

Sterling (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		55.4%	[42.43% - 68.43%]	55.7%	[55.33% - 56.11%]
% 75-84 years		38.0%	[25.09% - 50.92%]	29.1%	[28.75% - 29.45%]
% 85 years or older		6.6%	[-6.10% - 19.22%]	15.2%	[14.93% - 15.43%]
% 65+ population who are female		59.7%	[43.32% - 76.14%]	56.8%	[56.36% - 57.18%]
% 85+ population who are female		100.0%	[50.70% - 149.30%]	66.6%	[65.94% - 67.18%]
Race and ethnicity of the population 65+					
% White	*	100.0%	[90.55% - 109.45%]	88.4%	[87.85% - 88.93%]
% African American		0.0%	[-7.92% - 7.92%]	6.8%	[6.63% - 6.88%]
% Asian		0.0%	[-7.92% - 7.92%]	2.3%	[2.20% - 2.35%]
% Hispanic/Latino		0.0%	[-7.92% - 7.92%]	5.8%	[5.66% - 5.84%]
Marital status of the population 65+					
% married		60.9%	[47.90% - 73.82%]	53.8%	[53.46% - 54.12%]
% divorced/separated		20.1%	[4.93% - 35.34%]	14.9%	[14.58% - 15.29%]
% widowed		15.8%	[0.63% - 31.05%]	24.2%	[23.77% - 24.57%]
% never married		3.2%	[-5.79% - 12.13%]	7.1%	[6.85% - 7.36%]
Education of the population 65+					
% with less than high school education		21.0%	[6.94% - 35.14%]	14.7%	[14.30% - 15.04%]
% with high school or some college		65.8%	[53.27% - 78.41%]	53.3%	[52.80% - 53.74%]
% with college degree	*	13.1%	[3.70% - 22.54%]	32.1%	[31.72% - 32.40%]
% with graduate or professional degree		10.0%	[1.25% - 18.66%]	16.8%	[16.58% - 17.09%]
% of 65+ population who speak only English at home		98.0%	[74.32% - 121.60%]	84.3%	[83.76% - 84.83%]
% of 65+ population who are veterans of military service		14.5%	[3.36% - 25.60%]	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	W	5.2%	[4.55% - 5.80%]	4.1%	[4.08% - 4.18%]
WELLNESS					
% 60+ getting the recommended hours of sleep		65.6%	[58.34% - 72.90%]	65.2%	[64.24% - 66.16%]
% 60+ doing any physical activity within last month	W	63.0%	[56.72% - 69.36%]	75.0%	[74.20% - 75.79%]
% 60+ met CDC guidelines for muscle-strengthening activity		22.2%	[16.50% - 27.87%]	27.6%	[26.62% - 28.52%]
% 60+ met CDC guidelines for aerobic physical activity		52.8%	[45.93% - 59.66%]	58.1%	[56.98% - 59.11%]
% 60+ with fair or poor health status		17.4%	[12.53% - 22.27%]	17.6%	[16.90% - 18.31%]
% 60+ with 15+ physically unhealthy days in last month		13.4%	[8.90% - 17.90%]	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		32.4%	[24.68% - 40.10%]	26.3%	[25.38% - 27.18%]
% 60+ who were injured in a fall within last year		10.9%	[6.40% - 15.46%]	9.8%	[9.22% - 10.46%]
% 65+ had hip fracture		3.1%	[2.58% - 3.65%]	3.7%	[3.63% - 3.75%]
PREVENTION					
% 60+ with physical exam/check-up in last year		91.3%	[87.54% - 94.98%]	88.5%	[87.93% - 89.09%]
% 60+ flu shot in last year		58.7%	[52.31% - 65.08%]	57.5%	[56.60% - 58.43%]
% 60+ with pneumonia vaccine		67.6%	[61.49% - 73.80%]	63.9%	[62.97% - 64.79%]
% 60+ with shingles vaccine		28.0%	[19.89% - 36.13%]	33.5%	[32.43% - 34.52%]
% 60+ women with a mammogram within last 2 years		81.2%	[73.16% - 89.15%]	79.7%	[78.56% - 80.79%]
% 60+ with colorectal cancer screening		83.7%	[78.24% - 89.14%]	78.2%	[77.29% - 79.05%]
% 60+ with HIV test		17.4%	[12.17% - 22.61%]	16.1%	[15.40% - 16.83%]
