

## Colebrook (Litchfield)



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	*	76.7%	[ 64.48% - 88.85% ]	55.7%	[ 55.33% - 56.11% ]
% 75-84 years	*	17.3%	[ 7.80% - 26.87% ]	29.1%	[ 28.75% - 29.45% ]
% 85 years or older	*	6.0%	[ 0.50% - 11.50% ]	15.2%	[ 14.93% - 15.43% ]
% 65+ population who are female		44.7%	[ 30.40% - 58.94% ]	56.8%	[ 56.36% - 57.18% ]
% 85+ population who are female		66.7%	[ 19.14% - 114.20% ]	66.6%	[ 65.94% - 67.18% ]
Race and ethnicity of the population 65+					
% White	*	100.0%	[ 95.23% - 104.77% ]	88.4%	[ 87.85% - 88.93% ]
% African American		0.0%	[ -23.35% - 23.35% ]	6.8%	[ 6.63% - 6.88% ]
% Asian		0.0%	[ -23.35% - 23.35% ]	2.3%	[ 2.20% - 2.35% ]
% Hispanic/Latino		0.0%	[ -23.35% - 23.35% ]	5.8%	[ 5.66% - 5.84% ]
Marital status of the population 65+					
% married		52.7%	[ 26.81% - 78.53% ]	53.8%	[ 53.46% - 54.12% ]
% divorced/separated		22.7%	[ -8.45% - 53.79% ]	14.9%	[ 14.58% - 15.29% ]
% widowed		20.0%	[ 3.32% - 36.68% ]	24.2%	[ 23.77% - 24.57% ]
% never married		4.7%	[ -12.98% - 22.31% ]	7.1%	[ 6.85% - 7.36% ]
Education of the population 65+					
% with less than high school education		6.7%	[ -8.15% - 21.48% ]	14.7%	[ 14.30% - 15.04% ]
% with high school or some college		56.7%	[ 45.31% - 68.02% ]	53.3%	[ 52.80% - 53.74% ]
% with college degree		36.7%	[ 23.51% - 49.82% ]	32.1%	[ 31.72% - 32.40% ]
% with graduate or professional degree		20.7%	[ 11.51% - 29.82% ]	16.8%	[ 16.58% - 17.09% ]
% of 65+ population who speak only English at home		97.3%	[ 83.59% - 111.08% ]	84.3%	[ 83.76% - 84.83% ]
% of 65+ population who are veterans of military service		28.7%	[ 11.13% - 46.20% ]	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		4.3%	[ 3.40% - 5.15% ]	4.1%	[ 4.08% - 4.18% ]
<b>WELLNESS</b>					
% 60+ getting the recommended hours of sleep		67.4%	[ 62.20% - 72.67% ]	65.2%	[ 64.24% - 66.16% ]
% 60+ doing any physical activity within last month		70.0%	[ 64.99% - 74.96% ]	75.0%	[ 74.20% - 75.79% ]
% 60+ met CDC guidelines for muscle-strengthening activity		29.7%	[ 24.14% - 35.22% ]	27.6%	[ 26.62% - 28.52% ]
% 60+ met CDC guidelines for aerobic physical activity		59.0%	[ 53.15% - 64.85% ]	58.1%	[ 56.98% - 59.11% ]
% 60+ with fair or poor health status		15.5%	[ 11.77% - 19.30% ]	17.6%	[ 16.90% - 18.31% ]
% 60+ with 15+ physically unhealthy days in last month		13.7%	[ 10.18% - 17.15% ]	12.4%	[ 11.74% - 12.96% ]

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<b>FALLS</b>					
% 60+ who fell within last year		27.6%	[ 22.46% - 32.75% ]	26.3%	[ 25.38% - 27.18% ]
% 60+ who were injured in a fall within last year		9.3%	[ 5.96% - 12.56% ]	9.8%	[ 9.22% - 10.46% ]
% 65+ had hip fracture		3.9%	[ 2.90% - 4.86% ]	3.7%	[ 3.63% - 3.75% ]
