

INTRODUCING

# The Massachusetts Healthy Aging Collaborative Website

[www.mahealthyagingcollaborative.org](http://www.mahealthyagingcollaborative.org)





An informal group of community service organizations, health and wellness providers, state agencies, advocates, researchers, funders and others across the state that have been coming together for the past four years at meetings like this Healthy Aging forums, with the common goal of improving the health of older adults in MA.




|  |   |   |   |   |   |
|--|---|---|---|---|---|
|  |  |  |  |  |  |
| <a href="#">DATA REPORT</a>  | <a href="#">PROGRAMS</a>  | <a href="#">BROWSE TOPICS</a>   | <a href="#">RESOURCES</a>   | <a href="#">CONNECT</a>   | <a href="#">BLOG</a>  |

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## MA Healthy Aging Data Report

View the Healthy Aging Community Profile to see how your community compares to the state averages for various indicators of healthy aging.

[Learn More >](#)

|  |   |  |
|--|---|--|
| <p>STEP 1<br/>Create an account.</p>  | <p>STEP 2<br/>Find other members.</p>  | <p>STEP 3<br/>Join the discussion.</p>  |
|                                       |   |  |
|                                       |   |  |

### DATA REPORT

#### HIGHLIGHTS REPORT



Explore a snapshot of findings from the MA Healthy Aging Data Report.

[Learn More >](#)

#### DATA REPORT TUTORIAL

Watch this short video tutorial to learn what's inside the MA Healthy Aging Data Report, and how to use the data.

[Learn More >](#)

### BLOG

NEW HEALTHY LIVING CENTER OF EXCELLENCE WEBSITE

[Read More >](#)

THE MASSACHUSETTS HEALTHY AGING COLLABORATIVE IS ONLINE!

[Read More >](#)

[View all posts >](#)

### CONNECT



#### MEMBERS

Become a member of the community.



#### DISCUSSIONS

Join the discussion and collaborate with other healthy aging professionals.

# Learn.

Explore the Data Report.

Find a program.

Search for resources.

# Explore the Data Report



PROGRAMS



BROWSE TOPICS



RESOURCES



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|                           |
|---------------------------|
| <b>DATA REPORT</b>        |
| <b>Explore the Report</b> |
| Highlights Report         |
| Community Profiles        |
| State Maps                |
| Interactive Map           |
| Data Sources and Methods  |
| Find Other Data           |

HOME > DATA REPORT > EXPLORE THE REPORT

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## Explore the Report

The **Massachusetts Healthy Aging Data Report** provides a mechanism for communities to implement more customized programs through data comparisons of physical, social and health variables from multiple federal and state data sources for Massachusetts. The report details individual town data alongside of state averages, allowing for a comparison of how a town is doing relative to the rest of the state by each variable. Multi-dimensional indicators of healthy aging and healthy aging programs are identified along with GIS analyses that will enable communities to address local challenges and better allocate resources to those areas (physical, social and health) of greater need.



### Explore the Report

- [Read the Highlights Report](#)
- [Explore the Community Profiles](#)
- [View the Statewide Health Indicator Maps](#)
- [Explore the Interactive Maps](#)
- [Learn about the Data Sources](#)

# Explore the Data Report – Community Profiles

HOME > DATA REPORT > EXPLORE THE REPORT > COMMUNITY PROFILES

+/-TEXT SIZE PRINT   

## Community Profiles

You can download the community profile of an individual city or town, or download the profiles of all cities and towns in a specific county.

