

## Colchester (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		62.8%	[ 54.99% - 70.68% ]	55.7%	[ 55.33% - 56.11% ]
% 75-84 years		25.9%	[ 20.06% - 31.75% ]	29.1%	[ 28.75% - 29.45% ]
% 85 years or older		11.3%	[ 7.26% - 15.26% ]	15.2%	[ 14.93% - 15.43% ]
% 65+ population who are female	*	48.7%	[ 42.83% - 54.58% ]	56.8%	[ 56.36% - 57.18% ]
% 85+ population who are female		74.1%	[ 53.99% - 94.16% ]	66.6%	[ 65.94% - 67.18% ]
Race and ethnicity of the population 65+					
% White	*	96.2%	[ 90.98% - 101.33% ]	88.4%	[ 87.85% - 88.93% ]
% African American		3.3%	[ -0.92% - 7.50% ]	6.8%	[ 6.63% - 6.88% ]
% Asian		0.0%	[ -2.57% - 2.57% ]	2.3%	[ 2.20% - 2.35% ]
% Hispanic/Latino	*	0.8%	[ -1.60% - 3.17% ]	5.8%	[ 5.66% - 5.84% ]
Marital status of the population 65+					
% married	*	59.6%	[ 54.66% - 64.62% ]	53.8%	[ 53.46% - 54.12% ]
% divorced/separated		20.7%	[ 13.22% - 28.20% ]	14.9%	[ 14.58% - 15.29% ]
% widowed	*	16.1%	[ 11.21% - 21.04% ]	24.2%	[ 23.77% - 24.57% ]
% never married	*	3.5%	[ 0.67% - 6.38% ]	7.1%	[ 6.85% - 7.36% ]
Education of the population 65+					
% with less than high school education		11.8%	[ 6.96% - 16.68% ]	14.7%	[ 14.30% - 15.04% ]
% with high school or some college	*	60.1%	[ 54.15% - 65.97% ]	53.3%	[ 52.80% - 53.74% ]
% with college degree		28.1%	[ 21.94% - 34.32% ]	32.1%	[ 31.72% - 32.40% ]
% with graduate or professional degree		15.0%	[ 10.20% - 19.82% ]	16.8%	[ 16.58% - 17.09% ]
% of 65+ population who speak only English at home		93.0%	[ 82.35% - 103.65% ]	84.3%	[ 83.76% - 84.83% ]
% of 65+ population who are veterans of military service	*	25.5%	[ 19.74% - 31.23% ]	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%	[ 3.63% - 5.41% ]	4.1%	[ 4.08% - 4.18% ]
<b>WELLNESS</b>					
% 60+ getting the recommended hours of sleep		63.1%	[ 56.95% - 69.23% ]	65.2%	[ 64.24% - 66.16% ]
% 60+ doing any physical activity within last month		75.6%	[ 70.71% - 80.54% ]	75.0%	[ 74.20% - 75.79% ]
% 60+ met CDC guidelines for muscle-strengthening activity		31.4%	[ 25.54% - 37.27% ]	27.6%	[ 26.62% - 28.52% ]
% 60+ met CDC guidelines for aerobic physical activity		59.8%	[ 53.79% - 65.79% ]	58.1%	[ 56.98% - 59.11% ]
% 60+ with fair or poor health status	B	12.2%	[ 8.80% - 15.64% ]	17.6%	[ 16.90% - 18.31% ]
% 60+ with 15+ physically unhealthy days in last month		10.9%	[ 7.59% - 14.11% ]	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		27.9%	[ 22.10% - 33.62% ]	26.3%	[ 25.38% - 27.18% ]
% 60+ who were injured in a fall within last year		6.4%	[ 3.22% - 9.51% ]	9.8%	[ 9.22% - 10.46% ]
% 65+ had hip fracture		3.3%	[ 2.45% - 4.11% ]	3.7%	[ 3.63% - 3.75% ]
