

# HEALTHYAGING DATAREPORTS.ORG

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# DATA IN YOUR BACKYARD



**Burlington Senior Center**

200 Spielman Highway  
Burlington, CT

# DATA IN YOUR BACKYARD

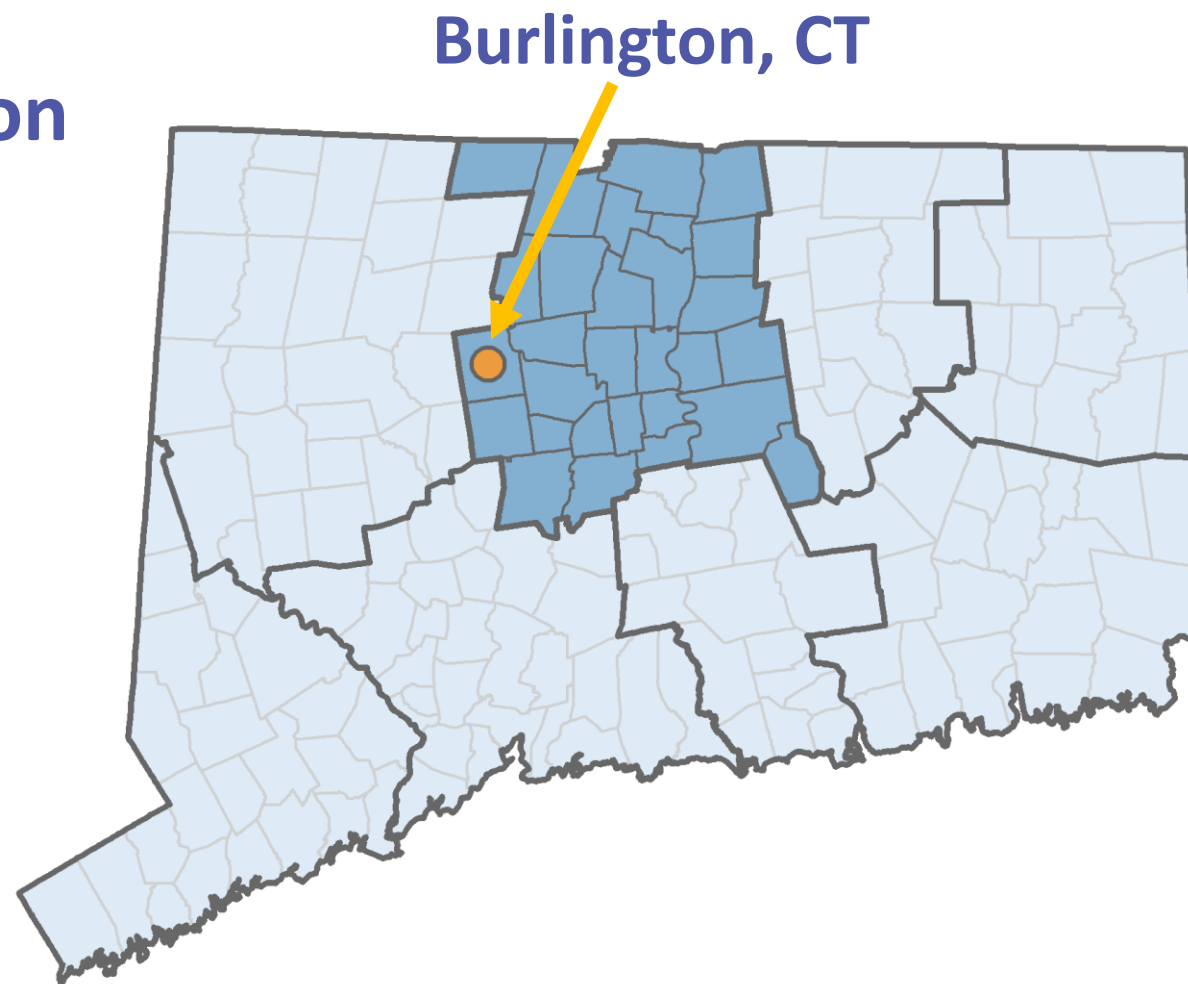
## The Aging Population of Burlington

Total population: **9,607**

Population 65+: **1,427**

% of community is 65+: **14.9%**

% of 65+ population live alone: **21.0%**



# DATA IN YOUR BACKYARD

## Social, Financial, and Housing Indicators

% 65+ White: **97.4%**

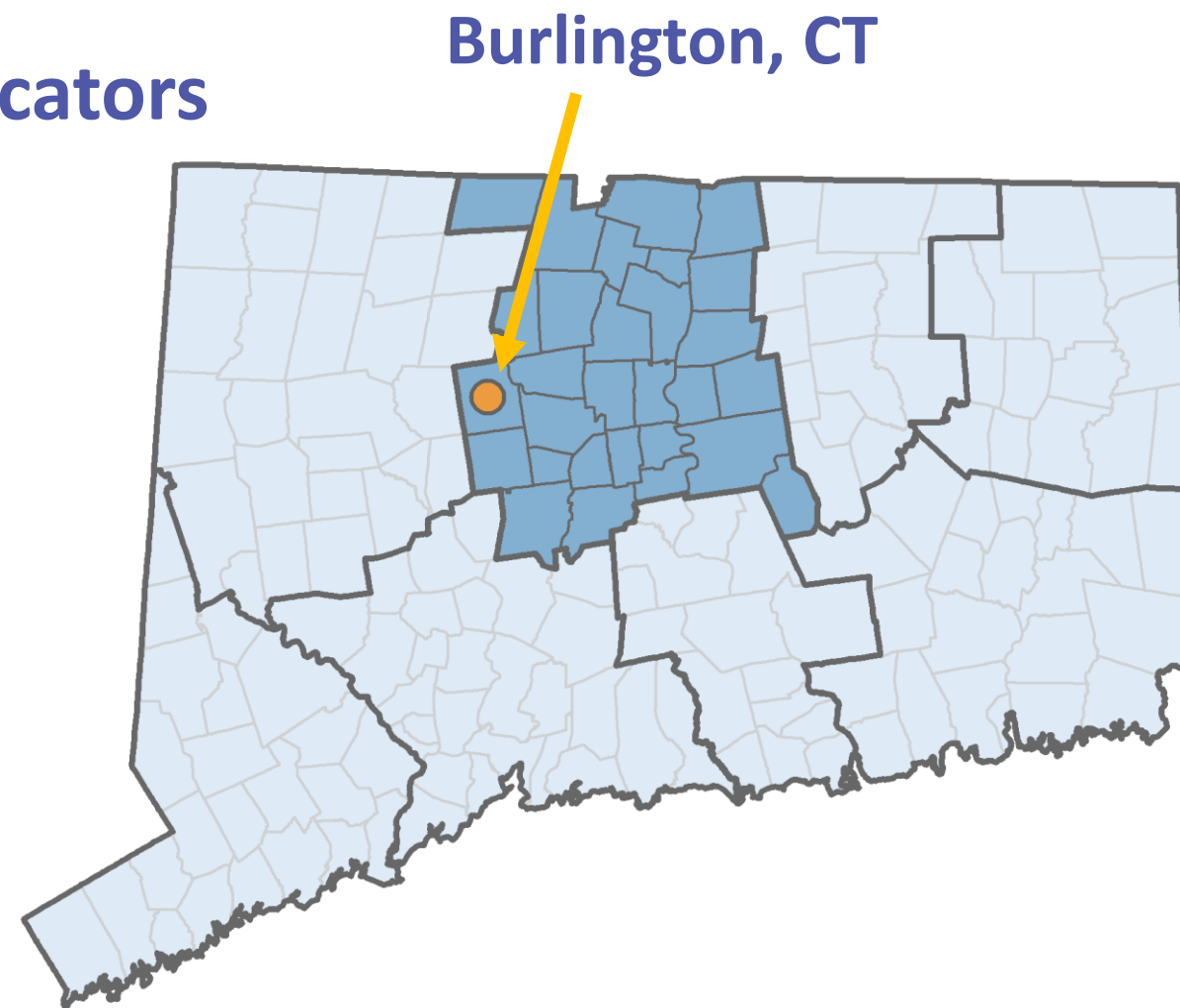
% 65+ with college degree: **34.8%**

Life expectancy at birth: **80.3**

% 60+ own home: **95.2%**

% 65+ employed in last year: **23.8%**

Median household income:  
**\$126,341.00**



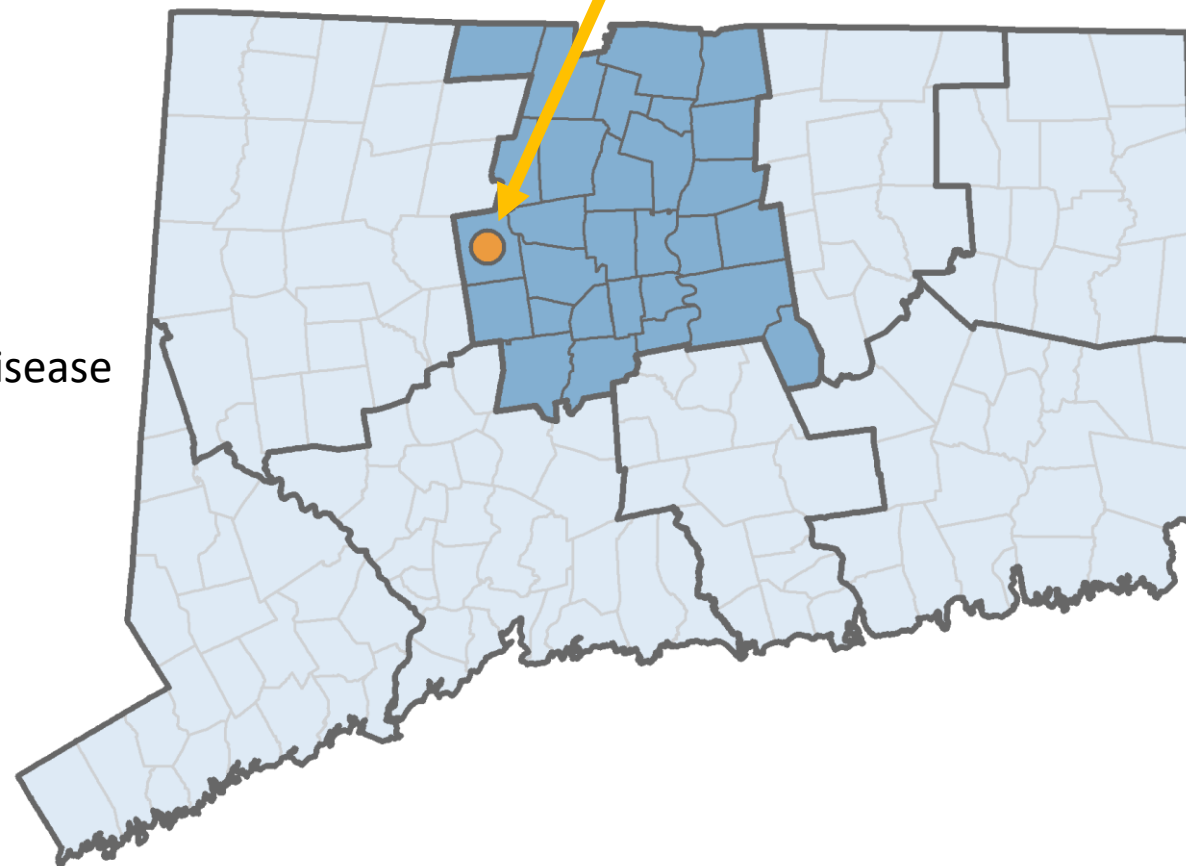
# DATA IN YOUR BACKYARD

Compared to CT, Burlington had **BETTER** rates of:

Burlington, CT

Epilepsy  
Fibromyalgia/chronic pain/fatigue  
Hypertension  
Congestive heart failure  
Hypothyroidism  
Ischemic heart disease  
Peripheral vascular disease  
Benign prostatic hyperplasia  
Opioid/substance/tobacco use disorders  
Depression/anxiety  
Bipolar/personality disorders  
Schizophrenia  
Hearing/mobility impairments

Obesity/diabetes  
Tooth loss  
Alzheimer's  
Atrial fibrillation  
Cataract  
Chronic kidney disease  
COPD  
Stroke  
Osteoarthritis  
Osteoporosis  
Pressure ulcers  
Anemia



