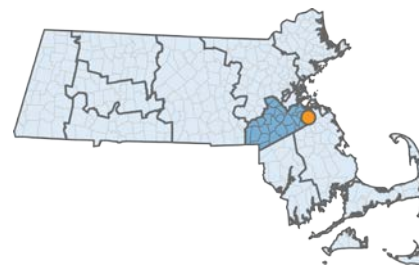


Weymouth (Norfolk)

Weymouth is city on the south shore with 8,233 residents aged 65 or older. The walkscore indicates that this is a car dependent community (37/100). Compared to state averages, older residents in Weymouth do better on 2 healthy aging indicators with lower rates of glaucoma and osteoporosis. However, older residents of Weymouth do worse than state average on some other healthy aging indicators with higher rates of stroke, COPD, ischemic heart disease, congestive heart failure, colon cancer, and annual inpatient hospital stays. Community resources to promote healthy aging include: Massachusetts Department of Public Health Walking Club, Mass in Motion, Department of Elder Services, a Council on Aging, an arts and/or cultural department, and lifelong learning opportunities/area college.



POPULATION COMPOSITION ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages	53,743	6,547,629
Population 65 years or older as % of total population	15.4%	13.7%
Total population 65 years or older	8,233	891,303
% 65-74 years	48.1%	49.8%
% 75-84 years	40.4%	34.3%
% 85 years or older	11.5%	15.8%
<i>Living Situation (65+ population)</i>		
% living alone	34.1%	32.0%
<i>Gender (65+ population)</i>		
% female	60.3%	58.5%
<i>Race/Ethnicity (65+ population)</i>		
% White	97.4%	91.5%
% African American	0.2%	3.8%
% Asian	1.7%	2.7%
% Other	0.7%	2.1%
% Hispanic/Latino	0.2%	2.9%
<i>Marital Status (65+ population)</i>		
% married	45.2%	50.9%
% divorced/separated	11.7%	11.7%
% widowed	33.5%	30.2%
% never married	9.6%	7.3%
<i>Education (65+ population)</i>		
% with less than high school education	15.5%	20.4%
% with high school or some college	68.8%	54.5%
% with college degree	15.7%	25.1%
<i>Medicare (65+ population)</i>		
% Medicare managed care enrollees	15.8%	21.2%
% dually eligible for Medicare and Medicaid	11.3%	15.9%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
PHYSICAL/MENTAL HEALTH²			
% with self-reported fair or poor health status		18.6%	20.7%
% injured with a fall in last 3 months		4.6%	5.1%
% with 15+ physically unhealthy days last month		11.3%	14.0%
% disabled for a year or more		31.1%	31.0%
Age-sex adjusted 1-year mortality rate		5.2%	4.7%
% with 15+ days poor mental health last month		6.0%	6.7%
% satisfied with life		95.6%	95.8%
% receiving adequate emotional support		80.7%	80.7%
% ever diagnosed with depression		29.3%	28.6%
CHRONIC DISEASE³			
% with Alzheimer's disease or related dementias		13.5%	14.4%
% with diabetes		31.9%	32.1%
% with stroke	W	13.7%	12.6%
% with chronic obstructive pulmonary disease (COPD)	W	29.1%	23.3%
% with hypertension		78.2%	77.5%
% ever had a heart attack		4.9%	5.0%
% with ischemic heart disease	W	48.0%	44.1%
% with congestive heart failure	W	28.5%	24.8%
% with osteoarthritis/rheumatoid arthritis		50.1%	50.2%
% ever had hip fracture		4.1%	3.9%
% with glaucoma	B	21.3%	25.1%
% women with breast cancer		11.1%	10.3%
% with colon cancer	W	3.9%	3.3%
% men with prostate cancer		15.2%	14.6%
% with lung cancer		2.4%	2.1%
% with osteoporosis	B	20.5%	21.7%
% with 4+ chronic conditions (of 14)	W	60.9%	58.6%
% with no chronic conditions (of 14)		8.7%	8.2%
% with complete tooth loss		38.1%	35.9%
NUTRITION/DIET⁴			
% with 5 or more servings of fruit or vegetables per day		23.1%	24.9%
% obese		23.1%	22.6%
% current smokers		8.2%	9.1%
% excessive drinking		12.0%	9.2%

