



Stoneham: Key Community Health Findings

Community Characteristics

- 91% of Stoneham's population was non-Hispanic White compared to 76% of the Commonwealth. Non-Hispanic Blacks (1%), non-Hispanic Asians (3%) and Hispanics (3%) represented a lower percentage of Stoneham's population compared to the Commonwealth (6%, 6%, 10%).
- Stoneham's median income in 2013 was \$76,127 compared to \$66,866 for the Commonwealth.
- 6.9% of Stoneham's population did not complete high school compared to 10.5% of the Commonwealth.
- Stoneham had a violent crime rate* of 132.7 compared to 405.5 for the Commonwealth. Stoneham's property crime rate* was 1185.2 compared to 2153 for the Commonwealth.

Health Risk Factors

- 35.8% of WH's service area reported meeting regular physical activity standards compared to 80.2% of the Commonwealth.
- 6.2% of WH's service area reported as current smokers compared to 16.6% of the Commonwealth.

Chronic Disease

- Stoneham's all-cancer incidence rate* was 551.1 compared to 508.7 for the Commonwealth. Stoneham's breast cancer incidence rate* was 169.6 compared to 134.8 for the Commonwealth.
- Stoneham's mortality rate* due to chronic lower respiratory disease was 28.9 compared to 32.8 for the Commonwealth.
- 4.6% of WH's service area reported ever being told they have diabetes compared to 8.5% of the Commonwealth. Stoneham's mortality rate* due to diabetes was 8.2 compared to 13.7 for the Commonwealth.
- Stoneham's hospitalization rate* due to hypertension was 34.6 compared to 45.5 for the Commonwealth.

Behavioral Health

- Stoneham's opioid-related emergency department discharge rate* was 398.3 compared to 259.6 for the Commonwealth.
- 27.2% of WH's service area reported binge drinking alcohol compared to 19.4% of the Commonwealth.
- Stoneham's hospitalization rate* for mental health issues was 750 compared to 837.9 for the Commonwealth.
- 6.9% of WH's service area reported having 15+ days of poor mental health in the past month compared to 11.2% of the Commonwealth.

* per 100,000 population



A review of the leading health status indicators for Stoneham

Demographic and Social Determinants of Health Indicators

Demographic Indicators	Massachusetts	Middlesex County	Stoneham
Total population	6,605,508	1,522,533	21,498
Percent male, Percent female	48%, 52%	49%, 51%	48%, 52%
Median age	39.2 years	38.6 years	44.6 years
Percent of households with one or more people 65+ years old	26.3%	24.8%	31.5%
Foreign-born population	15%	19.3%	9.7%
Language other than English	21.9%	25%	14.2%
Race/ethnicity (Non-Hispanic White, NH Black, NH Asian, Hispanic)	76%, 6%, 6%, 10%	76%, 4%, 10%, 7%	91%, 1%, 3%, 3%
Have a college or graduate degree	39%	51%	38.5%
Did not complete high school	10.5%	7.9%	6.9%
Percent living with disability	11.3%	8.8%	10.3%
Low-income residents (incomes below 200% federal poverty level)	24.8%	19%	13.2%
Median household income (in 2013 inflation-adjusted dollars)	\$66,866	\$82,090	\$76,127
Per capita income (in 2013 inflation-adjusted dollars)	\$35,763	\$42,861	\$38,561
Housing Indicators			
Percent of housing units that are renter occupied	37.3%	37.3%	30.8%
Among renter occupied units, rent is 35% or more of total income	40.5%	36.5%	43.3%
Crime Indicators			
Violent crime rates*	405.5	257	132.7
Property crime rates*	2153	N/A	1185.2

* per 100,000 population



Chronic Disease Indicators

	State	County	Stoneham
Asthma/Respiratory Disease			
Percent of adults who have ever been told they have asthma	16.8%	16.3% [†]	15.7% [†]
Hospitalizations for asthma—Adults*	151.9	114.8	146.3
Deaths due to asthma—Adults*	0.7	0.5	0.0
Hospitalizations for chronic lower respiratory disease*	364.4	286.6	340.4
Deaths due to chronic lower respiratory disease*	32.8	29.4	28.9
Diabetes			
Percent of adults ever been told they have diabetes	8.5%	7.2% [†]	4.6% [†]
Hospitalizations for diabetes*	135	109.7	100.7
Deaths due to diabetes*	13.7	11.9	8.2
Cardiovascular Disease			
Hospitalizations for cardiovascular disease*	1344	1280.8	1415.7
Deaths due to cardiovascular disease*	193.4	178.2	179.6
Hypertension			
Percent of adults who have ever been told they have hypertension	29.4%	26.8% [†]	24.8% [†]
Hospitalizations due to hypertension*	45.5	38.4	34.6
Deaths due to hypertension*	5.5	4.7	3
Cancer			
New cases of cancer (all)*	508.7	509.5	551.1
Deaths due to cancer (all)*	169.9	166	158.5
New cases of lung cancer*	70.4	67.5	71.5
Deaths due to lung cancer*	46.8	44.8	41.7
New cases of prostate cancer (men only)*	156.9	150.5	143.1
Deaths due to prostate cancer (men only)*	20.6	20.7	24
New cases of breast cancer (women only)*	134.8	143.4	169.6
Deaths due to breast cancer (women only)*	20.2	19.4	16.8

