

Canterbury (Windham)



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		53.5%	[43.74% - 63.29%]	55.7%	[55.33% - 56.11%]
% 75-84 years		26.5%	[18.39% - 34.52%]	29.1%	[28.75% - 29.45%]
% 85 years or older		20.0%	[10.98% - 29.07%]	15.2%	[14.93% - 15.43%]
% 65+ population who are female		56.8%	[45.73% - 67.86%]	56.8%	[56.36% - 57.18%]
% 85+ population who are female		66.1%	[35.43% - 96.69%]	66.6%	[65.94% - 67.18%]
Race and ethnicity of the population 65+					
% White		94.8%	[85.59% - 103.98%]	88.4%	[87.85% - 88.93%]
% African American	*	0.0%	[-6.02% - 6.02%]	6.8%	[6.63% - 6.88%]
% Asian		1.6%	[-4.63% - 7.78%]	2.3%	[2.20% - 2.35%]
% Hispanic/Latino		0.0%	[-6.02% - 6.02%]	5.8%	[5.66% - 5.84%]
Marital status of the population 65+					
% married	*	66.0%	[60.80% - 71.24%]	53.8%	[53.46% - 54.12%]
% divorced/separated		13.5%	[1.41% - 25.53%]	14.9%	[14.58% - 15.29%]
% widowed		19.8%	[9.07% - 30.49%]	24.2%	[23.77% - 24.57%]
% never married	*	0.7%	[-4.36% - 5.81%]	7.1%	[6.85% - 7.36%]
Education of the population 65+					
% with less than high school education	*	25.7%	[16.40% - 35.06%]	14.7%	[14.30% - 15.04%]
% with high school or some college		61.2%	[51.45% - 70.88%]	53.3%	[52.80% - 53.74%]
% with college degree	*	13.1%	[7.19% - 19.03%]	32.1%	[31.72% - 32.40%]
% with graduate or professional degree	*	2.8%	[0.19% - 5.39%]	16.8%	[16.58% - 17.09%]
% of 65+ population who speak only English at home		98.2%	[82.36% - 114.00%]	84.3%	[83.76% - 84.83%]
% of 65+ population who are veterans of military service		17.7%	[10.66% - 24.78%]	17.5%	[17.21% - 17.69%]
% of 60+ who are LGBT (County)		3.9%	[2.02% - 5.73%]	2.5%	[2.17% - 2.74%]
Age-sex adjusted 1-year mortality rate		3.6%	[2.21% - 4.97%]	4.1%	[4.08% - 4.18%]
WELLNESS					
% 60+ getting the recommended hours of sleep		64.3%	[58.72% - 69.90%]	65.2%	[64.24% - 66.16%]
% 60+ doing any physical activity within last month		75.7%	[71.51% - 79.84%]	75.0%	[74.20% - 75.79%]
% 60+ met CDC guidelines for muscle-strengthening activity		27.4%	[22.84% - 31.91%]	27.6%	[26.62% - 28.52%]
% 60+ met CDC guidelines for aerobic physical activity		62.3%	[57.62% - 67.06%]	58.1%	[56.98% - 59.11%]
% 60+ with fair or poor health status		15.9%	[12.52% - 19.35%]	17.6%	[16.90% - 18.31%]
% 60+ with 15+ physically unhealthy days in last month		10.3%	[7.65% - 12.93%]	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		27.0%	[21.99% - 32.05%]	26.3%	[25.38% - 27.18%]
% 60+ who were injured in a fall within last year		6.8%	[4.19% - 9.38%]	9.8%	[9.22% - 10.46%]
% 65+ had hip fracture		3.3%	[1.87% - 4.79%]	3.7%	[3.63% - 3.75%]
PREVENTION					
% 60+ with physical exam/check-up in last year		86.6%	[83.16% - 90.01%]	88.5%	[87.93% - 89.09%]
% 60+ flu shot in last year		61.0%	[56.26% - 65.81%]	57.5%	[56.60% - 58.43%]
% 60+ with pneumonia vaccine		65.3%	[60.45% - 70.14%]	63.9%	[62.97% - 64.79%]
% 60+ with shingles vaccine		37.3%	[31.38% - 43.23%]	33.5%	[32.43% - 34.52%]
% 60+ women with a mammogram within last 2 years		79.8%	[73.02% - 86.62%]	79.7%	[78.56% - 80.79%]
% 60+ with colorectal cancer screening		78.9%	[73.82% - 84.05%]	78.2%	[77.29% - 79.05%]
% 60+ with HIV test		20.3%	[16.24% - 24.27%]	16.1%	[15.40% - 16.83%]