<b>PREVENTION</b>					
% 60+ with physical exam/check-up in last year		88.9%	[ 85.70% - 92.18% ]	88.5%	[ 87.93% - 89.09% ]
% 60+ flu shot in last year		57.8%	[ 52.54% - 63.02% ]	57.5%	[ 56.60% - 58.43% ]
% 60+ with pneumonia vaccine		60.1%	[ 54.81% - 65.38% ]	63.9%	[ 62.97% - 64.79% ]
% 60+ with shingles vaccine		32.1%	[ 26.48% - 37.78% ]	33.5%	[ 32.43% - 34.52% ]
% 60+ women with a mammogram within last 2 years		77.4%	[ 71.23% - 83.49% ]	79.7%	[ 78.56% - 80.79% ]
% 60+ with colorectal cancer screening		77.2%	[ 72.46% - 81.89% ]	78.2%	[ 77.29% - 79.05% ]
% 60+ with HIV test		15.8%	[ 11.94% - 19.74% ]	16.1%	[ 15.40% - 16.83% ]
% 60+ met CDC preventive health screening goals		36.1%	[ 29.49% - 42.74% ]	39.6%	[ 38.38% - 40.80% ]
<b>NUTRITION &amp; DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		19.5%	[ 14.66% - 24.29% ]	19.9%	[ 19.00% - 20.72% ]
% 60+ stressed about buying food in last month	B	4.4%	[ 2.22% - 6.49% ]	8.6%	[ 7.95% - 9.17% ]
% 60+ self-reported obese		24.5%	[ 19.97% - 29.01% ]	26.1%	[ 25.27% - 26.93% ]
% 65+ clinically diagnosed obesity	W	27.2%	[ 24.56% - 29.78% ]	22.5%	[ 22.35% - 22.66% ]
% 65+ with high cholesterol		75.9%	[ 73.41% - 78.36% ]	77.0%	[ 76.85% - 77.15% ]
% 60+ with cholesterol screening		96.2%	[ 94.10% - 98.35% ]	97.1%	[ 96.74% - 97.42% ]
<b>ORAL HEALTH</b>					
% 60+ with dental insurance		49.0%	[ 40.00% - 58.06% ]	59.2%	[ 57.60% - 60.76% ]
% 60+ with annual dental exam		78.7%	[ 74.13% - 83.33% ]	80.0%	[ 79.13% - 80.76% ]
% 60+ with loss of 6 or more teeth		27.9%	[ 22.79% - 33.10% ]	23.8%	[ 22.96% - 24.69% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		14.1%	[ 12.18% - 15.99% ]	14.4%	[ 14.26% - 14.49% ]
% 65+ with anemia	B	41.7%	[ 39.00% - 44.40% ]	50.6%	[ 50.41% - 50.76% ]
% 65+ with asthma		14.7%	[ 12.76% - 16.62% ]	14.1%	[ 13.96% - 14.19% ]
% 65+ with atrial fibrillation		14.9%	[ 13.04% - 16.78% ]	16.1%	[ 15.94% - 16.18% ]
% 65+ with autism spectrum disorder		0.11%	[ 0.05% - 0.17% ]	0.12%	[ 0.11% - 0.14% ]
% 65+ with benign prostatic hyperplasia (men)		44.6%	[ 40.49% - 48.79% ]	42.8%	[ 42.49% - 43.01% ]
% 65+ with breast cancer (women)		10.7%	[ 8.53% - 12.95% ]	11.4%	[ 11.25% - 11.53% ]
% 65+ with cataract		62.4%	[ 59.65% - 65.20% ]	64.8%	[ 64.67% - 65.00% ]
% 65+ with chronic kidney disease		32.3%	[ 29.61% - 34.97% ]	29.9%	[ 29.70% - 30.03% ]
% 65+ with chronic obstructive pulmonary disease	W	24.5%	[ 22.14% - 26.77% ]	21.0%	[ 20.90% - 21.17% ]
% 65+ with colon cancer		2.5%	[ 1.83% - 3.14% ]	2.7%	[ 2.65% - 2.75% ]
% 65+ with congestive heart failure	B	18.1%	[ 15.98% - 20.14% ]	22.6%	[ 22.43% - 22.72% ]
% 65+ with diabetes	B	29.0%	[ 26.36% - 31.60% ]	33.8%	[ 33.59% - 33.93% ]
