Wallingford (New Haven)

TUFTS
Health Plan
FOUNDATION

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	*	51.6%	[48.19% - 55.01%]	55.7%	[55.33% - 56.11%]
% 75-84 years		27.6%	[24.39% - 30.86%]	29.1%	[28.75% - 29.45%]
% 85 years or older	*	20.8%	[17.75% - 23.79%]	15.2%	[14.93% - 15.43%]
% 65+ population who are female		59.0%	[55.40% - 62.67%]	56.8%	[56.36% - 57.18%]
% 85+ population who are female		66.7%	[59.84% - 73.52%]	66.6%	[65.94% - 67.18%]
Race and ethnicity of the population 65+					
% White	*	97.3%	[94.53% - 100.02%]	88.4%	[87.85% - 88.93%]
% African American	*	1.5%	[0.43% - 2.54%]	6.8%	[6.63% - 6.88%]
% Asian	*	0.7%	[-0.10% - 1.57%]	2.3%	[2.20% - 2.35%]
% Hispanic/Latino	*	2.7%	[1.45% - 3.98%]	5.8%	[5.66% - 5.84%]
Marital status of the population 65+					
% married		52.0%	[49.41% - 54.68%]	53.8%	[53.46% - 54.12%]
% divorced/separated		13.0%	[10.50% - 15.41%]	14.9%	[14.58% - 15.29%]
% widowed	*	29.0%	[25.38% - 32.54%]	24.2%	[23.77% - 24.57%]
% never married		6.0%	[4.33% - 7.74%]	7.1%	[6.85% - 7.36%]
Education of the population 65+					
% with less than high school education		15.9%	[12.44% - 19.42%]	14.7%	[14.30% - 15.04%]
% with high school or some college	*	62.1%	[58.53% - 65.67%]	53.3%	[52.80% - 53.74%]
% with college degree	*	22.0%	[18.96% - 24.97%]	32.1%	[31.72% - 32.40%]
% with graduate or professional degree	*	11.9%	[9.63% - 14.14%]	16.8%	[16.58% - 17.09%]
% of 65+ population who speak only English at home	*	89.7%	[85.87% - 93.52%]	84.3%	[83.76% - 84.83%]
% of 65+ population who are veterans of military service	*	20.3%	[17.72% - 22.97%]	17.5%	[17.21% - 17.69%]
% of 60+ who are LGBT (County)		2.6%	[1.98% - 3.23%]	2.5%	[2.17% - 2.74%]
Age-sex adjusted 1-year mortality rate		4.5%	[4.04% - 4.91%]	4.1%	[4.08% - 4.18%]
WELLNESS					
% 60+ getting the recommended hours of sleep		66.0%	[60.52% - 71.46%]	65.2%	[64.24% - 66.16%]
% 60+ doing any physical activity within last month		76.1%	[71.80% - 80.48%]	75.0%	[74.20% - 75.79%]
% 60+ met CDC guidelines for muscle-strengthening activity		29.5%	[23.91% - 35.16%]	27.6%	[26.62% - 28.52%]
% 60+ met CDC guidelines for aerobic physical activity		58.3%	[52.19% - 64.48%]	58.1%	[56.98% - 59.11%]
% 60+ with fair or poor health status		16.9%	[13.27% - 20.50%]	17.6%	[16.90% - 18.31%]
% 60+ with 15+ physically unhealthy days in last month		13.4%	[9.96% - 16.89%]	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		29.9%	[24.18%	- 35.62%]	26.3%	[25.38%	- 27.18%]
% 60+ who were injured in a fall within last year		11.2%	[7.14%	- 15.33%]	9.8%	[9.22%	- 10.46%]
% 65+ had hip fracture	W	4.7%	[4.18%	- 5.29%]	3.7%	[3.63%	- 3.75%]
