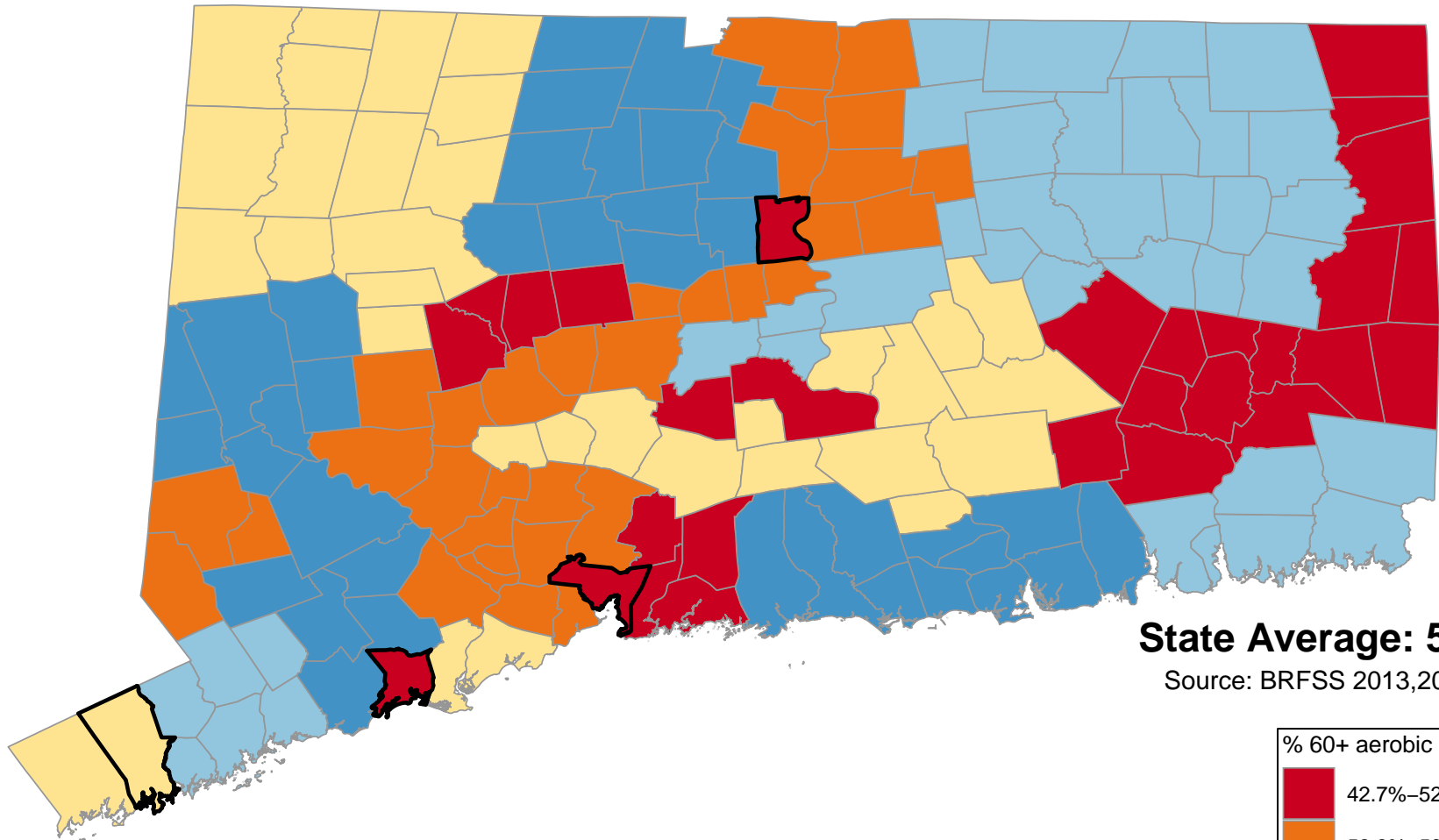
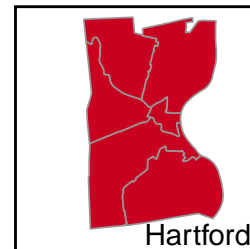
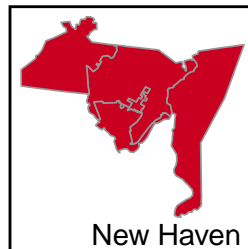
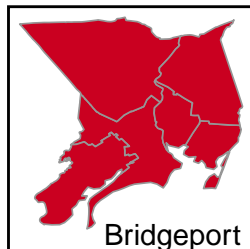
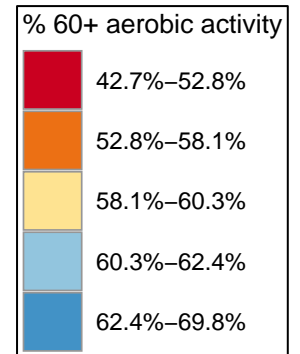