# DATA IN YOUR BACKYARD

## Community Resources to Support Healthy Aging

Primary care providers within 5 miles: **7**

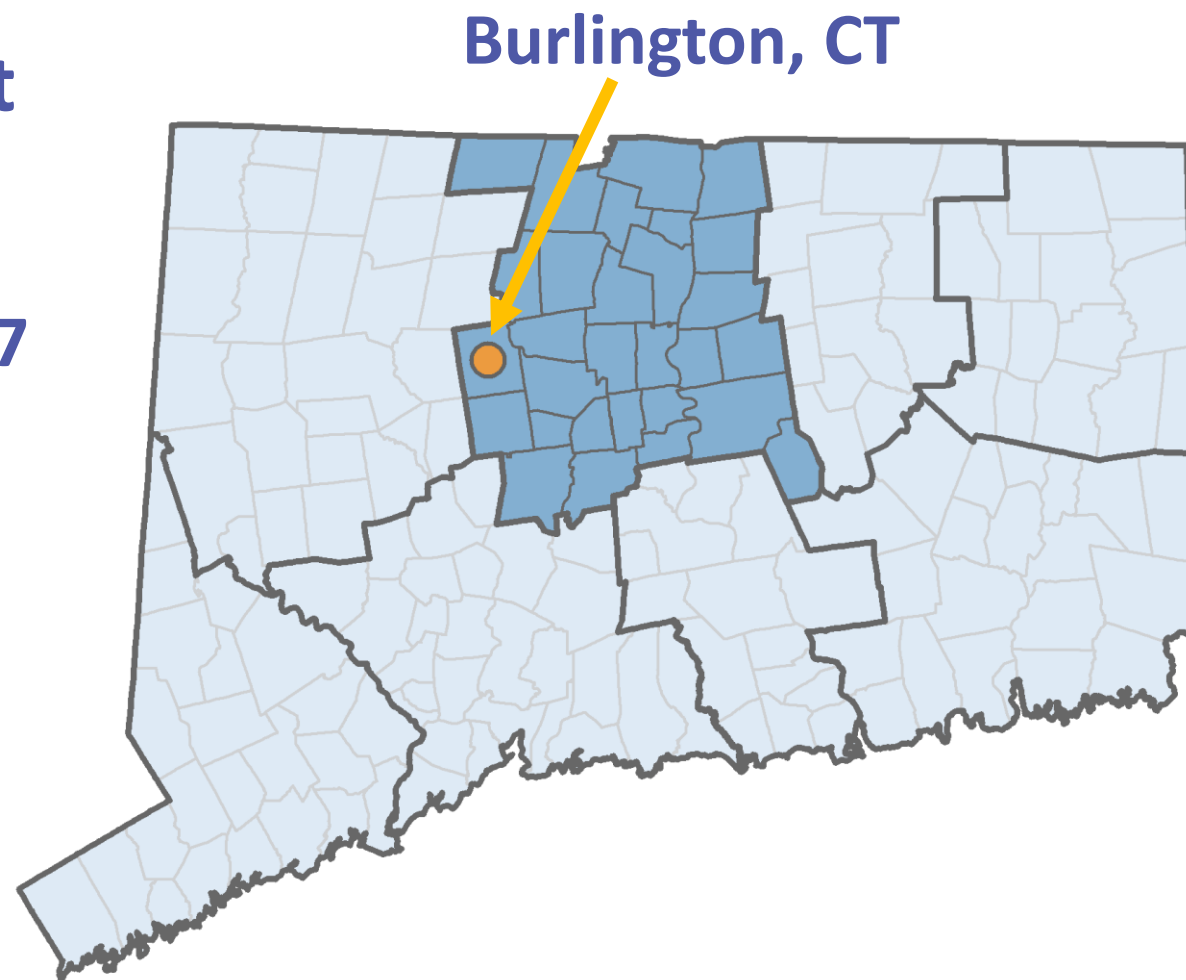
Home health agencies: **21**

Hospice agencies: **11**

Nursing homes within 5 miles: **2**

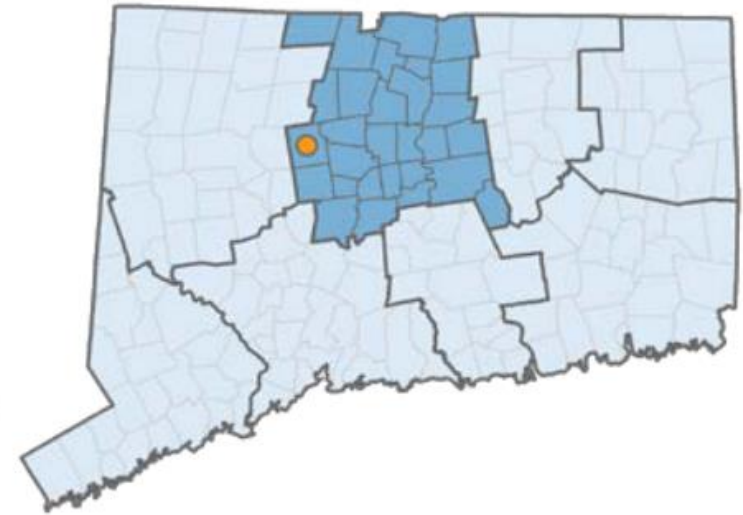
Senior centers: **1**

Public libraries: **1**



## Burlington (Hartford)

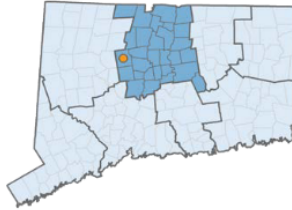
Burlington is a town in Hartford County with 1,427 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, tooth loss, Alzheimer's disease or related dementias, anemia, atrial fibrillation, benign prostatic hyperplasia, cataract, chronic kidney disease, COPD, congestive heart failure, diabetes, epilepsy, fibromyalgia/chronic pain/fatigue, hypertension, hypothyroidism, ischemic heart disease, osteoarthritis/rheumatoid arthritis, osteoporosis, peripheral vascular disease, pressure ulcers, stroke, opioid, substance and tobacco use disorders; depression, anxiety, bipolar, and personality disorders; schizophrenia, and hearing and mobility impairments. They were more likely to take the health promotion steps of doing physical activity within the last month, getting a shingles vaccine, having an annual dental exam, and always wearing a seatbelt. Community resources to support healthy aging include 7 primary care providers and 2 nursing homes within 5 miles; 21 home health agencies, 11 hospice agencies, a senior center, and a public library.





