# Salem (Essex)

Salem is a city in Essex County with 7,410 residents aged 65 and older. Compared to state average rates, older residents report better outcomes on several healthy aging indicators, including lower rates of cataract, heart attack, hypertension, ischemic heart disease, and high cholesterol. However, they have higher rates of asthma, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, peripheral vascular disease, tobacco use disorder, depression, anxiety disorder, and PTSD. They are more likely to engage in the health promotion activity of cholesterol screening, but less likely to do physical activity and meet the CDC guidelines for strength training and aerobic activity. Community resources to support healthy aging include a COA, three adult day health centers, eight community health centers, one hospital, one public library, 54 primary care providers, one skilled nursing facility, one assisted living facility, and two public universities or community colleges. Salem is a designated AARP Age-Friendly Community.
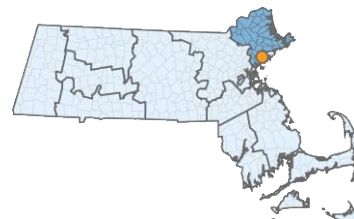
POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		44,541	6,984,205
Population 60 years or older as % of total population		22.8%	23.8%
Total population 60 years and older		10,136	1,661,076
Population 65 years or older as % of total population		16.6%	17.1%
Total population 65 years and older		7,410	1,195,589
% 65-74 years	*	60.9%	58.4%
% 75-84 years		26.4%	28.1%
% 85 years or older		12.7%	13.4%
% 65+ population who are female		61.2%	56.2%
% 85+ population who are female		81.3%	66.6%
Race and ethnicity of the population 65+			
% White		83.7%	86.3%
% African American	*	2.0%	4.4%
% Asian	*	2.1%	4.0%
% Other race(s)	*	12.2%	5.3%
% Hispanic	*	12.5%	4.8%
# 55+ who are Native American / Alaskan		41	3,537
Marital status of the population 65+			
% married	*	43.3%	54.0%
% divorced/separated	*	22.3%	15.8%
% widowed		19.9%	21.1%
% never married		14.5%	9.0%
Education of the population 65+			
% with less than high school education		15.7%	12.7%
% with high school or some college	*	43.1%	50.3%
% with college degree		19.6%	18.1%
% with graduate or professional degree		21.5%	18.9%
% 65+ population who speak only English at home	*	77.6%	83.1%
% 65+ population who are veterans of military service		12.8%	12.7%
% 60+ LGBT		2.5%	3.5%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone	*	39.5%	28.1%
Average household size (all ages)	*	2.2	2.5
Median house value (all ages)	*	$464,200	$483,900
% 60+ own home	*	60.3%	72.9%
% 60+ homeowners who have mortgage		52.7%	46.8%
% 65+ households (renter) spend >35% of income on housing		47.9%	43.6%
% 65+ households (owner) spend >35% of income on housing		37.9%	27.3%
% grandparents who live with grandchildren	*	1.2%	2.8%
# of assisted living sites		1	275
SOCIAL DETERMINANTS OF HEALTH			
COST OF LIVING			
Elder Index			
Single, homeowner without mortgage, good health (County)	1.00	$30,600	$30,552
Single, renter, good health (County)	1.03	$39,888	$38,580
Couple, homeowner without mortgage, good health (County)	0.98	$43,728	$44,520
Couple, renter, good health (County)	0.97	$53,016	$54,548
ECONOMIC			
% 60+ receiving food stamps in past year	*	22.2%	13.3%
% 65+ employed in past year		22.3%	22.0%
% 65+ with income below the poverty line in past year		16.7%	9.9%
Median annual income for households with a householder age 65+		$48,566	$61,624
% 65+ households with annual income < $20,000	*	29.5%	17.1%
% 65+ households with annual income $20,000-$49,999		21.9%	25.3%
% 65+ households with annual income $50,000-$99,999		22.6%	26.7%
% 65+ households with annual income $100,000+		26.0%	31.0%
WELLNESS			
% 60+ getting the recommended hours of sleep		62.9%	63.1%
% 60+ doing any physical activity in past month	W	60.8%	72.8%
% 60+ met CDC guidelines for muscle-strengthening activity	W	14.1%	25.8%
% 60+ met CDC guidelines for aerobic physical activity	W	35.8%	53.9%
% 60+ with fair or poor self-reported health status		23.5%	18.5%
% 60+ with 15+ physically unhealthy days in past month		14.5%	13.1%
COMMUNITY			
Annual # unhealthy days due to air pollution for 65+ (County)		1	NA
AARP Age-Friendly Communities		Yes	Yes
Dementia Friendly Communities		Not yet	Yes
# of public universities and community colleges		2	124
# of public libraries		1	455
# of Councils of Aging (COAs)		1	350
# of Osher Lifelong Learning Institutes (OLLI)		0	4
% households with a smartphone (all ages)	*	84.9%	87.6%
% households with only a smartphone to access the Internet (all ages)		6.3%	6.4%

