Billerica (Middlesex)

Billerica is a town north of Boston with 4,643 residents aged 65 or older. Compared to state averages, older residents of Billerica do better on many indicators of healthy aging by having lower rates of depression, Alzheimer’s disease, hypertension, ischemic heart disease, congestive heart failure, arthritis, hip fracture, colon and prostate cancer, and osteoporosis; however, they have a higher rate of diabetes. They have fewer emergency room visits. Community resources to promote healthy aging include a walking club, access to the LRTA, a Council on Aging, and recreation department. Senior transportation options and physical activity resources are limited.

### POPULATION CHARACTERISTICS

<table>
<thead>
<tr>
<th>Category</th>
<th>Community Estimate</th>
<th>State Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total population all ages</td>
<td>40,243</td>
<td>6,547,629</td>
</tr>
<tr>
<td>Population 60 years or older as % of total population</td>
<td>17.3%</td>
<td>19.2%</td>
</tr>
<tr>
<td>Total population 60 years or older</td>
<td>6,906</td>
<td>1,249,723</td>
</tr>
<tr>
<td>Population 65 years or older as % of total population</td>
<td>11.6%</td>
<td>13.7%</td>
</tr>
<tr>
<td>Total population 65 years or older</td>
<td>4,643</td>
<td>891,303</td>
</tr>
<tr>
<td>% 65-74 years</td>
<td>65.6%</td>
<td>49.8%</td>
</tr>
<tr>
<td>% 75-84 years</td>
<td>23.9%</td>
<td>34.3%</td>
</tr>
<tr>
<td>% 85 years or older</td>
<td>10.5%</td>
<td>15.8%</td>
</tr>
<tr>
<td>Gender (65+ population)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% female</td>
<td>54.9%</td>
<td>58.5%</td>
</tr>
<tr>
<td>Race/Ethnicity (65+ population)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% White</td>
<td>97.2%</td>
<td>91.5%</td>
</tr>
<tr>
<td>% African American</td>
<td>0.5%</td>
<td>3.8%</td>
</tr>
<tr>
<td>% Asian</td>
<td>1.7%</td>
<td>2.7%</td>
</tr>
<tr>
<td>% Other</td>
<td>0.6%</td>
<td>2.1%</td>
</tr>
<tr>
<td>% Hispanic/Latino</td>
<td>3.4%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Marital Status (65+ population)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% married</td>
<td>62.7%</td>
<td>50.9%</td>
</tr>
<tr>
<td>% divorced/separated</td>
<td>9.4%</td>
<td>11.7%</td>
</tr>
<tr>
<td>% widowed</td>
<td>24.6%</td>
<td>30.2%</td>
</tr>
<tr>
<td>% never married</td>
<td>3.3%</td>
<td>7.3%</td>
</tr>
<tr>
<td>Education (65+ population)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% with less than high school education</td>
<td>18.1%</td>
<td>20.4%</td>
</tr>
<tr>
<td>% with high school or some college</td>
<td>66.9%</td>
<td>54.5%</td>
</tr>
<tr>
<td>% with college degree</td>
<td>15.0%</td>
<td>25.1%</td>
</tr>
<tr>
<td>% of 65+ population living alone</td>
<td>20.3%</td>
<td>30.3%</td>
</tr>
<tr>
<td>% of 65+ population who speak only English at home</td>
<td>88.8%</td>
<td>83.4%</td>
</tr>
<tr>
<td>% of 65+ population who are veterans of military service</td>
<td>12.3%</td>
<td>11.5%</td>
</tr>
<tr>
<td>Age-sex adjusted 1-year mortality rate</td>
<td>B</td>
<td>3.3%</td>
</tr>
</tbody>
</table>
### HEALTHY AGING INDICATORS

<table>
<thead>
<tr>
<th>Geographic Migration (65+ population)</th>
<th>BETTER / WORSE</th>
<th>COMMUNITY ESTIMATE</th>
<th>STATE ESTIMATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>% moved within same county</td>
<td>0.9%</td>
<td>3.5%</td>
<td></td>
</tr>
<tr>
<td>% moved from different county in Massachusetts</td>
<td>0.7%</td>
<td>1.0%</td>
<td></td>
</tr>
<tr>
<td>% moved from different state</td>
<td>0.2%</td>
<td>0.7%</td>
<td></td>
</tr>
</tbody>
</table>

