

## North Canaan (Litchfield)



HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>POPULATION CHARACTERISTICS</b>					
Population 65 years or older					
% 65-74 years		48.6%	[ 38.64% - 58.64% ]	55.7%	[ 55.33% - 56.11% ]
% 75-84 years		26.6%	[ 17.05% - 36.25% ]	29.1%	[ 28.75% - 29.45% ]
% 85 years or older		24.7%	[ 12.94% - 36.48% ]	15.2%	[ 14.93% - 15.43% ]
% 65+ population who are female		50.3%	[ 38.79% - 61.85% ]	56.8%	[ 56.36% - 57.18% ]
% 85+ population who are female		63.9%	[ 33.31% - 94.44% ]	66.6%	[ 65.94% - 67.18% ]
Race and ethnicity of the population 65+					
% White	*	97.3%	[ 91.36% - 103.20% ]	88.4%	[ 87.85% - 88.93% ]
% African American	*	1.4%	[ -3.30% - 6.15% ]	6.8%	[ 6.63% - 6.88% ]
% Asian		0.0%	[ -4.53% - 4.53% ]	2.3%	[ 2.20% - 2.35% ]
% Hispanic/Latino	*	0.0%	[ -4.53% - 4.53% ]	5.8%	[ 5.66% - 5.84% ]
Marital status of the population 65+					
% married		45.1%	[ 35.35% - 54.95% ]	53.8%	[ 53.46% - 54.12% ]
% divorced/separated		13.7%	[ 6.02% - 21.41% ]	14.9%	[ 14.58% - 15.29% ]
% widowed		36.7%	[ 24.56% - 48.92% ]	24.2%	[ 23.77% - 24.57% ]
% never married		4.4%	[ -0.14% - 8.94% ]	7.1%	[ 6.85% - 7.36% ]
Education of the population 65+					
% with less than high school education		13.5%	[ 3.61% - 23.29% ]	14.7%	[ 14.30% - 15.04% ]
% with high school or some college		58.9%	[ 49.73% - 67.99% ]	53.3%	[ 52.80% - 53.74% ]
% with college degree		27.7%	[ 19.59% - 35.78% ]	32.1%	[ 31.72% - 32.40% ]
% with graduate or professional degree		15.0%	[ 8.69% - 21.33% ]	16.8%	[ 16.58% - 17.09% ]
% of 65+ population who speak only English at home	*	98.3%	[ 85.50% - 111.13% ]	84.3%	[ 83.76% - 84.83% ]
% of 65+ population who are veterans of military service		28.5%	[ 17.17% - 39.75% ]	17.5%	[ 17.21% - 17.69% ]
% of 60+ who are LGBT (County)		1.8%	[ 0.88% - 2.66% ]	2.5%	[ 2.17% - 2.74% ]
Age-sex adjusted 1-year mortality rate		5.0%	[ 3.65% - 6.31% ]	4.1%	[ 4.08% - 4.18% ]
<b>WELLNESS</b>					
% 60+ getting the recommended hours of sleep		67.4%	[ 62.20% - 72.67% ]	65.2%	[ 64.24% - 66.16% ]
% 60+ doing any physical activity within last month		70.0%	[ 64.99% - 74.96% ]	75.0%	[ 74.20% - 75.79% ]
% 60+ met CDC guidelines for muscle-strengthening activity		29.7%	[ 24.14% - 35.22% ]	27.6%	[ 26.62% - 28.52% ]
% 60+ met CDC guidelines for aerobic physical activity		59.0%	[ 53.15% - 64.85% ]	58.1%	[ 56.98% - 59.11% ]
% 60+ with fair or poor health status		15.5%	[ 11.77% - 19.30% ]	17.6%	[ 16.90% - 18.31% ]
% 60+ with 15+ physically unhealthy days in last month		13.7%	[ 10.18% - 17.15% ]	12.4%	[ 11.74% - 12.96% ]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>FALLS</b>					
% 60+ who fell within last year		27.6%	[ 22.46% - 32.75% ]	26.3%	[ 25.38% - 27.18% ]
% 60+ who were injured in a fall within last year		9.3%	[ 5.96% - 12.56% ]	9.8%	[ 9.22% - 10.46% ]
% 65+ had hip fracture		4.4%	[ 3.05% - 5.84% ]	3.7%	[ 3.63% - 3.75% ]
