

Torrington (Litchfield)



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		51.5%	[47.63% - 55.39%]	55.7%	[55.33% - 56.11%]
% 75-84 years		26.4%	[22.97% - 29.81%]	29.1%	[28.75% - 29.45%]
% 85 years or older	*	22.1%	[18.69% - 25.52%]	15.2%	[14.93% - 15.43%]
% 65+ population who are female		56.8%	[52.83% - 60.75%]	56.8%	[56.36% - 57.18%]
% 85+ population who are female		59.6%	[52.11% - 67.07%]	66.6%	[65.94% - 67.18%]
Race and ethnicity of the population 65+					
% White	*	95.0%	[92.94% - 97.12%]	88.4%	[87.85% - 88.93%]
% African American	*	2.0%	[-0.21% - 4.14%]	6.8%	[6.63% - 6.88%]
% Asian		1.5%	[0.39% - 2.58%]	2.3%	[2.20% - 2.35%]
% Hispanic/Latino		3.6%	[1.16% - 6.12%]	5.8%	[5.66% - 5.84%]
Marital status of the population 65+					
% married		51.1%	[47.74% - 54.41%]	53.8%	[53.46% - 54.12%]
% divorced/separated		16.7%	[13.03% - 20.40%]	14.9%	[14.58% - 15.29%]
% widowed		26.0%	[22.38% - 29.53%]	24.2%	[23.77% - 24.57%]
% never married		6.3%	[4.33% - 8.17%]	7.1%	[6.85% - 7.36%]
Education of the population 65+					
% with less than high school education		17.1%	[13.83% - 20.31%]	14.7%	[14.30% - 15.04%]
% with high school or some college	*	62.3%	[60.15% - 64.45%]	53.3%	[52.80% - 53.74%]
% with college degree	*	20.6%	[16.75% - 24.51%]	32.1%	[31.72% - 32.40%]
% with graduate or professional degree	*	10.2%	[7.73% - 12.64%]	16.8%	[16.58% - 17.09%]
% of 65+ population who speak only English at home	*	89.2%	[85.64% - 92.82%]	84.3%	[83.76% - 84.83%]
% of 65+ population who are veterans of military service	*	22.4%	[19.25% - 25.57%]	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	5.2%	[4.64% - 5.74%]	4.1%	[4.08% - 4.18%]
WELLNESS					
% 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%]

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FALLS					
% 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	W	4.5%	[3.89% - 5.10%]	3.7%	[3.63% - 3.75%]
PREVENTION					
% 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%]
NUTRITION & DIET					
% 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	W	28.0%	[26.51% - 29.58%]	22.5%	[22.35% - 22.66%]
% 65+ with high cholesterol		77.7%	[76.31% - 79.09%]	77.0%	[76.85% - 77.15%]
% 60+ with cholesterol screening		96.2%	[94.10% - 98.35%]	97.1%	[96.74% - 97.42%]
ORAL HEALTH					
% 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%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	W	16.4%	[15.24% - 17.55%]	14.4%	[14.26% - 14.49%]
% 65+ with anemia	B	47.7%	[46.15% - 49.34%]	50.6%	[50.41% - 50.76%]
% 65+ with asthma		15.1%	[13.94% - 16.21%]	14.1%	[13.96% - 14.19%]
% 65+ with atrial fibrillation		16.0%	[14.89% - 17.12%]	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)	W	46.5%	[44.07% - 48.97%]	42.8%	[42.49% - 43.01%]
% 65+ with breast cancer (women)		10.1%	[8.85% - 11.32%]	11.4%	[11.25% - 11.53%]
% 65+ with cataract	W	68.8%	[67.29% - 70.39%]	64.8%	[64.67% - 65.00%]
% 65+ with chronic kidney disease	W	34.5%	[32.97% - 36.12%]	29.9%	[29.70% - 30.03%]
% 65+ with chronic obstructive pulmonary disease	W	26.8%	[25.46% - 28.24%]	21.0%	[20.90% - 21.17%]
% 65+ with colon cancer		3.0%	[2.48% - 3.51%]	2.7%	[2.65% - 2.75%]
% 65+ with congestive heart failure		22.5%	[21.20% - 23.88%]	22.6%	[22.43% - 22.72%]
% 65+ with diabetes		32.8%	[31.19% - 34.34%]	33.8%	[33.59% - 33.93%]
% 65+ with endometrial cancer (women)		2.1%	[1.50% - 2.67%]	2.0%	[1.97% - 2.10%]

