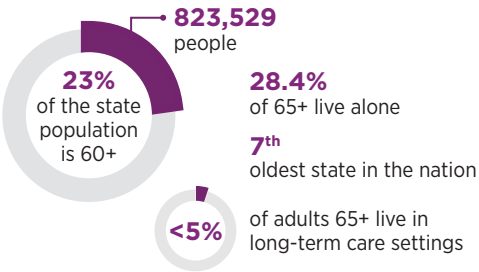


Older Adult Health in Every Community

REPORTING 190 INDICATORS FOR EVERY CITY AND TOWN IN CONNECTICUT | www.healthyagingdatareports.org

Connecticut is growing older – everywhere



Many rural communities have higher percentages of people 65+ and limited access to care and transportation options.

The state average is 16.4%

Racism affects people's health

Everyone deserves a fair chance to age well, but systemic inequities create health disparities. Connecticut has the most racially diverse older population (65+) in New England. COVID-19 exacerbates existing disparities in communities of color.

Black older people have highest rates of:

- 4+ chronic conditions
- Diabetes
- Hypertension
- Obesity
- Stroke
- Substance use disorders

Hispanic older people have highest rates of:

- Asthma
- Depression
- Heart attack
- PTSD

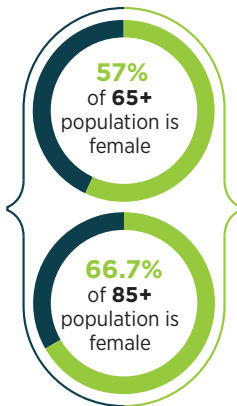
Gender matters

Men are more likely to

- have heart disease, atrial fibrillation, congestive heart failure, hypertension, heart attack & stroke

have better rates

- at physical activity



Women are more likely to

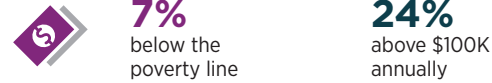
- have arthritis, obesity, osteoporosis, falls, hip fracture & depression

have better rates on

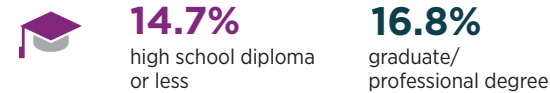
- eating recommended fruits and vegetables & getting annual check-up

Where you live matters

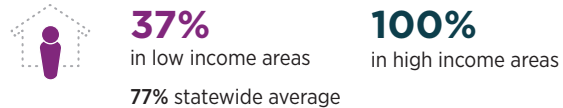
65+ household incomes



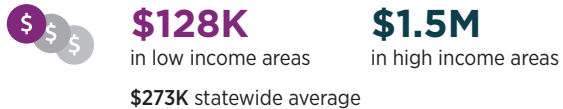
65+ level of education



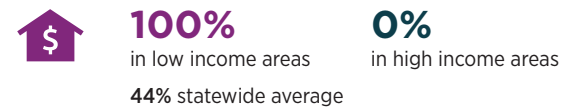
65+ home ownership



65+ median house value



65+ spending >35% of income on housing



Preventive health interventions are needed

↑ Making progress Rates Improved For

Asthma **-1.45%** Diabetes **-0.41%**

↓ More work to be done Rates Worsened For

Alzheimer's disease **+0.31%** Depression **+1.69%**
Obesity **+5.42%** 4+ chronic conditions **+0.40%**

Changes noted when comparing 2015–2017 data.



Understand

- 1 Learn what makes a community age-friendly.
- 2 Download your community profile: healthyagingdatareports.org
- 3 Read the Highlights Report to understand how your community compares to the statewide trends.
- 4 Learn about programs and resources: myplacect.org



Engage

- 1 Encourage people you know and community leaders to engage in the age-friendly movement.
- 2 Connect with Connecticut Age Well Collaborative at www.ctagewellcollaborative.org



Act

- 1 Promote healthy aging.
- 2 Collaborate with diverse and local partners to identify and build upon what's working.

Learn more at healthyagingdatareports.org/connecticut

