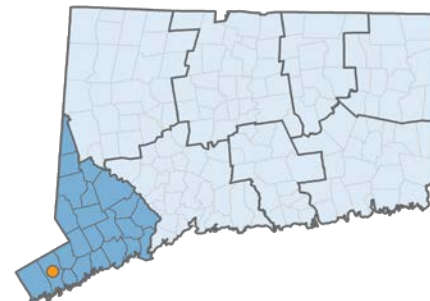


## Stamford (Fairfield)

Stamford is a city in Fairfield County with 18,545 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, tooth loss, asthma, atrial fibrillation, cataract, chronic kidney disease, COPD, CHF, heart attack, hypertension, liver disease, lung cancer, peripheral vascular disease, substance and tobacco use disorders, depression, anxiety and personality disorders, PTSD, and schizophrenia or other psychotic disorders. However, they had higher rates of anemia, benign prostatic hyperplasia, diabetes, fibromyalgia/chronic pain/fatigue, glaucoma, migraine or other chronic headaches, pressure ulcers, prostate cancer, stroke, and hearing impairment. They are more likely to take the health promotion step of not smoking; but they are less likely to have an annual physical exam, get a pneumonia vaccine, and have dental insurance. Community resources to support healthy aging include 210 primary care providers, a hospital, and 4 nursing homes within 5 miles; a Memory Cafe, 26 home health agencies, 5 community health centers, 10 hospice agencies, 4 senior centers, a university or community college, 4 public libraries, a YMCA, and 3 assisted living sites.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		129,026	3,581,504
Population 60 years or older as % of total population		20.1%	23.0%
Total population 60 years or older		25,956	823,529
Population 65 years or older as % of total population		14.4%	16.4%
Total population 65 years or older		18,545	587,580
% 65-74 years		54.8%	55.7%
% 75-84 years		30.0%	29.1%
% 85 years or older		15.2%	15.2%
% 65+ population who are female		56.8%	56.8%
% 85+ population who are female		65.4%	66.6%
Race and ethnicity of the population 65+			
% White	*	77.1%	88.4%
% African American	*	12.5%	6.8%
% Asian	*	3.9%	2.3%
% Other race		6.5%	2.6%
% Hispanic/Latino	*	13.9%	5.8%
Marital status of the population 65+			
% married	*	49.0%	53.8%
% divorced/separated	*	18.5%	14.9%
% widowed		23.4%	24.2%
% never married	*	9.1%	7.1%
Education of the population 65+			
% with less than high school education		16.0%	14.7%
% with high school or some college	*	44.4%	53.3%
% with college degree	*	39.6%	32.1%
% with graduate or professional degree	*	20.4%	16.8%
% of 65+ population who speak only English at home	*	69.8%	84.3%
% of 65+ population who are veterans of military service	*	12.7%	17.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>POPULATION CHARACTERISTICS</b>			
% of 60+ who are LGBT (county)		2.1%	2.5%
Median age of females		39.3	42.6
Median age of males		35.8	39.1
Life expectancy at birth (county)		82.7	80.9
Age-sex adjusted 1-year mortality rate	B	3.6%	4.1%
<b>WELLNESS</b>			
% 60+ getting the recommended hours of sleep		67.2%	65.2%
% 60+ doing any physical activity within last month		79.2%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		29.7%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		58.9%	58.0%
% 60+ with fair or poor health status		14.0%	17.6%
% 60+ with 15+ physically unhealthy days in last month		11.1%	12.4%
<b>FALLS</b>			
% 60+ who fell within last year		22.3%	26.3%
% 60+ who were injured in a fall within last year		8.9%	9.8%
% 65+ had hip fracture		3.6%	3.7%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in last year	W	82.6%	88.5%
% 60+ flu shot in last year		59.7%	57.5%
% 60+ with pneumonia vaccine	W	58.1%	63.9%
% 60+ with shingles vaccine		32.7%	33.5%
% 60+ women with a mammogram within last 2 years		81.4%	79.7%
% 60+ with colorectal cancer screening		80.6%	78.2%
% 60+ with HIV test		15.8%	16.1%
% 60+ met CDC preventive health screening goals		44.8%	39.6%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	19.9%
% 65+ with poor supermarket access		20.7%	32.4%
% 60+ stressed about buying food in last month		8.8%	8.6%
