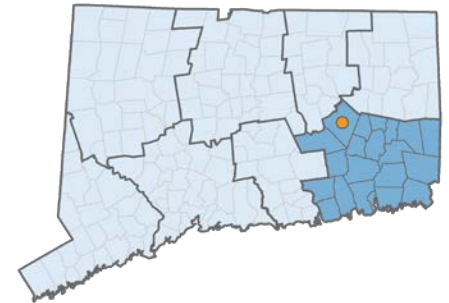


## Lebanon (New London)

Lebanon is a town in New London County with 1,245 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, chronic kidney disease, diabetes, glaucoma, osteoporosis, peripheral vascular disease, prostate cancer, stroke, traumatic brain injury, bipolar disorder, schizophrenia and other psychotic disorders, personality disorder, and hearing and visual impairments. However, they had higher rates of obesity, tooth loss, and fibromyalgia/chronic pain/fatigue. They are more likely to take the health promotion steps of getting annual physical exams and always wearing a seatbelt while driving; but are less likely to do any physical activity within the last month, meet the CDC guidelines for aerobic physical and muscle-strengthening activities, get the flu shot and annual dental exams. Community resources to support healthy aging include 8 home health agencies, 4 hospice agencies, and a public library.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		7,256	3,581,504
Population 60 years or older as % of total population		26.7%	23.0%
Total population 60 years or older		1,934	823,529
Population 65 years or older as % of total population		17.2%	16.4%
Total population 65 years or older		1,245	587,580
% 65-74 years	*	68.6%	55.7%
% 75-84 years		21.3%	29.1%
% 85 years or older		10.1%	15.2%
% 65+ population who are female		49.7%	56.8%
% 85+ population who are female		53.2%	66.6%
Race and ethnicity of the population 65+			
% White		95.8%	88.4%
% African American		2.4%	6.8%
% Asian		0.0%	2.3%
% Other race		1.8%	2.6%
% Hispanic/Latino	*	0.0%	5.8%
Marital status of the population 65+			
% married	*	76.2%	53.8%
% divorced/separated		9.0%	14.9%
% widowed	*	14.1%	24.2%
% never married	*	0.7%	7.1%
Education of the population 65+			
% with less than high school education		7.9%	14.7%
% with high school or some college		56.1%	53.3%
% with college degree		36.1%	32.1%
% with graduate or professional degree		22.7%	16.8%
% of 65+ population who speak only English at home		97.3%	84.3%
% of 65+ population who are veterans of military service		23.3%	17.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>POPULATION CHARACTERISTICS</b>			
% of 60+ who are LGBT (county)		2.7%	2.5%
Median age of females		47.8	42.6
Median age of males		43.5	39.1
Life expectancy at birth (county)		79.9	80.9
Age-sex adjusted 1-year mortality rate		4.3%	4.1%
<b>WELLNESS</b>			
% 60+ getting the recommended hours of sleep		59.5%	65.2%
% 60+ doing any physical activity within last month	W	69.3%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity	W	19.4%	27.6%
% 60+ met CDC guidelines for aerobic physical activity	W	50.5%	58.0%
% 60+ with fair or poor health status		18.9%	17.6%
% 60+ with 15+ physically unhealthy days in last month	W	18.0%	12.4%
<b>FALLS</b>			
% 60+ who fell within last year		26.5%	26.3%
% 60+ who were injured in a fall within last year		11.4%	9.8%
% 65+ had hip fracture		3.1%	3.7%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in last year	B	92.7%	88.5%
% 60+ flu shot in last year	W	51.4%	57.5%
% 60+ with pneumonia vaccine		64.0%	63.9%
% 60+ with shingles vaccine		28.5%	33.5%
% 60+ women with a mammogram within last 2 years		73.8%	79.7%
% 60+ with colorectal cancer screening		77.0%	78.2%
% 60+ with HIV test		14.4%	16.1%
% 60+ met CDC preventive health screening goals		33.8%	39.6%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	19.9%
% 65+ with poor supermarket access		0.0%	32.4%
% 60+ stressed about buying food in last month		9.6%	8.6%
% 60+ self-reported obese	W	32.1%	26.1%
% 65+ clinically diagnosed obesity	W	27.8%	22.5%