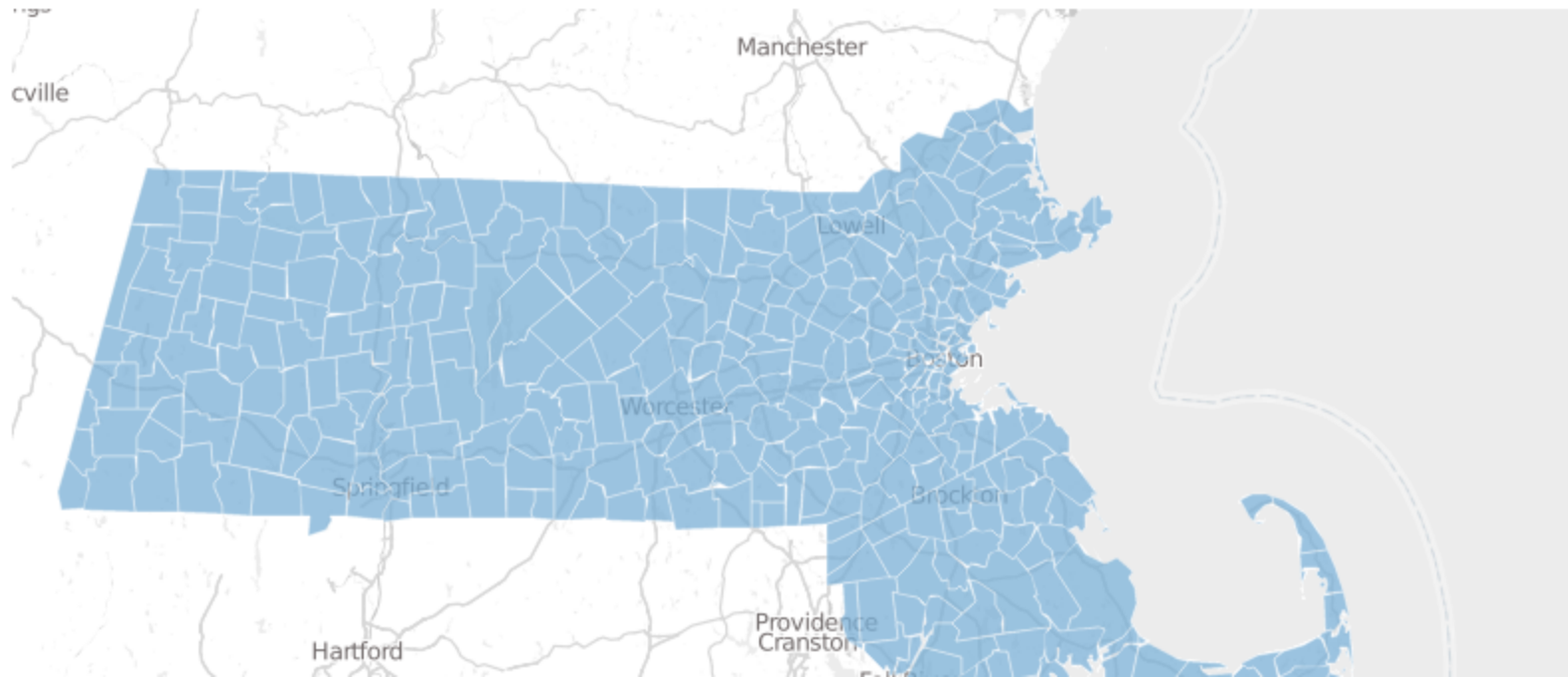
Choose a community to view its profile.

Amesbury ▼

Choose a county to view a collection of community profiles.

Select... ▼

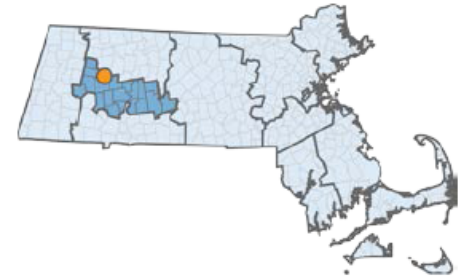
Or explore via the map.



## MASSACHUSETTS HEALTHY AGING COMMUNITY DATA PROFILE

### Goshen (Hampshire)

Goshen is a rural town in western Massachusetts with 146 residents aged 65 and older. Goshen is a car dependent community with a walkscore of 22/100. Compared to state averages, older residents of Goshen score better on many healthy aging indicators with lower rates of Alzheimer's disease, diabetes, COPD, hypertension, heart attacks, ischemic heart disease, congestive heart failure, rheumatoid arthritis/osteoarthritis, glaucoma, colon cancer, and osteoporosis. They have fewer annual hospital admissions, nursing home stays, and emergency room visits; and they take less prescription medication. Their health promotion behaviors include seeing a regular doctor and taking the shingles vaccination. Community resources to promote healthy aging include a Council on Aging and a recreation department.



