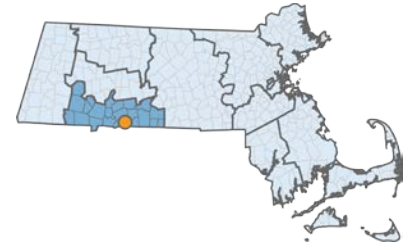# East Longmeadow (Hampden)

East Longmeadow is in western Massachusetts and has 3,018 residents aged 65 and older. East Longmeadow is a somewhat walkable community (walkscore 68/100). Compared to state averages, older residents of East Longmeadow do better on healthy aging indicators including annual hospital stays and emergency room visits. However, older residents of East Longmeadow score below state averages on: Alzheimer's disease, stroke, hypertension, rheumatoid arthritis/osteoarthritis, hip fractures, glaucoma, osteoporosis, and the shingles vaccine. Community resources to promote healthy aging include a walking club, access to the MBTA Ride, a Council on Aging, a recreation department, and lifelong learning opportunities/area colleges.

POPULATION CHARACTERISTICS

		COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		15,720	6,547,629
Population 60 years or older as % of total population		24.2%	19.2%
Total population 60 years or older		3,764	1,249,723
Population 65 years or older as % of total population		19.4%	13.7%
Total population 65 years or older		3,018	891,303
% 65-74 years		43.1%	49.8%
% 75-84 years		34.8%	34.3%
% 85 years or older		22.1%	15.8%
Gender (65+ population)			
% female		63.8%	58.5%
Race/Ethnicity (65+ population)			
% White		97.5%	91.5%
% African American		0.8%	3.8%
% Asian		1.7%	2.7%
% Other		0.0%	2.1%
% Hispanic/Latino		0.4%	2.9%
Marital Status (65+ population)			
% married		51.5%	50.9%
% divorced/separated		7.8%	11.7%
% widowed		36.7%	30.2%
% never married		3.9%	7.3%
Education (65+ population)			
% with less than high school education		11.8%	20.4%
% with high school or some college		58.7%	54.5%
% with college degree		29.5%	25.1%
% of 65+ population living alone		25.4%	30.3%
% of 65+ population who speak only English at home		94.7%	83.4%
% of 65+ population who are veterans of military service		11.9%	11.5%
Age-sex adjusted 1-year mortality rate	W	6.5%	4.7%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population)			
% moved within same county		5.0%	3.5%
% moved from different county in Massachusetts		0.9%	1.0%
% moved from different state		0.2%	0.7%
WELLNESS and PREVENTION			
% any physical activity within last month		74.9%	72.4%
% injured in a fall within last 3 months		3.7%	5.1%
% ever had hip fracture	W	6.3%	3.9%
% with self-reported fair or poor health status		21.1%	20.7%
% with 15+ physically unhealthy days last month		11.7%	14.0%
% with physical exam/check-up in past year		90.5%	90.2%
% flu shot past year		71.5%	67.8%
% pneumonia vaccine		64.9%	60.8%
% shingles vaccine	W	9.7%	14.9%
% cholesterol screening		92.9%	95.8%
% mammogram within last 2 years (women)		76.2%	85.4%
% colorectal cancer screening		65.0%	65.6%
Oral Health			
% with complete tooth loss		31.9%	35.9%
% with annual dental exam		78.7%	76.1%
# dentists per 100,000 persons (all ages)		68	85
NUTRITION/DIET			
% with 5 or more servings of fruit or vegetables per day		24.8%	24.9%
% obese		22.0%	22.6%
% high cholesterol		72.8%	73.6%
% current smokers		8.3%	9.1%
% excessive drinking		7.2%	9.2%
MENTAL HEALTH			
% with 15+ days poor mental health last month		8.0%	6.7%
% satisfied with life		96.1%	95.8%
% receiving adequate emotional support		81.9%	80.7%
% ever diagnosed with depression		30.6%	28.6%
CHRONIC DISEASE			
% with Alzheimer's disease or related dementias	W	19.6%	14.4%
% with diabetes		32.7%	32.1%
% with stroke	W	15.9%	12.6%
% with chronic obstructive pulmonary disease		24.5%	23.3%
% with asthma		12.0%	11.8%
% with hypertension	W	79.6%	77.5%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% ever had a heart attack		5.1%	5.0%
% with ischemic heart disease		43.5%	44.1%
% with congestive heart failure		25.5%	24.8%
% with atrial fibrillation		17.4%	16.1%
% with osteoarthritis/rheumatoid arthritis	W	58.0%	50.2%
% with osteoporosis	W	25.4%	21.7%
% with glaucoma	W	29.9%	25.1%
% with cataract	W	73.6%	65.7%
% women with breast cancer		11.0%	10.3%
% with colon cancer		3.3%	3.3%
% men with prostate cancer		13.6%	14.6%
% with lung cancer		1.6%	2.1%
