The Maine Healthy Aging Data Report:
Tools to Advance Equity in Healthy Aging
2025

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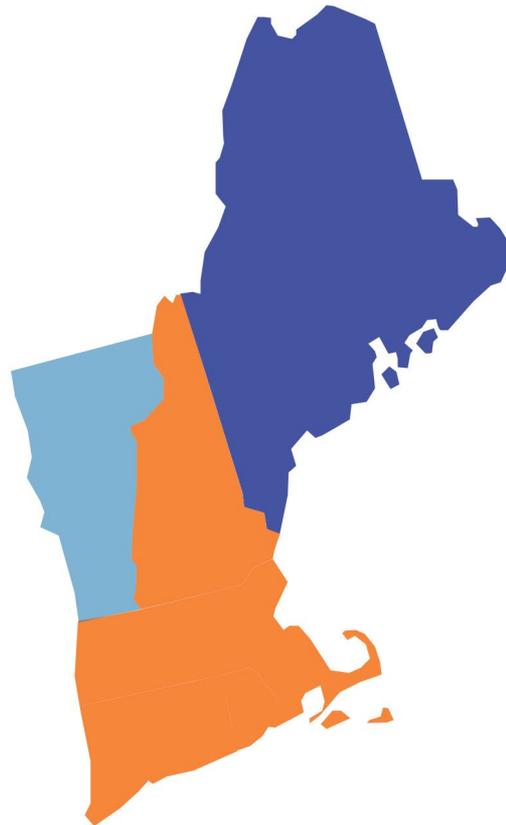
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www.healthyagingdatareports.org

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Help residents, agencies, providers and governments understand the older people who live in their cities and towns.

MAINE HEALTHY AGING DATA REPORT

265 community profiles
18 interactive maps
152 indicators

VIEW REPORT

Community Profiles

Cape Elizabeth (Cumberland)

Cape Elizabeth is a town in Cumberland County with 2,319 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of Alzheimer's disease or related dementias, anemia, benign prostatic hyperplasia, chronic kidney disease, chronic obstructive pulmonary disease (COPD), colon cancer, congestive heart failure (CHF), diabetes, heart attack, hypertension, ischemic heart disease, peripheral vascular disease, stroke, and tobacco use disorder. However, they have higher rates of breast cancer and cataract. Older residents in Cumberland County varied in obtaining preventive health screenings: residents 18 and older got annual physical exams (77.5%) and annual dental exams (73.2%), while 54.5% of men and 43.5% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. Community resources to support healthy aging include three primary care providers, and one public library.

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		9,519	1,366,949
Population 60 years or older as % of total population		32.7%	29.4%
Total population 60 years and older		3,115	402,170
Population 65 years or older as % of total population		24.4%	21.5%
Total population 65 years and older		2,319	293,488
% 65-74 years		63.8%	59.9%
% 75-84 years		25.3%	28.5%
% 85 years or older		10.9%	11.6%
% 65+ population who are female		57.8%	54.3%
% 85+ population who are female		71.8%	64.8%
Race and ethnicity of the population 65+			
% White		96.6%	96.6%
% African American		0.0%	0.3%
% Asian		2.2%	0.5%
% Other race(s)		1.2%	2.5%
% Hispanic		1.1%	0.7%
# 55+ who are Native American / Alaskan		0	1,794
Marital status of the population 65+			
% married	*	72.2%	57.0%
% divorced/separated		12.8%	16.9%
% widowed	*	12.1%	20.6%
% never married		2.9%	5.6%
Education of the population 65+			
% with less than high school education	*	1.2%	7.6%
% with high school or some college	*	28.6%	59.0%
% with college degree		22.6%	18.3%
% with graduate or professional degree	*	47.6%	15.1%
% 65+ population who speak only English at home		96.6%	92.7%
% 65+ population who are veterans of military service		17.4%	18.4%

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POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone		21.2%	28.3%
Average household size (all ages)		2.5	2.3
Median house value (all ages)	*	$600,200	$244,800
% 60+ own home	*	93.4%	80.4%
% 60+ homeowners who have mortgage		44.1%	40.6%
% 65+ households (renter) spend >35% of income on housing		0.0%	35.2%
% 65+ households (owner) spend >35% of income on housing		30.4%	20.4%
% grandparents who live with grandchildren		1.0%	1.8%
# of assisted living sites		0	21
SOCIAL DETERMINANTS OF HEALTH			
COST OF LIVING			
Elder Index			
Single, homeowner without mortgage, good health (County)	1.05	$25,752	$24,528
Single, renter, good health (County)	1.15	$33,132	$28,704
Couple, homeowner without mortgage, good health (County)	1.02	$38,088	$37,380
Couple, renter, good health (County)	1.09	$45,468	$41,556
ECONOMIC			
% 60+ receiving food stamps in past year		5.1%	10.8%
% 65+ employed in past year		28.7%	18.8%
% 65+ with income below the poverty line in past year	*	2.3%	9.0%
Median annual income for households with a householder age 65+	*	$94,900	$49,828
% 65+ households with annual income < $20,000	*	2.2%	17.1%
% 65+ households with annual income $20,000-$49,999		25.1%	33.1%
% 65+ households with annual income $50,000-$99,999		26.4%	29.4%
% 65+ households with annual income $100,000+	*	46.3%	20.4%
WELLNESS			
% 18+ with less than 7 hours sleep (County)		29.0%	NA
% 18+ without leisure-time physical activity (County)		19.8%	NA
% 18+ with fair or poor self-reported health status (County)		10.8%	NA
% 18+ with 14+ physically unhealthy days (County)		9.1%	NA
COMMUNITY			
Annual # unhealthy days due to air pollution for 65+ (County)		3	NA
AARP Age-Friendly Communities		Not yet	Yes
# of public universities and community colleges		0	43
# of public libraries		1	260
# of senior centers		0	27
# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households with a smartphone (all ages)	*	93.7%	82.5%
% households with only a smartphone to access the Internet (all ages)	*	1.2%	6.4%
% households without a computer (all ages)	*	2.7%	7.1%
% households with access to Broadband (all ages)	*	95.8%	87.3%
% households without access to the Internet (all ages)	*	4.2%	12.3%

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SOCIAL DETERMINANTS OF HEALTH	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
Voter participation rate in 2020 election (age 18+)		79.9%	74.1%
Homicide rate/100,000 persons (County)		1.2	1.5
# firearm fatalities (all ages) (County)		104	770
# 65+ deaths by suicide (County)		42	290
Age-sex adjusted 1-year mortality rate	B	2.9%	4.2%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		95.3%	91.0%
# fatal crashes involving adult age 60+ (County)		29	251
AllTransit Score		NA	0.51
HEALTH OUTCOMES			
FALLS			
% 65+ with hip fracture		3.8%	3.1%
PREVENTION			
% 18+ with physical exam/check-up in past year (County)		77.5%	NA
% mammography use among women age 50-74 Years (County)		78.4%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		83.0%	NA
% 65+ men up to date on preventive services (County)		54.5%	NA
% 65+ women up to date on preventive services (County)		43.5%	NA
NUTRITION & DIET			
% 18+ with obesity (County)		26.3%	NA
% 65+ with high cholesterol		66.5%	69.5%
% 18+ with cholesterol screening (County)		63.3%	NA
ORAL HEALTH			
% 18+ with annual dental exam (County)		73.2%	NA
# dentists per 100,000 persons (all ages) (County)		90.4	47.2
% 65+ with complete tooth loss (County)		8.4%	NA
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.8%	11.0%
% 65+ with anemia	B	29.9%	38.1%
% 65+ with asthma		11.2%	11.8%
% 65+ with atrial fibrillation		12.9%	14.3%
% 65+ with benign prostatic hyperplasia (men)	B	28.1%	35.2%
% 65+ with breast cancer (women)	W	13.6%	9.6%
% 65+ with cataract	W	68.1%	60.4%
% 65+ with chronic kidney disease	B	21.1%	29.4%
% 65+ with chronic obstructive pulmonary disease	B	11.9%	20.9%
% 65+ with colon cancer	B	1.8%	2.1%
% 65+ with congestive heart failure	B	11.5%	18.1%
% 65+ with diabetes	B	18.4%	26.2%
% 65+ with endometrial cancer (women)		2.3%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue		36.0%	34.8%
% 65+ with glaucoma		22.5%	23.3%

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HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ ever had a heart attack	B	2.7%	6.1%
% 65+ with HIV/AIDS		0.20%	0.17%
% 65+ with hypertension	B	60.3%	67.1%
% 65+ with ischemic heart disease	B	23.6%	35.3%
% 65+ with liver disease		8.1%	10.2%
% 65+ with lung cancer		1.6%	1.8%
% 65+ with migraine and other chronic headache		7.8%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis		52.4%	51.5%
% 65+ with osteoporosis		17.8%	15.7%
% 65+ with peripheral vascular disease	B	12.2%	15.3%
% 65+ with pressure ulcer or chronic ulcer		5.9%	6.8%
% 65+ with prostate cancer (men)		11.3%	10.3%
% 65+ with stroke	B	5.8%	10.0%
% 65+ with 4+ (out of 15) chronic conditions	B	47.5%	55.5%
% 65+ with 0 chronic conditions		10.8%	12.4%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		426	2,080
% 65+ with substance use disorder		6.7%	8.7%
% 18+ excessive drinking (County)		18.4%	NA
% 65+ with tobacco use disorder	B	5.8%	13.6%
% 18+ current smokers (County)		11.5%	NA
MENTAL HEALTH			
% 18+ with 14+ days poor mental health (County)		13.7%	NA
% 65+ with depression		33.4%	34.8%
% 65+ with anxiety disorder		29.9%	30.7%
% 65+ with post-traumatic stress disorder		3.9%	3.9%
% 65+ with schizophrenia & other psychotic disorder		3.5%	3.2%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	*	5.3%	15.5%
% 65+ with self-reported vision difficulty		3.0%	4.6%
% 65+ with self-reported cognition difficulty		3.8%	7.5%
% 65+ with self-reported ambulatory difficulty	*	10.4%	17.8%
% 65+ with self-reported self-care difficulty		5.6%	5.2%
% 65+ with self-reported independent living difficulty		6.5%	10.5%
CAREGIVING			
# of Alzheimer's support groups		0	11
% grandparents raising grandchildren	*	0.00%	0.55%

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HEALTH OUTCOMES

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	4.1%	18.7%
% 65+ Medicare managed care enrollees		51.3%	50.3%
% 18-64 who lack health insurance (County)		6.2%	NA
# of primary care providers		3	2,199
# of hospitals		0	37
# of home health agencies		0	20
# of skilled nursing facilities		0	87
# of hospice agencies		0	14
# of community health centers		0	164
# of adult day health centers		0	33
SERVICE UTILIZATION			
# physician visits per year	*	7.0	4.7
# emergency room visits/1000 persons 65+ years annually	*	383.4	556.1
# Part D monthly prescription fills per person annually	*	40.8	49.8
# home health visits annually		1.6	1.7
# durable medical equipment claims annually		1.8	2.0
# inpatient hospital stays/1000 persons 65+ years annually	*	129.1	169.8
% Medicare inpatient hospital readmissions (as % of admissions)		9.5%	14.3%
# skilled nursing facility stays/1000 persons 65+ years annually		32.3	43.3
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	20.0
% 65+ getting Medicaid long term services and supports	*	1.0%	2.1%
% 65+ hospice users	*	2.0%	3.0%
% 65+ hospice users as % of decedents		60.5%	49.7%

NOTES

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TECHNICAL NOTES

*For more information on data sources, measures, and methodology used in the 2025 Maine Healthy Aging Data Report see our technical documentation at (healthyagingdatareports.org). For most indicators, the community and state values are 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. 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.