% 65+ with high cholesterol	B	73.1%	77.0%
% 60+ with cholesterol screening		96.9%	97.1%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance		65.9%	59.2%
% 60+ with annual dental exam	W	72.4%	79.9%
# of dentists per 100,000 persons (all ages)		13.8	75.1
% 60+ with loss of 6 or more teeth	W	32.6%	23.8%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.1%	14.4%
% 65+ with anemia		47.7%	50.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with asthma		14.4%	14.1%
% 65+ with atrial fibrillation		16.7%	16.1%
% 65+ with autism spectrum disorder		0.12%	0.12%
% 65+ with benign prostatic hyperplasia (men)		38.5%	42.7%
% 65+ with breast cancer (women)		11.1%	11.4%
% 65+ with cataract		62.1%	64.8%
% 65+ with chronic kidney disease	B	26.0%	29.9%
% 65+ with chronic obstructive pulmonary disease		23.9%	21.0%
% 65+ with colon cancer		2.4%	2.7%
% 65+ with congestive heart failure		21.9%	22.6%
% 65+ with diabetes	B	28.7%	33.8%
% 65+ with endometrial cancer (women)		2.4%	2.0%
% 65+ with epilepsy		2.6%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue	W	30.4%	26.6%
% 65+ with glaucoma	B	24.5%	28.3%
% 65+ ever had a heart attack		3.8%	4.5%
% 65+ with HIV/AIDS		0.15%	0.21%
% 65+ with hypertension		75.4%	76.2%
% 65+ with hypothyroidism		23.9%	25.1%
% 65+ with ischemic heart disease		38.7%	40.7%
% 65+ with leukemias and lymphomas		2.4%	2.7%
% 65+ with liver disease		11.0%	9.5%
% 65+ with lung cancer		2.3%	1.9%
% 65+ with migraine and other chronic headache		4.8%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis		55.0%	54.2%
% 65+ with osteoporosis	B	14.8%	20.2%
% 65+ with peripheral vascular disease	B	15.8%	19.9%
% 65+ with pressure ulcer or chronic ulcer		7.8%	9.2%
% 65+ with prostate cancer (men)	B	9.8%	13.1%
% 65+ with stroke	B	9.8%	11.9%
% 65+ with traumatic brain injury	B	0.9%	1.3%
% 65+ with 4+ (out of 15) chronic conditions	B	56.8%	61.8%
% 65+ with 0 chronic conditions		8.1%	7.2%
<b>BEHAVIORAL HEALTH</b>			
# of drug overdose deaths (all ages)		11	4,613
% 65+ with opioid use disorder		1.9%	2.2%
% 65+ with substance use disorder		8.4%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		9.7%	9.2%
% 65+ with tobacco use disorder		12.2%	10.1%
% 60+ current smokers		8.3%	7.7%
% 60+ ever used E-Cigarettes in last month		8.2%	6.3%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>MENTAL HEALTH</b>			
% 60+ who reported receiving adequate emotional support		83.7%	78.3%
% 60+ with 15+ days poor mental health in last month		9.6%	6.9%
% 65+ with depression		29.0%	30.3%
% 65+ with anxiety disorder		22.3%	25.5%
% 65+ with bipolar disorder	B	3.0%	3.8%
% 65+ with post-traumatic stress disorder		1.7%	1.2%
% 65+ with schizophrenia & other psychotic disorder	B	3.3%	4.6%
% 65+ with personality disorder	B	2.0%	2.5%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.0%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.6%	15.7%
% 65+ with self-reported vision difficulty		3.5%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	1.1%
% 65+ with self-reported cognition difficulty		3.3%	7.6%
% 65+ with self-reported ambulatory difficulty		12.4%	19.1%
% 65+ with clinical diagnosis of mobility impairment		2.9%	4.0%
% 65+ with self-reported self-care difficulty		3.5%	7.5%
% 65+ with self-reported independent living difficulty	*	5.7%	13.6%
<b>CAREGIVING</b>			
# of caregiver support groups		0	127
# of Memory Cafes		0	6
% of 60+ who provide care to a family/friend in last month		22.0%	21.7%
% of grandparents raising grandchildren		1.6%	0.8%
% of grandparents who live with grandchildren		3.1%	2.7%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	13.9%	22.1%
