

## Waterford (New London)



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	*	48.0%	[ 43.07% - 52.91% ]	55.7%	[ 55.33% - 56.11% ]
% 75-84 years		33.4%	[ 29.21% - 37.67% ]	29.1%	[ 28.75% - 29.45% ]
% 85 years or older		18.6%	[ 14.19% - 22.95% ]	15.2%	[ 14.93% - 15.43% ]
% 65+ population who are female		57.9%	[ 52.61% - 63.21% ]	56.8%	[ 56.36% - 57.18% ]
% 85+ population who are female		70.0%	[ 55.07% - 84.90% ]	66.6%	[ 65.94% - 67.18% ]
Race and ethnicity of the population 65+					
% White	*	95.3%	[ 92.39% - 98.22% ]	88.4%	[ 87.85% - 88.93% ]
% African American	*	1.8%	[ 0.37% - 3.19% ]	6.8%	[ 6.63% - 6.88% ]
% Asian		2.0%	[ 0.13% - 3.85% ]	2.3%	[ 2.20% - 2.35% ]
% Hispanic/Latino	*	1.3%	[ 0.13% - 2.46% ]	5.8%	[ 5.66% - 5.84% ]
Marital status of the population 65+					
% married		55.7%	[ 52.12% - 59.35% ]	53.8%	[ 53.46% - 54.12% ]
% divorced/separated	*	11.1%	[ 7.75% - 14.36% ]	14.9%	[ 14.58% - 15.29% ]
% widowed		28.1%	[ 23.71% - 32.53% ]	24.2%	[ 23.77% - 24.57% ]
% never married		5.1%	[ 2.84% - 7.34% ]	7.1%	[ 6.85% - 7.36% ]
Education of the population 65+					
% with less than high school education	*	6.4%	[ 3.86% - 8.96% ]	14.7%	[ 14.30% - 15.04% ]
% with high school or some college		57.3%	[ 53.11% - 61.46% ]	53.3%	[ 52.80% - 53.74% ]
% with college degree		36.3%	[ 31.30% - 41.32% ]	32.1%	[ 31.72% - 32.40% ]
% with graduate or professional degree		18.8%	[ 15.27% - 22.38% ]	16.8%	[ 16.58% - 17.09% ]
% of 65+ population who speak only English at home	*	93.2%	[ 87.72% - 98.68% ]	84.3%	[ 83.76% - 84.83% ]
% of 65+ population who are veterans of military service	*	22.3%	[ 18.42% - 26.17% ]	17.5%	[ 17.21% - 17.69% ]
% of 60+ who are LGBT (County)		2.7%	[ 1.80% - 3.66% ]	2.5%	[ 2.17% - 2.74% ]
Age-sex adjusted 1-year mortality rate		4.5%	[ 3.91% - 5.16% ]	4.1%	[ 4.08% - 4.18% ]
<b>WELLNESS</b>					
% 60+ getting the recommended hours of sleep		67.4%	[ 62.98% - 71.91% ]	65.2%	[ 64.24% - 66.16% ]
% 60+ doing any physical activity within last month		73.0%	[ 69.20% - 76.89% ]	75.0%	[ 74.20% - 75.79% ]
% 60+ met CDC guidelines for muscle-strengthening activity		24.0%	[ 19.44% - 28.58% ]	27.6%	[ 26.62% - 28.52% ]
% 60+ met CDC guidelines for aerobic physical activity		60.3%	[ 54.99% - 65.52% ]	58.1%	[ 56.98% - 59.11% ]
% 60+ with fair or poor health status		16.7%	[ 13.38% - 20.03% ]	17.6%	[ 16.90% - 18.31% ]
% 60+ with 15+ physically unhealthy days in last month		12.3%	[ 9.47% - 15.09% ]	12.4%	[ 11.74% - 12.96% ]

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>FALLS</b>					
% 60+ who fell within last year		29.2%	[ 24.72% - 33.64% ]	26.3%	[ 25.38% - 27.18% ]
% 60+ who were injured in a fall within last year		11.8%	[ 8.66% - 15.00% ]	9.8%	[ 9.22% - 10.46% ]
% 65+ had hip fracture		3.7%	[ 3.06% - 4.37% ]	3.7%	[ 3.63% - 3.75% ]