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% 65+ with epilepsy		3.2%	[2.56% - 3.80%]	2.9%	[2.82% - 2.95%]
% 65+ with fibromyalgia, chronic pain, and fatigue		25.5%	[24.02% - 26.94%]	26.6%	[26.42% - 26.73%]
% 65+ with glaucoma	B	26.2%	[24.82% - 27.55%]	28.3%	[28.11% - 28.41%]
% 65+ ever had a heart attack	W	5.5%	[4.83% - 6.22%]	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	W	78.8%	[77.44% - 80.19%]	76.2%	[76.07% - 76.37%]
% 65+ with hypothyroidism		25.1%	[23.71% - 26.44%]	25.1%	[24.99% - 25.28%]
% 65+ with ischemic heart disease		41.7%	[40.01% - 43.30%]	40.7%	[40.55% - 40.90%]
% 65+ with leukemias and lymphomas		2.6%	[2.05% - 3.07%]	2.7%	[2.60% - 2.71%]
% 65+ with liver disease		9.3%	[8.35% - 10.31%]	9.5%	[9.37% - 9.59%]
% 65+ with lung cancer		2.0%	[1.52% - 2.38%]	1.9%	[1.81% - 1.90%]
% 65+ with migraine and other chronic headache		5.1%	[4.31% - 5.82%]	5.2%	[5.13% - 5.29%]
% 65+ with osteoarthritis or rheumatoid arthritis		55.6%	[53.88% - 57.29%]	54.2%	[53.97% - 54.34%]
% 65+ with osteoporosis		20.5%	[19.29% - 21.77%]	20.2%	[20.11% - 20.37%]
% 65+ with peripheral vascular disease	W	23.0%	[21.64% - 24.38%]	19.9%	[19.72% - 19.99%]
% 65+ with pressure ulcer or chronic ulcer	W	11.9%	[10.83% - 12.90%]	9.2%	[9.11% - 9.31%]
% 65+ with prostate cancer (men)		11.8%	[10.28% - 13.32%]	13.1%	[12.93% - 13.28%]
% 65+ with stroke		11.1%	[10.17% - 12.07%]	11.9%	[11.80% - 12.01%]
% 65+ with traumatic brain injury		1.6%	[1.13% - 2.00%]	1.3%	[1.25% - 1.33%]
% 65+ with 4+ (out of 15) chronic conditions	W	65.0%	[63.43% - 66.58%]	61.8%	[61.61% - 61.95%]
% 65+ with 0 chronic conditions		7.5%	[6.60% - 8.44%]	7.2%	[7.10% - 7.29%]
BEHAVIORAL HEALTH					
% 65+ with opioid use disorder		2.4%	[1.89% - 2.98%]	2.2%	[2.10% - 2.21%]
% 65+ with substance use disorder	W	9.0%	[7.96% - 9.97%]	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	W	13.8%	[12.61% - 15.04%]	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%]
MENTAL HEALTH					
% 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	34.1%	[32.59% - 35.62%]	30.3%	[30.10% - 30.41%]
% 65+ with anxiety disorder	W	30.3%	[28.72% - 31.82%]	25.5%	[25.35% - 25.66%]
% 65+ with bipolar disorder		4.5%	[3.75% - 5.26%]	3.9%	[3.78% - 3.92%]
% 65+ with post-traumatic stress disorder		1.6%	[1.09% - 2.03%]	1.3%	[1.20% - 1.29%]
% 65+ with schizophrenia & other psychotic disorder	W	6.4%	[5.60% - 7.27%]	4.6%	[4.53% - 4.68%]
% 65+ with personality disorder		3.1%	[2.45% - 3.69%]	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		11.0%	[8.42% - 13.53%]	12.4%	[12.08% - 12.71%]
% 65+ with clinical diagnosis of deafness or hearing impairment	W	17.9%	[16.64% - 19.08%]	15.7%	[15.60% - 15.85%]
% 65+ with self-reported vision difficulty		4.5%	[2.63% - 6.31%]	4.8%	[4.55% - 5.04%]
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.6%	[1.25% - 2.04%]	1.1%	[1.05% - 1.12%]
% 65+ with self-reported cognition difficulty		7.7%	[4.83% - 10.53%]	7.6%	[7.34% - 7.87%]
% 65+ with self-reported ambulatory difficulty		18.8%	[15.13% - 22.54%]	19.1%	[18.71% - 19.52%]
% 65+ with clinical diagnosis of mobility impairment	W	5.0%	[4.29% - 5.72%]	4.0%	[3.95% - 4.09%]
% 65+ with self-reported self-care difficulty		7.9%	[4.84% - 11.00%]	7.5%	[7.25% - 7.77%]
% 65+ with self-reported independent living difficulty		14.0%	[10.17% - 17.89%]	13.6%	[13.23% - 13.93%]
CAREGIVING					
% 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		0.6%	[0.21% - 0.91%]	0.8%	[0.73% - 0.86%]
% of grandparents who live with grandchildren		2.7%	[1.71% - 3.75%]	2.7%	[2.62% - 2.83%]
ACCESS TO CARE					
% 65+ dually eligible for Medicare and Medicaid	*	30.4%	[29.26% - 31.50%]	22.1%	[21.96% - 22.17%]
% 65+ Medicare managed care enrollees	*	27.9%	[26.77% - 28.95%]	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%]
SERVICE UTILIZATION					
# physician visits per year	*	8.1	[7.83 - 8.33]	8.6	[8.60 - 8.66]
# emergency room visits/1000 persons 65+ years annually	*	866.3	[791.85 - 940.85]	636.7	[631.77 - 641.56]
# Part D monthly prescription fills per person annually	*	54.4	[53.18 - 55.71]	50.3	[50.15 - 50.39]
# home health visits annually	*	5.8	[5.19 - 6.46]	4.1	[4.02 - 4.14]
# durable medical equipment claims annually	*	3.0	[2.71 - 3.20]	1.9	[1.88 - 1.91]
# inpatient hospital stays/1000 persons 65+ years annually	*	311.4	[285.95 - 336.85]	273.3	[270.72 - 275.80]
% Medicare inpatient hospital readmissions (as % of admissions)		18.7%	[16.21% - 21.10%]	17.2%	[16.89% - 17.47%]
# skilled nursing facility stays/1000 persons 65+ years annually	*	133.8	[118.71 - 148.92]	104.7	[103.23 - 106.08]
% 65+ getting Medicaid long term services and supports	*	8.3%	[7.64% - 8.99%]	5.5%	[5.48% - 5.60%]
% 65+ hospice users		3.2%	[2.72% - 3.62%]	2.8%	[2.70% - 2.79%]
% 65+ hospice users as % of decedents		41.5%	[35.97% - 46.93%]	45.5%	[44.85% - 46.14%]
Median hospice days per hospice user (65+, deceased)		8.0	[7.0 - 10.0]	10.0	[10.00 - 10.00]
Median hospice payment (Medicare + other) per hospice user	*	\$2,726	[\$2,316 - \$3,187]	\$3,741	[\$3,650 - \$3,816]
COMMUNITY					
% 60+ who used Internet in last month		72.7%	[68.15% - 77.33%]	75.1%	[74.32% - 75.89%]
TRANSPORTATION					
% 65+ who own a motor vehicle	*	85.6%	[85.28% - 85.90%]	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%]