% 65+ with endometrial cancer (women)		2.5%	[ 1.58% - 3.40% ]	2.0%	[ 1.97% - 2.10% ]

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% 65+ with epilepsy		3.0%	[ 2.14% - 3.79% ]	2.9%	[ 2.82% - 2.95% ]
% 65+ with fibromyalgia, chronic pain, and fatigue		25.0%	[ 22.53% - 27.53% ]	26.6%	[ 26.42% - 26.73% ]
% 65+ with glaucoma	B	20.5%	[ 18.39% - 22.68% ]	28.3%	[ 28.11% - 28.41% ]
% 65+ ever had a heart attack		4.2%	[ 3.13% - 5.19% ]	4.5%	[ 4.40% - 4.53% ]
% 65+ with HIV/AIDS	*	0.13%	[ 0.07% - 0.19% ]	0.21%	[ 0.19% - 0.23% ]
% 65+ with hypertension		74.6%	[ 72.08% - 77.12% ]	76.2%	[ 76.07% - 76.37% ]
% 65+ with hypothyroidism	B	21.6%	[ 19.42% - 23.88% ]	25.1%	[ 24.99% - 25.28% ]
% 65+ with ischemic heart disease	B	34.7%	[ 32.04% - 37.44% ]	40.7%	[ 40.55% - 40.90% ]
% 65+ with leukemias and lymphomas		2.6%	[ 1.81% - 3.30% ]	2.7%	[ 2.60% - 2.71% ]
% 65+ with liver disease		10.0%	[ 8.26% - 11.80% ]	9.5%	[ 9.37% - 9.59% ]
% 65+ with lung cancer		1.6%	[ 1.02% - 2.09% ]	1.9%	[ 1.81% - 1.90% ]
% 65+ with migraine and other chronic headache		5.0%	[ 3.73% - 6.36% ]	5.2%	[ 5.13% - 5.29% ]
% 65+ with osteoarthritis or rheumatoid arthritis		56.9%	[ 53.99% - 59.90% ]	54.2%	[ 53.97% - 54.34% ]
% 65+ with osteoporosis		19.2%	[ 17.16% - 21.30% ]	20.2%	[ 20.11% - 20.37% ]
% 65+ with peripheral vascular disease	B	16.7%	[ 14.61% - 18.72% ]	19.9%	[ 19.72% - 19.99% ]
% 65+ with pressure ulcer or chronic ulcer		9.9%	[ 8.26% - 11.55% ]	9.2%	[ 9.11% - 9.31% ]
% 65+ with prostate cancer (men)	B	9.8%	[ 7.46% - 12.18% ]	13.1%	[ 12.93% - 13.28% ]
% 65+ with stroke		11.1%	[ 9.49% - 12.81% ]	11.9%	[ 11.80% - 12.01% ]
% 65+ with traumatic brain injury		1.1%	[ 0.63% - 1.60% ]	1.3%	[ 1.25% - 1.33% ]
% 65+ with 4+ (out of 15) chronic conditions		59.5%	[ 56.68% - 62.25% ]	61.8%	[ 61.61% - 61.95% ]
% 65+ with 0 chronic conditions		9.0%	[ 7.25% - 10.69% ]	7.2%	[ 7.10% - 7.29% ]
<b>BEHAVIORAL HEALTH</b>					
% 65+ with opioid use disorder		2.5%	[ 1.67% - 3.24% ]	2.2%	[ 2.10% - 2.21% ]
% 65+ with substance use disorder	W	8.6%	[ 6.95% - 10.35% ]	6.8%	[ 6.66% - 6.85% ]
% 60+ who used marijuana in last month		N/A		2.9%	[ 2.30% - 3.53% ]
% 60+ excessive drinking		9.3%	[ 6.23% - 12.38% ]	9.2%	[ 8.64% - 9.71% ]
% 65+ with tobacco use disorder	W	13.5%	[ 11.47% - 15.61% ]	10.1%	[ 9.94% - 10.17% ]
% 60+ current smokers		8.6%	[ 5.76% - 11.49% ]	7.7%	[ 7.20% - 8.17% ]
% 60+ ever used E-Cigarettes in last month		6.7%	[ 4.04% - 9.41% ]	6.4%	[ 5.89% - 6.80% ]
<b>MENTAL HEALTH</b>					
% 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		5.0%	[ 2.91% - 7.05% ]	6.9%	[ 6.41% - 7.37% ]
% 65+ with depression		30.3%	[ 27.78% - 32.84% ]	30.3%	[ 30.10% - 30.41% ]
% 65+ with anxiety disorder	W	31.2%	[ 28.53% - 33.94% ]	25.5%	[ 25.35% - 25.66% ]