<b>PREVENTION</b>					
% 60+ with physical exam/check-up in last year		88.8%	[ 86.13% - 91.52% ]	88.5%	[ 87.93% - 89.09% ]
% 60+ flu shot in last year		53.0%	[ 48.62% - 57.32% ]	57.5%	[ 56.60% - 58.43% ]
% 60+ with pneumonia vaccine		64.8%	[ 60.47% - 69.09% ]	63.9%	[ 62.97% - 64.79% ]
% 60+ with shingles vaccine		36.7%	[ 32.02% - 41.46% ]	33.5%	[ 32.43% - 34.52% ]
% 60+ women with a mammogram within last 2 years	W	70.2%	[ 64.06% - 76.41% ]	79.7%	[ 78.56% - 80.79% ]
% 60+ with colorectal cancer screening		81.5%	[ 77.64% - 85.46% ]	78.2%	[ 77.29% - 79.05% ]
% 60+ with HIV test		18.1%	[ 14.67% - 21.43% ]	16.1%	[ 15.40% - 16.83% ]
% 60+ met CDC preventive health screening goals		37.2%	[ 31.50% - 42.92% ]	39.6%	[ 38.38% - 40.80% ]
<b>NUTRITION &amp; DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		22.5%	[ 18.11% - 26.98% ]	19.9%	[ 19.00% - 20.72% ]
% 60+ stressed about buying food in last month		7.3%	[ 4.34% - 10.18% ]	8.6%	[ 7.95% - 9.17% ]
% 60+ self-reported obese		26.8%	[ 22.92% - 30.76% ]	26.1%	[ 25.27% - 26.93% ]
% 65+ clinically diagnosed obesity	W	24.7%	[ 22.95% - 26.36% ]	22.5%	[ 22.35% - 22.66% ]
% 65+ with high cholesterol	W	79.3%	[ 77.77% - 80.91% ]	77.0%	[ 76.85% - 77.15% ]
% 60+ with cholesterol screening		97.4%	[ 95.81% - 98.99% ]	97.1%	[ 96.74% - 97.42% ]
<b>ORAL HEALTH</b>					
% 60+ with dental insurance		61.4%	[ 53.83% - 68.87% ]	59.2%	[ 57.60% - 60.76% ]
% 60+ with annual dental exam		79.7%	[ 75.84% - 83.54% ]	80.0%	[ 79.13% - 80.76% ]
% 60+ with loss of 6 or more teeth		22.0%	[ 17.97% - 25.94% ]	23.8%	[ 22.96% - 24.69% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		15.5%	[ 14.17% - 16.84% ]	14.4%	[ 14.26% - 14.49% ]
% 65+ with anemia	W	56.0%	[ 54.16% - 57.91% ]	50.6%	[ 50.41% - 50.76% ]
% 65+ with asthma		15.0%	[ 13.64% - 16.26% ]	14.1%	[ 13.96% - 14.19% ]
% 65+ with atrial fibrillation		17.5%	[ 16.10% - 18.83% ]	16.1%	[ 15.94% - 16.18% ]
% 65+ with autism spectrum disorder		0.12%	[ 0.07% - 0.18% ]	0.12%	[ 0.11% - 0.14% ]
% 65+ with benign prostatic hyperplasia (men)	W	50.5%	[ 47.60% - 53.36% ]	42.8%	[ 42.49% - 43.01% ]
% 65+ with breast cancer (women)		10.1%	[ 8.62% - 11.52% ]	11.4%	[ 11.25% - 11.53% ]
% 65+ with cataract	W	70.2%	[ 68.45% - 72.03% ]	64.8%	[ 64.67% - 65.00% ]
% 65+ with chronic kidney disease		30.4%	[ 28.64% - 32.20% ]	29.9%	[ 29.70% - 30.03% ]
% 65+ with chronic obstructive pulmonary disease	W	25.7%	[ 24.15% - 27.34% ]	21.0%	[ 20.90% - 21.17% ]
% 65+ with colon cancer		2.6%	[ 2.01% - 3.11% ]	2.7%	[ 2.65% - 2.75% ]
% 65+ with congestive heart failure	B	20.2%	[ 18.72% - 21.71% ]	22.6%	[ 22.43% - 22.72% ]
% 65+ with diabetes	B	29.4%	[ 27.60% - 31.16% ]	33.8%	[ 33.59% - 33.93% ]
% 65+ with endometrial cancer (women)		2.1%	[ 1.44% - 2.85% ]	2.0%	[ 1.97% - 2.10% ]

