

Stamford Area3 (Fairfield)



| 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 | | 52.4% | [-957.4% - 1062.3%] | 55.7% | [55.33% - 56.11%] |
| % 75-84 years | | 29.5% | [-650.5% - 709.61%] | 29.1% | [28.75% - 29.45%] |
| % 85 years or older | | 18.0% | [-421.4% - 457.41%] | 15.2% | [14.93% - 15.43%] |
| % 65+ population who are female | | 57.2% | [-519.9% - 634.42%] | 56.8% | [56.36% - 57.18%] |
| % 85+ population who are female | | 66.9% | [-1464% - 1597.6%] | 66.6% | [65.94% - 67.18%] |
| Race and ethnicity of the population 65+ | | | | | |
| % White | | 87.2% | [-1363% - 1537.1%] | 88.4% | [87.85% - 88.93%] |
| % African American | | 3.3% | [-50.90% - 57.41%] | 6.8% | [6.63% - 6.88%] |
| % Asian | | 5.2% | [-81.85% - 92.33%] | 2.3% | [2.20% - 2.35%] |
| % Hispanic/Latino | | 10.8% | [-169.1% - 190.68%] | 5.8% | [5.66% - 5.84%] |
| Marital status of the population 65+ | | | | | |
| % married | | 49.5% | [-774.4% - 873.43%] | 53.8% | [53.46% - 54.12%] |
| % divorced/separated | | 15.8% | [-247.6% - 279.25%] | 14.9% | [14.58% - 15.29%] |
| % widowed | | 26.7% | [-417.8% - 471.29%] | 24.2% | [23.77% - 24.57%] |
| % never married | | 7.9% | [-123.8% - 139.62%] | 7.1% | [6.85% - 7.36%] |
| Education of the population 65+ | | | | | |
| % with less than high school education | | 17.0% | [-266.0% - 300.05%] | 14.7% | [14.30% - 15.04%] |
| % with high school or some college | | 47.0% | [-734.7% - 828.70%] | 53.3% | [52.80% - 53.74%] |
| % with college degree | | 16.9% | [-263.5% - 297.18%] | 32.1% | [31.72% - 32.40%] |
| % with graduate or professional degree | | 19.1% | [-299.2% - 337.46%] | 16.8% | [16.58% - 17.09%] |
| % of 65+ population who speak only English at home | | 75.1% | [-1175% - 1325.4%] | 84.3% | [83.76% - 84.83%] |
| % of 65+ population who are veterans of military service | | 17.0% | [-265.9% - 299.89%] | 17.5% | [17.21% - 17.69%] |
| % of 60+ who are LGBT (County) | | 2.1% | [1.50% - 2.60%] | 2.5% | [2.17% - 2.74%] |
| Age-sex adjusted 1-year mortality rate | | 3.7% | [3.26% - 4.20%] | 4.1% | [4.08% - 4.18%] |
| WELLNESS | | | | | |
| % 60+ getting the recommended hours of sleep | | 66.3% | [59.37% - 73.19%] | 65.2% | [64.24% - 66.16%] |
| % 60+ doing any physical activity within last month | | 77.3% | [71.97% - 82.69%] | 75.0% | [74.20% - 75.79%] |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 32.6% | [26.37% - 38.88%] | 27.6% | [26.62% - 28.52%] |
| % 60+ met CDC guidelines for aerobic physical activity | | 54.4% | [47.49% - 61.32%] | 58.1% | [56.98% - 59.11%] |
| % 60+ with fair or poor health status | | 15.3% | [10.92% - 19.74%] | 17.6% | [16.90% - 18.31%] |
| % 60+ with 15+ physically unhealthy days in last month | | 10.8% | [6.76% - 14.85%] | 12.4% | [11.74% - 12.96%] |

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| FALLS | | | | | |
| % 60+ who fell within last year | | 20.0% | [14.40% - 25.55%] | 26.3% | [25.38% - 27.18%] |
| % 60+ who were injured in a fall within last year | | 8.2% | [4.38% - 12.01%] | 9.8% | [9.22% - 10.46%] |