SOCIAL DETERMINANTS OF HEALTH	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
% households without a computer (all ages)		7.3%	5.7%
% households with access to Broadband (all ages)		90.0%	90.7%
% households without access to the Internet (all ages)		9.7%	9.2%
% 60+ who used Internet in past month		62.7%	70.6%
Voter participation rate in 2020 election (age 18+)		74.3%	80.8%
Homicide rate/100,000 persons (County)		2.0	2.3
# firearm fatalities (all ages) (County)		137	1267
# 65+ deaths by suicide (County)		56	527
Age-sex adjusted 1-year mortality rate		3.9%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle	*	75.9%	84.2%
% 60+ who always drive or ride wearing a seatbelt		78.5%	85.9%
% 60+ drove under influence		NA	1.3%
# fatal crashes involving adult age 60+ (County)		51	545
AllTransit Score		6.50	2.93
HEALTH OUTCOMES			
FALLS			
% 60+ who fell in past year		20.0%	26.6%
% 60+ who were injured by a fall in past year		6.7%	10.1%
% 65+ with hip fracture		3.0%	3.2%
PREVENTION			
% 60+ with physical exam/check-up in past year		91.3%	89.8%
% 60+ flu shot in past year		70.5%	67.6%
% 60+ with pneumonia vaccine		58.0%	61.7%
% 60+ with shingles vaccine		42.3%	46.3%
% 60+ women with mammogram in past 2 years		79.5%	79.9%
% 60+ had colorectal cancer screening		54.9%	62.4%
% 60+ with optimal preventive health		22.6%	26.1%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	16.3%
% 60+ self-reported obese		33.2%	27.8%
% 65+ with high cholesterol	B	72.6%	75.9%
% 60+ with high cholesterol screening	B	99.5%	96.3%
ORAL HEALTH			
% 60+ with annual dental exam		72.1%	74.9%
# dentists per 100,000 persons (all ages) (County)		69.3	69.0
% 60+ with loss of 6+ teeth		30.5%	28.2%