Data Sources:
- *Population Characteristics: The U.S. Census Bureau (American Community Survey (ACS)) 2018-2022.*
- *Housing: ACS, 2018-2022; Maine Home Care Association (MEHCA), 2023.*
- *Cost of Living: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston, 2023.*
- *Economic: ACS, 2018-2022.*
- *Wellness: Centers for Disease Control and Prevention (CDC; Behavioral Risk Factor Surveillance Survey (BRFSS)), 2020-2021.*
- *Community: AARP, 2023; ACS, 2018-2022; CDC WONDER, 2016-2020; The CMS Master Beneficiary Summary File ABCD/Other (CMS), 2020-2021; NECHE, 2023; State of Maine, 2023; Maine State Library, 2023; Maine Secretary of State, 2023; OLLI, 2023; U.S. EPA Air Compare, 2023.*
- *Transportation: ACS, 2018-2022; AllTransit™, 2023; NHTSA, 2018-2022.*
- *Falls: CMS, 2020-2021.*
- *Prevention: BRFSS, 2020-2021.*
- *Nutrition/Diet: BRFSS, 2020-2021; CMS, 2020-2021.*
- *Oral Health: BRFSS, 2020-2021; HRSA, 2023.*
- *Chronic Disease: CMS, 2020-2021.*
- *Behavioral Health: BRFSS, 2020-2021; CDC WONDER 2016-2020; CMS, 2020-2021.*
- *Mental Health: BRFSS, 2020-2021; CMS, 2020-2021.*
- *Living with Disability: ACS, 2018-2022.*
- *Caregiving: ACS, 2018-2022; Alzheimer's Association, 2023.*
- *Access to Care: BRFSS, 2020-2021; CMS, 2020-2021; HRSA, 2023; Medicare.gov, 2023; Maine.gov, 2023.*
- *Service Utilization: CMS, 2020-2021.*

<u>Healthy Aging Data Report Research Team (2025)</u>: Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Taylor Jansen PhD, Yan-Jhu Su, Yan Lin, Shan Qu, Tiffany Tang & Qian Song PhD, from the Gerontology Institute at the University of Massachusetts Boston. The Point32Health Foundation supported the research and provided important guidance.

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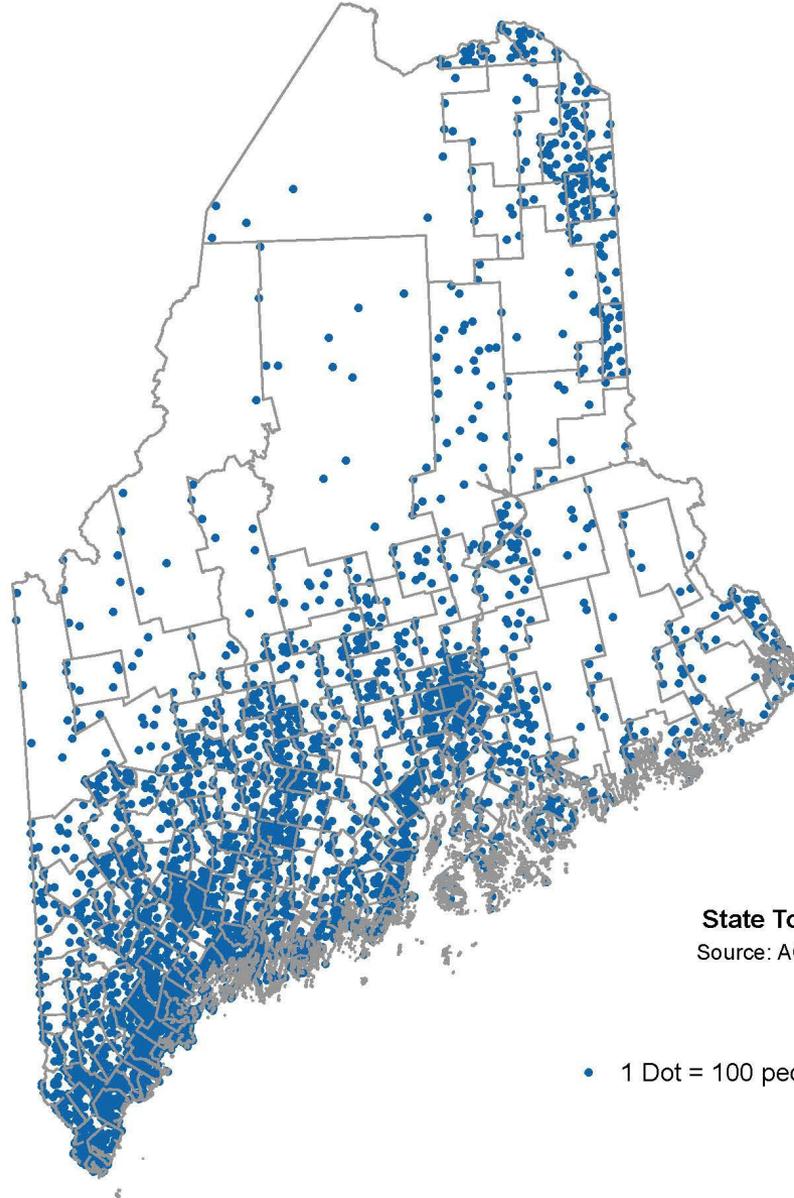
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State Maps

Map 3

Density of Population Age 60+ Years

State Total: 402,170
Source: ACS, 2018-2022

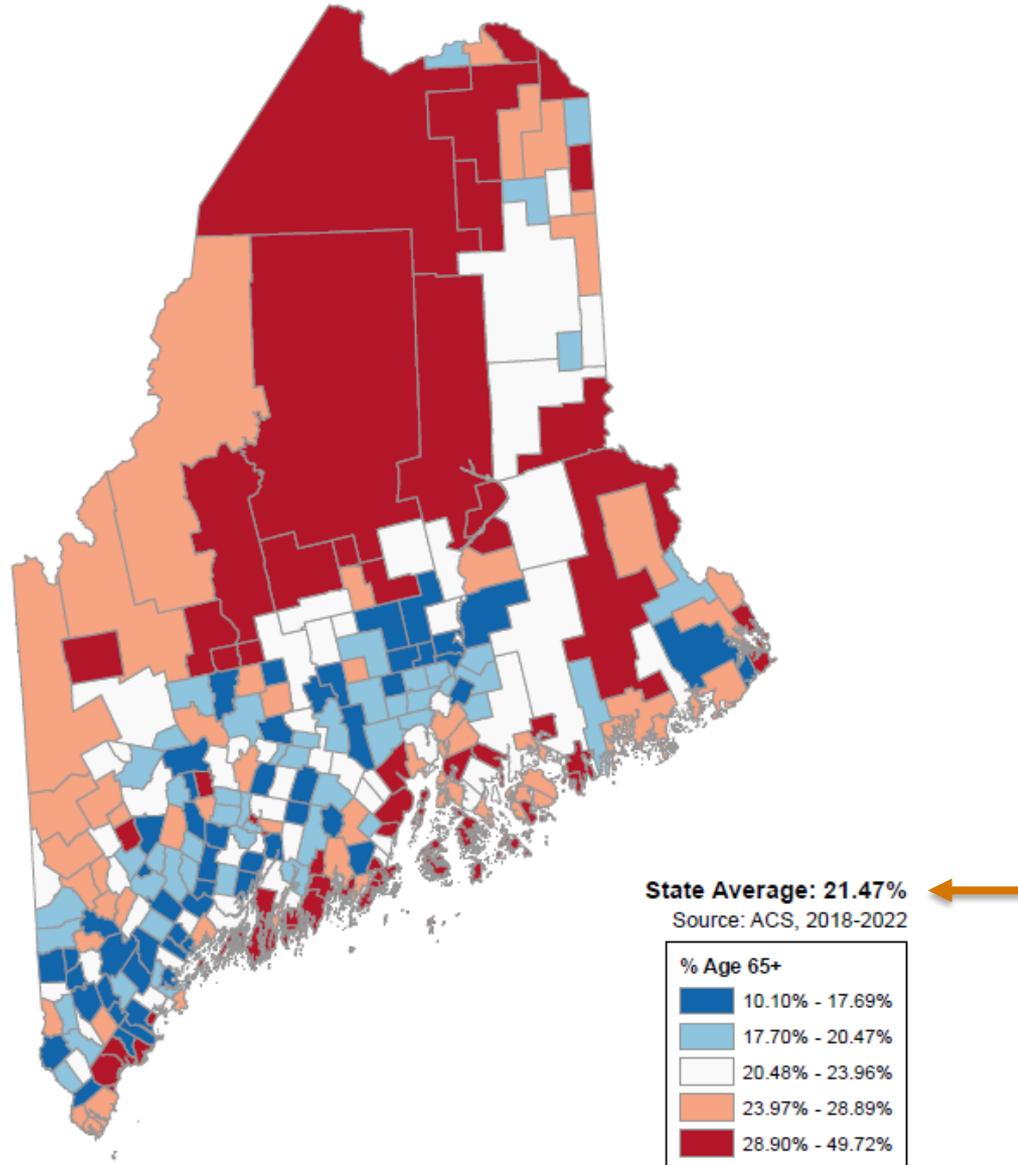• 1 Dot = 100 people Age 60+

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Density of Population Age 60+ Years

