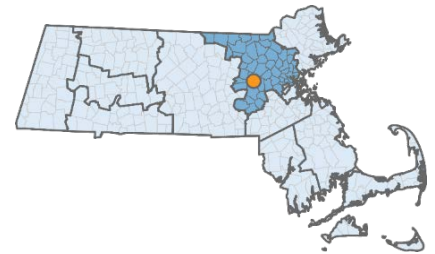


Sudbury (Middlesex)

Sudbury is a town in Boston's metrowest area with 2,713 residents aged 65 or older. The transit score suggests that there is minimal transit (0/10). Compared to state averages, older residents do better on many indicators of healthy aging with lower rates of tooth loss, obesity, high cholesterol, anxiety disorders, post-traumatic stress disorder, substance use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, congestive heart failure, peripheral vascular disease, anemia, chronic kidney disease, fibromyalgia, glaucoma, and visual impairment. They are more likely to get recommended hours of sleep, live in a non-smoking home, have a regular doctor, and have an annual dental exam. Community resources to promote healthy aging include a Council on Aging walking club and a Parks and Recreation department. Sudbury has one memory café and has been designated both a Dementia-Friendly Community and an Age-Friendly community.



POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		18,594	6,742,143
Population 60 years or older as % of total population		21.1%	21.2%
Total population 60 years or older		3,917	1,428,144
Population 65 years or older as % of total population		14.6%	15.1%
Total population 65 years or older		2,713	1,016,679
% 65-74 years		62.1%	55.3%
% 75-84 years		26.6%	29.4%
% 85 years or older		11.2%	15.2%
Gender (65+ population)			
% female		49.6%	57.2%
Race/Ethnicity (65+ population)			
% White		93.1%	90.0%
% African American		0.1%	4.3%
% Asian		5.6%	3.2%
% Other		1.3%	2.5%
% Hispanic/Latino		0.3%	3.8%
Marital Status (65+ population)			
% married		72.5%	52.5%
% divorced/separated		8.7%	14.0%
% widowed		15.4%	25.5%
% never married		3.5%	8.0%
Education (65+ population)			
% with less than high school education		4.0%	16.5%
% with high school or some college		35.3%	52.6%
% with college degree		60.7%	30.9%
% of 60+ LGBT (county)		3.1%	3.2%
% of 65+ population living alone		16.5%	30.2%
% of 65+ population who speak only English at home		89.1%	83.3%
% of 65+ population who are veterans of military service		15.4%	18.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.2%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		4.4%	3.6%
% moved from different county in Massachusetts		1.0%	1.1%
% moved from different state		1.9%	0.8%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		74.9%	73.3%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	27.7%
% 60+ met CDC guidelines for aerobic physical activity		63.4%	56.8%
% 60+ met CDC guidelines for both types of physical activities		25.6%	20.8%
% 60+ getting recommended hours of sleep	B	70.1%	62.7%
% 60+ injured in a fall within last 12 months		8.8%	10.6%
% 65+ had hip fracture		3.1%	3.7%
% 60+ with self-reported fair or poor health status		16.5%	18.0%
% 60+ with 15+ physically unhealthy days last month		8.3%	12.7%
% 60+ with physical exam/check-up in past year		91.3%	89.3%
% 60+ met CDC preventive health screening goals		39.6%	35.0%
% 60+ flu shot past year		61.2%	60.8%
% 65+ with pneumonia vaccine		72.7%	72.0%
% 60+ with shingles vaccine		44.5%	39.7%
% 60+ with cholesterol screening		97.8%	95.7%
% 60+ women with a mammogram within last 2 years		88.9%	84.8%
% 60+ with colorectal cancer screening		62.9%	63.3%
% 60+ with HIV test		15.7%	15.6%
% 60+ current smokers		5.3%	8.5%
% 60+ living in a home where smoking is not allowed	B	91.8%	84.7%
Oral Health			
% 60+ with loss of 6 or more teeth	B	19.4%	32.5%
% 60+ with annual dental exam	B	86.3%	77.5%
# of dentists per 100,000 persons (all ages)		156	84
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		25.7%	21.5%
