

# Thomaston (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		61.9%	[ 52.87% - 70.94% ]	55.7%	[ 55.33% - 56.11% ]
% 75-84 years		27.3%	[ 20.34% - 34.32% ]	29.1%	[ 28.75% - 29.45% ]
% 85 years or older		10.8%	[ 5.55% - 15.98% ]	15.2%	[ 14.93% - 15.43% ]
% 65+ population who are female		58.9%	[ 49.65% - 68.21% ]	56.8%	[ 56.36% - 57.18% ]
% 85+ population who are female		80.1%	[ 58.63% - 101.65% ]	66.6%	[ 65.94% - 67.18% ]
Race and ethnicity of the population 65+					
% White	*	100.0%	[ 93.48% - 106.52% ]	88.4%	[ 87.85% - 88.93% ]
% African American	*	0.0%	[ -3.79% - 3.79% ]	6.8%	[ 6.63% - 6.88% ]
% Asian		0.0%	[ -3.79% - 3.79% ]	2.3%	[ 2.20% - 2.35% ]
% Hispanic/Latino	*	0.0%	[ -3.79% - 3.79% ]	5.8%	[ 5.66% - 5.84% ]
Marital status of the population 65+					
% married		48.9%	[ 41.87% - 55.99% ]	53.8%	[ 53.46% - 54.12% ]
% divorced/separated		23.3%	[ 13.74% - 32.82% ]	14.9%	[ 14.58% - 15.29% ]
% widowed		21.9%	[ 13.30% - 30.52% ]	24.2%	[ 23.77% - 24.57% ]
% never married		5.9%	[ 1.53% - 10.22% ]	7.1%	[ 6.85% - 7.36% ]
Education of the population 65+					
% with less than high school education		13.6%	[ 8.15% - 19.03% ]	14.7%	[ 14.30% - 15.04% ]
% with high school or some college	*	65.7%	[ 63.44% - 68.01% ]	53.3%	[ 52.80% - 53.74% ]
% with college degree	*	20.7%	[ 12.40% - 28.98% ]	32.1%	[ 31.72% - 32.40% ]
% with graduate or professional degree	*	9.5%	[ 3.99% - 14.94% ]	16.8%	[ 16.58% - 17.09% ]
% of 65+ population who speak only English at home	*	97.2%	[ 85.68% - 108.67% ]	84.3%	[ 83.76% - 84.83% ]
% of 65+ population who are veterans of military service		15.4%	[ 10.19% - 20.65% ]	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	W	6.1%	[ 4.74% - 7.42% ]	4.1%	[ 4.08% - 4.18% ]
<b>WELLNESS</b>					
% 60+ getting the recommended hours of sleep		66.6%	[ 60.72% - 72.50% ]	65.2%	[ 64.24% - 66.16% ]
% 60+ doing any physical activity within last month	W	66.0%	[ 60.77% - 71.32% ]	75.0%	[ 74.20% - 75.79% ]
% 60+ met CDC guidelines for muscle-strengthening activity	W	20.1%	[ 15.10% - 25.11% ]	27.6%	[ 26.62% - 28.52% ]
% 60+ met CDC guidelines for aerobic physical activity		52.4%	[ 45.94% - 58.78% ]	58.1%	[ 56.98% - 59.11% ]
% 60+ with fair or poor health status		20.5%	[ 15.98% - 24.96% ]	17.6%	[ 16.90% - 18.31% ]
% 60+ with 15+ physically unhealthy days in last month		13.9%	[ 10.09% - 17.69% ]	12.4%	[ 11.74% - 12.96% ]

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<b>FALLS</b>					
% 60+ who fell within last year		22.6%	[ 17.27% - 27.87% ]	26.3%	[ 25.38% - 27.18% ]
% 60+ who were injured in a fall within last year		11.1%	[ 6.88% - 15.29% ]	9.8%	[ 9.22% - 10.46% ]
% 65+ had hip fracture		3.3%	[ 2.11% - 4.55% ]	3.7%	[ 3.63% - 3.75% ]