% 60+ met CDC preventive health screening goals		45.7%	[35.67% - 55.68%]	39.6%	[38.38% - 40.80%]
NUTRITION & DIET					
% 60+ with 5 or more servings of fruit or vegetables per day	W	13.1%	[8.43% - 17.74%]	19.9%	[19.00% - 20.72%]
% 60+ stressed about buying food in last month		9.7%	[5.44% - 13.89%]	8.6%	[7.95% - 9.17%]
% 60+ self-reported obese	W	34.5%	[28.03% - 40.91%]	26.1%	[25.27% - 26.93%]
% 65+ clinically diagnosed obesity	W	28.1%	[26.41% - 29.70%]	22.5%	[22.35% - 22.66%]
% 65+ with high cholesterol		77.8%	[76.31% - 79.21%]	77.0%	[76.85% - 77.15%]
% 60+ with cholesterol screening		96.7%	[94.69% - 98.66%]	97.1%	[96.74% - 97.42%]
ORAL HEALTH					
% 60+ with dental insurance		58.5%	[46.82% - 70.24%]	59.2%	[57.60% - 60.76%]
% 60+ with annual dental exam		73.5%	[66.96% - 80.11%]	80.0%	[79.13% - 80.76%]
% 60+ with loss of 6 or more teeth	W	34.9%	[27.19% - 42.52%]	23.8%	[22.96% - 24.69%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		14.2%	[12.98% - 15.33%]	14.4%	[14.26% - 14.49%]
% 65+ with anemia	B	45.8%	[44.16% - 47.53%]	50.6%	[50.41% - 50.76%]
% 65+ with asthma	W	17.5%	[16.20% - 18.75%]	14.1%	[13.96% - 14.19%]
% 65+ with atrial fibrillation	W	17.5%	[16.26% - 18.76%]	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)		43.0%	[40.42% - 45.51%]	42.8%	[42.49% - 43.01%]
% 65+ with breast cancer (women)	B	9.3%	[8.04% - 10.65%]	11.4%	[11.25% - 11.53%]
% 65+ with cataract		65.2%	[63.58% - 66.89%]	64.8%	[64.67% - 65.00%]
% 65+ with chronic kidney disease		31.1%	[29.40% - 32.70%]	29.9%	[29.70% - 30.03%]
% 65+ with chronic obstructive pulmonary disease	W	31.2%	[29.61% - 32.73%]	21.0%	[20.90% - 21.17%]
% 65+ with colon cancer		2.7%	[2.30% - 3.12%]	2.7%	[2.65% - 2.75%]
% 65+ with congestive heart failure		24.1%	[22.59% - 25.58%]	22.6%	[22.43% - 22.72%]
% 65+ with diabetes		35.3%	[33.55% - 37.00%]	33.8%	[33.59% - 33.93%]
% 65+ with endometrial cancer (women)		1.6%	[1.14% - 1.98%]	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		2.9%	[2.45% - 3.42%]	2.9%	[2.82% - 2.95%]
% 65+ with fibromyalgia, chronic pain, and fatigue		27.7%	[26.06% - 29.30%]	26.6%	[26.42% - 26.73%]
% 65+ with glaucoma	B	23.7%	[22.31% - 25.15%]	28.3%	[28.11% - 28.41%]
% 65+ ever had a heart attack	W	6.4%	[5.61% - 7.20%]	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	W	80.8%	[79.39% - 82.17%]	76.2%	[76.07% - 76.37%]
% 65+ with hypothyroidism	B	22.3%	[20.90% - 23.68%]	25.1%	[24.99% - 25.28%]
% 65+ with ischemic heart disease	W	44.6%	[42.82% - 46.41%]	40.7%	[40.55% - 40.90%]
% 65+ with leukemias and lymphomas		3.0%	[2.52% - 3.48%]	2.7%	[2.60% - 2.71%]
% 65+ with liver disease		10.0%	[8.91% - 11.07%]	9.5%	[9.37% - 9.59%]
% 65+ with lung cancer		2.2%	[1.83% - 2.62%]	1.9%	[1.81% - 1.90%]
% 65+ with migraine and other chronic headache		5.2%	[4.41% - 6.05%]	5.2%	[5.13% - 5.29%]
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.3%	[55.46% - 59.10%]	54.2%	[53.97% - 54.34%]
% 65+ with osteoporosis		19.5%	[18.21% - 20.80%]	20.2%	[20.11% - 20.37%]
% 65+ with peripheral vascular disease		21.1%	[19.66% - 22.51%]	19.9%	[19.72% - 19.99%]
