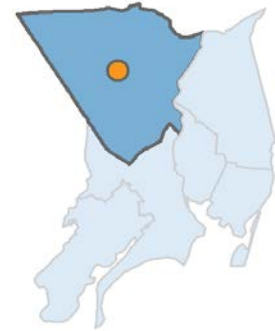# Bridgeport Area1 (Fairfield)

Bridgeport Area 1 is a Northwest neighborhood of Bridgeport in Fairfield County with 5,375 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, atrial fibrillation, breast cancer, cataract, COPD, fibromyalgia/ chronic pain/fatigue, glaucoma, migraine, osteoarthritis, traumatic brain injury, opioid use disorder, depression, anxiety and bipolar disorders, PTSD, and hearing impairment. However, they had higher rates of tooth loss, anemia, chronic kidney disease, diabetes, hypertension, peripheral vascular disease, prostate cancer, stroke, and mobility impairment. They are less likely to take the health promotion steps of getting the recommended hours of sleep, doing physical activity, meeting the CDC guidelines for aerobic physical activity, getting flu, pneumonia, and shingles vaccines, getting colorectal cancer and cholesterol screenings, having an annual dental exam, and meeting the CDC preventative health screening goals. They are also more likely to be stressed about buying food in the past month and not see a doctor due to cost. Community resources to support healthy aging include 59 primary care providers, a hospital, and a nursing home within 5 miles; 9 hospice agencies, a caregiver support group, a public library, and a senior center.