% 65+ with bipolar disorder		3.3%	[ 2.41% - 4.17% ]	3.9%	[ 3.78% - 3.92% ]
% 65+ with post-traumatic stress disorder		1.9%	[ 1.20% - 2.60% ]	1.3%	[ 1.20% - 1.29% ]
% 65+ with schizophrenia & other psychotic disorder		4.0%	[ 3.10% - 4.90% ]	4.6%	[ 4.53% - 4.68% ]
% 65+ with personality disorder		2.6%	[ 1.80% - 3.35% ]	2.6%	[ 2.49% - 2.61% ]

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<b>LIVING WITH DISABILITY</b>					
% 65+ with self-reported hearing difficulty		6.7%	[ -5.25% - 18.58% ]	12.4%	[ 12.08% - 12.71% ]
% 65+ with clinical diagnosis of deafness or hearing impairment		14.5%	[ 12.51% - 16.39% ]	15.7%	[ 15.60% - 15.85% ]
% 65+ with self-reported vision difficulty		2.7%	[ -14.50% - 19.84% ]	4.8%	[ 4.55% - 5.04% ]
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	[ 0.58% - 1.40% ]	1.1%	[ 1.05% - 1.12% ]
% 65+ with self-reported cognition difficulty		7.3%	[ -7.88% - 22.55% ]	7.6%	[ 7.34% - 7.87% ]
% 65+ with self-reported ambulatory difficulty	*	9.3%	[ 1.34% - 17.33% ]	19.1%	[ 18.71% - 19.52% ]
% 65+ with clinical diagnosis of mobility impairment		4.7%	[ 3.51% - 5.89% ]	4.0%	[ 3.95% - 4.09% ]
% 65+ with self-reported self-care difficulty		4.7%	[ -9.88% - 19.22% ]	7.5%	[ 7.25% - 7.77% ]
% 65+ with self-reported independent living difficulty		6.7%	[ -8.15% - 21.49% ]	13.6%	[ 13.23% - 13.93% ]
<b>CAREGIVING</b>					
% 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		0.0%	[ -1.38% - 1.38% ]	0.8%	[ 0.73% - 0.86% ]
% of grandparents who live with grandchildren	*	0.3%	[ -0.17% - 0.75% ]	2.7%	[ 2.62% - 2.83% ]
<b>ACCESS TO CARE</b>					
% 65+ dually eligible for Medicare and Medicaid	*	27.2%	[ 25.46% - 29.01% ]	22.1%	[ 21.96% - 22.17% ]
% 65+ Medicare managed care enrollees	*	31.9%	[ 30.04% - 33.76% ]	29.9%	[ 29.76% - 29.99% ]
% 60+ with a regular doctor		95.3%	[ 93.27% - 97.34% ]	96.0%	[ 95.68% - 96.39% ]
% 60+ who did not see a doctor when needed due to cost		3.2%	[ 1.64% - 4.85% ]	4.5%	[ 4.14% - 4.92% ]
<b>SERVICE UTILIZATION</b>					
# physician visits per year	*	7.3	[ 6.95 - 7.73 ]	8.6	[ 8.60 - 8.66 ]
# emergency room visits/1000 persons 65+ years annually	*	805.8	[ 724.88 - 886.72 ]	636.7	[ 631.77 - 641.56 ]
# Part D monthly prescription fills per person annually		50.7	[ 48.80 - 52.69 ]	50.3	[ 50.15 - 50.39 ]
# home health visits annually	*	6.0	[ 4.56 - 7.42 ]	4.1	[ 4.02 - 4.14 ]
# durable medical equipment claims annually	*	2.8	[ 2.39 - 3.21 ]	1.9	[ 1.88 - 1.91 ]
# inpatient hospital stays/1000 persons 65+ years annually		261.3	[ 221.34 - 301.36 ]	273.3	[ 270.72 - 275.80 ]
% Medicare inpatient hospital readmissions (as % of admissions)		18.8%	[ 14.22% - 23.32% ]	17.2%	[ 16.89% - 17.47% ]