<b>PREVENTION</b>					
% 60+ with physical exam/check-up in last year		88.9%	[ 85.70% - 92.18% ]	88.5%	[ 87.93% - 89.09% ]
% 60+ flu shot in last year		57.8%	[ 52.54% - 63.02% ]	57.5%	[ 56.60% - 58.43% ]
% 60+ with pneumonia vaccine		60.1%	[ 54.81% - 65.38% ]	63.9%	[ 62.97% - 64.79% ]
% 60+ with shingles vaccine		32.1%	[ 26.48% - 37.78% ]	33.5%	[ 32.43% - 34.52% ]
% 60+ women with a mammogram within last 2 years		77.4%	[ 71.23% - 83.49% ]	79.7%	[ 78.56% - 80.79% ]
% 60+ with colorectal cancer screening		77.2%	[ 72.46% - 81.89% ]	78.2%	[ 77.29% - 79.05% ]
% 60+ with HIV test		15.8%	[ 11.94% - 19.74% ]	16.1%	[ 15.40% - 16.83% ]
% 60+ met CDC preventive health screening goals		36.1%	[ 29.49% - 42.74% ]	39.6%	[ 38.38% - 40.80% ]
<b>NUTRITION &amp; DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		19.5%	[ 14.66% - 24.29% ]	19.9%	[ 19.00% - 20.72% ]
% 60+ stressed about buying food in last month	B	4.4%	[ 2.22% - 6.49% ]	8.6%	[ 7.95% - 9.17% ]
% 60+ self-reported obese		24.5%	[ 19.97% - 29.01% ]	26.1%	[ 25.27% - 26.93% ]
% 65+ clinically diagnosed obesity		19.5%	[ 16.35% - 22.65% ]	22.5%	[ 22.35% - 22.66% ]
% 65+ with high cholesterol		73.6%	[ 70.26% - 76.94% ]	77.0%	[ 76.85% - 77.15% ]
% 60+ with cholesterol screening		96.2%	[ 94.10% - 98.35% ]	97.1%	[ 96.74% - 97.42% ]
<b>ORAL HEALTH</b>					
% 60+ with dental insurance		49.0%	[ 40.00% - 58.06% ]	59.2%	[ 57.60% - 60.76% ]
% 60+ with annual dental exam		78.7%	[ 74.13% - 83.33% ]	80.0%	[ 79.13% - 80.76% ]
% 60+ with loss of 6 or more teeth		27.9%	[ 22.79% - 33.10% ]	23.8%	[ 22.96% - 24.69% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		16.4%	[ 13.80% - 19.10% ]	14.4%	[ 14.26% - 14.49% ]
% 65+ with anemia		48.6%	[ 44.91% - 52.21% ]	50.6%	[ 50.41% - 50.76% ]
% 65+ with asthma		12.6%	[ 10.25% - 15.03% ]	14.1%	[ 13.96% - 14.19% ]
% 65+ with atrial fibrillation		18.4%	[ 15.63% - 21.13% ]	16.1%	[ 15.94% - 16.18% ]
% 65+ with autism spectrum disorder		0.11%	[ 0.05% - 0.17% ]	0.12%	[ 0.11% - 0.14% ]
% 65+ with benign prostatic hyperplasia (men)		43.3%	[ 37.64% - 48.91% ]	42.8%	[ 42.49% - 43.01% ]
% 65+ with breast cancer (women)		14.0%	[ 10.76% - 17.22% ]	11.4%	[ 11.25% - 11.53% ]
% 65+ with cataract		63.4%	[ 59.79% - 67.02% ]	64.8%	[ 64.67% - 65.00% ]
% 65+ with chronic kidney disease	B	24.9%	[ 21.66% - 28.15% ]	29.9%	[ 29.70% - 30.03% ]
% 65+ with chronic obstructive pulmonary disease	W	26.5%	[ 23.35% - 29.71% ]	21.0%	[ 20.90% - 21.17% ]
% 65+ with colon cancer		3.0%	[ 2.21% - 3.81% ]	2.7%	[ 2.65% - 2.75% ]
% 65+ with congestive heart failure	W	29.1%	[ 25.68% - 32.48% ]	22.6%	[ 22.43% - 22.72% ]
% 65+ with diabetes	B	29.7%	[ 26.18% - 33.24% ]	33.8%	[ 33.59% - 33.93% ]
% 65+ with endometrial cancer (women)		1.8%	[ 0.95% - 2.57% ]	2.0%	[ 1.97% - 2.10% ]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
