

# Data Across Sectors for Health (DASH): Eastport, Maine

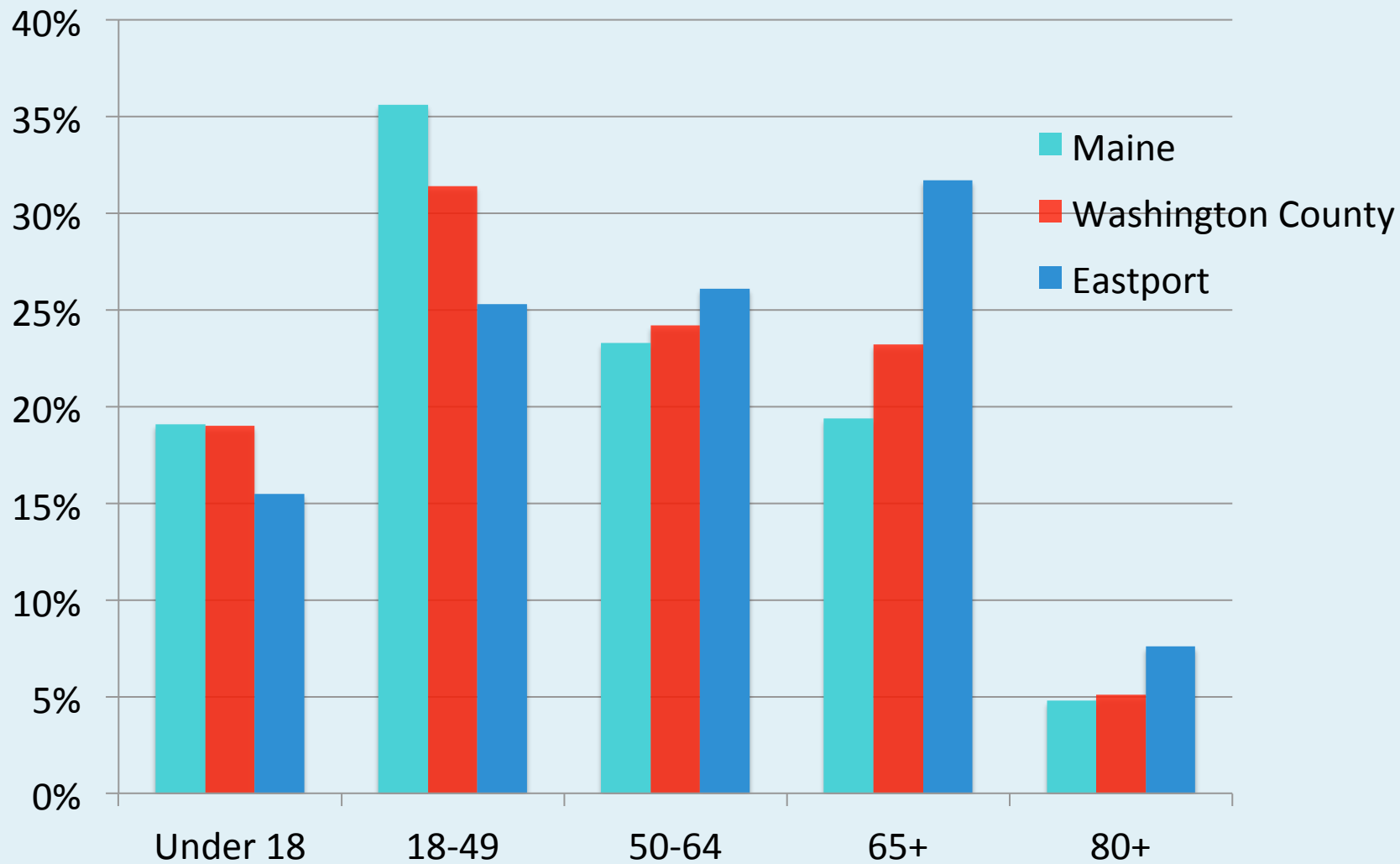


MAINE

COUNCIL

ON AGING

# Age Distribution



MAINE

COUNCIL

ON AGING

# Median Age

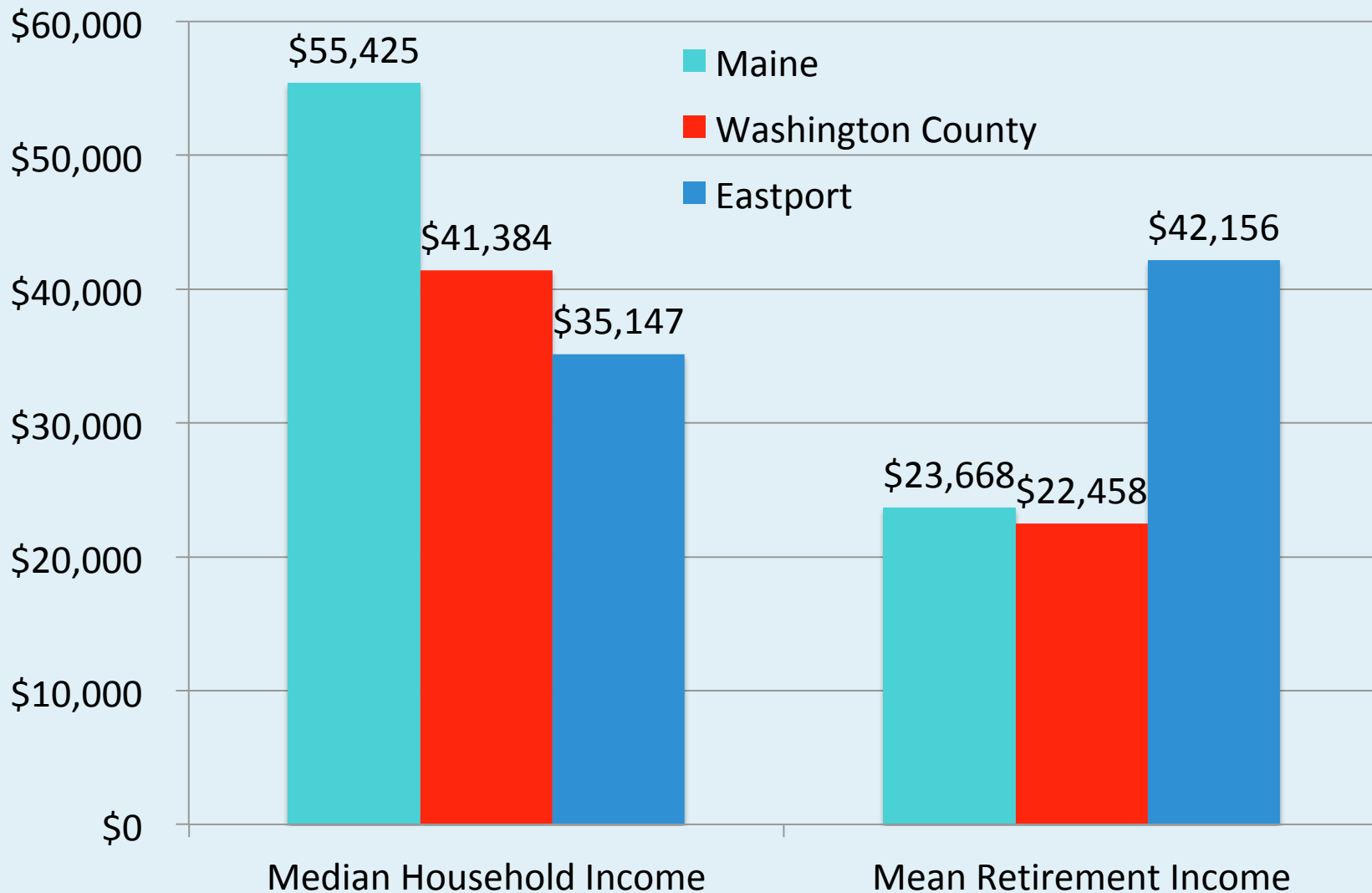
Maine	44.1
Washington County	48
Eastport	54.1