### WELLNESS and PREVENTION

| % moved in a fall within last 3 months | 6.1%           | 5.1%               |
| % ever had hip fracture               | B 2.8%         | 3.9%               |
| % with self-reported fair or poor health status | 20.8%         | 20.7%               |
| % with 15+ physically unhealthy days last month | 12.4%         | 14.0%               |
| % with physical exam/check-up in past year | 91.9%         | 90.2%               |
| % flu shot past year                  | 67.4%          | 67.8%               |
| % pneumonia vaccine                   | 60.1%          | 60.8%               |
| % shingles vaccine                    | 15.2%          | 14.9%               |
| % cholesterol screening               | 94.6%          | 95.8%               |
| % mammogram within last 2 years (women) | 85.0%          | 85.4%               |
| % colorectal cancer screening         | 65.3%          | 65.6%               |

### Oral Health

| % with complete tooth loss            | 35.3%          | 35.9%               |
| % with annual dental exam             | 75.6%          | 76.1%               |

### NUTRITION/DIET

| % with 5 or more servings of fruit or vegetables per day | 25.4%          | 24.9%               |
| % obese                                               | 23.3%          | 22.6%               |
| % high cholesterol                                    | B 70.2%        | 73.6%               |
| % current smokers                                     | 8.8%           | 9.1%                |
| % excessive drinking                                   | 9.8%           | 9.2%                |

### MENTAL HEALTH

| % with 15+ days poor mental health last month         | 7.3%           | 6.7%                |
| % satisfied with life                                 | 96.0%          | 95.8%               |
| % receiving adequate emotional support                | 79.8%          | 80.7%               |
| % ever diagnosed with depression                      | B 25.2%        | 28.6%               |