## Burlington (Hartford)

Burlington is a town in Hartford County with 1,427 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, tooth loss, Alzheimer's disease or related dementias, anemia, atrial fibrillation, benign prostatic hyperplasia, cataract, chronic kidney disease, COPD, congestive heart failure, diabetes, epilepsy, fibromyalgia/chronic pain/fatigue, hypertension, hypothyroidism, ischemic heart disease, osteoarthritis/rheumatoid arthritis, osteoporosis, peripheral vascular disease, pressure ulcers, stroke, opioid, substance and tobacco use disorders; depression, anxiety, bipolar, and personality disorders; schizophrenia, and hearing and mobility impairments. They were more likely to take the health promotion steps of doing physical activity within the last month, getting a shingles vaccine, having an annual dental exam, and always wearing a seatbelt. Community resources to support healthy aging include 7 primary care providers and 2 nursing homes within 5 miles; 21 home health agencies, 11 hospice agencies, a senior center, and a public library.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		9,607	3,581,504
Population 60 years or older as % of total population		22.7%	23.0%
Total population 60 years or older		2,177	823,529
Population 65 years or older as % of total population		14.9%	16.4%
Total population 65 years or older		1,427	587,580
% 65-74 years	*	71.8%	55.7%
% 75-84 years	*	18.9%	29.1%
% 85 years or older	*	9.3%	15.2%
% 65+ population who are female		56.7%	56.8%
% 85+ population who are female		84.8%	66.6%
Race and ethnicity of the population 65+			
% White	*	97.4%	88.4%
% African American	*	1.2%	6.8%
% Asian		1.4%	2.3%
% Other race		0.0%	2.6%
% Hispanic/Latino	*	1.7%	5.8%
Marital status of the population 65+			
% married	*	64.2%	53.8%
% divorced/separated		10.1%	14.9%
% widowed		21.9%	24.2%
% never married		3.9%	7.1%
Education of the population 65+			
% with less than high school education	*	5.7%	14.7%
% with high school or some college		59.6%	53.3%
% with college degree		34.8%	32.1%
% with graduate or professional degree		18.7%	16.8%
% of 65+ population who speak only English at home		87.5%	84.3%
% of 65+ population who are veterans of military service		21.6%	17.4%

## HEALTHY AGING INDICATORS

BETTER / WORSE  
STATE RATECOMMUNITY  
ESTIMATESTATE  
ESTIMATE

### POPULATION CHARACTERISTICS

% of 60+ who are LGBT (county)		2.4%	2.5%
Median age of females		44.3	42.6
Median age of males		43.9	39.1
Life expectancy at birth (county)		80.3	80.9
Age-sex adjusted 1-year mortality rate		3.5%	4.1%

### WELLNESS

% 60+ getting the recommended hours of sleep		68.5%	65.2%
% 60+ doing any physical activity within last month	B	81.2%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		64.1%	58.0%
% 60+ with fair or poor health status	B	11.5%	17.6%
% 60+ with 15+ physically unhealthy days in last month		11.7%	12.4%

### FALLS

% 60+ who fell within last year		27.4%	26.3%
% 60+ who were injured in a fall within last year		10.4%	9.8%
% 65+ had hip fracture		4.0%	3.7%

### PREVENTION

% 60+ with physical exam/check-up in last year		90.2%	88.5%
% 60+ flu shot in last year		58.6%	57.5%
% 60+ with pneumonia vaccine		65.0%	63.9%
% 60+ with shingles vaccine	B	42.0%	33.5%
% 60+ women with a mammogram within last 2 years		81.0%	79.7%
% 60+ with colorectal cancer screening		77.1%	78.2%
% 60+ with HIV test		15.9%	16.1%
% 60+ met CDC preventive health screening goals		41.3%	39.6%

### NUTRITION & DIET

% 60+ with 5 or more servings of fruit or vegetables per day		20.5%	19.9%
% 65+ with poor supermarket access		0.0%	32.4%
% 60+ stressed about buying food in last month		6.7%	8.6%
% 60+ self-reported obese	B	17.2%	26.1%
% 65+ clinically diagnosed obesity		20.2%	22.5%
% 65+ with high cholesterol		74.4%	77.0%
% 60+ with cholesterol screening		98.3%	97.1%

### ORAL HEALTH

% 60+ with dental insurance		57.3%	59.2%
% 60+ with annual dental exam	B	91.2%	79.9%
# of dentists per 100,000 persons (all ages)		83.3	75.1
% 60+ with loss of 6 or more teeth	B	12.3%	23.8%

### CHRONIC DISEASE

% 65+ with Alzheimer's disease or related dementias	B	11.1%	14.4%
% 65+ with anemia	B	37.4%	50.6%



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with asthma		14.2%	14.1%
% 65+ with atrial fibrillation	B	13.2%	16.1%
% 65+ with autism spectrum disorder	*	0.27%	0.12%
% 65+ with benign prostatic hyperplasia (men)	B	34.4%	42.7%
% 65+ with breast cancer (women)		9.4%	11.4%
% 65+ with cataract	B	60.3%	64.8%
% 65+ with chronic kidney disease	B	24.3%	29.9%
% 65+ with chronic obstructive pulmonary disease	B	16.1%	21.0%
% 65+ with colon cancer		3.0%	2.7%
% 65+ with congestive heart failure	B	15.0%	22.6%
% 65+ with diabetes	B	25.0%	33.8%
% 65+ with endometrial cancer (women)		1.7%	2.0%
% 65+ with epilepsy	B	2.1%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue	B	21.4%	26.6%
% 65+ with glaucoma		26.2%	28.3%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with HIV/AIDS		0.25%	0.21%
% 65+ with hypertension	B	71.3%	76.2%
% 65+ with hypothyroidism	B	20.2%	25.1%
% 65+ with ischemic heart disease	B	31.0%	40.7%
% 65+ with leukemias and lymphomas		2.6%	2.7%
% 65+ with liver disease		8.0%	9.5%
% 65+ with lung cancer		1.8%	1.9%
% 65+ with migraine and other chronic headache		4.3%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis	B	46.9%	54.2%
% 65+ with osteoporosis	B	15.8%	20.2%
% 65+ with peripheral vascular disease	B	11.9%	19.9%
% 65+ with pressure ulcer or chronic ulcer	B	6.1%	9.2%
% 65+ with prostate cancer (men)		13.9%	13.1%
% 65+ with stroke	B	9.3%	11.9%
% 65+ with traumatic brain injury		1.3%	1.3%
% 65+ with 4+ (out of 15) chronic conditions	B	51.2%	61.8%
% 65+ with 0 chronic conditions		8.5%	7.2%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		11	4,613
% 65+ with opioid use disorder	B	1.5%	2.2%
% 65+ with substance use disorder	B	3.0%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		10.0%	9.2%
% 65+ with tobacco use disorder	B	5.5%	10.1%
% 60+ current smokers		5.9%	7.7%
% 60+ ever used E-Cigarettes in last month		5.2%	6.3%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support		76.6%	78.3%
% 60+ with 15+ days poor mental health in last month		5.6%	6.9%
% 65+ with depression	B	25.7%	30.3%
% 65+ with anxiety disorder	B	21.4%	25.5%
% 65+ with bipolar disorder	B	2.8%	3.8%
% 65+ with post-traumatic stress disorder		1.0%	1.2%
% 65+ with schizophrenia & other psychotic disorder	B	3.7%	4.6%
% 65+ with personality disorder	B	1.9%	2.5%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		9.8%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.4%	15.7%
% 65+ with self-reported vision difficulty		2.9%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment		1.3%	1.1%
% 65+ with self-reported cognition difficulty		5.8%	7.6%
% 65+ with self-reported ambulatory difficulty		16.3%	19.1%
% 65+ with clinical diagnosis of mobility impairment	B	1.8%	4.0%
% 65+ with self-reported self-care difficulty	*	3.9%	7.5%
% 65+ with self-reported independent living difficulty		14.0%	13.6%
CAREGIVING			
# of caregiver support groups		0	127
# of Memory Cafes		0	6
% of 60+ who provide care to a family/friend in last month		21.0%	21.7%
% of grandparents raising grandchildren	*	0.0%	0.8%
% of grandparents who live with grandchildren		3.2%	2.7%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	11.6%	22.1%
% 65+ Medicare managed care enrollees	*	33.2%	29.9%
% 60+ with a regular doctor		95.8%	96.0%
% 60+ who did not see a doctor when needed due to cost		2.7%	4.5%
# of primary care providers within 5 miles		7	10,508
# of hospitals within 5 miles		0	71
# of home health agencies		21	3,124
# of nursing homes within 5 miles		2	419
# of community health centers		0	83
# of adult day health centers		0	55
# of hospice agencies		11	38
SERVICE UTILIZATION			
# physician visits per year	*	7.7	8.6
# emergency room visits/1000 persons 65+ years annually	*	471.4	636.7