Abbot	1,053	Bowdoin	921	Chelsea	834	East Central Penobscot	1,072	Great Pond	829	Kingman	1,030
Acton	1,003	Bowdoinham	1,104	Cherryfield	597	East Central Washington	572	Greenbush	1,072	Kingsbury	1,053
Addison	905	Bowerbank	437	Chester	2,269	East Hancock	829	Greene	1,050	Kittery	3,577
Albion	734	Bradford	883	Chesterville	1,464	East Machias	572	Greenville	1,324	Knox	744
Alexander	672	Bradley	434	China	907	East Millinocket	3,626	Greenwood	653	Lagrange	883
Alfred	900	Bremen	1,163	Clifton	1,052	Eastbrook	829	Guilford	1,053	Lake View	1,156
Allagash	686	Brewer	2,281	Clinton	1,084	Easton	591	Hallowell	1,017	Lakeville	1,030
Alna	699	Bridgewater	1,393	Codyville	642	Eastport	1,007	Hamlin	958	Lamoine	4,408
Alton	317	Bridgton	2,039	Columbia	905	Eddington	1,052	Hammond	774	Lebanon	1,205
Amherst	4,408	Brighton	1,785	Columbia Falls	905	Edgecomb	382	Hampden	1,997	Lee	1,030
Amity	512	Bristol	1,852	Connor	3,386	Edinburg	614	Hancock	873	Leeds	515
Andover	818	Brooklin	714	Cooper	538	Eliot	2,160	Hanover	818	Levant	1,036
Anson	697	Brooks	677	Coplin	1,076	Ellsworth	4,408	Harmony	1,785	Lewiston	9,028
Appleton	1,235	Brooksville	721	Corinna	1,198	Embden	513	Harpswell	3,096	Liberty	717
Argyle	317	Brownfield	893	Corinth	1,168	Enfield	1,034	Harrington	766	Limerick	806
Arrowsic	679	Brownville	1,156	Cornish	484	Etna	955	Harrison	934	Limestone	556
Arundel	1,041	Brunswick	6,356	Cornville	361	Eustis	1,076	Hartford	977	Limington	1,213
Ashland	765	Buckfield	702	Cranberry Isles	543	Exeter	1,198	Hartland	1,785	Lincoln Plan	818
Athens	1,785	Bucksport	1,604	Crawford	672	Fairfield	1,733	Haynesville	512	Lincoln Town	2,269
Auburn	6,219	Burlington	1,034	Criehaven	778	Falmouth	3,648	Hebron	702	Lincolnville	1,772
Augusta	5,378	Burnham	674	Crystal	872	Farmingdale	754	Hermon	1,446	Linneus	457
Aurora	829	Buxton	2,458	Cumberland	1,990	Farmington	3,162	Hersey	774	Lisbon	2,079
Avon	1,063	Byron	818	Cushing	631	Fayette	670	Hibberts gore	904	Litchfield	964
Baileyville	672	Calais	1,383	Cutler	656	Fort Fairfield	1,261	Highland	864	Littleton	2,343
Baldwin	392	Cambridge	796	Cyr	958	Fort Kent	1,210	Hiram	942	Livermore	518
Bancroft	512	Camden	2,200	Dallas	702	Frankfort	1,187	Hodgdon	2,343	Livermore Falls	697
Bangor	8,049	Canaan	1,785	Damariscotta	1,163	Franklin	582	Holden	864	Long Island	3,096
Bar Harbor	1,774	Canton	977	Danforth	513	Freedom	483	Hollis	1,096	Louds Island	1,852
Baring	672	Cape Elizabeth	3,115	Dayton	552	Freeport	2,776	Hope	522	Lovell	1,027
Bath	3,331	Caratunk	887	Deblois	597	Frenchboro	543	Houlton	2,343	Lowell	1,034
Beals	629	Caribou	3,386	Dedham	501	Frenchville	695	Howland	614	Lubec	689
Beaver Cove	1,324	Carmel	697	Deer Isle	1,441	Friendship	531	Hudson	883	Ludlow	774
Beddington	597	Carrabassett Valley	1,076	Denmark	893	Frye Island	1,400	Industry	978	Lyman	1,615
Belfast	4,058	Carroll	1,030	Dennistown	482	Fryeburg	1,257	Island Falls	872	Machias	1,056
Belgrade	1,327	Carthage	1,063	Dennysville	572	Gardiner	1,721	Isle au Haut	778	Machiasport	656
Belmont	503	Casco	1,259	Detroit	627	Garfield	765	Islesboro	1,772	Macwahoc	512
Benton	757	Castine	721	Dexter	1,142	Garland	1,168	Jackman	482	Madawaska	1,609
Berwick	2,111	Castle Hill	660	Dixfield	1,113	Georgetown	679	Jackson	677	Madison	1,756
Bethel	1,257	Caswell	556	Dixmont	955	Gilead	1,257	Jay	1,464	Magalloway	818
Biddeford	5,070	Central Aroostook	774	Dover-Foxcroft	1,421	Glenburn	956	Jefferson	904	Manchester	739
Bingham	887	Central Hancock	4,408	Dresden	1,731	Glenwood	512	Jonesboro	905	Mapleton	660
Blaine	1,393	Central Somerset	864	Drew	1,030	Gorham	3,815	Jonesport	629	Mariaville	4,408
Blanchard	1,053	Chapman	660	Durham	867	Gouldsboro	786	Kenduskeag	1,036	Mars Hill	1,393
Blue Hill	709	Charleston	1,168	Dyer Brook	774	Grand Isle	1,609	Kennebunk	4,793	Marshall Island	543
Boothbay	1,551	Charlotte	538	Eagle Lake	735	Grand Lake Stream	642	Kennebunkport	1,529	Marshfield	1,056
Boothbay Harbor	1,383	Chebeague Island	3,096	East Central Franklin	1,076	Gray	2,333	Kingfield	1,076	Masardis	765

Density of Population Age 60+ Years (Ranked)

Place	Value	Place	Value	Place	Value	Place	Value	Place	Value	Place	Value
Portland	15,419	New Sharon	3,162	Hartland	1,785	Southport	1,383	Clinton	1,084	Passadumkeag	1,034
Lewiston	9,028	Cape Elizabeth	3,115	Bar Harbor	1,774	Belgrade	1,327	Sidney	1,083	Carroll	1,030
Bangor	8,049	Chebeague Island	3,096	Islesboro	1,772	Beaver Cove	1,324	Carrabassett Valley	1,076	Drew	1,030
South Portland	7,062	Harpswell	3,096	Lincolnville	1,772	Greenville	1,324	Coplin	1,076	Kingman	1,030
Scarborough	6,835	Long Island	3,096	Northport	1,772	Northeast Piscataquis	1,324	East Central Franklin	1,076	Lakeville	1,030
Brunswick	6,356	Topsham	2,890	Madison	1,756	Northwest Piscataquis	1,324	Eustis	1,076	Lee	1,030
Auburn	6,219	Skowhegan	2,886	Fairfield	1,733	Fort Fairfield	1,261	Kingfield	1,076	Mattawamkeag	1,030
Augusta	5,378	Freeport	2,776	Dresden	1,731	Casco	1,259	North Franklin	1,076	Prentiss	1,030
Sanford	5,377	Presque Isle	2,577	Wiscasset	1,731	Bethel	1,257	Wyman	1,076	Springfield	1,030
Saco	5,287	Buxton	2,458	Orono	1,725	Fryeburg	1,257	East Central Penobscot	1,072	Twombly Ridge	1,030
Biddeford	5,070	Standish	2,430	Gardiner	1,721	Gilead	1,257	Greenbush	1,072	Webster	1,030
York	4,967	Hodgdon	2,343	Old Town	1,681	South Oxford	1,257	Milford	1,072	Whitney	1,030
Westbrook	4,864	Houlton	2,343	Vassalboro	1,671	Stoneham	1,257	Winterport	1,069	Winn	1,030
Kennebunk	4,793	Littleton	2,343	Lyman	1,615	Stow	1,257	Mexico	1,067	Lovell	1,027
Windham	4,445	Rockland	2,335	Winthrop	1,614	New Gloucester	1,256	Avon	1,063	Sweden	1,027
Amherst	4,408	Gray	2,333	Poland	1,612	Orrington	1,244	Carthage	1,063	Waterford	1,027
Central Hancock	4,408	Brewer	2,281	Grand Isle	1,609	Woolwich	1,240	Phillips	1,063	Hallowell	1,017
Ellsworth	4,408	Chester	2,269	Madawaska	1,609	Appleton	1,235	South Franklin	1,063	Eastport	1,007
Lamoine	4,408	Lincoln Town	2,269	Bucksport	1,604	Union	1,235	Temple	1,063	Passamaquoddy Ple Pt R	1,007
Mariaville	4,408	Woodville	2,269	Verona Island	1,604	Limington	1,213	Weld	1,063	Perry	1,007
Otis	4,408	Winslow	2,233	North Berwick	1,583	Fort Kent	1,210	West Central Franklin	1,063	Acton	1,003
Trenton	4,408	Camden	2,200	St. George	1,566	Lebanon	1,205	Warren	1,060	Monmouth	979
Waltham	4,408	Eliot	2,160	South Berwick	1,553	Thomaston	1,199	Machias	1,056	Industry	978
Wells	4,165	Rumford	2,137	Boothbay	1,551	Corinna	1,198	Marshfield	1,056	New Vineyard	978
Belfast	4,058	Berwick	2,111	Kennebunkport	1,529	Exeter	1,198	Northfield	1,056	Strong	978
Swanville	4,058	Waldoboro	2,093	Chesterville	1,464	Stetson	1,198	Roque Bluffs	1,056	Canton	977
Waldo	4,058	Lisbon	2,079	Jay	1,464	Oxford	1,188	Wesley	1,056	Hartford	977
Old Orchard Beach	3,979	Bridgton	2,039	Hermon	1,446	Frankfort	1,187	Whitneyville	1,056	Sumner	977
Waterville	3,881	Yarmouth	2,039	Deer Isle	1,441	Prospect	1,187	Abbot	1,053	Litchfield	964
Gorham	3,815	Oakland	2,016	Stonington	1,441	Stockton Springs	1,187	Blanchard	1,053	Cyr	958
Falmouth	3,648	Rome	2,016	Dover-Foxcroft	1,421	Charleston	1,168	Guilford	1,053	Hamlin	958
East Millinocket	3,626	Hampden	1,997	Mercer	1,417	Corinth	1,168	Kingsbury	1,053	Van Buren	958
Medway	3,626	Cumberland	1,990	Norridgewock	1,417	Garland	1,168	Monson	1,053	Glenburn	956
Millinocket	3,626	Turner	1,979	Smithfield	1,417	Bremen	1,163	Shirley	1,053	Dixmont	955
Mount Chase	3,626	Bristol	1,852	Waterboro	1,417	Damariscotta	1,163	Willimantic	1,053	Etna	955
North Penobscot	3,626	Louds Island	1,852	Frye Island	1,400	Brownville	1,156	Clifton	1,052	Plymouth	955
Patten	3,626	Monhegan	1,852	Raymond	1,400	Lake View	1,156	Eddington	1,052	Hiram	942
Stacyville	3,626	South Bristol	1,852	Blaine	1,393	Medford	1,156	Wilton	1,051	Porter	942
Kittery	3,577	Norway	1,827	Bridgewater	1,393	Milo	1,156	Greene	1,050	Harrison	934
Caribou	3,386	Paris	1,823	Mars Hill	1,393	Dexter	1,142	Arundel	1,041	Bowdoin	921
Connor	3,386	Sabattus	1,820	Monticello	1,393	Dixfield	1,113	Rockport	1,037	China	907
Washburn	3,386	Wales	1,820	Westfield	1,393	Peru	1,113	Kenduskeag	1,036	Addison	905
Woodland	3,386	Athens	1,785	Naples	1,387	Bowdoinham	1,104	Levant	1,036	Columbia	905
Bath	3,331	Brighton	1,785	Boothbay Harbor	1,383	Perkins	1,104	Burlington	1,034	Columbia Falls	905
West Bath	3,331	Canaan	1,785	Calais	1,383	Hollis	1,096	Enfield	1,034	Jonesboro	905
Farmington	3,162	Harmony	1,785	Robbinston	1,383	Newport	1,093	Lowell	1,034	Hibberts gore	904

State Maps

Percentage of Population Age 65+ Years

State Average: 21.47%
Source: ACS, 2018-2022

% Age 65+
- 10.10% - 17.69%
- 17.70% - 20.47%
- 20.48% - 23.96%
- 23.97% - 28.89%
- 28.90% - 49.72%

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Highlights Report

Healthy Aging Data Report

Highlights from 2025

MAINE

Explore more online at
HealthyAgingDataReports.org

What's New in Aging in Maine?

