Essex (Essex)

TUFTS
Health Plan
FOUNDATION
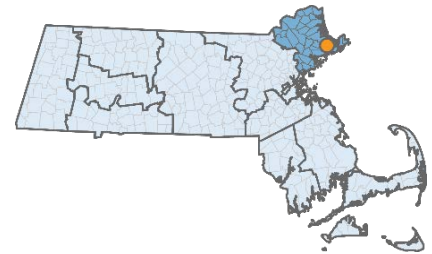
Essex is a rural community located on the Essex River on Boston's north shore. The transit score suggests that there is minimal transit (0/10). Compared to state averages, older residents of Essex fare better on several healthy aging indicators with lower rates of hip fracture, tooth loss, obesity, schizophrenia and other psychotic disorders, tobacco use disorder, diabetes, stroke, chronic obstructive pulmonary disease, ischemic heart disease, congestive heart failure, osteoporosis, hypothyroidism, anemia, epilepsy, ulcers, visual impairment, and mobility impairment. However, they have a higher rate of migraine and other chronic headaches. Community resources to promote healthy aging are a Council on Aging walking club and a cultural council. Essex is a designated Age-Friendly Community.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		3,632	6,742,143
Population 60 years or older as % of total population		26.8%	21.2%
Total population 60 years or older		974	1,428,144
Population 65 years or older as % of total population		17.6%	15.1%
Total population 65 years or older		640	1,016,679
% 65-74 years		65.6%	55.3%
% 75-84 years		25.0%	29.4%
% 85 years or older		9.4%	15.2%
Gender (65+ population)			
% female		48.3%	57.2%
Race/Ethnicity (65+ population)			
% White		94.2%	90.0%
% African American		0.0%	4.3%
% Asian		3.4%	3.2%
% Other		2.3%	2.5%
% Hispanic/Latino		1.1%	3.8%
Marital Status (65+ population)			
% married		61.6%	52.5%
% divorced/separated		15.8%	14.0%
% widowed		20.5%	25.5%
% never married		2.2%	8.0%
Education (65+ population)			
% with less than high school education		8.8%	16.5%
% with high school or some college		55.9%	52.6%
% with college degree		35.3%	30.9%
% of 60+ LGBT (county)		2.8%	3.2%
% of 65+ population living alone		24.8%	30.2%
% of 65+ population who speak only English at home		92.7%	83.3%
% of 65+ population who are veterans of military service		20.6%	18.8%
Age-sex adjusted 1-year mortality rate		4.2%	4.2%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.1%	3.6%
% moved from different county in Massachusetts		0.0%	1.1%
% moved from different state		0.0%	0.8%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month	B	82.1%	73.3%
% 60+ met CDC guidelines for muscle-strengthening activity		34.4%	27.7%
% 60+ met CDC guidelines for aerobic physical activity		62.3%	56.8%
% 60+ met CDC guidelines for both types of physical activities		25.4%	20.8%
% 60+ getting recommended hours of sleep		66.5%	62.7%
% 60+ injured in a fall within last 12 months		9.6%	10.6%
% 65+ had hip fracture	B	2.9%	3.7%
% 60+ with self-reported fair or poor health status		15.1%	18.0%
% 60+ with 15+ physically unhealthy days last month		11.8%	12.7%
% 60+ with physical exam/check-up in past year		89.0%	89.3%
% 60+ met CDC preventive health screening goals		37.4%	35.0%
% 60+ flu shot past year		62.1%	60.8%
% 65+ with pneumonia vaccine		67.7%	72.0%
% 60+ with shingles vaccine		41.0%	39.7%
% 60+ with cholesterol screening		94.3%	95.7%
% 60+ women with a mammogram within last 2 years		88.7%	84.8%
% 60+ with colorectal cancer screening		64.1%	63.3%
% 60+ with HIV test		14.5%	15.6%
% 60+ current smokers		6.8%	8.5%
% 60+ living in a home where smoking is not allowed		83.9%	84.7%
Oral Health			
% 60+ with loss of 6 or more teeth	B	23.6%	32.5%
% 60+ with annual dental exam		79.2%	77.5%
# of dentists per 100,000 persons (all ages)		55	84
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		24.2%	21.5%
% 60+ self-reported obese		19.1%	23.1%
% 65+ clinically diagnosed obese	B	12.3%	19.0%
% 65+ with high cholesterol		72.2%	75.0%
% 60+ excessive drinking		11.5%	9.3%
% 65+ with poor supermarket access		100.0%	29.3%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.2%	7.0%
% 65+ with depression		27.7%	31.5%
% 65+ with anxiety disorders		22.2%	25.4%
% 65+ with bipolar disorders		4.2%	4.5%
% 65+ with post-traumatic stress disorder		1.8%	1.8%
% 65+ with schizophrenia & other psychotic disorders	B	5.1%	5.9%
% 65+ with personality disorders		1.3%	1.4%
# opioid deaths (all ages)		0	1,873
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.6%	6.6%
% 65+ with tobacco use disorders	B	6.4%	10.2%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		11.4%	13.6%
% 65+ with diabetes	B	23.3%	31.7%
% 65+ with stroke	B	8.4%	12.0%
% 65+ with chronic obstructive pulmonary disease	B	12.5%	21.5%
% 65+ with asthma		12.4%	15.0%
% 65+ with hypertension		72.4%	76.2%
% 65+ ever had a heart attack		4.5%	4.6%
% 65+ with ischemic heart disease	B	33.0%	40.2%
% 65+ with congestive heart failure	B	13.7%	22.4%
% 65+ with atrial fibrillation		13.8%	15.9%
% 65+ with peripheral vascular disease		18.9%	19.4%
% 65+ with osteoarthritis/rheumatoid arthritis		47.7%	52.4%
% 65+ with osteoporosis	B	16.2%	20.7%
% 65+ with leukemias and lymphomas		2.5%	2.3%
% 65+ with lung cancer		1.9%	2.1%
% 65+ with colon cancer		2.8%	2.9%
% 65+ women with breast cancer		12.5%	10.9%
% 65+ women with endometrial cancer		1.9%	1.9%
% 65+ men with prostate cancer		15.6%	13.8%
% 65+ with benign prostatic hyperplasia		41.0%	40.9%
% 65+ with HIV/AIDS		0.1%	0.2%
% 65+ with hypothyroidism	B	15.8%	21.1%
% 65+ with anemia	B	41.0%	46.6%
% 65+ with chronic kidney disease		25.4%	27.3%
% 65+ with liver diseases		7.5%	8.6%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	19.8%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	W	5.4%	4.6%
% 65+ with epilepsy	B	2.3%	2.9%
% 65+ with traumatic brain injury		1.5%	1.5%
% 65+ with autism spectrum disorders	*	0.0%	0.1%
% 65+ with glaucoma		23.2%	25.7%
% 65+ with cataract		65.8%	65.4%
% 65+ with pressure ulcer or chronic ulcer	B	5.6%	8.5%
% 65+ with 4+ (out of 15) chronic conditions	B	53.5%	60.7%
% 65+ with 0 chronic conditions		8.2%	7.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		11.6%	14.2%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.1%	16.1%
% 65+ with self-reported vision difficulty		2.2%	5.8%
% 65+ with clinical diagnosis of blindness or visual impairment	B	1.1%	1.5%
% 65+ with self-reported cognition difficulty		7.0%	8.3%
% 65+ with self-reported ambulatory difficulty		7.2%	20.2%
% 65+ with clinical diagnosis of mobility impairments	B	3.2%	3.9%
% 65+ with self-reported self-care difficulty		4.5%	7.9%
% 65+ with self-reported independent living difficulty		8.4%	14.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		24.3%	23.1%
% dually eligible for Medicare and Medicaid	*	9.6%	16.7%
% 60+ with a regular doctor		97.6%	96.4%
% 60+ who did not see doctor when needed due to cost		3.2%	4.1%
# of primary care providers within 5 miles		23	10,333
# of hospitals within 5 miles		0	66
# of nursing homes within 5 miles		0	399
# of home health agencies		9	299
# of community health centers		0	116
# of adult day health centers		0	131
# of memory cafes		0	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		540	639