% 60+ met CDC preventive health screening goals		43.1%	[36.45% - 49.65%]	39.6%	[38.38% - 40.80%]
NUTRITION & DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	[18.07% - 26.38%]	19.9%	[19.00% - 20.72%]
% 60+ stressed about buying food in last month		7.7%	[4.53% - 10.84%]	8.6%	[7.95% - 9.17%]
% 60+ self-reported obese		25.0%	[20.73% - 29.34%]	26.1%	[25.27% - 26.93%]
% 65+ clinically diagnosed obesity	W	27.1%	[22.84% - 31.39%]	22.5%	[22.35% - 22.66%]
% 65+ with high cholesterol		77.4%	[73.51% - 81.22%]	77.0%	[76.85% - 77.15%]
% 60+ with cholesterol screening		98.3%	[97.35% - 99.29%]	97.1%	[96.74% - 97.42%]
ORAL HEALTH					
% 60+ with dental insurance	B	69.9%	[62.19% - 77.62%]	59.2%	[57.60% - 60.76%]
% 60+ with annual dental exam		79.4%	[74.92% - 83.80%]	80.0%	[79.13% - 80.76%]
% 60+ with loss of 6 or more teeth		21.2%	[16.77% - 25.72%]	23.8%	[22.96% - 24.69%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	10.5%	[7.79% - 13.14%]	14.4%	[14.26% - 14.49%]
% 65+ with anemia	B	45.3%	[40.97% - 49.70%]	50.6%	[50.41% - 50.76%]
% 65+ with asthma		14.7%	[11.66% - 17.76%]	14.1%	[13.96% - 14.19%]
% 65+ with atrial fibrillation		16.0%	[12.91% - 19.15%]	16.1%	[15.94% - 16.18%]
% 65+ with autism spectrum disorder	*	0.07%	[0.04% - 0.10%]	0.12%	[0.11% - 0.14%]
% 65+ with benign prostatic hyperplasia (men)		41.9%	[35.78% - 47.96%]	42.8%	[42.49% - 43.01%]
% 65+ with breast cancer (women)		11.6%	[7.57% - 15.65%]	11.4%	[11.25% - 11.53%]
% 65+ with cataract		61.7%	[57.32% - 66.08%]	64.8%	[64.67% - 65.00%]
% 65+ with chronic kidney disease		27.7%	[23.56% - 31.74%]	29.9%	[29.70% - 30.03%]
% 65+ with chronic obstructive pulmonary disease	W	27.6%	[23.73% - 31.39%]	21.0%	[20.90% - 21.17%]
% 65+ with colon cancer		2.4%	[1.96% - 2.92%]	2.7%	[2.65% - 2.75%]
% 65+ with congestive heart failure		20.4%	[16.73% - 24.02%]	22.6%	[22.43% - 22.72%]
% 65+ with diabetes		33.4%	[29.01% - 37.86%]	33.8%	[33.59% - 33.93%]
% 65+ with endometrial cancer (women)		2.2%	[1.59% - 2.85%]	2.0%	[1.97% - 2.10%]

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% 65+ with epilepsy		2.7%	[2.17% - 3.30%]	2.9%	[2.82% - 2.95%]
% 65+ with fibromyalgia, chronic pain, and fatigue		26.2%	[21.89% - 30.43%]	26.6%	[26.42% - 26.73%]
% 65+ with glaucoma	B	19.5%	[16.18% - 22.85%]	28.3%	[28.11% - 28.41%]
% 65+ ever had a heart attack		3.3%	[1.83% - 4.84%]	4.5%	[4.40% - 4.53%]
% 65+ with HIV/AIDS	*	0.11%	[0.08% - 0.15%]	0.21%	[0.19% - 0.23%]
% 65+ with hypertension		75.9%	[71.91% - 79.82%]	76.2%	[76.07% - 76.37%]
% 65+ with hypothyroidism		27.3%	[23.40% - 31.20%]	25.1%	[24.99% - 25.28%]
% 65+ with ischemic heart disease		37.9%	[33.37% - 42.47%]	40.7%	[40.55% - 40.90%]
% 65+ with leukemias and lymphomas		2.4%	[1.88% - 2.91%]	2.7%	[2.60% - 2.71%]
% 65+ with liver disease		12.7%	[9.46% - 15.98%]	9.5%	[9.37% - 9.59%]
% 65+ with lung cancer	B	1.4%	[1.04% - 1.80%]	1.9%	[1.81% - 1.90%]
% 65+ with migraine and other chronic headache		5.6%	[3.45% - 7.82%]	5.2%	[5.13% - 5.29%]
% 65+ with osteoarthritis or rheumatoid arthritis		52.7%	[47.84% - 57.52%]	54.2%	[53.97% - 54.34%]
% 65+ with osteoporosis		18.1%	[14.77% - 21.36%]	20.2%	[20.11% - 20.37%]
% 65+ with peripheral vascular disease		18.9%	[15.41% - 22.40%]	19.9%	[19.72% - 19.99%]