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# Part D monthly prescription fills per person annually	*	45.0	50.3
# home health visits annually	*	2.8	4.1
# durable medical equipment claims annually	*	1.4	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	216.8	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		18.8%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	72.9	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	42.3
% 65+ getting Medicaid long term services and supports	*	2.3%	5.5%
% 65+ hospice users	*	1.7%	2.7%
% 65+ hospice users as % of decedents		53.4%	45.5%
Median hospice days per hospice user (65+, deceased)		12.5	10
Median hospice payment (Medicare + other) per hospice user		\$3,684.57	\$3,741.18
COMMUNITY			
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
Age-friendly efforts in community		Not yet	Not yet
# of senior centers		1	165
# of universities and community colleges		0	64
# of public libraries		1	238
# of YMCAs		0	19
% in county with access to broadband (all ages)		98.5%	99.1%
% 60+ who used Internet in last month	*	80.9%	75.1%
Voter participation rate in 2016 election (age 18+)		85.0%	76.9%
SAFETY & CRIME			
Homicide rate/100,000 persons (county)		4.2	2.0
# firearm fatalities (all ages) (county)		243	932
# 65+ deaths by suicide (county)		20	26
TRANSPORTATION			
% 65+ who own a motor vehicle	*	98.9%	87.3%
% 60+ who always drive or ride wearing a seatbelt	B	95.5%	93.0%
% 60+ who drove under the influence of drinking in last month		N/A	2.2%
# of fatal crashes involving adult age 60+/town		1	342
# of fatal crashes involving adult age 60+/county		72	342
HOUSING			
% 65+ population who live alone	*	21.0%	28.4%
Average household size (all ages)		2.8	2.5
Median house value		\$333,200.00	\$272,700.00
% 60+ own home	*	95.2%	76.9%
% 60+ homeowners who have mortgage	*	58.3%	47.1%
% 60+ stressed about paying rent/mortgage in last month		15.3%	17.4%
Burlington (Hartford)			PAGE 5

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing	*	0.0%	44.0%
% 65+ households (owner) spend >35% of income on housing		26.1%	29.5%
% 65+ moved within same county in last year	*	0.6%	3.7%
% 65+ moved from different county in last year		0.6%	0.8%
% 65+ moved from different state in last year		0.0%	0.9%
# of assisted living sites		0	80
% of vacant homes in community	*	5.9%	9.6%
ECONOMIC			
% 60+ receiving food benefits in last year	*	2.1%	10.9%
% 65+ employed in last year		23.8%	24.8%
% 65+ with income below the poverty line in last year		3.8%	7.0%
Median household income		\$126,341.00	\$76,106.00
% 65+ households with annual income < \$20,000		10.2%	17.1%
% 65+ households with annual income \$20,000-\$49,999		27.8%	31.0%
% 65+ households with annual income \$50,000-\$99,999		26.2%	27.6%
% 65+ households with annual income \$100,000+		35.9%	24.4%
COST OF LIVING			
Elder Index	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Single, homeowner without mortgage, good health	0.95	\$25,560.00	\$26,796.00
Single, renter, good health	0.94	\$26,928.00	\$28,536.00
Couple, homeowner without mortgage, good health	0.96	\$36,444.00	\$37,920.00
Couple, renter, good health	0.95	\$37,812.00	\$39,660.00

**TECHNICAL NOTES**  
*\*See our technical report (online at <https://healthyagingdatareports.org>) for more information on data sources, measures, geographic units, margins of error, and statistical methodology. 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. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*.*

*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:**

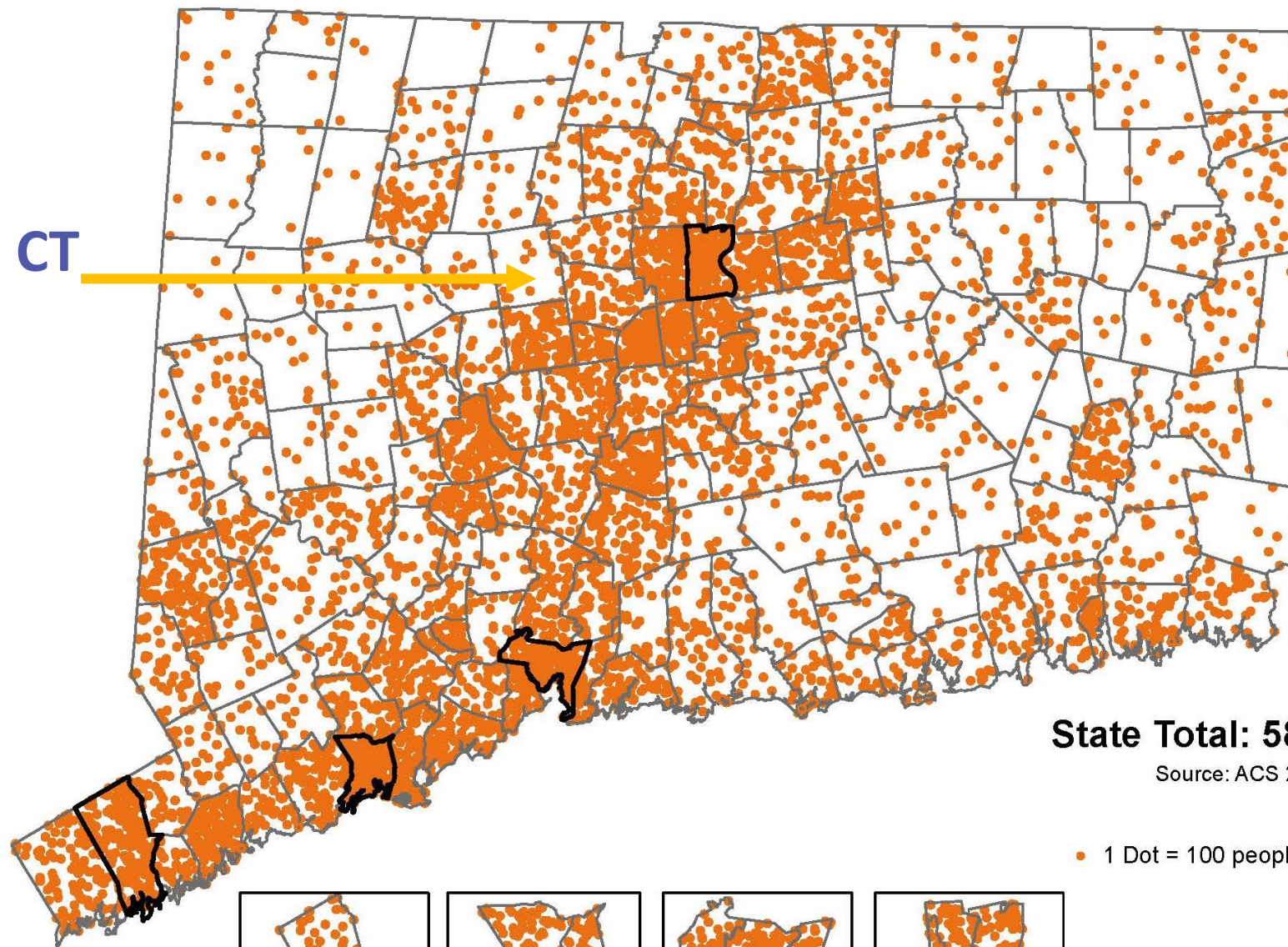
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2014-2018), The Behavioral Risk Factor Surveillance System (2012-2018), Robert Wood Johnson Foundation (2020), The CMS Master Beneficiary Summary File ABCD/Other (2016-2017).
- Wellness, Falls, Prevention, Nutrition/Diet, Oral Health: BRFSS (2012-2018), CMS (2016-2017), the USDA Food Atlas (2017), CT Dept. of Public Health (DPH) (2020).
- Chronic Disease: CMS (2016-2017).
- Behavioral Health, Mental Health: CT DPH (2020), CMS (2016-2017), BRFSS (2012-2018), CDC Wonder (2014-2018).
- Living with Disability: CMS (2016-2017), ACS (2014-2018).
- Caregiving: CT Dept. of Aging (2020), [memorycafedirectory.com](http://memorycafedirectory.com) (2020), BRFSS (2012-2018), ACS (2014-2018).
- Access to Care: CMS (2016-2017), BRFSS (2012-2018), Medicare.gov (Sep. 2020), Community Health Center Association of CT (2020), National Adult Day Services Association (2020).
- Service Utilization: CMS (2016-2017), Medicare.gov (Sep. 2020).
- Community: U.S. EPA Air Compare (2020), AARP (2020), CT Health and Human Services (2020), New England Commission of Higher Education (2020), CT State Library, Division of Library Development (2021), CT YMCA (2020), the FCC (2018), BRFSS (2012-2018), CT Secretary of State (2020).
- Safety & Crime: CDC Wonder (2014-2018).
- Transportation: ACS (2014-2018), BRFSS (2012-2018), the National Highway Traffic Safety Administration (2014-2018).
- Housing, Economic, Cost of Living: BRFSS (2012-2018), ACS (2014-2018), [www.seniorcare.com/assisted-living/](http://www.seniorcare.com/assisted-living/) (2020), Center for Social and Demographic Research on Aging, University of Massachusetts Boston (2019).

