

The Tufts Health Plan Foundation

Healthy Aging Report Card

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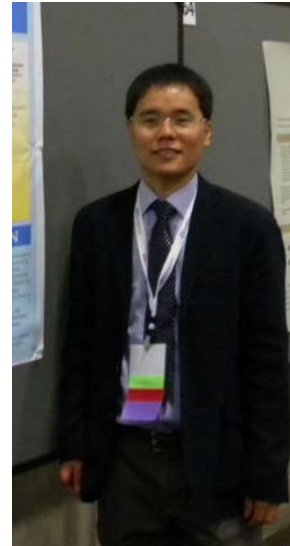
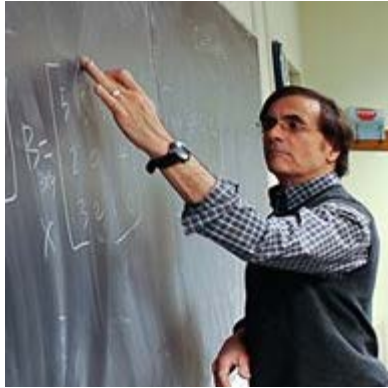
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Research Team:

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Project Tasks:

- 1) Develop the *Tufts Health Plan Foundation Healthy Aging Report Card*
- 2) Conduct an *environmental scan* of HA interventions in MA
- 3) Support and strengthen the *Healthy Aging Collaborative*

Ingredients of Healthy Aging

Older adults will...

Have good diets

- healthy eating
- healthy drinking

Be socially engaged

- close relationships
- social activities
- civic involvement
- work
- have valued roles

Be physically active

- cardio
- strength
- balance
- mobility

Lead meaningful lives

- valued activities
- spiritual satisfaction
- handle loss and anxiety

Be proactive about health

- understand and manage their health conditions
- seek and receive care

Feel safe and secure

- in income
- in housing
- from violence
- in mobility

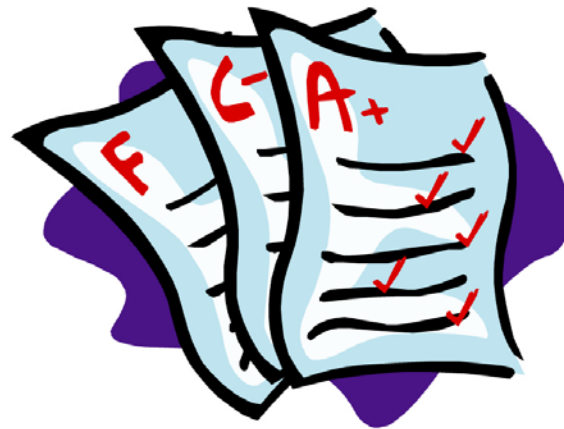
...live in communities that support healthy aging...

Leutz W. Healthy Aging in the Commonwealth: Pathways to Lifelong Wellness. Issue Brief 37 (2009).

http://masshealthpolicyforum.brandeis.edu/publications/pdfs/Fall.Winter.2009/HealthyAging_IssueBrief_Web.pdf

Task 1: Develop Healthy Aging Report Card

Analyze data from multiple sources to determine the state of healthy aging at a local (*actionable*) level. CMS, BRFSS, and other data.