<b>PREVENTION</b>					
% 60+ with physical exam/check-up in last year	W	83.3%	[ 79.06% - 87.50% ]	88.5%	[ 87.93% - 89.09% ]
% 60+ flu shot in last year		59.4%	[ 53.64% - 65.08% ]	57.5%	[ 56.60% - 58.43% ]
% 60+ with pneumonia vaccine		64.0%	[ 58.41% - 69.64% ]	63.9%	[ 62.97% - 64.79% ]
% 60+ with shingles vaccine	B	41.5%	[ 34.69% - 48.36% ]	33.5%	[ 32.43% - 34.52% ]
% 60+ women with a mammogram within last 2 years		81.7%	[ 74.52% - 88.97% ]	79.7%	[ 78.56% - 80.79% ]
% 60+ with colorectal cancer screening	B	83.8%	[ 79.07% - 88.46% ]	78.2%	[ 77.29% - 79.05% ]
% 60+ with HIV test		17.9%	[ 12.94% - 22.89% ]	16.1%	[ 15.40% - 16.83% ]
% 60+ met CDC preventive health screening goals		41.7%	[ 33.59% - 49.81% ]	39.6%	[ 38.38% - 40.80% ]
<b>NUTRITION &amp; DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		24.3%	[ 18.89% - 29.80% ]	19.9%	[ 19.00% - 20.72% ]
% 60+ stressed about buying food in last month		5.8%	[ 2.77% - 8.90% ]	8.6%	[ 7.95% - 9.17% ]
% 60+ self-reported obese		22.2%	[ 17.74% - 26.63% ]	26.1%	[ 25.27% - 26.93% ]
% 65+ clinically diagnosed obesity	W	26.7%	[ 24.30% - 29.19% ]	22.5%	[ 22.35% - 22.66% ]
% 65+ with high cholesterol		76.0%	[ 73.72% - 78.31% ]	77.0%	[ 76.85% - 77.15% ]
% 60+ with cholesterol screening		96.9%	[ 94.88% - 98.83% ]	97.1%	[ 96.74% - 97.42% ]
<b>ORAL HEALTH</b>					
% 60+ with dental insurance		59.7%	[ 49.73% - 69.57% ]	59.2%	[ 57.60% - 60.76% ]
% 60+ with annual dental exam		83.4%	[ 78.87% - 87.88% ]	80.0%	[ 79.13% - 80.76% ]
% 60+ with loss of 6 or more teeth		20.0%	[ 14.47% - 25.44% ]	23.8%	[ 22.96% - 24.69% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		14.3%	[ 12.49% - 16.03% ]	14.4%	[ 14.26% - 14.49% ]
% 65+ with anemia	B	46.2%	[ 43.64% - 48.79% ]	50.6%	[ 50.41% - 50.76% ]
% 65+ with asthma		15.3%	[ 13.43% - 17.07% ]	14.1%	[ 13.96% - 14.19% ]
% 65+ with atrial fibrillation		16.1%	[ 14.30% - 17.93% ]	16.1%	[ 15.94% - 16.18% ]
% 65+ with autism spectrum disorder		0.10%	[ 0.05% - 0.15% ]	0.12%	[ 0.11% - 0.14% ]
% 65+ with benign prostatic hyperplasia (men)		40.4%	[ 36.56% - 44.20% ]	42.8%	[ 42.49% - 43.01% ]
% 65+ with breast cancer (women)		11.8%	[ 9.62% - 14.06% ]	11.4%	[ 11.25% - 11.53% ]
% 65+ with cataract		62.9%	[ 60.28% - 65.46% ]	64.8%	[ 64.67% - 65.00% ]
% 65+ with chronic kidney disease		27.8%	[ 25.43% - 30.20% ]	29.9%	[ 29.70% - 30.03% ]
% 65+ with chronic obstructive pulmonary disease	W	23.6%	[ 21.45% - 25.72% ]	21.0%	[ 20.90% - 21.17% ]
% 65+ with colon cancer		2.4%	[ 1.63% - 3.09% ]	2.7%	[ 2.65% - 2.75% ]
% 65+ with congestive heart failure		21.9%	[ 19.68% - 24.02% ]	22.6%	[ 22.43% - 22.72% ]
