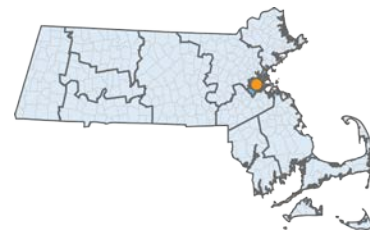


## North Dorchester (Boston)

North Dorchester is a community in southeast Boston with 2,240 residents aged 65 or older. The walkscore indicates a community that is very walkable (75/100). Compared to state averages, older residents have lower rates of high cholesterol, COPD, atrial fibrillation, arthritis, cataracts, breast cancer, osteoporosis, hypothyroidism, anemia, and BPH. Rates are higher than state averages for many indicators: tooth loss, obesity, smoking, diabetes, hypertension, kidney disease. They are also less likely than the state average rates to have taken health promotion steps of seeing a physician annually; exercising; taking flu, pneumonia, or shingle vaccines; having a dental check-up; or eating 5 or more daily servings of fruits and vegetables. The voter participation, crime, and poverty rates are all worse than state averages. Community resources to promote healthy aging include a walking club and Mass in Motion community, a Council on Aging, YMCA, access to the MBTA Ride, volunteer driver programs, Cultural Council, and lifelong learning opportunities.



POPULATION CHARACTERISTICS	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages	28,452	6,547,629
Population 60 years or older as % of total population	13.0%	19.2%
Total population 60 years or older	3,507	1,249,723
Population 65 years or older as % of total population	8.3%	13.7%
Total population 65 years or older	2,240	891,303
% 65-74 years	54.1%	49.8%
% 75-84 years	30.6%	34.3%
% 85 years or older	15.3%	15.8%
Gender (65+ population)		
% female	53.9%	58.5%
Race/Ethnicity (65+ population)		
% White	47.0%	91.5%
% African American	20.8%	3.8%
% Asian	8.9%	2.7%
% Other	23.3%	2.1%
% Hispanic/Latino	8.2%	2.9%
Marital Status (65+ population)		
% married	48.0%	50.9%
% divorced/separated	13.9%	11.7%
% widowed	22.6%	30.2%
% never married	15.5%	7.3%
Education (65+ population)		
% with less than high school education	57.0%	20.4%
% with high school or some college	35.2%	54.5%
% with college degree	7.8%	25.1%
% of 65+ population living alone	32.3%	30.3%
% of 65+ population who speak only English at home	47.9%	83.4%
% of 65+ population who are veterans of military service	8.1%	11.5%
Age-sex adjusted 1-year mortality rate	4.1%	4.7%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population)			
% moved within same county		3.6%	3.5%
% moved from different county in Massachusetts		0.2%	1.0%
% moved from different state		0.7%	0.7%
<b>WELLNESS and PREVENTION</b>			
% any physical activity within last month	W	65.8%	72.4%
% injured in a fall within last 3 months		4.1%	5.1%
% ever had hip fracture		3.2%	3.9%
% with self-reported fair or poor health status	W	36.8%	20.7%
% with 15+ physically unhealthy days last month		17.7%	14.0%
% with physical exam/check-up in past year		90.8%	90.2%
% flu shot past year	W	59.2%	67.8%
% pneumonia vaccine	W	47.7%	60.8%
% shingles vaccine	W	8.2%	14.9%
% cholesterol screening		94.7%	95.8%
% mammogram within last 2 years (women)		89.4%	85.4%
% colorectal cancer screening		66.3%	65.6%
Oral Health			
% with complete tooth loss	W	52.8%	35.9%
% with annual dental exam	W	60.3%	76.1%
# dentists per 100,000 persons (all ages)		153	85
<b>NUTRITION/DIET</b>			
% with 5 or more servings of fruit or vegetables per day	W	17.9%	24.9%
% obese	W	33.3%	22.6%
% high cholesterol	B	65.6%	73.6%
% current smokers	W	15.8%	9.1%
% excessive drinking	B	6.0%	9.2%
<b>MENTAL HEALTH</b>			
% with 15+ days poor mental health last month	W	12.6%	6.7%
% satisfied with life		94.2%	95.8%
% receiving adequate emotional support	W	67.9%	80.7%
% ever diagnosed with depression		28.5%	28.6%
<b>CHRONIC DISEASE</b>			
% with Alzheimer's disease or related dementias		15.6%	14.4%
% with diabetes	W	42.7%	32.1%
% with stroke		11.2%	12.6%
% with chronic obstructive pulmonary disease	B	19.4%	23.3%