### CHRONIC DISEASE

<p>| % with Alzheimer’s disease or related dementias       | B 12.3%        | 14.4%               |
| % with diabetes                                       | W 34.7%        | 32.1%               |
| % with stroke                                         | 12.2%          | 12.6%               |
| % with chronic obstructive pulmonary disease          | 22.3%          | 23.3%               |
| % with asthma                                         | B 9.9%         | 11.8%               |
| % with hypertension                                   | B 74.6%        | 77.5%               |</p>
<table>
<thead>
<tr>
<th>HEALTHY AGING INDICATORS</th>
<th>BETTER / WORSE</th>
<th>COMMUNITY ESTIMATE</th>
<th>STATE ESTIMATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>% ever had a heart attack</td>
<td></td>
<td>5.2%</td>
<td>5.0%</td>
</tr>
<tr>
<td>% with ischemic heart disease</td>
<td>B</td>
<td>40.8%</td>
<td>44.1%</td>
</tr>
<tr>
<td>% with congestive heart failure</td>
<td>B</td>
<td>21.3%</td>
<td>24.8%</td>
</tr>
<tr>
<td>% with atrial fibrillation</td>
<td>B</td>
<td>14.7%</td>
<td>16.1%</td>
</tr>
<tr>
<td>% with osteoarthritis/rheumatoid arthritis</td>
<td>B</td>
<td>44.2%</td>
<td>50.2%</td>
</tr>
<tr>
<td>% with osteoporosis</td>
<td>B</td>
<td>18.1%</td>
<td>21.7%</td>
</tr>
<tr>
<td>% with glaucoma</td>
<td></td>
<td>24.8%</td>
<td>25.1%</td>
</tr>
<tr>
<td>% with cataract</td>
<td>B</td>
<td>55.0%</td>
<td>65.7%</td>
</tr>
<tr>
<td>% women with breast cancer</td>
<td></td>
<td>9.7%</td>
<td>10.3%</td>
</tr>
<tr>
<td>% with colon cancer</td>
<td>B</td>
<td>2.6%</td>
<td>3.3%</td>
</tr>
<tr>
<td>% men with prostate cancer</td>
<td>B</td>
<td>10.9%</td>
<td>14.6%</td>
</tr>
<tr>
<td>% with lung cancer</td>
<td></td>
<td>2.2%</td>
<td>2.1%</td>
</tr>
<tr>
<td>% with hypothyroidism</td>
<td>B</td>
<td>15.6%</td>
<td>17.2%</td>
</tr>
<tr>
<td>% with anemia</td>
<td>B</td>
<td>39.7%</td>
<td>48.7%</td>
</tr>
<tr>
<td>% with benign prostatic hyperplasia</td>
<td>B</td>
<td>32.7%</td>
<td>40.9%</td>
</tr>
<tr>
<td>% with chronic kidney disease</td>
<td></td>
<td>21.9%</td>
<td>22.2%</td>
</tr>
<tr>
<td>Summary chronic disease measures</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% with 4+ chronic conditions</td>
<td>B</td>
<td>56.0%</td>
<td>61.5%</td>
</tr>
<tr>
<td>% with 0 chronic conditions</td>
<td>B</td>
<td>10.5%</td>
<td>7.8%</td>
</tr>
<tr>
<td>LIVING WITH DISABILITY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% disabled for a year or more</td>
<td></td>
<td>29.6%</td>
<td>31.0%</td>
</tr>
<tr>
<td>Hearing impairment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 65-74 with hearing difficulty</td>
<td></td>
<td>7.4%</td>
<td>7.4%</td>
</tr>
<tr>
<td>% 75+ with hearing difficulty</td>
<td></td>
<td>27.8%</td>
<td>21.2%</td>
</tr>
<tr>
<td>Vision impairment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 65-74 with vision difficulty</td>
<td></td>
<td>1.0%</td>
<td>3.2%</td>
</tr>
<tr>
<td>% 75+ with vision difficulty</td>
<td></td>
<td>16.6%</td>
<td>9.3%</td>
</tr>
<tr>
<td>Cognition impairment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 65-74 with cognition difficulty</td>
<td></td>
<td>1.4%</td>
<td>4.7%</td>
</tr>
<tr>
<td>% 75+ with cognition difficulty</td>
<td></td>
<td>25.9%</td>
<td>12.1%</td>
</tr>
<tr>
<td>Ambulatory impairment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 65-74 with ambulatory difficulty</td>
<td></td>
<td>9.0%</td>
<td>12.9%</td>
</tr>
<tr>
<td>% 75+ with ambulatory difficulty</td>
<td></td>
<td>29.0%</td>
<td>29.4%</td>
</tr>
<tr>
<td>Self-care impairment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 65-74 with self-care difficulty</td>
<td></td>
<td>1.6%</td>
<td>3.7%</td>
</tr>
<tr>
<td>% 75+ with self-care difficulty</td>
<td></td>
<td>8.6%</td>
<td>12.2%</td>
</tr>
<tr>
<td>Independent living impairment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 65-74 with independent living difficulty</td>
<td></td>
<td>4.1%</td>
<td>7.2%</td>
</tr>
<tr>
<td>% 75+ with independent living difficulty</td>
<td></td>
<td>35.2%</td>
<td>24.3%</td>
</tr>
</tbody>
</table>
### HEALTHY AGING INDICATORS

#### ACCESS TO CARE

<table>
<thead>
<tr>
<th>Medicare (65+ population)</th>
<th>BETTER / WORSE STATE RATE</th>
<th>COMMUNITY ESTIMATE</th>
<th>STATE ESTIMATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to care</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Medicare managed care enrollees</td>
<td>29.2%</td>
<td>21.2%</td>
<td></td>
</tr>
<tr>
<td>% dually eligible for Medicare and Medicaid</td>
<td>8.7%</td>
<td>15.9%</td>
<td></td>
</tr>
<tr>
<td>% with a regular doctor</td>
<td>96.2%</td>
<td>96.2%</td>
<td></td>
</tr>
<tr>
<td>% did not see doctor when needed due to cost</td>
<td>3.1%</td>
<td>3.7%</td>
<td></td>
</tr>
<tr>
<td># of primary care providers (within 5 miles)</td>
<td>23</td>
<td>11,897</td>
<td></td>
</tr>
<tr>
<td># of hospitals (within 5 miles)</td>
<td>1</td>
<td>69</td>
<td></td>
</tr>
<tr>
<td># of nursing homes (within 5 miles)</td>
<td>3</td>
<td>418</td>
<td></td>
</tr>
<tr>
<td># of home health agencies (in same town)</td>
<td>25</td>
<td>210</td>
<td></td>
</tr>
</tbody>
</table>

