

Watertown (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 | | 54.2% | [48.41% - 60.09%] | 55.7% | [55.33% - 56.11%] |
| % 75-84 years | | 30.0% | [25.45% - 34.54%] | 29.1% | [28.75% - 29.45%] |
| % 85 years or older | | 15.8% | [10.54% - 20.97%] | 15.2% | [14.93% - 15.43%] |
| % 65+ population who are female | | 54.5% | [48.88% - 60.13%] | 56.8% | [56.36% - 57.18%] |
| % 85+ population who are female | | 58.1% | [38.51% - 77.70%] | 66.6% | [65.94% - 67.18%] |
| Race and ethnicity of the population 65+ | | | | | |
| % White | * | 98.0% | [94.70% - 101.25%] | 88.4% | [87.85% - 88.93%] |
| % African American | * | 0.4% | [-1.19% - 1.89%] | 6.8% | [6.63% - 6.88%] |
| % Asian | | 1.2% | [-0.55% - 2.98%] | 2.3% | [2.20% - 2.35%] |
| % Hispanic/Latino | * | 0.5% | [-1.39% - 2.30%] | 5.8% | [5.66% - 5.84%] |
| Marital status of the population 65+ | | | | | |
| % married | | 54.8% | [51.39% - 58.17%] | 53.8% | [53.46% - 54.12%] |
| % divorced/separated | | 14.2% | [8.89% - 19.59%] | 14.9% | [14.58% - 15.29%] |
| % widowed | | 25.6% | [19.55% - 31.63%] | 24.2% | [23.77% - 24.57%] |
| % never married | | 5.4% | [2.86% - 7.92%] | 7.1% | [6.85% - 7.36%] |
| Education of the population 65+ | | | | | |
| % with less than high school education | | 18.5% | [14.16% - 22.81%] | 14.7% | [14.30% - 15.04%] |
| % with high school or some college | * | 62.4% | [56.07% - 68.66%] | 53.3% | [52.80% - 53.74%] |
| % with college degree | * | 19.1% | [14.60% - 23.69%] | 32.1% | [31.72% - 32.40%] |
| % with graduate or professional degree | * | 11.9% | [8.06% - 15.77%] | 16.8% | [16.58% - 17.09%] |
| % of 65+ population who speak only English at home | | 85.3% | [81.58% - 89.09%] | 84.3% | [83.76% - 84.83%] |
| % of 65+ population who are veterans of military service | | 22.2% | [17.22% - 27.24%] | 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 | | 3.9% | [3.28% - 4.47%] | 4.1% | [4.08% - 4.18%] |
| WELLNESS | | | | | |
| % 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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| FALLS | | | | | |
| % 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 | | 3.7% | [3.02% - 4.39%] | 3.7% | [3.63% - 3.75%] |
| PREVENTION | | | | | |
| % 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%] |
| NUTRITION & DIET | | | | | |
| % 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 | | 24.2% | [22.34% - 26.04%] | 22.5% | [22.35% - 22.66%] |
| % 65+ with high cholesterol | | 76.5% | [74.77% - 78.25%] | 77.0% | [76.85% - 77.15%] |
| % 60+ with cholesterol screening | | 97.9% | [96.45% - 99.40%] | 97.1% | [96.74% - 97.42%] |
| ORAL HEALTH | | | | | |
| % 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%] |
| CHRONIC DISEASE | | | | | |
| % 65+ with Alzheimer's disease or related dementias | | 13.6% | [12.27% - 14.95%] | 14.4% | [14.26% - 14.49%] |
| % 65+ with anemia | | 48.5% | [46.51% - 50.48%] | 50.6% | [50.41% - 50.76%] |
| % 65+ with asthma | B | 11.1% | [9.85% - 12.27%] | 14.1% | [13.96% - 14.19%] |
| % 65+ with atrial fibrillation | | 15.9% | [14.49% - 17.27%] | 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) | | 41.4% | [38.40% - 44.31%] | 42.8% | [42.49% - 43.01%] |
| % 65+ with breast cancer (women) | | 10.5% | [8.88% - 12.06%] | 11.4% | [11.25% - 11.53%] |
| % 65+ with cataract | B | 60.0% | [57.99% - 61.96%] | 64.8% | [64.67% - 65.00%] |
| % 65+ with chronic kidney disease | | 30.0% | [28.08% - 31.93%] | 29.9% | [29.70% - 30.03%] |
| % 65+ with chronic obstructive pulmonary disease | B | 18.3% | [16.81% - 19.81%] | 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 | | 23.5% | [21.73% - 25.19%] | 22.6% | [22.43% - 22.72%] |