**Acknowledgments:** Many people contributed to the CT Healthy Aging Data Report research. The University of Massachusetts Boston Gerontology Institute 2021 research team: Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Frank Porell PhD, ShuangShuang Wang PhD, Haowei Wang PhD, Xiao Joyce Wang PhD, Evan Chunga, Taylor Jansen, Shu Xu, Maki Karakida, Elizabeth Gallagher, Celeste Beaulieu, Emily Lim. The Tufts Health Plan Foundation supported the research and provided important guidance.



## Density of Population Age 65+ Years

Burlington, CT

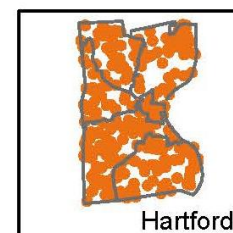
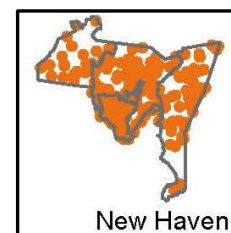
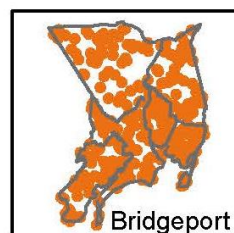
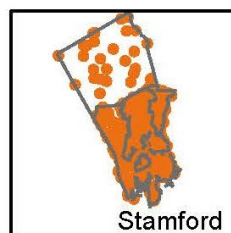


**State Total: 587,580**

Source: ACS 2014–2018

• 1 Dot = 100 people Age 65+

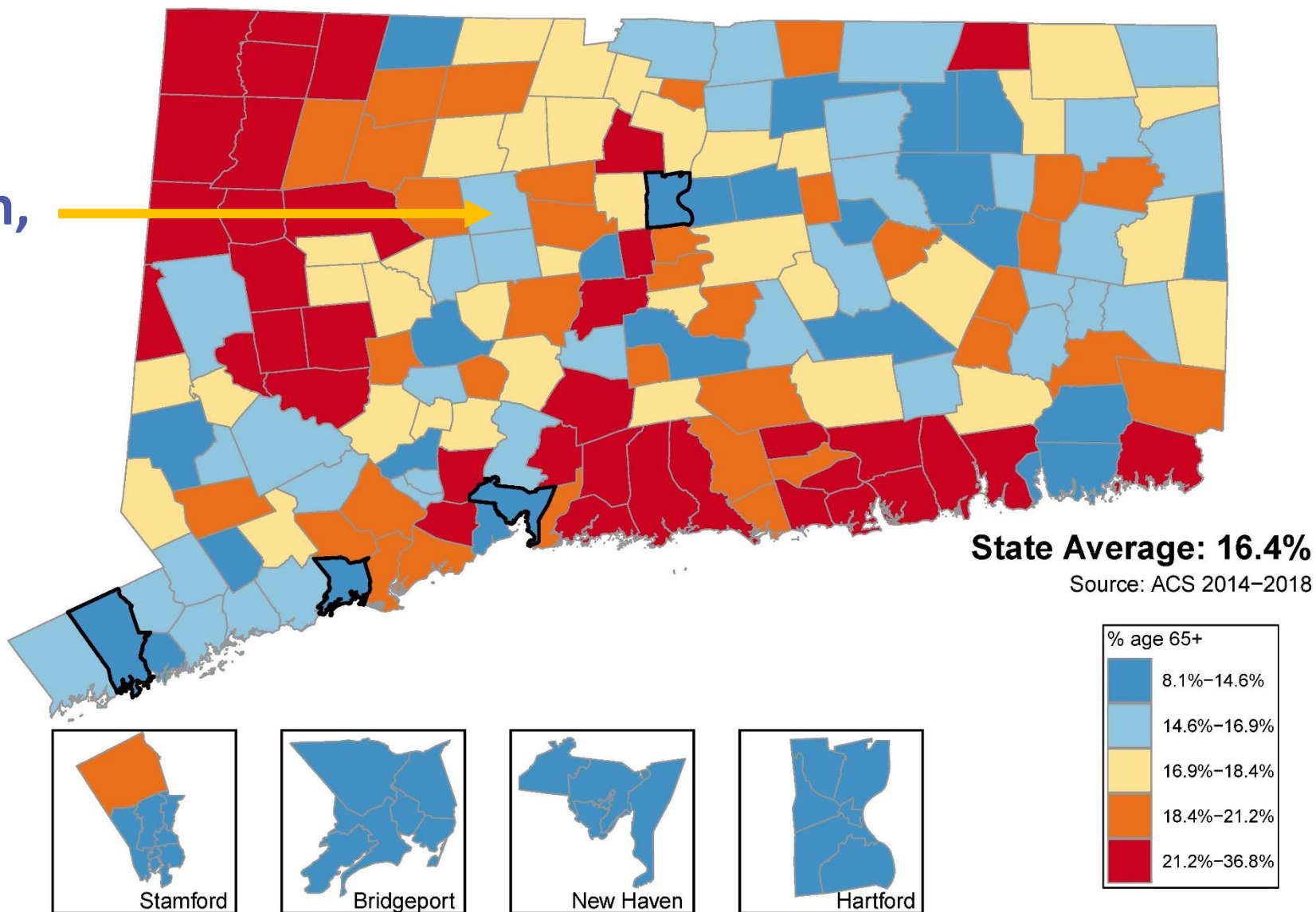
Questions or ideas?  
Beth.Dugan@umb.edu  
12/2020



Map 4

## Percentage of Population Age 65+ Years

Burlington,  
CT



Questions or ideas?  
Beth.Dugan@umb.edu  
12/2020



## Population 65 Years or Older as % of Total Population

Andover	12.57%	Durham	17.01%	Lyme	29.49%	Pomfret	14.69%	Warren	21.79%
Ansonia	16.10%	East Granby	17.54%	Madison	23.97%	Portland	19.31%	Washington	27.97%
Ashford	13.49%	East Haddam	18.38%	Manchester	14.44%	Preston	19.10%	Waterbury	12.98%
Avon	20.85%	East Hampton	16.80%	Mansfield	8.08%	Prospect	19.48%	Waterford	22.70%
Barkhamsted	18.55%	East Hartford	14.08%	Marlborough	18.00%	Putnam	18.02%	Watertown	18.11%
Beacon Falls	17.45%	East Haven	18.84%	Meriden	16.67%	Redding	20.77%	West Hartford	17.92%
Berlin	21.27%	East Lyme	22.67%	Middlebury	21.24%	Ridgefield	17.00%	West Haven	13.68%
Bethany	17.10%	East Windsor	16.30%	Middlefield	20.34%	Rocky Hill	20.82%	Westbrook	25.09%
Bethel	14.91%	Eastford	17.43%	Middletown	14.50%	Roxbury	28.72%	Weston	13.60%
Bethlehem	18.40%	Easton	18.03%	Milford	18.48%	Salem	16.60%	Westport	16.27%
Bloomfield	26.65%	Ellington	13.34%	Monroe	15.43%	Salisbury	36.79%	Wethersfield	20.17%
Bolton	19.38%	Enfield	15.89%	Montville	17.06%	Scotland	20.63%	Willington	12.77%
Bozrah	20.18%	Essex	32.55%	Morris	18.18%	Seymour	14.27%	Wilton	15.88%
Branford	22.16%	Fairfield	15.95%	Naugatuck	15.27%	Sharon	32.60%	Winchester	19.82%
Bridgeport	10.68%	Farmington	19.56%	New Britain	12.84%	Shelton	20.57%	Windham	12.36%
Bridgewater	30.77%	Franklin	19.38%	New Canaan	15.88%	Sherman	21.29%	Windsor	17.80%
Bristol	15.81%	Glastonbury	17.37%	New Fairfield	17.58%	Simsbury	17.21%	Windsor Locks	18.93%
Brookfield	17.09%	Goshen	20.81%	New Hartford	17.36%	Somers	19.03%	Wolcott	17.81%
Brooklyn	19.09%	Granby	17.57%	New Haven	10.07%	South Windsor	17.17%	Woodbridge	23.69%
Burlington	14.85%	Greenwich	16.83%	New London	10.91%	Southbury	29.11%	Woodbury	21.90%
Canaan	25.33%	Griswold	15.24%	New Milford	15.26%	Southington	21.08%	Woodstock	17.29%
Canterbury	16.24%	Groton	13.99%	Newington	21.32%	Sprague	15.16%	<b>Neighborhoods</b>	
Canton	17.97%	Guilford	22.76%	Newtown	16.03%	Stafford	16.27%	Bridgeport Area1	11.38%
Chaplin	16.87%	Haddam	20.55%	Norfolk	29.41%	Stamford	14.37%	Bridgeport Area2	10.13%
Cheshire	17.89%	Hamden	15.88%	North Branford	21.25%	Sterling	11.75%	Bridgeport Area3	10.60%
Chester	24.11%	Hampton	19.18%	North Canaan	23.41%	Stonington	24.18%	Hartford Area1	10.93%
Clinton	19.91%	Hartford	10.72%	North Haven	21.82%	Stratford	19.37%	Hartford Area2	12.87%
Colchester	13.55%	Hartland	17.44%	North Stonington	20.22%	Suffield	15.43%	Hartford Area3	10.22%
Colebrook	9.88%	Harwinton	21.10%	Norwalk	14.93%	Thomaston	17.18%	New Haven Area1	10.25%
Columbia	19.28%	Hebron	14.91%	Norwich	16.18%	Thompson	15.22%	New Haven Area2	8.94%
Cornwall	28.19%	Kent	25.46%	Old Lyme	27.00%	Tolland	14.95%	New Haven Area3	11.86%
Coventry	15.21%	Killingly	15.46%	Old Saybrook	26.58%	Torrington	18.60%	Stamford Area1	19.00%
Cromwell	18.08%	Killingworth	20.28%	Orange	21.69%	Trumbull	18.78%	Stamford Area2	13.42%
Danbury	13.61%	Lebanon	17.16%	Oxford	18.01%	Union	30.01%	Stamford Area3	14.40%
Darien	12.03%	Ledyard	14.65%	Plainfield	17.71%	Vernon	17.74%		
Deep River	19.03%	Lisbon	16.76%	Plainville	17.80%	Voluntown	17.19%		
Derby	15.95%	Litchfield	27.97%	Plymouth	16.89%	Wallingford	21.24%		