<b>PREVENTION</b>					
% 60+ with physical exam/check-up in last year		90.9%	[ 87.96% - 93.87% ]	88.5%	[ 87.93% - 89.09% ]
% 60+ flu shot in last year		54.6%	[ 49.19% - 60.10% ]	57.5%	[ 56.60% - 58.43% ]
% 60+ with pneumonia vaccine		61.5%	[ 56.16% - 66.91% ]	63.9%	[ 62.97% - 64.79% ]
% 60+ with shingles vaccine		28.8%	[ 23.04% - 34.50% ]	33.5%	[ 32.43% - 34.52% ]
% 60+ women with a mammogram within last 2 years		79.3%	[ 72.36% - 86.27% ]	79.7%	[ 78.56% - 80.79% ]
% 60+ with colorectal cancer screening		76.2%	[ 70.60% - 81.78% ]	78.2%	[ 77.29% - 79.05% ]
% 60+ with HIV test		13.6%	[ 9.73% - 17.40% ]	16.1%	[ 15.40% - 16.83% ]
% 60+ met CDC preventive health screening goals		39.4%	[ 31.67% - 47.20% ]	39.6%	[ 38.38% - 40.80% ]
<b>NUTRITION &amp; DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		17.5%	[ 12.41% - 22.57% ]	19.9%	[ 19.00% - 20.72% ]
% 60+ stressed about buying food in last month		12.3%	[ 8.00% - 16.64% ]	8.6%	[ 7.95% - 9.17% ]
% 60+ self-reported obese		30.9%	[ 25.69% - 36.18% ]	26.1%	[ 25.27% - 26.93% ]
% 65+ clinically diagnosed obesity	W	26.7%	[ 23.10% - 30.22% ]	22.5%	[ 22.35% - 22.66% ]
% 65+ with high cholesterol		79.4%	[ 76.26% - 82.58% ]	77.0%	[ 76.85% - 77.15% ]
% 60+ with cholesterol screening		97.9%	[ 96.45% - 99.40% ]	97.1%	[ 96.74% - 97.42% ]
<b>ORAL HEALTH</b>					
% 60+ with dental insurance		57.8%	[ 48.23% - 67.33% ]	59.2%	[ 57.60% - 60.76% ]
% 60+ with annual dental exam		78.2%	[ 72.76% - 83.54% ]	80.0%	[ 79.13% - 80.76% ]
% 60+ with loss of 6 or more teeth	W	31.6%	[ 25.50% - 37.78% ]	23.8%	[ 22.96% - 24.69% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		13.7%	[ 11.28% - 16.22% ]	14.4%	[ 14.26% - 14.49% ]
% 65+ with anemia		52.6%	[ 48.85% - 56.29% ]	50.6%	[ 50.41% - 50.76% ]
% 65+ with asthma	B	11.5%	[ 9.26% - 13.79% ]	14.1%	[ 13.96% - 14.19% ]
% 65+ with atrial fibrillation		16.3%	[ 13.77% - 18.92% ]	16.1%	[ 15.94% - 16.18% ]
% 65+ with autism spectrum disorder		0.09%	[ 0.06% - 0.13% ]	0.12%	[ 0.11% - 0.14% ]
% 65+ with benign prostatic hyperplasia (men)		44.8%	[ 39.15% - 50.52% ]	42.8%	[ 42.49% - 43.01% ]
% 65+ with breast cancer (women)		9.4%	[ 6.63% - 12.13% ]	11.4%	[ 11.25% - 11.53% ]
% 65+ with cataract		62.5%	[ 58.78% - 66.15% ]	64.8%	[ 64.67% - 65.00% ]
% 65+ with chronic kidney disease	W	36.6%	[ 32.84% - 40.38% ]	29.9%	[ 29.70% - 30.03% ]
% 65+ with chronic obstructive pulmonary disease	W	24.4%	[ 21.31% - 27.55% ]	21.0%	[ 20.90% - 21.17% ]
% 65+ with colon cancer		2.7%	[ 2.26% - 3.20% ]	2.7%	[ 2.65% - 2.75% ]
% 65+ with congestive heart failure		24.4%	[ 21.13% - 27.72% ]	22.6%	[ 22.43% - 22.72% ]