% 60+ self-reported obese		20.0%	23.1%
% 65+ clinically diagnosed obese	B	14.4%	19.0%
% 65+ with high cholesterol	B	68.8%	75.0%
% 60+ excessive drinking		6.2%	9.3%
% 65+ with poor supermarket access		74.0%	29.3%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE¹	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		4.7%	7.0%
% 65+ with depression		30.8%	31.5%
% 65+ with anxiety disorders	B	22.4%	25.4%
% 65+ with bipolar disorders		3.7%	4.5%
% 65+ with post-traumatic stress disorder	B	1.1%	1.8%
% 65+ with schizophrenia & other psychotic disorders		6.6%	5.9%
% 65+ with personality disorders		1.9%	1.4%
# opioid deaths (all ages)		0	1,873
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	5.0%	6.6%
% 65+ with tobacco use disorders	B	5.0%	10.2%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		14.9%	13.6%
% 65+ with diabetes	B	22.0%	31.7%
% 65+ with stroke		11.5%	12.0%
% 65+ with chronic obstructive pulmonary disease	B	15.8%	21.5%
% 65+ with asthma		13.4%	15.0%
% 65+ with hypertension	B	66.7%	76.2%
% 65+ ever had a heart attack		4.0%	4.6%
% 65+ with ischemic heart disease		37.6%	40.2%
% 65+ with congestive heart failure	B	16.5%	22.4%
% 65+ with atrial fibrillation		14.2%	15.9%
% 65+ with peripheral vascular disease	B	14.2%	19.4%
% 65+ with osteoarthritis/rheumatoid arthritis		52.3%	52.4%
% 65+ with osteoporosis		19.4%	20.7%
% 65+ with leukemias and lymphomas		3.0%	2.3%
% 65+ with lung cancer		1.8%	2.1%
% 65+ with colon cancer		2.5%	2.9%
% 65+ women with breast cancer		12.6%	10.9%
% 65+ women with endometrial cancer		2.6%	1.9%
% 65+ men with prostate cancer		16.0%	13.8%
% 65+ with benign prostatic hyperplasia		41.8%	40.9%
% 65+ with HIV/AIDS	*	0.1%	0.2%
% 65+ with hypothyroidism		19.7%	21.1%
% 65+ with anemia	B	43.1%	46.6%
% 65+ with chronic kidney disease	B	23.2%	27.3%
% 65+ with liver diseases		8.1%	8.6%
% 65+ with fibromyalgia, chronic pain and fatigue	B	17.2%	19.8%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE¹	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.9%	4.6%
% 65+ with epilepsy		3.0%	2.9%
% 65+ with traumatic brain injury		1.7%	1.5%
% 65+ with autism spectrum disorders		0.1%	0.1%
% 65+ with glaucoma	B	23.4%	25.7%
% 65+ with cataract		67.7%	65.4%
% 65+ with pressure ulcer or chronic ulcer		8.7%	8.5%
% 65+ with 4+ (out of 15) chronic conditions	B	51.9%	60.7%
% 65+ with 0 chronic conditions	B	9.1%	7.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		7.8%	14.2%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.8%	16.1%
% 65+ with self-reported vision difficulty		1.7%	5.8%
% 65+ with clinical diagnosis of blindness or visual impairment	B	1.0%	1.5%
% 65+ with self-reported cognition difficulty		1.9%	8.3%
% 65+ with self-reported ambulatory difficulty		9.3%	20.2%
% 65+ with clinical diagnosis of mobility impairments		4.3%	3.9%
% 65+ with self-reported self-care difficulty		2.7%	7.9%
% 65+ with self-reported independent living difficulty		5.0%	14.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		23.5%	23.1%
% dually eligible for Medicare and Medicaid	*	8.0%	16.7%
% 60+ with a regular doctor	B	98.4%	96.4%
% 60+ who did not see doctor when needed due to cost	B	1.8%	4.1%
# of primary care providers within 5 miles		22	10,333
# of hospitals within 5 miles		0	66
# of nursing homes within 5 miles		3	399
# of home health agencies		26	299
# of community health centers		0	116
# of adult day health centers		0	131
# of memory cafes		1	95
# of dementia-related support groups		0	136
SERVICE UTILIZATION			
Physician visits per year		7.8	7.8
Emergency room visits/1000 persons 65+ years per year	*	519	639