#### POPULATION COMPOSITION<sup>1</sup>

COMMUNITY  
ESTIMATE

STATE  
ESTIMATE

|   |       |           |
|---|-------|-----------|
| Total population all ages                             | 1,054 | 6,547,629 |
| Population 65 years or older as % of total population | 13.0% | 13.7%     |
| Total population 65 years or older                    | 146   | 891,303   |
| % 65-74 years   | 66.4% | 49.8%     |
| % 75-84 years   | 27.4% | 34.3%     |
| % 85 years or older                                   | 6.2%  | 15.8%     |
| <i>Living Situation (65+ population)</i>              |       |           |
| % living alone  | 12.3% | 32.0%     |
| <i>Gender (65+ population)</i>                        |       |           |
| % female  | 56.2% | 58.5%     |
| <i>Race/Ethnicity (65+ population)</i>                |       |           |

# Explore the Data Report – Healthy Aging Indicator Maps



[HOME](#) > [DATA REPORT](#) > [EXPLORE THE REPORT](#) > [STATE MAPS](#)

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## State Maps

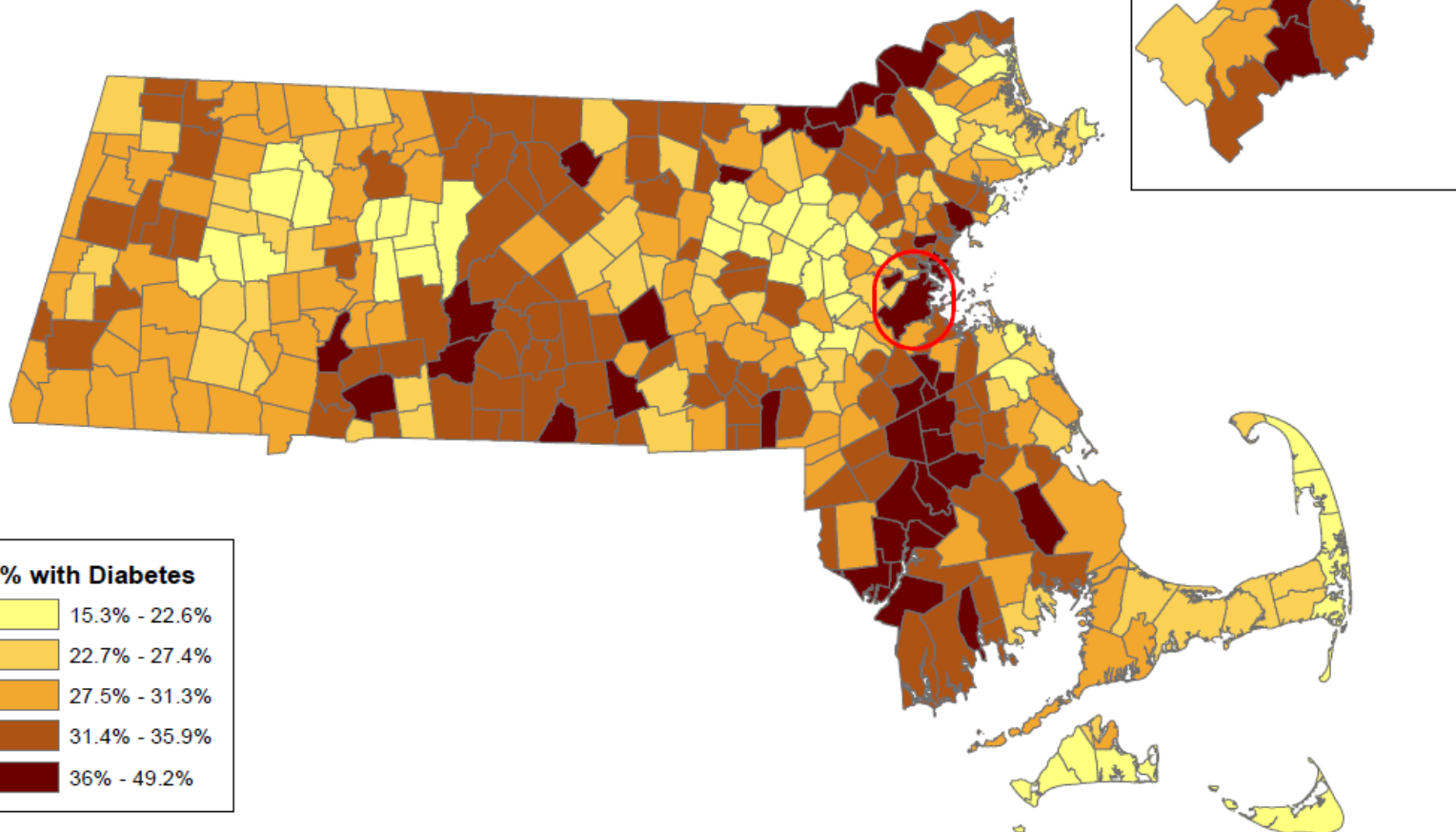
These maps present healthy aging indicators to allow viewers to observe patterns, strengths, and challenges across the commonwealth. Choose an indicator to download the PDF map.

