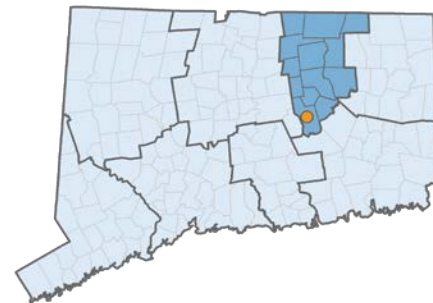


Hebron (Tolland)

Hebron is a town in Tolland County with 1,420 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, Alzheimer’s disease or related dementias, anemia, chronic kidney disease, colon cancer, congestive heart failure, diabetes, hypertension, hypothyroidism, ischemic heart disease, osteoarthritis or rheumatoid arthritis, osteoporosis, peripheral vascular disease, pressure ulcers, stroke, traumatic brain injury, and visual and mobility impairments. They are more likely to take the health promotion steps of getting the shingles vaccine and colorectal cancer screening. However, they are less likely to get an annual physical exam. Community resources to support healthy aging include a caregiver support group, 5 primary care providers within 5 miles, 12 home health agencies, 7 hospice agencies, a senior center, and a public library.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		9,522	3,581,504
Population 60 years or older as % of total population		22.7%	23.0%
Total population 60 years or older		2,162	823,529
Population 65 years or older as % of total population		14.9%	16.4%
Total population 65 years or older		1,420	587,580
% 65-74 years		58.8%	55.7%
% 75-84 years		36.3%	29.1%
% 85 years or older	*	4.9%	15.2%
% 65+ population who are female		56.4%	56.8%
% 85+ population who are female		78.3%	66.6%
Race and ethnicity of the population 65+			
% White	*	97.2%	88.4%
% African American	*	1.4%	6.8%
% Asian		1.4%	2.3%
% Other race		0.0%	2.6%
% Hispanic/Latino	*	0.7%	5.8%
Marital status of the population 65+			
% married	*	65.2%	53.8%
% divorced/separated		17.0%	14.9%
% widowed	*	15.6%	24.2%
% never married	*	2.2%	7.1%
Education of the population 65+			
% with less than high school education	*	9.2%	14.7%
% with high school or some college		47.7%	53.3%
% with college degree	*	43.2%	32.1%
% with graduate or professional degree		20.1%	16.8%
% of 65+ population who speak only English at home		89.7%	84.3%
% of 65+ population who are veterans of military service		20.0%	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		46.2	42.6
Median age of males		43.5	39.1
Life expectancy at birth (county)		81.6	80.9
Age-sex adjusted 1-year mortality rate		4.5%	4.1%
WELLNESS			
% 60+ getting the recommended hours of sleep		63.1%	65.2%
% 60+ doing any physical activity within last month		75.6%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		31.4%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		59.8%	58.0%
% 60+ with fair or poor health status	B	12.2%	17.6%
% 60+ with 15+ physically unhealthy days in last month		10.9%	12.4%
FALLS			
% 60+ who fell within last year		27.9%	26.3%
% 60+ who were injured in a fall within last year		6.4%	9.8%
% 65+ had hip fracture		2.9%	3.7%
PREVENTION			
% 60+ with physical exam/check-up in last year	W	83.3%	88.5%
% 60+ flu shot in last year		59.4%	57.5%
% 60+ with pneumonia vaccine		64.0%	63.9%
% 60+ with shingles vaccine	B	41.5%	33.5%
% 60+ women with a mammogram within last 2 years		81.7%	79.7%
% 60+ with colorectal cancer screening	B	83.8%	78.2%
% 60+ with HIV test		17.9%	16.1%
% 60+ met CDC preventive health screening goals		41.7%	39.6%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		24.3%	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		22.2%	26.1%
% 65+ clinically diagnosed obesity		23.3%	22.5%
% 65+ with high cholesterol	B	73.2%	77.0%
% 60+ with cholesterol screening		96.9%	97.1%
ORAL HEALTH			
% 60+ with dental insurance		59.7%	59.2%
% 60+ with annual dental exam		83.4%	79.9%
# of dentists per 100,000 persons (all ages)		42.0	75.1
% 60+ with loss of 6 or more teeth		20.0%	23.8%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	11.9%	14.4%
% 65+ with anemia	B	39.1%	50.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with asthma		11.9%	14.1%
% 65+ with atrial fibrillation		14.4%	16.1%
% 65+ with autism spectrum disorder		0.10%	0.12%
% 65+ with benign prostatic hyperplasia (men)		38.5%	42.7%
% 65+ with breast cancer (women)		9.5%	11.4%
% 65+ with cataract		61.5%	64.8%
% 65+ with chronic kidney disease	B	24.8%	29.9%
% 65+ with chronic obstructive pulmonary disease		18.3%	21.0%
% 65+ with colon cancer	B	2.2%	2.7%
% 65+ with congestive heart failure	B	19.0%	22.6%
% 65+ with diabetes	B	26.6%	33.8%
% 65+ with endometrial cancer (women)		2.0%	2.0%
% 65+ with epilepsy		2.4%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue		23.5%	26.6%
% 65+ with glaucoma		27.3%	28.3%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with HIV/AIDS	*	0.13%	0.21%
% 65+ with hypertension	B	72.2%	76.2%
% 65+ with hypothyroidism	B	21.9%	25.1%
% 65+ with ischemic heart disease	B	34.9%	40.7%
% 65+ with leukemias and lymphomas		2.2%	2.7%
% 65+ with liver disease		8.8%	9.5%
% 65+ with lung cancer		2.2%	1.9%
% 65+ with migraine and other chronic headache		7.2%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis	B	47.1%	54.2%
% 65+ with osteoporosis	B	14.8%	20.2%
% 65+ with peripheral vascular disease	B	15.5%	19.9%
% 65+ with pressure ulcer or chronic ulcer	B	7.3%	9.2%
% 65+ with prostate cancer (men)		14.5%	13.1%
% 65+ with stroke	B	9.5%	11.9%
% 65+ with traumatic brain injury	B	0.7%	1.3%
% 65+ with 4+ (out of 15) chronic conditions	B	53.5%	61.8%
% 65+ with 0 chronic conditions		7.9%	7.2%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		9	4,613
% 65+ with opioid use disorder		2.6%	2.2%
% 65+ with substance use disorder		6.2%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		9.6%	9.2%
% 65+ with tobacco use disorder		10.7%	10.1%
% 60+ current smokers		6.1%	7.7%
% 60+ ever used E-Cigarettes in last month		5.9%	6.3%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support		82.4%	78.3%
% 60+ with 15+ days poor mental health in last month		5.7%	6.9%
% 65+ with depression		28.3%	30.3%
% 65+ with anxiety disorder		23.3%	25.5%
% 65+ with bipolar disorder		3.9%	3.8%
% 65+ with post-traumatic stress disorder		1.6%	1.2%
% 65+ with schizophrenia & other psychotic disorder		4.9%	4.6%
% 65+ with personality disorder		2.4%	2.5%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		10.6%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.8%	15.7%
% 65+ with self-reported vision difficulty		5.2%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	1.1%
% 65+ with self-reported cognition difficulty		5.8%	7.6%
% 65+ with self-reported ambulatory difficulty		14.8%	19.1%
% 65+ with clinical diagnosis of mobility impairment	B	2.7%	4.0%
% 65+ with self-reported self-care difficulty	*	3.7%	7.5%
% 65+ with self-reported independent living difficulty		7.9%	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		14.8%	21.7%
% of grandparents raising grandchildren		1.5%	0.8%
% of grandparents who live with grandchildren		2.2%	2.7%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	12.2%	22.1%
% 65+ Medicare managed care enrollees		31.0%	29.9%
% 60+ with a regular doctor		97.7%	96.0%
% 60+ who did not see a doctor when needed due to cost		4.0%	4.5%
# of primary care providers within 5 miles		5	10,508
# of hospitals within 5 miles		0	71
# of home health agencies		12	3,124
# of nursing homes within 5 miles		0	419
# of community health centers		0	83
# of adult day health centers		0	55
# of hospice agencies		7	38
SERVICE UTILIZATION			
# physician visits per year	*	8.0	8.6
# emergency room visits/1000 persons 65+ years annually		638.4	636.7