PREVENTION							
% 60+ with physical exam/check-up in last year	B	93.6%	[91.40%	- 95.84%]	88.5%	[87.93%	- 89.09%]
% 60+ flu shot in last year		57.4%	[52.34%	- 62.48%]	57.5%	[56.60%	- 58.43%]
% 60+ with pneumonia vaccine		64.2%	[59.23%	- 69.19%]	63.9%	[62.97%	- 64.79%]
% 60+ with shingles vaccine		34.0%	[28.05%	- 39.91%]	33.5%	[32.43%	- 34.52%]
% 60+ women with a mammogram within last 2 years	B	86.4%	[81.94%	- 90.94%]	79.7%	[78.56%	- 80.79%]
% 60+ with colorectal cancer screening		79.8%	[75.01%	- 84.49%]	78.2%	[77.29%	- 79.05%]
% 60+ with HIV test	*	9.7%	[6.71%	- 12.76%]	16.1%	[15.40%	- 16.83%]
% 60+ met CDC preventive health screening goals		36.0%	[29.20%	- 42.70%]	39.6%	[38.38%	- 40.80%]
NUTRITION & DIET							
% 60+ with 5 or more servings of fruit or vegetables per day		20.6%	[15.77%	- 25.52%]	19.9%	[19.00%	- 20.72%]
% 60+ stressed about buying food in last month		6.4%	[3.50%	- 9.34%]	8.6%	[7.95%	- 9.17%]
% 60+ self-reported obese		24.6%	[20.29%	- 28.99%]	26.1%	[25.27%	- 26.93%]
% 65+ clinically diagnosed obesity		22.6%	[21.29%	- 23.89%]	22.5%	[22.35%	- 22.66%]
% 65+ with high cholesterol	W	79.7%	[78.45%	- 80.86%]	77.0%	[76.85%	- 77.15%]
% 60+ with cholesterol screening		97.3%	[95.65%	- 98.99%]	97.1%	[96.74%	- 97.42%]
ORAL HEALTH							
% 60+ with dental insurance		59.1%	[50.18%	- 67.92%]	59.2%	[57.60%	- 60.76%]
% 60+ with annual dental exam		83.3%	[78.81%	- 87.87%]	80.0%	[79.13%	- 80.76%]
% 60+ with loss of 6 or more teeth		25.8%	[20.65%	- 30.94%]	23.8%	[22.96%	- 24.69%]
CHRONIC DISEASE							
% 65+ with Alzheimer's disease or related dementias	W	17.1%	[16.06%	- 18.18%]	14.4%	[14.26%	- 14.49%]
% 65+ with anemia	W	52.5%	[51.01%	- 53.90%]	50.6%	[50.41%	- 50.76%]
% 65+ with asthma		14.2%	[13.22%	- 15.19%]	14.1%	[13.96%	- 14.19%]
% 65+ with atrial fibrillation		17.0%	[15.96%	- 18.03%]	16.1%	[15.94%	- 16.18%]
% 65+ with autism spectrum disorder		0.17%	[0.11%	- 0.22%]	0.12%	[0.11%	- 0.14%]
% 65+ with benign prostatic hyperplasia (men)	W	46.4%	[44.14%	- 48.64%]	42.8%	[42.49%	- 43.01%]
% 65+ with breast cancer (women)		12.0%	[10.79%	- 13.16%]	11.4%	[11.25%	- 11.53%]
% 65+ with cataract	W	66.9%	[65.53%	- 68.34%]	64.8%	[64.67%	- 65.00%]
% 65+ with chronic kidney disease	W	33.5%	[32.09%	- 34.92%]	29.9%	[29.70%	- 30.03%]
% 65+ with chronic obstructive pulmonary disease	W	23.7%	[22.54%	- 24.91%]	21.0%	[20.90%	- 21.17%]
% 65+ with colon cancer		2.8%	[2.36%	- 3.25%]	2.7%	[2.65%	- 2.75%]
% 65+ with congestive heart failure	W	25.7%	[24.40%	- 26.97%]	22.6%	[22.43%	- 22.72%]
% 65+ with diabetes	W	36.3%	[34.87%	- 37.80%]	33.8%	[33.59%	- 33.93%]
