

2018 Massachusetts Healthy Aging Data Report

Older Adult Health in Every Community



Reporting on **179** health risk indicators in **379** communities

MASSACHUSETTS IS GETTING OLDER



About 15% of people in Massachusetts are **age 65+**, an increase of about 125,000 people since last report.

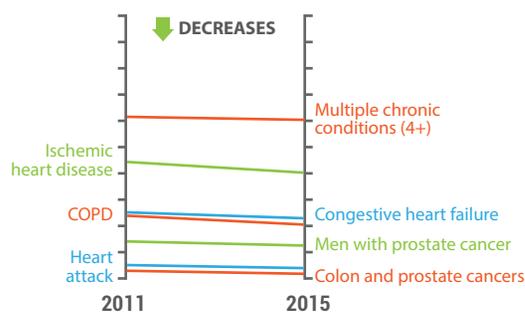
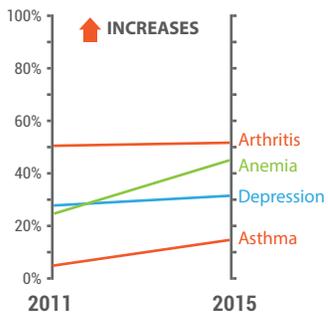
The older population in Massachusetts:

- Is more racially and ethnically **diverse**
- Has more **education**
- Has **higher incomes**, with more people earning \$50K+
- Is **younger**, with more 65-74-year-olds



Massachusetts is the 7th healthiest state for older people in the U.S., according to America's Health Rankings Senior Report. Still, there is room to improve!

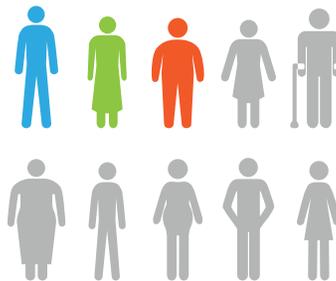
Health challenges are shifting



MENTAL HEALTH IS OVERLOOKED



Mental health is important at every stage of life. It includes **emotional, psychological, and social well-being**. It affects how we think, feel, and act. It influences how we handle stress, relate to others, and make choices.



6% of all Massachusetts residents 65+ years have some form of **substance use disorder**.

Rates vary widely across the state, from less than 4% to about 16%.



Higher rates were found in communities with relatively high levels of serious and chronic disease, crime, and older people living alone.



Lower rates were found in communities with higher percentages of older women of Asian descent.

3 out of every 10

older residents have ever been diagnosed with **depression** – the most commonly diagnosed mental health issue among older people.

BE A PART OF THE CHANGE



UNDERSTAND.

- Download your Community Profile at healthyagingdatareports.org.
- Educate yourself and others about the older people who live in your city or town.
- Compare your city or town to state averages.

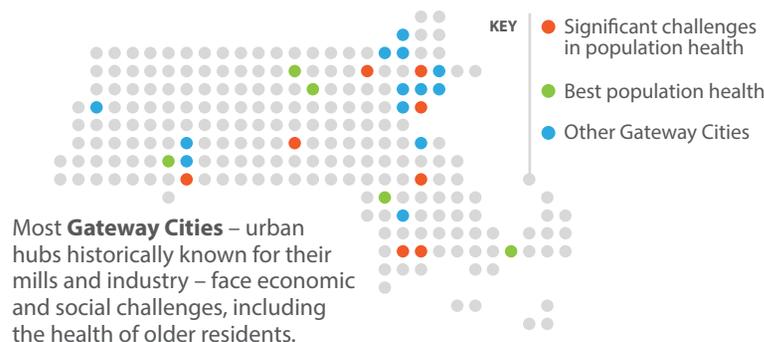


ENGAGE.

- Start a conversation.
- Bring older people, community organizations together.

WHERE YOU LIVE MATTERS

Many **rural communities** have higher percentages of people 65+ and limited access to care and transportation options.



ACT.

- Join the age-friendly movement.
- Prioritize community needs and resources.
- Collaborate with diverse partners and funders.

The 2015 data above reflect health for adults age 60+ or 65+ in Massachusetts.

Visit healthyagingdatareports.org for more.