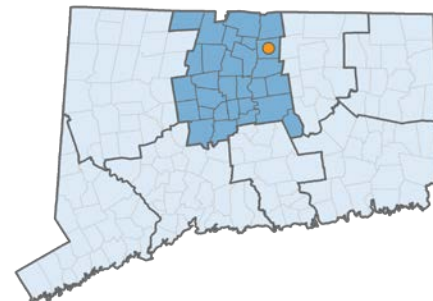


East Windsor (Hartford)

East Windsor is a town in Hartford County with 1,855 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anemia, benign prostatic hyperplasia, fibromyalgia/chronic pain/fatigue, hypothyroidism, traumatic brain injury, bipolar disorder, personality disorder, and visual impairment. However, they had higher rates of obesity, COPD, diabetes, hypertension, and ischemic heart disease. They are more likely to take the health promotion steps of not drinking excessively, wearing a seatbelt while driving, having dental insurance and a regular doctor; but less likely to have a colorectal cancer screening. Community resources to support healthy aging include 12 primary care providers and 3 nursing homes within 5 miles; 19 home health agencies, 8 hospice agencies, 2 public libraries, and a senior center.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		11,379	3,581,504
Population 60 years or older as % of total population		23.5%	23.0%
Total population 60 years or older		2,669	823,529
Population 65 years or older as % of total population		16.3%	16.4%
Total population 65 years or older		1,855	587,580
% 65-74 years	*	46.6%	55.7%
% 75-84 years		35.1%	29.1%
% 85 years or older		18.3%	15.2%
% 65+ population who are female		58.8%	56.8%
% 85+ population who are female		69.0%	66.6%
Race and ethnicity of the population 65+			
% White		92.2%	88.4%
% African American		4.3%	6.8%
% Asian		2.0%	2.3%
% Other race		1.5%	2.6%
% Hispanic/Latino	*	0.6%	5.8%
Marital status of the population 65+			
% married		53.6%	53.8%
% divorced/separated		19.4%	14.9%
% widowed		22.4%	24.2%
% never married		4.7%	7.1%
Education of the population 65+			
% with less than high school education		11.3%	14.7%
% with high school or some college	*	67.9%	53.3%
% with college degree	*	20.8%	32.1%
% with graduate or professional degree	*	11.7%	16.8%
% of 65+ population who speak only English at home		90.7%	84.3%
% of 65+ population who are veterans of military service		18.4%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
POPULATION CHARACTERISTICS			
% of 60+ who are LGBT (county)		2.4%	2.5%
Median age of females		45.4	42.6
Median age of males		39.7	39.1
Life expectancy at birth (county)		80.3	80.9
Age-sex adjusted 1-year mortality rate		4.3%	4.1%
WELLNESS			
% 60+ getting the recommended hours of sleep		66.3%	65.2%
% 60+ doing any physical activity within last month		76.6%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		31.1%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		58.1%	58.0%
% 60+ with fair or poor health status		18.7%	17.6%
% 60+ with 15+ physically unhealthy days in last month		9.7%	12.4%
FALLS			
% 60+ who fell within last year		24.5%	26.3%
% 60+ who were injured in a fall within last year		8.0%	9.8%
% 65+ had hip fracture		3.8%	3.7%
PREVENTION			
% 60+ with physical exam/check-up in last year		89.7%	88.5%
% 60+ flu shot in last year		55.4%	57.5%
% 60+ with pneumonia vaccine		65.0%	63.9%
% 60+ with shingles vaccine		30.8%	33.5%
% 60+ women with a mammogram within last 2 years		79.1%	79.7%
% 60+ with colorectal cancer screening	W	72.5%	78.2%
% 60+ with HIV test		13.4%	16.1%
% 60+ met CDC preventive health screening goals		37.3%	39.6%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.3%	19.9%
% 65+ with poor supermarket access		0.0%	32.4%
% 60+ stressed about buying food in last month		5.8%	8.6%
% 60+ self-reported obese		28.9%	26.1%
% 65+ clinically diagnosed obesity	W	25.8%	22.5%
% 65+ with high cholesterol		76.6%	77.0%
% 60+ with cholesterol screening		98.3%	97.1%
ORAL HEALTH			
% 60+ with dental insurance	B	72.4%	59.2%
% 60+ with annual dental exam		82.7%	79.9%
# of dentists per 100,000 persons (all ages)		96.7	75.1
% 60+ with loss of 6 or more teeth		20.5%	23.8%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		16.8%	14.4%
% 65+ with anemia	B	47.2%	50.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with asthma		13.7%	14.1%
% 65+ with atrial fibrillation		16.6%	16.1%
% 65+ with autism spectrum disorder	*	0.07%	0.12%
% 65+ with benign prostatic hyperplasia (men)	B	32.3%	42.7%
% 65+ with breast cancer (women)		11.7%	11.4%
% 65+ with cataract		63.7%	64.8%
% 65+ with chronic kidney disease		32.7%	29.9%
% 65+ with chronic obstructive pulmonary disease	W	24.3%	21.0%
% 65+ with colon cancer		2.6%	2.7%
% 65+ with congestive heart failure		23.4%	22.6%
% 65+ with diabetes	W	37.9%	33.8%
% 65+ with endometrial cancer (women)		1.9%	2.0%
% 65+ with epilepsy		2.5%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue	B	23.1%	26.6%
% 65+ with glaucoma		27.7%	28.3%
% 65+ ever had a heart attack		3.5%	4.5%
% 65+ with HIV/AIDS	*	0.11%	0.21%
% 65+ with hypertension	W	80.7%	76.2%
% 65+ with hypothyroidism	B	22.0%	25.1%
% 65+ with ischemic heart disease	W	44.9%	40.7%
% 65+ with leukemias and lymphomas		2.8%	2.7%
% 65+ with liver disease		9.6%	9.5%
% 65+ with lung cancer		1.7%	1.9%
% 65+ with migraine and other chronic headache		6.3%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis		54.9%	54.2%
% 65+ with osteoporosis		18.9%	20.2%
% 65+ with peripheral vascular disease		18.3%	19.9%
% 65+ with pressure ulcer or chronic ulcer		9.0%	9.2%
% 65+ with prostate cancer (men)		10.5%	13.1%
% 65+ with stroke		11.7%	11.9%
% 65+ with traumatic brain injury	B	0.9%	1.3%
% 65+ with 4+ (out of 15) chronic conditions	W	65.9%	61.8%
% 65+ with 0 chronic conditions		6.0%	7.2%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		17	4,613
% 65+ with opioid use disorder		2.0%	2.2%
% 65+ with substance use disorder		8.7%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking	B	6.2%	9.2%
% 65+ with tobacco use disorder		11.7%	10.1%
% 60+ current smokers		7.2%	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		6.6%	6.9%
% 65+ with depression		31.1%	30.3%
% 65+ with anxiety disorder		28.0%	25.5%
% 65+ with bipolar disorder	B	3.3%	3.8%
% 65+ with post-traumatic stress disorder		1.4%	1.2%
% 65+ with schizophrenia & other psychotic disorder		4.1%	4.6%
% 65+ with personality disorder	B	2.1%	2.5%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.8%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.3%	15.7%
% 65+ with self-reported vision difficulty		3.4%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.8%	1.1%
% 65+ with self-reported cognition difficulty	*	2.5%	7.6%
% 65+ with self-reported ambulatory difficulty		19.1%	19.1%
% 65+ with clinical diagnosis of mobility impairment		4.7%	4.0%
% 65+ with self-reported self-care difficulty		4.1%	7.5%
% 65+ with self-reported independent living difficulty		12.7%	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		0.4%	0.8%
% of grandparents who live with grandchildren	*	0.8%	2.7%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid		22.8%	22.1%
% 65+ Medicare managed care enrollees	*	40.7%	29.9%
% 60+ with a regular doctor	B	98.0%	96.0%
% 60+ who did not see a doctor when needed due to cost	B	2.5%	4.5%
# of primary care providers within 5 miles		12	10,508
# of hospitals within 5 miles		0	71
# of home health agencies		19	3,124
# of nursing homes within 5 miles		3	419
# of community health centers		0	83
# of adult day health centers		0	55
# of hospice agencies		8	38
SERVICE UTILIZATION			
# physician visits per year	*	7.8	8.6
# emergency room visits/1000 persons 65+ years annually		577.6	636.7