% 65+ with endometrial cancer (women)		2.2%	[1.64%	- 2.70%]	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	W	3.5%	[2.96%	- 4.07%]	2.9%	[2.82% -	2.95%]
% 65+ with fibromyalgia, chronic pain, and fatigue		27.9%	[26.51%	- 29.21%]	26.6%	[26.42% -	26.73%]
% 65+ with glaucoma		27.5%	[26.29%	- 28.80%]	28.3%	[28.11% -	28.41%]
% 65+ ever had a heart attack		4.8%	[4.24%	- 5.40%]	4.5%	[4.40% -	4.53%]
% 65+ with HIV/AIDS	*	0.51%	[0.42%	- 0.61%]	0.21%	[0.19% -	0.23%]
% 65+ with hypertension	W	79.2%	[78.02%	- 80.46%]	76.2%	[76.07% -	76.37%]
% 65+ with hypothyroidism	W	27.0%	[25.79%	- 28.28%]	25.1%	[24.99% -	25.28%]
% 65+ with ischemic heart disease	W	43.6%	[42.12%	- 45.13%]	40.7%	[40.55% -	40.90%]
% 65+ with leukemias and lymphomas		2.9%	[2.39%	- 3.39%]	2.7%	[2.60% -	2.71%]
% 65+ with liver disease		10.1%	[9.16%	- 10.98%]	9.5%	[9.37% -	9.59%]
% 65+ with lung cancer		2.1%	[1.69%	- 2.49%]	1.9%	[1.81% -	1.90%]
% 65+ with migraine and other chronic headache		5.1%	[4.48%	- 5.80%]	5.2%	[5.13% -	5.29%]
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.4%	[55.89%	- 58.98%]	54.2%	[53.97% -	54.34%]
% 65+ with osteoporosis	W	22.0%	[20.90%	- 23.18%]	20.2%	[20.11% -	20.37%]
% 65+ with peripheral vascular disease	W	25.1%	[23.80%	- 26.32%]	19.9%	[19.72% -	19.99%]
% 65+ with pressure ulcer or chronic ulcer		9.8%	[8.92%	- 10.61%]	9.2%	[9.11% -	9.31%]
% 65+ with prostate cancer (men)		12.3%	[10.91%	- 13.78%]	13.1%	[12.93% -	13.28%]
% 65+ with stroke		12.6%	[11.65%	- 13.46%]	11.9%	[11.80% -	12.01%]
% 65+ with traumatic brain injury		1.5%	[1.10%	- 1.83%]	1.3%	[1.25% -	1.33%]
% 65+ with 4+ (out of 15) chronic conditions	W	65.9%	[64.45%	- 67.27%]	61.8%	[61.61% -	61.95%]
% 65+ with 0 chronic conditions		6.8%	[5.99%	- 7.56%]	7.2%	[7.10% -	7.29%]
BEHAVIORAL HEALTH							
% 65+ with opioid use disorder	W	2.7%	[2.22%	- 3.22%]	2.2%	[2.10% -	2.21%]
% 65+ with substance use disorder		7.4%	[6.57%	- 8.22%]	6.8%	[6.66% -	6.85%]
% 60+ who used marijuana in last month		*N/A*			2.9%	[2.30% -	3.53%]
% 60+ excessive drinking		6.6%	[4.08%	- 9.07%]	9.2%	[8.64% -	9.71%]
% 65+ with tobacco use disorder		9.8%	[8.85%	- 10.71%]	10.1%	[9.94% -	10.17%]
% 60+ current smokers	B	4.9%	[2.93%	- 6.94%]	7.7%	[7.20% -	8.17%]
% 60+ ever used E-Cigarettes in last month		5.9%	[3.56%	- 8.20%]	6.4%	[5.89% -	6.80%]
MENTAL HEALTH							
% 60+ who reported receiving adequate emotional support		79.4%	[76.01%	- 82.83%]	78.3%	[76.70% -	79.88%]
% 60+ with 15+ days poor mental health in last month		6.6%	[4.17%	- 9.04%]	6.9%	[6.41% -	7.37%]
% 65+ with depression	W	33.4%	[32.05%	- 34.73%]	30.3%	[30.10% -	30.41%]