...tial to benefit from the gains in human longevity and ...der population is growing, more diverse, and more

Maine's older population is changing

AGE
The age structure of the older population has shifted younger as the baby boom generation enters later life.

60%	29%	12%
Age 65-74	Age 75-84	Age 85+

MORE DIVERSE
The population of adults 65 or older is increasingly diverse.

96.6% White, 0.7% Hispanic, 0.5% Asian, 0.3% African American/Black, 2.5% Other Race(s)

1,794 Adults 55+ are Native American

7% Adults 65+ report speaking a language other than English at home

MORE EDUCATED
The population of adults 65 or older is more educated.

15.1% Graduate or professional degree

18.3% College Degree

59% High school degree or some college

7.6% Less than a high school education

18% of Mainers age 65+ are veterans of military service

28.3% of Mainers age 65+ live alone

How Do Race and Ethnicity Impact Healthy Aging?

96.6% White 65+
0.3% Black 65+
0.5% Asian 65+
0.7% Hispanic 65+

2.5% Other Race(s) 65+

1,794 Native American/ Alaskan 55+

For Hispanic older adults, the disparities are also evident. Hispanic adults have higher rates in dually-eligible Medicare and Medicaid (10.0% higher than White older adults), and % with 0 chronic conditions (5.5%). However, Whites adults have higher rates in cataract (10.7%), high cholesterol (7.7%), osteoarthritis or rheumatoid arthritis (5.8%), and anemia (5.4%). This pattern indicates that Hispanic adults face greater challenges related to dual eligibility, whereas White adults have higher rates in cardiovascular conditions and some other chronic conditions.

Asian older adults generally show fewer disparities compared to White adults. Older Asians have a prominently higher rate of those who are dually-eligible for Medicare and Medicaid (a 15.9% difference), and have a higher rate of diabetes (7.3% greater). Conversely, White adults have higher rates in ischemic heart disease (13.5%), depression (12.3%), Medicare managed care enrollees (11.5%), osteoarthritis or rheumatoid arthritis (11.0%), cataract (10.0%), and several chronic conditions (chronic obstructive pulmonary disease and 4+ chronic conditions).

Native American older adults in Maine show substantial disparities compared to White adults, particularly in those who are dually-eligible for Medicare and Medicaid (a 27.7% difference),

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2025 Maine Healthy Aging Data Report

152 indicators for 265 communities

healthyagingdatareports.org/maine-healthy-aging-data-report/

Opportunity to engage Maine's growing and unique older population

402,170

People in ME are 60+

23%

of state population
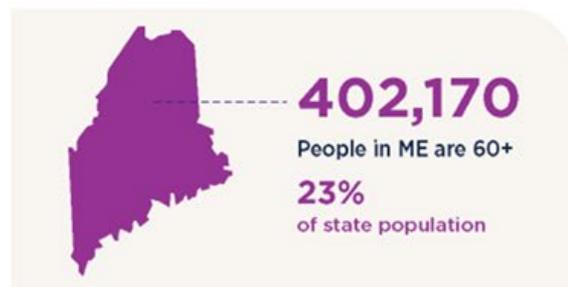
Increasingly Diverse

2X Increase in Maine's 65+ non-white population since 2010

Where you live matters

For population 65+

	Urban	Rural
Residents Age 60+	29.1%	36.5%
Income & Housing		
Annual Income <$20,000	14.9%	22.1%
Income Below the Poverty Line in Past Year	8.1%	12.0%
Spend >35% of Income on Housing (Renters)	28.2%	24.7%
Age 60+ with Mortgage on Homes	41.9%	33.3%
Access to Technology		
Without Access to the Internet (All Ages)	10.3%	18.1%
Households with a Smartphone (All Ages)	84.2%	74.1%

Risk for Social Isolation

66% of older women live alone in Maine (35% of older men)

Differences in Health

Women

Have higher rates than men in conditions related to **bone health, mental health, vision, and pain.**

Men

Have higher rates than women in conditions related to **cardiovascular health and diabetes.**

Health Indicators

For population 65+

1 in 3

Older Mainers have **depression** (highest rate in New England)

Half

Of older adults in Maine manage **4 or more chronic conditions** (56%)

Positive Momentum

Age-positive progress is happening across the state:

- The University of Maine Center on Aging
- Maine Council on Aging
- Lifelong Maine (90+ communities)
- Maine Cabinet on Aging
- Broadband access initiatives
- Age-positive shifts
- Community Connections Initiatives

Together We Can Create Change

UNDERSTAND

- **Download** your community profile at: healthyagingdatareports.org
- **Educate** yourself and others about the indicators in your city or town
- **Learn** about services available at your local Agency on Aging

ENGAGE

- **Encourage** participation in the age-positive movement
- **Explore** ways to highlight what your community needs to promote health for all ages

ACT

- **Get involved!** Join Age-Friendly Maine
- **Host** a Power in Aging Conversation
- **Connect** with your lawmaker either at the legislature or by calling them
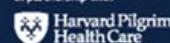- **Join** AARP volunteers on Tuesdays at the State House to elevate issues of older Mainers
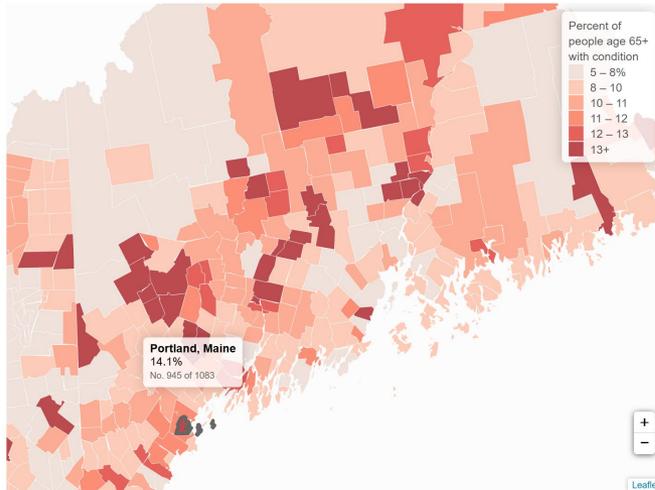
Interactive Web Maps

Zoom in on Maine
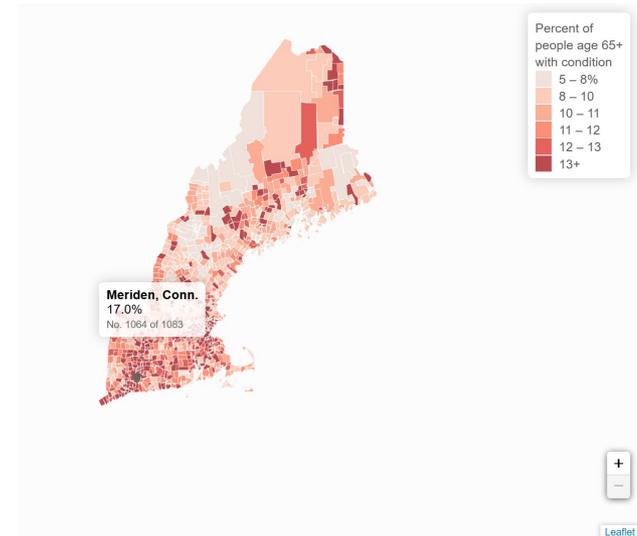
Zoom out to region

Technical Documentation

TECHNICAL DOCUMENTATION

Overview

This report contains details about the development of the 2025 Maine Healthy Aging Data report. This includes technical definitions, data sources, years of data used, and definitions of the geographic units employed for various indicators. In addition, we describe the statistical methods used to estimate indicators derived from micro-level data. Our general approach is hierarchical reporting. We report indicators at the smallest, most local level possible (i.e., neighborhood, zip code, or individual community) when data allow, and report in larger geographic units (i.e., county) when necessary.

1. Healthy Aging Indicator Definitions

Most of the indicators are derived from secondary data sources and limited to those indicators for which data are available for geographic subareas within Maine. Table A-1 contains technical definitions for most of the indicators reported in this study, except the socio-demographic variables used to describe the population composition of communities.

2. Data Sources

Multiple data sources are used in this study. Table A-2 contains a summary of all data sources, and the specific years of data used for population composition and healthy-aging indicators. Estimates of community-level indicators of physical/mental health, chronic disease prevalence, access to care, wellness and prevention health behaviors, service utilization, and nutrition and diet were derived from two major data sources: the Medicare Master Beneficiary Summary File (2020-2021) and the Behavioral Risk Factor Surveillance System (2020-2021). Population composition measures were drawn from the Five-Year American Community Survey (2018-2022) produced by the U.S. Census Bureau. These major data sources, and other data sources used for indicators representing safety, economic, and wellness variables are described below.

Medicare Master Beneficiary Summary File

Medicare claims data from the Centers for Medicare and Medicaid Services (CMS) are a rich source of data for measuring chronic disease prevalence and Medicare service utilization rates for individual cities and towns. The *Master Beneficiary Summary File (MBSF)* is an annual data file constructed by the Chronic Conditions Data Warehouse that includes individual records for all persons eligible for Medicare for at least one month during a calendar year. MBSF is comprised of four data files containing different types of information:

(1) The *Master Beneficiary Summary File-A/B/D (MBSF-A/B/D)* includes standard Medicare administrative data fields (e.g., sex, race, dates of birth and death), monthly variables indicating specific months of Medicare eligibility, managed care

Table A1: Maine Healthy Aging Indicator Definitions

INDICATORS	DEFINITION
POPULATION CHARACTERISTICS	
	The number of all persons in the state or community.
r as % of	The percentage of persons 60 years or older among the total population.
older	The number of persons 60 years or older.
r as % of	The percentage of persons 65 years or older among the total population.
older	The number of persons 65 years or older.
	The percentage of persons 65-74 years among population aged 65 year or older.
	The percentage of persons 75-84 years among population aged 65 year or older.
	The percentage of persons 85+ years among population aged 65 year or older.
emale	The percentage of females 65 years or older among population aged 65 year or older.
emale	The percentage of females 85 years or older among population aged 65 year or older.
	The percentage of persons 65 years or older reporting their race as "White" or reporting entries such as Irish, German, Italian, Lebanese, Arab, Moroccan, or Caucasian.
	The percentage of persons 65 years or older reporting their race as "Black or African American" or reporting entries such as African American, Kenyan, Nigerian, or Haitian.
	The percentage of persons 65 years or older reporting their race as "Asian Indian," "Chinese," "Filipino," "Korean," "Japanese," Vietnamese," and "Other Asian" or provide other detailed Asian responses.
	The percentage of persons 65 years or older reporting their race as "Native Hawaiian or other Pacific Islander", or reporting entries such as Navajo, Blackfeet, Inupiat, Yup'ik, or Central American Indian groups, South American Indian groups, "Some other race", or two or more races.
	The percentage of persons 65 years or older reporting their origin as "Hispanic or Latino".
	The number of persons 55 years or older reporting their race as "American Indian or Alaska Native"
tion 65+:	

How are the healthy aging data reports created?