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# Part D monthly prescription fills per person annually	*	46.9	50.3
# home health visits annually	*	3.0	4.1
# durable medical equipment claims annually		2.0	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	220.8	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		16.1%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	71.8	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	42.3
% 65+ getting Medicaid long term services and supports	*	2.8%	5.5%
% 65+ hospice users		2.7%	2.7%
% 65+ hospice users as % of decedents		46.7%	45.5%
Median hospice days per hospice user (65+, deceased)	*	14.0	10
Median hospice payment (Medicare + other) per hospice user		\$3,782.83	\$3,741.18
COMMUNITY			
Air pollution: annual # of unhealthy days for 65+ (county)		4	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)		96.3%	99.1%
% 60+ who used Internet in last month		78.9%	75.1%
Voter participation rate in 2016 election (age 18+)		80.0%	76.9%
SAFETY & CRIME			
Homicide rate/100,000 persons (county)		1.2	2.0
# firearm fatalities (all ages) (county)		37	932
# 65+ deaths by suicide (county)		5	26
TRANSPORTATION			
% 65+ who own a motor vehicle	*	96.7%	87.3%
% 60+ who always drive or ride wearing a seatbelt		90.6%	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		2	342
# of fatal crashes involving adult age 60+/county		21	342
HOUSING			
% 65+ population who live alone		23.8%	28.4%
Average household size (all ages)		2.7	2.5
Median house value		\$294,900.00	\$272,700.00
% 60+ own home	*	95.3%	76.9%
% 60+ homeowners who have mortgage		49.6%	47.1%
% 60+ stressed about paying rent/mortgage in last month	B	12.3%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing	*	0.0%	44.0%
% 65+ households (owner) spend >35% of income on housing		28.4%	29.5%
% 65+ moved within same county in last year	*	0.7%	3.7%
% 65+ moved from different county in last year		3.1%	0.8%
% 65+ moved from different state in last year		0.0%	0.9%
# of assisted living sites		0	80
% of vacant homes in community	*	6.0%	9.6%
ECONOMIC			
% 60+ receiving food benefits in last year	*	3.0%	10.9%
% 65+ employed in last year		24.4%	24.8%
% 65+ with income below the poverty line in last year	*	0.8%	7.0%
Median household income		\$110,938.00	\$76,106.00
% 65+ households with annual income < \$20,000	*	5.6%	17.1%
% 65+ households with annual income \$20,000-\$49,999		22.6%	31.0%
% 65+ households with annual income \$50,000-\$99,999	*	44.7%	27.6%
% 65+ households with annual income \$100,000+		27.2%	24.4%
COST OF LIVING			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Elder Index			
Single, homeowner without mortgage, good health	0.92	\$24,636.00	\$26,796.00
Single, renter, good health	0.94	\$26,772.00	\$28,536.00
Couple, homeowner without mortgage, good health	0.94	\$35,520.00	\$37,920.00
Couple, renter, good health	0.95	\$37,656.00	\$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