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HOUSING					
% 65+ population who live alone	*	32.4%	[29.24% - 35.58%]	28.4%	[27.99% - 28.89%]
% 60+ own home		75.7%	[73.01% - 78.37%]	76.9%	[76.70% - 77.17%]
% 60+ homeowners who have mortgage		42.7%	[37.61% - 47.75%]	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		39.8%	[28.53% - 51.09%]	44.0%	[42.55% - 45.42%]
% 65+ households (owner) spend >35% of income on housing		29.2%	[23.75% - 34.59%]	29.5%	[28.89% - 30.15%]
% 65+ moved within same county in last year		4.7%	[2.74% - 6.61%]	3.7%	[3.48% - 3.89%]
% 65+ moved from different county in last year		0.8%	[-0.07% - 1.59%]	0.8%	[0.71% - 0.90%]
% 65+ moved from different state in last year		0.6%	[-0.16% - 1.30%]	0.9%	[0.82% - 1.05%]
% of vacant homes in community	*	13.9%	[11.69% - 16.15%]	9.6%	[9.29% - 9.87%]
ECONOMIC					
% 60+ receiving food benefits in last year		11.0%	[8.41% - 13.63%]	10.9%	[10.53% - 11.21%]
% 65+ employed in last year	*	21.3%	[18.39% - 24.11%]	24.8%	[24.48% - 25.15%]
% 65+ with income below the poverty line in last year		7.8%	[5.74% - 9.95%]	7.0%	[6.79% - 7.30%]
% 65+ households with annual income < \$20,000		21.1%	[16.20% - 25.92%]	17.1%	[16.57% - 17.55%]
% 65+ households with annual income \$20,000-\$49,999	*	39.1%	[32.81% - 45.42%]	31.0%	[30.35% - 31.62%]
% 65+ households with annual income \$50,000-\$99,999		25.4%	[21.47% - 29.40%]	27.6%	[27.04% - 28.17%]
% 65+ households with annual income \$100,000+	*	14.4%	[10.81% - 17.97%]	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