## Population 65 Years or Older as % of Total Population (Ranked)

Salisbury	36.79%	Harwinton	21.10%	Watertown	18.11%	Lisbon	16.76%	East Hartford	14.08%
Sharon	32.60%	Southington	21.08%	Cromwell	18.08%	Meriden	16.67%	Groton	13.99%
Essex	32.55%	Avon	20.85%	Easton	18.03%	Salem	16.60%	West Haven	13.68%
Bridgewater	30.77%	Rocky Hill	20.82%	Putnam	18.02%	East Windsor	16.30%	Danbury	13.61%
Union	30.01%	Goshen	20.81%	Oxford	18.01%	Stafford	16.27%	Weston	13.60%
Lyme	29.49%	Redding	20.77%	Marlborough	18.00%	Westport	16.27%	Colchester	13.55%
Norfolk	29.41%	Scotland	20.63%	Canton	17.97%	Canterbury	16.24%	Ashford	13.49%
Southbury	29.11%	Shelton	20.57%	West Hartford	17.92%	Norwich	16.18%	Ellington	13.34%
Roxbury	28.72%	Haddam	20.55%	Cheshire	17.89%	Ansonia	16.10%	Waterbury	12.98%
Cornwall	28.19%	Middlefield	20.34%	Wolcott	17.81%	Newtown	16.03%	New Britain	12.84%
Litchfield	27.97%	Killingworth	20.28%	Plainville	17.80%	Derby	15.95%	Willington	12.77%
Washington	27.97%	North Stonington	20.22%	Windsor	17.80%	Fairfield	15.95%	Andover	12.57%
Old Lyme	27.00%	Bozrah	20.18%	Vernon	17.74%	Enfield	15.89%	Windham	12.36%
Bloomfield	26.65%	Wethersfield	20.17%	Plainfield	17.71%	Hamden	15.88%	Darien	12.03%
Old Saybrook	26.58%	Clinton	19.91%	New Fairfield	17.58%	New Canaan	15.88%	Sterling	11.75%
Kent	25.46%	Winchester	19.82%	Granby	17.57%	Wilton	15.88%	New London	10.91%
Canaan	25.33%	Farmington	19.56%	East Granby	17.54%	Bristol	15.81%	Hartford	10.72%
Westbrook	25.09%	Prospect	19.48%	Beacon Falls	17.45%	Killingly	15.46%	Bridgeport	10.68%
Stonington	24.18%	Franklin	19.38%	Hartland	17.44%	Monroe	15.43%	New Haven	10.07%
Chester	24.11%	Bolton	19.38%	Eastford	17.43%	Suffield	15.43%	Colebrook	9.88%
Madison	23.97%	Stratford	19.37%	Glastonbury	17.37%	Naugatuck	15.27%	Mansfield	8.08%
Woodbridge	23.69%	Portland	19.31%	New Hartford	17.36%	New Milford	15.26%	<b>Neighborhoods</b>	
North Canaan	23.41%	Columbia	19.28%	Woodstock	17.29%	Griswold	15.24%	Stamford Area1	19.00%
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Woodbury	21.90%	Somers	19.03%	Lebanon	17.16%	Norwalk	14.93%	Bridgeport Area1	11.38%
North Haven	21.82%	Windsor Locks	18.93%	Bethany	17.10%	Hebron	14.91%	Hartford Area1	10.93%
Warren	21.79%	East Haven	18.84%	Brookfield	17.09%	Bethel	14.91%	Bridgeport Area3	10.60%
Orange	21.69%	Trumbull	18.78%	Montville	17.06%	Burlington	14.85%	New Haven Area1	10.25%
Newington	21.32%	Torrington	18.60%	Durham	17.01%	Farmington	14.85%	Hartford Area3	10.22%
Sherman	21.29%	Barkhamsted	18.55%	Ridgefield	17.00%	Ledyard	14.65%	Bridgeport Area2	10.13%
Berlin	21.27%	Milford	18.48%	Plymouth	16.89%	Middletown	14.50%	New Haven Area2	8.94%
North Branford	21.25%	Bethlehem	18.40%	Chaplin	16.87%	Manchester	14.44%	Questions ? Beth.Dugan@umb.edu <a href="https://healthyagingdatareports.org">https://healthyagingdatareports.org</a>	
Wallingford	21.24%	East Haddam	18.38%	Greenwich	16.83%	Stamford	14.37%		
Middlebury	21.24%	Morris	18.18%	East Hampton	16.80%	Seymour	14.27%		



# WHAT CAN YOU DO?

## Understand

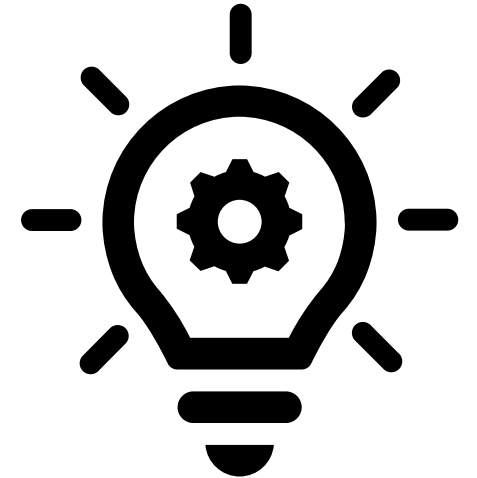
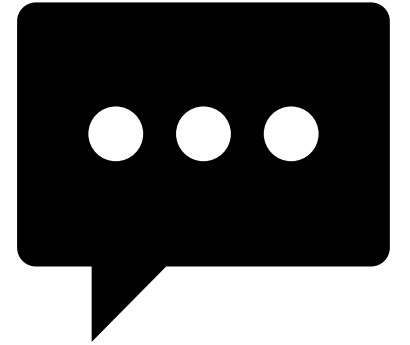
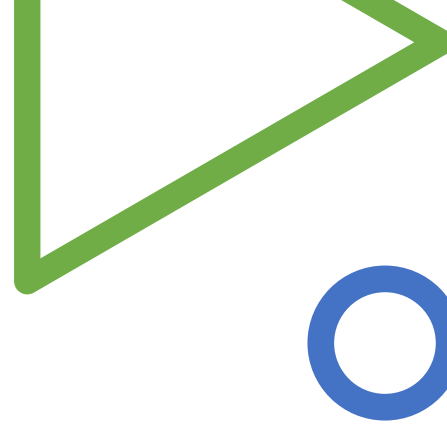
- Learn what makes a community age-friendly.
- Download your community profile: [healthyagingdatareports.org](https://healthyagingdatareports.org)
- Read the Highlights Report to understand how your community compares to statewide trends.
- Learn about programs and resources: [myplacect.org](https://myplacect.org)

## Engage

- Encourage people you know and community leaders to engage in the age-friendly movement.
- Connect with Connecticut Age Well Collaborative at [www.ctagewellcollaborative.org](https://www.ctagewellcollaborative.org)

## Act

- Promote healthy aging.
- Collaborate with diverse and local partners to identify and build upon what's working.