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# Part D monthly prescription fills per person annually	*	53.5	50.3
# home health visits annually	*	2.8	4.1
# durable medical equipment claims annually		2.3	1.9
# inpatient hospital stays/1000 persons 65+ years annually		254.5	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		15.0%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually		95.2	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		92.9	42.3
% 65+ getting Medicaid long term services and supports	*	7.2%	5.5%
% 65+ hospice users		2.9%	2.7%
% 65+ hospice users as % of decedents		47.0%	45.5%
Median hospice days per hospice user (65+, deceased)		11.0	10
Median hospice payment (Medicare + other) per hospice user		\$2,904.81	\$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		2	238
# of YMCAs		0	19
% in county with access to broadband (all ages)		98.5%	99.1%
% 60+ who used Internet in last month		74.5%	75.1%
Voter participation rate in 2016 election (age 18+)		72.5%	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	*	94.4%	87.3%
% 60+ who always drive or ride wearing a seatbelt	B	95.9%	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		72	342
HOUSING			
% 65+ population who live alone	*	19.5%	28.4%
Average household size (all ages)		2.3	2.5
Median house value		\$214,600.00	\$272,700.00
% 60+ own home	*	88.0%	76.9%
% 60+ homeowners who have mortgage		38.5%	47.1%
% 60+ stressed about paying rent/mortgage in last month		16.1%	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		24.7%	29.5%
% 65+ moved within same county in last year		8.1%	3.7%
% 65+ moved from different county in last year		0.0%	0.8%
% 65+ moved from different state in last year		0.9%	0.9%
# of assisted living sites		0	80
% of vacant homes in community	*	5.4%	9.6%
ECONOMIC			
% 60+ receiving food benefits in last year		7.9%	10.9%
% 65+ employed in last year		20.1%	24.8%
% 65+ with income below the poverty line in last year		4.2%	7.0%
Median household income		\$74,974.00	\$76,106.00
% 65+ households with annual income < \$20,000		11.5%	17.1%
% 65+ households with annual income \$20,000-\$49,999		38.8%	31.0%
% 65+ households with annual income \$50,000-\$99,999		26.4%	27.6%
% 65+ households with annual income \$100,000+		23.3%	24.4%
COST OF LIVING			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Elder Index			
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 (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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