% 65+ Medicare managed care enrollees	*	24.5%	29.9%
% 60+ with a regular doctor		94.9%	96.0%
% 60+ who did not see a doctor when needed due to cost		5.2%	4.5%
# of primary care providers within 5 miles		0	10,508
# of hospitals within 5 miles		0	71
# of home health agencies		8	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		4	38
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	8.0	8.6
# emergency room visits/1000 persons 65+ years annually		606.7	636.7

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
# Part D monthly prescription fills per person annually		49.0	50.3
# home health visits annually		4.1	4.1
# durable medical equipment claims annually		2.4	1.9
# inpatient hospital stays/1000 persons 65+ years annually		257.1	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		20.3%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	74.0	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	*	1.7%	2.7%
% 65+ hospice users as % of decedents		32.8%	45.5%
Median hospice days per hospice user (65+, deceased)		10.0	10
Median hospice payment (Medicare + other) per hospice user		\$3,026.46	\$3,741.18
<b>COMMUNITY</b>			
Air pollution: annual # of unhealthy days for 65+ (county)		6	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		1	238
# of YMCAs		0	19
% in county with access to broadband (all ages)		98.2%	99.1%
% 60+ who used Internet in last month		73.3%	75.1%
Voter participation rate in 2016 election (age 18+)		86.2%	76.9%
<b>SAFETY &amp; CRIME</b>			
Homicide rate/100,000 persons (county)		2.0	2.0
# firearm fatalities (all ages) (county)		71	932
# 65+ deaths by suicide (county)		5	26
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle	*	100.0%	87.3%
% 60+ who always drive or ride wearing a seatbelt	B	95.6%	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		44	342
<b>HOUSING</b>			
% 65+ population who live alone	*	17.2%	28.4%
Average household size (all ages)		2.5	2.5
Median house value		\$245,600.00	\$272,700.00
% 60+ own home	*	96.7%	76.9%
% 60+ homeowners who have mortgage		50.8%	47.1%
% 60+ stressed about paying rent/mortgage in last month		18.9%	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		28.9%	29.5%
% 65+ moved within same county in last year		1.5%	3.7%
% 65+ moved from different county in last year		0.0%	0.8%
% 65+ moved from different state in last year		1.7%	0.9%
# of assisted living sites		0	80
% of vacant homes in community		9.4%	9.6%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year	*	2.6%	10.9%
% 65+ employed in last year		31.1%	24.8%
% 65+ with income below the poverty line in last year		5.9%	7.0%
Median household income		\$95,757.00	\$76,106.00
% 65+ households with annual income < \$20,000	*	7.7%	17.1%
% 65+ households with annual income \$20,000-\$49,999		23.4%	31.0%
% 65+ households with annual income \$50,000-\$99,999		36.0%	27.6%
% 65+ households with annual income \$100,000+		33.0%	24.4%
<b>COST OF LIVING</b>			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
<b>Elder Index</b>			
Single, homeowner without mortgage, good health	0.90	\$24,240.00	\$26,796.00
Single, renter, good health	0.90	\$25,776.00	\$28,536.00
Couple, homeowner without mortgage, good health	0.92	\$34,968.00	\$37,920.00
Couple, renter, good health	0.92	\$36,504.00	\$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](http://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/](http://www.seniorcare.com/assisted-living/) (2020), Center for Social and Demographic Research on Aging, University of Massachusetts Boston (2019).

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