% 65+ with epilepsy		3.4%	[ 2.51% - 4.35% ]	2.9%	[ 2.82% - 2.95% ]
% 65+ with fibromyalgia, chronic pain, and fatigue	W	31.0%	[ 27.45% - 34.56% ]	26.6%	[ 26.42% - 26.73% ]
% 65+ with glaucoma		28.4%	[ 25.16% - 31.59% ]	28.3%	[ 28.11% - 28.41% ]
% 65+ ever had a heart attack		5.8%	[ 4.14% - 7.42% ]	4.5%	[ 4.40% - 4.53% ]
% 65+ with HIV/AIDS	*	0.13%	[ 0.07% - 0.19% ]	0.21%	[ 0.19% - 0.23% ]
% 65+ with hypertension		75.9%	[ 72.63% - 79.11% ]	76.2%	[ 76.07% - 76.37% ]
% 65+ with hypothyroidism		24.2%	[ 21.17% - 27.27% ]	25.1%	[ 24.99% - 25.28% ]
% 65+ with ischemic heart disease	W	45.9%	[ 42.04% - 49.74% ]	40.7%	[ 40.55% - 40.90% ]
% 65+ with leukemias and lymphomas		2.0%	[ 1.29% - 2.68% ]	2.7%	[ 2.60% - 2.71% ]
% 65+ with liver disease		8.9%	[ 6.80% - 11.03% ]	9.5%	[ 9.37% - 9.59% ]
% 65+ with lung cancer		1.8%	[ 1.12% - 2.42% ]	1.9%	[ 1.81% - 1.90% ]
% 65+ with migraine and other chronic headache		4.0%	[ 2.56% - 5.52% ]	5.2%	[ 5.13% - 5.29% ]
% 65+ with osteoarthritis or rheumatoid arthritis	W	60.9%	[ 57.04% - 64.77% ]	54.2%	[ 53.97% - 54.34% ]
% 65+ with osteoporosis		19.7%	[ 16.96% - 22.53% ]	20.2%	[ 20.11% - 20.37% ]
% 65+ with peripheral vascular disease		22.1%	[ 19.03% - 25.11% ]	19.9%	[ 19.72% - 19.99% ]
% 65+ with pressure ulcer or chronic ulcer		9.6%	[ 7.51% - 11.78% ]	9.2%	[ 9.11% - 9.31% ]
% 65+ with prostate cancer (men)		13.1%	[ 9.43% - 16.87% ]	13.1%	[ 12.93% - 13.28% ]
% 65+ with stroke		13.5%	[ 11.08% - 15.83% ]	11.9%	[ 11.80% - 12.01% ]
% 65+ with traumatic brain injury		1.6%	[ 0.99% - 2.30% ]	1.3%	[ 1.25% - 1.33% ]
% 65+ with 4+ (out of 15) chronic conditions		64.8%	[ 61.19% - 68.34% ]	61.8%	[ 61.61% - 61.95% ]
% 65+ with 0 chronic conditions		7.3%	[ 5.25% - 9.37% ]	7.2%	[ 7.10% - 7.29% ]
<b>BEHAVIORAL HEALTH</b>					
% 65+ with opioid use disorder		2.2%	[ 1.37% - 3.05% ]	2.2%	[ 2.10% - 2.21% ]
% 65+ with substance use disorder		7.9%	[ 5.70% - 10.06% ]	6.8%	[ 6.66% - 6.85% ]
% 60+ who used marijuana in last month		N/A		2.9%	[ 2.30% - 3.53% ]
% 60+ excessive drinking		9.3%	[ 6.23% - 12.38% ]	9.2%	[ 8.64% - 9.71% ]
% 65+ with tobacco use disorder		11.9%	[ 9.31% - 14.45% ]	10.1%	[ 9.94% - 10.17% ]
% 60+ current smokers		8.6%	[ 5.76% - 11.49% ]	7.7%	[ 7.20% - 8.17% ]
% 60+ ever used E-Cigarettes in last month		6.7%	[ 4.04% - 9.41% ]	6.4%	[ 5.89% - 6.80% ]
<b>MENTAL HEALTH</b>					
% 60+ who reported receiving adequate emotional support		76.4%	[ 69.91% - 82.80% ]	78.3%	[ 76.70% - 79.88% ]
% 60+ with 15+ days poor mental health in last month		5.0%	[ 2.91% - 7.05% ]	6.9%	[ 6.41% - 7.37% ]
% 65+ with depression	W	34.5%	[ 31.05% - 37.92% ]	30.3%	[ 30.10% - 30.41% ]
% 65+ with anxiety disorder		24.9%	[ 21.62% - 28.21% ]	25.5%	[ 25.35% - 25.66% ]
% 65+ with bipolar disorder		3.7%	[ 2.66% - 4.64% ]	3.9%	[ 3.78% - 3.92% ]
% 65+ with post-traumatic stress disorder		1.6%	[ 0.84% - 2.26% ]	1.3%	[ 1.20% - 1.29% ]