% 60+ self-reported obese		23.9%	26.1%
% 65+ clinically diagnosed obesity	B	20.8%	22.5%
% 65+ with high cholesterol	B	75.7%	77.0%
% 60+ with cholesterol screening		96.3%	97.1%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance	W	37.8%	59.2%
% 60+ with annual dental exam		81.9%	79.9%
# of dentists per 100,000 persons (all ages)		121.7	75.1
% 60+ with loss of 6 or more teeth	B	18.3%	23.8%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		13.9%	14.4%
% 65+ with anemia	W	52.2%	50.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with asthma	B	11.5%	14.1%
% 65+ with atrial fibrillation	B	15.2%	16.1%
% 65+ with autism spectrum disorder	*	0.04%	0.12%
% 65+ with benign prostatic hyperplasia (men)	W	47.4%	42.7%
% 65+ with breast cancer (women)		11.5%	11.4%
% 65+ with cataract	B	61.4%	64.8%
% 65+ with chronic kidney disease	B	24.8%	29.9%
% 65+ with chronic obstructive pulmonary disease	B	17.3%	21.0%
% 65+ with colon cancer		2.6%	2.7%
% 65+ with congestive heart failure	B	19.8%	22.6%
% 65+ with diabetes	W	35.5%	33.8%
% 65+ with endometrial cancer (women)		1.8%	2.0%
% 65+ with epilepsy		2.6%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue	W	30.3%	26.6%
% 65+ with glaucoma	W	37.3%	28.3%
% 65+ ever had a heart attack	B	3.8%	4.5%
% 65+ with HIV/AIDS		0.19%	0.21%
% 65+ with hypertension	B	73.6%	76.2%
% 65+ with hypothyroidism		25.7%	25.1%
% 65+ with ischemic heart disease		41.6%	40.7%
% 65+ with leukemias and lymphomas		2.9%	2.7%
% 65+ with liver disease	B	8.5%	9.5%
% 65+ with lung cancer	B	1.5%	1.9%
% 65+ with migraine and other chronic headache	W	7.3%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis		53.5%	54.2%
% 65+ with osteoporosis		20.6%	20.2%
% 65+ with peripheral vascular disease	B	18.3%	19.9%
% 65+ with pressure ulcer or chronic ulcer	W	10.0%	9.2%
% 65+ with prostate cancer (men)	W	14.6%	13.1%
% 65+ with stroke	W	13.0%	11.9%
% 65+ with traumatic brain injury		1.3%	1.3%
% 65+ with 4+ (out of 15) chronic conditions	B	59.6%	61.8%
% 65+ with 0 chronic conditions	B	8.4%	7.2%
<b>BEHAVIORAL HEALTH</b>			
# of drug overdose deaths (all ages)		55	4,613
% 65+ with opioid use disorder		1.8%	2.2%
% 65+ with substance use disorder	B	5.4%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		9.5%	9.2%
% 65+ with tobacco use disorder	B	8.0%	10.1%
% 60+ current smokers	B	5.0%	7.7%
% 60+ ever used E-Cigarettes in last month		5.0%	6.3%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>MENTAL HEALTH</b>			
% 60+ who reported receiving adequate emotional support		78.2%	78.3%
% 60+ with 15+ days poor mental health in last month		7.9%	6.9%
% 65+ with depression	B	27.2%	30.3%
% 65+ with anxiety disorder	B	21.8%	25.5%
% 65+ with bipolar disorder		3.5%	3.8%
% 65+ with post-traumatic stress disorder	B	0.5%	1.2%
% 65+ with schizophrenia & other psychotic disorder	B	3.6%	4.6%
% 65+ with personality disorder	B	2.0%	2.5%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.4%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	19.9%	15.7%
% 65+ with self-reported vision difficulty		4.6%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	1.1%
% 65+ with self-reported cognition difficulty		7.7%	7.6%
% 65+ with self-reported ambulatory difficulty		19.1%	19.1%
% 65+ with clinical diagnosis of mobility impairment		4.2%	4.0%
% 65+ with self-reported self-care difficulty		7.9%	7.5%
% 65+ with self-reported independent living difficulty		14.1%	13.6%
<b>CAREGIVING</b>			
# of caregiver support groups		0	127
# of Memory Cafes		1	6
% of 60+ who provide care to a family/friend in last month		18.5%	21.7%
% of grandparents raising grandchildren		0.9%	0.8%
% of grandparents who live with grandchildren		3.1%	2.7%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid		21.8%	22.1%
% 65+ Medicare managed care enrollees	*	21.7%	29.9%