# IMPACT OF HEALTHY AGING DATA REPORTS

## Advocacy:

- Advocates used the Healthy Aging Data Report to convince state leaders to establish a State Commission on Aging.
- Funds were appropriated to expand transportation for older people after reviewing transportation gaps.

## Education:

- Elected officials used the reports to better understand their communities and constituents.
- Nonprofit organizations used the Healthy Aging Data Reports to write more competitive grant applications.

## Collaboration:

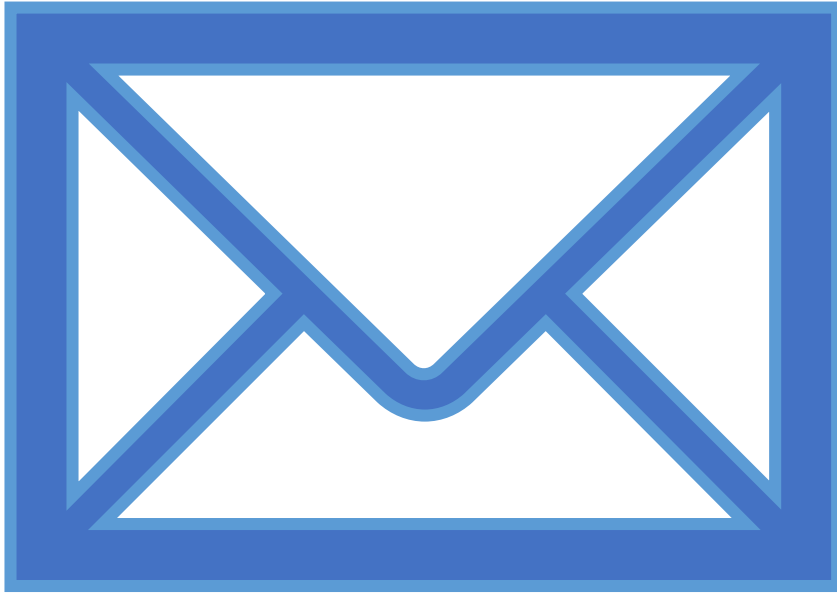
- A group of rural communities joined together to address healthy aging issues described in their community profiles.

## Development:

- A healthcare organization used one of the reports for market research on where to locate a memory assessment clinic.

# CONNECTICUT AGE FRIENDLY EFFORTS

Placeholder slide



*Insert contact info of presenter here*

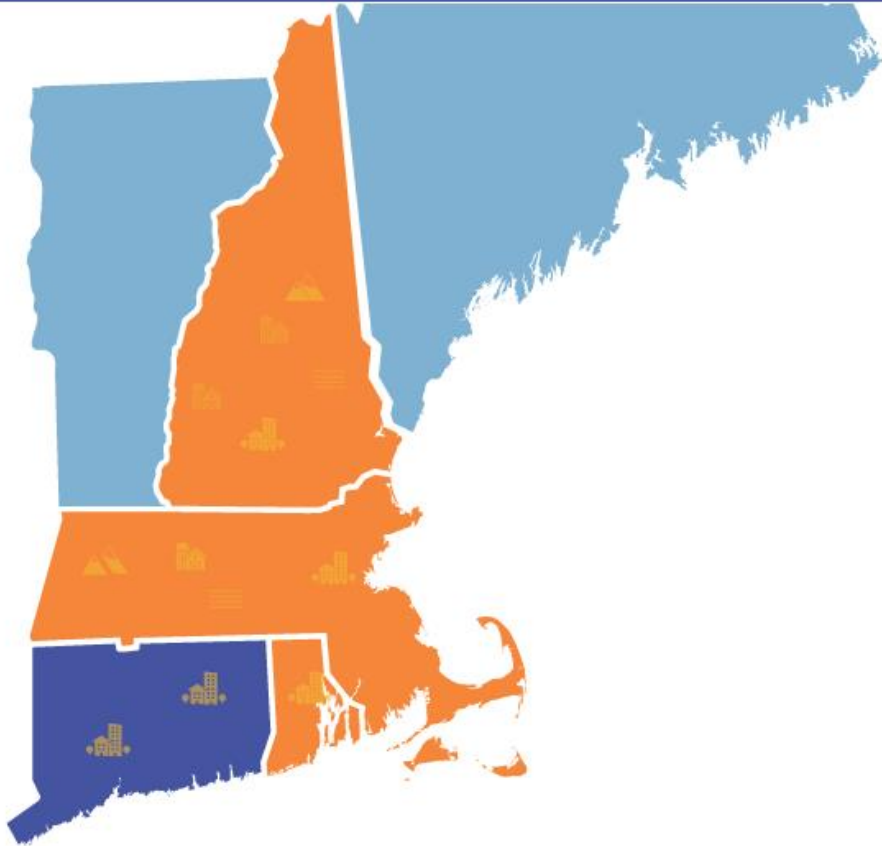


# ACCESSING THE DATA REPORT

HEALTHYAGING  
DATAREPORTS.ORG

STATE REPORTS ▾ ABOUT CONTACT

Help residents, agencies, providers and governments understand the older people who live in their cities and towns.



## CONNECTICUT HEALTHY AGING DATA REPORT

**169** cities and towns  
**12** neighborhoods  
**190** indicators

[VIEW REPORT](#)

# PRODUCTS

- **COMMUNITY PROFILES**

- County
- City/Town
- Neighborhoods

- **INFOGRAPHIC**

- A snapshot of main findings

- **STATE MAPS**

- Each indicator mapped for each community in CT

- **INTERACTIVE MAPS**

- Interactive web maps of selected chronic diseases

- **TECHNICAL REPORT, DATA SOURCES, AND METHODS**

- Details about the development of the 2020 Connecticut Healthy Aging Data Report: technical definitions for all reported, data sources and years of data used, definitions of the geographic units employed for various indicators, and the statistical methods used to estimate indicators derived from micro-level data.

## CONNECTICUT HEALTHY AGING DATA REPORT

### COMMUNITY PROFILES

### INFOGRAPHIC

### STATE MAPS

### INTERACTIVE MAPS

### TECHNICAL REPORT, DATA SOURCES, AND METHODS

## CONNECTICUT HEALTHY AGING DATA REPORT

The [2021 Connecticut Healthy Aging Data Report](#) is designed to help residents, agencies, providers and governments understand the older adults who live in their cities and towns – their ages, living arrangements, health status, strengths and vulnerabilities.

### Explore the 2021 Report:

- [39 community profiles](#) with estimates of indicators with confidence intervals, and [technical documentation](#), and an additional 20 community profiles by ZIP code for the core cities in Connecticut
- [190 maps](#) listing community rates for each indicator (both ranked and alphabetized)
- [17 interactive web maps](#)
- [An infographic](#) summarizing key findings
- [Highlights report](#)



# COMMUNITY PROFILES

HEALTHYAGING  
DATAREPORTS.ORG

CONNECTICUT HEALTHY AGING  
DATA REPORT

COMMUNITY PROFILES

INFOGRAPHIC

STATE MAPS

INTERACTIVE MAPS

TECHNICAL REPORT, DATA  
SOURCES, AND METHODS

## COMMUNITY PROFILES

Choose a city or town to view its community profile.

Select...

Andover

Ansonia

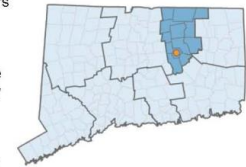
Ashford

2021 CONNECTICUT HEALTHY AGING COMMUNITY PROFILE

Andover (Tolland)



Andover is a town in Tolland County with 405 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of Alzheimer's disease or related dementias, anemia, chronic kidney disease, colon cancer, congestive heart failure, diabetes, fibromyalgia/chronic pain/fatigue, hypertension, ischemic heart disease, lung cancer, osteoarthritis or rheumatoid arthritis, peripheral vascular disease, pressure ulcers, stroke, traumatic brain injury, tobacco use disorder, depression, personality disorder, and hearing and visual impairments. However, they had a higher rate of cataract. They are more likely to take the health promotion step of having dental insurance but also more likely to be current smokers. Community resources to support healthy aging include 9 home health agencies, a hospice agency, a senior center, and a public library.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		3,223	3,581,504
Population 60 years or older as % of total population		22.3%	23.0%
Total population 60 years or older		718	823,529
Population 65 years or older as % of total population		12.6%	16.4%
Total population 65 years or older		405	587,580
% 65-74 years	*	69.9%	55.7%
% 75-84 years		20.0%	29.1%
% 85 years or older		10.1%	15.2%
% 65+ population who are female		54.3%	56.8%
% 85+ population who are female		85.4%	66.6%
Race and ethnicity of the population 65+			
% White		94.6%	88.4%
% African American		5.4%	6.8%
% Asian		0.0%	2.3%
% Other race		0.0%	2.6%
% Hispanic/Latino		0.0%	5.8%
Marital status of the population 65+			
% married		60.7%	53.8%
% divorced/separated		13.3%	14.9%
% widowed		22.2%	24.2%
% never married		3.7%	7.1%
Education of the population 65+			
% with less than high school education	*	3.7%	14.7%
% with high school or some college		61.0%	53.3%
% with college degree		35.3%	32.1%
% with graduate or professional degree		11.1%	16.8%
% of 65+ population who speak only English at home		92.8%	84.3%
% of 65+ population who are veterans of military service		29.1%	17.4%

Andover (Tolland)

PAGE 1

# INFOGRAPHIC

HEALTHYAGING  
DATAREPORTS.ORG

CONNECTICUT HEALTHY AGING  
DATA REPORT

COMMUNITY PROFILES

INFOGRAPHIC

STATE MAPS

INTERACTIVE MAPS

TECHNICAL REPORT, DATA  
SOURCES, AND METHODS

## INFOGRAPHIC

This infographic provides a snapshot of

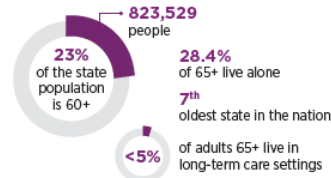
Download the infographic (PDF)

2021 Connecticut Healthy Aging Data Report

## Older Adult Health in Every Community

REPORTING 190 INDICATORS FOR EVERY CITY AND TOWN IN CONNECTICUT | [www.healthyagingdatareports.org](http://www.healthyagingdatareports.org)

### Connecticut is growing older — everywhere



Many rural communities have higher percentages of people 65+ and limited access to care and transportation options.