% 65+ with anxiety disorder	W	28.2%	[26.89%	- 29.59%]	25.5%	[25.35% -	25.66%]
% 65+ with bipolar disorder		4.4%	[3.76%	- 5.04%]	3.9%	[3.78% -	3.92%]
% 65+ with post-traumatic stress disorder		1.0%	[0.64%	- 1.28%]	1.3%	[1.20% -	1.29%]
% 65+ with schizophrenia & other psychotic disorder		5.0%	[4.37%	- 5.67%]	4.6%	[4.53% -	4.68%]
% 65+ with personality disorder		2.8%	[2.34%	- 3.36%]	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		14.1%	[11.23%	- 16.99%]	12.4%	[12.08%	- 12.71%]
% 65+ with clinical diagnosis of deafness or hearing impairment	W	17.4%	[16.27%	- 18.44%]	15.7%	[15.60%	- 15.85%]
% 65+ with self-reported vision difficulty	*	7.5%	[5.08%	- 9.83%]	4.8%	[4.55%	- 5.04%]
% 65+ with clinical diagnosis of blindness or visual impairment		1.3%	[0.97%	- 1.63%]	1.1%	[1.05%	- 1.12%]
% 65+ with self-reported cognition difficulty		9.0%	[6.50%	- 11.46%]	7.6%	[7.34%	- 7.87%]
% 65+ with self-reported ambulatory difficulty		20.0%	[16.38%	- 23.65%]	19.1%	[18.71%	- 19.52%]
% 65+ with clinical diagnosis of mobility impairment		4.4%	[3.79%	- 4.99%]	4.0%	[3.95%	- 4.09%]
% 65+ with self-reported self-care difficulty		6.0%	[4.07%	- 7.87%]	7.5%	[7.25%	- 7.77%]
% 65+ with self-reported independent living difficulty		14.5%	[11.32%	- 17.58%]	13.6%	[13.23%	- 13.93%]
CAREGIVING							
% of 60+ who provide care to a family/friend in last month		25.3%	[21.16%	- 29.39%]	21.7%	[19.87%	- 23.57%]
% of grandparents raising grandchildren		0.8%	[0.00%	- 1.53%]	0.8%	[0.73%	- 0.86%]
% of grandparents who live with grandchildren		2.3%	[1.21%	- 3.29%]	2.7%	[2.62%	- 2.83%]
ACCESS TO CARE							
% 65+ dually eligible for Medicare and Medicaid	*	20.8%	[19.92%	- 21.61%]	22.1%	[21.96%	- 22.17%]
% 65+ Medicare managed care enrollees	*	33.0%	[32.02%	- 33.99%]	29.9%	[29.76%	- 29.99%]
% 60+ with a regular doctor	B	98.2%	[96.94%	- 99.38%]	96.0%	[95.68%	- 96.39%]
% 60+ who did not see a doctor when needed due to cost		3.0%	[1.18%	- 4.74%]	4.5%	[4.14%	- 4.92%]
SERVICE UTILIZATION							
# physician visits per year		8.7	[8.43	- 8.90]	8.6	[8.60	- 8.66]
# emergency room visits/1000 persons 65+ years annually		602.4	[566.32	- 638.39]	636.7	[631.77	- 641.56]
# Part D monthly prescription fills per person annually	*	51.8	[50.80	- 52.81]	50.3	[50.15	- 50.39]
# home health visits annually		4.3	[3.78	- 4.76]	4.1	[4.02	- 4.14]
# durable medical equipment claims annually		1.8	[1.63	- 1.96]	1.9	[1.88	- 1.91]
# inpatient hospital stays/1000 persons 65+ years annually		289.5	[267.56	- 311.44]	273.3	[270.72	- 275.80]
% Medicare inpatient hospital readmissions (as % of admissions)		17.2%	[14.89%	- 19.42%]	17.2%	[16.89%	- 17.47%]
