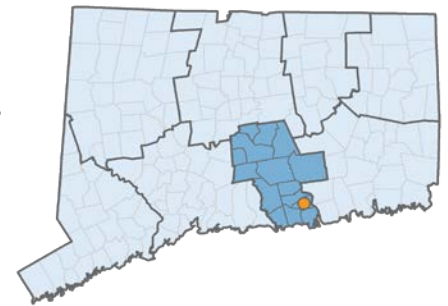


Essex (Middlesex)

Essex is a town in Middlesex County with 2,148 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, tooth loss, asthma, chronic kidney disease, congestive heart failure, diabetes, hypertension, ischemic heart disease, and pressure ulcers. However, they had higher rates of high cholesterol, anemia, breast cancer, and cataract. They are more likely to take the health promotion steps of doing any physical activity within the last month, meeting the CDC guidelines for aerobic physical activity, having a colorectal cancer screening, an annual dental exam, a regular doctor, getting pneumonia and shingles vaccines, and meeting the CDC preventative health screening goals. Community resources to support healthy aging include 23 primary care providers, and a nursing home within 5 miles; 14 home health agencies, 4 hospice agencies, an assisted living site, and 2 public libraries.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		6,599	3,581,504
Population 60 years or older as % of total population		39.8%	23.0%
Total population 60 years or older		2,628	823,529
Population 65 years or older as % of total population		32.6%	16.4%
Total population 65 years or older		2,148	587,580
% 65-74 years		51.9%	55.7%
% 75-84 years		34.4%	29.1%
% 85 years or older		13.7%	15.2%
% 65+ population who are female		52.4%	56.8%
% 85+ population who are female		48.8%	66.6%
Race and ethnicity of the population 65+			
% White		92.7%	88.4%
% African American		4.5%	6.8%
% Asian		1.9%	2.3%
% Other race		1.0%	2.6%
% Hispanic/Latino	*	1.9%	5.8%
Marital status of the population 65+			
% married	*	62.4%	53.8%
% divorced/separated		17.6%	14.9%
% widowed	*	11.2%	24.2%
% never married		8.8%	7.1%
Education of the population 65+			
% with less than high school education	*	3.1%	14.7%
% with high school or some college	*	41.5%	53.3%
% with college degree	*	55.4%	32.1%
% with graduate or professional degree	*	23.7%	16.8%
% of 65+ population who speak only English at home	*	95.7%	84.3%
% of 65+ population who are veterans of military service		23.2%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
POPULATION CHARACTERISTICS			
% of 60+ who are LGBT (county)		3.2%	2.5%
Median age of females		56.3	42.6
Median age of males		52.9	39.1
Life expectancy at birth (county)		81.1	80.9
Age-sex adjusted 1-year mortality rate		3.5%	4.1%
WELLNESS			
% 60+ getting the recommended hours of sleep		69.9%	65.2%
% 60+ doing any physical activity within last month	B	81.5%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	27.6%
% 60+ met CDC guidelines for aerobic physical activity	B	69.7%	58.0%
% 60+ with fair or poor health status	B	12.1%	17.6%
% 60+ with 15+ physically unhealthy days in last month	B	7.4%	12.4%
FALLS			
% 60+ who fell within last year		25.4%	26.3%
% 60+ who were injured in a fall within last year		6.8%	9.8%
% 65+ had hip fracture		3.5%	3.7%
PREVENTION			
% 60+ with physical exam/check-up in last year		90.8%	88.5%
% 60+ flu shot in last year		59.6%	57.5%
% 60+ with pneumonia vaccine	B	77.7%	63.9%
% 60+ with shingles vaccine	B	41.7%	33.5%
% 60+ women with a mammogram within last 2 years		83.0%	79.7%
% 60+ with colorectal cancer screening	B	85.8%	78.2%
% 60+ with HIV test		17.3%	16.1%
% 60+ met CDC preventive health screening goals	B	54.3%	39.6%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		21.3%	19.9%
% 65+ with poor supermarket access		39.9%	32.4%
% 60+ stressed about buying food in last month	B	4.9%	8.6%
