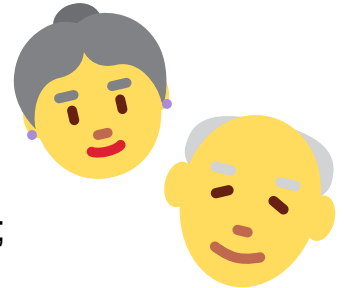


# Snapshot of Health for Seniors in Metrowest

Data approximated from [healthyagingdatareports.org](https://healthyagingdatareports.org) | See the **2018 Metrowest Summary Sheet**

## Among Metrowest Seniors...

- 1 in 40 decided to forgo a doctor's visit due to cost
- 1 in 20 struggle with substance misuse (alcohol and/or drugs)
- 1 in 12 were injured by a fall in the past year
- 1 in 10 do not get a regular physical exam
- 1 in 10 report poor physical health for more than half of the last month;
  - 1 in 20 report poor mental health in the same time frame
- 2 in 5 did not get a flu shot in the past year



For some illnesses and disabilities, prevalence varied widely depending on the community. Across communities, we see the greatest differences in the number of seniors with:

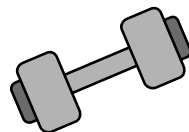
**hearing difficulties (5% - 21%)**

**vision difficulties (1% - 16%)**

**4+ chronic conditions (49% - 64%)**

**clinical diagnosis of obesity (10% - 25%)**

Check your community's specific data to see where you stand



## Compared to the state, Metrowest seniors...

Are less likely to:

Report difficulty walking or climbing stairs (15% vs 20%)

Spend most of the month in a physically unhealthy state (9% vs 13%)

Are more likely to:

Meet physical activity guidelines (aerobic, strength, or both)

Get annual dental exams (83% vs 78%)

(Metrowest counties have a greater # of dentists per 100,000 people – 119 vs 83!)



# Findings for the Region

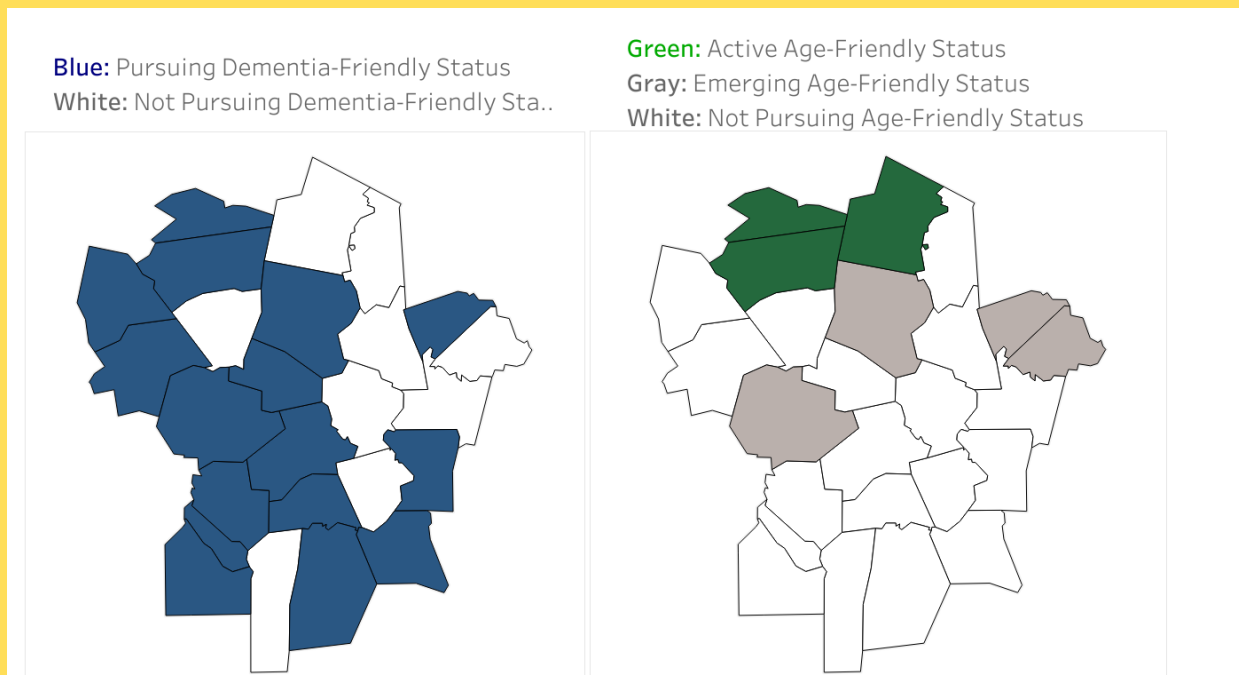


- Over 20,000 seniors 65+ were employed within the past year
- 3 in 5 seniors have at least 4 concurrent chronic conditions
- Metrowest seniors generally have screening rates better than or on par with the state
- 15.50% of seniors 65+ own or maintain a home with household income less than \$20,000/year; A single, healthy homeowner needs at least \$23,448 to maintain a "modest standard of living" in Metrowest
- Fewer than 1 in 4 seniors get 5+ servings of fruits and vegetables per day (23.09% or over 23,000 people)

## Areas for Growth

**1 memory cafe : 960 seniors\* | 1 support group : 565 seniors\***  
**\*with Alzheimer's or related dementia**

There are 10 memory cafes and 17 dementia caregiver support groups  
across the 25 Metrowest Communities



16 of 25 communities are pursuing "Dementia Friendly" status  
7 of 25 communities have achieved or are pursuing "Age-Friendly" status

Data approximated from [healthyagingdatareports.org](http://healthyagingdatareports.org)  
Massachusetts Healthy Aging Data Report, December 2018

See the **2018 Metrowest Summary Sheet** to learn more