Task 2: Conduct an Environmental Scan of Healthy Aging Interventions in MA

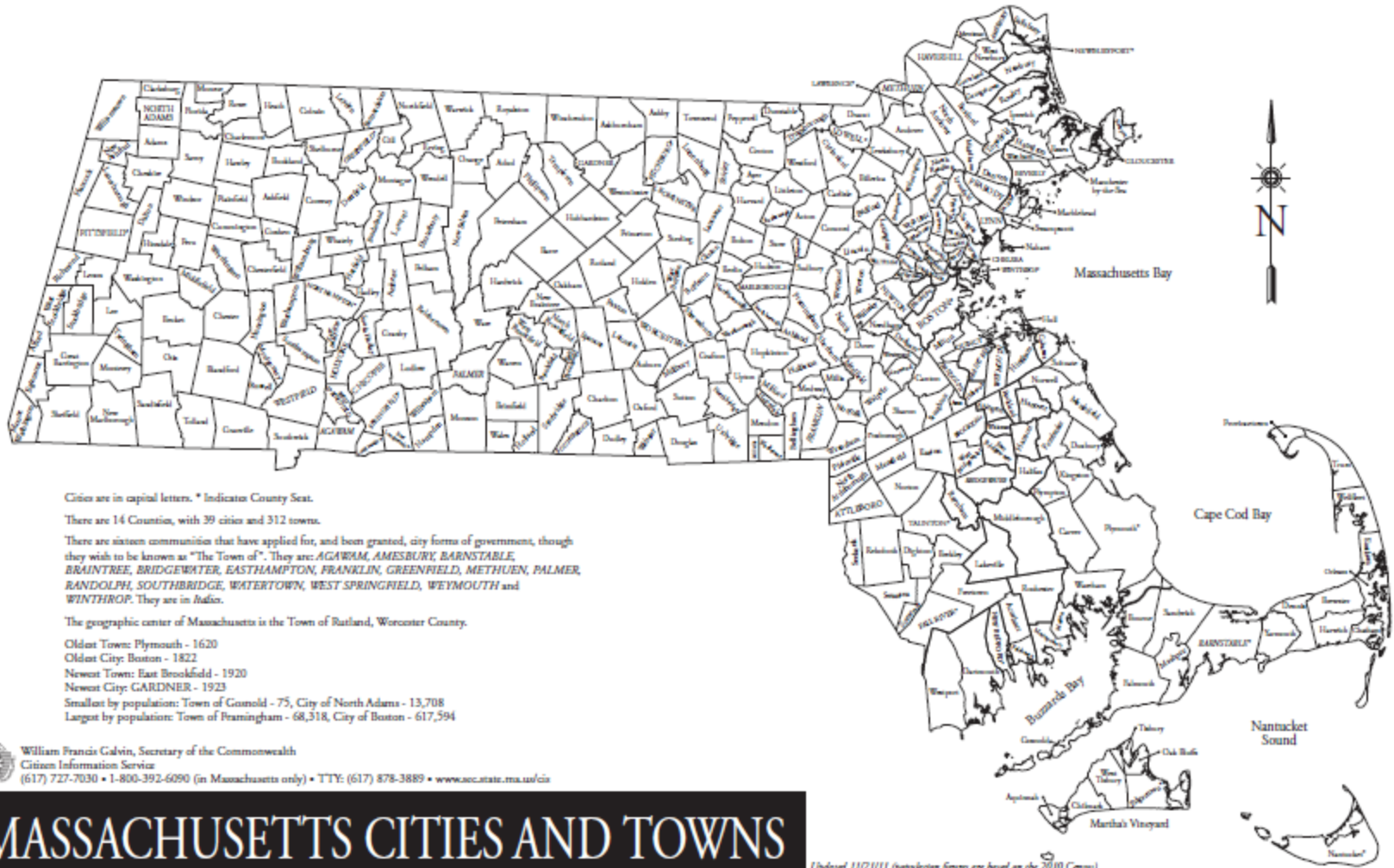
To collect data from stakeholders, service providers, and local leaders on what healthy aging interventions exist now.

We will be contacting you!

County Level Data



City and Town Level Data



Cities are in capital letters. * Indicates County Seat.

There are 14 Counties, with 39 cities and 312 towns.

There are sixteen communities that have applied for, and been granted, city forms of government, though they wish to be known as "The Town of". They are: *AGAWAM, AMESBURY, BARNSTABLE, BRAINTREE, BRIDGEWATER, EASTHAMPTON, FRANKLIN, GREENFIELD, METHUEN, PALMER, RANDOLPH, SOUTHBRIDGE, WATERTOWN, WEST SPRINGFIELD, WEYMOUTH and WINTHROP.* They are in *italics*.

The geographic center of Massachusetts is the Town of Ratland, Worcester County.