| % 65+ with diabetes | | 35.6% | [33.50% - 37.62%] | 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% | [20.71% - 24.26%] | 26.6% | [26.42% - 26.73%] |
| % 65+ with glaucoma | W | 30.5% | [28.74% - 32.30%] | 28.3% | [28.11% - 28.41%] |
| % 65+ ever had a heart attack | | 5.4% | [4.53% - 6.20%] | 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 | | 76.1% | [74.36% - 77.88%] | 76.2% | [76.07% - 76.37%] |
| % 65+ with hypothyroidism | B | 22.5% | [20.85% - 24.09%] | 25.1% | [24.99% - 25.28%] |
| % 65+ with ischemic heart disease | | 41.8% | [39.66% - 43.86%] | 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 | B | 7.6% | [6.45% - 8.75%] | 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 | | 5.5% | [4.56% - 6.43%] | 5.2% | [5.13% - 5.29%] |
| % 65+ with osteoarthritis or rheumatoid arthritis | | 53.1% | [50.88% - 55.23%] | 54.2% | [53.97% - 54.34%] |
| % 65+ with osteoporosis | B | 15.6% | [14.27% - 17.02%] | 20.2% | [20.11% - 20.37%] |
| % 65+ with peripheral vascular disease | | 19.1% | [17.55% - 20.75%] | 19.9% | [19.72% - 19.99%] |
| % 65+ with pressure ulcer or chronic ulcer | | 9.2% | [8.04% - 10.43%] | 9.2% | [9.11% - 9.31%] |
| % 65+ with prostate cancer (men) | B | 10.6% | [8.78% - 12.33%] | 13.1% | [12.93% - 13.28%] |
| % 65+ with stroke | | 11.5% | [10.35% - 12.74%] | 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 | | 60.1% | [58.13% - 62.09%] | 61.8% | [61.61% - 61.95%] |
| % 65+ with 0 chronic conditions | | 6.8% | [5.76% - 7.93%] | 7.2% | [7.10% - 7.29%] |
| BEHAVIORAL HEALTH | | | | | |
| % 65+ with opioid use disorder | | 2.0% | [1.48% - 2.43%] | 2.2% | [2.10% - 2.21%] |
| % 65+ with substance use disorder | B | 4.8% | [3.81% - 5.70%] | 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 | | 9.6% | [8.31% - 10.94%] | 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%] |
| 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 | W | 10.9% | [7.54% - 14.23%] | 6.9% | [6.41% - 7.37%] |
| % 65+ with depression | B | 27.7% | [25.96% - 29.46%] | 30.3% | [30.10% - 30.41%] |
| % 65+ with anxiety disorder | | 25.3% | [23.48% - 27.12%] | 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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| LIVING WITH DISABILITY | | | | | |
| % 65+ with self-reported hearing difficulty | | 13.3% | [9.48% - 17.20%] | 12.4% | [12.08% - 12.71%] |
| % 65+ with clinical diagnosis of deafness or hearing impairment | W | 18.8% | [17.16% - 20.36%] | 15.7% | [15.60% - 15.85%] |
| % 65+ with self-reported vision difficulty | | 2.6% | [0.29% - 4.95%] | 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 | | 7.1% | [3.35% - 10.79%] | 7.6% | [7.34% - 7.87%] |
| % 65+ with self-reported ambulatory difficulty | | 17.4% | [12.35% - 22.50%] | 19.1% | [18.71% - 19.52%] |
| % 65+ with clinical diagnosis of mobility impairment | | 3.5% | [2.75% - 4.25%] | 4.0% | [3.95% - 4.09%] |
| % 65+ with self-reported self-care difficulty | | 5.8% | [1.73% - 9.78%] | 7.5% | [7.25% - 7.77%] |
| % 65+ with self-reported independent living difficulty | | 13.1% | [8.35% - 17.92%] | 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 | | 0.4% | [-0.20% - 0.95%] | 0.8% | [0.73% - 0.86%] |
| % of grandparents who live with grandchildren | | 2.0% | [0.81% - 3.09%] | 2.7% | [2.62% - 2.83%] |
| ACCESS TO CARE | | | | | |
| % 65+ dually eligible for Medicare and Medicaid | | 22.0% | [20.78% - 23.23%] | 22.1% | [21.96% - 22.17%] |
