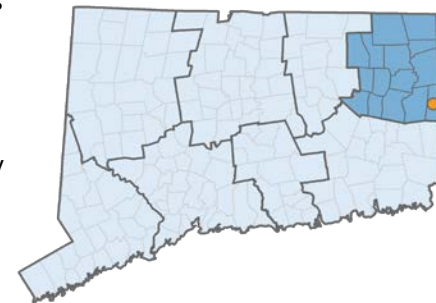


Sterling (Windham)

Sterling is a town in Windham County with 442 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anemia, breast cancer, glaucoma, hypothyroidism, prostate cancer, and traumatic brain injury. However, they had higher rates of obesity, tooth loss, asthma, atrial fibrillation, COPD, heart attack, hypertension, ischemic heart disease, osteoarthritis or rheumatoid arthritis, stroke, substance and tobacco use disorders, depression, anxiety and bipolar disorders, and PTSD. They are less likely to take the health promotion steps of doing physical activity, having 5 or more servings of fruit or vegetables per day; and they are more likely to be a current smoker. Community resources to support healthy aging include a nursing home within 5 miles, 6 home health agencies, 2 hospice agencies, a senior center, and a public library.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		3,762	3,581,504
Population 60 years or older as % of total population		18.6%	23.0%
Total population 60 years or older		699	823,529
Population 65 years or older as % of total population		11.7%	16.4%
Total population 65 years or older		442	587,580
% 65-74 years		55.4%	55.7%
% 75-84 years		38.0%	29.1%
% 85 years or older		6.6%	15.2%
% 65+ population who are female		59.7%	56.8%
% 85+ population who are female		100.0%	66.6%
Race and ethnicity of the population 65+			
% White	*	100.0%	88.4%
% African American		0.0%	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		60.9%	53.8%
% divorced/separated		20.1%	14.9%
% widowed		15.8%	24.2%
% never married		3.2%	7.1%
Education of the population 65+			
% with less than high school education		21.0%	14.7%
% with high school or some college		65.8%	53.3%
% with college degree	*	13.1%	32.1%
% with graduate or professional degree		10.0%	16.8%
% of 65+ population who speak only English at home		98.0%	84.3%
% of 65+ population who are veterans of military service		14.5%	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		43.6	42.6
Median age of males		37.6	39.1
Life expectancy at birth (county)		78.7	80.9
Age-sex adjusted 1-year mortality rate	W	5.2%	4.1%
WELLNESS			
% 60+ getting the recommended hours of sleep		65.6%	65.2%
% 60+ doing any physical activity within last month	W	63.0%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		22.2%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		52.8%	58.0%
% 60+ with fair or poor health status		17.4%	17.6%
% 60+ with 15+ physically unhealthy days in last month		13.4%	12.4%
FALLS			
% 60+ who fell within last year		32.4%	26.3%
% 60+ who were injured in a fall within last year		10.9%	9.8%
% 65+ had hip fracture		3.1%	3.7%
PREVENTION			
% 60+ with physical exam/check-up in last year		91.3%	88.5%
% 60+ flu shot in last year		58.7%	57.5%
% 60+ with pneumonia vaccine		67.6%	63.9%
% 60+ with shingles vaccine		28.0%	33.5%
% 60+ women with a mammogram within last 2 years		81.2%	79.7%
% 60+ with colorectal cancer screening		83.7%	78.2%
% 60+ with HIV test		17.4%	16.1%
% 60+ met CDC preventive health screening goals		45.7%	39.6%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	13.1%	19.9%
% 65+ with poor supermarket access		0.0%	32.4%
% 60+ stressed about buying food in last month		9.7%	8.6%
% 60+ self-reported obese	W	34.5%	26.1%
% 65+ clinically diagnosed obesity	W	28.1%	22.5%
% 65+ with high cholesterol		77.8%	77.0%
% 60+ with cholesterol screening		96.7%	97.1%
ORAL HEALTH			
% 60+ with dental insurance		58.5%	59.2%
% 60+ with annual dental exam		73.5%	79.9%
# of dentists per 100,000 persons (all ages)		0.0	75.1
% 60+ with loss of 6 or more teeth	W	34.9%	23.8%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		14.2%	14.4%
% 65+ with anemia	B	45.8%	50.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with asthma	W	17.5%	14.1%
% 65+ with atrial fibrillation	W	17.5%	16.1%
% 65+ with autism spectrum disorder	*	0.07%	0.12%
% 65+ with benign prostatic hyperplasia (men)		43.0%	42.7%
% 65+ with breast cancer (women)	B	9.3%	11.4%
% 65+ with cataract		65.2%	64.8%
% 65+ with chronic kidney disease		31.1%	29.9%
% 65+ with chronic obstructive pulmonary disease	W	31.2%	21.0%
% 65+ with colon cancer		2.7%	2.7%
% 65+ with congestive heart failure		24.1%	22.6%
% 65+ with diabetes		35.3%	33.8%
% 65+ with endometrial cancer (women)		1.6%	2.0%
% 65+ with epilepsy		2.9%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue		27.7%	26.6%
% 65+ with glaucoma	B	23.7%	28.3%
% 65+ ever had a heart attack	W	6.4%	4.5%
% 65+ with HIV/AIDS	*	0.11%	0.21%
% 65+ with hypertension	W	80.8%	76.2%
% 65+ with hypothyroidism	B	22.3%	25.1%
% 65+ with ischemic heart disease	W	44.6%	40.7%
% 65+ with leukemias and lymphomas		3.0%	2.7%
% 65+ with liver disease		10.0%	9.5%
% 65+ with lung cancer		2.2%	1.9%
% 65+ with migraine and other chronic headache		5.2%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.3%	54.2%
% 65+ with osteoporosis		19.5%	20.2%
% 65+ with peripheral vascular disease		21.1%	19.9%
% 65+ with pressure ulcer or chronic ulcer		9.3%	9.2%
% 65+ with prostate cancer (men)	B	9.2%	13.1%
% 65+ with stroke	W	13.5%	11.9%
% 65+ with traumatic brain injury	B	0.9%	1.3%
% 65+ with 4+ (out of 15) chronic conditions	W	66.3%	61.8%
% 65+ with 0 chronic conditions	W	6.1%	7.2%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		5	4,613
% 65+ with opioid use disorder		1.7%	2.2%
% 65+ with substance use disorder	W	8.2%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with tobacco use disorder	W	15.1%	10.1%
% 60+ current smokers	W	13.1%	7.7%
% 60+ ever used E-Cigarettes in last month		10.3%	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		8.0%	6.9%
% 65+ with depression	W	35.0%	30.3%
% 65+ with anxiety disorder	W	33.4%	25.5%
% 65+ with bipolar disorder	W	5.7%	3.8%
% 65+ with post-traumatic stress disorder	W	2.0%	1.2%
% 65+ with schizophrenia & other psychotic disorder		4.8%	4.6%
% 65+ with personality disorder		2.1%	2.5%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		26.0%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.1%	15.7%
% 65+ with self-reported vision difficulty		2.5%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	1.1%
% 65+ with self-reported cognition difficulty		6.8%	7.6%
% 65+ with self-reported ambulatory difficulty		31.7%	19.1%
% 65+ with clinical diagnosis of mobility impairment		4.5%	4.0%
% 65+ with self-reported self-care difficulty		17.2%	7.5%
% 65+ with self-reported independent living difficulty		22.4%	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		1.4%	0.8%
% of grandparents who live with grandchildren		5.5%	2.7%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	32.1%	22.1%
% 65+ Medicare managed care enrollees		28.7%	29.9%
% 60+ with a regular doctor		96.1%	96.0%
% 60+ who did not see a doctor when needed due to cost		6.1%	4.5%
# of primary care providers within 5 miles		0	10,508
# of hospitals within 5 miles		0	71
# of home health agencies		6	3,124
# of nursing homes within 5 miles		1	419
# of community health centers		0	83
# of adult day health centers		0	55
# of hospice agencies		2	38
SERVICE UTILIZATION			
# physician visits per year	*	7.9	8.6
# emergency room visits/1000 persons 65+ years annually	*	876.0	636.7

