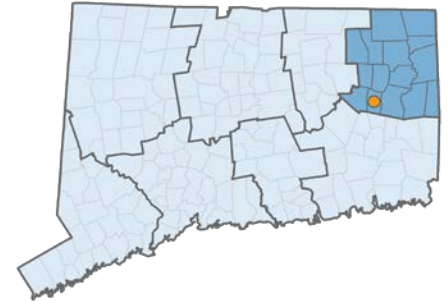


Scotland (Windham)

Scotland is a town in Windham County with 341 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, Alzheimer's disease or related dementias, anemia, atrial fibrillation, benign prostatic hyperplasia, lung cancer, peripheral vascular disease, pressure ulcers, prostate cancer, and schizophrenia and other psychotic disorders. However, they had higher rates of tobacco use disorder. They are more likely to take the health promotion step of having dental insurance, but are also more likely to be a current smoker. Community resources to support healthy aging include 3 home health agencies and a public library.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,653	3,581,504
Population 60 years or older as % of total population		29.2%	23.0%
Total population 60 years or older		482	823,529
Population 65 years or older as % of total population		20.6%	16.4%
Total population 65 years or older		341	587,580
% 65-74 years	*	72.1%	55.7%
% 75-84 years		24.3%	29.1%
% 85 years or older	*	3.5%	15.2%
% 65+ population who are female		46.3%	56.8%
% 85+ population who are female		66.7%	66.6%
Race and ethnicity of the population 65+			
% White		95.0%	88.4%
% African American		0.0%	6.8%
% Asian		0.0%	2.3%
% Other race		5.0%	2.6%
% Hispanic/Latino		4.1%	5.8%
Marital status of the population 65+			
% married		69.8%	53.8%
% divorced/separated		7.9%	14.9%
% widowed		21.4%	24.2%
% never married		0.9%	7.1%
Education of the population 65+			
% with less than high school education		11.4%	14.7%
% with high school or some college		57.8%	53.3%
% with college degree		30.8%	32.1%
% with graduate or professional degree		17.3%	16.8%
% of 65+ population who speak only English at home		93.8%	84.3%
% of 65+ population who are veterans of military service		17.3%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
POPULATION CHARACTERISTICS			
% of 60+ who are LGBT (county)		3.9%	2.5%
Median age of females		48.7	42.6
Median age of males		47.0	39.1
Life expectancy at birth (county)		78.7	80.9
Age-sex adjusted 1-year mortality rate		4.4%	4.1%
WELLNESS			
% 60+ getting the recommended hours of sleep		64.3%	65.2%
% 60+ doing any physical activity within last month		75.7%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		27.4%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		62.3%	58.0%
% 60+ with fair or poor health status		15.9%	17.6%
% 60+ with 15+ physically unhealthy days in last month		10.3%	12.4%
FALLS			
% 60+ who fell within last year		27.0%	26.3%
% 60+ who were injured in a fall within last year		6.8%	9.8%
% 65+ had hip fracture	B	2.2%	3.7%
PREVENTION			
% 60+ with physical exam/check-up in last year		86.6%	88.5%
% 60+ flu shot in last year		61.0%	57.5%
% 60+ with pneumonia vaccine		65.3%	63.9%
% 60+ with shingles vaccine		37.3%	33.5%
% 60+ women with a mammogram within last 2 years		79.8%	79.7%
% 60+ with colorectal cancer screening		78.9%	78.2%
% 60+ with HIV test		20.3%	16.1%
% 60+ met CDC preventive health screening goals		43.1%	39.6%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	19.9%
% 65+ with poor supermarket access		0.0%	32.4%
% 60+ stressed about buying food in last month		7.7%	8.6%
% 60+ self-reported obese		25.0%	26.1%
% 65+ clinically diagnosed obesity		23.4%	22.5%
% 65+ with high cholesterol		73.8%	77.0%
% 60+ with cholesterol screening		98.3%	97.1%
ORAL HEALTH			
% 60+ with dental insurance	B	69.9%	59.2%
% 60+ with annual dental exam		79.4%	79.9%
# of dentists per 100,000 persons (all ages)		0.0	75.1
% 60+ with loss of 6 or more teeth		21.2%	23.8%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	11.2%	14.4%
% 65+ with anemia	B	44.5%	50.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with asthma		15.9%	14.1%
% 65+ with atrial fibrillation	B	13.3%	16.1%
% 65+ with autism spectrum disorder	*	0.07%	0.12%
% 65+ with benign prostatic hyperplasia (men)	B	33.6%	42.7%
% 65+ with breast cancer (women)		12.1%	11.4%
% 65+ with cataract		67.4%	64.8%
% 65+ with chronic kidney disease		27.2%	29.9%
% 65+ with chronic obstructive pulmonary disease		24.0%	21.0%
% 65+ with colon cancer		2.4%	2.7%
% 65+ with congestive heart failure		21.3%	22.6%
% 65+ with diabetes		35.6%	33.8%
% 65+ with endometrial cancer (women)		2.2%	2.0%
% 65+ with epilepsy		2.7%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue		25.5%	26.6%
% 65+ with glaucoma		25.7%	28.3%
% 65+ ever had a heart attack		5.8%	4.5%
% 65+ with HIV/AIDS	*	0.11%	0.21%
% 65+ with hypertension		73.5%	76.2%
% 65+ with hypothyroidism		25.2%	25.1%
% 65+ with ischemic heart disease		38.7%	40.7%
% 65+ with leukemias and lymphomas		2.4%	2.7%
% 65+ with liver disease		11.1%	9.5%
% 65+ with lung cancer	B	1.4%	1.9%
% 65+ with migraine and other chronic headache		7.4%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis		50.0%	54.2%
% 65+ with osteoporosis		17.9%	20.2%
% 65+ with peripheral vascular disease	B	14.0%	19.9%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	9.2%
% 65+ with prostate cancer (men)	B	9.5%	13.1%
% 65+ with stroke		10.1%	11.9%
% 65+ with traumatic brain injury		1.0%	1.3%
% 65+ with 4+ (out of 15) chronic conditions		58.9%	61.8%
% 65+ with 0 chronic conditions		7.4%	7.2%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		2	4,613
% 65+ with opioid use disorder		1.9%	2.2%
% 65+ with substance use disorder		8.2%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		7.5%	9.2%
% 65+ with tobacco use disorder	W	13.8%	10.1%
% 60+ current smokers	W	11.9%	7.7%
% 60+ ever used E-Cigarettes in last month		7.3%	6.3%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support		74.6%	78.3%
% 60+ with 15+ days poor mental health in last month		5.6%	6.9%
% 65+ with depression		28.9%	30.3%
% 65+ with anxiety disorder		24.0%	25.5%
% 65+ with bipolar disorder		3.8%	3.8%
% 65+ with post-traumatic stress disorder		1.6%	1.2%
% 65+ with schizophrenia & other psychotic disorder	B	3.5%	4.6%
% 65+ with personality disorder		2.5%	2.5%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.7%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.1%	15.7%
% 65+ with self-reported vision difficulty		0.0%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	1.1%
% 65+ with self-reported cognition difficulty		4.7%	7.6%
% 65+ with self-reported ambulatory difficulty	*	9.4%	19.1%
% 65+ with clinical diagnosis of mobility impairment		2.9%	4.0%
% 65+ with self-reported self-care difficulty		0.0%	7.5%
% 65+ with self-reported independent living difficulty	*	5.0%	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		27.4%	21.7%
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren	*	1.1%	2.7%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	16.2%	22.1%
% 65+ Medicare managed care enrollees		28.7%	29.9%
% 60+ with a regular doctor		96.7%	96.0%
% 60+ who did not see a doctor when needed due to cost		3.4%	4.5%
# of primary care providers within 5 miles		0	10,508
# of hospitals within 5 miles		0	71
# of home health agencies		3	3,124
# of nursing homes within 5 miles		0	419
# of community health centers		0	83
# of adult day health centers		0	55
# of hospice agencies		0	38
SERVICE UTILIZATION			
# physician visits per year	*	7.1	8.6
# emergency room visits/1000 persons 65+ years annually		600.3	636.7