MAINE

COUNCIL

ON AGING

# Income and Economic Security

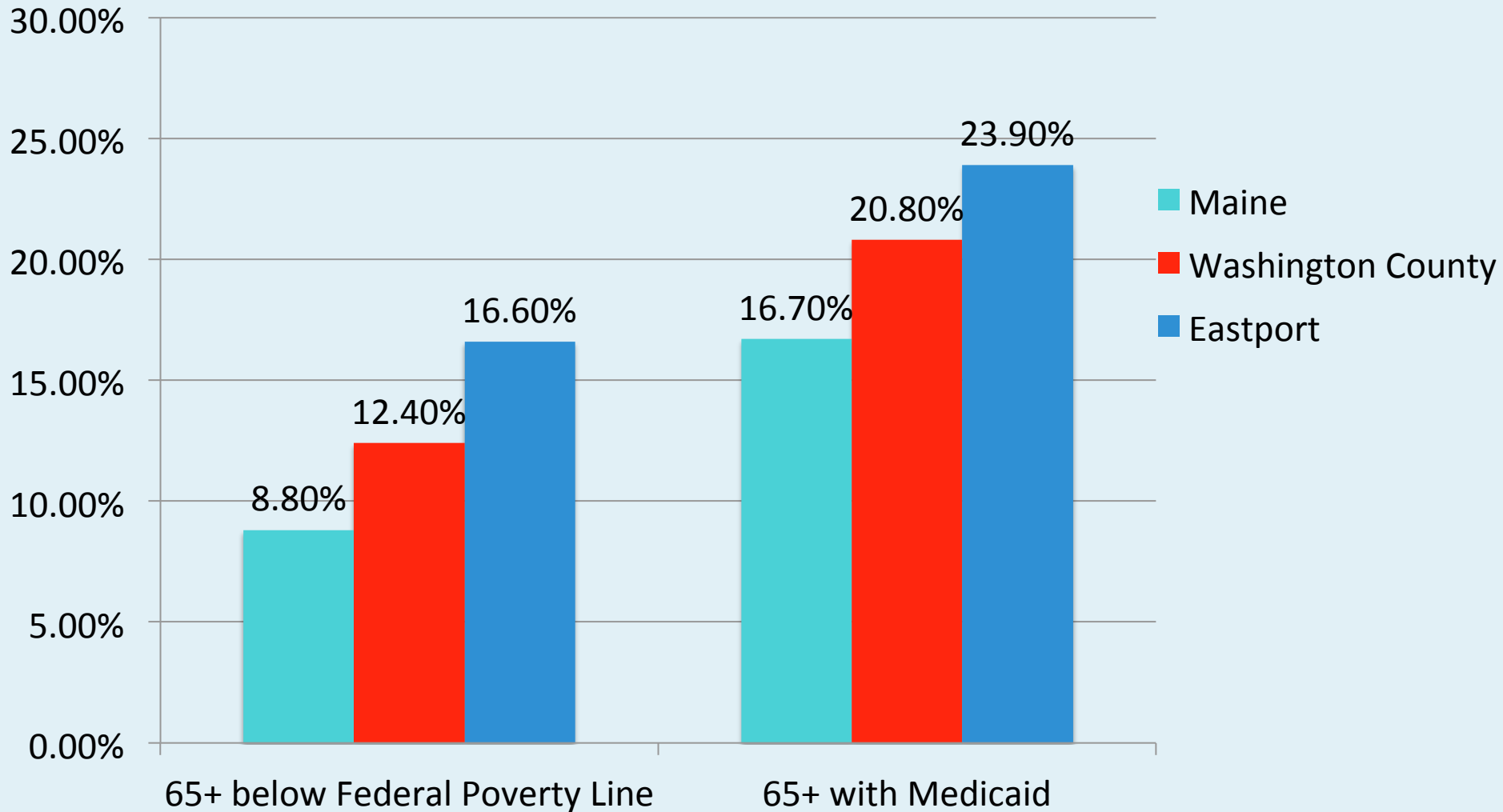


MAINE

COUNCIL

ON AGING

# Income and Economic Security



MAINE

COUNCIL