% 65+ with diabetes		33.8%	[ 31.24% - 36.43% ]	33.8%	[ 33.59% - 33.93% ]
% 65+ with endometrial cancer (women)		2.2%	[ 1.21% - 3.26% ]	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	W	4.3%	[ 3.16% - 5.53% ]	2.9%	[ 2.82% - 2.95% ]
% 65+ with fibromyalgia, chronic pain, and fatigue		25.9%	[ 23.55% - 28.31% ]	26.6%	[ 26.42% - 26.73% ]
% 65+ with glaucoma		28.2%	[ 25.88% - 30.48% ]	28.3%	[ 28.11% - 28.41% ]
% 65+ ever had a heart attack		4.8%	[ 3.80% - 5.87% ]	4.5%	[ 4.40% - 4.53% ]
% 65+ with HIV/AIDS	*	0.13%	[ 0.08% - 0.18% ]	0.21%	[ 0.19% - 0.23% ]
% 65+ with hypertension		76.0%	[ 73.68% - 78.29% ]	76.2%	[ 76.07% - 76.37% ]
% 65+ with hypothyroidism		24.3%	[ 22.11% - 26.46% ]	25.1%	[ 24.99% - 25.28% ]
% 65+ with ischemic heart disease		38.7%	[ 36.08% - 41.34% ]	40.7%	[ 40.55% - 40.90% ]
% 65+ with leukemias and lymphomas		2.2%	[ 1.46% - 2.98% ]	2.7%	[ 2.60% - 2.71% ]
% 65+ with liver disease		9.2%	[ 7.66% - 10.77% ]	9.5%	[ 9.37% - 9.59% ]
% 65+ with lung cancer		1.7%	[ 1.05% - 2.41% ]	1.9%	[ 1.81% - 1.90% ]
% 65+ with migraine and other chronic headache	B	4.1%	[ 3.01% - 5.10% ]	5.2%	[ 5.13% - 5.29% ]
% 65+ with osteoarthritis or rheumatoid arthritis		54.5%	[ 51.71% - 57.28% ]	54.2%	[ 53.97% - 54.34% ]
% 65+ with osteoporosis	B	17.9%	[ 16.06% - 19.81% ]	20.2%	[ 20.11% - 20.37% ]
% 65+ with peripheral vascular disease		20.0%	[ 17.96% - 22.12% ]	19.9%	[ 19.72% - 19.99% ]
% 65+ with pressure ulcer or chronic ulcer		8.8%	[ 7.38% - 10.29% ]	9.2%	[ 9.11% - 9.31% ]
% 65+ with prostate cancer (men)		11.0%	[ 8.67% - 13.39% ]	13.1%	[ 12.93% - 13.28% ]
% 65+ with stroke		11.4%	[ 9.82% - 12.90% ]	11.9%	[ 11.80% - 12.01% ]
% 65+ with traumatic brain injury		1.3%	[ 0.61% - 1.94% ]	1.3%	[ 1.25% - 1.33% ]
% 65+ with 4+ (out of 15) chronic conditions		61.5%	[ 58.91% - 64.09% ]	61.8%	[ 61.61% - 61.95% ]
% 65+ with 0 chronic conditions		6.9%	[ 5.42% - 8.30% ]	7.2%	[ 7.10% - 7.29% ]
<b>BEHAVIORAL HEALTH</b>					
% 65+ with opioid use disorder		2.4%	[ 1.53% - 3.20% ]	2.2%	[ 2.10% - 2.21% ]
% 65+ with substance use disorder		6.2%	[ 4.89% - 7.58% ]	6.8%	[ 6.66% - 6.85% ]
% 60+ who used marijuana in last month		N/A		2.9%	[ 2.30% - 3.53% ]
% 60+ excessive drinking		9.6%	[ 6.52% - 12.71% ]	9.2%	[ 8.64% - 9.71% ]
% 65+ with tobacco use disorder	W	12.4%	[ 10.56% - 14.21% ]	10.1%	[ 9.94% - 10.17% ]
% 60+ current smokers		6.1%	[ 3.43% - 8.68% ]	7.7%	[ 7.20% - 8.17% ]
% 60+ ever used E-Cigarettes in last month		5.9%	[ 2.97% - 8.75% ]	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		5.7%	[ 3.15% - 8.35% ]	6.9%	[ 6.41% - 7.37% ]
% 65+ with depression	W	34.3%	[ 31.87% - 36.73% ]	30.3%	[ 30.10% - 30.41% ]