### Racism affects people's health

Everyone deserves a fair chance to age well, but systemic inequities create health disparities. Connecticut has the most racially diverse older population (65+) in New England. COVID-19 exacerbates existing disparities in communities of color.

#### Black older people have highest rates of:

- 4+ chronic conditions
- Diabetes
- Hypertension
- Obesity
- Stroke
- Substance use disorders

#### Hispanic older people have highest rates of:

- Asthma
- Depression
- Heart attack
- PTSD

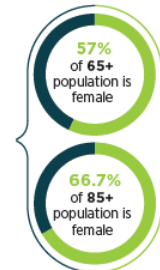
### Gender matters

#### Men are more likely to

- have heart disease, atrial fibrillation, congestive heart failure, hypertension, heart attack & stroke

#### have better rates

- at physical activity



#### Women are more likely to

- have arthritis, obesity, osteoporosis, falls, hip fracture & depression

#### have better rates on

- eating recommended fruits and vegetables & getting annual check-up

### Where you live matters

#### 65+ household incomes



24% above \$100K annually

#### 65+ level of education



16.8% graduate/professional degree

#### 65+ home ownership



77% statewide average

100% in high income areas

#### 65+ median house value



\$273K statewide average

\$1.5M in high income areas

#### 65+ spending >35% of income on housing



44% statewide average

0% in high income areas

### Preventive health interventions are needed

#### Making progress

Rates Improved For

Asthma -1.45% Diabetes -0.41%

#### More work to be done

Rates Worsened For

Alzheimer's disease +0.31% Depression +1.69%  
Obesity +5.42% 4+ chronic conditions +0.40%

Changes noted when comparing 2015–2017 data.



### Understand

- 1 Learn what makes a community age-friendly.
- 2 Download your community profile: [healthyagingdatareports.org](http://healthyagingdatareports.org)
- 3 Read the Highlights Report to understand how your community compares to the statewide trends.
- 4 Learn about programs and resources: [myplacect.org](http://myplacect.org)



### Engage

- 1 Encourage people you know and community leaders to engage in the age-friendly movement.
- 2 Connect with Connecticut Age Well Collaborative at [www.ctagewellcollaborative.org](http://www.ctagewellcollaborative.org)



### Act

- 1 Promote healthy aging.
- 2 Collaborate with diverse and local partners to identify and build upon what's working.

Learn more at [healthyagingdatareports.org/connecticut](http://healthyagingdatareports.org/connecticut)

Gerontology Institute  
John W. McCormack  
UMass Graduate School of  
BOSTON Policy and Global Studies

TUFTS  
Health Plan  
FOUNDATION

# STATE MAPS

## Organized by indicator category:

1. Population Characteristics
2. Wellness and Prevention
3. Nutrition/Diet
4. Behavioral Health
5. Chronic Disease
6. Living with Disability
7. Access to Care
8. Service Utilization
9. Community Variables & Civic Engagement
10. Safety & Transportation

CONNECTICUT HEALTHY AGING  
DATA REPORT

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## STATE MAPS

These maps present healthy aging indicators to a the state. Choose an indicator to download the PI

### 1. Population Characteristics

Select...

Population density (all)  
Percent population (age 60+)  
Population density (age 60+)  
Percent population (age 65+)  
Population density (age 65+)  
Percent population (age 65-74)  
Percent population (age 75-84)  
Percent population (age 85+)  
Female Population (age 65+)  
Female Population (age 85+)  
White  
African American  
Asian  
Other Race  
Hispanic / Latino

HealthyA

tl

# INTERACTIVE MAPS

CONNECTICUT HEALTHY AGING  
DATA REPORT

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STATE MAPS

**INTERACTIVE MAPS**

TECHNICAL REPORT, DATA  
SOURCES, AND METHODS

## INTERACTIVE MAPS

### CHRONIC DISEASE MAPS

**Alzheimer's disease  
or related dementias**

Diabetes

Stroke

**Chronic obstructive  
pulmonary disease (COPD)**

Hypertension

Ever had a heart attack

Ischemic heart disease

Congestive heart failure

Osteoarthritis/  
rheumatoid arthritis

Ever had hip fracture

Glaucoma

Women with breast cancer

Colon cancer

Men with prostate cancer

Lung cancer

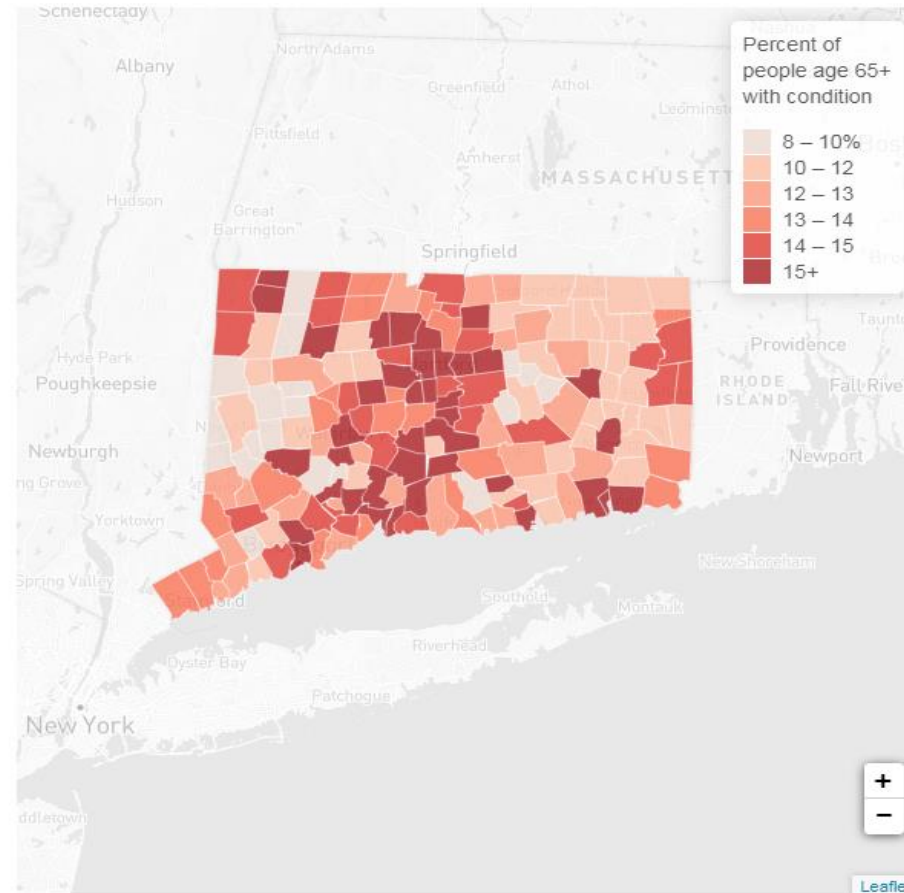
Osteoporosis

4+ chronic conditions (of 14)

No chronic conditions (of 14)

*Credit: Amanda Cox, MS, The New*

*York Times*



# TECHNICAL REPORT, DATA SOURCES, AND METHODS

CONNECTICUT HEALTHY  
AGING DATA REPORT

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COMMUNITY PROFILES

---

INFOGRAPHIC

---

STATE MAPS

---

INTERACTIVE MAPS

---

**TECHNICAL REPORT, DATA  
SOURCES, AND METHODS**

## TECHNICAL REPORT, DATA SOURCES, AND METHODS

The **Technical Report** contains details about the development of the 2021 Connecticut Healthy Aging Data Report. The appendix includes technical definitions for all reported, data sources and years of data used, definitions of the geographic units employed for various indicators, and the statistical methods used to estimate indicators derived from micro-level data.

[Download the Technical Report \(PDF\)](#)



[Download the Technical Report FAQs \(PDF\)](#)



### Confidence Intervals

Choose a community to view its community profile with confidence intervals for each healthy aging indicator.

Select...