% 65+ with schizophrenia & other psychotic disorder		4.3%	[ 3.30% - 5.35% ]	4.6%	[ 4.53% - 4.68% ]
% 65+ with personality disorder	W	4.4%	[ 3.29% - 5.47% ]	2.6%	[ 2.49% - 2.61% ]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>LIVING WITH DISABILITY</b>					
% 65+ with self-reported hearing difficulty		17.9%	[ 9.29% - 26.51% ]	12.4%	[ 12.08% - 12.71% ]
% 65+ with clinical diagnosis of deafness or hearing impairment		14.0%	[ 11.50% - 16.44% ]	15.7%	[ 15.60% - 15.85% ]
% 65+ with self-reported vision difficulty		4.9%	[ 0.38% - 9.39% ]	4.8%	[ 4.55% - 5.04% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[ 0.48% - 1.36% ]	1.1%	[ 1.05% - 1.12% ]
% 65+ with self-reported cognition difficulty		5.3%	[ 0.37% - 10.28% ]	7.6%	[ 7.34% - 7.87% ]
% 65+ with self-reported ambulatory difficulty		20.6%	[ 10.52% - 30.61% ]	19.1%	[ 18.71% - 19.52% ]
% 65+ with clinical diagnosis of mobility impairment		4.3%	[ 2.79% - 5.81% ]	4.0%	[ 3.95% - 4.09% ]
% 65+ with self-reported self-care difficulty		6.7%	[ 1.24% - 12.08% ]	7.5%	[ 7.25% - 7.77% ]
% 65+ with self-reported independent living difficulty		16.7%	[ 7.48% - 25.95% ]	13.6%	[ 13.23% - 13.93% ]
<b>CAREGIVING</b>					
% of 60+ who provide care to a family/friend in last month		19.3%	[ 12.69% - 25.86% ]	21.7%	[ 19.87% - 23.57% ]
% of grandparents raising grandchildren		0.8%	[ -0.62% - 2.20% ]	0.8%	[ 0.73% - 0.86% ]
% of grandparents who live with grandchildren		3.8%	[ 0.07% - 7.47% ]	2.7%	[ 2.62% - 2.83% ]
<b>ACCESS TO CARE</b>					
% 65+ dually eligible for Medicare and Medicaid		23.7%	[ 21.08% - 26.34% ]	22.1%	[ 21.96% - 22.17% ]
% 65+ Medicare managed care enrollees	*	17.3%	[ 14.93% - 19.60% ]	29.9%	[ 29.76% - 29.99% ]
% 60+ with a regular doctor		95.3%	[ 93.27% - 97.34% ]	96.0%	[ 95.68% - 96.39% ]
% 60+ who did not see a doctor when needed due to cost		3.2%	[ 1.64% - 4.85% ]	4.5%	[ 4.14% - 4.92% ]
<b>SERVICE UTILIZATION</b>					
# physician visits per year	*	7.1	[ 6.59 - 7.59 ]	8.6	[ 8.60 - 8.66 ]
# emergency room visits/1000 persons 65+ years annually	*	850.6	[ 737.86 - 963.28 ]	636.7	[ 631.77 - 641.56 ]
# Part D monthly prescription fills per person annually		48.7	[ 45.82 - 51.56 ]	50.3	[ 50.15 - 50.39 ]
# home health visits annually		4.1	[ 2.97 - 5.18 ]	4.1	[ 4.02 - 4.14 ]
# durable medical equipment claims annually		1.8	[ 1.46 - 2.20 ]	1.9	[ 1.88 - 1.91 ]
# inpatient hospital stays/1000 persons 65+ years annually		282.0	[ 231.31 - 332.69 ]	273.3	[ 270.72 - 275.80 ]
% Medicare inpatient hospital readmissions (as % of admissions)		11.8%	[ 6.03% - 17.67% ]	17.2%	[ 16.89% - 17.47% ]
# skilled nursing facility stays/1000 persons 65+ years annually		134.9	[ 103.16 - 166.68 ]	104.7	[ 103.23 - 106.08 ]
% 65+ getting Medicaid long term services and supports		7.1%	[ 5.55% - 8.73% ]	5.5%	[ 5.48% - 5.60% ]
% 65+ hospice users		3.3%	[ 2.10% - 4.40% ]	2.8%	[ 2.70% - 2.79% ]