% 65+ with anxiety disorder	W	28.5%	[ 26.01% - 30.92% ]	25.5%	[ 25.35% - 25.66% ]
% 65+ with bipolar disorder	W	5.2%	[ 3.98% - 6.43% ]	3.9%	[ 3.78% - 3.92% ]
% 65+ with post-traumatic stress disorder		1.3%	[ 0.66% - 2.03% ]	1.3%	[ 1.20% - 1.29% ]
% 65+ with schizophrenia & other psychotic disorder		5.4%	[ 4.22% - 6.65% ]	4.6%	[ 4.53% - 4.68% ]
% 65+ with personality disorder		2.3%	[ 1.46% - 3.22% ]	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%	[ 7.50% - 17.25% ]	12.4%	[ 12.08% - 12.71% ]
% 65+ with clinical diagnosis of deafness or hearing impairment		14.9%	[ 13.07% - 16.80% ]	15.7%	[ 15.60% - 15.85% ]
% 65+ with self-reported vision difficulty		2.0%	[ -0.81% - 4.72% ]	4.8%	[ 4.55% - 5.04% ]
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	[ 0.47% - 0.91% ]	1.1%	[ 1.05% - 1.12% ]
% 65+ with self-reported cognition difficulty		4.5%	[ 1.56% - 7.46% ]	7.6%	[ 7.34% - 7.87% ]
% 65+ with self-reported ambulatory difficulty	*	11.8%	[ 6.68% - 16.97% ]	19.1%	[ 18.71% - 19.52% ]
% 65+ with clinical diagnosis of mobility impairment		4.2%	[ 3.10% - 5.20% ]	4.0%	[ 3.95% - 4.09% ]
% 65+ with self-reported self-care difficulty	*	1.2%	[ -0.84% - 3.15% ]	7.5%	[ 7.25% - 7.77% ]
% 65+ with self-reported independent living difficulty	*	3.8%	[ 1.24% - 6.38% ]	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		0.6%	[ -0.25% - 1.46% ]	0.8%	[ 0.73% - 0.86% ]
% of grandparents who live with grandchildren		3.5%	[ 1.19% - 5.89% ]	2.7%	[ 2.62% - 2.83% ]
<b>ACCESS TO CARE</b>					
% 65+ dually eligible for Medicare and Medicaid		20.5%	[ 18.94% - 22.05% ]	22.1%	[ 21.96% - 22.17% ]
% 65+ Medicare managed care enrollees		28.8%	[ 27.03% - 30.52% ]	29.9%	[ 29.76% - 29.99% ]
% 60+ with a regular doctor		97.7%	[ 96.24% - 99.12% ]	96.0%	[ 95.68% - 96.39% ]
% 60+ who did not see a doctor when needed due to cost		4.0%	[ 1.98% - 6.03% ]	4.5%	[ 4.14% - 4.92% ]
<b>SERVICE UTILIZATION</b>					
# physician visits per year	*	8.2	[ 7.78 - 8.55 ]	8.6	[ 8.60 - 8.66 ]
# emergency room visits/1000 persons 65+ years annually		693.1	[ 622.38 - 763.83 ]	636.7	[ 631.77 - 641.56 ]
# Part D monthly prescription fills per person annually	*	54.5	[ 52.54 - 56.49 ]	50.3	[ 50.15 - 50.39 ]
# home health visits annually		3.4	[ 2.46 - 4.37 ]	4.1	[ 4.02 - 4.14 ]
# durable medical equipment claims annually	*	2.5	[ 2.14 - 2.85 ]	1.9	[ 1.88 - 1.91 ]
# inpatient hospital stays/1000 persons 65+ years annually		237.3	[ 202.49 - 272.12 ]	273.3	[ 270.72 - 275.80 ]
% Medicare inpatient hospital readmissions (as % of admissions)		17.1%	[ 11.92% - 22.30% ]	17.2%	[ 16.89% - 17.47% ]