% 65+ with pressure ulcer or chronic ulcer		7.3%	[4.85% - 9.81%]	9.2%	[9.11% - 9.31%]
% 65+ with prostate cancer (men)		9.9%	[6.15% - 13.60%]	13.1%	[12.93% - 13.28%]
% 65+ with stroke		10.7%	[8.16% - 13.25%]	11.9%	[11.80% - 12.01%]
% 65+ with traumatic brain injury		1.0%	[0.64% - 1.31%]	1.3%	[1.25% - 1.33%]
% 65+ with 4+ (out of 15) chronic conditions		59.9%	[55.54% - 64.36%]	61.8%	[61.61% - 61.95%]
% 65+ with 0 chronic conditions	B	10.4%	[7.49% - 13.26%]	7.2%	[7.10% - 7.29%]
BEHAVIORAL HEALTH					
% 65+ with opioid use disorder		1.9%	[1.45% - 2.44%]	2.2%	[2.10% - 2.21%]
% 65+ with substance use disorder		4.8%	[2.82% - 6.75%]	6.8%	[6.66% - 6.85%]
% 60+ who used marijuana in last month		N/A		2.9%	[2.30% - 3.53%]
% 60+ excessive drinking		7.5%	[4.90% - 10.11%]	9.2%	[8.64% - 9.71%]
% 65+ with tobacco use disorder		11.2%	[8.26% - 14.17%]	10.1%	[9.94% - 10.17%]
% 60+ current smokers	W	11.9%	[8.50% - 15.34%]	7.7%	[7.20% - 8.17%]
% 60+ ever used E-Cigarettes in last month		7.3%	[4.55% - 10.14%]	6.4%	[5.89% - 6.80%]
MENTAL HEALTH					
% 60+ who reported receiving adequate emotional support		74.6%	[66.52% - 82.73%]	78.3%	[76.70% - 79.88%]
% 60+ with 15+ days poor mental health in last month		5.6%	[3.60% - 7.64%]	6.9%	[6.41% - 7.37%]
% 65+ with depression		27.0%	[23.15% - 30.88%]	30.3%	[30.10% - 30.41%]
% 65+ with anxiety disorder		29.9%	[25.49% - 34.37%]	25.5%	[25.35% - 25.66%]
% 65+ with bipolar disorder		3.8%	[3.12% - 4.50%]	3.9%	[3.78% - 3.92%]
% 65+ with post-traumatic stress disorder		1.6%	[1.12% - 2.06%]	1.3%	[1.20% - 1.29%]
% 65+ with schizophrenia & other psychotic disorder	B	3.5%	[2.87% - 4.05%]	4.6%	[4.53% - 4.68%]
% 65+ with personality disorder		2.5%	[2.00% - 3.06%]	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		18.9%	[9.46% - 28.40%]	12.4%	[12.08% - 12.71%]
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.2%	[8.43% - 14.01%]	15.7%	[15.60% - 15.85%]
% 65+ with self-reported vision difficulty		6.4%	[0.93% - 11.93%]	4.8%	[4.55% - 5.04%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[0.57% - 1.16%]	1.1%	[1.05% - 1.12%]
% 65+ with self-reported cognition difficulty		8.6%	[2.99% - 14.25%]	7.6%	[7.34% - 7.87%]
% 65+ with self-reported ambulatory difficulty		25.1%	[15.31% - 34.93%]	19.1%	[18.71% - 19.52%]
% 65+ with clinical diagnosis of mobility impairment		4.6%	[2.61% - 6.59%]	4.0%	[3.95% - 4.09%]
% 65+ with self-reported self-care difficulty		12.7%	[3.41% - 22.08%]	7.5%	[7.25% - 7.77%]
% 65+ with self-reported independent living difficulty		22.9%	[13.78% - 32.09%]	13.6%	[13.23% - 13.93%]
CAREGIVING					
% of 60+ who provide care to a family/friend in last month		27.4%	[17.40% - 37.45%]	21.7%	[19.87% - 23.57%]
% of grandparents raising grandchildren		0.6%	[-0.08% - 1.28%]	0.8%	[0.73% - 0.86%]
% of grandparents who live with grandchildren		4.2%	[1.16% - 7.15%]	2.7%	[2.62% - 2.83%]
ACCESS TO CARE					
% 65+ dually eligible for Medicare and Medicaid		19.5%	[16.96% - 22.08%]	22.1%	[21.96% - 22.17%]
% 65+ Medicare managed care enrollees		31.0%	[28.03% - 34.01%]	29.9%	[29.76% - 29.99%]
% 60+ with a regular doctor		96.7%	[95.21% - 98.28%]	96.0%	[95.68% - 96.39%]
% 60+ who did not see a doctor when needed due to cost		3.4%	[1.55% - 5.26%]	4.5%	[4.14% - 4.92%]