POPULATION CHARACTERISTICS

	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		47,227	3,581,504
Population 60 years or older as % of total population		17.1%	23.0%
Total population 60 years or older		8,088	823,529
Population 65 years or older as % of total population		11.4%	16.4%
Total population 65 years or older		5,375	587,580
% 65-74 years		53.3%	55.7%
% 75-84 years		30.3%	29.1%
% 85 years or older		16.4%	15.2%
% 65+ population who are female		58.8%	56.8%
% 85+ population who are female		71.7%	66.6%
Race and ethnicity of the population 65+			
% White		60.8%	88.4%
% African American		31.6%	6.8%
% Asian		2.4%	2.3%
% Other race		5.2%	2.6%
% Hispanic/Latino		13.9%	5.8%
Marital status of the population 65+			
% married		42.2%	53.8%
% divorced/separated		16.5%	14.9%
% widowed		27.6%	24.2%
% never married		13.7%	7.1%
Education of the population 65+			
% with less than high school education		30.3%	14.7%
% with high school or some college		56.7%	53.3%
% with college degree		7.6%	32.1%
% with graduate or professional degree		5.4%	16.8%
% of 65+ population who speak only English at home		69.7%	84.3%
% of 65+ population who are veterans of military service		11.8%	17.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
POPULATION CHARACTERISTICS			
% of 60+ who are LGBT (county)		2.1%	2.5%
Median age of females		37.6	42.6
Median age of males		35.5	39.1
Life expectancy at birth (county)		82.7	80.9
Age-sex adjusted 1-year mortality rate		4.1%	4.1%
WELLNESS			
% 60+ getting the recommended hours of sleep	W	53.1%	65.2%
% 60+ doing any physical activity within last month	W	64.2%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	27.6%
% 60+ met CDC guidelines for aerobic physical activity	W	42.8%	58.0%
% 60+ with fair or poor health status	W	34.6%	17.6%
% 60+ with 15+ physically unhealthy days in last month	W	20.4%	12.4%
FALLS			
% 60+ who fell within last year		20.3%	26.3%
% 60+ who were injured in a fall within last year		8.2%	9.8%
% 65+ had hip fracture	B	2.9%	3.7%
PREVENTION			
% 60+ with physical exam/check-up in last year		89.1%	88.5%
% 60+ flu shot in last year	W	47.7%	57.5%
% 60+ with pneumonia vaccine	W	54.6%	63.9%
% 60+ with shingles vaccine	W	18.1%	33.5%
% 60+ women with a mammogram within last 2 years		76.6%	79.7%
% 60+ with colorectal cancer screening	W	70.2%	78.2%
% 60+ with HIV test	*	30.6%	16.1%
% 60+ met CDC preventive health screening goals	W	24.8%	39.6%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.0%	19.9%
% 65+ with poor supermarket access		8.8%	32.4%
% 60+ stressed about buying food in last month	W	19.4%	8.6%
% 60+ self-reported obese	W	35.3%	26.1%
% 65+ clinically diagnosed obesity		23.2%	22.5%
% 65+ with high cholesterol		75.3%	77.0%
% 60+ with cholesterol screening	W	92.4%	97.1%
ORAL HEALTH			
% 60+ with dental insurance		54.5%	59.2%
% 60+ with annual dental exam	W	62.7%	79.9%
# of dentists per 100,000 persons (all ages)		55.1	75.1
% 60+ with loss of 6 or more teeth	W	38.3%	23.8%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		14.9%	14.4%
% 65+ with anemia	W	56.4%	50.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with asthma		15.0%	14.1%
% 65+ with atrial fibrillation	B	13.4%	16.1%
% 65+ with autism spectrum disorder		0.09%	0.12%
% 65+ with benign prostatic hyperplasia (men)		43.9%	42.7%
% 65+ with breast cancer (women)	B	9.2%	11.4%
% 65+ with cataract	B	54.5%	64.8%
% 65+ with chronic kidney disease	W	34.3%	29.9%
% 65+ with chronic obstructive pulmonary disease	B	19.2%	21.0%
% 65+ with colon cancer		2.8%	2.7%
% 65+ with congestive heart failure		23.8%	22.6%
% 65+ with diabetes	W	47.7%	33.8%
% 65+ with endometrial cancer (women)		2.7%	2.0%
% 65+ with epilepsy		3.0%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue	B	22.9%	26.6%
% 65+ with glaucoma	B	25.6%	28.3%
% 65+ ever had a heart attack		5.2%	4.5%
% 65+ with HIV/AIDS		0.22%	0.21%
% 65+ with hypertension	W	81.6%	76.2%
% 65+ with hypothyroidism		24.2%	25.1%
% 65+ with ischemic heart disease		41.6%	40.7%
% 65+ with leukemias and lymphomas		2.3%	2.7%
% 65+ with liver disease		9.8%	9.5%
% 65+ with lung cancer		1.8%	1.9%
% 65+ with migraine and other chronic headache	B	4.2%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis	B	48.6%	54.2%
% 65+ with osteoporosis		20.9%	20.2%
% 65+ with peripheral vascular disease	W	24.7%	19.9%
% 65+ with pressure ulcer or chronic ulcer		10.2%	9.2%
% 65+ with prostate cancer (men)	W	15.9%	13.1%
% 65+ with stroke	W	13.5%	11.9%
% 65+ with traumatic brain injury	B	0.8%	1.3%
% 65+ with 4+ (out of 15) chronic conditions	W	65.4%	61.8%
% 65+ with 0 chronic conditions		8.2%	7.2%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		255	4,613
% 65+ with opioid use disorder	B	1.5%	2.2%
% 65+ with substance use disorder		5.8%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		8.5%	9.2%
% 65+ with tobacco use disorder		9.6%	10.1%
% 60+ current smokers		11.5%	7.7%
% 60+ ever used E-Cigarettes in last month		6.1%	6.3%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support		78.2%	78.3%
% 60+ with 15+ days poor mental health in last month	B	3.8%	6.9%
% 65+ with depression	B	26.0%	30.3%
% 65+ with anxiety disorder	B	22.7%	25.5%
% 65+ with bipolar disorder	B	2.8%	3.8%
% 65+ with post-traumatic stress disorder	B	0.8%	1.2%
% 65+ with schizophrenia & other psychotic disorder		4.4%	4.6%
% 65+ with personality disorder		2.0%	2.5%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	*	8.2%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.6%	15.7%
% 65+ with self-reported vision difficulty		5.2%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	1.1%
% 65+ with self-reported cognition difficulty		10.9%	7.6%
% 65+ with self-reported ambulatory difficulty		23.1%	19.1%
% 65+ with clinical diagnosis of mobility impairment	W	5.5%	4.0%
% 65+ with self-reported self-care difficulty		9.9%	7.5%
% 65+ with self-reported independent living difficulty		15.4%	13.6%
CAREGIVING			
# of caregiver support groups		1	127
# of Memory Cafes		0	6
% of 60+ who provide care to a family/friend in last month		18.5%	21.7%
% of grandparents raising grandchildren		1.3%	0.8%
% of grandparents who live with grandchildren		5.9%	2.7%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	34.7%	22.1%
% 65+ Medicare managed care enrollees	*	40.3%	29.9%
% 60+ with a regular doctor		93.9%	96.0%
% 60+ who did not see a doctor when needed due to cost	W	9.0%	4.5%
# of primary care providers within 5 miles		59	10,508
# of hospitals within 5 miles		1	71
# of home health agencies		0	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		9	38
SERVICE UTILIZATION			
# physician visits per year	*	8.0	8.6
# emergency room visits/1000 persons 65+ years annually	*	743.9	636.7