# skilled nursing facility stays/1000 persons 65+ years annually		86.6	[ 68.64 - 104.50 ]	104.7	[ 103.23 - 106.08 ]
% 65+ getting Medicaid long term services and supports	*	6.7%	[ 5.74% - 7.66% ]	5.5%	[ 5.48% - 5.60% ]
% 65+ hospice users	*	3.6%	[ 2.80% - 4.30% ]	2.8%	[ 2.70% - 2.79% ]
% 65+ hospice users as % of decedents		56.3%	[ 44.73% - 67.87% ]	45.5%	[ 44.85% - 46.14% ]
Median hospice days per hospice user (65+, deceased)		15.0	[ 9.1 - 24.9 ]	10.0	[ 10.00 - 10.00 ]
Median hospice payment (Medicare + other) per hospice user	*	\$4,840	[ \$3,865 - \$6,663 ]	\$3,741	[ \$3,650 - \$3,816 ]
<b>COMMUNITY</b>					
% 60+ who used Internet in last month		78.9%	[ 74.44% - 83.38% ]	75.1%	[ 74.32% - 75.89% ]
<b>TRANSPORTATION</b>					
% 65+ who own a motor vehicle	*	95.7%	[ 89.43% - 102.06% ]	87.3%	[ 87.15% - 87.49% ]
% 60+ who always drive or ride wearing a seatbelt		90.6%	[ 86.37% - 94.74% ]	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		28.9%	[ 24.05% - 33.70% ]	28.4%	[ 27.99% - 28.89% ]
% 60+ own home		82.3%	[ 76.78% - 87.91% ]	76.9%	[ 76.70% - 77.17% ]
% 60+ homeowners who have mortgage		51.1%	[ 40.99% - 61.15% ]	47.1%	[ 46.58% - 47.64% ]
% 60+ stressed about paying rent/mortgage in last month	B	12.3%	[ 8.27% - 16.25% ]	17.4%	[ 16.52% - 18.19% ]
% 65+ households (renter) spend >35% of income on housing		46.4%	[ 23.11% - 69.61% ]	44.0%	[ 42.55% - 45.42% ]
% 65+ households (owner) spend >35% of income on housing		27.1%	[ 16.90% - 37.26% ]	29.5%	[ 28.89% - 30.15% ]
% 65+ moved within same county in last year		3.8%	[ 1.36% - 6.24% ]	3.7%	[ 3.48% - 3.89% ]
% 65+ moved from different county in last year		2.0%	[ 0.20% - 3.87% ]	0.8%	[ 0.71% - 0.90% ]
% 65+ moved from different state in last year		0.0%	[ -1.82% - 1.82% ]	0.9%	[ 0.82% - 1.05% ]
% of vacant homes in community		7.6%	[ 4.94% - 10.25% ]	9.6%	[ 9.29% - 9.87% ]
<b>ECONOMIC</b>					
% 60+ receiving food benefits in last year	*	3.4%	[ 0.33% - 6.49% ]	10.9%	[ 10.53% - 11.21% ]
% 65+ employed in last year		30.4%	[ 22.94% - 37.95% ]	24.8%	[ 24.48% - 25.15% ]
% 65+ with income below the poverty line in last year		4.6%	[ 1.45% - 7.73% ]	7.0%	[ 6.79% - 7.30% ]
% 65+ households with annual income < \$20,000	*	9.4%	[ 3.80% - 15.05% ]	17.1%	[ 16.57% - 17.55% ]
% 65+ households with annual income \$20,000-\$49,999		32.1%	[ 22.00% - 42.22% ]	31.0%	[ 30.35% - 31.62% ]
% 65+ households with annual income \$50,000-\$99,999	*	36.6%	[ 28.96% - 44.27% ]	27.6%	[ 27.04% - 28.17% ]
% 65+ households with annual income \$100,000+		21.9%	[ 12.89% - 30.81% ]	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)