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Part D monthly prescription fills per person per year	*	43.5	52.4
Home health visits per year	*	1.9	4.0
Durable medical equipment claims per year	*	1.3	1.9
Inpatient hospital stays/1000 persons 65+ years per year		232	294
Medicare inpatient hospital readmissions (as % of admissions)		11.6%	17.9%
# skilled nursing facility stays/1000 persons 65+ years per year	*	62	106
# skilled nursing home Medicare beds/1000 persons 65+ years		0	43
% 65+ getting Medicaid long term services and supports	*	2.8%	4.9%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
Age-friendly efforts in community		Yes	Yes
Air pollution: annual # of unhealthy days for 65+ (county)		3	N/A
Open space in community		12.6%	18.0%
Walkability score of community (0-100)		44	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		3.2%	2.9%
# of assisted living sites		0	238
% of vacant homes in community		10.1%	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)		99.0%	97.0%
% 60+ who used Internet in last month		74.7%	71.3%
Voter participation rate in 2016 presidential election (age 18+)		81.1%	71.3%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		0	396
Homicide rate /100,000 persons (county)		2	2
# firearm fatalities (county)		114	1,126
Property crime rate /100,000 persons		882	1,825
% of licensed drivers who are age 61+		33.4%	28.7%
% 65+ who own a motor vehicle		96.2%	82.4%
% 60+ who always drive wearing a seatbelt		87.6%	86.3%
# of fatal crashes involving adult age 60+/town		0	529
# of fatal crashes involving adult age 60+/county		49	529
Total # of all crashes involving adult age 60+/town		26	132,351
# of senior transportation providers		2	324
# of medical transportation services for older people		3	268
# of nonmedical transportation services for older people		6	252
Summary transportation performance score		0.0	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		10.0%	8.7%
% 60+ receiving food stamps past year		7.4%	12.3%
% 65+ employed past year		25.2%	24.3%
Household income (65+ householder)			
% households with annual income < $20,000		21.6%	23.6%
% households with annual income $20,000-$49,999		30.5%	32.5%
% households with annual income > $50,000		48.0%	43.9%
% 60+ own home		77.9%	72.7%
% 60+ have mortgage on home		41.7%	34.1%
% 65+ households spend >35% of income on housing (renter)		17.5%	11.6%
% 65+ households spend >35% of income on housing (owner)		19.8%	20.4%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,680	$24,636	1.04
Single, renter, good health	$29,748	$28,248	1.05
Couple, homeowner without mortgage, good health	$37,680	$36,168	1.04
Couple, renter, good health	$41,748	$39,780	1.05

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 <u>not</u> 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).