Oldest Town: Plymouth - 1620

Oldest City: Boston - 1822

Newest Town: East Brookfield - 1920

Newest City: GARDNER - 1923

Smallest by population: Town of Gosnold - 75, City of North Adams - 13,708

Largest by population: Town of Framingham - 68,318, City of Boston - 617,594

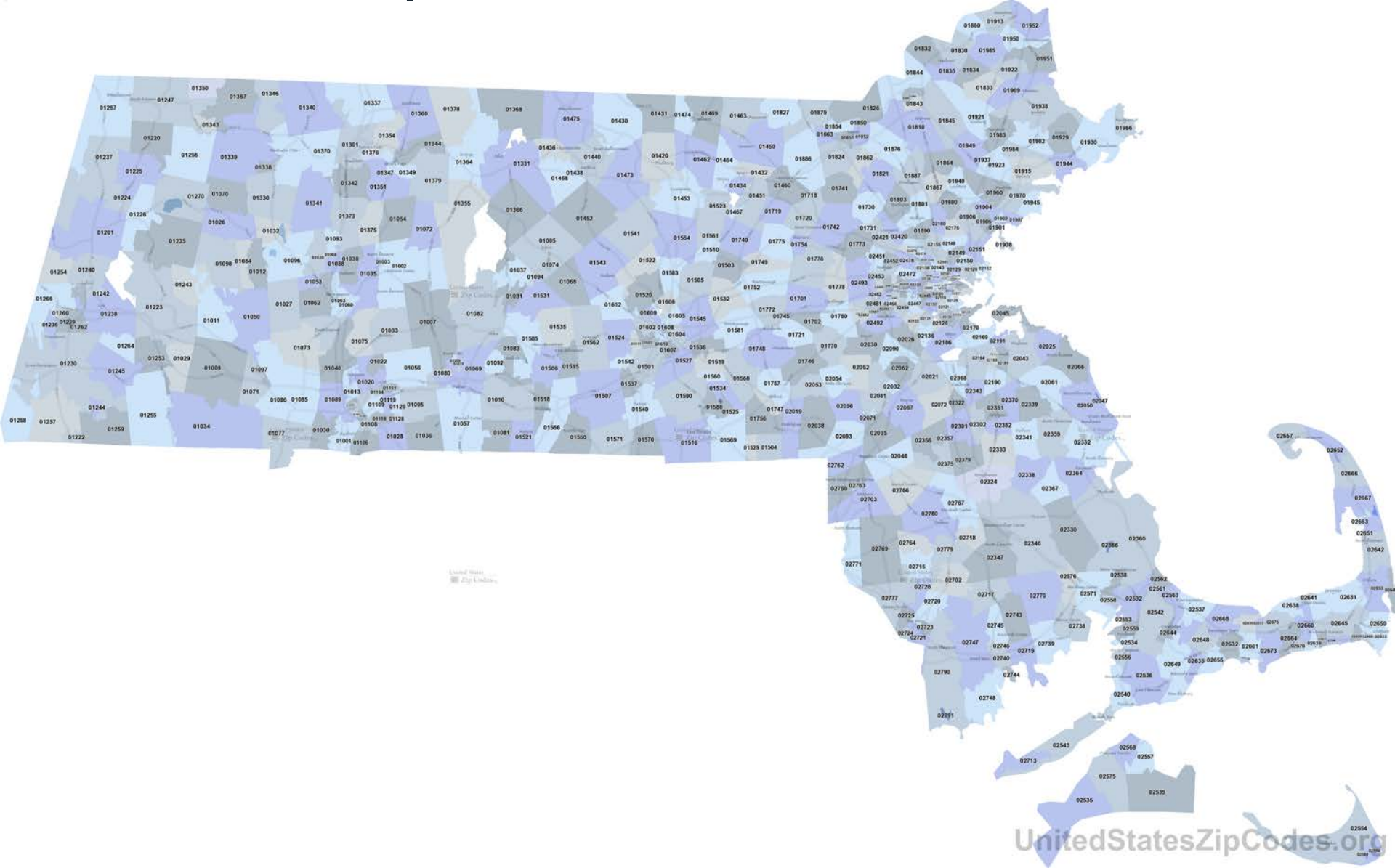


William Francis Galvin, Secretary of the Commonwealth
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MASSACHUSETTS CITIES AND TOWNS

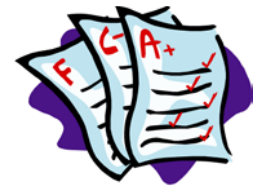
Updated 11/21/11 (population figures are based on the 2010 Census)

Zip Code Level Data



UnitedStatesZipCodes.org

Domains of Healthy Aging



MENTAL HEALTH (mental health status, depression, life satisfaction)

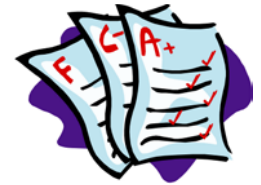
PHYSICAL HEALTH (health status, falls, physical activity, disability, tooth loss)

CHRONIC DISEASE (Alzheimer's and related dementias, stroke, diabetes, COPD, hypertension, myocardial infarction, coronary heart disease, congestive heart failure, osteoarthritis, rheumatoid arthritis, hip fracture, cataract, cancers – breast, prostate, lung, colon)

ACCESS TO CARE (have a regular doctor, did not see doctor because of cost, ER visits, dentists per 1,000)

CMS PAYMENT/UTILIZATION (inpatient hospital stays, skilled nursing facility days, annual home health visits, annual physician visits, durable medical equipment, % Medicare Advantage enrollees)

Domains of Healthy Aging



PROACTIVITY/HEALTH BEHAVIOR (regular physical activity, cancer screening, flu shot, pneumonia vaccine, shingles vaccine, dental exam, cholesterol screening)

NUTRITION/DIET (obesity, limited access to healthy foods, 5+ servings of fruit and vegetables per day, current smoking, current drinking)

DESCRIPTIVES (age, gender, race, education, marital status, % Medicare fee-for-service, % Medicaid dually-eligible).

SAFETY/SECURITY (crime rate, fatal auto accidents 65+, reports of abuse)

Task 3: Activate You to Improve Healthy Aging In Your Community and in MA



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