Data Sources

▸ The **American Community Survey (ACS) 5-year files (2018-2022)** of the U.S. Census Bureau was the source of demographic, socioeconomic status, and housing data for communities.

▸ The **Centers for Medicare and Medicaid Services (2020-2021)** the Medicare Summary Beneficiary files were the major source of data on prevalence rates of chronic disease conditions and medical utilization.

▸ The **Behavioral Risk Factor Surveillance System (2010-2022)** of the Centers for Disease Control and Prevention and state health departments was the major source of data for health risk behaviors, preventive health practices, and health care access.

▸ Plus, other data sources noted in technical documents.

Pragmatic, hierarchical approach to reporting (*only going as far as the* _data_ *and DUA's allow*) but reporting at the most local level possible

Tier 5: CMS lowest prevalence geo units
N=16

Tier 4: BRFSS geo units
N=16

Tier 3: CMS low geo units
N=165

Tier 2: CMS high geo units
N=185

Tier 1: ACS all geographic units
N=265

Map 99

Percentage of Medicare Beneficiaries Age 65+ Years with HIV/AIDS

State Average: 0.17%
Source: CMS, 2020-2021

% 65+ with HIV/AIDS
- 0.00%
- 0.03% - 0.16%
- 0.17% - 0.20%
- 0.21% - 0.26%
- 0.26% - 0.29%
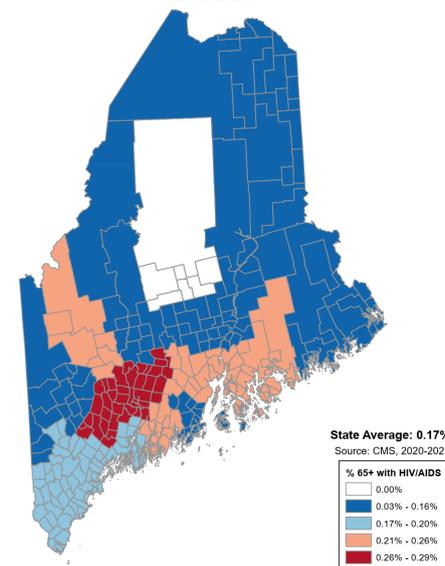
Map generated 12/2024 by The Healthy Aging Data Report Team at Gerontology Institute, University of Massachusetts Boston
To see more Healthy Aging Data Reports go to www.healthyagingdatareports.org | Research supported by the Point32Health Foundation

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What's New in Aging in Maine?
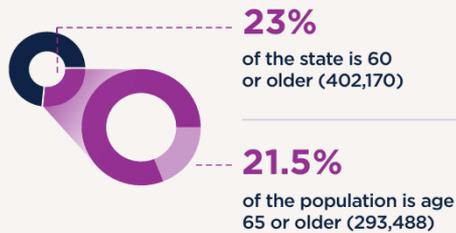
Maine is a state bursting with potential to benefit from the gains in human longevity and the opportunities it presents. The older population is growing, more diverse, and more educated than previous generations.

Maine's older population is growing

23% of the state is 60 or older (402,170)

21.5% of the population is age 65 or older (293,488)

IMPACT OF COVID-19

According to the Centers for Disease Control, 3,760 Maine residents died as a result of the COVID-19 pandemic. We expect that the reverberations of the pandemic will impact health and aging for years to come.
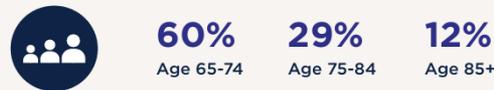
OTHER INDICATORS

- **Marital Status:** In terms of marital status among the population 65+, 57% are married, 16.9% divorced/separated, 20.6% widowed, and 5.6% never married.
- **Mental Health:** Compared to the other New England states older residents of Maine had the highest rates for ever being diagnosed for depression (34.8%).
- **Chronic Conditions:** Positively, Mainers had the highest percentage of people reporting zero chronic diseases (12.4%) and the lowest rates for breast cancer (9.6%).
- **HIV/AIDS:** The rate of adults 65+ with HIV/AIDS increased from 0.09% in 2014–2015 to 0.17% in 2020–2021.

Maine's older population is changing

AGE

The age structure of the older population has shifted younger as the baby boom generation enters later life.

60% Age 65-74 **29%** Age 75-84 **12%** Age 85+

MORE DIVERSE

The population of adults 65 or older is increasingly diverse.

96.6% White, 0.7% Hispanic, 0.5% Asian, 0.3% African American/Black, 2.5% Other Race(s)

1,794 Adults 55+ are Native American

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The population of adults 65 or older is more educated.

15.1% Graduate or professional degree

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59% High school degree or some college

7.6% Less than a high school education

18% of Mainers age 65+ are veterans of military service

28.3% of Mainers age 65+ live alone
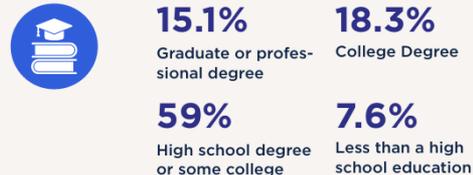
- Aging population is growing

- Increasingly diverse

- This is a potential asset

- Aging = 50 year span (60-110+)…There is variability in aging.

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Map 5

Density of Population Age 65+ Years
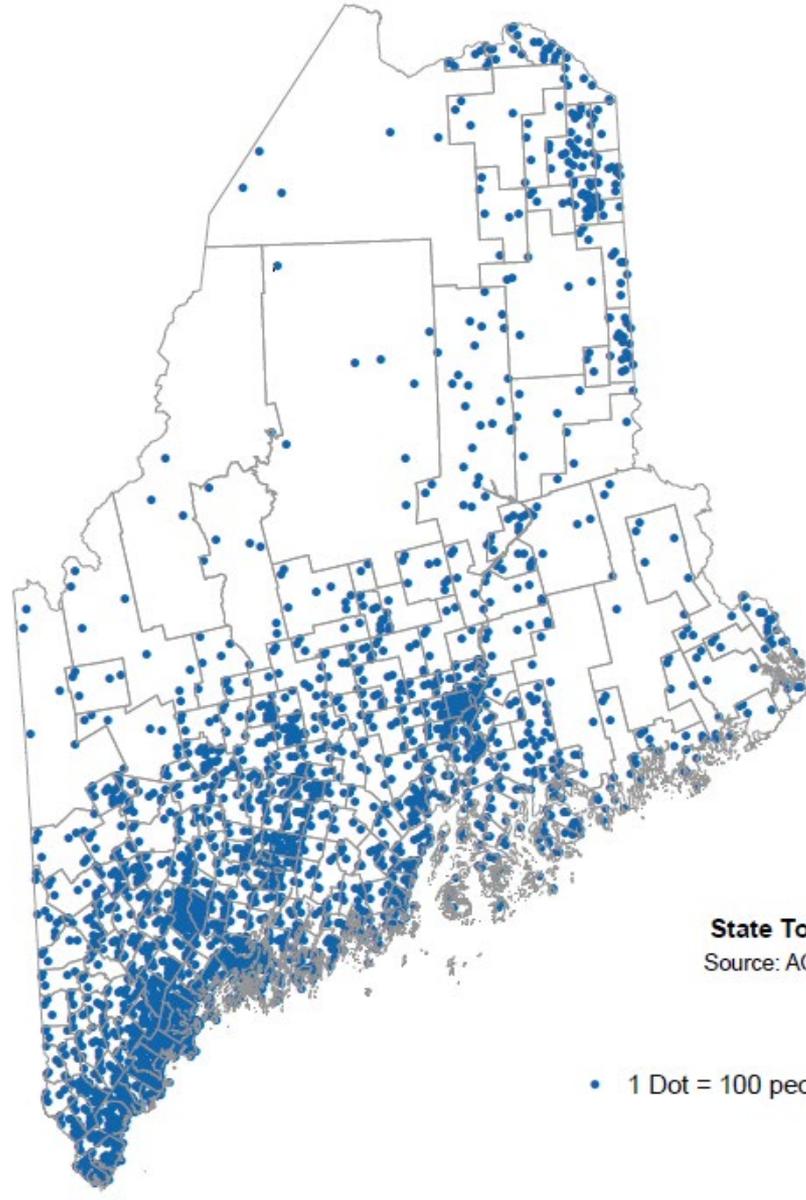
State Total: 293,488
Source: ACS, 2018-2022

• 1 Dot = 100 people Age 65+

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Density of Population Age 65+ Years (Ranked)