Risk Factors

Percent of adults who are overweight or obese	58%	54.2% [†]	57.9% [†]
Percent of adults who are obese (BMI > 30)	23.6%	20.9% [†]	22.9% [†]
Percent who met regular physical activity standards	80.2%	80.9% [†]	35.8% [†]
Percent of adults who are current smokers	16.6%	11.7% [†]	6.2% [†]

Mental Health and Substance Abuse Indicators

Percent of adults who have had 15+ days of poor mental health in the past 30 days	11.2%	9.6% [†]	6.9% [†]
Percent of adults who are heavy drinkers (exceed recommended number of drinks per day)	7.5%	6.4% [†]	10.5% [†]
Percent of adults who binge drink	19.4%	18% [†]	27.2% [†]
Hospitalizations for mental health issues*	837.9	718.7	750
Hospitalizations for alcohol/substance abuse*	337.6	254.8	312.3
Opioid-related emergency department discharges*	259.6	226.6	398.3

Access, Utilization, and Well-Being

Premature mortality (<75 years old)*	275.9	245.9	265.7
Percent of population who have no health insurance	4%	3.7%	2.6%
Percent of adults with a routine check-up in the last 12 months	77.7%	76.1% [†]	74.9% [†]
Percent of women age ≥ 40 yrs. old who have had a mammogram in the past 2 years	84.6%	85.3% [†]	84% [†]
Percent of adults age 50+ years old screened for colorectal cancer	61.4%	64.1% [†]	84.9% [†]
Percent of adults who have ever had their cholesterol checked	86.1%	86% [†]	63% [†]

Infectious Disease Indicators

HIV/AIDS Prevalence*	272.8	202.7	121.3
Rate of Chlamydia*	357.3	242.8	163.3
Rate of Gonorrhea*	39.7	24.7	N/A
Lyme Disease incidence*	62	48.7	32.7
Pneumonia deaths*	16.9	14.8	10.5
Pneumonia hospitalizations*	322.2	298.7	342.7

Maternal and Child Health Indicators

Percent of women receiving prenatal care starting first trimester	80.5%	83.3%	85.4%
Percent of births born prematurely	15.7%	15.7%	14.6%
Percent of births that were low birth weight	7.7%	7.5%	5.7%
Infant (<1 year old) deaths per 1,000	4.5	3.7	3.5

* indicates per 100,000 cases

† Data was retrieved from the 2015 Winchester Hospital (WH) Community Health Survey. A randomly generated sample of approximately 1,500 households was drawn from the WH service area; however, not all towns responded with a large enough sample to provide accurate, town-specific data. In this case, we have opted for data for the overall WH service area.

Data sources: † 2012-2013 Behavioral Risk Factor Surveillance System (BRFSS); 2009-2015 US Census Bureau American Community Survey (ACS); 2013 Massachusetts Bureau of Substance Abuse Services (BSAS); 2008-2012 Massachusetts Vital Records Mortality; 2008-2013 Massachusetts Vital Records Natality; 2012 Massachusetts Communicable Disease Program Sexually Transmitted Disease Program; 2013 Massachusetts Communicable Disease Program; 2012 Massachusetts Communicable Disease Program.

Substance Use Disorder: Disparities by City/Town

Indicators	State	County	Medford	North Reading	Reading	Stoneham	Winchester	Wilmington	Woburn	Wakefield	Tewksbury
Alcohol/Substance Abuse ED Visits	858.83	713.79	890.56	670.89	651.56	891.77	471.82	689.26	922.36	1062.5	612.15
Alcohol/Substance Abuse Hospitalizations	337.58	254.79	332.02	254.52	197.69	312.31	158.34	226.06	334.12	300.44	223.67
Opioid ED Discharges	259.63	226.62	354.89	368.51	332.8	398.26	173.27	384.07	331.91	517.7	371.95
Opioid Related Hospitalizations	315.55	208.45	339.51	289.27	190.35	367.3	142.93	292.77	321.37	272.02	294.86
Opioid Related Mortality	9.4	7.2	13.94	3.2	5.34	12.7	6.02	10.57	11.88	12.6	11.52

√ - Higher than state & county

√ - Higher than state

√ - Higher than county

Source: Winchester Hospital 2016 Community Health Needs Assessment

Quantitative & Qualitative Data Sources:

- MassCHIP
- Behavioral Risk Factor Surveillance Survey
- Census
- CHIA Claims Data
- AHA Data
- Household Survey
- External Stakeholder interviews
- Internal Interviews
- Community Forums
- Focus Groups

Substance Use Disorder Cities/Towns with Highest Need Summary

✓ - Higher rate than state and county

Indicators	Medford	North Reading	Reading	Stoneham	Tewksbury	Wakefield	Wilmington	Winchester	Woburn
Alcohol/SA ED Visits	✓			✓		✓			✓
Alcohol/SA Hospitalizations									
Opioid ED Visits	✓	✓	✓	✓	✓	✓	✓		✓
Opioid Hospitalizations	✓			✓					✓
Opioid Related Mortality	✓			✓	✓	✓	✓		✓