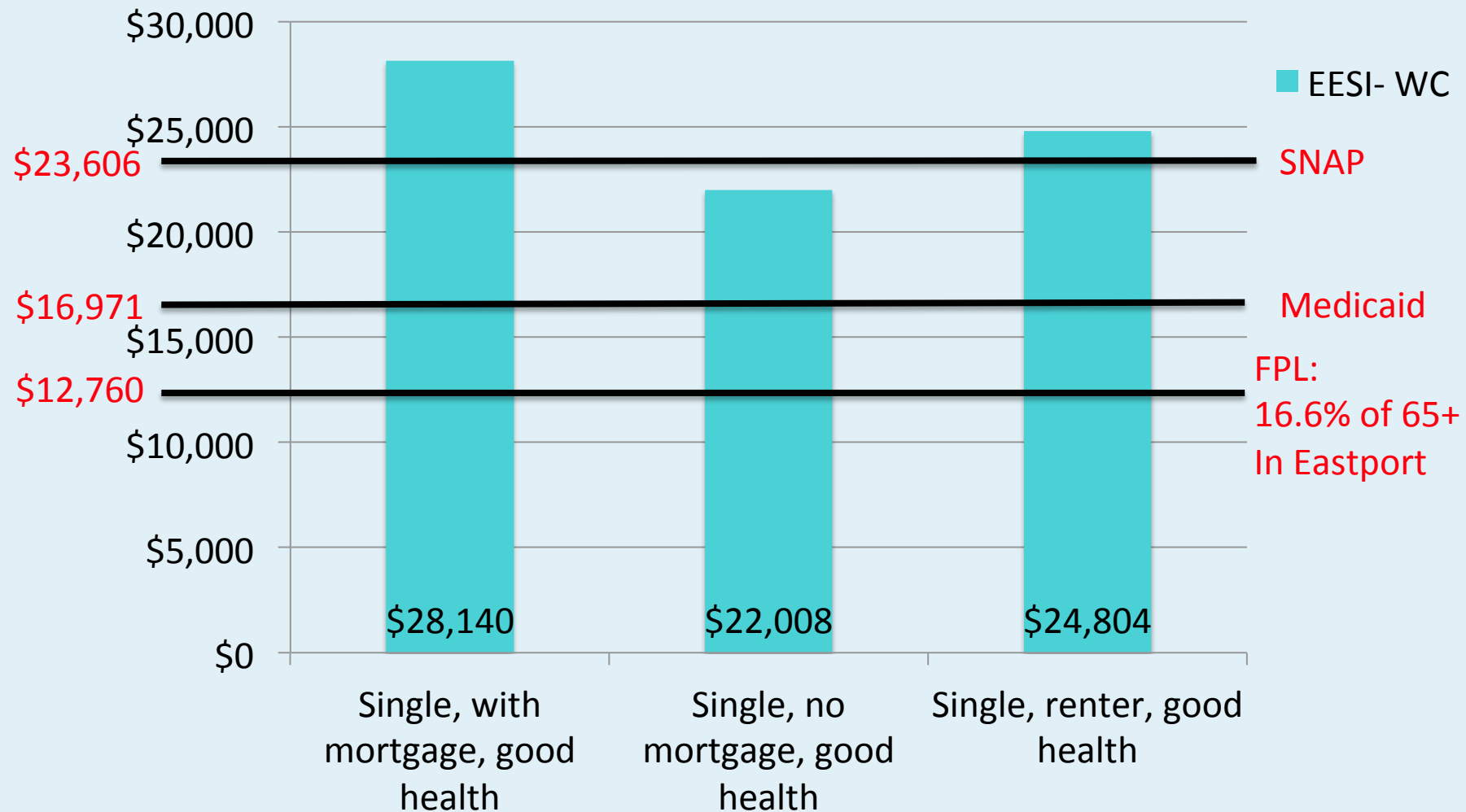
ON AGING

# Elder Economic Security Index

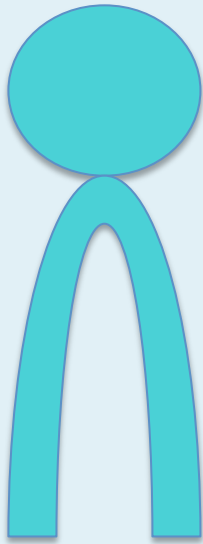
[www.elderindex.org](http://www.elderindex.org)