Place	Value	Place	Value	Place	Value	Place	Value	Place	Value	Place	Value
Portland	11,504	West Bath	2,511	Madison	1,312	Stonington	985	Clinton	783	East Central Penobscot	709
Lewiston	6,971	Skowhegan	2,343	Grand Isle	1,273	Fort Fairfield	961	Rockport	777	Greenbush	709
Bangor	5,970	Cape Elizabeth	2,319	Madawaska	1,273	Chesterville	955	Hallowell	776	Milford	709
South Portland	5,300	Topsham	2,284	Boothbay	1,256	Jay	955	Lovell	775	Hancock	705
Scarborough	5,207	Chebeague Island	2,206	Bar Harbor	1,249	Bremen	953	Machias	775	Bingham	704
Brunswick	4,828	Harpswell	2,206	Old Town	1,249	Damariscotta	953	Marshfield	775	Caratunk	704
Auburn	4,486	Long Island	2,206	Norway	1,225	Fairfield	949	Northfield	775	Moscow	704
Augusta	4,228	Freeport	2,153	Kennebunkport	1,210	Beaver Cove	934	Roque Bluffs	775	Northeast Somerset	704
Sanford	3,961	Presque Isle	1,936	St. George	1,188	Greenville	934	Sweden	775	The Forks	704
Biddeford	3,833	Brewer	1,814	Sabattus	1,172	Northeast Piscataquis	934	Waterford	775	West Forks	704
Kennebunk	3,721	Hodgdon	1,803	Wales	1,172	Northwest Piscataquis	934	Wesley	775	Arundel	701
York	3,688	Houlton	1,803	Dover-Foxcroft	1,171	Casco	925	Whitneyville	775	Central Somerset	695
Westbrook	3,617	Littleton	1,803	Hermon	1,167	Bethel	921	Dixfield	773	Highland	695
Saco	3,520	Camden	1,795	Winthrop	1,162	Gilead	921	Peru	773	New Portland	695
Wells	3,330	Chester	1,783	Athens	1,153	South Oxford	921	Kenduskeag	767	Pleasant Ridge	695
Amherst	3,206	Lincoln Town	1,783	Brighton	1,153	Stoneham	921	Levant	767	Solon	695
Central Hancock	3,206	Woodville	1,783	Canaan	1,153	Orrington	884	Litchfield	762	West Gardiner	694
Ellsworth	3,206	Standish	1,734	Harmony	1,153	Belgrade	871	Eastport	758	Criehaven	693
Lamoine	3,206	Eliot	1,729	Hartland	1,153	Fryeburg	863	Passamaquoddy Ple Pt R	758	Hibberts gore	693
Mariaville	3,206	Rockland	1,618	Dresden	1,149	Stow	863	Perry	758	Isle au Haut	693
Otis	3,206	Winslow	1,597	Wiscasset	1,149	Corinna	859	Abbot	756	Jefferson	693
Trenton	3,206	Paris	1,562	North Berwick	1,140	Exeter	859	Blanchard	756	Matinicus Isle	693
Waltham	3,206	Oakland	1,550	Poland	1,137	Stetson	859	Guilford	756	North Haven	693
Windham	2,936	Rome	1,550	Lyman	1,108	Limington	856	Kingsbury	756	Somerville	693
Belfast	2,921	Buxton	1,535	Boothbay Harbor	1,102	Carrabassett Valley	850	Monson	756	Vinalhaven	693
Swanville	2,921	Gray	1,499	Southport	1,102	Coplin	850	Shirley	756	Harrison	692
Waldo	2,921	Turner	1,495	South Berwick	1,093	East Central Franklin	850	Willimantic	756	Addison	689
Waterville	2,809	Bristol	1,474	Vassalboro	1,083	Eustis	850	Cyr	747	Columbia	689
Falmouth	2,808	Louds Island	1,474	Calais	1,070	Kingfield	850	Hamlin	747	Columbia Falls	689
East Millinocket	2,723	Monhegan	1,474	Robbinston	1,070	North Franklin	850	Van Buren	747	Jonesboro	689
Medway	2,723	South Bristol	1,474	Frye Island	1,060	Wyman	850	Charleston	746	Winterport	688
Millinocket	2,723	Berwick	1,451	Raymond	1,060	Frankfort	839	Corinth	746	Hollis	685
Mount Chase	2,723	Yarmouth	1,439	Woolwich	1,049	Prospect	839	Garland	746	Dixmont	678
North Penobscot	2,723	Lisbon	1,436	Waterboro	1,029	Stockton Springs	839	Avon	742	Etna	678
Patten	2,723	Hampden	1,434	Appleton	1,008	Fort Kent	835	Carthage	742	Plymouth	678
Stacyville	2,723	Bridgton	1,417	Union	1,008	Brownville	827	Phillips	742	Searsport	676
Kittery	2,709	Rumford	1,402	Mercer	999	Lake View	827	South Franklin	742	Clifton	675
Old Orchard Beach	2,704	Orono	1,387	Norridgewock	999	Medford	827	Temple	742	Eddington	675
Gorham	2,694	Waldoboro	1,384	Smithfield	999	Milo	827	Weld	742	Monmouth	675
Caribou	2,598	Bucksport	1,366	Blaine	991	Sidney	827	West Central Franklin	742	Canton	669
Connor	2,598	Verona Island	1,366	Bridgewater	991	Thomaston	814	Lebanon	726	Hartford	669
Washburn	2,598	Islesboro	1,362	Mars Hill	991	Greene	812	Burlington	722	Sumner	669
Woodland	2,598	Lincolnville	1,362	Monticello	991	Dexter	810	Enfield	722	Chelsea	665
Farmington	2,536	Northport	1,362	Westfield	991	New Gloucester	810	Lowell	722	Alfred	664
New Sharon	2,536	Gardiner	1,358	Naples	986	Oxford	795	Passadumkeag	722	Acton	661
Bath	2,511	Cumberland	1,343	Deer Isle	985	Newport	786	Wilton	715	Carroll	643

Map 111

Percentage of Medicare Beneficiaries Age 65+ Years with 4+ (out of 15) Chronic Conditions

State Average: 55.48%

Source: CMS, 2020-2021

% 65+ with 4+ (out of 15) chronic conditions

- 38.32% - 50.16%
- 50.17% - 52.63%
- 52.69% - 55.52%
- 55.54% - 59.93%
- 59.94% - 72.37%

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Map 119
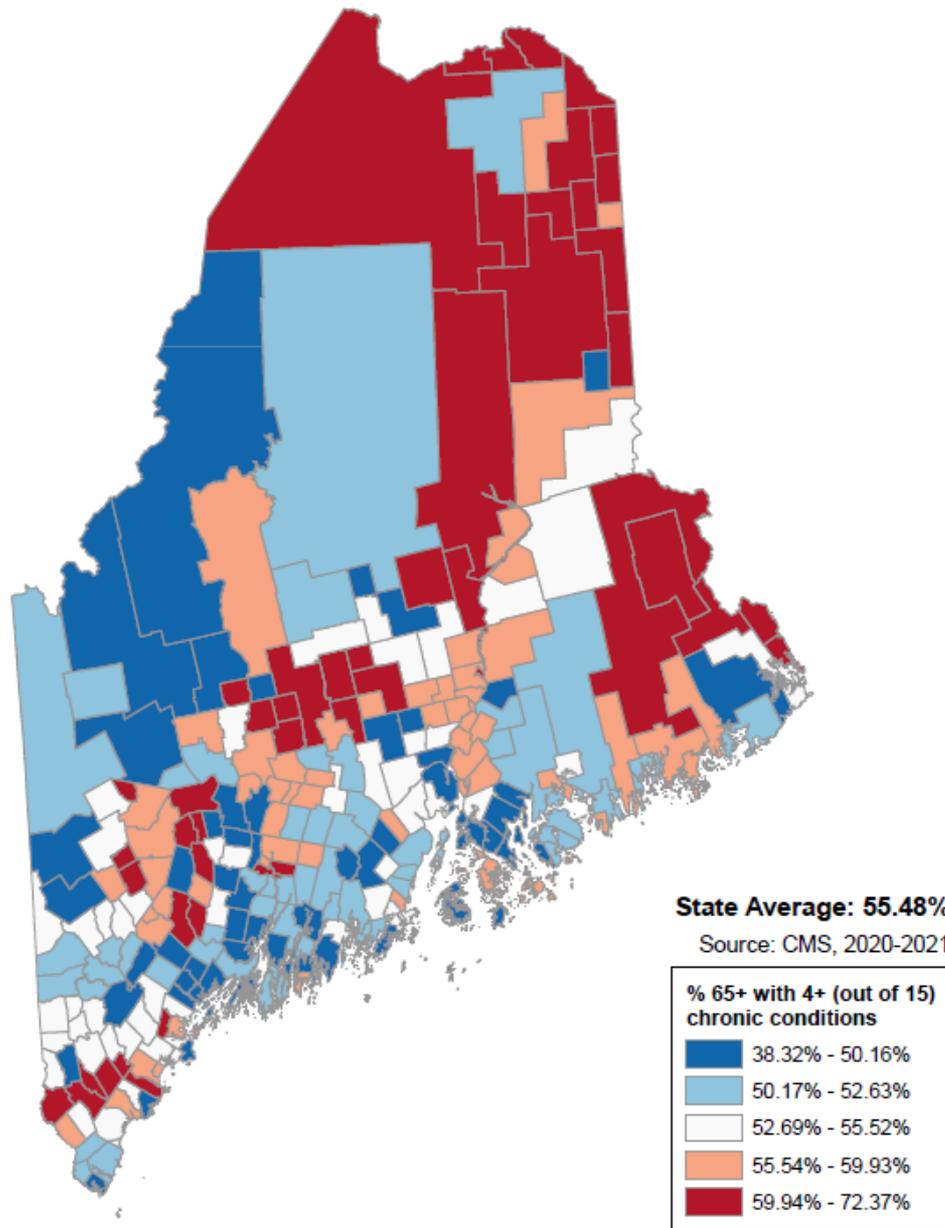
**Percentage of Medicare Beneficiaries Age 65+ Years
with Depression**

State Average: 34.84%
Source: CMS, 2020-2021

% 65+ with depression
- 25.33% - 30.52%
- 30.55% - 32.76%
- 32.78% - 34.95%
- 34.96% - 36.93%
- 36.99% - 43.40%

