

From: Janet Benvenuti
Sent: Thursday, August 10, 2017 8:52 PM
To: Envision Concord
Subject: A Research Reference for the Long-Range Planning

To: The Long-Range Planning Committee

Thank you for undertaking the heroic task of long-range planning for the Town of Concord. One of my professional areas of expertise is healthy aging, specifically helping middle aged and older adults navigate the aging journey successfully, maintaining cognitive, physical and financial health while drawing on the community and familial supports required to optimize well-being.

You may find it helpful to take a quick look at the research that has been funded by the Tufts Foundation over the past few years. UMass Boston just received a grant to update the research that will look at 120 individual and community health indicators as well as statewide rates. Those indicators include factors like access to nutritious food and healthcare, walkable communities, educational opportunities, safety, etc. many of the dimensions you've identified as part of the Town's long-range plan.

Here's a bit more information:

The Healthy Aging Collaborative is a consortium of leaders across Massachusetts focused on healthy aging. Their mission is to capture best practices and share evidence-based programs that work to keep citizens healthy. Their reports are used by the Secretary of Elder Affairs to develop health policy and channel funding to those communities with the lowest scores in order to improve the well-being of all MA citizens. The first comprehensive city-by-city report was published in 2014. [The 2015 Report](#) - well worth the read - looks at 39 indicators of healthy living in every town in Massachusetts. The data make it possible to compare a town or city to the rest of the state by indicator.

Concord is among the healthiest in the State, however, there are still much room for improvement.

- a. The link to the [Health Aging Collaborative](#) website is here.
- b. [Data for Concord](#)
 - i. Concord is characterized as a "walker's paradise."
 - ii. Concord has more individuals living with Alzheimer's disease or related dementias and breast cancer than the state average
 - iii. 25.6% of Concordians are 60+ years or older vs. 19.2% as the state average
 - iv. The data provide insights into specific chronic illnesses

[Stanford's Center for Longevity](#) also publishes useful studies that may help you plan for our collective future. Thank you, again, for your efforts on our behalf.

Sincerely,

Janet Benvenuti
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