% 65+ with diabetes		35.7%	[ 31.89% - 39.49% ]	33.8%	[ 33.59% - 33.93% ]
% 65+ with endometrial cancer (women)		1.7%	[ 1.22% - 2.22% ]	2.0%	[ 1.97% - 2.10% ]

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% 65+ with epilepsy		3.5%	[ 2.87% - 4.08% ]	2.9%	[ 2.82% - 2.95% ]
% 65+ with fibromyalgia, chronic pain, and fatigue	B	22.5%	[ 19.33% - 25.77% ]	26.6%	[ 26.42% - 26.73% ]
% 65+ with glaucoma		27.6%	[ 24.39% - 30.78% ]	28.3%	[ 28.11% - 28.41% ]
% 65+ ever had a heart attack		5.5%	[ 3.96% - 7.10% ]	4.5%	[ 4.40% - 4.53% ]
% 65+ with HIV/AIDS		0.21%	[ 0.15% - 0.27% ]	0.21%	[ 0.19% - 0.23% ]
% 65+ with hypertension		78.4%	[ 75.20% - 81.67% ]	76.2%	[ 76.07% - 76.37% ]
% 65+ with hypothyroidism		25.0%	[ 21.90% - 28.16% ]	25.1%	[ 24.99% - 25.28% ]
% 65+ with ischemic heart disease		43.1%	[ 39.19% - 47.03% ]	40.7%	[ 40.55% - 40.90% ]
% 65+ with leukemias and lymphomas		2.3%	[ 1.81% - 2.77% ]	2.7%	[ 2.60% - 2.71% ]
% 65+ with liver disease		8.3%	[ 6.07% - 10.62% ]	9.5%	[ 9.37% - 9.59% ]
% 65+ with lung cancer		2.1%	[ 1.71% - 2.55% ]	1.9%	[ 1.81% - 1.90% ]
% 65+ with migraine and other chronic headache		6.6%	[ 4.67% - 8.52% ]	5.2%	[ 5.13% - 5.29% ]
% 65+ with osteoarthritis or rheumatoid arthritis		53.8%	[ 49.79% - 57.83% ]	54.2%	[ 53.97% - 54.34% ]
% 65+ with osteoporosis		18.9%	[ 16.13% - 21.61% ]	20.2%	[ 20.11% - 20.37% ]
% 65+ with peripheral vascular disease		20.8%	[ 17.84% - 23.79% ]	19.9%	[ 19.72% - 19.99% ]
% 65+ with pressure ulcer or chronic ulcer		11.2%	[ 8.86% - 13.55% ]	9.2%	[ 9.11% - 9.31% ]
% 65+ with prostate cancer (men)		12.3%	[ 8.71% - 15.84% ]	13.1%	[ 12.93% - 13.28% ]
% 65+ with stroke		14.2%	[ 11.73% - 16.58% ]	11.9%	[ 11.80% - 12.01% ]
% 65+ with traumatic brain injury	B	1.0%	[ 0.66% - 1.24% ]	1.3%	[ 1.25% - 1.33% ]
% 65+ with 4+ (out of 15) chronic conditions		65.3%	[ 61.61% - 68.93% ]	61.8%	[ 61.61% - 61.95% ]
% 65+ with 0 chronic conditions		7.1%	[ 4.98% - 9.12% ]	7.2%	[ 7.10% - 7.29% ]
<b>BEHAVIORAL HEALTH</b>					
% 65+ with opioid use disorder		2.0%	[ 1.48% - 2.43% ]	2.2%	[ 2.10% - 2.21% ]
% 65+ with substance use disorder	W	9.4%	[ 6.87% - 11.87% ]	6.8%	[ 6.66% - 6.85% ]
% 60+ who used marijuana in last month		N/A		2.9%	[ 2.30% - 3.53% ]
% 60+ excessive drinking		7.1%	[ 4.35% - 9.84% ]	9.2%	[ 8.64% - 9.71% ]
% 65+ with tobacco use disorder		11.2%	[ 8.50% - 13.82% ]	10.1%	[ 9.94% - 10.17% ]
% 60+ current smokers		7.7%	[ 5.13% - 10.32% ]	7.7%	[ 7.20% - 8.17% ]
% 60+ ever used E-Cigarettes in last month		5.7%	[ 3.36% - 8.05% ]	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	W	10.9%	[ 7.54% - 14.23% ]	6.9%	[ 6.41% - 7.37% ]
% 65+ with depression		32.1%	[ 28.70% - 35.54% ]	30.3%	[ 30.10% - 30.41% ]
