

Pomfret (Windham)



HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
POPULATION CHARACTERISTICS					
Population 65 years or older					
% 65-74 years	*	68.0%	[58.01% - 78.05%]	55.7%	[55.33% - 56.11%]
% 75-84 years		25.6%	[13.23% - 38.00%]	29.1%	[28.75% - 29.45%]
% 85 years or older	*	6.4%	[1.19% - 11.53%]	15.2%	[14.93% - 15.43%]
% 65+ population who are female		49.4%	[36.73% - 62.13%]	56.8%	[56.36% - 57.18%]
% 85+ population who are female		76.9%	[43.57% - 110.28%]	66.6%	[65.94% - 67.18%]
Race and ethnicity of the population 65+					
% White	*	98.4%	[89.68% - 107.05%]	88.4%	[87.85% - 88.93%]
% African American	*	0.0%	[-5.71% - 5.71%]	6.8%	[6.63% - 6.88%]
% Asian		0.0%	[-5.71% - 5.71%]	2.3%	[2.20% - 2.35%]
% Hispanic/Latino		0.0%	[-5.71% - 5.71%]	5.8%	[5.66% - 5.84%]
Marital status of the population 65+					
% married		61.0%	[50.64% - 71.38%]	53.8%	[53.46% - 54.12%]
% divorced/separated		17.1%	[6.39% - 27.87%]	14.9%	[14.58% - 15.29%]
% widowed		21.5%	[9.75% - 33.32%]	24.2%	[23.77% - 24.57%]
% never married	*	0.3%	[-4.45% - 5.10%]	7.1%	[6.85% - 7.36%]
Education of the population 65+					
% with less than high school education		10.0%	[2.87% - 17.03%]	14.7%	[14.30% - 15.04%]
% with high school or some college		52.7%	[39.07% - 66.32%]	53.3%	[52.80% - 53.74%]
% with college degree		37.4%	[26.36% - 48.35%]	32.1%	[31.72% - 32.40%]
% with graduate or professional degree		19.2%	[10.07% - 28.43%]	16.8%	[16.58% - 17.09%]
% of 65+ population who speak only English at home	*	96.9%	[88.91% - 104.89%]	84.3%	[83.76% - 84.83%]
% of 65+ population who are veterans of military service		23.5%	[13.07% - 33.91%]	17.5%	[17.21% - 17.69%]
% of 60+ who are LGBT (County)		3.9%	[2.02% - 5.73%]	2.5%	[2.17% - 2.74%]
Age-sex adjusted 1-year mortality rate		4.2%	[3.31% - 5.18%]	4.1%	[4.08% - 4.18%]
WELLNESS					
% 60+ getting the recommended hours of sleep		69.2%	[63.42% - 75.01%]	65.2%	[64.24% - 66.16%]
% 60+ doing any physical activity within last month		76.3%	[71.72% - 80.87%]	75.0%	[74.20% - 75.79%]
% 60+ met CDC guidelines for muscle-strengthening activity		27.0%	[21.90% - 32.08%]	27.6%	[26.62% - 28.52%]
% 60+ met CDC guidelines for aerobic physical activity		62.3%	[56.48% - 68.10%]	58.1%	[56.98% - 59.11%]
% 60+ with fair or poor health status		14.4%	[10.61% - 18.15%]	17.6%	[16.90% - 18.31%]
% 60+ with 15+ physically unhealthy days in last month		10.7%	[7.30% - 14.07%]	12.4%	[11.74% - 12.96%]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
FALLS					
% 60+ who fell within last year		28.5%	[22.82% - 34.23%]	26.3%	[25.38% - 27.18%]
% 60+ who were injured in a fall within last year		7.9%	[4.53% - 11.28%]	9.8%	[9.22% - 10.46%]
