

## Redding (Fairfield)



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		56.6%	[ 48.40% - 64.83% ]	55.7%	[ 55.33% - 56.11% ]
% 75-84 years		25.5%	[ 19.65% - 31.36% ]	29.1%	[ 28.75% - 29.45% ]
% 85 years or older		17.9%	[ 12.65% - 23.11% ]	15.2%	[ 14.93% - 15.43% ]
% 65+ population who are female		53.4%	[ 45.39% - 61.35% ]	56.8%	[ 56.36% - 57.18% ]
% 85+ population who are female		63.5%	[ 47.67% - 79.23% ]	66.6%	[ 65.94% - 67.18% ]
Race and ethnicity of the population 65+					
% White	*	97.4%	[ 94.19% - 100.68% ]	88.4%	[ 87.85% - 88.93% ]
% African American	*	0.0%	[ -2.59% - 2.59% ]	6.8%	[ 6.63% - 6.88% ]
% Asian		1.9%	[ -0.89% - 4.76% ]	2.3%	[ 2.20% - 2.35% ]
% Hispanic/Latino		2.7%	[ -1.15% - 6.59% ]	5.8%	[ 5.66% - 5.84% ]
Marital status of the population 65+					
% married	*	62.5%	[ 56.74% - 68.20% ]	53.8%	[ 53.46% - 54.12% ]
% divorced/separated		10.9%	[ 5.86% - 15.88% ]	14.9%	[ 14.58% - 15.29% ]
% widowed		20.9%	[ 14.44% - 27.38% ]	24.2%	[ 23.77% - 24.57% ]
% never married		5.8%	[ -0.43% - 11.93% ]	7.1%	[ 6.85% - 7.36% ]
Education of the population 65+					
% with less than high school education	*	2.6%	[ -0.34% - 5.47% ]	14.7%	[ 14.30% - 15.04% ]
% with high school or some college	*	41.6%	[ 34.63% - 48.59% ]	53.3%	[ 52.80% - 53.74% ]
% with college degree	*	55.8%	[ 47.16% - 64.49% ]	32.1%	[ 31.72% - 32.40% ]
% with graduate or professional degree	*	26.2%	[ 19.37% - 33.00% ]	16.8%	[ 16.58% - 17.09% ]
% of 65+ population who speak only English at home	*	94.7%	[ 89.74% - 99.60% ]	84.3%	[ 83.76% - 84.83% ]
% of 65+ population who are veterans of military service		20.8%	[ 15.38% - 26.12% ]	17.5%	[ 17.21% - 17.69% ]
% of 60+ who are LGBT (County)		2.1%	[ 1.50% - 2.60% ]	2.5%	[ 2.17% - 2.74% ]
Age-sex adjusted 1-year mortality rate		3.6%	[ 2.76% - 4.38% ]	4.1%	[ 4.08% - 4.18% ]
<b>WELLNESS</b>					
% 60+ getting the recommended hours of sleep		66.2%	[ 61.47% - 70.95% ]	65.2%	[ 64.24% - 66.16% ]
% 60+ doing any physical activity within last month		79.3%	[ 75.56% - 83.13% ]	75.0%	[ 74.20% - 75.79% ]
% 60+ met CDC guidelines for muscle-strengthening activity		30.1%	[ 25.14% - 34.97% ]	27.6%	[ 26.62% - 28.52% ]
% 60+ met CDC guidelines for aerobic physical activity	B	65.4%	[ 60.16% - 70.65% ]	58.1%	[ 56.98% - 59.11% ]
% 60+ with fair or poor health status		15.1%	[ 11.79% - 18.43% ]	17.6%	[ 16.90% - 18.31% ]
% 60+ with 15+ physically unhealthy days in last month		11.1%	[ 8.10% - 14.05% ]	12.4%	[ 11.74% - 12.96% ]

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<b>FALLS</b>					
% 60+ who fell within last year		26.5%	[ 22.13% - 30.79% ]	26.3%	[ 25.38% - 27.18% ]
% 60+ who were injured in a fall within last year		12.1%	[ 8.80% - 15.49% ]	9.8%	[ 9.22% - 10.46% ]
% 65+ had hip fracture	W	6.0%	[ 4.83% - 7.18% ]	3.7%	[ 3.63% - 3.75% ]