% 60+ self-reported obese		23.4%	26.1%
% 65+ clinically diagnosed obesity	B	13.4%	22.5%
% 65+ with high cholesterol	W	79.7%	77.0%
% 60+ with cholesterol screening		95.9%	97.1%
ORAL HEALTH			
% 60+ with dental insurance		58.9%	59.2%
% 60+ with annual dental exam	B	87.5%	79.9%
# of dentists per 100,000 persons (all ages)		166.7	75.1
% 60+ with loss of 6 or more teeth	B	16.0%	23.8%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		14.1%	14.4%
% 65+ with anemia	W	54.5%	50.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with asthma	B	11.1%	14.1%
% 65+ with atrial fibrillation		16.7%	16.1%
% 65+ with autism spectrum disorder		0.10%	0.12%
% 65+ with benign prostatic hyperplasia (men)		41.2%	42.7%
% 65+ with breast cancer (women)	W	14.3%	11.4%
% 65+ with cataract	W	72.6%	64.8%
% 65+ with chronic kidney disease	B	24.1%	29.9%
% 65+ with chronic obstructive pulmonary disease		19.4%	21.0%
% 65+ with colon cancer		2.2%	2.7%
% 65+ with congestive heart failure	B	17.8%	22.6%
% 65+ with diabetes	B	23.9%	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		23.9%	26.6%
% 65+ with glaucoma		29.9%	28.3%
% 65+ ever had a heart attack		4.8%	4.5%
% 65+ with HIV/AIDS	*	0.13%	0.21%
% 65+ with hypertension	B	71.6%	76.2%
% 65+ with hypothyroidism		25.4%	25.1%
% 65+ with ischemic heart disease	B	37.4%	40.7%
% 65+ with leukemias and lymphomas		2.9%	2.7%
% 65+ with liver disease		8.6%	9.5%
% 65+ with lung cancer		2.2%	1.9%
% 65+ with migraine and other chronic headache		5.8%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis		57.3%	54.2%
% 65+ with osteoporosis		21.1%	20.2%
% 65+ with peripheral vascular disease		19.3%	19.9%
% 65+ with pressure ulcer or chronic ulcer	B	7.3%	9.2%
% 65+ with prostate cancer (men)		13.9%	13.1%
% 65+ with stroke		12.2%	11.9%
% 65+ with traumatic brain injury		1.1%	1.3%
% 65+ with 4+ (out of 15) chronic conditions		58.9%	61.8%
% 65+ with 0 chronic conditions		6.1%	7.2%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		9	4,613
% 65+ with opioid use disorder		2.5%	2.2%
% 65+ with substance use disorder		7.5%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		12.7%	9.2%
% 65+ with tobacco use disorder		10.6%	10.1%
% 60+ current smokers		6.5%	7.7%
% 60+ ever used E-Cigarettes in last month		6.3%	6.3%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support		76.0%	78.3%
% 60+ with 15+ days poor mental health in last month		5.4%	6.9%
% 65+ with depression		31.6%	30.3%
% 65+ with anxiety disorder		26.6%	25.5%
% 65+ with bipolar disorder		3.9%	3.8%
% 65+ with post-traumatic stress disorder		1.3%	1.2%
% 65+ with schizophrenia & other psychotic disorder		4.4%	4.6%
% 65+ with personality disorder		2.9%	2.5%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	*	7.0%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.9%	15.7%
% 65+ with self-reported vision difficulty		2.9%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	1.1%
% 65+ with self-reported cognition difficulty	*	2.3%	7.6%
% 65+ with self-reported ambulatory difficulty	*	6.3%	19.1%
% 65+ with clinical diagnosis of mobility impairment		3.7%	4.0%
% 65+ with self-reported self-care difficulty		3.8%	7.5%
% 65+ with self-reported independent living difficulty	*	6.5%	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		22.6%	21.7%
% of grandparents raising grandchildren	*	0.0%	0.8%
% of grandparents who live with grandchildren	*	0.5%	2.7%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	8.7%	22.1%
% 65+ Medicare managed care enrollees	*	26.6%	29.9%
