

2025 Massachusetts Healthy Aging Data Report

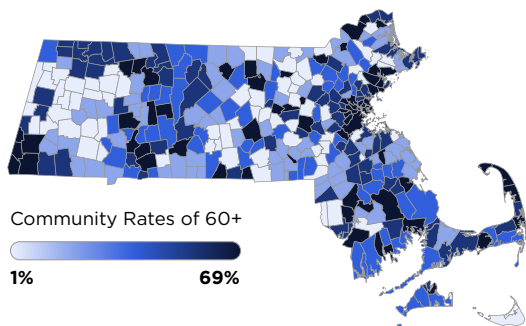
165 indicators for 386 communities



healthyagingdatareports.org/

More older adults in Massachusetts than ever

Opportunity to design planning and policy for everyone



1.6 Million

People in MA are 60+

24% of state population

Massachusetts' older population is becoming more diverse



58% Are between 65-74 years old



13% Are veterans of military service



16%+ Speak a language other than English at home



3.5% LGBT



37% Have a college, graduate or professional degree



Increases in Black, Asian, Hispanic, Other Race(s), and Native American populations

Where you live matters

Adults 65+



Condition	Lowest Rates	Highest Rates
Alzheimer's Disease and Related Dementias	6.69% Becket, Washington	25.54% Downtown Worcester
Diabetes	15% Manchester-by-the-Sea	48.98% Lawrence
Hypertension	54.01% Carlisle	84.46% Fall River
4+ Chronic Conditions	42.52% Carlisle	74.72% Fall River

Social Determinants of Health

For population 65+



Economic Security

43% live on <\$50k per year
22% employed in the last year



Housing Security

28% live alone
44% spend >35% of income on housing (renter)



Nutrition & Wellness

16% eat the recommended servings of fruit and vegetables per day
13% used food benefits (SNAP) in the last year



34% of the 65+ population with Kidney Disease — highest rate in New England



Positive Momentum

Age friendly progress is happening across the state in colleges and universities, health systems, and more.

2/3

of MA communities are working to become Age & Dementia Friendly

Together We Can Create Change



UNDERSTAND

- **Download** your community profile at: healthyagingdatareports.org
- **Educate** yourself and others about the indicators in your community
- **Compare** your community rates to state rates



ENGAGE

- **Encourage** participation in the age-friendly movement
- **Bring** people together to talk about the data
- **Think** about what your community needs to promote health for all ages



ACT

- **Get involved!** Contact [Massachusetts Healthy Aging Collaborative](#)
- **Use** data to inform your work
- **Identify** and build on what's working



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