% 65+ hospice users as % of decedents		33.6%	[ 19.47% - 47.78% ]	45.5%	[ 44.85% - 46.14% ]
Median hospice days per hospice user (65+, deceased)		8.5	[ 5.3 - 17.7 ]	10.0	[ 10.00 - 10.00 ]
Median hospice payment (Medicare + other) per hospice user		\$2,447	[ \$1,544 - \$3,795 ]	\$3,741	[ \$3,650 - \$3,816 ]
<b>COMMUNITY</b>					
% 60+ who used Internet in last month		72.7%	[ 68.15% - 77.33% ]	75.1%	[ 74.32% - 75.89% ]
<b>TRANSPORTATION</b>					
% 65+ who own a motor vehicle		85.9%	[ 83.59% - 88.25% ]	87.3%	[ 87.15% - 87.49% ]
% 60+ who always drive or ride wearing a seatbelt		90.8%	[ 87.92% - 93.78% ]	93.0%	[ 92.53% - 93.49% ]
% 60+ who drove under the influence of drinking in last month		N/A		2.2%	[ 1.76% - 2.56% ]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>HOUSING</b>					
% 65+ population who live alone	*	39.2%	[ 29.23% - 49.17% ]	28.4%	[ 27.99% - 28.89% ]
% 60+ own home		71.4%	[ 58.82% - 83.89% ]	76.9%	[ 76.70% - 77.17% ]
% 60+ homeowners who have mortgage		60.6%	[ 44.91% - 76.26% ]	47.1%	[ 46.58% - 47.64% ]
% 60+ stressed about paying rent/mortgage in last month		15.2%	[ 10.67% - 19.73% ]	17.4%	[ 16.52% - 18.19% ]
% 65+ households (renter) spend >35% of income on housing		33.6%	[ 22.19% - 44.92% ]	44.0%	[ 42.55% - 45.42% ]
% 65+ households (owner) spend >35% of income on housing		23.1%	[ 7.39% - 38.76% ]	29.5%	[ 28.89% - 30.15% ]
% 65+ moved within same county in last year		6.9%	[ 0.66% - 13.05% ]	3.7%	[ 3.48% - 3.89% ]
% 65+ moved from different county in last year		0.9%	[ -2.48% - 4.29% ]	0.8%	[ 0.71% - 0.90% ]
% 65+ moved from different state in last year		1.4%	[ -2.05% - 4.90% ]	0.9%	[ 0.82% - 1.05% ]
% of vacant homes in community		17.7%	[ 9.77% - 25.72% ]	9.6%	[ 9.29% - 9.87% ]
<b>ECONOMIC</b>					
% 60+ receiving food benefits in last year		9.5%	[ 4.11% - 14.90% ]	10.9%	[ 10.53% - 11.21% ]
% 65+ employed in last year		35.2%	[ 24.74% - 45.64% ]	24.8%	[ 24.48% - 25.15% ]
% 65+ with income below the poverty line in last year	*	1.9%	[ -2.08% - 5.96% ]	7.0%	[ 6.79% - 7.30% ]
% 65+ households with annual income < \$20,000		18.4%	[ 5.00% - 31.73% ]	17.1%	[ 16.57% - 17.55% ]
% 65+ households with annual income \$20,000-\$49,999		27.3%	[ 13.53% - 41.16% ]	31.0%	[ 30.35% - 31.62% ]
% 65+ households with annual income \$50,000-\$99,999		26.3%	[ 17.97% - 34.69% ]	27.6%	[ 27.04% - 28.17% ]
% 65+ households with annual income \$100,000+		28.0%	[ 14.00% - 41.92% ]	24.4%	[ 23.82% - 24.89% ]

Notes. 1 We use B, W, or \* to denote significant differences in rates where the margins of error do not overlap (B=rate is better than the comparison, W=rate is worse than comparison, \*=rate is different than comparison).

2 All community and state margins of error are 95% confidence intervals.

Questions or suggestions? [Beth.Dugan@umb.edu](mailto:Beth.Dugan@umb.edu)