% with hypothyroidism	W	21.4%	17.2%
% with anemia		50.0%	48.7%
% with benign prostatic hyperplasia	W	47.1%	40.9%
% with chronic kidney disease	W	27.5%	22.2%
Summary chronic disease measures			
% with 4+ chronic conditions	W	65.1%	61.5%
% with 0 chronic conditions	W	5.3%	7.8%
LIVING WITH DISABILITY			
% disabled for a year or more		29.6%	31.0%
Hearing impairment			
% 65-74 with hearing difficulty		8.2%	7.4%
% 75+ with hearing difficulty		17.4%	21.2%
Vision impairment			
% 65-74 with vision difficulty		6.1%	3.2%
% 75+ with vision difficulty		11.2%	9.3%
Cognition impairment			
% 65-74 with cognition difficulty		1.8%	4.7%
% 75+ with cognition difficulty		8.5%	12.1%
Ambulatory impairment			
% 65-74 with ambulatory difficulty		7.2%	12.9%
% 75+ with ambulatory difficulty		25.9%	29.4%
Self-care impairment			
% 65-74 with self-care difficulty		0.8%	3.7%
% 75+ with self-care difficulty		8.0%	12.2%
Independent living impairment			
% 65-74 with independent living difficulty		5.9%	7.2%
% 75+ with independent living difficulty		17.2%	24.3%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		24.4%	21.2%
% dually eligible for Medicare and Medicaid		14.0%	15.9%
% with a regular doctor		94.7%	96.2%
% did not see doctor when needed due to cost		3.7%	3.7%
# of primary care providers (within 5 miles)		58	11,897
# of hospitals (within 5 miles)		0	69
# of nursing homes (within 5 miles)		7	418
# of home health agencies (in same town)		23	210
SERVICE UTILIZATION			
Physician visits per year	*	8.6	7.6
Emergency room visits/1000 persons 65+ years per year	*	527	646
Part D monthly prescription fills per person per year		52.0	52.7
Home health visits per year		4.9	4.2
Durable medical equipment claims per year		2.0	2.1
Inpatient hospital stays/1000 persons 65+ years per year	*	312	354
Inpatient hospital readmissions (as % of admissions)		15.9%	17.8%
Skilled nursing facility stays/1000 persons 65+ years per year	*	147	117
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
Air Pollution/Air Quality Index			
Annual # of unhealthy days for older adults		3	NA
Walkability of Community			
Walkability score (0-100)	Somewhat Walkable	68.0	52.6
# of registered voters (age 18+)		11,318	4,342,841
Voter participation rate in 2012 presidential election (age 18+)		77.4%	73.3%
SAFETY			
Violent crime rate / 100,000 persons		89	428
Property crime rate / 100,000 persons		2,112	2,259
# of motor vehicle fatalities involving adult age 60+/ town		1	484
# of motor vehicle fatalities involving adult age 60+/county		29	484
ECONOMIC VARIABLES			
Poverty (65+ Population)			
% with income below the poverty level past year		5.9%	9.3%
Household income (65+ householder)			
% households with annual income < $20,000		24.4%	28.4%
% households with annual income $20,000-49,999		43.1%	34.1%
% households with annual income > $50,000		32.5%	37.5%

HEALTHY AGING INDICATORS	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO OF COUNTY TO STATE
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$22,092	$23,808	0.93
Single, renter, good health	$24,264	$27,924	0.87
Couple, homeowner without mortgage, good health	$33,960	$35,532	0.96
Couple, renter, good health	$36,132	$39,648	0.91

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.*
- *Access to care data pertaining to the # of primary care providers, hospitals, nursing homes, and home health agencies were obtained July-August 2014 from the following CMS websites: http://www.medicare.gov/nursinghomecompare/search.html, http://www.medicare.gov/homehealthcompare/search.html, http://www.medicare.gov/hospitalcompare/search.html, http://www.medicare.gov/physiciancompare/results.html.*
- *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.*
- *The University of Massachusetts Boston Gerontology Institute Research Team includes: Elizabeth Dugan, Frank Porell, Nina Silverstein, Chae Man Lee, Joo Suk Chae, Brittany Gaines, Kristina Turk, Mei Chen, and Hyo Jung Lee. We thank Amanda Cox from the NYTimes.com for data visualization contributions.*
- **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/*