<b>PREVENTION</b>					
% 60+ with physical exam/check-up in last year		87.7%	[ 84.66% - 90.66% ]	88.5%	[ 87.93% - 89.09% ]
% 60+ flu shot in last year		62.3%	[ 57.88% - 66.72% ]	57.5%	[ 56.60% - 58.43% ]
% 60+ with pneumonia vaccine		61.6%	[ 57.05% - 66.13% ]	63.9%	[ 62.97% - 64.79% ]
% 60+ with shingles vaccine		31.3%	[ 25.96% - 36.64% ]	33.5%	[ 32.43% - 34.52% ]
% 60+ women with a mammogram within last 2 years		73.7%	[ 67.66% - 79.80% ]	79.7%	[ 78.56% - 80.79% ]
% 60+ with colorectal cancer screening		78.0%	[ 73.88% - 82.22% ]	78.2%	[ 77.29% - 79.05% ]
% 60+ with HIV test		12.9%	[ 9.72% - 16.01% ]	16.1%	[ 15.40% - 16.83% ]
% 60+ met CDC preventive health screening goals		39.8%	[ 33.86% - 45.74% ]	39.6%	[ 38.38% - 40.80% ]
<b>NUTRITION &amp; DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		22.1%	[ 17.60% - 26.61% ]	19.9%	[ 19.00% - 20.72% ]
% 60+ stressed about buying food in last month		5.6%	[ 3.15% - 8.04% ]	8.6%	[ 7.95% - 9.17% ]
% 60+ self-reported obese	B	20.6%	[ 16.79% - 24.33% ]	26.1%	[ 25.27% - 26.93% ]
% 65+ clinically diagnosed obesity	B	18.1%	[ 15.71% - 20.48% ]	22.5%	[ 22.35% - 22.66% ]
% 65+ with high cholesterol		74.3%	[ 71.75% - 76.91% ]	77.0%	[ 76.85% - 77.15% ]
% 60+ with cholesterol screening		96.5%	[ 94.09% - 98.97% ]	97.1%	[ 96.74% - 97.42% ]
<b>ORAL HEALTH</b>					
% 60+ with dental insurance		51.5%	[ 43.97% - 59.05% ]	59.2%	[ 57.60% - 60.76% ]
% 60+ with annual dental exam		80.1%	[ 75.99% - 84.19% ]	80.0%	[ 79.13% - 80.76% ]
% 60+ with loss of 6 or more teeth	B	15.7%	[ 12.11% - 19.33% ]	23.8%	[ 22.96% - 24.69% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		14.7%	[ 12.87% - 16.63% ]	14.4%	[ 14.26% - 14.49% ]
% 65+ with anemia		48.5%	[ 45.67% - 51.28% ]	50.6%	[ 50.41% - 50.76% ]
% 65+ with asthma		12.7%	[ 10.92% - 14.55% ]	14.1%	[ 13.96% - 14.19% ]
% 65+ with atrial fibrillation		17.9%	[ 15.92% - 19.94% ]	16.1%	[ 15.94% - 16.18% ]
% 65+ with autism spectrum disorder		0.09%	[ 0.05% - 0.13% ]	0.12%	[ 0.11% - 0.14% ]
% 65+ with benign prostatic hyperplasia (men)	W	48.2%	[ 43.92% - 52.39% ]	42.8%	[ 42.49% - 43.01% ]
% 65+ with breast cancer (women)	W	14.1%	[ 11.57% - 16.62% ]	11.4%	[ 11.25% - 11.53% ]
% 65+ with cataract		67.1%	[ 64.30% - 69.86% ]	64.8%	[ 64.67% - 65.00% ]
% 65+ with chronic kidney disease	B	23.2%	[ 20.87% - 25.62% ]	29.9%	[ 29.70% - 30.03% ]
% 65+ with chronic obstructive pulmonary disease	B	17.6%	[ 15.62% - 19.65% ]	21.0%	[ 20.90% - 21.17% ]
% 65+ with colon cancer		2.6%	[ 2.26% - 2.96% ]	2.7%	[ 2.65% - 2.75% ]
% 65+ with congestive heart failure	B	18.6%	[ 16.50% - 20.75% ]	22.6%	[ 22.43% - 22.72% ]
% 65+ with diabetes	B	21.7%	[ 19.31% - 24.11% ]	33.8%	[ 33.59% - 33.93% ]
% 65+ with endometrial cancer (women)		1.7%	[ 1.31% - 2.07% ]	2.0%	[ 1.97% - 2.10% ]