Percentage of Persons Age 60+ Years Met Guidelines for Aerobic Activity



State Average: 58.0%

Source: BRFSS 2013,2015,2017



Questions or ideas?
Beth.Dugan@umb.edu
12/2020

% 60+ Met CDC Guidelines for Aerobic Physical Activity

| | | | | | | | | | |
|--------------|--------|---------------|--------|------------------|--------|---------------|--------|----------------------|--------|
| Andover | 62.34% | Durham | 59.79% | Lyme | 69.72% | Pomfret | 62.29% | Warren | 59.00% |
| Ansonia | 53.80% | East Granby | 64.38% | Madison | 69.40% | Portland | 59.79% | Washington | 62.35% |
| Ashford | 62.29% | East Haddam | 59.79% | Manchester | 57.69% | Preston | 50.47% | Waterbury | 54.57% |
| Avon | 64.13% | East Hampton | 59.79% | Mansfield | 62.34% | Prospect | 58.33% | Waterford | 60.26% |
| Barkhamsted | 64.38% | East Hartford | 57.69% | Marlborough | 59.79% | Putnam | 52.80% | Watertown | 52.36% |
| Beacon Falls | 55.14% | East Haven | 52.61% | Meriden | 48.53% | Redding | 65.41% | West Hartford | 64.13% |
| Berlin | 61.89% | East Lyme | 69.72% | Middlebury | 54.57% | Ridgefield | 54.36% | West Haven | 56.76% |
| Bethany | 55.14% | East Windsor | 58.08% | Middlefield | 59.79% | Rocky Hill | 61.89% | Westbrook | 69.72% |
| Bethel | 54.36% | Eastford | 62.29% | Middletown | 48.53% | Roxbury | 62.35% | Weston | 60.61% |
| Bethlehem | 59.00% | Easton | 65.41% | Milford | 58.72% | Salem | 50.47% | Westport | 60.61% |
| Bloomfield | 64.38% | Ellington | 62.29% | Monroe | 65.41% | Salisbury | 59.00% | Wethersfield | 53.00% |
| Bolton | 62.34% | Enfield | 58.08% | Montville | 50.47% | Scotland | 62.34% | Willington | 62.29% |
| Bozrah | 50.47% | Essex | 69.72% | Morris | 59.00% | Seymour | 53.80% | Wilton | 60.61% |
| Branford | 52.61% | Fairfield | 65.41% | Naugatuck | 58.33% | Sharon | 59.00% | Winchester | 59.00% |
| Bridgeport | 42.78% | Farmington | 64.13% | New Britain | 53.00% | Shelton | 53.80% | Windham | 62.34% |
| Bridgewater | 62.35% | Franklin | 50.47% | New Canaan | 60.61% | Sherman | 62.35% | Windsor | 58.08% |
| Bristol | 52.36% | Glastonbury | 61.89% | New Fairfield | 62.35% | Simsbury | 64.38% | Windsor Locks | 58.08% |