% 60+ with a regular doctor	B	98.0%	96.0%
% 60+ who did not see a doctor when needed due to cost		2.7%	4.5%
# of primary care providers within 5 miles		23	10,508
# of hospitals within 5 miles		0	71
# of home health agencies		14	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		4	38
SERVICE UTILIZATION			
# physician visits per year		8.5	8.6
# emergency room visits/1000 persons 65+ years annually		606.2	636.7

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# Part D monthly prescription fills per person annually	*	43.1	50.3
# home health visits annually		3.9	4.1
# durable medical equipment claims annually	*	1.3	1.9
# inpatient hospital stays/1000 persons 65+ years annually		245.4	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		18.7%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	82.4	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		23.0	42.3
% 65+ getting Medicaid long term services and supports	*	2.1%	5.5%
% 65+ hospice users		2.9%	2.7%
% 65+ hospice users as % of decedents	*	63.2%	45.5%
Median hospice days per hospice user (65+, deceased)		11.0	10
Median hospice payment (Medicare + other) per hospice user		\$3,333.88	\$3,741.18
COMMUNITY			
Air pollution: annual # of unhealthy days for 65+ (county)		8	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		2	238
# of YMCAs		0	19
% in county with access to broadband (all ages)		99.2%	99.1%
% 60+ who used Internet in last month	*	84.2%	75.1%
Voter participation rate in 2016 election (age 18+)		82.0%	76.9%
SAFETY & CRIME			
Homicide rate/100,000 persons (county)		1.5	2.0
# firearm fatalities (all ages) (county)		34	932
# 65+ deaths by suicide (county)		5	26
TRANSPORTATION			
% 65+ who own a motor vehicle		97.2%	87.3%
% 60+ who always drive or ride wearing a seatbelt		93.5%	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		3	342
# of fatal crashes involving adult age 60+/county		22	342
HOUSING			
% 65+ population who live alone		23.3%	28.4%
Average household size (all ages)		2.2	2.5
Median house value		\$371,300.00	\$272,700.00
% 60+ own home	*	81.8%	76.9%
% 60+ homeowners who have mortgage		47.8%	47.1%
% 60+ stressed about paying rent/mortgage in last month		12.6%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing	*	14.9%	44.0%
% 65+ households (owner) spend >35% of income on housing		25.9%	29.5%
% 65+ moved within same county in last year		3.3%	3.7%
% 65+ moved from different county in last year		0.4%	0.8%
% 65+ moved from different state in last year		4.1%	0.9%
# of assisted living sites		1	80
% of vacant homes in community		11.0%	9.6%
ECONOMIC			
% 60+ receiving food benefits in last year		6.4%	10.9%
% 65+ employed in last year		31.1%	24.8%
% 65+ with income below the poverty line in last year		3.4%	7.0%
Median household income		\$87,000.00	\$76,106.00
% 65+ households with annual income < \$20,000		13.8%	17.1%
% 65+ households with annual income \$20,000-\$49,999		26.2%	31.0%
% 65+ households with annual income \$50,000-\$99,999		21.6%	27.6%
% 65+ households with annual income \$100,000+	*	38.4%	24.4%
COST OF LIVING			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Elder Index			
Single, homeowner without mortgage, good health	0.97	\$26,004.00	\$26,796.00
Single, renter, good health	0.97	\$27,780.00	\$28,536.00
Couple, homeowner without mortgage, good health	0.98	\$37,320.00	\$37,920.00
Couple, renter, good health	0.99	\$39,096.00	\$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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