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% 65+ with epilepsy		2.8%	[ 2.38% - 3.16% ]	2.9%	[ 2.82% - 2.95% ]
% 65+ with fibromyalgia, chronic pain, and fatigue		29.1%	[ 26.39% - 31.75% ]	26.6%	[ 26.42% - 26.73% ]
% 65+ with glaucoma		29.6%	[ 27.07% - 32.06% ]	28.3%	[ 28.11% - 28.41% ]
% 65+ ever had a heart attack	B	3.2%	[ 2.34% - 4.11% ]	4.5%	[ 4.40% - 4.53% ]
% 65+ with HIV/AIDS		0.22%	[ 0.16% - 0.28% ]	0.21%	[ 0.19% - 0.23% ]
% 65+ with hypertension	B	68.5%	[ 65.77% - 71.23% ]	76.2%	[ 76.07% - 76.37% ]
% 65+ with hypothyroidism		24.6%	[ 22.22% - 26.90% ]	25.1%	[ 24.99% - 25.28% ]
% 65+ with ischemic heart disease		38.6%	[ 35.73% - 41.52% ]	40.7%	[ 40.55% - 40.90% ]
% 65+ with leukemias and lymphomas		2.9%	[ 2.49% - 3.28% ]	2.7%	[ 2.60% - 2.71% ]
% 65+ with liver disease		8.6%	[ 6.98% - 10.32% ]	9.5%	[ 9.37% - 9.59% ]
% 65+ with lung cancer		1.8%	[ 1.50% - 2.09% ]	1.9%	[ 1.81% - 1.90% ]
% 65+ with migraine and other chronic headache		5.0%	[ 3.64% - 6.39% ]	5.2%	[ 5.13% - 5.29% ]
% 65+ with osteoarthritis or rheumatoid arthritis		54.1%	[ 50.98% - 57.16% ]	54.2%	[ 53.97% - 54.34% ]
% 65+ with osteoporosis	W	25.0%	[ 22.75% - 27.33% ]	20.2%	[ 20.11% - 20.37% ]
% 65+ with peripheral vascular disease		20.5%	[ 18.34% - 22.72% ]	19.9%	[ 19.72% - 19.99% ]
% 65+ with pressure ulcer or chronic ulcer		11.0%	[ 9.31% - 12.73% ]	9.2%	[ 9.11% - 9.31% ]
% 65+ with prostate cancer (men)	W	18.4%	[ 15.21% - 21.49% ]	13.1%	[ 12.93% - 13.28% ]
% 65+ with stroke		12.4%	[ 10.76% - 14.11% ]	11.9%	[ 11.80% - 12.01% ]
% 65+ with traumatic brain injury		1.1%	[ 0.86% - 1.32% ]	1.3%	[ 1.25% - 1.33% ]
% 65+ with 4+ (out of 15) chronic conditions	B	56.4%	[ 53.55% - 59.24% ]	61.8%	[ 61.61% - 61.95% ]
% 65+ with 0 chronic conditions		7.8%	[ 6.05% - 9.47% ]	7.2%	[ 7.10% - 7.29% ]
<b>BEHAVIORAL HEALTH</b>					
% 65+ with opioid use disorder	B	1.4%	[ 1.14% - 1.73% ]	2.2%	[ 2.10% - 2.21% ]
% 65+ with substance use disorder		6.4%	[ 4.91% - 7.88% ]	6.8%	[ 6.66% - 6.85% ]
% 60+ who used marijuana in last month		N/A		2.9%	[ 2.30% - 3.53% ]
% 60+ excessive drinking		12.3%	[ 9.27% - 15.32% ]	9.2%	[ 8.64% - 9.71% ]
% 65+ with tobacco use disorder	B	5.7%	[ 4.14% - 7.19% ]	10.1%	[ 9.94% - 10.17% ]
% 60+ current smokers	B	4.6%	[ 2.45% - 6.68% ]	7.7%	[ 7.20% - 8.17% ]
% 60+ ever used E-Cigarettes in last month		5.1%	[ 2.98% - 7.20% ]	6.4%	[ 5.89% - 6.80% ]
<b>MENTAL HEALTH</b>					
% 60+ who reported receiving adequate emotional support		78.2%	[ 75.03% - 81.46% ]	78.3%	[ 76.70% - 79.88% ]
% 60+ with 15+ days poor mental health in last month		4.7%	[ 2.74% - 6.72% ]	6.9%	[ 6.41% - 7.37% ]
% 65+ with depression		28.8%	[ 26.36% - 31.32% ]	30.3%	[ 30.10% - 30.41% ]
% 65+ with anxiety disorder	B	20.7%	[ 18.33% - 23.11% ]	25.5%	[ 25.35% - 25.66% ]