# skilled nursing facility stays/1000 persons 65+ years annually	*	144.8	[130.29	- 159.32]	104.7	[103.23	- 106.08]
% 65+ getting Medicaid long term services and supports	*	6.7%	[6.21%	- 7.26%]	5.5%	[5.48%	- 5.60%]
% 65+ hospice users	*	3.7%	[3.31%	- 4.14%]	2.8%	[2.70%	- 2.79%]
% 65+ hospice users as % of decedents		51.0%	[45.93%	- 56.14%]	45.5%	[44.85%	- 46.14%]
Median hospice days per hospice user (65+, deceased)		11.0	[9.0	- 13.0]	10.0	[10.00	- 10.00]
Median hospice payment (Medicare + other) per hospice user	*	$4,561	[$4,027	- $5,252]	$3,741	[$3,650	- $3,816]
COMMUNITY							
% 60+ who used Internet in last month		73.2%	[68.64%	- 77.68%]	75.1%	[74.32%	- 75.89%]
TRANSPORTATION							
% 65+ who own a motor vehicle		87.7%	[84.83%	- 90.57%]	87.3%	[87.15%	- 87.49%]
% 60+ who always drive or ride wearing a seatbelt		92.9%	[90.27%	- 95.50%]	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%]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]		STATE ESTIMATE	MARGIN OF ERROR[2]	
HOUSING							
% 65+ population who live alone		29.9%	[27.15%	- 32.63%]	28.4%	[27.99%	- 28.89%]
% 60+ own home		77.5%	[74.74%	- 80.29%]	76.9%	[76.70%	- 77.17%]
% 60+ homeowners who have mortgage		43.5%	[39.01%	- 48.04%]	47.1%	[46.58%	- 47.64%]
% 60+ stressed about paying rent/mortgage in last month		17.1%	[12.35%	- 21.76%]	17.4%	[16.52%	- 18.19%]
% 65+ households (renter) spend >35% of income on housing		41.1%	[32.31%	- 49.95%]	44.0%	[42.55%	- 45.42%]
% 65+ households (owner) spend >35% of income on housing	*	24.6%	[20.34%	- 28.82%]	29.5%	[28.89%	- 30.15%]
% 65+ moved within same county in last year		4.7%	[3.20%	- 6.20%]	3.7%	[3.48% -	3.89%]
% 65+ moved from different county in last year		0.5%	[-0.14%	- 1.07%]	0.8%	[0.71% -	0.90%]
% 65+ moved from different state in last year		0.5%	[-0.14%	- 1.15%]	0.9%	[0.82% -	1.05%]
% of vacant homes in community	*	7.0%	[5.24%	- 8.78%]	9.6%	[9.29% -	9.87%]
ECONOMIC							
% 60+ receiving food benefits in last year		10.6%	[7.83%	- 13.46%]	10.9%	[10.53%	- 11.21%]
% 65+ employed in last year	*	19.4%	[16.95%	- 21.75%]	24.8%	[24.48%	- 25.15%]
% 65+ with income below the poverty line in last year	*	4.3%	[2.61%	- 6.06%]	7.0%	[6.79% -	7.30%]
% 65+ households with annual income < $20,000		15.6%	[11.84%	- 19.28%]	17.1%	[16.57%	- 17.55%]
% 65+ households with annual income $20,000-$49,999		33.6%	[28.47%	- 38.67%]	31.0%	[30.35%	- 31.62%]
% 65+ households with annual income $50,000-$99,999		32.5%	[28.11%	- 36.90%]	27.6%	[27.04%	- 28.17%]
% 65+ households with annual income $100,000+	*	18.4%	[15.21%	- 21.53%]	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