% 65+ with anxiety disorder		26.8%	[ 23.29% - 30.40% ]	25.5%	[ 25.35% - 25.66% ]
% 65+ with bipolar disorder		3.3%	[ 2.66% - 3.88% ]	3.9%	[ 3.78% - 3.92% ]
% 65+ with post-traumatic stress disorder		1.2%	[ 0.86% - 1.63% ]	1.3%	[ 1.20% - 1.29% ]
% 65+ with schizophrenia & other psychotic disorder	B	3.9%	[ 3.30% - 4.52% ]	4.6%	[ 4.53% - 4.68% ]
% 65+ with personality disorder		2.2%	[ 1.72% - 2.67% ]	2.6%	[ 2.49% - 2.61% ]

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<b>LIVING WITH DISABILITY</b>					
% 65+ with self-reported hearing difficulty		12.1%	[ 6.30% - 17.82% ]	12.4%	[ 12.08% - 12.71% ]
% 65+ with clinical diagnosis of deafness or hearing impairment		18.0%	[ 14.95% - 20.97% ]	15.7%	[ 15.60% - 15.85% ]
% 65+ with self-reported vision difficulty		4.7%	[ 0.67% - 8.64% ]	4.8%	[ 4.55% - 5.04% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[ 0.60% - 1.17% ]	1.1%	[ 1.05% - 1.12% ]
% 65+ with self-reported cognition difficulty		4.3%	[ 0.84% - 7.71% ]	7.6%	[ 7.34% - 7.87% ]
% 65+ with self-reported ambulatory difficulty		21.1%	[ 13.74% - 28.55% ]	19.1%	[ 18.71% - 19.52% ]
% 65+ with clinical diagnosis of mobility impairment		5.2%	[ 3.54% - 6.92% ]	4.0%	[ 3.95% - 4.09% ]
% 65+ with self-reported self-care difficulty	*	3.0%	[ 0.45% - 5.50% ]	7.5%	[ 7.25% - 7.77% ]
% 65+ with self-reported independent living difficulty		9.7%	[ 4.68% - 14.71% ]	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		0.9%	[ -0.01% - 1.81% ]	0.8%	[ 0.73% - 0.86% ]
% of grandparents who live with grandchildren		1.7%	[ 0.49% - 2.96% ]	2.7%	[ 2.62% - 2.83% ]
<b>ACCESS TO CARE</b>					
% 65+ dually eligible for Medicare and Medicaid	*	25.8%	[ 23.49% - 28.19% ]	22.1%	[ 21.96% - 22.17% ]
% 65+ Medicare managed care enrollees	*	33.5%	[ 30.95% - 36.02% ]	29.9%	[ 29.76% - 29.99% ]
% 60+ with a regular doctor		95.7%	[ 93.65% - 97.75% ]	96.0%	[ 95.68% - 96.39% ]
% 60+ who did not see a doctor when needed due to cost		6.3%	[ 3.75% - 8.88% ]	4.5%	[ 4.14% - 4.92% ]
<b>SERVICE UTILIZATION</b>					
# physician visits per year		8.8	[ 8.17 - 9.47 ]	8.6	[ 8.60 - 8.66 ]
# emergency room visits/1000 persons 65+ years annually		655.2	[ 557.17 - 753.19 ]	636.7	[ 631.77 - 641.56 ]
# Part D monthly prescription fills per person annually	*	53.1	[ 50.42 - 55.69 ]	50.3	[ 50.15 - 50.39 ]
# home health visits annually	*	5.7	[ 4.17 - 7.17 ]	4.1	[ 4.02 - 4.14 ]
# durable medical equipment claims annually		2.4	[ 1.90 - 2.89 ]	1.9	[ 1.88 - 1.91 ]
# inpatient hospital stays/1000 persons 65+ years annually		325.7	[ 263.92 - 387.54 ]	273.3	[ 270.72 - 275.80 ]
% Medicare inpatient hospital readmissions (as % of admissions)		21.5%	[ 15.30% - 27.79% ]	17.2%	[ 16.89% - 17.47% ]