SERVICE UTILIZATION					
# physician visits per year	*	7.5	[6.92 - 8.08]	8.6	[8.60 - 8.66]
# emergency room visits/1000 persons 65+ years annually		602.4	[508.05 - 696.70]	636.7	[631.77 - 641.56]
# Part D monthly prescription fills per person annually		49.3	[46.28 - 52.40]	50.3	[50.15 - 50.39]
# home health visits annually	*	2.3	[1.26 - 3.42]	4.1	[4.02 - 4.14]
# durable medical equipment claims annually		2.1	[1.66 - 2.59]	1.9	[1.88 - 1.91]
# inpatient hospital stays/1000 persons 65+ years annually	*	216.9	[168.56 - 265.32]	273.3	[270.72 - 275.80]
% Medicare inpatient hospital readmissions (as % of admissions)	*	10.7%	[5.17% - 16.25%]	17.2%	[16.89% - 17.47%]
# skilled nursing facility stays/1000 persons 65+ years annually	*	63.7	[35.97 - 91.46]	104.7	[103.23 - 106.08]
% 65+ getting Medicaid long term services and supports	*	2.9%	[1.84% - 4.02%]	5.5%	[5.48% - 5.60%]
% 65+ hospice users		2.0%	[1.07% - 2.97%]	2.8%	[2.70% - 2.79%]
% 65+ hospice users as % of decedents	*	23.9%	[12.68% - 35.08%]	45.5%	[44.85% - 46.14%]
Median hospice days per hospice user (65+, deceased)		15.0	[6.9 - 28.1]	10.0	[10.00 - 10.00]
Median hospice payment (Medicare + other) per hospice user		\$4,030	[\$2,176 - \$6,504]	\$3,741	[\$3,650 - \$3,816]
COMMUNITY					
% 60+ who used Internet in last month		78.3%	[74.37% - 82.29%]	75.1%	[74.32% - 75.89%]
TRANSPORTATION					
% 65+ who own a motor vehicle	*	98.8%	[94.03% - 103.47%]	87.3%	[87.15% - 87.49%]
% 60+ who always drive or ride wearing a seatbelt		94.3%	[91.85% - 96.71%]	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	*	9.5%	[3.85% - 15.08%]	28.4%	[27.99% - 28.89%]
% 60+ own home	*	91.3%	[86.13% - 96.48%]	76.9%	[76.70% - 77.17%]
% 60+ homeowners who have mortgage		39.8%	[31.01% - 48.67%]	47.1%	[46.58% - 47.64%]
% 60+ stressed about paying rent/mortgage in last month	B	10.8%	[7.27% - 14.40%]	17.4%	[16.52% - 18.19%]
% 65+ households (renter) spend >35% of income on housing		25.0%	[-14.39% - 64.39%]	44.0%	[42.55% - 45.42%]
% 65+ households (owner) spend >35% of income on housing		19.1%	[8.40% - 29.80%]	29.5%	[28.89% - 30.15%]
% 65+ moved within same county in last year		0.0%	[-4.26% - 4.26%]	3.7%	[3.48% - 3.89%]
% 65+ moved from different county in last year		0.0%	[-4.26% - 4.26%]	0.8%	[0.71% - 0.90%]
% 65+ moved from different state in last year		2.1%	[-3.04% - 7.17%]	0.9%	[0.82% - 1.05%]
% of vacant homes in community		9.5%	[4.02% - 14.98%]	9.6%	[9.29% - 9.87%]
ECONOMIC					
% 60+ receiving food benefits in last year		17.4%	[5.42% - 29.33%]	10.9%	[10.53% - 11.21%]
% 65+ employed in last year		22.9%	[14.66% - 31.21%]	24.8%	[24.48% - 25.15%]
% 65+ with income below the poverty line in last year		3.9%	[0.85% - 6.92%]	7.0%	[6.79% - 7.30%]
% 65+ households with annual income < \$20,000		11.5%	[4.03% - 18.91%]	17.1%	[16.57% - 17.55%]
% 65+ households with annual income \$20,000-\$49,999		24.9%	[11.05% - 38.82%]	31.0%	[30.35% - 31.62%]
% 65+ households with annual income \$50,000-\$99,999		39.7%	[24.16% - 55.14%]	27.6%	[27.04% - 28.17%]
% 65+ households with annual income \$100,000+		23.9%	[10.11% - 37.77%]	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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