% with asthma		12.6%	11.8%
% with hypertension	W	80.2%	77.5%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% ever had a heart attack		4.4%	5.0%
% with ischemic heart disease		42.1%	44.1%
% with congestive heart failure		27.0%	24.8%
% with atrial fibrillation	B	12.9%	16.1%
% with osteoarthritis/rheumatoid arthritis	B	38.8%	50.2%
% with osteoporosis	B	15.0%	21.7%
% with glaucoma		24.8%	25.1%
% with cataract	B	54.4%	65.7%
% women with breast cancer	B	7.0%	10.3%
% with colon cancer		2.5%	3.3%
% men with prostate cancer		12.4%	14.6%
% with lung cancer		2.0%	2.1%
% with hypothyroidism	B	10.8%	17.2%
% with anemia	B	45.8%	48.7%
% with benign prostatic hyperplasia	B	33.1%	40.9%
% with chronic kidney disease	W	25.3%	22.2%
Summary chronic disease measures			
% with 4+ chronic conditions		59.7%	61.5%
% with 0 chronic conditions		8.6%	7.8%
<b>LIVING WITH DISABILITY</b>			
% disabled for a year or more		33.6%	31.0%
Hearing impairment			
% 65-74 with hearing difficulty		18.2%	7.4%
% 75+ with hearing difficulty		25.7%	21.2%
Vision impairment			
% 65-74 with vision difficulty		1.9%	3.2%
% 75+ with vision difficulty		21.9%	9.3%
Cognition impairment			
% 65-74 with cognition difficulty		11.6%	4.7%
% 75+ with cognition difficulty		18.4%	12.1%
Ambulatory impairment			
% 65-74 with ambulatory difficulty		25.1%	12.9%
% 75+ with ambulatory difficulty		36.4%	29.4%
Self-care impairment			
% 65-74 with self-care difficulty		7.3%	3.7%
% 75+ with self-care difficulty		23.1%	12.2%
Independent living impairment			
% 65-74 with independent living difficulty		16.6%	7.2%
% 75+ with independent living difficulty		36.0%	24.3%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		26.1%	21.2%
% dually eligible for Medicare and Medicaid		46.2%	15.9%
% with a regular doctor	W	91.8%	96.2%
% did not see doctor when needed due to cost		3.9%	3.7%
# of primary care providers (within 5 miles)		3,169	11,897
# of hospitals (within 5 miles)		11	69
# of nursing homes (within 5 miles)		13	418
# of home health agencies (in same town)		44	210
<b>SERVICE UTILIZATION</b>			
physician visits per year	*	5.5	7.6
emergency room visits/1000 persons 65+ years per year	*	762	646
Part D monthly prescription fills per person per year	*	56.8	52.7
home health visits per year	*	5.8	4.2
durable medical equipment claims per year	*	2.7	2.1
inpatient hospital stays/1000 persons 65+ years per year		398	354
inpatient hospital readmissions (as % of admissions)	*	21.6%	17.8%
skilled nursing facility stays/1000 persons 65+ years per year	*	93	117
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
Air Pollution/Air Quality Index			
Annual # of unhealthy days for older adults		3	NA
Walkability of Community			
Walkability score (0-100)	Very Walkable	75.0	52.6
# of registered voters (age 18+)		387,040	4,342,841
Voter participation rate in 2012 presidential election (age 18+)		65.9%	73.3%
<b>SAFETY</b>			
Violent crime rate / 100,000 persons		845	428
Property crime rate / 100,000 persons		3,129	2,259
# of motor vehicle fatalities involving adult age 60+/ town		NA	484
# of motor vehicle fatalities involving adult age 60+/county		22	484
<b>ECONOMIC VARIABLES</b>			
Poverty (65+ Population)			
% with income below the poverty level past year		21.3%	9.3%
Household income (65+ householder)			
% households with annual income < \$20,000		41.0%	28.4%
% households with annual income \$20,000-49,999		33.4%	34.1%
% households with annual income > \$50,000		25.6%	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	\$24,564	\$23,808	1.03
Single, renter, good health	\$30,048	\$27,924	1.08
Couple, homeowner without mortgage, good health	\$36,516	\$35,532	1.03
Couple, renter, good health	\$42,000	\$39,648	1.06

#### 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.
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