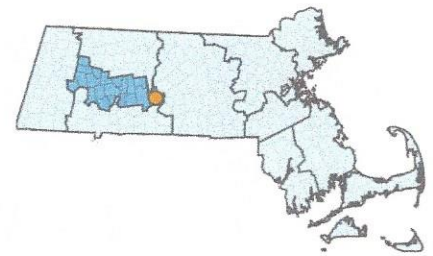


Ware (Hampshire)

Ware is a rural town located in the Springfield metropolitan Area and has 1,664 residents aged 65 or older. The transit score suggests that there is minimal transit (2/10). Compared to state averages, older residents of Ware do better on several healthy aging indicators with lower rates of schizophrenia/other psychotic disorders, Alzheimer's disease, asthma, peripheral vascular disease, breast cancer, prostate cancer, epilepsy, and traumatic brain injury. However, they have higher rates of glaucoma, ischemic heart disease, hypertension, diabetes, substance use disorder, tobacco use disorder, obesity, high cholesterol, and tooth loss. They are also less likely to engage in physical activity or have an annual dental exam. Community resources to promote healthy aging include a Council on Aging and an arts and/or cultural department.



POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		9,903	6,742,143
Population 60 years or older as % of total population		23.7%	21.2%
Total population 60 years or older		2,351	1,428,144
Population 65 years or older as % of total population		17.0%	15.1%
Total population 65 years or older		1,684	1,016,679
% 65-74 years		72.0%	55.3%
% 75-84 years		19.2%	29.4%
% 85 years or older		8.8%	15.2%
Gender (65+ population)			
% female		55.2%	57.2%
Race/Ethnicity (65+ population)			
% White		98.5%	90.0%
% African American		1.2%	4.3%
% Asian		0.0%	3.2%
% Other		0.2%	2.5%
% Hispanic/Latino		1.4%	3.8%
Marital Status (65+ population)			
% married		53.2%	52.5%
% divorced/separated		19.8%	14.0%
% widowed		17.9%	25.5%
% never married		9.0%	8.0%
Education (65+ population)			
% with less than high school education		15.0%	16.5%
% with high school or some college		68.6%	52.6%
% with college degree		16.4%	30.9%
% of 60+ LGBT (county)		4.7%	3.2%
% of 65+ population living alone		33.8%	30.2%
% of 65+ population who speak only English at home		88.2%	83.3%
% of 65+ population who are veterans of military service		26.3%	18.8%
Age-sex adjusted 1-year mortality rate		4.7%	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		0.4%	3.6%
% moved from different county in Massachusetts		4.1%	1.1%
% moved from different state		0.0%	0.8%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month	W	65.2%	73.3%
% 60+ met CDC guidelines for muscle-strengthening activity	W	20.7%	27.7%
% 60+ met CDC guidelines for aerobic physical activity		54.3%	56.8%
% 60+ met CDC guidelines for both types of physical activities		15.5%	20.8%
% 60+ getting recommended hours of sleep		60.6%	62.7%
% 60+ injured in a fall within last 12 months		8.5%	10.6%
% 65+ had hip fracture		3.0%	3.7%
% 60+ with self-reported fair or poor health status		21.8%	18.0%
% 60+ with 15+ physically unhealthy days last month		17.8%	12.7%
% 60+ with physical exam/check-up in past year		91.2%	89.3%
% 60+ met CDC preventive health screening goals		30.6%	35.0%
% 60+ flu shot past year		55.5%	60.8%
% 65+ with pneumonia vaccine		66.9%	72.0%
% 60+ with shingles vaccine		38.4%	39.7%
% 60+ with cholesterol screening		95.2%	95.7%
% 60+ women with a mammogram within last 2 years		82.6%	84.8%
% 60+ with colorectal cancer screening		57.3%	63.3%
% 60+ with HIV test		14.0%	15.6%
% 60+ current smokers		10.6%	8.5%
% 60+ living in a home where smoking is not allowed		85.7%	84.7%
Oral Health			
% 60+ with loss of 6 or more teeth	W	42.4%	32.5%
% 60+ with annual dental exam	W	65.2%	77.5%
# of dentists per 100,000 persons (all ages)		40	84
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.7%	21.5%
% 60+ self-reported obese		27.4%	23.1%
% 65+ clinically diagnosed obese	W	26.5%	19.0%
% 65+ with high cholesterol	W	80.4%	75.0%
% 60+ excessive drinking		7.1%	9.3%
% 65+ with poor supermarket access		41.6%	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		6.4%	7.0%
% 65+ with depression		30.1%	31.5%
% 65+ with anxiety disorders		26.8%	25.4%
% 65+ with bipolar disorders		3.8%	4.5%
% 65+ with post-traumatic stress disorder		2.7%	1.8%
% 65+ with schizophrenia & other psychotic disorders	B	4.3%	5.9%
% 65+ with personality disorders		1.0%	1.4%
# opioid deaths (all ages)		2	1,873
% 65+ with substance use disorders (drug use +/- alcohol abuse)	W	9.2%	6.6%
% 65+ with tobacco use disorders	W	14.0%	10.2%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	11.1%	13.6%
% 65+ with diabetes	W	36.0%	31.7%
% 65+ with stroke		13.0%	12.0%
% 65+ with chronic obstructive pulmonary disease		23.0%	21.5%
% 65+ with asthma	B	12.6%	15.0%
% 65+ with hypertension	W	80.6%	76.2%
% 65+ ever had a heart attack		4.5%	4.6%
% 65+ with ischemic heart disease	W	43.6%	40.2%
% 65+ with congestive heart failure		23.6%	22.4%
% 65+ with atrial fibrillation		16.7%	15.9%
% 65+ with peripheral vascular disease	B	16.7%	19.4%
% 65+ with osteoarthritis/rheumatoid arthritis		54.5%	52.4%
% 65+ with osteoporosis		19.1%	20.7%
% 65+ with leukemias and lymphomas		1.7%	2.3%
% 65+ with lung cancer		2.1%	2.1%
% 65+ with colon cancer		2.9%	2.9%
% 65+ women with breast cancer	B	7.5%	10.9%
% 65+ women with endometrial cancer		1.9%	1.9%
% 65+ men with prostate cancer	B	9.6%	13.8%
% 65+ with benign prostatic hyperplasia		40.9%	40.9%
% 65+ with HIV/AIDS		0.2%	0.2%
% 65+ with hypothyroidism		23.4%	21.1%
% 65+ with anemia		44.7%	46.6%
% 65+ with chronic kidney disease		29.0%	27.3%
% 65+ with liver diseases		7.3%	8.6%
% 65+ with fibromyalgia, chronic pain and fatigue		19.7%	19.8%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE¹	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		5.0%	4.6%
% 65+ with epilepsy	B	1.9%	2.9%
% 65+ with traumatic brain injury	B	0.7%	1.5%
% 65+ with autism spectrum disorders		0.1%	0.1%
% 65+ with glaucoma	W	31.6%	25.7%
% 65+ with cataract		64.1%	65.4%
% 65+ with pressure ulcer or chronic ulcer		8.5%	8.5%
% 65+ with 4+ (out of 15) chronic conditions	W	65.7%	60.7%
% 65+ with 0 chronic conditions		6.9%	7.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.6%	14.2%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.9%	16.1%
% 65+ with self-reported vision difficulty		3.7%	5.8%
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	1.5%
% 65+ with self-reported cognition difficulty		8.6%	8.3%
% 65+ with self-reported ambulatory difficulty		20.3%	20.2%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.9%
% 65+ with self-reported self-care difficulty		5.8%	7.9%
% 65+ with self-reported independent living difficulty		9.9%	14.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	27.4%	23.1%
% dually eligible for Medicare and Medicaid	*	14.5%	16.7%
% 60+ with a regular doctor		96.3%	96.4%
% 60+ who did not see doctor when needed due to cost		5.3%	4.1%
# of primary care providers within 5 miles		13	10,333
# of hospitals within 5 miles		1	66
# of nursing homes within 5 miles		0	399
# of home health agencies		20	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	*	8.3	7.8
Emergency room visits/1000 persons 65+ years per year	*	853	639

