



Hamilton / Community Health Needs Assessment

How healthy are we?

A review of the leading health status indicators for **Hamilton**

Hamilton at a glance: A Demographic Breakdown

With a population of under 8,000 people, Hamilton is one of the smaller towns on the North Shore. Compared to the rest of Essex County, Hamilton has a slightly younger population and the highest proportion of Asian American residents in the area. Residents tend to be extremely well educated with over 70% reporting a college degree or more. The per capita income in Hamilton is higher than the state and county, and a lower proportion of residents living in low income households, earning less than 200% of the federal poverty level.

Demographic Indicators	Massachusetts	Essex County	Hamilton
Total population	6,547,629	743,159	7,764
Percent male; Percent female	48.4%; 51.6%	48.0%; 52.0%	49.14%; 50.9%
Median Age	38.7 years	40 years	38.7 years
Percent of households with one or more people 65+ years old	24.8%	25.7%	24.4%
Foreign-born population	14.5%	14.5%	9.3%
Language other than English	21.0%	23.3%	12.5%
Race (White, Black, Asian)	76.1%, 6.0%, 5.3%	76.0%, 2.6%, 3.1%	91.3%; 0.5%; 5.4%
Hispanic	9.6%	16.5%	1.56%
Have a college or graduate degree	38.3%	36.1%	71.0%
Did not complete high school	11.3%	11.9%	2.00%
Have an income below 200% federal poverty level	23.2%	23.2%	20.20%
Median household income (in 2010 inflation-adjusted dollars)	\$64,509	\$64,153	\$99,732
Median Per Capita Income	\$37,606	\$34,251	\$46,029

Hamilton and beyond: How do we compare?

		MA	Essex County	Hamilton		
Maternal and Child Health Indicators	• Percent of women receiving adequate prenatal care	78%	77%	89% %	Pregnant women in Hamilton are much less likely to smoke during pregnancy than pregnant women in the State or the County	
	• Percent of women who smoked during pregnancy	7%	7%	1%		
	• Percent low birth weight babies per 1,000 live births	8%	8%	7%		
	• Infant (<1 yr. old) deaths per 1,000	5	4	N/A		
Infectious Disease Indicators	• HIV/AIDS Prevalence per 100,000	261	186	60	Residents of Hamilton are much less likely than residents of the State or the County to be hospitalized for pneumonia.	
	• New cases of Chlamydia per 100,000	322	311	108		
	• New cases of Gonorrhea per 100,000	38	24	0		
	• New cases of Tuberculosis per 100,000	4	4	-		
	• Pneumonia deaths per 100,000	22	20	31		
	• Pneumonia Hospitalizations per 100,000	354	373	236		
Chronic Disease Indicators	Asthma / Respiratory Disease				Residents of Hamilton are less likely to die of chronic lower respiratory disease than residents of the State and the County overall.	
	• Percent of adults who have ever been told they have asthma	15%	15%	13%*		
	• Hospitalizations for asthma per 100,000	151	145	76		
	• Hospitalizations for chronic lower respiratory disease per 100,000	349	340	159		
	• Deaths due to chronic lower respiratory disease per 100,000	34	34	22	Residents of Hamilton are less likely to be hospitalized for diabetes than residents of the State and the County overall and are also much less likely to die of the disease if they contract it.	
	Diabetes					
	• Percent of adults who have ever been told they have diabetes	7%	8%	7%*		
	• Hospitalizations per 100,000	135	134	49	Residents of Hamilton are less likely to die from cardiovascular disease than residents of the State or the County.	
	• Deaths per 100,000	16	17	2		
	Cardiovascular Disease					
	• Hospitalizations per 100,000	1,477	1,524	1,330	Residents of Hamilton are less likely to die from cardiovascular disease than residents of the State or the County.	
	• Deaths per 100,000	222	221	178		
	All Cancer					
	• New cases per 100,000	517	529	562	Residents of Hamilton are just as likely to contract cancer as residents of the State and the County, but are slightly less likely to die of cancer if they contract it.	
	• Deaths per 100,000	183	182	164		
	Lung Cancer					
	• New cases per 100,000	72	74	36		
• Deaths per 100,000	51	51	21	Residents of Hamilton are just as likely to contract cancer as residents of the State and the County, but are slightly less likely to die of cancer if they contract it.		
Prostate Cancer (Men Only)						
• New cases per 100,000	166	169	178			
• Deaths per 100,000	23	22	35	Residents of Hamilton are just as likely to contract cancer as residents of the State and the County, but are slightly less likely to die of cancer if they contract it.		
Breast Cancer (Women Only)						
• New cases per 100,000	133	129	157			
• Deaths per 100,000	22	22	6			
Premature Mortality (< 75 Years Old)	• Deaths per 100,000	304	297	177	Hamilton residents are more likely to drink too much over the course of a week (Heavy Drinking) as residents of the State and County. They are also much more likely to drink excessively at any one sitting (Binge Drink) than resident of the State and County overall.	
Mental Health and Substance Abuse Indicators	• Percent of adults who have had 15+ days of poor mental health in the past 30 days	9%	10%	5%*		
	• Percent of adults who drink alcohol at risky levels on a weekly basis	6%	6%	9%*		
	• Percent of adults who binge drink	17%	16%	25%*		
	• Hospitalizations for mental health issues per 100,000	789	945	474		
	• Hospitalizations for alcohol/substance abuse per 100,000	339	329	146		
	• Deaths due Alzheimer's per 100,000	20	24	18		
Risk Factors	• Percent of adults who are overweight	34%	35%	36%*	Nearly 50% of residents of Hamilton are either overweight or obese and less than 35% of residents meet regular physical activity standards.	
	• Percent of adults who are obese (BMI >30)	22%	23%	13%*		
	• Percent who met regular physical activity standards	47%	48%	34%*		
	• Percent of adults who are current smokers	14%	12%	5%*		
Adult Health Access & Utilization	• Percent of adults who have no health insurance	4%	5%	3%*	Nearly all residents of Hamilton have health insurance and a doctor they see on a regular basis for acute and preventive services.	
	• Percent of adults who have a personal doctor	91%	92%	95%*		
	• Percent of women age 50+ yrs. old who have had a mammogram in the past 2 yrs.	80%	84%	86%*		
	• Percent of adults age 50+ yrs. old who have ever been screened for colorectal cancer	73%	74%	81%*		
	• Percent of adults who have ever had their cholesterol checked	84%	81%	90%*		
	• Preventable hospitalizations for pneumonia per 100,000 (20+ yrs. old)	419	448	216		

* These data were captured from a household mail survey and residents of Hamilton were grouped with residents of Wenham to ensure a large enough sample of survey respondents for our data analysis.