#### SERVICE UTILIZATION

<table>
<thead>
<tr>
<th>Service utilization</th>
<th>BETTER / WORSE STATE RATE</th>
<th>COMMUNITY ESTIMATE</th>
<th>STATE ESTIMATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician visits per year</td>
<td>*</td>
<td>6.8</td>
<td>7.6</td>
</tr>
<tr>
<td>Emergency room visits/1000 persons 65+ years per year</td>
<td>*</td>
<td>549</td>
<td>646</td>
</tr>
<tr>
<td>Part D monthly prescription fills per person per year</td>
<td>53.9</td>
<td>52.7</td>
<td></td>
</tr>
<tr>
<td>Home health visits per year</td>
<td>3.9</td>
<td>4.2</td>
<td></td>
</tr>
<tr>
<td>Durable medical equipment claims per year</td>
<td>2.1</td>
<td>2.1</td>
<td></td>
</tr>
<tr>
<td>Inpatient hospital stays/1000 persons 65+ years per year</td>
<td>365</td>
<td>354</td>
<td></td>
</tr>
<tr>
<td>Inpatient hospital readmissions (as % of admissions)</td>
<td>19.1%</td>
<td>17.8%</td>
<td></td>
</tr>
<tr>
<td>Skilled nursing facility stays/1000 persons 65+ years per year</td>
<td>106</td>
<td>117</td>
<td></td>
</tr>
</tbody>
</table>

#### COMMUNITY VARIABLES & CIVIC ENGAGEMENT

<table>
<thead>
<tr>
<th>Community variables &amp; civic engagement</th>
<th>BETTER / WORSE STATE RATE</th>
<th>COMMUNITY ESTIMATE</th>
<th>STATE ESTIMATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air Pollution/Air Quality Index</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Annual # of unhealthy days for older adults</td>
<td>0</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>Walkability of Community</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walkability score (0-100)</td>
<td>Very Walkable</td>
<td>72.0</td>
<td>52.6</td>
</tr>
<tr>
<td># of registered voters (age 18+)</td>
<td>26,216</td>
<td>4,342,841</td>
<td></td>
</tr>
<tr>
<td>Voter participation rate in 2012 presidential election (age 18+)</td>
<td>77.2%</td>
<td>73.3%</td>
<td></td>
</tr>
</tbody>
</table>

#### SAFETY

<table>
<thead>
<tr>
<th>Safety</th>
<th>BETTER / WORSE STATE RATE</th>
<th>COMMUNITY ESTIMATE</th>
<th>STATE ESTIMATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Violent crime rate / 100,000 persons</td>
<td>143</td>
<td>428</td>
<td></td>
</tr>
<tr>
<td>Property crime rate / 100,000 persons</td>
<td>1,529</td>
<td>2,259</td>
<td></td>
</tr>
<tr>
<td># of motor vehicle fatalities involving adult age 60+/ town</td>
<td>1</td>
<td>484</td>
<td></td>
</tr>
<tr>
<td># of motor vehicle fatalities involving adult age 60+/county</td>
<td>87</td>
<td>484</td>
<td></td>
</tr>
</tbody>
</table>

#### ECONOMIC VARIABLES

<table>
<thead>
<tr>
<th>Economic variables</th>
<th>BETTER / WORSE STATE RATE</th>
<th>COMMUNITY ESTIMATE</th>
<th>STATE ESTIMATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poverty (65+ Population)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% with income below the poverty level past year</td>
<td>2.9%</td>
<td>9.3%</td>
<td></td>
</tr>
<tr>
<td>Household income (65+ householder)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% households with annual income &lt; $20,000</td>
<td>15.5%</td>
<td>28.4%</td>
<td></td>
</tr>
<tr>
<td>% households with annual income $20,000-$49,999</td>
<td>37.0%</td>
<td>34.1%</td>
<td></td>
</tr>
<tr>
<td>% households with annual income &gt; $50,000</td>
<td>47.4%</td>
<td>37.5%</td>
<td></td>
</tr>
</tbody>
</table>
HEALTHY AGING INDICATORS