# skilled nursing facility stays/1000 persons 65+ years annually		148.6	[ 102.99 - 194.28 ]	104.7	[ 103.23 - 106.08 ]
% 65+ getting Medicaid long term services and supports		5.2%	[ 3.98% - 6.36% ]	5.5%	[ 5.48% - 5.60% ]
% 65+ hospice users	*	4.3%	[ 3.20% - 5.48% ]	2.8%	[ 2.70% - 2.79% ]
% 65+ hospice users as % of decedents		43.2%	[ 31.25% - 55.22% ]	45.5%	[ 44.85% - 46.14% ]
Median hospice days per hospice user (65+, deceased)		8.0	[ 5.0 - 13.6 ]	10.0	[ 10.00 - 10.00 ]
Median hospice payment (Medicare + other) per hospice user		\$3,264	[ \$2,665 - \$4,440 ]	\$3,741	[ \$3,650 - \$3,816 ]
<b>COMMUNITY</b>					
% 60+ who used Internet in last month	*	68.9%	[ 63.45% - 74.31% ]	75.1%	[ 74.32% - 75.89% ]
<b>TRANSPORTATION</b>					
% 65+ who own a motor vehicle	*	94.6%	[ 89.78% - 99.48% ]	87.3%	[ 87.15% - 87.49% ]
% 60+ who always drive or ride wearing a seatbelt	W	88.8%	[ 85.43% - 92.25% ]	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		37.2%	[ 27.68% - 46.68% ]	28.4%	[ 27.99% - 28.89% ]
% 60+ own home		78.0%	[ 70.00% - 85.94% ]	76.9%	[ 76.70% - 77.17% ]
% 60+ homeowners who have mortgage		43.4%	[ 32.68% - 54.10% ]	47.1%	[ 46.58% - 47.64% ]
% 60+ stressed about paying rent/mortgage in last month	W	26.2%	[ 20.25% - 32.11% ]	17.4%	[ 16.52% - 18.19% ]
% 65+ households (renter) spend >35% of income on housing		40.9%	[ 19.61% - 62.16% ]	44.0%	[ 42.55% - 45.42% ]
% 65+ households (owner) spend >35% of income on housing	*	18.3%	[ 8.89% - 27.73% ]	29.5%	[ 28.89% - 30.15% ]
% 65+ moved within same county in last year		1.3%	[ -1.98% - 4.58% ]	3.7%	[ 3.48% - 3.89% ]
% 65+ moved from different county in last year		0.7%	[ -1.84% - 3.21% ]	0.8%	[ 0.71% - 0.90% ]
% 65+ moved from different state in last year		0.0%	[ -2.68% - 2.68% ]	0.9%	[ 0.82% - 1.05% ]
% of vacant homes in community	*	4.7%	[ 1.69% - 7.62% ]	9.6%	[ 9.29% - 9.87% ]
<b>ECONOMIC</b>					
% 60+ receiving food benefits in last year		11.8%	[ 6.38% - 17.23% ]	10.9%	[ 10.53% - 11.21% ]
% 65+ employed in last year		27.3%	[ 19.59% - 34.91% ]	24.8%	[ 24.48% - 25.15% ]
% 65+ with income below the poverty line in last year	*	3.4%	[ 0.76% - 6.11% ]	7.0%	[ 6.79% - 7.30% ]
% 65+ households with annual income < \$20,000		10.7%	[ 4.63% - 16.83% ]	17.1%	[ 16.57% - 17.55% ]
% 65+ households with annual income \$20,000-\$49,999		40.2%	[ 30.06% - 50.33% ]	31.0%	[ 30.35% - 31.62% ]
% 65+ households with annual income \$50,000-\$99,999		35.2%	[ 21.87% - 48.45% ]	27.6%	[ 27.04% - 28.17% ]
% 65+ households with annual income \$100,000+	*	13.9%	[ 6.87% - 20.95% ]	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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