1. Population Composition
2. Physical/Mental Health
3. Chronic Disease
4. Nutrition/Diet
5. Access to Care
6. Service Utilization
7. Wellness and Prevention
8. Safety
9. Economic Variables



# Explore the Data Report – Healthy Aging Indicator Maps

## Percentage of Medicare Beneficiaries Age 65+ Years with Diabetes By Town / City / Community



### % with Diabetes

- 15.3% - 22.6%
- 22.7% - 27.4%
- 27.5% - 31.3%
- 31.4% - 35.9%
- 36% - 49.2%

**MA % of Beneficiaries with Diabetes: 32.1%**

Source: CMS

# Explore the Data Report – Interactive Map

HOME > DATA REPORT > EXPLORE THE REPORT > INTERACTIVE MAP

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## Interactive Map

### Chronic Disease Maps

#### ALZHEIMER'S DISEASE OR RELATED

DIABETES

STROKE

CHRONIC OBSTRUCTIVE  
PULMONARY DISEASE

HYPERTENSION

EVER HAD A HEART  
ATTACK

ISCHEMIC HEART DISEASE

CONGESTIVE HEART  
FAILURE

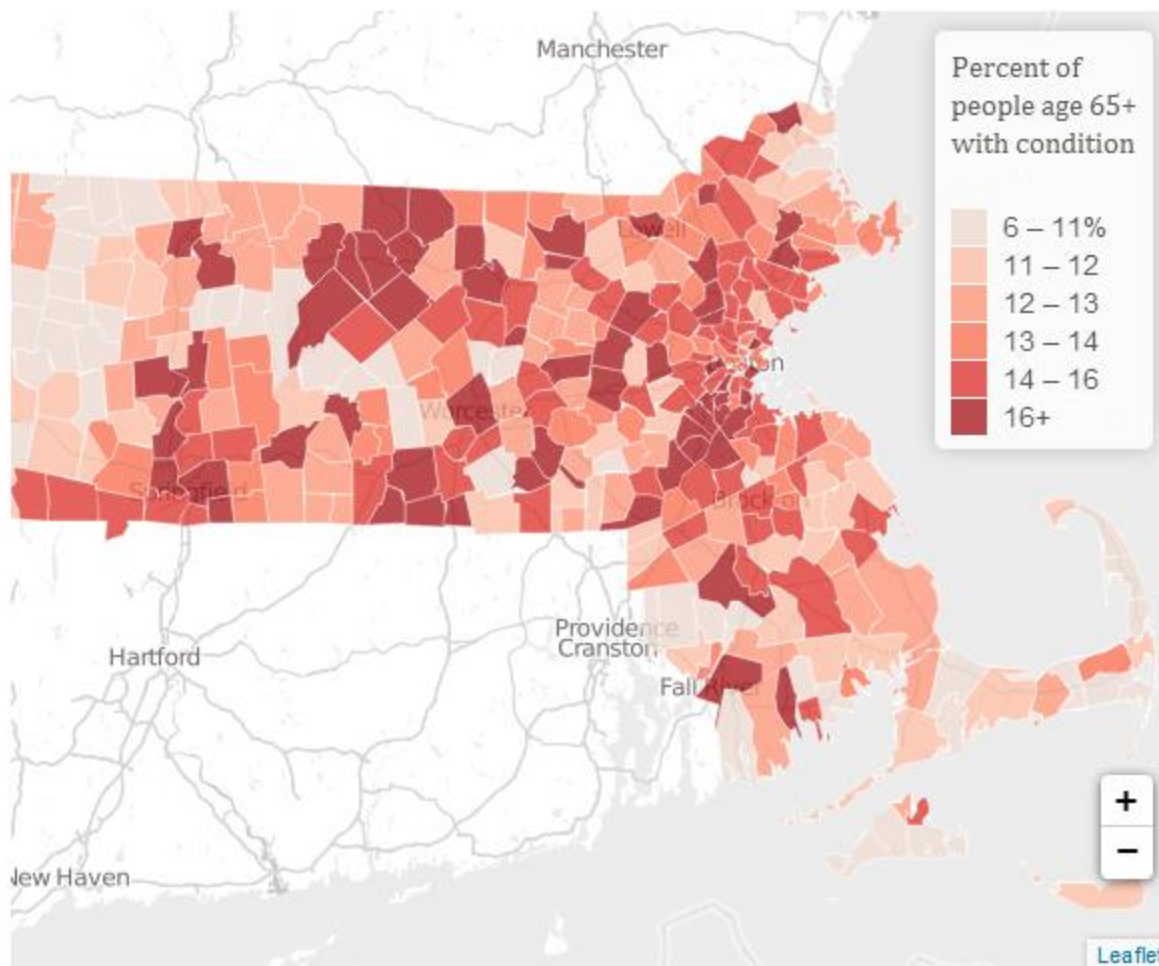
OSTEOARTHRITIS/  
RHEUMATOID ARTHRITIS

EVER HAD HIP FRACTURE

GLAUCOMA

WOMEN WITH BREAST  
CANCER

COLON CANCER



# Find a Program



DATA REPORT



PROGRAMS



BROWSE TOPICS



RESOURCES



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## PROGRAMS

### Overview

Evidence-Based Programs

Chronic Disease  
Self-Management

Older Americans Act Title III-D

Other Health Promotion  
Programs

Age-Friendly Communities

### Find a Program

Submit a Program

### Stories from the Field

Submit a Story

[HOME](#) > [PROGRAMS](#) > [FIND A PROGRAM](#)

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## Find a Program

Use these filters to search for organizations across the state that administer healthy aging programs. Search for a specific evidence-based program, other health promotion programs, and/or by city/town.

Choose at least one search option:

1. Evidence-Based Program

Select...



2. Other Health Promotion Program Type

Select...



3. City/Town

Select...



SUBMIT

### Looking for a complete list of evidence-based programs?

Visit the Healthy Living Center of Excellence for program information and calendar of events.