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Part D monthly prescription fills per person per year	*	46.0	52.4
Home health visits per year	*	2.8	4.0
Durable medical equipment claims per year	*	1.4	1.9
Inpatient hospital stays/1000 persons 65+ years per year	*	219	294
Medicare inpatient hospital readmissions (as % of admissions)		21.4%	17.9%
# skilled nursing facility stays/1000 persons 65+ years per year		92	106
# skilled nursing home Medicare beds/1000 persons 65+ years		88	43
% 65+ getting Medicaid long term services and supports		4.7%	4.9%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
Age-friendly efforts in community		Yes	Yes
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
Open space in community		22.9%	18.0%
Walkability score of community (0-100)		28	N/A
% of grandparents raising grandchildren		0.2%	0.8%
% of grandparents who live with grandchildren		1.5%	2.9%
# of assisted living sites		1	238
% of vacant homes in community		2.8%	9.8%
# of universities and community colleges		0	163
# of public libraries		1	470
# of YMCAs		0	83
% in county with access to broadband (all ages)		98.0%	97.0%
% 60+ who used Internet in last month	*	81.0%	71.3%
Voter participation rate in 2016 presidential election (age 18+)		79.1%	71.3%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		5	396
Homicide rate /100,000 persons (county)		1	2
# firearm fatalities (county)		145	1,126
Property crime rate /100,000 persons		394	1,825
% of licensed drivers who are age 61+		28.4%	28.7%
% 65+ who own a motor vehicle		92.5%	82.4%
% 60+ who always drive wearing a seatbelt	B	93.4%	86.3%
# of fatal crashes involving adult age 60+/town		4	529
# of fatal crashes involving adult age 60+/county		86	529
Total # of all crashes involving adult age 60+/town		269	132,351
# of senior transportation providers		11	324
# of medical transportation services for older people		12	268
# of nonmedical transportation services for older people		28	252
Summary transportation performance score		0.1	N/A

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.9%	8.7%
% 60+ receiving food stamps past year		2.6%	12.3%
% 65+ employed past year		32.2%	24.3%
Household income (65+ householder)			
% households with annual income < \$20,000		12.7%	23.6%
% households with annual income \$20,000-\$49,999		18.1%	32.5%
% households with annual income > \$50,000		69.2%	43.9%
% 60+ own home		87.0%	72.7%
% 60+ have mortgage on home		44.7%	34.1%
% 65+ households spend >35% of income on housing (renter)		1.5%	11.6%
% 65+ households spend >35% of income on housing (owner)		29.9%	20.4%
COST OF LIVING	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,056	\$24,636	1.02
Single, renter, good health	\$29,184	\$28,248	1.03
Couple, homeowner without mortgage, good health	\$35,688	\$36,168	0.99
Couple, renter, good health	\$39,816	\$39,780	1.00

TECHNICAL NOTES

*See our technical report (online at <http://mahealthyagingcollaborative.org/data-report/explore-the-profiles/data-sources-and-methods/#technical>) for comprehensive information on data sources, measures, 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 community and state estimates that we are confident are not due to chance. “Better” is used where a higher/lower value has positive implications for the health of older residents. “Worse” is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear we use an *.

General Notes

We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 379 geographic units (i.e., every Massachusetts city/town and 16 Boston neighborhoods, 6 Worcester neighborhoods, and 6 Springfield neighborhoods). For example, the population characteristics and information from the US Census were reported for all 379 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 310 geographic units. For less prevalent conditions we report for 201 geographic units. For the BRFSS data we report for 41 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 18 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources. The Technical Report describes the all of the data sources for the report, but three to note are: (1) the American Community Survey (2012-2016); (2) Centers for Medicare and Medicaid Services Master Beneficiary Summary File (2014-2015); and (3) The Behavioral Risk Factor Surveillance System (2010-2015).

Healthy Aging Data Report Team. Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuang Shuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. We thank our Advisory Committee members for contributing ideas and advice on how to make the Data Report best address the needs of Massachusetts. We thank our colleagues at JSI for their continued partnership. Questions or suggestions? Beth.dugan@umb.edu