| % 65+ had hip fracture | | 3.3% | [2.83% - 3.86%] | 3.7% | [3.63% - 3.75%] |
| PREVENTION | | | | | |
| % 60+ with physical exam/check-up in last year | | 85.0% | [80.92% - 89.17%] | 88.5% | [87.93% - 89.09%] |
| % 60+ flu shot in last year | | 60.1% | [54.03% - 66.22%] | 57.5% | [56.60% - 58.43%] |
| % 60+ with pneumonia vaccine | | 56.8% | [50.57% - 63.09%] | 63.9% | [62.97% - 64.79%] |
| % 60+ with shingles vaccine | | 33.1% | [26.03% - 40.13%] | 33.5% | [32.43% - 34.52%] |
| % 60+ women with a mammogram within last 2 years | | 85.3% | [79.77% - 90.76%] | 79.7% | [78.56% - 80.79%] |
| % 60+ with colorectal cancer screening | | 78.7% | [72.92% - 84.44%] | 78.2% | [77.29% - 79.05%] |
| % 60+ with HIV test | | 17.5% | [12.76% - 22.25%] | 16.1% | [15.40% - 16.83%] |
| % 60+ met CDC preventive health screening goals | | 44.2% | [35.55% - 52.78%] | 39.6% | [38.38% - 40.80%] |
| NUTRITION & DIET | | | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 17.2% | [12.31% - 21.99%] | 19.9% | [19.00% - 20.72%] |
| % 60+ stressed about buying food in last month | | 8.4% | [4.48% - 12.40%] | 8.6% | [7.95% - 9.17%] |
| % 60+ self-reported obese | | 25.0% | [19.16% - 30.79%] | 26.1% | [25.27% - 26.93%] |
| % 65+ clinically diagnosed obesity | B | 20.8% | [19.44% - 22.18%] | 22.5% | [22.35% - 22.66%] |
| % 65+ with high cholesterol | | 76.8% | [75.44% - 78.23%] | 77.0% | [76.85% - 77.15%] |
| % 60+ with cholesterol screening | | 96.6% | [94.06% - 99.17%] | 97.1% | [96.74% - 97.42%] |
| ORAL HEALTH | | | | | |
| % 60+ with dental insurance | W | 37.6% | [26.39% - 48.84%] | 59.2% | [57.60% - 60.76%] |
| % 60+ with annual dental exam | | 81.4% | [76.22% - 86.61%] | 80.0% | [79.13% - 80.76%] |
| % 60+ with loss of 6 or more teeth | | 23.4% | [17.18% - 29.68%] | 23.8% | [22.96% - 24.69%] |
| CHRONIC DISEASE | | | | | |
| % 65+ with Alzheimer's disease or related dementias | | 13.2% | [12.20% - 14.27%] | 14.4% | [14.26% - 14.49%] |
| % 65+ with anemia | | 51.2% | [49.58% - 52.78%] | 50.6% | [50.41% - 50.76%] |
| % 65+ with asthma | B | 11.4% | [10.40% - 12.37%] | 14.1% | [13.96% - 14.19%] |
| % 65+ with atrial fibrillation | | 15.1% | [13.99% - 16.16%] | 16.1% | [15.94% - 16.18%] |
| % 65+ with autism spectrum disorder | * | 0.04% | [0.02% - 0.06%] | 0.12% | [0.11% - 0.14%] |
| % 65+ with benign prostatic hyperplasia (men) | W | 47.1% | [44.62% - 49.58%] | 42.8% | [42.49% - 43.01%] |
| % 65+ with breast cancer (women) | | 11.3% | [10.04% - 12.61%] | 11.4% | [11.25% - 11.53%] |
| % 65+ with cataract | B | 61.7% | [60.09% - 63.27%] | 64.8% | [64.67% - 65.00%] |
| % 65+ with chronic kidney disease | B | 23.9% | [22.50% - 25.29%] | 29.9% | [29.70% - 30.03%] |
| % 65+ with chronic obstructive pulmonary disease | B | 17.2% | [16.07% - 18.40%] | 21.0% | [20.90% - 21.17%] |
| % 65+ with colon cancer | | 2.3% | [1.86% - 2.77%] | 2.7% | [2.65% - 2.75%] |
| % 65+ with congestive heart failure | B | 20.3% | [19.01% - 21.56%] | 22.6% | [22.43% - 22.72%] |
| % 65+ with diabetes | W | 36.3% | [34.65% - 37.88%] | 33.8% | [33.59% - 33.93%] |
