+ flu shot in past year	W	58.6%	67.6%
% 60+ with pneumonia vaccine		65.0%	61.7%
% 60+ with shingles vaccine		52.9%	46.3%
% 60+ women with mammogram in past 2 years		80.9%	79.9%
% 60+ had colorectal cancer screening		65.7%	62.4%
% 60+ with optimal preventive health		21.4%	26.1%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		14.2%	16.3%
% 60+ self-reported obese		34.1%	27.8%
% 65+ with high cholesterol		76.6%	75.9%
% 60+ with high cholesterol screening		98.2%	96.3%
ORAL HEALTH			
% 60+ with annual dental exam	W	61.6%	74.9%
# dentists per 100,000 persons (all ages) (County)		61.2	69.0
% 60+ with loss of 6+ teeth	W	39.6%	28.2%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.2%	12.9%
% 65+ with anemia		43.8%	43.1%
% 65+ with asthma	W	15.7%	13.9%
% 65+ with atrial fibrillation		15.9%	15.2%
% 65+ with benign prostatic hyperplasia (men)		42.2%	42.6%
% 65+ with breast cancer (women)		11.8%	11.6%
% 65+ with cataract	B	61.2%	64.3%
% 65+ with chronic kidney disease	W	39.7%	34.3%
% 65+ with chronic obstructive pulmonary disease	W	25.5%	19.1%
% 65+ with colon cancer		2.2%	2.4%
% 65+ with congestive heart failure	W	23.9%	19.6%
% 65+ with diabetes	W	33.4%	28.6%
% 65+ with endometrial cancer (women)	B	1.7%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue		35.7%	37.2%
% 65+ with glaucoma		26.4%	25.3%
% 65+ ever had a heart attack		5.1%	4.6%
% 65+ with HIV/AIDS		0.43%	0.30%
% 65+ with hypertension	W	77.5%	72.9%
% 65+ with ischemic heart disease		38.5%	37.1%
% 65+ with liver disease		12.6%	12.2%
% 65+ with lung cancer		2.3%	2.1%
% 65+ with migraine and other chronic headache		7.5%	8.0%
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.4%	55.5%
% 65+ with osteoporosis		19.0%	20.1%
% 65+ with peripheral vascular disease	W	20.4%	18.1%
% 65+ with pressure ulcer or chronic ulcer	W	11.1%	7.8%
% 65+ with prostate cancer (men)	B	11.9%	13.6%
% 65+ with stroke		11.4%	11.2%
% 65+ with 4+ (out of 15) chronic conditions	W	65.7%	60.4%
% 65+ with 0 chronic conditions		7.5%	7.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		1,025	11,845
% 65+ with substance use disorder	W	11.6%	9.4%
% 60+ excessive drinking		10.1%	10.9%
% 65+ with tobacco use disorder	W	17.3%	12.3%
% 60+ current smokers		7.7%	8.9%
MENTAL HEALTH			
% 60+ with 15+ days poor mental health in past month		10.6%	8.4%
% 65+ with depression	W	36.6%	34.6%
% 65+ with anxiety disorder		34.1%	33.0%
% 65+ with post-traumatic stress disorder	W	3.7%	3.0%
% 65+ with schizophrenia & other psychotic disorder		3.5%	4.0%

HEALTH OUTCOMES

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.9%	12.3%
% 65+ with self-reported vision difficulty		5.8%	4.8%
% 65+ with self-reported cognition difficulty		11.1%	7.5%
% 65+ with self-reported ambulatory difficulty	*	26.5%	18.6%
% 65+ with self-reported self-care difficulty		9.7%	7.3%
% 65+ with self-reported independent living difficulty	*	18.5%	13.2%
CAREGIVING			
# of Alzheimer's support groups		0	25
% grandparents raising grandchildren		0.31%	0.66%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	21.3%	17.1%
% 65+ Medicare managed care enrollees	*	42.3%	30.5%
% 60+ with a regular doctor		95.7%	96.5%
% 60+ who did not see a doctor when needed due to cost		4.2%	3.9%
# of primary care providers		24	8,899
# of hospitals		0	79
# of home health agencies		2	269
# of skilled nursing facilities		3	352
# of hospice agencies		0	76
# of community health centers		1	215
# of adult day health centers		0	143
SERVICE UTILIZATION			
# physician visits per year		7.3	7.3
# emergency room visits/1000 persons 65+ years annually		559.2	558.8
# Part D monthly prescription fills per person annually	*	57.9	53.5
# home health visits annually		2.9	2.9
# durable medical equipment claims annually	*	2.8	1.9
# inpatient hospital stays/1000 persons 65+ years annually		266.9	251.7
% Medicare inpatient hospital readmissions (as % of admissions)		18.2%	18.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	88.3	72.9
# skilled nursing home Medicare beds/1000 persons 65+ years		23.3	33.7
% 65+ getting Medicaid long term services and supports		3.4%	3.4%
% 65+ hospice users	*	2.4%	2.8%
% 65+ hospice users as % of decedents	*	37.9%	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 <u>not</u> 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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