[www.healthyliving4me.org](http://www.healthyliving4me.org)

### Is your program missing from the directory?

[Submit a program](#)

# Find a Program

HOME > PROGRAMS > FIND A PROGRAM

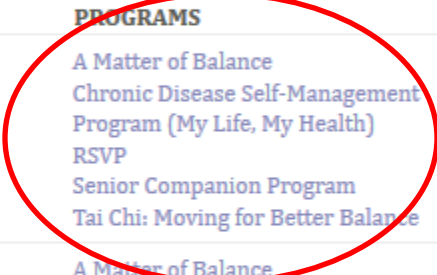
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## Organizations

62 results for:  
- A Matter of Balance

These results indicate organizations that currently offer the specified healthy aging programs or have offered these programs in the past. For complete and current program information, visit the organization's website or contact them directly. Some evidence-based program information and workshop schedules may also be found at [www.healthyliving4me.org](http://www.healthyliving4me.org).

| ORGANIZATION                                 | LOCATION    | EVIDENCE-BASED PROGRAMS  | OTHER HEALTH PROMOTION PROGRAMS |
|--|-------------|--|---------------------------------|
| <a href="#">Adams Council on Aging</a>       | Adams       | <a href="#">A Matter of Balance</a><br><a href="#">Chronic Disease Self-Management Program (My Life, My Health)</a><br><a href="#">RSVP</a><br><a href="#">Senior Companion Program</a><br><a href="#">Tai Chi: Moving for Better Balance</a>                                    |                                 |
| <a href="#">Adm for Community Living</a>     | Boston      | <a href="#">A Matter of Balance</a><br><a href="#">Chronic Disease Self-Management Program (My Life, My Health)</a><br><a href="#">Chronic Pain Self-Management Program</a><br><a href="#">Diabetes Self-Management Program</a><br><a href="#">Powerful Tools for Caregivers</a> |                                 |
| <a href="#">Americorp</a>                    |             | <a href="#">A Matter of Balance</a><br><a href="#">Online Chronic Disease Self-Management</a>  |                                 |
| <a href="#">Amesbury Council on Aging</a>    | Amesbury    | <a href="#">A Matter of Balance</a><br><a href="#">Chronic Disease Self-Management Program (My Life, My Health)</a><br><a href="#">Chronic Pain Self-Management Program</a><br><a href="#">Tai Chi: Moving for Better Balance</a>  | <a href="#">Caregiving</a>      |
| <a href="#">BayPath Elder Services, Inc.</a> | Marlborough | <a href="#">A Matter of Balance</a><br><a href="#">Arthritis Foundation Tai Chi Program</a><br><a href="#">Chronic Disease Self-Management Program (My Life, My Health)</a><br><a href="#">Chronic Pain Self-Management Program</a>  |                                 |



DATA REPORT

## PROGRAMS

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[Submit a Story](#)

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Search for a specific



# Resource Library



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## RESOURCES

For Professionals

For Consumers

Resource Library

Submit a Resource

[HOME](#) > [RESOURCES](#) > RESOURCE LIBRARY

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## Resource Library

(Leave all fields blank to retrieve all resources)

search term

FILTER BY:

audience

healthy aging topic

format

category

FIND

# Connect.

Become a member.

Search for healthy aging professionals.

Send private messages.

# Connect – Create an Account



DATA REPORT



PROGRAMS



BROWSE TOPICS



RESOURCES



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Create Account 

## CONNECT

Recent Activity

**Members**

Discussions

HOME > MEMBERS

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## Create an Account

Registering for this site is easy. Just fill in the fields below, and we'll get a new account set up for you in no time.

### Account Details

Username (required)

Email Address (required)

Choose a Password (required)

Confirm Password (required)

### Profile Details

Name (required)

City or Town (required)

Type of organization

### Areas of interest

- Alzheimer's Disease/Related Dementias
- Arts in Aging
- Chronic-Disease Self-Management
- Fall Prevention

# Connect – Indicate your areas of interest



HEALTHY AGING  
COLLABORATIVE



DATA REPORT



PROGRAMS

## Areas of interest

- Alzheimer's Disease/Related Dementias
- Arts in Aging
- Chronic-Disease Self-Management
- Fall Prevention
- Family Caregiving
- Home Care and Care Transitions
- Housing
- Intergenerational Programs
- Mental Health
- Multicultural Aging
- Nutrition
- Physical Activity
- Reducing Isolation
- Social Engagement
- Substance Abuse
- Transportation
- Volunteerism