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Part D monthly prescription fills per person per year	*	49.4	52.4
Home health visits per year	*	2.4	4.0
Durable medical equipment claims per year		2.1	1.9
Inpatient hospital stays/1000 persons 65+ years per year		280	294
Medicare inpatient hospital readmissions (as % of admissions)		16.5%	17.9%
# skilled nursing facility stays/1000 persons 65+ years per year		99	106
# skilled nursing home Medicare beds/1000 persons 65+ years		0	43
% 65+ getting Medicaid long term services and supports	*	3.5%	4.9%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
Age-friendly efforts in community		Not yet	Yes
Air pollution: annual # of unhealthy days for 65+ (county)		4	N/A
Open space in community		4.3%	18.0%
Walkability score of community (0-100)		61	N/A
% of grandparents raising grandchildren		3.6%	0.8%
% of grandparents who live with grandchildren		4.2%	2.9%
# of assisted living sites		0	238
% of vacant homes in community		10.7%	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)		84.0%	97.0%
% 60+ who used Internet in last month	*	56.3%	71.3%
Voter participation rate in 2016 presidential election (age 18+)		67.8%	71.3%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		389	396
Homicide rate /100,000 persons (county)		0	2
# firearm fatalities (county)		21	1,126
Property crime rate /100,000 persons		1,857	1,825
% of licensed drivers who are age 61+		32.7%	28.7%
% 65+ who own a motor vehicle		93.8%	82.4%
% 60+ who always drive wearing a seatbelt		84.0%	86.3%
# of fatal crashes involving adult age 60+/town		0	529
# of fatal crashes involving adult age 60+/county		10	529
Total # of all crashes involving adult age 60+/town		271	132,351
# of senior transportation providers		1	324
# of medical transportation services for older people		1	268
# of nonmedical transportation services for older people		4	252
Summary transportation performance score		1.5	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		18.3%	8.7%
% 60+ receiving food stamps past year		12.4%	12.3%
% 65+ employed past year		18.6%	24.3%
Household income (65+ householder)			
% households with annual income < \$20,000		30.6%	23.6%
% households with annual income \$20,000-\$49,999		42.3%	32.5%
% households with annual income > \$50,000		27.1%	43.9%
% 60+ own home		75.2%	72.7%
% 60+ have mortgage on home		36.9%	34.1%
% 65+ households spend >35% of income on housing (renter)		7.6%	11.6%
% 65+ households spend >35% of income on housing (owner)		29.5%	20.4%
COST OF LIVING	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,976	\$24,636	0.97
Single, renter, good health	\$25,980	\$28,248	0.92
Couple, homeowner without mortgage, good health	\$36,360	\$36,168	1.01
Couple, renter, good health	\$38,364	\$39,780	0.96

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