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# Part D monthly prescription fills per person annually		50.0	50.3
# home health visits annually	*	5.3	4.1
# durable medical equipment claims annually		1.8	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	310.1	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		19.9%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually		124.0	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		27.1	42.3
% 65+ getting Medicaid long term services and supports	*	6.6%	5.5%
% 65+ hospice users		2.4%	2.7%
% 65+ hospice users as % of decedents		46.7%	45.5%
Median hospice days per hospice user (65+, deceased)		9.0	10
Median hospice payment (Medicare + other) per hospice user		$3,498.02	$3,741.18
COMMUNITY			
Air pollution: annual # of unhealthy days for 65+ (county)		21	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)		99.9%	99.1%
% 60+ who used Internet in last month	*	51.4%	75.1%
Voter participation rate in 2016 election (age 18+)		56.4%	76.9%
SAFETY & CRIME			
Homicide rate/100,000 persons (county)		3.1	2.0
# firearm fatalities (all ages) (county)		200	932
# 65+ deaths by suicide (county)		15	26
TRANSPORTATION			
% 65+ who own a motor vehicle	*	25.9%	87.3%
% 60+ who always drive or ride wearing a seatbelt		93.2%	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		8	342
# of fatal crashes involving adult age 60+/county		61	342
HOUSING			
% 65+ population who live alone		25.7%	28.4%
Average household size (all ages)		2.9	2.5
Median house value		$173,000.00	$272,700.00
% 60+ own home		76.5%	76.9%
% 60+ homeowners who have mortgage		53.5%	47.1%
% 60+ stressed about paying rent/mortgage in last month		24.3%	17.4%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		48.3%	44.0%
% 65+ households (owner) spend >35% of income on housing		37.5%	29.5%
% 65+ moved within same county in last year		1.5%	3.7%
% 65+ moved from different county in last year		0.3%	0.8%
% 65+ moved from different state in last year		0.8%	0.9%
# of assisted living sites		0	80
% of vacant homes in community		12.1%	9.6%
ECONOMIC			
% 60+ receiving food benefits in last year	*	16.5%	10.9%
% 65+ employed in last year		19.0%	24.8%
% 65+ with income below the poverty line in last year		8.0%	7.0%
Median household income		$56,607.00	$76,106.00
% 65+ households with annual income < $20,000		19.1%	17.1%
% 65+ households with annual income $20,000-$49,999		37.0%	31.0%
% 65+ households with annual income $50,000-$99,999		24.9%	27.6%
% 65+ households with annual income $100,000+		19.0%	24.4%

COST OF LIVING	RATIO OF COUNTY TO STATE	$ COUNTY ESTIMATE	$ STATE ESTIMATE
Elder Index			
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