# Elder Economic Security Index

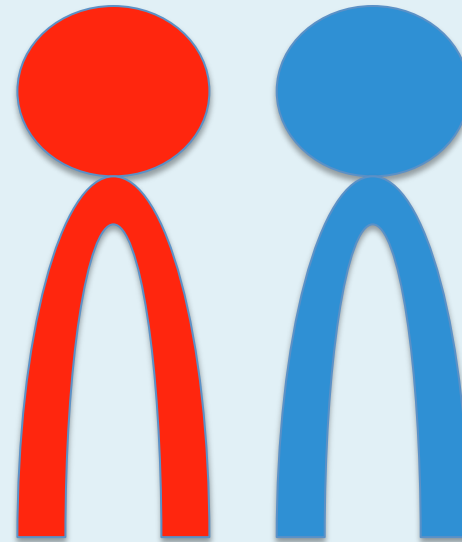
## EESI- WC



# Living Arrangements



39% of Eastport residents 65+  
live alone



20% of Eastport residents 65+  
live with their spouse

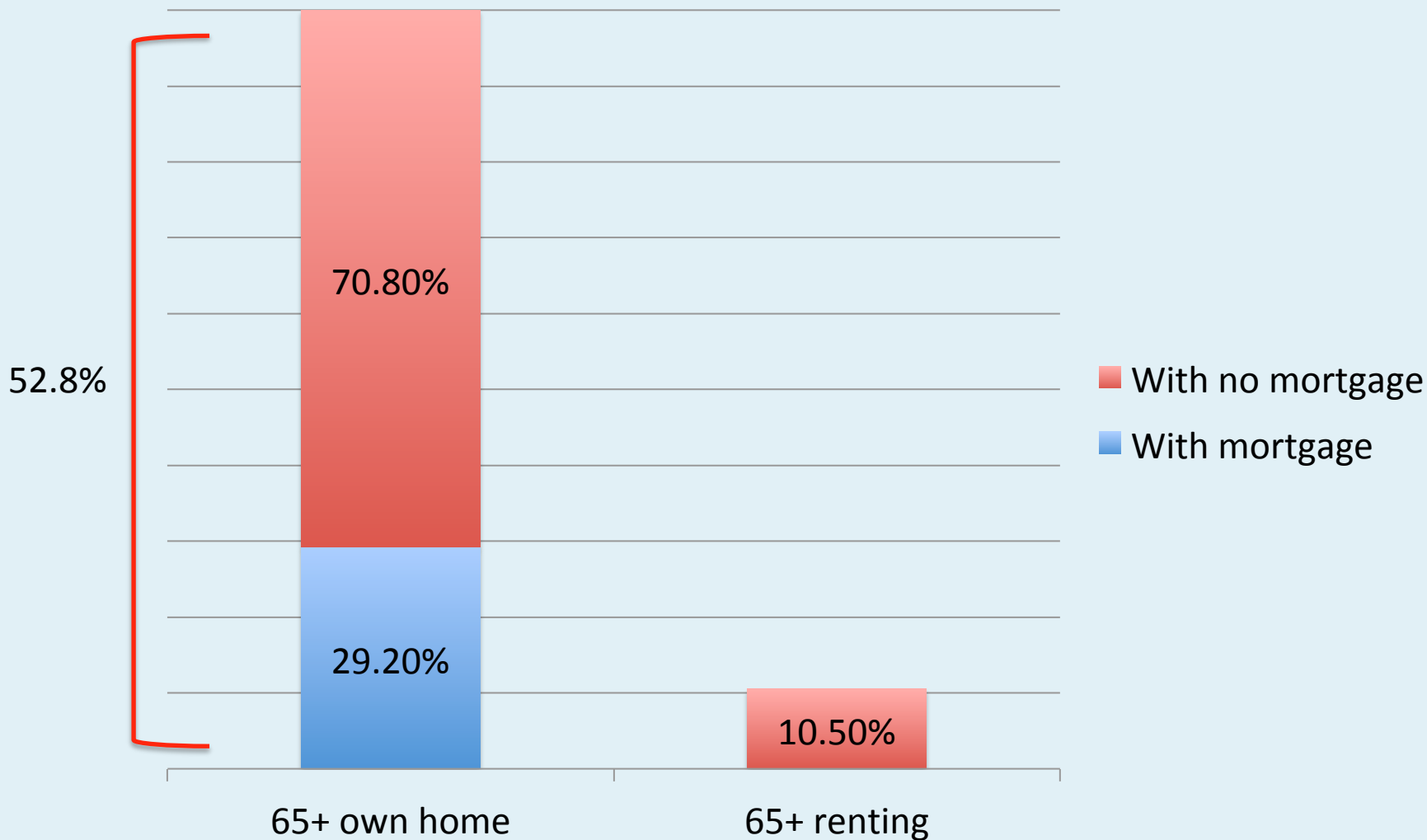


MAINE

COUNCIL

ON AGING

# Housing

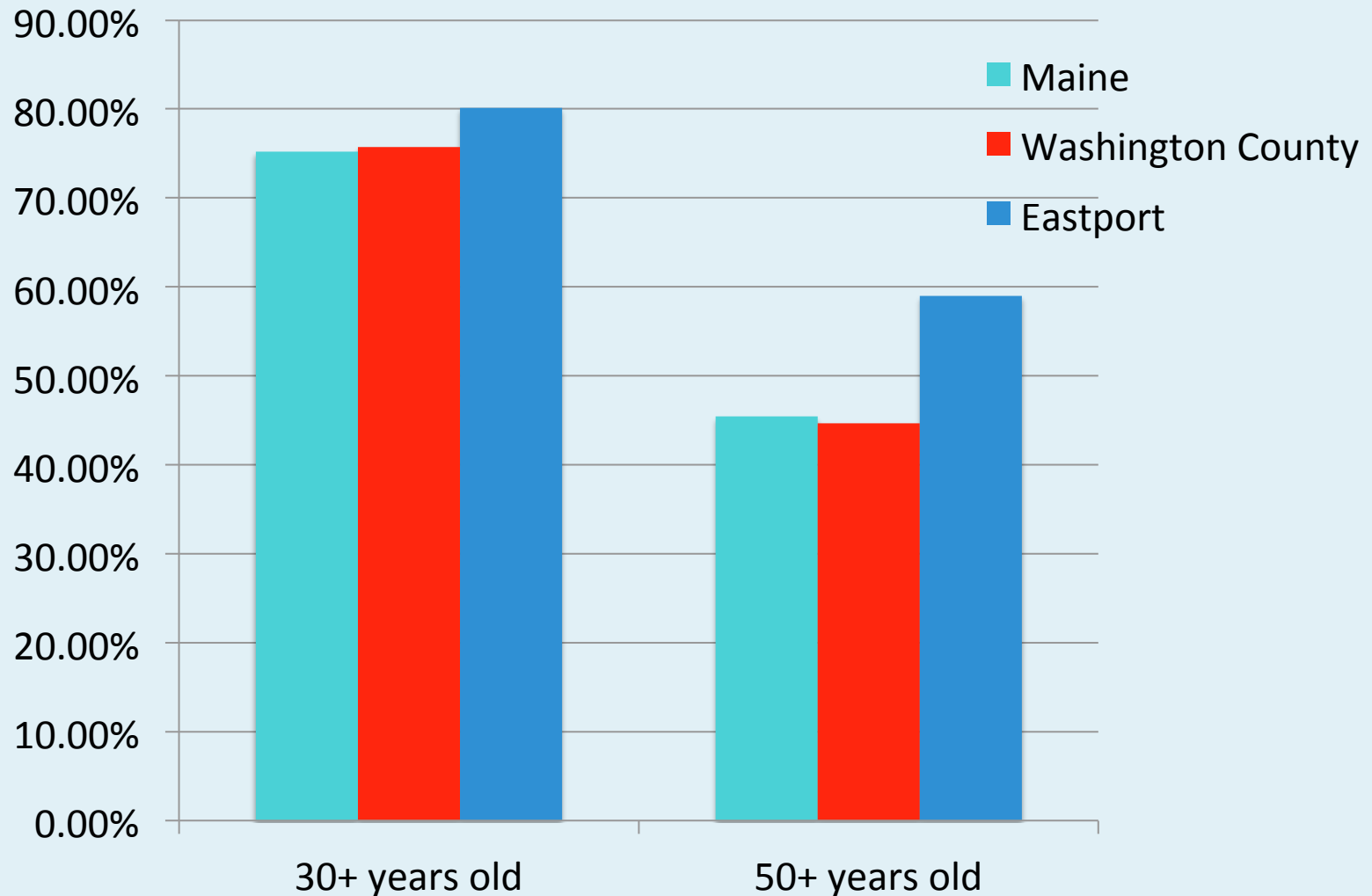


MAINE

COUNCIL

ON AGING

# Age of Housing for 65+ households



# Food Security



7.8% of people 60 and over, or more than 28,000 people in Maine, report being food insecure.

## As America ages, hunger pains grow

The rate of hunger among seniors aged 60 and older has increased by 38% since 2001, a lingering effect of the 2008-09 recession. At the current rate, the number of food-insecure seniors may grow to more than 8 million by 2050. And hunger pains can be increasingly painful as we age:

- 63% of senior households served by the Feeding America network are forced to choose between food and medical care.
- Households served by the Feeding America network that includes an adult of the age 50 or older are at an increased risk of having someone with a chronic health condition, including diabetes (41%) and high blood pressure (70%) – conditions that can be mitigated by healthy food options.
- Only 48% of eligible seniors are enrolled and receiving SNAP benefits (formerly Food Stamps) – making assistance programs for SNAP enrollment that much more important for seniors.