| Brookfield | 62.35% | Goshen | 59.00% | New Hartford | 64.38% | Somers | 62.29% | Wolcott | 53.90% |
| Brooklyn | 62.34% | Granby | 64.38% | New Haven | 49.86% | South Windsor | 58.08% | Woodbridge | 55.14% |
| Burlington | 64.13% | Greenwich | 58.93% | New London | 60.26% | Southbury | 54.57% | Woodbury | 54.57% |
| Canaan | 59.00% | Griswold | 50.47% | New Milford | 62.35% | Southington | 53.90% | Woodstock | 62.29% |
| Canterbury | 62.34% | Groton | 60.26% | Newington | 53.00% | Sprague | 50.47% | | |
| Canton | 64.38% | Guilford | 69.40% | Newtown | 62.35% | Stafford | 62.29% | Neighborhoods | |
| Chaplin | 62.34% | Haddam | 59.79% | Norfolk | 59.00% | Stamford | 58.93% | Bridgeport Area1 | 42.78% |
| Cheshire | 58.33% | Hamden | 55.14% | North Branford | 52.61% | Sterling | 52.80% | Bridgeport Area2 | 42.78% |
| Chester | 59.79% | Hampton | 62.34% | North Canaan | 59.00% | Stonington | 60.26% | Bridgeport Area3 | 42.78% |
| Clinton | 69.40% | Hartford | 44.16% | North Haven | 52.61% | Stratford | 58.72% | Hartford Area1 | 44.16% |
| Colchester | 59.79% | Hartland | 64.38% | North Stonington | 60.26% | Suffield | 58.08% | Hartford Area2 | 44.16% |
| Colebrook | 59.00% | Harwinton | 64.13% | Norwalk | 60.61% | Thomaston | 52.36% | Hartford Area3 | 44.16% |
| Columbia | 62.34% | Hebron | 59.79% | Norwich | 50.47% | Thompson | 52.80% | New Haven Area1 | 49.86% |
| Cornwall | 59.00% | Kent | 59.00% | Old Lyme | 69.72% | Tolland | 62.34% | New Haven Area2 | 49.86% |
| Coventry | 62.34% | Killingly | 52.80% | Old Saybrook | 69.72% | Torrington | 59.00% | New Haven Area3 | 49.86% |
| Cromwell | 61.89% | Killingworth | 69.40% | Orange | 56.76% | Trumbull | 65.41% | Stamford Area1 | 54.41% |
| Danbury | 54.36% | Lebanon | 50.47% | Oxford | 55.14% | Union | 62.29% | Stamford Area2 | 54.41% |
| Darien | 60.61% | Ledyard | 60.26% | Plainfield | 52.80% | Vernon | 57.69% | Stamford Area3 | 54.41% |
| Deep River | 69.72% | Lisbon | 50.47% | Plainville | 53.90% | Voluntown | 50.47% | | |
| Derby | 53.80% | Litchfield | 59.00% | Plymouth | 52.36% | Wallingford | 58.33% | | |