# skilled nursing facility stays/1000 persons 65+ years annually		111.9	[ 86.46 - 137.36 ]	104.7	[ 103.23 - 106.08 ]
% 65+ getting Medicaid long term services and supports		5.2%	[ 4.28% - 6.05% ]	5.5%	[ 5.48% - 5.60% ]
% 65+ hospice users		2.6%	[ 1.93% - 3.26% ]	2.8%	[ 2.70% - 2.79% ]
% 65+ hospice users as % of decedents		47.5%	[ 35.46% - 59.54% ]	45.5%	[ 44.85% - 46.14% ]
Median hospice days per hospice user (65+, deceased)		7.0	[ 5.0 - 12.6 ]	10.0	[ 10.00 - 10.00 ]
Median hospice payment (Medicare + other) per hospice user	*	\$2,320	[ \$1,878 - \$3,112 ]	\$3,741	[ \$3,650 - \$3,816 ]
<b>COMMUNITY</b>					
% 60+ who used Internet in last month		72.7%	[ 68.15% - 77.33% ]	75.1%	[ 74.32% - 75.89% ]
<b>TRANSPORTATION</b>					
% 65+ who own a motor vehicle	*	93.3%	[ 89.01% - 97.66% ]	87.3%	[ 87.15% - 87.49% ]
% 60+ who always drive or ride wearing a seatbelt		90.8%	[ 87.92% - 93.78% ]	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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<b>HOUSING</b>					
% 65+ population who live alone		27.3%	[ 14.12% - 40.55% ]	28.4%	[ 27.99% - 28.89% ]
% 60+ own home	*	92.8%	[ 89.82% - 95.73% ]	76.9%	[ 76.70% - 77.17% ]
% 60+ homeowners who have mortgage		54.5%	[ 41.86% - 67.12% ]	47.1%	[ 46.58% - 47.64% ]
% 60+ stressed about paying rent/mortgage in last month		15.2%	[ 10.67% - 19.73% ]	17.4%	[ 16.52% - 18.19% ]
% 65+ households (renter) spend >35% of income on housing		40.0%	[ -5.78% - 85.78% ]	44.0%	[ 42.55% - 45.42% ]
% 65+ households (owner) spend >35% of income on housing		37.5%	[ 19.63% - 55.37% ]	29.5%	[ 28.89% - 30.15% ]
% 65+ moved within same county in last year		2.7%	[ -11.61% - 16.95% ]	3.7%	[ 3.48% - 3.89% ]
% 65+ moved from different county in last year		0.0%	[ -16.51% - 16.51% ]	0.8%	[ 0.71% - 0.90% ]
% 65+ moved from different state in last year		0.0%	[ -16.51% - 16.51% ]	0.9%	[ 0.82% - 1.05% ]
% of vacant homes in community	*	27.0%	[ 18.97% - 35.12% ]	9.6%	[ 9.29% - 9.87% ]
<b>ECONOMIC</b>					
% 60+ receiving food benefits in last year	*	3.2%	[ -1.09% - 7.45% ]	10.9%	[ 10.53% - 11.21% ]
% 65+ employed in last year		32.0%	[ 18.60% - 45.40% ]	24.8%	[ 24.48% - 25.15% ]
% 65+ with income below the poverty line in last year		7.3%	[ -4.61% - 19.27% ]	7.0%	[ 6.79% - 7.30% ]
% 65+ households with annual income < \$20,000		15.6%	[ -4.27% - 35.38% ]	17.1%	[ 16.57% - 17.55% ]
% 65+ households with annual income \$20,000-\$49,999		31.1%	[ 4.54% - 57.69% ]	31.0%	[ 30.35% - 31.62% ]
% 65+ households with annual income \$50,000-\$99,999		37.8%	[ 12.31% - 63.25% ]	27.6%	[ 27.04% - 28.17% ]
% 65+ households with annual income \$100,000+		15.6%	[ -9.95% - 41.06% ]	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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