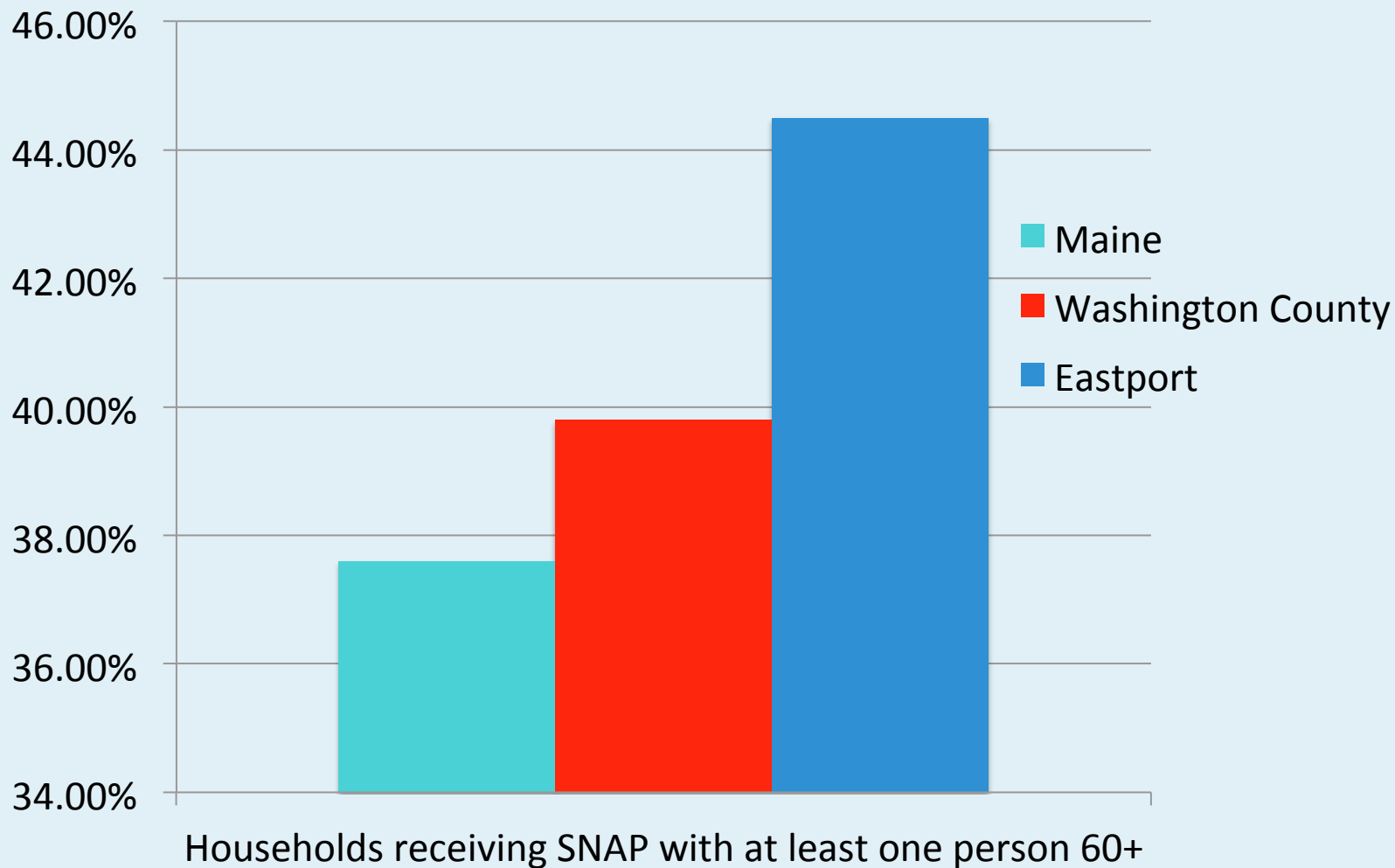


MAINE

COUNCIL

ON AGING

# SNAP Participation

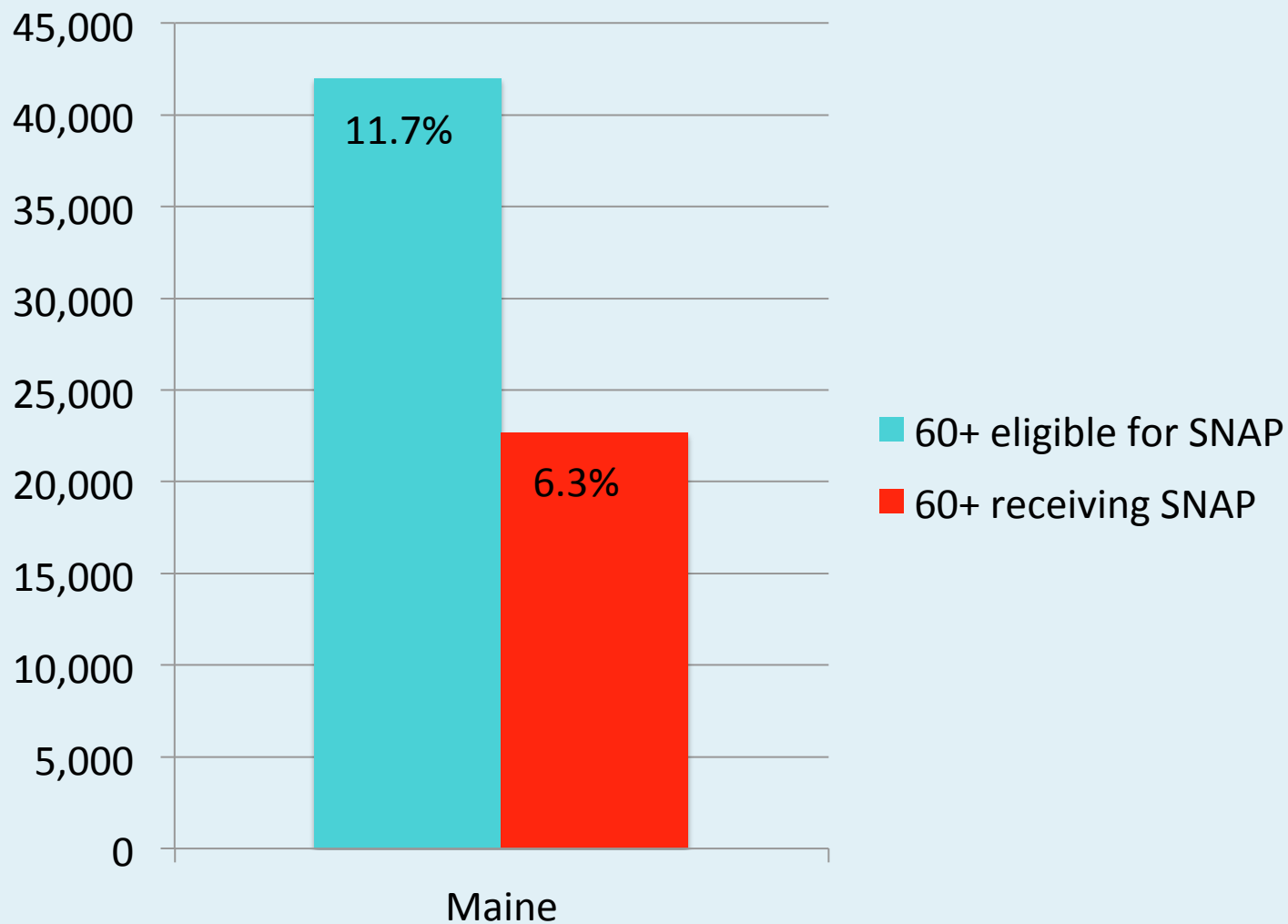


MAINE

COUNCIL

ON AGING

# The SNAP Gap



# Other Food Assistance Programs

- Commodity Supplemental Food Program (CSFP)
- Meals on Wheels