| % 65+ with endometrial cancer (women) | B | 1.4% | [0.96% - 1.91%] | 2.0% | [1.97% - 2.10%] |

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| % 65+ with epilepsy | | 2.6% | [2.08% - 3.10%] | 2.9% | [2.82% - 2.95%] |
| % 65+ with fibromyalgia, chronic pain, and fatigue | W | 29.8% | [28.26% - 31.31%] | 26.6% | [26.42% - 26.73%] |
| % 65+ with glaucoma | W | 36.3% | [34.76% - 37.77%] | 28.3% | [28.11% - 28.41%] |
| % 65+ ever had a heart attack | | 3.9% | [3.32% - 4.45%] | 4.5% | [4.40% - 4.53%] |
| % 65+ with HIV/AIDS | | 0.19% | [0.14% - 0.25%] | 0.21% | [0.19% - 0.23%] |
| % 65+ with hypertension | | 74.7% | [73.22% - 76.12%] | 76.2% | [76.07% - 76.37%] |
| % 65+ with hypothyroidism | | 26.6% | [25.21% - 27.95%] | 25.1% | [24.99% - 25.28%] |
| % 65+ with ischemic heart disease | | 41.2% | [39.58% - 42.87%] | 40.7% | [40.55% - 40.90%] |
| % 65+ with leukemias and lymphomas | | 2.7% | [2.23% - 3.27%] | 2.7% | [2.60% - 2.71%] |
| % 65+ with liver disease | | 8.9% | [7.91% - 9.81%] | 9.5% | [9.37% - 9.59%] |
| % 65+ with lung cancer | | 1.8% | [1.40% - 2.20%] | 1.9% | [1.81% - 1.90%] |
| % 65+ with migraine and other chronic headache | W | 7.4% | [6.56% - 8.26%] | 5.2% | [5.13% - 5.29%] |
| % 65+ with osteoarthritis or rheumatoid arthritis | | 52.8% | [51.04% - 54.47%] | 54.2% | [53.97% - 54.34%] |
| % 65+ with osteoporosis | | 21.1% | [19.85% - 22.34%] | 20.2% | [20.11% - 20.37%] |
| % 65+ with peripheral vascular disease | B | 18.4% | [17.14% - 19.59%] | 19.9% | [19.72% - 19.99%] |
| % 65+ with pressure ulcer or chronic ulcer | | 9.2% | [8.35% - 10.15%] | 9.2% | [9.11% - 9.31%] |
| % 65+ with prostate cancer (men) | | 14.4% | [12.71% - 16.07%] | 13.1% | [12.93% - 13.28%] |
| % 65+ with stroke | | 12.9% | [11.89% - 13.90%] | 11.9% | [11.80% - 12.01%] |
| % 65+ with traumatic brain injury | | 1.3% | [0.94% - 1.68%] | 1.3% | [1.25% - 1.33%] |
| % 65+ with 4+ (out of 15) chronic conditions | B | 60.0% | [58.40% - 61.59%] | 61.8% | [61.61% - 61.95%] |
| % 65+ with 0 chronic conditions | B | 8.4% | [7.43% - 9.35%] | 7.2% | [7.10% - 7.29%] |
| BEHAVIORAL HEALTH | | | | | |
| % 65+ with opioid use disorder | B | 1.6% | [1.21% - 2.06%] | 2.2% | [2.10% - 2.21%] |
| % 65+ with substance use disorder | B | 4.4% | [3.75% - 5.15%] | 6.8% | [6.66% - 6.85%] |
| % 60+ who used marijuana in last month | | N/A | | 2.9% | [2.30% - 3.53%] |
| % 60+ excessive drinking | | 7.6% | [4.58% - 10.57%] | 9.2% | [8.64% - 9.71%] |
| % 65+ with tobacco use disorder | B | 7.7% | [6.80% - 8.64%] | 10.1% | [9.94% - 10.17%] |
| % 60+ current smokers | | 6.3% | [3.51% - 9.08%] | 7.7% | [7.20% - 8.17%] |
| % 60+ ever used E-Cigarettes in last month | | 6.0% | [3.26% - 8.71%] | 6.4% | [5.89% - 6.80%] |
| MENTAL HEALTH | | | | | |
| % 60+ who reported receiving adequate emotional support | | 78.2% | [75.03% - 81.46%] | 78.3% | [76.70% - 79.88%] |
| % 60+ with 15+ days poor mental health in last month | | 8.7% | [5.01% - 12.46%] | 6.9% | [6.41% - 7.37%] |