## CONNECT

Recent Activity

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Disease/Related Dementias

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ease Self-Management

Fall Prevention

Family Caregiving

Home Care and Care Transitions



# Connect – Member Profile

HOME > MEMBERS

+/-TEXT SIZE

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## Elizabeth Costello



@elizabeth

active 5 seconds ago

Activity

**Profile**

Notifications 0

Messages 0

Forums

Settings

**View**

Edit

Change Avatar

### Base

|                             |                                      |
|-----------------------------|--------------------------------------|
| <b>Name</b>                 | Elizabeth Costello                   |
| <b>Type of organization</b> | Non-profit                           |
| <b>Areas of interest</b>    | Physical Activity, Social Engagement |
| <b>Email</b>                | ecostello@jsi.com                    |

Fall Prevention

Family Caregiving

Home Care and Care Transitions

# Engage.

Start a conversation.

Ask a question.

Give an answer.

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## CONNECT

[Recent Activity](#)[Members](#)[Discussions](#)[HOME](#) > [CONNECT](#)[+/-TEXT SIZE](#)[PRINT](#)

## Connect

The Massachusetts Healthy Aging Online Community provides a forum for people working to advance healthy aging in Massachusetts to connect, engage in dialogue, share knowledge and resources, collaborate, address challenges, and learn from one another so that we may achieve a vision of healthy aging together.

We want this community to be a safe, respectful, welcoming place for all members to comfortably share, connect, collaborate, and learn together. Read the [Community Member Policy](#).

### Create an account.



Register for an account to access features, such as posting to the forum, viewing other members, and commenting on the blog.  
[Register now >](#)

### Find other members.



Search for other members by area of interest and location, and send them messages.  
[View members >](#)



### Join the discussion.

See what others are talking about in the General Community discussion, or start a new discussion of your own.  
[Join now >](#)



LOG IN

Username

Password

[HOME](#) > [DISCUSSIONS](#) > [GENERAL DISCUSSION](#)


[+/-TEXT SIZE](#)

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## General Discussion


| [RSS](#)


This forum contains 12 topics and 16 replies, and was last updated by  Elizabeth Costello 4 days, 13 hours ago.

Viewing 12 topics - 1 through 12 (of 12 total)

| Topic   | Voices | Posts | Freshness  |
|---|--------|-------|--|
| <a href="#">Healthy Aging Forum</a><br>Started by:  Elizabeth Costello | 1      | 1     | 4 days, 13 hours ago<br> Elizabeth Costello |

 commenting on the blog.  
[Register now >](#)

 [View members >](#)

 discussion, or start a new discussion of your own.  
[Join now >](#)

# Connect – Create a New Topic



Viewing topic 1 (of 1 total)

Create New Topic in "General Discussion"

Topic Title (Maximum Length: 80):

How do you plan to use the Data Report in your community?

Empty text area for topic content.

Topic Tags:

data, data report, community profiles

Topic Type:

Normal

Topic Status:

Open

Notify me of follow-up replies via email

SUBMIT



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Healthy aging in  
changes, and learn from

connect, collaborate,

the discussion.

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sion of your own.  
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# Share.

Tell us your story.

Add your program.

Share your resources.

Tell a colleague about the site.

Share your expertise.



DATA REPORT



PROGRAMS



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Other Health Promotion Programs

Age-Friendly Communities

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### Stories from the Field

Submit a Story

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## Stories from the Field

Explore these profiles to learn how others are addressing challenges and making strides to advance health aging.