% 65+ had hip fracture	B	2.4%	[1.66% - 3.12%]	3.7%	[3.63% - 3.75%]
PREVENTION					
% 60+ with physical exam/check-up in last year		88.8%	[85.07% - 92.58%]	88.5%	[87.93% - 89.09%]
% 60+ flu shot in last year		59.5%	[54.08% - 64.92%]	57.5%	[56.60% - 58.43%]
% 60+ with pneumonia vaccine		62.1%	[56.52% - 67.73%]	63.9%	[62.97% - 64.79%]
% 60+ with shingles vaccine		32.7%	[26.23% - 39.24%]	33.5%	[32.43% - 34.52%]
% 60+ women with a mammogram within last 2 years		76.0%	[68.87% - 83.14%]	79.7%	[78.56% - 80.79%]
% 60+ with colorectal cancer screening		77.5%	[72.04% - 82.98%]	78.2%	[77.29% - 79.05%]
% 60+ with HIV test		13.1%	[8.74% - 17.46%]	16.1%	[15.40% - 16.83%]
% 60+ met CDC preventive health screening goals		35.5%	[28.05% - 42.87%]	39.6%	[38.38% - 40.80%]
NUTRITION & DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		20.7%	[15.76% - 25.70%]	19.9%	[19.00% - 20.72%]
% 60+ stressed about buying food in last month		5.4%	[2.80% - 7.97%]	8.6%	[7.95% - 9.17%]
% 60+ self-reported obese		29.6%	[24.47% - 34.67%]	26.1%	[25.27% - 26.93%]
% 65+ clinically diagnosed obesity	B	19.5%	[17.21% - 21.82%]	22.5%	[22.35% - 22.66%]
% 65+ with high cholesterol		74.9%	[72.44% - 77.30%]	77.0%	[76.85% - 77.15%]
% 60+ with cholesterol screening		96.7%	[94.39% - 99.05%]	97.1%	[96.74% - 97.42%]
ORAL HEALTH					
% 60+ with dental insurance		68.3%	[58.59% - 77.95%]	59.2%	[57.60% - 60.76%]
% 60+ with annual dental exam		83.6%	[78.94% - 88.21%]	80.0%	[79.13% - 80.76%]
% 60+ with loss of 6 or more teeth		21.6%	[16.58% - 26.55%]	23.8%	[22.96% - 24.69%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	10.0%	[8.49% - 11.52%]	14.4%	[14.26% - 14.49%]
% 65+ with anemia	B	41.9%	[39.27% - 44.55%]	50.6%	[50.41% - 50.76%]
% 65+ with asthma		14.7%	[12.85% - 16.58%]	14.1%	[13.96% - 14.19%]
% 65+ with atrial fibrillation		14.8%	[12.97% - 16.65%]	16.1%	[15.94% - 16.18%]
% 65+ with autism spectrum disorder	*	0.07%	[0.04% - 0.10%]	0.12%	[0.11% - 0.14%]
% 65+ with benign prostatic hyperplasia (men)		43.6%	[39.67% - 47.49%]	42.8%	[42.49% - 43.01%]
% 65+ with breast cancer (women)		9.5%	[7.38% - 11.65%]	11.4%	[11.25% - 11.53%]
% 65+ with cataract		66.6%	[63.98% - 69.29%]	64.8%	[64.67% - 65.00%]
% 65+ with chronic kidney disease	B	20.8%	[18.55% - 22.98%]	29.9%	[29.70% - 30.03%]
% 65+ with chronic obstructive pulmonary disease		19.5%	[17.40% - 21.56%]	21.0%	[20.90% - 21.17%]
% 65+ with colon cancer		2.5%	[1.84% - 3.10%]	2.7%	[2.65% - 2.75%]
% 65+ with congestive heart failure	B	16.7%	[14.69% - 18.78%]	22.6%	[22.43% - 22.72%]
% 65+ with diabetes	B	24.2%	[21.80% - 26.66%]	33.8%	[33.59% - 33.93%]