| % 65+ with depression | B | 26.1% | [24.69% - 27.44%] | 30.3% | [30.10% - 30.41%] |
| % 65+ with anxiety disorder | B | 20.6% | [19.24% - 21.91%] | 25.5% | [25.35% - 25.66%] |
| % 65+ with bipolar disorder | B | 3.1% | [2.47% - 3.66%] | 3.9% | [3.78% - 3.92%] |
| % 65+ with post-traumatic stress disorder | B | 0.4% | [0.18% - 0.63%] | 1.3% | [1.20% - 1.29%] |
| % 65+ with schizophrenia & other psychotic disorder | B | 3.0% | [2.48% - 3.56%] | 4.6% | [4.53% - 4.68%] |
| % 65+ with personality disorder | B | 1.9% | [1.47% - 2.41%] | 2.6% | [2.49% - 2.61%] |

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| LIVING WITH DISABILITY | | | | | |
| % 65+ with self-reported hearing difficulty | | 12.8% | [9.60% - 16.09%] | 12.4% | [12.08% - 12.71%] |
| % 65+ with clinical diagnosis of deafness or hearing impairment | W | 20.7% | [19.41% - 22.03%] | 15.7% | [15.60% - 15.85%] |
| % 65+ with self-reported vision difficulty | | 3.5% | [1.64% - 5.31%] | 4.8% | [4.55% - 5.04%] |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 1.0% | [0.69% - 1.34%] | 1.1% | [1.05% - 1.12%] |
| % 65+ with self-reported cognition difficulty | | 6.0% | [3.65% - 8.41%] | 7.6% | [7.34% - 7.87%] |
| % 65+ with self-reported ambulatory difficulty | | 19.4% | [15.17% - 23.66%] | 19.1% | [18.71% - 19.52%] |
| % 65+ with clinical diagnosis of mobility impairment | | 4.2% | [3.55% - 4.86%] | 4.0% | [3.95% - 4.09%] |
| % 65+ with self-reported self-care difficulty | | 8.7% | [5.87% - 11.59%] | 7.5% | [7.25% - 7.77%] |
| % 65+ with self-reported independent living difficulty | | 15.1% | [11.58% - 18.65%] | 13.6% | [13.23% - 13.93%] |
| CAREGIVING | | | | | |
| % of 60+ who provide care to a family/friend in last month | | 18.5% | [15.05% - 22.05%] | 21.7% | [19.87% - 23.57%] |
| % of grandparents raising grandchildren | | 0.6% | [-20.67% - 21.80%] | 0.8% | [0.73% - 0.86%] |
| % of grandparents who live with grandchildren | | 2.8% | [-103.1% - 108.68%] | 2.7% | [2.62% - 2.83%] |
| ACCESS TO CARE | | | | | |
| % 65+ dually eligible for Medicare and Medicaid | * | 16.1% | [15.19% - 17.00%] | 22.1% | [21.96% - 22.17%] |
| % 65+ Medicare managed care enrollees | * | 21.9% | [20.91% - 22.94%] | 29.9% | [29.76% - 29.99%] |
| % 60+ with a regular doctor | | 94.7% | [92.14% - 97.34%] | 96.0% | [95.68% - 96.39%] |
| % 60+ who did not see a doctor when needed due to cost | | 6.6% | [3.54% - 9.58%] | 4.5% | [4.14% - 4.92%] |
| SERVICE UTILIZATION | | | | | |
| # physician visits per year | * | 9.5 | [9.19 - 9.78] | 8.6 | [8.60 - 8.66] |
| # emergency room visits/1000 persons 65+ years annually | | 679.3 | [637.07 - 721.44] | 636.7 | [631.77 - 641.56] |
| # Part D monthly prescription fills per person annually | * | 43.5 | [42.48 - 44.56] | 50.3 | [50.15 - 50.39] |
| # home health visits annually | * | 3.4 | [2.94 - 3.86] | 4.1 | [4.02 - 4.14] |
| # durable medical equipment claims annually | * | 1.4 | [1.30 - 1.60] | 1.9 | [1.88 - 1.91] |
| # inpatient hospital stays/1000 persons 65+ years annually | | 263.8 | [240.67 - 286.96] | 273.3 | [270.72 - 275.80] |