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# Part D monthly prescription fills per person annually	*	57.6	50.3
# home health visits annually	*	3.5	4.1
# durable medical equipment claims annually	*	2.4	1.9
# inpatient hospital stays/1000 persons 65+ years annually		299.4	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		16.1%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually		119.9	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		76.9	42.3
% 65+ getting Medicaid long term services and supports	*	7.7%	5.5%
% 65+ hospice users	*	1.8%	2.7%
% 65+ hospice users as % of decedents	*	28.0%	45.5%
Median hospice days per hospice user (65+, deceased)		12.0	10
Median hospice payment (Medicare + other) per hospice user		\$3,401.49	\$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		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)		99.1%	99.1%
% 60+ who used Internet in last month		68.1%	75.1%
Voter participation rate in 2016 election (age 18+)		68.5%	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	*	10.4%	28.4%
Average household size (all ages)		2.7	2.5
Median house value		\$198,500.00	\$272,700.00
% 60+ own home	*	89.4%	76.9%
% 60+ homeowners who have mortgage		62.3%	47.1%
% 60+ stressed about paying rent/mortgage in last month		15.9%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		31.4%	44.0%
% 65+ households (owner) spend >35% of income on housing		17.3%	29.5%
% 65+ moved within same county in last year		0.0%	3.7%
% 65+ moved from different county in last year		0.0%	0.8%
% 65+ moved from different state in last year		6.6%	0.9%
# of assisted living sites		0	80
% of vacant homes in community	*	0.0%	9.6%
ECONOMIC			
% 60+ receiving food benefits in last year		15.7%	10.9%
% 65+ employed in last year		22.6%	24.8%
% 65+ with income below the poverty line in last year		6.6%	7.0%
Median household income		\$77,985.00	\$76,106.00
% 65+ households with annual income < \$20,000	*	4.7%	17.1%
% 65+ households with annual income \$20,000-\$49,999		36.1%	31.0%
% 65+ households with annual income \$50,000-\$99,999		35.3%	27.6%
% 65+ households with annual income \$100,000+		23.9%	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