% 60+ Met CDC Guidelines for Aerobic Physical Activity (Ranked)

| | | | | | | | | | |
|---------------|--------|------------------|--------|---------------|--------|----------------|--------|----------------------|--------|
| Deep River | 69.72% | Andover | 62.34% | Chester | 59.79% | Windsor | 58.08% | North Haven | 52.61% |
| East Lyme | 69.72% | Bolton | 62.34% | Colchester | 59.79% | Windsor Locks | 58.08% | Bristol | 52.36% |
| Essex | 69.72% | Brooklyn | 62.34% | Durham | 59.79% | East Hartford | 57.69% | Plymouth | 52.36% |
| Lyme | 69.72% | Canterbury | 62.34% | East Haddam | 59.79% | Manchester | 57.69% | Thomaston | 52.36% |
| Old Lyme | 69.72% | Chaplin | 62.34% | East Hampton | 59.79% | Vernon | 57.69% | Watertown | 52.36% |
| Old Saybrook | 69.72% | Columbia | 62.34% | Haddam | 59.79% | Orange | 56.76% | Bozrah | 50.47% |
| Westbrook | 69.72% | Coventry | 62.34% | Hebron | 59.79% | West Haven | 56.76% | Franklin | 50.47% |
| Clinton | 69.40% | Hampton | 62.34% | Marlborough | 59.79% | Beacon Falls | 55.14% | Griswold | 50.47% |
| Guilford | 69.40% | Mansfield | 62.34% | Middlefield | 59.79% | Bethany | 55.14% | Lebanon | 50.47% |
| Killingworth | 69.40% | Scotland | 62.34% | Portland | 59.79% | Hamden | 55.14% | Lisbon | 50.47% |
| Madison | 69.40% | Tolland | 62.34% | Bethlehem | 59.00% | Oxford | 55.14% | Montville | 50.47% |
| Easton | 65.41% | Windham | 62.34% | Canaan | 59.00% | Woodbridge | 55.14% | Norwich | 50.47% |
| Fairfield | 65.41% | Ashford | 62.29% | Colebrook | 59.00% | Middlebury | 54.57% | Preston | 50.47% |
| Monroe | 65.41% | Eastford | 62.29% | Cornwall | 59.00% | Southbury | 54.57% | Salem | 50.47% |
| Redding | 65.41% | Ellington | 62.29% | Goshen | 59.00% | Waterbury | 54.57% | Sprague | 50.47% |
| Trumbull | 65.41% | Pomfret | 62.29% | Kent | 59.00% | Woodbury | 54.57% | Voluntown | 50.47% |
| Barkhamsted | 64.38% | Somers | 62.29% | Litchfield | 59.00% | Bethel | 54.36% | New Haven | 49.86% |
| Bloomfield | 64.38% | Stafford | 62.29% | Morris | 59.00% | Danbury | 54.36% | Meriden | 48.53% |
| Canton | 64.38% | Union | 62.29% | Norfolk | 59.00% | Ridgefield | 54.36% | Middletown | 48.53% |
| East Granby | 64.38% | Willington | 62.29% | North Canaan | 59.00% | Plainville | 53.90% | Hartford | 44.16% |
| Granby | 64.38% | Woodstock | 62.29% | Salisbury | 59.00% | Southington | 53.90% | Bridgeport | 42.78% |
| Hartland | 64.38% | Berlin | 61.89% | Sharon | 59.00% | Wolcott | 53.90% | Neighborhoods | |
| New Hartford | 64.38% | Cromwell | 61.89% | Torrington | 59.00% | Ansonia | 53.80% | Stamford Area1 | 54.41% |
| Simsbury | 64.38% | Glastonbury | 61.89% | Warren | 59.00% | Derby | 53.80% | Stamford Area2 | 54.41% |
| Avon | 64.13% | Rocky Hill | 61.89% | Winchester | 59.00% | Seymour | 53.80% | Stamford Area3 | 54.41% |
| Burlington | 64.13% | Darien | 60.61% | Greenwich | 58.93% | Shelton | 53.80% | New Haven Area1 | 49.86% |
| Farmington | 64.13% | New Canaan | 60.61% | Stamford | 58.93% | New Britain | 53.00% | New Haven Area2 | 49.86% |
| Harwinton | 64.13% | Norwalk | 60.61% | Milford | 58.72% | Newington | 53.00% | New Haven Area3 | 49.86% |
| West Hartford | 64.13% | Weston | 60.61% | Stratford | 58.72% | Wethersfield | 53.00% | Hartford Area1 | 44.16% |
| Bridgewater | 62.35% | Westport | 60.61% | Cheshire | 58.33% | Killingly | 52.80% | Hartford Area2 | 44.16% |
| Brookfield | 62.35% | Wilton | 60.61% | Naugatuck | 58.33% | Plainfield | 52.80% | Hartford Area3 | 44.16% |
| New Fairfield | 62.35% | Groton | 60.26% | Prospect | 58.33% | Putnam | 52.80% | Bridgeport Area1 | 42.78% |
| New Milford | 62.35% | Ledyard | 60.26% | Wallingford | 58.33% | Sterling | 52.80% | Bridgeport Area2 | 42.78% |
| Newtown | 62.35% | New London | 60.26% | East Windsor | 58.08% | Thompson | 52.80% | Bridgeport Area3 | 42.78% |
| Roxbury | 62.35% | North Stonington | 60.26% | Enfield | 58.08% | Branford | 52.61% | | |
| Sherman | 62.35% | Stonington | 60.26% | South Windsor | 58.08% | East Haven | 52.61% | | |
| Washington | 62.35% | Waterford | 60.26% | Suffield | 58.08% | North Branford | 52.61% | | |

Questions ? Beth.Dugan@umb.edu

<https://healthyaqingdatareports.org>