| % 65+ Medicare managed care enrollees | | 30.2% | [28.84% - 31.56%] | 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%] |
| SERVICE UTILIZATION | | | | | |
| # physician visits per year | | 8.5 | [8.20 - 8.86] | 8.6 | [8.60 - 8.66] |
| # emergency room visits/1000 persons 65+ years annually | * | 562.5 | [515.88 - 609.16] | 636.7 | [631.77 - 641.56] |
| # Part D monthly prescription fills per person annually | * | 48.0 | [46.66 - 49.37] | 50.3 | [50.15 - 50.39] |
| # home health visits annually | | 3.8 | [3.20 - 4.33] | 4.1 | [4.02 - 4.14] |
| # durable medical equipment claims annually | | 2.1 | [1.88 - 2.36] | 1.9 | [1.88 - 1.91] |
| # inpatient hospital stays/1000 persons 65+ years annually | | 258.8 | [230.02 - 287.61] | 273.3 | [270.72 - 275.80] |
| % Medicare inpatient hospital readmissions (as % of admissions) | | 18.0% | [14.20% - 21.82%] | 17.2% | [16.89% - 17.47%] |
| # skilled nursing facility stays/1000 persons 65+ years annually | | 91.5 | [77.48 - 105.48] | 104.7 | [103.23 - 106.08] |
| % 65+ getting Medicaid long term services and supports | | 5.4% | [4.78% - 6.12%] | 5.5% | [5.48% - 5.60%] |
| % 65+ hospice users | | 2.7% | [2.22% - 3.23%] | 2.8% | [2.70% - 2.79%] |
| % 65+ hospice users as % of decedents | | 52.6% | [44.15% - 60.99%] | 45.5% | [44.85% - 46.14%] |
| Median hospice days per hospice user (65+, deceased) | * | 7.0 | [6.0 - 9.4] | 10.0 | [10.00 - 10.00] |
| Median hospice payment (Medicare + other) per hospice user | | \$3,295 | [\$2,528 - \$4,389] | \$3,741 | [\$3,650 - \$3,816] |
| COMMUNITY | | | | | |
| % 60+ who used Internet in last month | * | 68.9% | [63.45% - 74.31%] | 75.1% | [74.32% - 75.89%] |
| TRANSPORTATION | | | | | |
| % 65+ who own a motor vehicle | * | 94.2% | [90.77% - 97.61%] | 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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| HOUSING | | | | | |
| % 65+ population who live alone | | 30.3% | [23.78% - 36.84%] | 28.4% | [27.99% - 28.89%] |
| % 60+ own home | * | 85.1% | [81.02% - 89.21%] | 76.9% | [76.70% - 77.17%] |
| % 60+ homeowners who have mortgage | | 41.7% | [33.39% - 50.07%] | 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 | | 34.2% | [15.62% - 52.75%] | 44.0% | [42.55% - 45.42%] |
| % 65+ households (owner) spend >35% of income on housing | | 29.9% | [19.34% - 40.41%] | 29.5% | [28.89% - 30.15%] |
| % 65+ moved within same county in last year | | 2.2% | [0.31% - 4.14%] | 3.7% | [3.48% - 3.89%] |
| % 65+ moved from different county in last year | | 1.1% | [-0.38% - 2.51%] | 0.8% | [0.71% - 0.90%] |
| % 65+ moved from different state in last year | | 0.0% | [-1.20% - 1.20%] | 0.9% | [0.82% - 1.05%] |
| % of vacant homes in community | * | 4.7% | [2.40% - 6.99%] | 9.6% | [9.29% - 9.87%] |
| ECONOMIC | | | | | |
| % 60+ receiving food benefits in last year | * | 6.3% | [2.56% - 10.07%] | 10.9% | [10.53% - 11.21%] |
| % 65+ employed in last year | | 25.5% | [19.84% - 31.24%] | 24.8% | [24.48% - 25.15%] |
| % 65+ with income below the poverty line in last year | | 8.9% | [4.62% - 13.18%] | 7.0% | [6.79% - 7.30%] |
| % 65+ households with annual income < \$20,000 | | 19.2% | [11.63% - 26.68%] | 17.1% | [16.57% - 17.55%] |
| % 65+ households with annual income \$20,000-\$49,999 | | 38.8% | [29.72% - 47.82%] | 31.0% | [30.35% - 31.62%] |
| % 65+ households with annual income \$50,000-\$99,999 | | 26.5% | [19.60% - 33.39%] | 27.6% | [27.04% - 28.17%] |
| % 65+ households with annual income \$100,000+ | * | 15.6% | [10.21% - 20.94%] | 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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