% 60+ with a regular doctor		95.3%	96.0%
% 60+ who did not see a doctor when needed due to cost		5.3%	4.5%
# of primary care providers within 5 miles		210	10,508
# of hospitals within 5 miles		1	71
# of home health agencies		26	3,124
# of nursing homes within 5 miles		4	419
# of community health centers		5	83
# of adult day health centers		0	55
# of hospice agencies		10	38
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	9.4	8.6
# emergency room visits/1000 persons 65+ years annually	*	678.5	636.7

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
# Part D monthly prescription fills per person annually	*	44.9	50.3
# home health visits annually	*	3.2	4.1
# durable medical equipment claims annually	*	1.4	1.9
# inpatient hospital stays/1000 persons 65+ years annually		258.5	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		17.3%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	85.0	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		30.9	42.3
% 65+ getting Medicaid long term services and supports	*	5.1%	5.5%
% 65+ hospice users	*	2.4%	2.7%
% 65+ hospice users as % of decedents	*	36.7%	45.5%
Median hospice days per hospice user (65+, deceased)		11.0	10
Median hospice payment (Medicare + other) per hospice user		\$3,860.94	\$3,741.18
<b>COMMUNITY</b>			
Air pollution: annual # of unhealthy days for 65+ (county)		21	N/A
Age-friendly efforts in community		Not yet	Not yet
# of senior centers		4	165
# of universities and community colleges		1	64
# of public libraries		4	238
# of YMCAs		1	19
% in county with access to broadband (all ages)		99.9%	99.1%
% 60+ who used Internet in last month	*	80.9%	75.1%
Voter participation rate in 2016 election (age 18+)		78.9%	76.9%
<b>SAFETY &amp; CRIME</b>			
Homicide rate/100,000 persons (county)		3.1	2.0
# firearm fatalities (all ages) (county)		200	932
# 65+ deaths by suicide (county)		15	26
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle	*	83.6%	87.3%
% 60+ who always drive or ride wearing a seatbelt		91.6%	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		12	342
# of fatal crashes involving adult age 60+/county		61	342
<b>HOUSING</b>			
% 65+ population who live alone	*	30.5%	28.4%
Average household size (all ages)		2.6	2.5
Median house value		\$526,700.00	\$272,700.00
% 60+ own home	*	67.6%	76.9%
% 60+ homeowners who have mortgage	*	52.3%	47.1%
% 60+ stressed about paying rent/mortgage in last month		16.5%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		43.4%	44.0%
% 65+ households (owner) spend >35% of income on housing	*	40.7%	29.5%
% 65+ moved within same county in last year		4.5%	3.7%
% 65+ moved from different county in last year	*	0.2%	0.8%
% 65+ moved from different state in last year		2.1%	0.9%
# of assisted living sites		3	80
% of vacant homes in community	*	7.7%	9.6%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year		11.4%	10.9%
% 65+ employed in last year	*	29.9%	24.8%
% 65+ with income below the poverty line in last year	*	11.0%	7.0%
Median household income		\$89,309.00	\$76,106.00
% 65+ households with annual income < \$20,000	*	22.3%	17.1%
% 65+ households with annual income \$20,000-\$49,999	*	22.8%	31.0%
% 65+ households with annual income \$50,000-\$99,999	*	22.1%	27.6%
% 65+ households with annual income \$100,000+	*	32.8%	24.4%
<b>COST OF LIVING</b>			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
<b>Elder Index</b>			
Single, homeowner without mortgage, good health	1.11	\$29,664.00	\$26,796.00
Single, renter, good health	1.11	\$31,560.00	\$28,536.00
Couple, homeowner without mortgage, good health	1.07	\$40,692.00	\$37,920.00
Couple, renter, good health	1.07	\$42,588.00	\$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).

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