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BOSTON
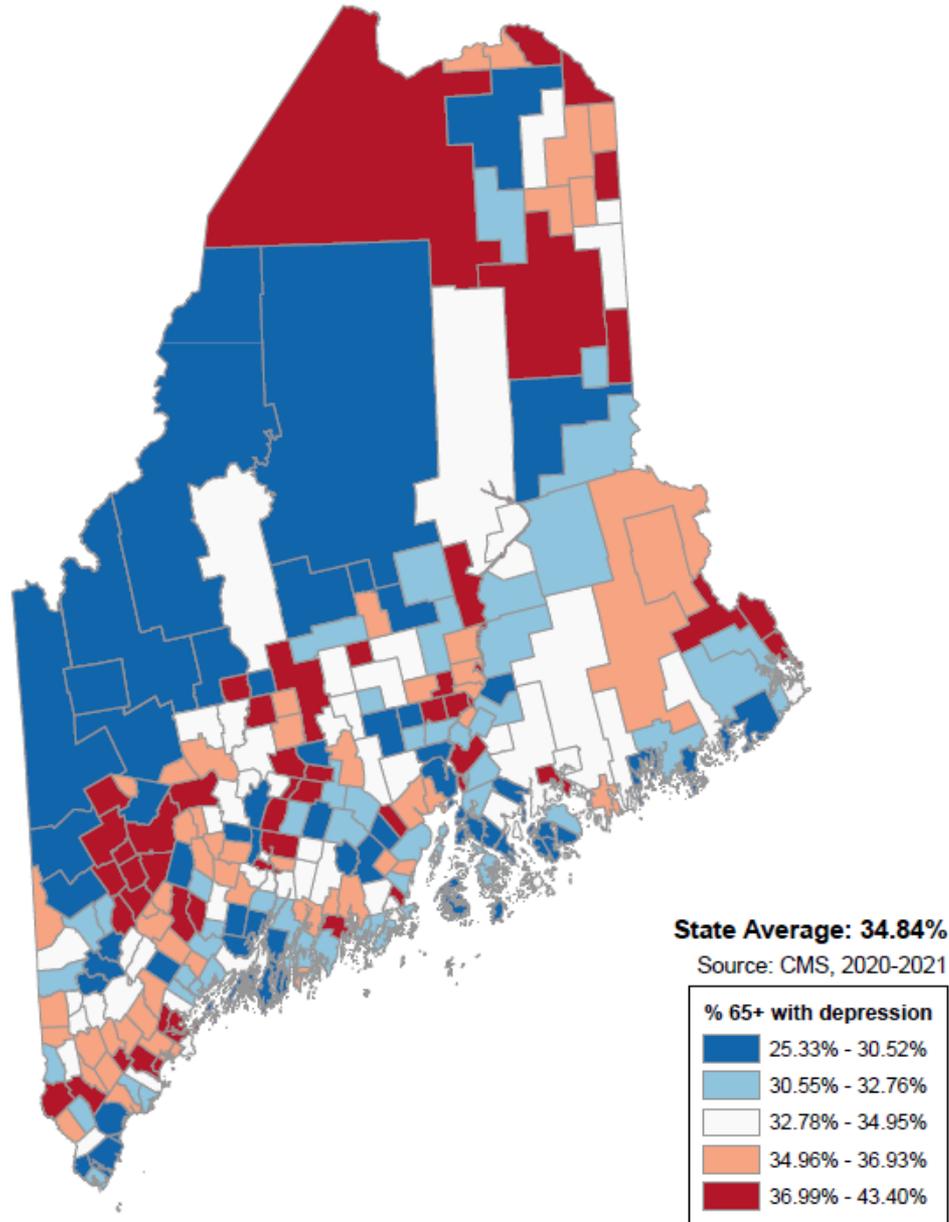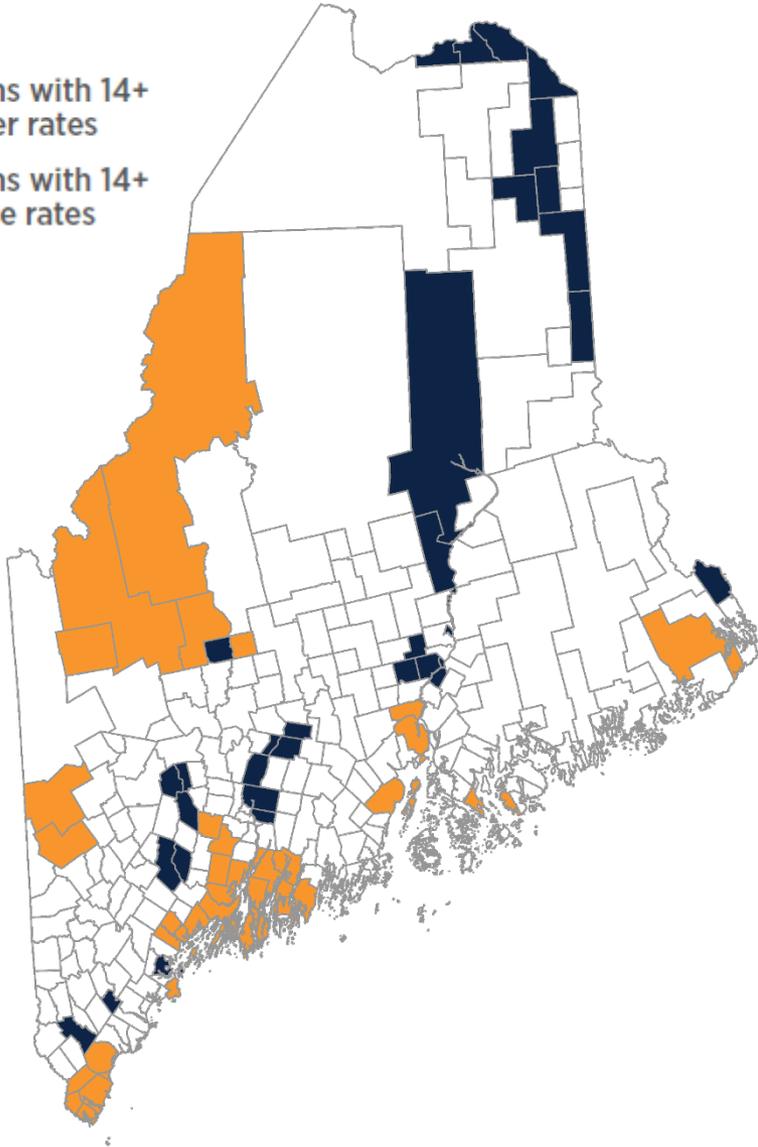
Identifying disparities in healthy aging to spur action

▸ Location (rural, suburban, urban)

▸ Gender

▸ Race and ethnicity

▸ Insurance coverage (dual eligible, managed care)

▸ Regional patterns

Identifying disparities by place

Map key:

■ (orange) Towns with 14+ better rates

■ (navy) Towns with 14+ worse rates

Towns with 14+ better rates (yellow in the map)
Newcastle, Arrowsic, South Oxford, Boothbay, Bowdoin, Perkins, Monhegan, Brooklin, Brunswick, Cape Elizabeth, East Central Franklin, Solon, Long Island, Cumberland, Rangeley, Dresden, Dennistown, Dennysville, Edgecomb, Eliot, Stockton Springs, Freeport, Islesboro, Kittery, Litchfield, Waterford, Monmouth, North Yarmouth, Ogunquit, Phippsburg, South Berwick, Topsham, Wells, Winterport, Woolwich, Yarmouth, York

Towns with 14+ worse rates (navy in the map)
Auburn, Augusta, Bangor, Benton, Westfield, Brewer, Robbinston, Connor, Castle Hill, Chelsea, Cyr, Dayton, Mount Chase, Penobscot Indian Island Reservation, Embden, Fort Kent, Frenchville, Glenburn, Grand Isle, Hermon, Houlton, Leeds, Lewiston, Livermore, Livermore Falls, Portland, Presque Isle, Sanford, Sidney, Veazie, Waterville, Winslow

Identifying disparities by place

Table 1. Best and Worst Rates on Selected Indicators

	Best Rates	Worst Rates
Alzheimer's disease and related dementias	6.06% Andover, Byron, Hanover, Lincoln Plan, Magalloway, Newry, North Oxford, Roxbury, Upton	18.98% Orono
Depression	25.33% Bowdoin, Bowdoinham, Perkins	43.40% Allagash, New Canada, Northwest Aroostook, St. Francis, St. John, Wallagrass
Diabetes	15.75% Brooksville, Castine	38.13% Edinburg, Howland, Maxfield, Penobscot Indian Reservation, Seboeis
Hypertension	51.55% Bowdoin, Bowdoinham, Perkins	80.52% Ashland, Garfield, Masardis, Nashville, Portage Lake
Independent living difficulty	1.62% Durham	39.75% Woolwich
Ischemic heart disease	23.11% Bradley	53.59% Allagash, New Canada, Northwest Aroostook, St. Francis, St. John, Wallagrass
Stroke	5.68% Sedgwick	15.09% Mexico
4+ chronic conditions	38.32% Bowdoin, Bowdoinham, Perkins	72.37% Grand Isle, Madawaska

Identifying disparities by gender

KEY TAKEAWAYS

WOMEN

Bone health

- 8x higher osteoporosis
- 9% higher arthritis
- 2% higher chronic pain & migraine

Mental health

- 15% higher rates of anxiety
- 14% higher depression rates

MEN

Heart & metabolic diseases

- 13% higher ischemic heart disease
- 4% higher rates of hypertension
- 6% higher diabetes rates

Emergency room usage & hospital stays

- 23 more hospital stays annually than older Maine women

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HIGHEST REPORTED CHRONIC CONDITIONS FOR 65+ BY RACIAL/ETHNIC GROUP

White Older Adults

- Endometrial cancer (in women)

Black Older Adults

- Prostate cancer (in men)

Hispanic Older Adults

- Migraine or other chronic headache

Native American Older Adults

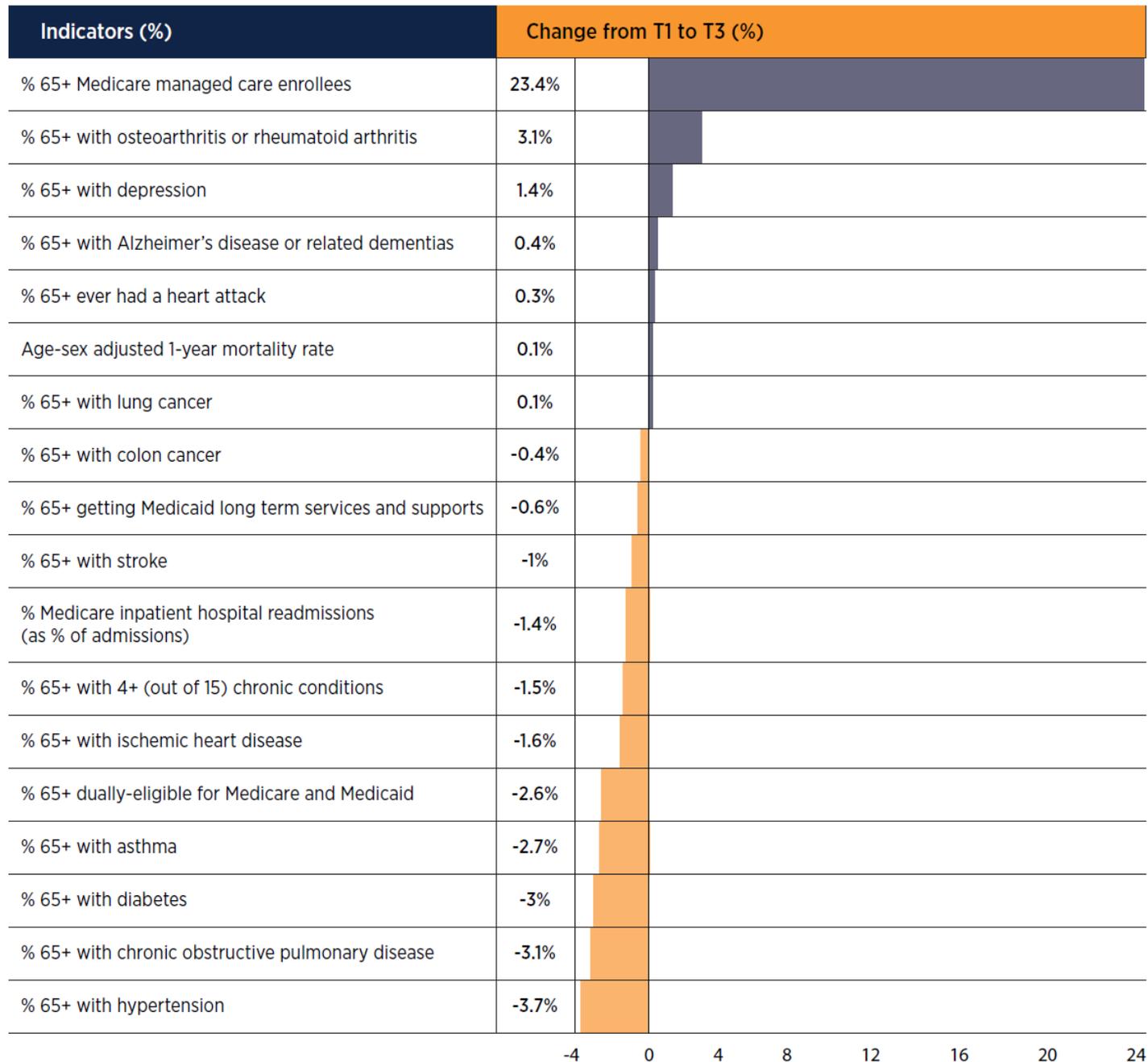- Alzheimer's disease
- Diabetes
- Heart attack
- Lung cancer
- Depression