HEALTH OUTCOMES

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.5%	12.9%
% 65+ with anemia		42.4%	43.1%
% 65+ with asthma	W	15.1%	13.9%
% 65+ with atrial fibrillation		15.0%	15.2%
% 65+ with benign prostatic hyperplasia (men)		44.3%	42.6%
% 65+ with breast cancer (women)		10.8%	11.6%
% 65+ with cataract	B	62.4%	64.3%
% 65+ with chronic kidney disease	W	36.2%	34.3%
% 65+ with chronic obstructive pulmonary disease		19.4%	19.1%
% 65+ with colon cancer		2.3%	2.4%
% 65+ with congestive heart failure		18.3%	19.6%
% 65+ with diabetes		27.8%	28.6%
% 65+ with endometrial cancer (women)		2.8%	2.2%
% 65+ with fibromyalgia, chronic pain, and fatigue	W	40.6%	37.2%
% 65+ with glaucoma		25.5%	25.3%
% 65+ ever had a heart attack	B	4.0%	4.6%
% 65+ with HIV/AIDS		0.18%	0.30%
% 65+ with hypertension	B	70.2%	72.9%
% 65+ with ischemic heart disease	B	35.4%	37.1%
% 65+ with liver disease		12.9%	12.2%
% 65+ with lung cancer		2.2%	2.1%
% 65+ with migraine and other chronic headache	W	9.1%	8.0%
% 65+ with osteoarthritis or rheumatoid arthritis		55.8%	55.5%
% 65+ with osteoporosis		19.4%	20.1%
% 65+ with peripheral vascular disease	W	21.2%	18.1%
% 65+ with pressure ulcer or chronic ulcer		8.2%	7.8%
% 65+ with prostate cancer (men)		13.9%	13.6%
% 65+ with stroke		10.9%	11.2%
% 65+ with 4+ (out of 15) chronic conditions		59.5%	60.4%
% 65+ with 0 chronic conditions		8.0%	7.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		1,556	11,845
% 65+ with substance use disorder		10.3%	9.4%
% 60+ excessive drinking		10.1%	10.9%
% 65+ with tobacco use disorder	W	13.9%	12.3%
% 60+ current smokers		15.0%	8.9%
MENTAL HEALTH			
% 60+ with 15+ days poor mental health in past month		10.7%	8.4%
% 65+ with depression	W	38.5%	34.6%
% 65+ with anxiety disorder	W	37.5%	33.0%
% 65+ with post-traumatic stress disorder	W	3.9%	3.0%
% 65+ with schizophrenia & other psychotic disorder		4.2%	4.0%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		10.5%	12.3%
% 65+ with self-reported vision difficulty	*	3.0%	4.8%
% 65+ with self-reported cognition difficulty	*	3.6%	7.5%
% 65+ with self-reported ambulatory difficulty		19.3%	18.6%
% 65+ with self-reported self-care difficulty	*	4.5%	7.3%
% 65+ with self-reported independent living difficulty		15.4%	13.2%
CAREGIVING			
# of Alzheimer's support groups		0	25
% grandparents raising grandchildren	*	0.00%	0.66%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	20.9%	17.1%
% 65+ Medicare managed care enrollees		29.5%	30.5%
% 60+ with a regular doctor		97.0%	96.5%
% 60+ who did not see a doctor when needed due to cost		3.7%	3.9%
# of primary care providers		54	8,899
# of hospitals		1	79
# of home health agencies		0	269
# of skilled nursing facilities		1	352
# of hospice agencies		0	76
# of community health centers		8	215
# of adult day health centers		3	143
SERVICE UTILIZATION			
# physician visits per year		7.4	7.3
# emergency room visits/1000 persons 65+ years annually		537.5	558.8
# Part D monthly prescription fills per person annually		53.2	53.5
# home health visits annually		3.0	2.9
# durable medical equipment claims annually		1.9	1.9
# inpatient hospital stays/1000 persons 65+ years annually		267.6	251.7
% Medicare inpatient hospital readmissions (as % of admissions)		16.2%	18.2%
# skilled nursing facility stays/1000 persons 65+ years annually		70.1	72.9
# skilled nursing home Medicare beds/1000 persons 65+ years		16.4	33.7
% 65+ getting Medicaid long term services and supports		3.5%	3.4%
% 65+ hospice users		2.8%	2.8%
% 65+ hospice users as % of decedents		47.3%	44.0%

NOTES

TECHNICAL NOTES

*For more information on data sources, measures, and methodology used in the 2025 Massachusetts 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 not 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; Massachusetts Department of Public Health (MDPH) (Behavioral Risk Factor Surveillance Survey (BRFSS)), 2010-2022.*
- *Housing: ACS, 2018-2022; Mass.gov, 2023.*
- *Cost of Living: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston, 2023.*
- *Economic: ACS, 2018-2022.*
- *Wellness: BRFSS, 2010-2022.*
- *Community: AARP, 2023; ACS, 2018-2022; BRFSS, 2010-2022; CDC WONDER, 2016-2020; The CMS Master Beneficiary Summary File ABCD/Other (CMS), 2020-2021; Dementia Friendly Massachusetts, 2023; Massachusetts Executive Office of Elder Affairs (EOEA), 2023; NECHE, 2023; OLLI, 2023; MA State Library, 2023; MA Secretary of State, 2023; U.S. EPA Air Compare, 2023.*
- *Transportation: ACS, 2018-2022; AllTransit™, 2023; BRFSS, 2010-2022; NHTSA, 2018-2022.*
- *Falls: CMS, 2020-2021; BRFSS, 2010-2022.*
- *Prevention: BRFSS, 2010-2022.*
- *Nutrition/Diet: BRFSS, 2010-2022; CMS, 2020-2021.*
- *Oral Health: BRFSS, 2010-2022; HRSA, 2023.*
- *Chronic Disease: CMS, 2020-2021.*
- *Behavioral Health: BRFSS, 2010-2022; CDC WONDER 2016-2020; CMS, 2020-2021.*
- *Mental Health: BRFSS, 2010-2022; CMS, 2020-2021.*
- *Living with Disability: ACS, 2018-2022.*
- *Caregiving: ACS, 2018-2022; Alzheimer's Association, 2023.*
- *Access to Care: BRFSS, 2010-2022; CMS, 2020-2021; HRSA, 2023; Medicare.gov, 2023; Massachusetts Executive Office of Health and Human Services (HHS), 2023.*
- *Service Utilization: CMS, 2020-2021.*

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