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>
% 65+ with epilepsy		2.5%	[ 1.90% - 3.11% ]	2.9%	[ 2.82% - 2.95% ]
% 65+ with fibromyalgia, chronic pain, and fatigue		28.1%	[ 26.30% - 29.83% ]	26.6%	[ 26.42% - 26.73% ]
% 65+ with glaucoma		29.9%	[ 28.22% - 31.56% ]	28.3%	[ 28.11% - 28.41% ]
% 65+ ever had a heart attack		4.6%	[ 3.87% - 5.35% ]	4.5%	[ 4.40% - 4.53% ]
% 65+ with HIV/AIDS		0.15%	[ 0.10% - 0.21% ]	0.21%	[ 0.19% - 0.23% ]
% 65+ with hypertension	W	80.3%	[ 78.73% - 81.84% ]	76.2%	[ 76.07% - 76.37% ]
% 65+ with hypothyroidism		25.5%	[ 23.90% - 27.09% ]	25.1%	[ 24.99% - 25.28% ]
% 65+ with ischemic heart disease	W	43.2%	[ 41.24% - 45.13% ]	40.7%	[ 40.55% - 40.90% ]
% 65+ with leukemias and lymphomas		3.2%	[ 2.54% - 3.92% ]	2.7%	[ 2.60% - 2.71% ]
% 65+ with liver disease	W	10.9%	[ 9.73% - 12.14% ]	9.5%	[ 9.37% - 9.59% ]
% 65+ with lung cancer		1.6%	[ 1.16% - 2.06% ]	1.9%	[ 1.81% - 1.90% ]
% 65+ with migraine and other chronic headache		4.7%	[ 3.91% - 5.55% ]	5.2%	[ 5.13% - 5.29% ]
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.3%	[ 55.36% - 59.34% ]	54.2%	[ 53.97% - 54.34% ]
% 65+ with osteoporosis	W	23.0%	[ 21.53% - 24.56% ]	20.2%	[ 20.11% - 20.37% ]
% 65+ with peripheral vascular disease		20.0%	[ 18.49% - 21.49% ]	19.9%	[ 19.72% - 19.99% ]
% 65+ with pressure ulcer or chronic ulcer		8.6%	[ 7.59% - 9.66% ]	9.2%	[ 9.11% - 9.31% ]
% 65+ with prostate cancer (men)		13.3%	[ 11.40% - 15.14% ]	13.1%	[ 12.93% - 13.28% ]
% 65+ with stroke	W	13.5%	[ 12.26% - 14.71% ]	11.9%	[ 11.80% - 12.01% ]
% 65+ with traumatic brain injury		1.3%	[ 0.85% - 1.77% ]	1.3%	[ 1.25% - 1.33% ]
% 65+ with 4+ (out of 15) chronic conditions	W	65.3%	[ 63.51% - 67.17% ]	61.8%	[ 61.61% - 61.95% ]
% 65+ with 0 chronic conditions	W	4.8%	[ 3.92% - 5.68% ]	7.2%	[ 7.10% - 7.29% ]
<b>BEHAVIORAL HEALTH</b>					
% 65+ with opioid use disorder		1.7%	[ 1.17% - 2.21% ]	2.2%	[ 2.10% - 2.21% ]
% 65+ with substance use disorder	W	8.2%	[ 7.07% - 9.33% ]	6.8%	[ 6.66% - 6.85% ]
% 60+ who used marijuana in last month		N/A		2.9%	[ 2.30% - 3.53% ]
% 60+ excessive drinking		7.9%	[ 5.57% - 10.18% ]	9.2%	[ 8.64% - 9.71% ]
% 65+ with tobacco use disorder	W	11.6%	[ 10.26% - 12.85% ]	10.1%	[ 9.94% - 10.17% ]
% 60+ current smokers		6.3%	[ 4.16% - 8.50% ]	7.7%	[ 7.20% - 8.17% ]
% 60+ ever used E-Cigarettes in last month		5.7%	[ 3.58% - 7.73% ]	6.4%	[ 5.89% - 6.80% ]
<b>MENTAL HEALTH</b>					
% 60+ who reported receiving adequate emotional support		83.7%	[ 79.38% - 88.09% ]	78.3%	[ 76.70% - 79.88% ]
% 60+ with 15+ days poor mental health in last month		6.5%	[ 4.14% - 8.82% ]	6.9%	[ 6.41% - 7.37% ]
% 65+ with depression	W	35.3%	[ 33.51% - 37.05% ]	30.3%	[ 30.10% - 30.41% ]