**Do you have a story idea?** [Let us know!](#)

### Building Social Connections



According to the National Council on Aging, one in six seniors living alone in the United States faces physical, cultural, and/or geographical barriers that isolate them from their peers and communities. [Continue reading](#) →

### Making Aging Well a Priority



Through its Mi Vida, Mi Salud (“My Life, My Health”) program, the [Latino Health Insurance Program](#) conducts healthy aging classes, provides transportation and assists older adults with medical coverage and Supplemental Nutrition Assistance Program (SNAP) enrollment. [Continue reading](#) →

### Elder Hunger



Nearly nine million seniors in the United States face the threat of hunger, an increase of 88 percent over a decade’s time. And, according to the national hunger-relief organization Feeding America, the number of food insecure seniors will increase by 50 percent when the youngest of the Baby Boom

# Share – Submit a Story



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COLLABORATIVE



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## PROGRAMS

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Older Americans /

Other Health Prom  
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Stories from the F

Submit a Story

LOG IN

HOME > PROGRAMS > STORIES FROM THE FIELD > SUBMIT A STORY

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## Submit a Story

We'd love to hear your idea for a Story from the Field! Do you have a program, promising practice, or event to share? Use the form below to share your story! Do you already have a story from your newsletter or website? Attach it here.

Your Name (required)

Your Email (required)

Your Story Idea

Your Existing Story

Browse...

No file selected.

SEND



Generation reaches age 60 in 2025. Continue reading →



# Share – Submit a Resource

HOME > RESOURCES > SUBMIT A RESOURCE

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## Submit a Resource

Your Name (required)

Your Email (required)

Who created this resource? (required)

Attach Resource (required)

Choose File

No file chosen

(.doc/.docx, .xls/.xlsx, .ppt/.pptx, .pdf, .txt)

Additional Notes

SEND



# Share – Submit a Program



HEALTHY AGING  
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## PROGRAMS

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Submit a Story

HOME > PROGRAMS > FIND A PROGRAM > SUBMIT A PROGRAM

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## Submit a Program

Organization Name (required)

City

ZIP Code

Website URL

What evidence-based programs do you administer? Check all that apply.

- A Matter of Balance
- Active Living Every Day
- Arthritis Foundation Exercise Program
- Arthritis Foundation Tai Chi
- Arthritis Foundation Walk with Ease
- Arthritis Self-Management
- Better Choices, Better Health - Online Chronic Disease Self-Management Program
- Better Choices Better Health-Arthritis
- Better Choices Better Health-Diabetes
- Community Care Transitions Intervention
- Chronic Disease Self-Management (My Life, My Health)
- Chronic Pain Self-Management
- Diabetes Self-Management Program
- Enhance Fitness



over a decade's time. And, according to the national hunger-relief organization Feeding America, the number of food insecure seniors will increase by 50 percent when the youngest of the Baby Boom Generation reaches age 60 in 2025. [Continue reading →](#)



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## Blog

### Meet the Team Behind the Massachusetts Healthy Aging Data Report

🕒 January 23, 2014   📁 Data and Reports   ✎ Edit



The Healthy Aging research team at the Gerontology Institute of the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston is so excited to release [our research](#) reporting nearly 100 indicators for 367 communities in Massachusetts. For the first time ever, every city and town, plus the 16 Boston neighborhoods, have a unique report of healthy aging and can compare their scores to state averages. [Continue reading →](#)

💬 Leave a comment

### Visit the Redesigned Healthy Living Center of Excellence Website

🕒 January 22, 2014   📁 Programs   ✎ Edit



The Massachusetts Healthy Living Center of Excellence (HLCE) launched a redesigned website in January at [www.healthyliving4me.org](http://www.healthyliving4me.org). The new website makes it easier for older adults to learn about evidence-based healthy aging programs offered in their community and to register for upcoming workshops.

[Continue reading →](#)

💬 Leave a comment

### The Massachusetts Healthy Aging Collaborative is online!

🕒 January 21, 2014   📁 Collaborative News   ✎ Edit



Welcome to the new online home of the Massachusetts Healthy Aging Collaborative! We're thrilled to share this website with you today after many months of development. In 2012, members of the Collaborative identified the need for a website to facilitate year-round

# Join.

[www.mahealthyagingcollaborative.org](http://www.mahealthyagingcollaborative.org)

STEP 1

Create an  
account.



STEP 2

Find other  
members.



STEP 3

Join the  
discussion.



# Questions?

Fill out a question card, or send me an email: [ecostello@jsi.com](mailto:ecostello@jsi.com)