- Congregate dining
- Charitable food pantry network

About 35% of people 65 and older in Eastport are living with at least one disability:

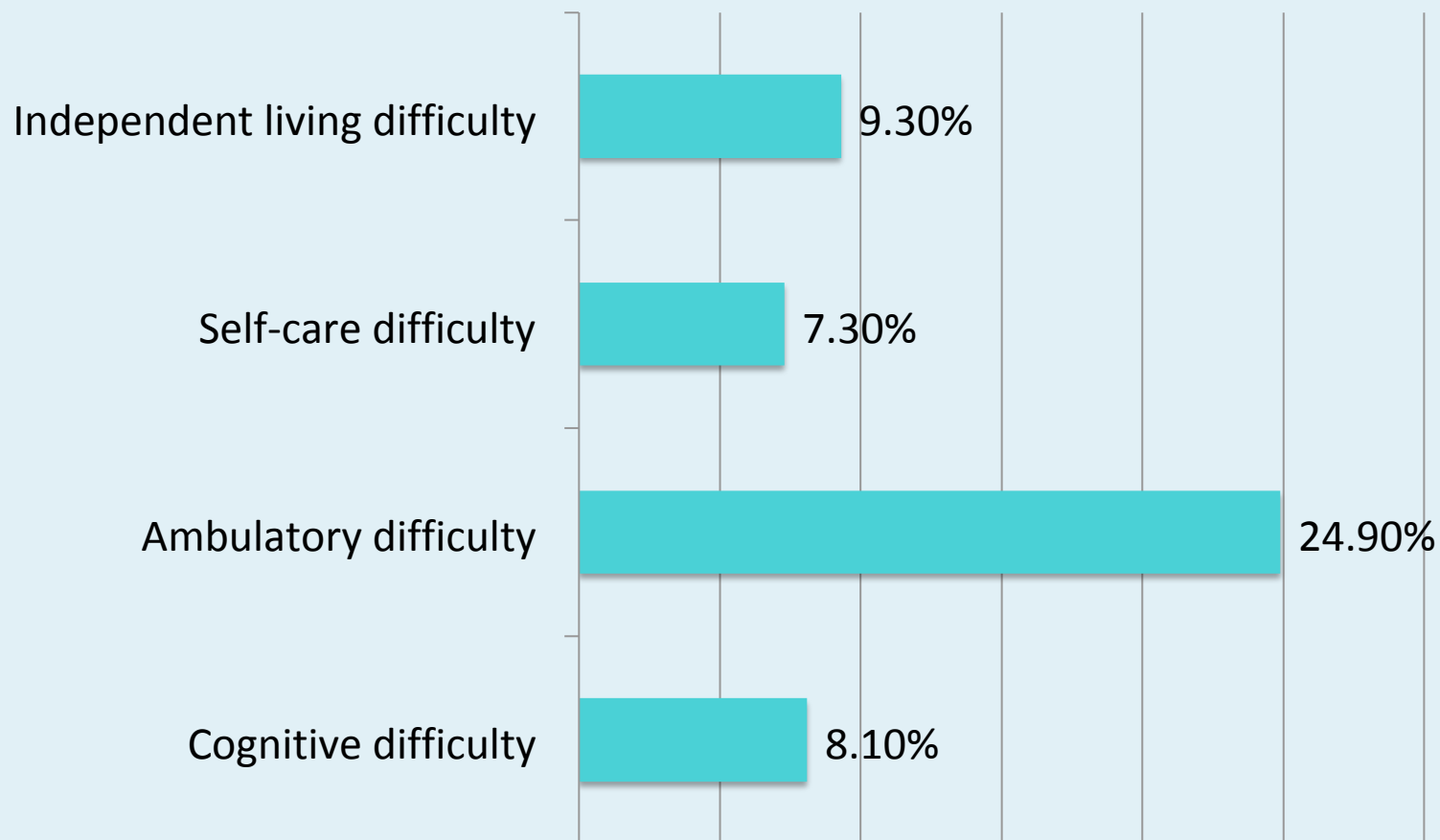
- Hearing
- Vision
- Cognitive
- Ambulatory
- Self-care
- Independent living