% 65+ with anxiety disorder	W	30.7%	[ 28.94% - 32.54% ]	25.5%	[ 25.35% - 25.66% ]
% 65+ with bipolar disorder		3.7%	[ 2.92% - 4.43% ]	3.9%	[ 3.78% - 3.92% ]
% 65+ with post-traumatic stress disorder		1.4%	[ 0.93% - 1.84% ]	1.3%	[ 1.20% - 1.29% ]
% 65+ with schizophrenia & other psychotic disorder		5.5%	[ 4.62% - 6.32% ]	4.6%	[ 4.53% - 4.68% ]
% 65+ with personality disorder		2.9%	[ 2.25% - 3.57% ]	2.6%	[ 2.49% - 2.61% ]

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>LIVING WITH DISABILITY</b>					
% 65+ with self-reported hearing difficulty		12.4%	[ 9.01% - 15.73% ]	12.4%	[ 12.08% - 12.71% ]
% 65+ with clinical diagnosis of deafness or hearing impairment	W	20.0%	[ 18.50% - 21.50% ]	15.7%	[ 15.60% - 15.85% ]
% 65+ with self-reported vision difficulty		6.3%	[ 2.70% - 9.97% ]	4.8%	[ 4.55% - 5.04% ]
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	[ 0.61% - 1.38% ]	1.1%	[ 1.05% - 1.12% ]
% 65+ with self-reported cognition difficulty	*	4.2%	[ 1.70% - 6.75% ]	7.6%	[ 7.34% - 7.87% ]
% 65+ with self-reported ambulatory difficulty		18.7%	[ 13.61% - 23.80% ]	19.1%	[ 18.71% - 19.52% ]
% 65+ with clinical diagnosis of mobility impairment		4.2%	[ 3.49% - 5.00% ]	4.0%	[ 3.95% - 4.09% ]
% 65+ with self-reported self-care difficulty		7.0%	[ 3.53% - 10.53% ]	7.5%	[ 7.25% - 7.77% ]
% 65+ with self-reported independent living difficulty		10.9%	[ 7.20% - 14.66% ]	13.6%	[ 13.23% - 13.93% ]
<b>CAREGIVING</b>					
% of 60+ who provide care to a family/friend in last month		22.0%	[ 16.01% - 27.96% ]	21.7%	[ 19.87% - 23.57% ]
% of grandparents raising grandchildren		0.8%	[ 0.21% - 1.36% ]	0.8%	[ 0.73% - 0.86% ]
% of grandparents who live with grandchildren		2.8%	[ 1.61% - 4.09% ]	2.7%	[ 2.62% - 2.83% ]
<b>ACCESS TO CARE</b>					
% 65+ dually eligible for Medicare and Medicaid	*	18.0%	[ 16.87% - 19.15% ]	22.1%	[ 21.96% - 22.17% ]
% 65+ Medicare managed care enrollees	*	22.1%	[ 20.86% - 23.32% ]	29.9%	[ 29.76% - 29.99% ]
% 60+ with a regular doctor		95.2%	[ 93.50% - 96.98% ]	96.0%	[ 95.68% - 96.39% ]
% 60+ who did not see a doctor when needed due to cost		3.3%	[ 1.64% - 5.03% ]	4.5%	[ 4.14% - 4.92% ]
<b>SERVICE UTILIZATION</b>					
# physician visits per year		8.4	[ 8.07 - 8.63 ]	8.6	[ 8.60 - 8.66 ]
# emergency room visits/1000 persons 65+ years annually		675.8	[ 626.85 - 724.76 ]	636.7	[ 631.77 - 641.56 ]
# Part D monthly prescription fills per person annually		51.6	[ 50.16 - 53.14 ]	50.3	[ 50.15 - 50.39 ]
# home health visits annually		4.4	[ 3.78 - 4.98 ]	4.1	[ 4.02 - 4.14 ]
# durable medical equipment claims annually		1.9	[ 1.67 - 2.07 ]	1.9	[ 1.88 - 1.91 ]
# inpatient hospital stays/1000 persons 65+ years annually		298.9	[ 268.77 - 329.12 ]	273.3	[ 270.72 - 275.80 ]
% Medicare inpatient hospital readmissions (as % of admissions)		18.5%	[ 15.07% - 21.85% ]	17.2%	[ 16.89% - 17.47% ]