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# Part D monthly prescription fills per person annually		47.6	50.3
# home health visits annually		4.3	4.1
# durable medical equipment claims annually	*	1.5	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	203.4	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		17.9%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	70.5	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	42.3
% 65+ getting Medicaid long term services and supports	*	2.4%	5.5%
% 65+ hospice users		1.9%	2.7%
% 65+ hospice users as % of decedents		37.5%	45.5%
Median hospice days per hospice user (65+, deceased)		16.0	10
Median hospice payment (Medicare + other) per hospice user		\$3,385.64	\$3,741.18
COMMUNITY			
Air pollution: annual # of unhealthy days for 65+ (county)		6	N/A
Age-friendly efforts in community		Not yet	Not yet
# of senior centers		0	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)		99.1%	99.1%
% 60+ who used Internet in last month		78.3%	75.1%
Voter participation rate in 2016 election (age 18+)		74.8%	76.9%
SAFETY & CRIME			
Homicide rate/100,000 persons (county)		1.4	2.0
# firearm fatalities (all ages) (county)		32	932
# 65+ deaths by suicide (county)		N/A	26
TRANSPORTATION			
% 65+ who own a motor vehicle	*	100.0%	87.3%
% 60+ who always drive or ride wearing a seatbelt		94.3%	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		0	342
# of fatal crashes involving adult age 60+/county		14	342
HOUSING			
% 65+ population who live alone	*	13.2%	28.4%
Average household size (all ages)		2.6	2.5
Median house value		\$234,700.00	\$272,700.00
% 60+ own home	*	91.9%	76.9%
% 60+ homeowners who have mortgage		45.6%	47.1%
% 60+ stressed about paying rent/mortgage in last month	B	10.8%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		33.3%	44.0%
% 65+ households (owner) spend >35% of income on housing	*	17.6%	29.5%
% 65+ moved within same county in last year		0.0%	3.7%
% 65+ moved from different county in last year		1.5%	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		7.0%	9.6%
ECONOMIC			
% 60+ receiving food benefits in last year	*	5.8%	10.9%
% 65+ employed in last year		27.9%	24.8%
% 65+ with income below the poverty line in last year		4.1%	7.0%
Median household income		\$89,000.00	\$76,106.00
% 65+ households with annual income < \$20,000	*	4.0%	17.1%
% 65+ households with annual income \$20,000-\$49,999		36.2%	31.0%
% 65+ households with annual income \$50,000-\$99,999		32.8%	27.6%
% 65+ households with annual income \$100,000+		27.1%	24.4%
COST OF LIVING			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Elder Index			
Single, homeowner without mortgage, good health	0.88	\$23,460.00	\$26,796.00
Single, renter, good health	0.88	\$25,164.00	\$28,536.00
Couple, homeowner without mortgage, good health	0.91	\$34,488.00	\$37,920.00
Couple, renter, good health	0.91	\$36,192.00	\$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 (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/ (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.

Questions? Beth.dugan@umb.edu