% 65+ with bipolar disorder	B	2.9%	[ 2.45% - 3.28% ]	3.9%	[ 3.78% - 3.92% ]
% 65+ with post-traumatic stress disorder	B	0.6%	[ 0.35% - 0.76% ]	1.3%	[ 1.20% - 1.29% ]
% 65+ with schizophrenia & other psychotic disorder	B	3.7%	[ 3.21% - 4.10% ]	4.6%	[ 4.53% - 4.68% ]
% 65+ with personality disorder	B	1.9%	[ 1.59% - 2.27% ]	2.6%	[ 2.49% - 2.61% ]

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<b>LIVING WITH DISABILITY</b>					
% 65+ with self-reported hearing difficulty		9.3%	[ 5.37% - 13.32% ]	12.4%	[ 12.08% - 12.71% ]
% 65+ with clinical diagnosis of deafness or hearing impairment		16.3%	[ 14.27% - 18.32% ]	15.7%	[ 15.60% - 15.85% ]
% 65+ with self-reported vision difficulty		2.8%	[ 0.03% - 5.57% ]	4.8%	[ 4.55% - 5.04% ]
% 65+ with clinical diagnosis of blindness or visual impairment		1.2%	[ 0.93% - 1.44% ]	1.1%	[ 1.05% - 1.12% ]
% 65+ with self-reported cognition difficulty	*	4.5%	[ 1.73% - 7.28% ]	7.6%	[ 7.34% - 7.87% ]
% 65+ with self-reported ambulatory difficulty	*	9.1%	[ 5.40% - 12.84% ]	19.1%	[ 18.71% - 19.52% ]
% 65+ with clinical diagnosis of mobility impairment	B	2.6%	[ 1.72% - 3.44% ]	4.0%	[ 3.95% - 4.09% ]
% 65+ with self-reported self-care difficulty	*	2.7%	[ 0.03% - 5.35% ]	7.5%	[ 7.25% - 7.77% ]
% 65+ with self-reported independent living difficulty	*	6.4%	[ 3.10% - 9.65% ]	13.6%	[ 13.23% - 13.93% ]
<b>CAREGIVING</b>					
% of 60+ who provide care to a family/friend in last month		18.5%	[ 15.05% - 22.05% ]	21.7%	[ 19.87% - 23.57% ]
% of grandparents raising grandchildren	*	0.0%	[ -0.33% - 0.33% ]	0.8%	[ 0.73% - 0.86% ]
% of grandparents who live with grandchildren		1.9%	[ 0.29% - 3.58% ]	2.7%	[ 2.62% - 2.83% ]
<b>ACCESS TO CARE</b>					
% 65+ dually eligible for Medicare and Medicaid	*	4.1%	[ 3.21% - 5.00% ]	22.1%	[ 21.96% - 22.17% ]
% 65+ Medicare managed care enrollees	*	15.0%	[ 13.36% - 16.59% ]	29.9%	[ 29.76% - 29.99% ]
% 60+ with a regular doctor		96.5%	[ 94.79% - 98.12% ]	96.0%	[ 95.68% - 96.39% ]
% 60+ who did not see a doctor when needed due to cost		2.8%	[ 1.44% - 4.18% ]	4.5%	[ 4.14% - 4.92% ]
<b>SERVICE UTILIZATION</b>					
# physician visits per year	*	9.7	[ 9.24 - 10.25 ]	8.6	[ 8.60 - 8.66 ]
# emergency room visits/1000 persons 65+ years annually	*	518.5	[ 454.76 - 582.20 ]	636.7	[ 631.77 - 641.56 ]
# Part D monthly prescription fills per person annually	*	41.4	[ 39.55 - 43.23 ]	50.3	[ 50.15 - 50.39 ]
# home health visits annually		3.6	[ 2.84 - 4.36 ]	4.1	[ 4.02 - 4.14 ]
# durable medical equipment claims annually	*	1.5	[ 1.22 - 1.76 ]	1.9	[ 1.88 - 1.91 ]
# inpatient hospital stays/1000 persons 65+ years annually	*	221.2	[ 186.27 - 256.21 ]	273.3	[ 270.72 - 275.80 ]
% Medicare inpatient hospital readmissions (as % of admissions)		13.8%	[ 9.32% - 18.33% ]	17.2%	[ 16.89% - 17.47% ]