Almost 17% of people 65 and over have 2 or more disabilities.



# Health

## Percentage of Eastport Residents, 65+ who experience the following disabilities

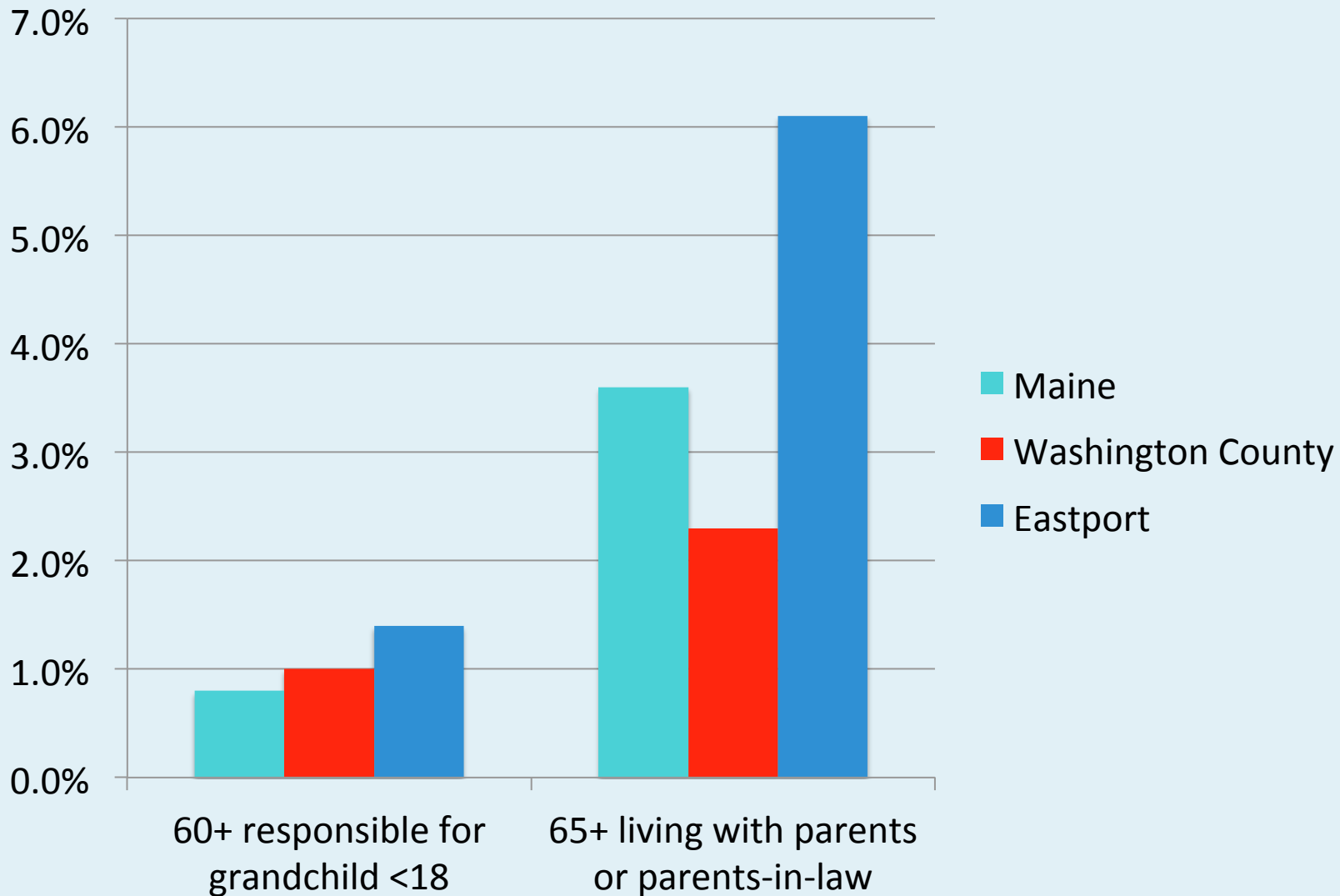


MAINE

COUNCIL

ON AGING

# Unique about Eastport



*Effie Rorke, MPH, MPA*  
Consultant, Maine Council on Aging  
[thislandconsulting@gmail.com](mailto:thislandconsulting@gmail.com)