% 65+ with pressure ulcer or chronic ulcer		9.3%	[8.31% - 10.30%]	9.2%	[9.11% - 9.31%]
% 65+ with prostate cancer (men)	B	9.2%	[7.81% - 10.68%]	13.1%	[12.93% - 13.28%]
% 65+ with stroke	W	13.5%	[12.33% - 14.57%]	11.9%	[11.80% - 12.01%]
% 65+ with traumatic brain injury	B	0.9%	[0.68% - 1.22%]	1.3%	[1.25% - 1.33%]
% 65+ with 4+ (out of 15) chronic conditions	W	66.3%	[64.63% - 67.92%]	61.8%	[61.61% - 61.95%]
% 65+ with 0 chronic conditions	W	6.1%	[5.24% - 6.98%]	7.2%	[7.10% - 7.29%]
BEHAVIORAL HEALTH					
% 65+ with opioid use disorder		1.7%	[1.35% - 2.12%]	2.2%	[2.10% - 2.21%]
% 65+ with substance use disorder	W	8.2%	[7.14% - 9.20%]	6.8%	[6.66% - 6.85%]
% 60+ who used marijuana in last month		N/A		2.9%	[2.30% - 3.53%]
% 60+ excessive drinking		11.4%	[7.44% - 15.29%]	9.2%	[8.64% - 9.71%]
% 65+ with tobacco use disorder	W	15.1%	[13.76% - 16.46%]	10.1%	[9.94% - 10.17%]
% 60+ current smokers	W	13.1%	[8.58% - 17.54%]	7.7%	[7.20% - 8.17%]
% 60+ ever used E-Cigarettes in last month		10.3%	[6.51% - 13.99%]	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		8.0%	[4.50% - 11.41%]	6.9%	[6.41% - 7.37%]
% 65+ with depression	W	35.0%	[33.40% - 36.62%]	30.3%	[30.10% - 30.41%]
% 65+ with anxiety disorder	W	33.4%	[31.68% - 35.08%]	25.5%	[25.35% - 25.66%]
% 65+ with bipolar disorder	W	5.7%	[5.03% - 6.38%]	3.9%	[3.78% - 3.92%]
% 65+ with post-traumatic stress disorder	W	2.0%	[1.56% - 2.41%]	1.3%	[1.20% - 1.29%]
% 65+ with schizophrenia & other psychotic disorder		4.8%	[4.16% - 5.34%]	4.6%	[4.53% - 4.68%]
% 65+ with personality disorder		2.1%	[1.71% - 2.53%]	2.6%	[2.49% - 2.61%]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
LIVING WITH DISABILITY					
% 65+ with self-reported hearing difficulty		26.0%	[7.26% - 44.77%]	12.4%	[12.08% - 12.71%]
% 65+ with clinical diagnosis of deafness or hearing impairment		15.1%	[13.86% - 16.34%]	15.7%	[15.60% - 15.85%]
% 65+ with self-reported vision difficulty		2.5%	[-4.55% - 9.53%]	4.8%	[4.55% - 5.04%]
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	[0.75% - 1.28%]	1.1%	[1.05% - 1.12%]
% 65+ with self-reported cognition difficulty		6.8%	[-1.52% - 15.09%]	7.6%	[7.34% - 7.87%]
% 65+ with self-reported ambulatory difficulty		31.7%	[14.27% - 49.08%]	19.1%	[18.71% - 19.52%]
% 65+ with clinical diagnosis of mobility impairment		4.5%	[3.77% - 5.21%]	4.0%	[3.95% - 4.09%]
% 65+ with self-reported self-care difficulty		17.2%	[-0.10% - 34.49%]	7.5%	[7.25% - 7.77%]
% 65+ with self-reported independent living difficulty		22.4%	[4.96% - 39.84%]	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		1.4%	[-1.09% - 3.85%]	0.8%	[0.73% - 0.86%]
% of grandparents who live with grandchildren		5.5%	[0.80% - 10.25%]	2.7%	[2.62% - 2.83%]
ACCESS TO CARE					
% 65+ dually eligible for Medicare and Medicaid	*	32.1%	[30.87% - 33.27%]	22.1%	[21.96% - 22.17%]
% 65+ Medicare managed care enrollees		28.7%	[27.52% - 29.85%]	29.9%	[29.76% - 29.99%]
% 60+ with a regular doctor		96.1%	[94.06% - 98.24%]	96.0%	[95.68% - 96.39%]
% 60+ who did not see a doctor when needed due to cost		6.1%	[3.06% - 9.21%]	4.5%	[4.14% - 4.92%]
SERVICE UTILIZATION					