# skilled nursing facility stays/1000 persons 65+ years annually		87.1	[ 64.74 - 109.44 ]	104.7	[ 103.23 - 106.08 ]
% 65+ getting Medicaid long term services and supports	*	1.0%	[ 0.52% - 1.40% ]	5.5%	[ 5.48% - 5.60% ]
% 65+ hospice users		3.1%	[ 2.33% - 3.97% ]	2.8%	[ 2.70% - 2.79% ]
% 65+ hospice users as % of decedents		48.0%	[ 29.56% - 66.38% ]	45.5%	[ 44.85% - 46.14% ]
Median hospice days per hospice user (65+, deceased)		13.0	[ 9.0 - 19.8 ]	10.0	[ 10.00 - 10.00 ]
Median hospice payment (Medicare + other) per hospice user		\$3,807	[ \$2,921 - \$5,146 ]	\$3,741	[ \$3,650 - \$3,816 ]
<b>COMMUNITY</b>					
% 60+ who used Internet in last month		79.4%	[ 75.54% - 83.18% ]	75.1%	[ 74.32% - 75.89% ]
<b>TRANSPORTATION</b>					
% 65+ who own a motor vehicle		91.2%	[ 86.32% - 96.16% ]	87.3%	[ 87.15% - 87.49% ]
% 60+ who always drive or ride wearing a seatbelt		92.8%	[ 90.35% - 95.30% ]	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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<b>HOUSING</b>					
% 65+ population who live alone		26.0%	[ 21.01% - 31.08% ]	28.4%	[ 27.99% - 28.89% ]
% 60+ own home		79.8%	[ 74.34% - 85.29% ]	76.9%	[ 76.70% - 77.17% ]
% 60+ homeowners who have mortgage		49.0%	[ 42.46% - 55.55% ]	47.1%	[ 46.58% - 47.64% ]
% 60+ stressed about paying rent/mortgage in last month		15.0%	[ 11.13% - 18.80% ]	17.4%	[ 16.52% - 18.19% ]
% 65+ households (renter) spend >35% of income on housing		40.1%	[ 16.19% - 63.96% ]	44.0%	[ 42.55% - 45.42% ]
% 65+ households (owner) spend >35% of income on housing		30.9%	[ 20.17% - 41.63% ]	29.5%	[ 28.89% - 30.15% ]
% 65+ moved within same county in last year	*	0.4%	[ -1.40% - 2.13% ]	3.7%	[ 3.48% - 3.89% ]
% 65+ moved from different county in last year		0.0%	[ -1.83% - 1.83% ]	0.8%	[ 0.71% - 0.90% ]
% 65+ moved from different state in last year		1.9%	[ -0.20% - 4.07% ]	0.9%	[ 0.82% - 1.05% ]
% of vacant homes in community		12.0%	[ 8.18% - 15.82% ]	9.6%	[ 9.29% - 9.87% ]
<b>ECONOMIC</b>					
% 60+ receiving food benefits in last year	*	1.0%	[ -0.26% - 2.33% ]	10.9%	[ 10.53% - 11.21% ]
% 65+ employed in last year		23.1%	[ 17.77% - 28.33% ]	24.8%	[ 24.48% - 25.15% ]
% 65+ with income below the poverty line in last year		8.8%	[ 1.77% - 15.90% ]	7.0%	[ 6.79% - 7.30% ]
% 65+ households with annual income < \$20,000		13.5%	[ 5.33% - 21.75% ]	17.1%	[ 16.57% - 17.55% ]
% 65+ households with annual income \$20,000-\$49,999		23.3%	[ 14.07% - 32.48% ]	31.0%	[ 30.35% - 31.62% ]
% 65+ households with annual income \$50,000-\$99,999		26.3%	[ 17.21% - 35.36% ]	27.6%	[ 27.04% - 28.17% ]
% 65+ households with annual income \$100,000+	*	36.9%	[ 28.68% - 45.13% ]	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.

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