% 65+ with endometrial cancer (women)		1.8%	[1.02% - 2.58%]	2.0%	[1.97% - 2.10%]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
% 65+ with epilepsy	B	1.8%	[1.20% - 2.46%]	2.9%	[2.82% - 2.95%]
% 65+ with fibromyalgia, chronic pain, and fatigue	B	21.3%	[18.93% - 23.58%]	26.6%	[26.42% - 26.73%]
% 65+ with glaucoma	B	20.9%	[18.76% - 23.01%]	28.3%	[28.11% - 28.41%]
% 65+ ever had a heart attack		4.3%	[3.28% - 5.31%]	4.5%	[4.40% - 4.53%]
% 65+ with HIV/AIDS	*	0.11%	[0.08% - 0.15%]	0.21%	[0.19% - 0.23%]
% 65+ with hypertension	B	71.7%	[69.12% - 74.19%]	76.2%	[76.07% - 76.37%]
% 65+ with hypothyroidism	B	20.8%	[18.59% - 22.91%]	25.1%	[24.99% - 25.28%]
% 65+ with ischemic heart disease	B	34.4%	[31.76% - 37.14%]	40.7%	[40.55% - 40.90%]
% 65+ with leukemias and lymphomas		2.8%	[2.01% - 3.50%]	2.7%	[2.60% - 2.71%]
% 65+ with liver disease	B	7.7%	[6.20% - 9.22%]	9.5%	[9.37% - 9.59%]
% 65+ with lung cancer	B	1.3%	[0.79% - 1.75%]	1.9%	[1.81% - 1.90%]
% 65+ with migraine and other chronic headache		4.4%	[3.25% - 5.55%]	5.2%	[5.13% - 5.29%]
% 65+ with osteoarthritis or rheumatoid arthritis		55.6%	[52.66% - 58.57%]	54.2%	[53.97% - 54.34%]
% 65+ with osteoporosis		18.4%	[16.40% - 20.40%]	20.2%	[20.11% - 20.37%]
% 65+ with peripheral vascular disease	B	12.2%	[10.47% - 13.91%]	19.9%	[19.72% - 19.99%]
% 65+ with pressure ulcer or chronic ulcer	B	7.2%	[5.80% - 8.56%]	9.2%	[9.11% - 9.31%]
% 65+ with prostate cancer (men)		12.8%	[10.23% - 15.35%]	13.1%	[12.93% - 13.28%]
% 65+ with stroke	B	9.7%	[8.24% - 11.24%]	11.9%	[11.80% - 12.01%]
% 65+ with traumatic brain injury	B	0.8%	[0.44% - 1.20%]	1.3%	[1.25% - 1.33%]
% 65+ with 4+ (out of 15) chronic conditions	B	55.0%	[52.25% - 57.70%]	61.8%	[61.61% - 61.95%]
% 65+ with 0 chronic conditions		8.1%	[6.56% - 9.74%]	7.2%	[7.10% - 7.29%]
BEHAVIORAL HEALTH					
% 65+ with opioid use disorder		1.7%	[1.06% - 2.32%]	2.2%	[2.10% - 2.21%]
% 65+ with substance use disorder	B	4.9%	[3.62% - 6.12%]	6.8%	[6.66% - 6.85%]
% 60+ who used marijuana in last month		N/A		2.9%	[2.30% - 3.53%]
% 60+ excessive drinking		10.0%	[6.58% - 13.47%]	9.2%	[8.64% - 9.71%]
% 65+ with tobacco use disorder	B	7.7%	[6.10% - 9.38%]	10.1%	[9.94% - 10.17%]
% 60+ current smokers		8.5%	[5.26% - 11.73%]	7.7%	[7.20% - 8.17%]
% 60+ ever used E-Cigarettes in last month		5.1%	[2.72% - 7.47%]	6.4%	[5.89% - 6.80%]
MENTAL HEALTH					
% 60+ who reported receiving adequate emotional support		74.6%	[66.52% - 82.73%]	78.3%	[76.70% - 79.88%]
% 60+ with 15+ days poor mental health in last month		4.6%	[2.33% - 6.95%]	6.9%	[6.41% - 7.37%]
% 65+ with depression		29.6%	[27.17% - 32.06%]	30.3%	[30.10% - 30.41%]