<table>
<thead>
<tr>
<th>Elder Economic Security Standard Index</th>
<th>$ COUNTY ESTIMATE</th>
<th>$ STATE ESTIMATE</th>
<th>RATIO OF COUNTY TO STATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single, homeowner without mortgage, good health</td>
<td>$24,600</td>
<td>$23,808</td>
<td>1.03</td>
</tr>
<tr>
<td>Single, renter, good health</td>
<td>$28,956</td>
<td>$27,924</td>
<td>1.04</td>
</tr>
<tr>
<td>Couple, homeowner without mortgage, good health</td>
<td>$35,616</td>
<td>$35,532</td>
<td>1.00</td>
</tr>
<tr>
<td>Couple, renter, good health</td>
<td>$39,972</td>
<td>$39,648</td>
<td>1.01</td>
</tr>
</tbody>
</table>

TECHNICAL NOTES

*See our technical report (http://mahealthyagingcollaborative.org/data-report/explore-the-profiles/data-sources-and-methods/#technical) for information on data sources, methodology, and margin of errors. For most indicators the reported community and state values are both 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 local and state estimates that we are confident are not due to chance. “Better” is used where a higher/lower value should have positive implications for the health of older residents. “Worse” is used where a higher/lower score should have negative implications for the health of older residents. When the implication for healthy aging is unclear we use an *.

General Notes

- We used a hierarchical approach to reporting. We report estimates for every city/town in Massachusetts and 16 Boston neighborhoods when data allow. In other cases, we could only report indicators for aggregated areas (e.g., 14 MA counties, 33 Aging Service Access Points, 310 or 311 geographic units). The same estimate is reported for all cities/towns within aggregated geographic areas.
- Total population estimates are from the 2010 Census and are reported for 367 geographic units (351 individual cities/towns and 16 subareas within Boston). Other population characteristic estimates are from the American Community Survey (ACS) (either 2007-2011 or 2008-2012) and are reported for the 367 geographic units. Note that % may not add up to 100% due to rounding error.
- Mortality rate, specific chronic disease, access and utilization estimates are for beneficiaries 65 years or older in 2011 from the 2011 Centers for Medicare and Medicaid Services (CMS) Master Beneficiary Summary File (MBSF). For these estimates some towns with smaller populations were aggregated together, resulting in 311 geographic areas in the state. The same estimate is reported for all cities/towns within aggregated geographic areas.
- The 2007-2011 Behavioral Risk Factor Surveillance System (BRFSS) is the source for wellness, health behavior, and some prevention estimates. BRFSS indicators were estimated for persons 60 years or older for 33 geographic areas based on Aging Services Access Point (ASAP) geographic service areas. The same rate is reported for all cities/towns within the same ASAP service area.
- Dentist supply estimates for 2010 were from the Area Resource File for 14 MA counties. The same rate is reported for all cities/towns within the same county.
- Walkability Estimates were downloaded from http://www.walkscore.com/ in July-August, 2013 using the finder term “city/town name, Massachusetts.” Estimates are reported for 367 individual cities/towns and subareas within Boston. “NA” is reported for towns where data on block length and intersection density were not posted. The state estimates are simple unweighted averages of the values reported for all towns with posted data and the 16 subareas within Boston.
- Air pollution/air quality estimates are from the US Environmental Protection Agency reported for 14 MA counties for older adults with no specific health concerns (2013). The same rate is reported for cities/towns within the same county.
- 2012 voter participation data from the Massachusetts Elections Division, Secretary of the Commonwealth.
- Estimates are from 2007-2011 FBI Uniform Crime Reports (http://www.fbi.gov/stats-services/crimestats). Some towns with smaller populations were aggregated together resulting in 310 geographic areas in the state. The same rate is reported for all cities/towns within these aggregated geographic areas and for subareas within Boston.
- Data on fatal auto (driver, passenger) and pedestrian accidents for persons age 60+ is from the Fatal Accident Reporting System of the National Highway Traffic Safety Administration (2008-2012), reported at the town and county level.
- The household income <$20,000 estimates are from the 2007-2011 ACS and are reported for individual cities/towns. The city of Boston rate is reported for all subareas within Boston. Poverty status for adults 65+ ACS 2007-2011.
- The 2010 Elder Economic Security Standard Index estimates were downloaded from http://www.basiceconomicsecurity.org/EI/ for 14 counties for persons 65 years or older. The same rate is reported for all cities/towns within the same county.
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- *Please send your questions/comments/ideas to beth.dugan@umb.edu or post to the Massachusetts Healthy Aging Collaborative website at http://mahealthyagingcollaborative.org/connect/conversations/