Other Race(s) Older Adults

- Cataract

Asian Older Adults Have LOWEST Rates of:

- Asthma
- Ischemic heart disease
- Depression

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Table 2. Change Over Time

Indicators (%)	Change from T1 to T3 (%)
% 65+ Medicare managed care enrollees	23.4%
% 65+ with osteoarthritis or rheumatoid arthritis	3.1%
% 65+ with depression	1.4%
% 65+ with Alzheimer's disease or related dementias	0.4%
% 65+ ever had a heart attack	0.3%
Age-sex adjusted 1-year mortality rate	0.1%
% 65+ with lung cancer	0.1%
% 65+ with colon cancer	-0.4%
% 65+ getting Medicaid long term services and supports	-0.6%
% 65+ with stroke	-1%
% Medicare inpatient hospital readmissions (as % of admissions)	-1.4%
% 65+ with 4+ (out of 15) chronic conditions	-1.5%
% 65+ with ischemic heart disease	-1.6%
% 65+ dually-eligible for Medicare and Medicaid	-2.6%
% 65+ with asthma	-2.7%
% 65+ with diabetes	-3%
% 65+ with chronic obstructive pulmonary disease	-3.1%
% 65+ with hypertension	-3.7%

Rates got higher

Rates got lower

-4   0   4   8   12   16   20   24

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% 65+ with Alzheimer's disease or related dementias

	CT	ME	MA	NH	RI
2014-2015	14.4%	11.3%	13.6%	12.0%	14.2%
2016-2017	14.7%	11.7%	14.4%	12.0%	13.6%
2020-2021	14.9%	11.7%	13.9%	11.4%	13.4%
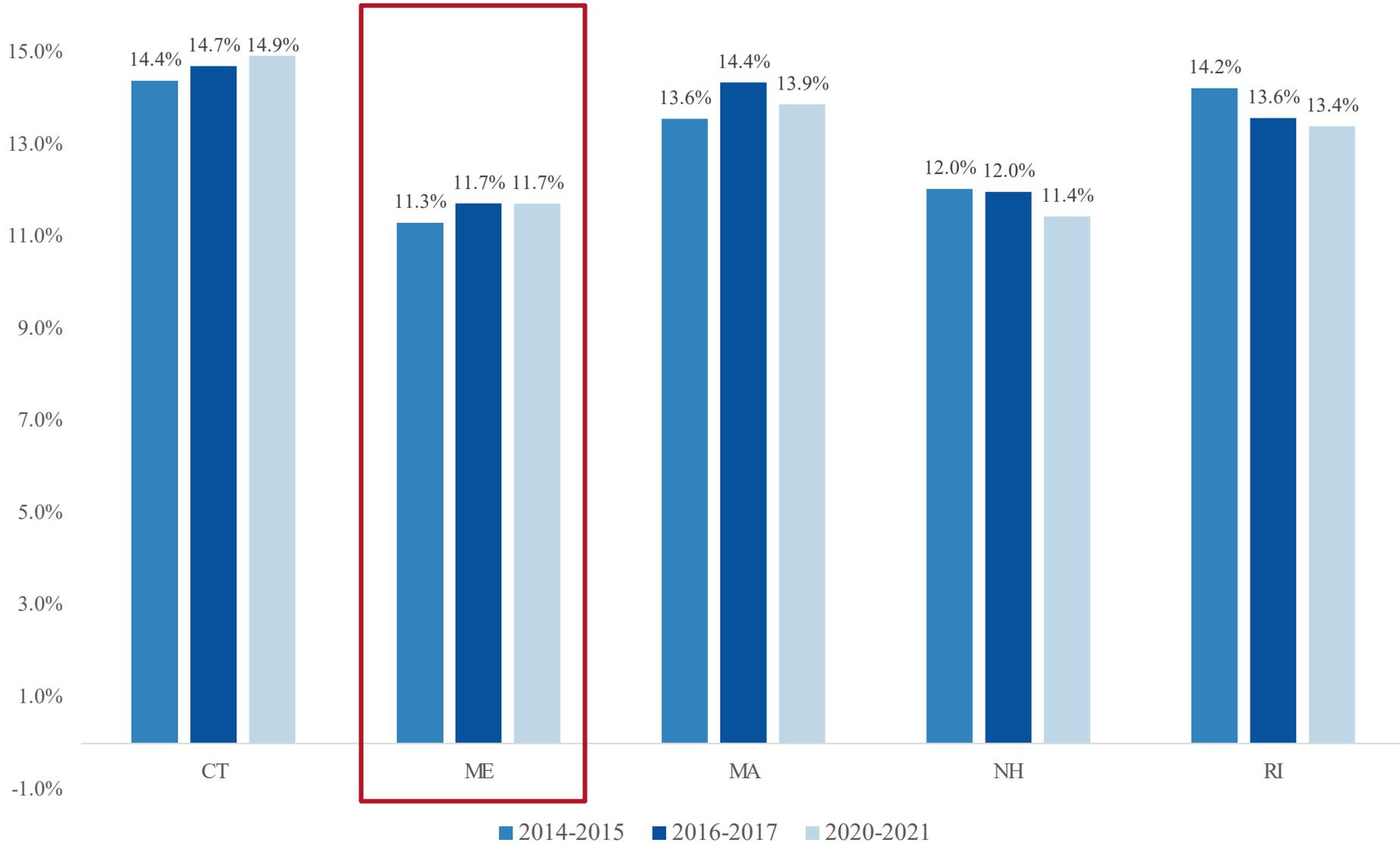
Maine report highest rates in New England:

- **% of 65+ with:**
  - Depression
  - PTSD

How Does Maine Compare to Other New England States?

Maine has the highest rate among New England states for depression and PTSD. Maine has the lowest rates for: breast and prostate cancer, having 0 chronic conditions, inpatient hospital stays, skilled nursing facility stays, and getting Medicaid long term services and supports.

Table 12. Maine Rates Compared to New England States

Indicators	ME	CT	MA	NH	RI	VT
% 65+ had hip fracture	3.1%	3.5%	3.2%	2.8%	3.1%	3.1%
% 65+ with high cholesterol	69.5%	77.9%	75.9%	72.0%	79.3%	63.9%
% 65+ with Alzheimer's disease	11.0%	13.9%	12.9%	10.7%	12.0%	9.6%
% 65+ with BPH (men)	35.2%	44.0%	42.6%	36.9%	43.3%	35.1%
% 65+ with breast cancer (women)	9.6%	11.8%	11.6%	10.2%	11.5%	9.6%
% 65+ with chronic kidney disease	29.4%	32.8%	34.3%	28.0%	34.0%	25.1%
% 65+ with congestive heart failure	18.1%	21.0%	19.6%	16.7%	20.0%	14.9%
% 65+ with diabetes	26.2%	31.8%	28.6%	25.2%	32.4%	23.6%
% 65+ with HIV/AIDS	0.2%	0.3%	0.3%	0.1%	0.2%	0.1%
% 65+ with hypertension	67.1%	74.2%	72.9%	67.3%	75.8%	64.7%
% 65+ with ischemic heart disease	35.3%	39.1%	37.1%	32.9%	39.4%	32.8%
% 65+ with lung cancer	1.8%	2.0%	2.1%	1.6%	2.0%	1.5%
% 65+ with osteoporosis	15.7%	20.2%	20.1%	16.3%	18.9%	14.4%

Chart key: = highest rate   = lowest rate

Table 12. Continued

Indicators	ME	CT	MA	NH	RI	VT
% 65+ with peripheral vascular disease	15.3%	19.1%	18.1%	13.6%	23.1%	11.5%
% 65+ with pressure ulcer	6.8%	9.1%	7.8%	6.2%	7.7%	5.7%
% 65+ with prostate cancer (men)	10.3%	13.4%	13.6%	11.6%	13.4%	10.8%
% 65+ with stroke	10.0%	11.5%	11.2%	10.0%	11.6%	9.2%
% 65+ with 4+ chronic conditions	55.5%	61.6%	60.4%	53.9%	63.0%	50.7%
% 65+ with 0 chronic conditions	12.4%	7.7%	7.2%	10.2%	7.2%	11.0%
% 65+ with depression	34.8%	32.3%	34.6%	30.5%	34.5%	32.5%
% 65+ with anxiety disorder	30.7%	30.9%	33.0%	28.0%	34.3%	25.8%
% 65+ with PTSD	3.9%	2.0%	3.0%	2.3%	2.2%	2.8%
% 65+ dually-eligible for Medicare and Medicaid	18.7%	22.5%	17.1%	6.6%	15.0%	12.5%
% 65+ Medicare managed care enrollees	50.3%	50.1%	30.5%	26.5%	51.4%	21.1%
# inpatient hospital stays/1,000 persons 65+ years annually	170	242	252	188	231	176
% Medicare inpatient hospital readmissions (as % of admissions)	14.3%	17.6%	18.2%	16.2%	17.1%	15.6%
# skilled nursing facility stays/1000 persons 65+ years annually	43	90	73	45	76	47
% 65+ getting Medicaid long term services and supports	2.1%	4.4%	3.4%	2.7%	4.0%	3.4%
% 65+ hospice users as % of decedents	49.7%	42.4%	44.0%	47.1%	50.7%	43.0%

Chart key: = highest rate   = lowest rate

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UNDERSTAND.

Download your Community Profile at healthyagingdatareports.org.

Educate yourself and others about the older people who live in your city or town.

Compare your community to state averages.

ENGAGE.

Start a conversation.

Bring together older people and community organizations to discuss how to address opportunities and challenges.

Learn from others who care about aging.

ACT.

Identify what's working.

Use the data to prioritize needs.

Collaborate with diverse partners and funders.

Join the age-friendly movement

ABOUT THE HEALTHY AGING DATA REPORTS

These reports are designed to help residents, agencies, providers and governments understand the older adults who live in their cities and towns – their ages, living arrangements, health status, strengths and vulnerabilities.

Comprehensive Community Profiles for every state, city and town are included in the reports. Each Community Profile details individual and community health indicators as well as statewide rates. This data makes it possible to compare a town or city to the rest of the state by indicator.

Point32Health Foundation

HealthyAgingDataReports.org is supported by Point32Health Foundation.

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Thank you!

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