% 65+ with anxiety disorder		28.3%	[25.65% - 30.90%]	25.5%	[25.35% - 25.66%]
% 65+ with bipolar disorder		3.3%	[2.46% - 4.19%]	3.9%	[3.78% - 3.92%]
% 65+ with post-traumatic stress disorder		1.6%	[0.95% - 2.23%]	1.3%	[1.20% - 1.29%]
% 65+ with schizophrenia & other psychotic disorder	B	2.6%	[1.97% - 3.28%]	4.6%	[4.53% - 4.68%]
% 65+ with personality disorder		2.2%	[1.49% - 2.94%]	2.6%	[2.49% - 2.61%]

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LIVING WITH DISABILITY					
% 65+ with self-reported hearing difficulty		14.7%	[7.09% - 22.28%]	12.4%	[12.08% - 12.71%]
% 65+ with clinical diagnosis of deafness or hearing impairment	W	18.4%	[16.21% - 20.54%]	15.7%	[15.60% - 15.85%]
% 65+ with self-reported vision difficulty		0.0%	[-4.66% - 4.66%]	4.8%	[4.55% - 5.04%]
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	[0.21% - 0.78%]	1.1%	[1.05% - 1.12%]
% 65+ with self-reported cognition difficulty		11.3%	[0.99% - 21.53%]	7.6%	[7.34% - 7.87%]
% 65+ with self-reported ambulatory difficulty		20.1%	[8.52% - 31.61%]	19.1%	[18.71% - 19.52%]
% 65+ with clinical diagnosis of mobility impairment		3.8%	[2.82% - 4.85%]	4.0%	[3.95% - 4.09%]
% 65+ with self-reported self-care difficulty		12.9%	[2.01% - 23.77%]	7.5%	[7.25% - 7.77%]
% 65+ with self-reported independent living difficulty		16.5%	[5.61% - 27.34%]	13.6%	[13.23% - 13.93%]
CAREGIVING					
% of 60+ who provide care to a family/friend in last month		27.4%	[17.40% - 37.45%]	21.7%	[19.87% - 23.57%]
% of grandparents raising grandchildren	*	0.0%	[-0.54% - 0.54%]	0.8%	[0.73% - 0.86%]
% of grandparents who live with grandchildren		1.4%	[-0.17% - 2.91%]	2.7%	[2.62% - 2.83%]
ACCESS TO CARE					
% 65+ dually eligible for Medicare and Medicaid	*	15.3%	[13.83% - 16.85%]	22.1%	[21.96% - 22.17%]
% 65+ Medicare managed care enrollees	*	22.3%	[20.58% - 24.07%]	29.9%	[29.76% - 29.99%]
% 60+ with a regular doctor		96.2%	[93.94% - 98.42%]	96.0%	[95.68% - 96.39%]
% 60+ who did not see a doctor when needed due to cost		3.0%	[0.80% - 5.22%]	4.5%	[4.14% - 4.92%]
SERVICE UTILIZATION					
# physician visits per year	*	7.6	[7.17 - 7.95]	8.6	[8.60 - 8.66]
# emergency room visits/1000 persons 65+ years annually	*	498.6	[436.82 - 560.32]	636.7	[631.77 - 641.56]
# Part D monthly prescription fills per person annually	*	47.2	[45.34 - 49.16]	50.3	[50.15 - 50.39]
# home health visits annually	*	2.1	[1.49 - 2.63]	4.1	[4.02 - 4.14]
# durable medical equipment claims annually		1.6	[1.36 - 1.91]	1.9	[1.88 - 1.91]
# inpatient hospital stays/1000 persons 65+ years annually		236.6	[200.96 - 272.26]	273.3	[270.72 - 275.80]
% Medicare inpatient hospital readmissions (as % of admissions)		16.2%	[12.19% - 20.26%]	17.2%	[16.89% - 17.47%]
