

2025 Metrowest Summary Sheet† | Healthy Aging Indicators in Metrowest, MA

	2025 State %	2025 Metrowest Weighted %*	2025 Metrowest Range	2025 Metrowest Count**
Population Count (65+)				
Total 65+ population	-	-	693-11,914	82,279
% 65-74	58.4%	58%	42.9%-70.2%	47,722
% 75-84	28.1%	28.7%	17.9%-50.6%	23,614
% 85 years and older	13.4%	13.3%	5.1%-21.3%	10,943
General Demographics and lifestyle (65+)				
Living alone	28.1%	24.1%	12.4%-31.2%	19,829
Female	56.2%	56.1%	38.2%-61.1%	46,159
Veterans	12.7%	10.9%	7.2%-19.8%	8,968
Employed in the past year	22.0%	25.1%	15.6%-35.6%	20,652
Income below poverty line	9.9%	6.6%	1.7%-10.6%	5,430
Substance misuse (drugs +/- alcohol)	9.4%	8.3%	5.3%-11.8%	6,829
Tobacco use disorders	12.3%	9%	4%-14.4%	7,405
Race/Ethnicity (65+)				
White	86.3%	88.8%	75.6%-100%	73,064
Asian	4.0%	5.7%	0%-15.6%	4,690
Hispanic/Latino	4.8%	2.8%	0%-7%	2,304
African American	4.4%	1.8%	0%-4.3%	1,481
Other	5.3%	3.8%	0%-8.4%	3,127
Marital Status (65+)				
Married	54.0%	61%	50%-78.1%	50,190
Widowed	21.1%	19.4%	11.4%-34.6%	15,962
Divorced/separated	15.8%	12.7%	2.5%-17.8%	10,449
Never married	9.0%	6.9%	0.8%-11%	5,677
Medicare population (65+)				
Medicare managed care enrollees	30.5%	29.6%	19.3%-37.4%	24,355
Dually eligible for Medicare and Medicaid	17.1%	10.4%	2.4%-17%	8,557
Living with Disability (65+)				
Self-reported vision difficulty	4.8%	3.8%	1.4%-8.9%	3,127
Self-reported hearing difficulty	12.3%	11.3%	5.3%-30.6%	9,298
Self-reported cognition difficulty	7.5%	5.8%	2%-9.1%	4,772
Self-reported self-care difficulty	7.3%	5.2%	0%-12.5%	4,279
Self-reported ambulatory difficulty	18.6%	15.1%	4.2%-24.3%	12,424
Self-reported independent living difficulty	13.2%	10.7%	4%-14.6%	8,804
Chronic Disease (65+)				
Alzheimer's disease or related dementias	12.9%	13%	9.3%-16.1%	10,696
Fibromyalgia, chronic pain, fatigue	37.2%	36.8%	31.5%-39.7%	30,279
4+ chronic conditions (out of 15)	60.4%	58.8%	51.1%-65.8%	48,380
No chronic conditions (out of 15)	7.2%	7.4%	5.7%-9.9%	6,089

Data from: Massachusetts Healthy Aging Data Report, May 2025. healthyagingdatareports.org

Metrics were available at community, county, and other geographic levels.

There may be variability due to sampling.



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Population and General Demographics (60+)				
Total population 60+	-	-	966-16,102	115,292
Have a regular doctor	96.5%	97.1%	95.9%-98.7%	111,949
Did not see doctor due to cost	3.9%	2.9%	2.4%-4.6%	3,343
LGBT	3.5%	3.2%	2.7%-3.6%	3,689
Homeowners	72.9%	80.7%	70.5%-99.1%	93,041
Nutrition/Diet (60+)				
5+ servings of fruits or vegetables/day	16.3%	21%	12.6%-24.5%	24,211
Obese (Self-report)	27.8%	28.6%	19.1%-38.1%	32,974
Receiving food stamps in past year	13.3%	6.5%	1.2%-12.9%	7,494
Wellness and Prevention (60+)				
Any physical activity last month	72.8%	77.5%	65.6%-87.2%	89,351
Met guidelines for aerobic physical activity	53.9%	58.9%	48.1%-68.8%	67,907
Met guidelines for muscle-strengthening activity	25.8%	32.7%	26.5%-42.6%	37,700
Met CDC preventive health screening goals	26.1%	28.4%	24.1%-31.3%	32,743
Current smokers	8.9%	5.4%	2.5%-11.5%	6,226
Excessive drinking	10.9%	10.4%	7.9%-11.6%	11,990
Getting recommended hours of sleep	63.1%	65%	60.7%-68.7%	74,940
Mammogram within last 2 years (women)	79.9%	-	75.9%-83.7%	-
Colorectal cancer screening	62.4%	67.5%	59.4%-70.5%	77,822
Cholesterol screening	96.3%	96%	94.2%-99.2%	110,680
Flu shot past year	67.6%	70.6%	65%-75.8%	81,396
Pneumonia vaccine	61.7%	62.5%	57.3%-67.4%	72,058
Shingles vaccine	46.3%	50%	37.2%-63.9%	57,646
With physical exam in past year	89.8%	89.9%	85.7%-93.4%	103,648
With annual dental exam	74.9%	83.2%	74.3%-88.4%	95,923
Always wear seatbelt in car	85.9%	89.6%	87.8%-90.9%	103,302
Physical/Mental Health (60+)				
With self-reported fair or poor health status	18.5%	14.5%	10.6%-20.5%	16,717
Injured with a fall in past year	10.1%	9.1%	6.7%-13.1%	10,492
15+ physically unhealthy days in last month	13.1%	10.8%	9.3%-16.3%	12,452
15+ days poor mental health last month	8.4%	7%	2.8%-10.3%	8,070
Lost 6 or more teeth	28.2%	19.3%	12.8%-29.9%	22,251
High cholesterol (65+)	75.9%	76.2%	70.5%-81.8%	62,697

† Metrowest as defined by Metrowest Health Foundation mwhealth.org/Who-We-Are/Communities-Served.

Total Metrowest population is roughly 512,600

*Averages were weighted by community population size. The total 60+ or 65+ population counts were used for calculating weights as appropriate

**The Metrowest count was calculated using the calculated weighted average for each variable.