# skilled nursing facility stays/1000 persons 65+ years annually		120.1	[ 100.87 - 139.23 ]	104.7	[ 103.23 - 106.08 ]
% 65+ getting Medicaid long term services and supports		5.6%	[ 4.87% - 6.23% ]	5.5%	[ 5.48% - 5.60% ]
% 65+ hospice users		3.1%	[ 2.55% - 3.64% ]	2.8%	[ 2.70% - 2.79% ]
% 65+ hospice users as % of decedents		41.2%	[ 33.88% - 48.43% ]	45.5%	[ 44.85% - 46.14% ]
Median hospice days per hospice user (65+, deceased)		10.0	[ 8.0 - 15.1 ]	10.0	[ 10.00 - 10.00 ]
Median hospice payment (Medicare + other) per hospice user		\$3,367	[ \$2,480 - \$4,358 ]	\$3,741	[ \$3,650 - \$3,816 ]
<b>COMMUNITY</b>					
% 60+ who used Internet in last month		75.8%	[ 71.89% - 79.74% ]	75.1%	[ 74.32% - 75.89% ]
<b>TRANSPORTATION</b>					
% 65+ who own a motor vehicle	*	94.0%	[ 90.41% - 97.52% ]	87.3%	[ 87.15% - 87.49% ]
% 60+ who always drive or ride wearing a seatbelt		94.0%	[ 91.66% - 96.27% ]	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 <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>HOUSING</b>					
% 65+ population who live alone		28.3%	[ 23.03% - 33.59% ]	28.4%	[ 27.99% - 28.89% ]
% 60+ own home	*	89.4%	[ 86.54% - 92.25% ]	76.9%	[ 76.70% - 77.17% ]
% 60+ homeowners who have mortgage	*	41.6%	[ 37.13% - 46.00% ]	47.1%	[ 46.58% - 47.64% ]
% 60+ stressed about paying rent/mortgage in last month		13.8%	[ 10.03% - 17.53% ]	17.4%	[ 16.52% - 18.19% ]
% 65+ households (renter) spend >35% of income on housing		44.9%	[ 27.83% - 61.87% ]	44.0%	[ 42.55% - 45.42% ]
% 65+ households (owner) spend >35% of income on housing	*	22.6%	[ 16.30% - 28.87% ]	29.5%	[ 28.89% - 30.15% ]
% 65+ moved within same county in last year		5.4%	[ 2.83% - 7.90% ]	3.7%	[ 3.48% - 3.89% ]
% 65+ moved from different county in last year		0.4%	[ -0.53% - 1.41% ]	0.8%	[ 0.71% - 0.90% ]
% 65+ moved from different state in last year		1.2%	[ -0.06% - 2.38% ]	0.9%	[ 0.82% - 1.05% ]
% of vacant homes in community		8.1%	[ 5.00% - 11.14% ]	9.6%	[ 9.29% - 9.87% ]
<b>ECONOMIC</b>					
% 60+ receiving food benefits in last year	*	5.7%	[ 3.11% - 8.38% ]	10.9%	[ 10.53% - 11.21% ]
% 65+ employed in last year		24.8%	[ 21.26% - 28.37% ]	24.8%	[ 24.48% - 25.15% ]
% 65+ with income below the poverty line in last year		5.8%	[ 3.38% - 8.28% ]	7.0%	[ 6.79% - 7.30% ]
% 65+ households with annual income < \$20,000		13.2%	[ 8.18% - 18.27% ]	17.1%	[ 16.57% - 17.55% ]
% 65+ households with annual income \$20,000-\$49,999		31.6%	[ 24.77% - 38.51% ]	31.0%	[ 30.35% - 31.62% ]
% 65+ households with annual income \$50,000-\$99,999		30.6%	[ 23.61% - 37.67% ]	27.6%	[ 27.04% - 28.17% ]
% 65+ households with annual income \$100,000+		24.5%	[ 19.08% - 29.90% ]	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](mailto:Beth.Dugan@umb.edu)