# skilled nursing facility stays/1000 persons 65+ years annually	*	77.7	[59.09 - 96.23]	104.7	[103.23 - 106.08]
% 65+ getting Medicaid long term services and supports	*	2.8%	[2.10% - 3.47%]	5.5%	[5.48% - 5.60%]
% 65+ hospice users	*	2.1%	[1.43% - 2.69%]	2.8%	[2.70% - 2.79%]
% 65+ hospice users as % of decedents		36.1%	[23.45% - 48.85%]	45.5%	[44.85% - 46.14%]
Median hospice days per hospice user (65+, deceased)		13.0	[9.0 - 25.3]	10.0	[10.00 - 10.00]
Median hospice payment (Medicare + other) per hospice user		\$3,086	[\$2,480 - \$6,480]	\$3,741	[\$3,650 - \$3,816]
COMMUNITY					
% 60+ who used Internet in last month		77.9%	[73.54% - 82.21%]	75.1%	[74.32% - 75.89%]
TRANSPORTATION					
% 65+ who own a motor vehicle		89.0%	[83.06% - 95.02%]	87.3%	[87.15% - 87.49%]
% 60+ who always drive or ride wearing a seatbelt		92.7%	[89.89% - 95.45%]	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%]

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HOUSING					
% 65+ population who live alone		31.6%	[17.88% - 45.30%]	28.4%	[27.99% - 28.89%]
% 60+ own home		79.1%	[72.09% - 86.08%]	76.9%	[76.70% - 77.17%]
% 60+ homeowners who have mortgage		45.1%	[32.45% - 57.76%]	47.1%	[46.58% - 47.64%]
% 60+ stressed about paying rent/mortgage in last month	B	11.4%	[7.55% - 15.16%]	17.4%	[16.52% - 18.19%]
% 65+ households (renter) spend >35% of income on housing	*	89.9%	[66.43% - 113.34%]	44.0%	[42.55% - 45.42%]
% 65+ households (owner) spend >35% of income on housing		21.4%	[7.84% - 34.96%]	29.5%	[28.89% - 30.15%]
% 65+ moved within same county in last year		3.3%	[-1.39% - 7.91%]	3.7%	[3.48% - 3.89%]
% 65+ moved from different county in last year		0.0%	[-4.04% - 4.04%]	0.8%	[0.71% - 0.90%]
% 65+ moved from different state in last year		0.0%	[-4.04% - 4.04%]	0.9%	[0.82% - 1.05%]
% of vacant homes in community	*	2.3%	[-0.93% - 5.62%]	9.6%	[9.29% - 9.87%]
ECONOMIC					
% 60+ receiving food benefits in last year		8.9%	[3.31% - 14.40%]	10.9%	[10.53% - 11.21%]
% 65+ employed in last year		29.2%	[18.79% - 39.61%]	24.8%	[24.48% - 25.15%]
% 65+ with income below the poverty line in last year		5.9%	[-0.51% - 12.26%]	7.0%	[6.79% - 7.30%]
% 65+ households with annual income < \$20,000		17.9%	[6.95% - 28.87%]	17.1%	[16.57% - 17.55%]
% 65+ households with annual income \$20,000-\$49,999		34.8%	[13.59% - 55.93%]	31.0%	[30.35% - 31.62%]
% 65+ households with annual income \$50,000-\$99,999	*	12.8%	[3.48% - 22.19%]	27.6%	[27.04% - 28.17%]
% 65+ households with annual income \$100,000+		34.5%	[18.88% - 50.11%]	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