| % Medicare inpatient hospital readmissions (as % of admissions) | | 16.9% | [14.09% - 19.61%] | 17.2% | [16.89% - 17.47%] |
| # skilled nursing facility stays/1000 persons 65+ years annually | * | 83.0 | [71.42 - 94.61] | 104.7 | [103.23 - 106.08] |
| % 65+ getting Medicaid long term services and supports | * | 2.9% | [2.45% - 3.27%] | 5.5% | [5.48% - 5.60%] |
| % 65+ hospice users | | 2.4% | [1.97% - 2.75%] | 2.8% | [2.70% - 2.79%] |
| % 65+ hospice users as % of decedents | | 39.7% | [32.74% - 46.72%] | 45.5% | [44.85% - 46.14%] |
| Median hospice days per hospice user (65+, deceased) | | 9.5 | [7.0 - 13.0] | 10.0 | [10.00 - 10.00] |
| Median hospice payment (Medicare + other) per hospice user | | \$3,511 | [\$3,071 - \$4,362] | \$3,741 | [\$3,650 - \$3,816] |
| COMMUNITY | | | | | |
| % 60+ who used Internet in last month | | 79.4% | [74.82% - 83.99%] | 75.1% | [74.32% - 75.89%] |
| TRANSPORTATION | | | | | |
| % 65+ who own a motor vehicle | * | 18.8% | [9.49% - 28.13%] | 87.3% | [87.15% - 87.49%] |
| % 60+ who always drive or ride wearing a seatbelt | | 91.6% | [88.30% - 94.91%] | 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 | | 28.5% | [-446.2% - 503.22%] | 28.4% | [27.99% - 28.89%] |
| % 60+ own home | | 77.5% | [75.19% - 79.86%] | 76.9% | [76.70% - 77.17%] |
| % 60+ homeowners who have mortgage | | 52.0% | [45.90% - 58.03%] | 47.1% | [46.58% - 47.64%] |
| % 60+ stressed about paying rent/mortgage in last month | | 14.0% | [9.30% - 18.75%] | 17.4% | [16.52% - 18.19%] |
| % 65+ households (renter) spend >35% of income on housing | | 52.0% | [35.21% - 68.76%] | 44.0% | [42.55% - 45.42%] |
| % 65+ households (owner) spend >35% of income on housing | * | 41.4% | [36.53% - 46.24%] | 29.5% | [28.89% - 30.15%] |
| % 65+ moved within same county in last year | | 4.7% | [-73.63% - 83.06%] | 3.7% | [3.48% - 3.89%] |
| % 65+ moved from different county in last year | | 0.2% | [-2.83% - 3.24%] | 0.8% | [0.71% - 0.90%] |
| % 65+ moved from different state in last year | | 2.1% | [-32.32% - 36.48%] | 0.9% | [0.82% - 1.05%] |
| % of vacant homes in community | * | 7.4% | [6.20% - 8.67%] | 9.6% | [9.29% - 9.87%] |
| ECONOMIC | | | | | |
| % 60+ receiving food benefits in last year | * | 6.0% | [2.62% - 9.30%] | 10.9% | [10.53% - 11.21%] |
| % 65+ employed in last year | | 27.9% | [-435.9% - 491.61%] | 24.8% | [24.48% - 25.15%] |
| % 65+ with income below the poverty line in last year | | 6.1% | [-94.80% - 106.93%] | 7.0% | [6.79% - 7.30%] |
| % 65+ households with annual income < \$20,000 | | 15.8% | [10.65% - 20.86%] | 17.1% | [16.57% - 17.55%] |
| % 65+ households with annual income \$20,000-\$49,999 | | 29.3% | [23.47% - 35.22%] | 31.0% | [30.35% - 31.62%] |
| % 65+ households with annual income \$50,000-\$99,999 | | 22.8% | [18.03% - 27.56%] | 27.6% | [27.04% - 28.17%] |
| % 65+ households with annual income \$100,000+ | * | 32.1% | [26.63% - 37.60%] | 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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