# physician visits per year	*	7.9	[7.64 - 8.15]	8.6	[8.60 - 8.66]
# emergency room visits/1000 persons 65+ years annually	*	876.0	[802.36 - 949.59]	636.7	[631.77 - 641.56]
# Part D monthly prescription fills per person annually	*	57.6	[56.25 - 58.94]	50.3	[50.15 - 50.39]
# home health visits annually	*	3.5	[3.00 - 3.98]	4.1	[4.02 - 4.14]
# durable medical equipment claims annually	*	2.4	[2.15 - 2.59]	1.9	[1.88 - 1.91]
# inpatient hospital stays/1000 persons 65+ years annually		299.4	[273.23 - 325.57]	273.3	[270.72 - 275.80]
% Medicare inpatient hospital readmissions (as % of admissions)		16.1%	[13.67% - 18.51%]	17.2%	[16.89% - 17.47%]
# skilled nursing facility stays/1000 persons 65+ years annually		119.9	[105.19 - 134.69]	104.7	[103.23 - 106.08]
% 65+ getting Medicaid long term services and supports	*	7.7%	[6.99% - 8.36%]	5.5%	[5.48% - 5.60%]
% 65+ hospice users	*	1.8%	[1.48% - 2.20%]	2.8%	[2.70% - 2.79%]
% 65+ hospice users as % of decedents	*	28.0%	[22.56% - 33.39%]	45.5%	[44.85% - 46.14%]
Median hospice days per hospice user (65+, deceased)		12.0	[8.0 - 17.0]	10.0	[10.00 - 10.00]
Median hospice payment (Medicare + other) per hospice user		\$3,401	[\$2,640 - \$4,216]	\$3,741	[\$3,650 - \$3,816]
COMMUNITY					
% 60+ who used Internet in last month		68.1%	[61.77% - 74.43%]	75.1%	[74.32% - 75.89%]
TRANSPORTATION					
% 65+ who own a motor vehicle		100.0%	[85.77% - 114.23%]	87.3%	[87.15% - 87.49%]
% 60+ who always drive or ride wearing a seatbelt		94.3%	[91.78% - 96.80%]	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	*	10.4%	[2.09% - 18.73%]	28.4%	[27.99% - 28.89%]
% 60+ own home	*	89.4%	[79.85% - 98.90%]	76.9%	[76.70% - 77.17%]
% 60+ homeowners who have mortgage		62.3%	[45.85% - 78.79%]	47.1%	[46.58% - 47.64%]
% 60+ stressed about paying rent/mortgage in last month		15.9%	[10.65% - 21.22%]	17.4%	[16.52% - 18.19%]
% 65+ households (renter) spend >35% of income on housing		31.4%	[-14.06% - 76.92%]	44.0%	[42.55% - 45.42%]
% 65+ households (owner) spend >35% of income on housing		17.3%	[-5.97% - 40.52%]	29.5%	[28.89% - 30.15%]
% 65+ moved within same county in last year		0.0%	[-5.60% - 5.60%]	3.7%	[3.48% - 3.89%]
% 65+ moved from different county in last year		0.0%	[-5.60% - 5.60%]	0.8%	[0.71% - 0.90%]
% 65+ moved from different state in last year		6.6%	[-6.51% - 19.63%]	0.9%	[0.82% - 1.05%]
% of vacant homes in community	*	0.0%	[-1.02% - 1.02%]	9.6%	[9.29% - 9.87%]
ECONOMIC					
% 60+ receiving food benefits in last year		15.7%	[1.93% - 29.40%]	10.9%	[10.53% - 11.21%]
% 65+ employed in last year		22.6%	[11.82% - 33.43%]	24.8%	[24.48% - 25.15%]
% 65+ with income below the poverty line in last year		6.6%	[-1.48% - 14.60%]	7.0%	[6.79% - 7.30%]
% 65+ households with annual income < \$20,000	*	4.7%	[-6.75% - 16.16%]	17.1%	[16.57% - 17.55%]
% 65+ households with annual income \$20,000-\$49,999		36.1%	[10.19% - 61.96%]	31.0%	[30.35% - 31.62%]
% 65+ households with annual income \$50,000-\$99,999		35.3%	[14.85% - 55.74%]	27.6%	[27.04% - 28.17%]
% 65+ households with annual income \$100,000+		23.9%	[7.23% - 40.61%]	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