HEALTHY AGING INDICATORS		BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
ACCESS TO CARE⁵				
% with a regular doctor			95.0%	96.2%
% did not see doctor when needed due to cost			4.0%	3.7%
# dentists per 100,000 persons (all ages)			108	85
SERVICE UTILIZATION⁶				
Inpatient hospital stays/1000 persons 65+ years per year		*	390	354
Inpatient hospital readmissions (as % of admissions)			18.0%	17.8%
Skilled nursing facility stays/1000 persons 65+ years per year			127	117
Home health visits per year			4.3	4.2
Physician visits per year		*	8.3	7.6
Durable medical equipment claims per year			2.1	2.1
Emergency room visits/1000 persons 65+ years per year			647	646
Part D monthly prescription fills per person per year			53.1	52.7
WELLNESS and PREVENTION⁷				
% any physical activity last month			71.7%	72.4%
% mammogram within last 2 years (women)			82.6%	85.4%
% colorectal cancer screening			67.2%	65.6%
% cholesterol screening			96.6%	95.8%
% flu shot past year			69.8%	67.8%
% pneumonia vaccine			63.5%	60.8%
% shingles vaccine			17.8%	14.9%
% with physical exam in past year			90.6%	90.2%
% with annual dental exam			78.1%	76.1%
COMMUNITY VARIABLES⁸			COMMUNITY ESTIMATE	STATE ESTIMATE
<i>Walkability of Community</i>				
Walkability score (0-100)		Car Dependent	37.0	52.6
Access to groceries (0-20)			1.2	12.0
Access to restaurants (0-20)			10.9	11.3
Access to shopping (0-15)			0.4	6.1
Access to coffee shops (0-15)			0.6	6.7
Access to schools (0-6)			4.8	4.2
Access to parks (0-6)			5.8	4.8
Access to bookstores (0-6)			0.2	1.6
Access to entertainment (0-6)			0.0	2.3
Access to banking (0-6)			2.7	3.5
Average block length in feet (good, fair, poor)		Good	469	643
# of intersections per square mile (good, fair, poor)		Poor	93	105

HEALTHY AGING INDICATORS		COMMUNITY ESTIMATE	STATE ESTIMATE
SAFETY ⁹			
Violent crime rate / 100,000 persons		338	428
Property crime rate / 100,000 persons		1,751	2,259
ECONOMIC VARIABLES ¹⁰			
Household income (65+ householder)			
% households with annual income < \$20,000		23.3%	28.4%
	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE	RATIO OF COUNTY TO STATE
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,912	\$23,808	1.05
Single, renter, good health	\$30,096	\$27,924	1.08
Couple, homeowner without mortgage, good health	\$36,864	\$35,532	1.04
Couple, renter, good health	\$42,048	\$39,648	1.06

See our technical report 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. Hence 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 community 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 *.

Explanatory Notes:

¹ Total population estimates are from the 2010 Census and are reported for individual cities/towns and subareas within Boston. Medicare managed care and dual eligible 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 the same aggregated geographic area. All other estimates are from the 2007-2011 American Community Survey (ACS) and are reported for individual cities/towns and subareas within Boston. Percentages may not add up to 100% due to rounding error.

² Mortality and depression rates were estimated from 2010-2011 CMS MBSF data for 311 geographic areas (see note 1). The 2007-2011 Behavioral Risk Factor Surveillance System (BRFSS) is the source for all other 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.

³ The tooth loss rate was estimated for 33 areas from BRFSS data (see note 2). All other rates were estimated for 311 areas from CMS MBSF data (see note 1)

⁴ All rates were estimated for 33 areas from BRFSS data (see note 2).

⁵ Rates for access to doctors were estimated for 33 areas from BRFSS data (see note 2). Dentist supply estimates for 2010 were from the Area Resource File for 14 counties. The same rate is reported for all cities/towns within the same county.

⁶ All rates were estimated for 311 areas from CMS MBSF data (see note 2).

⁷ All rates were estimated for 33 areas from BRFSS data (see note 2).

⁸ Estimates were downloaded from <http://www.walkscore.com/> in July-August, 2013 using the finder term "city/town name, Massachusetts." Estimates are reported for 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.

⁹ 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.

¹⁰ 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. 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.