

Eastford (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 | | 60.3% | [52.57% - 68.09%] | 55.7% | [55.33% - 56.11%] |
| % 75-84 years | | 24.0% | [16.40% - 31.60%] | 29.1% | [28.75% - 29.45%] |
| % 85 years or older | | 15.7% | [7.81% - 23.52%] | 15.2% | [14.93% - 15.43%] |
| % 65+ population who are female | | 54.0% | [45.16% - 62.84%] | 56.8% | [56.36% - 57.18%] |
| % 85+ population who are female | | 76.6% | [51.03% - 102.16%] | 66.6% | [65.94% - 67.18%] |
| Race and ethnicity of the population 65+ | | | | | |
| % White | * | 100.0% | [96.13% - 103.87%] | 88.4% | [87.85% - 88.93%] |
| % African American | | 0.0% | [-11.67% - 11.67%] | 6.8% | [6.63% - 6.88%] |
| % Asian | | 0.0% | [-11.67% - 11.67%] | 2.3% | [2.20% - 2.35%] |
| % Hispanic/Latino | | 1.0% | [-9.92% - 11.92%] | 5.8% | [5.66% - 5.84%] |
| Marital status of the population 65+ | | | | | |
| % married | | 58.3% | [44.36% - 72.31%] | 53.8% | [53.46% - 54.12%] |
| % divorced/separated | | 12.7% | [-1.11% - 26.45%] | 14.9% | [14.58% - 15.29%] |
| % widowed | | 23.7% | [15.30% - 32.03%] | 24.2% | [23.77% - 24.57%] |
| % never married | | 5.3% | [-1.77% - 12.44%] | 7.1% | [6.85% - 7.36%] |
| Education of the population 65+ | | | | | |
| % with less than high school education | * | 3.7% | [-4.90% - 12.23%] | 14.7% | [14.30% - 15.04%] |
| % with high school or some college | | 56.3% | [49.59% - 63.07%] | 53.3% | [52.80% - 53.74%] |
| % with college degree | | 40.0% | [30.69% - 49.31%] | 32.1% | [31.72% - 32.40%] |
| % with graduate or professional degree | | 22.0% | [14.20% - 29.80%] | 16.8% | [16.58% - 17.09%] |
| % of 65+ population who speak only English at home | * | 91.7% | [87.32% - 96.01%] | 84.3% | [83.76% - 84.83%] |
| % of 65+ population who are veterans of military service | | 22.7% | [14.72% - 30.61%] | 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 | | 5.1% | [3.57% - 6.69%] | 4.1% | [4.08% - 4.18%] |
| WELLNESS | | | | | |
| % 60+ getting the recommended hours of sleep | | 69.2% | [63.42% - 75.01%] | 65.2% | [64.24% - 66.16%] |
| % 60+ doing any physical activity within last month | | 76.3% | [71.72% - 80.87%] | 75.0% | [74.20% - 75.79%] |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 27.0% | [21.90% - 32.08%] | 27.6% | [26.62% - 28.52%] |
| % 60+ met CDC guidelines for aerobic physical activity | | 62.3% | [56.48% - 68.10%] | 58.1% | [56.98% - 59.11%] |
| % 60+ with fair or poor health status | | 14.4% | [10.61% - 18.15%] | 17.6% | [16.90% - 18.31%] |
| % 60+ with 15+ physically unhealthy days in last month | | 10.7% | [7.30% - 14.07%] | 12.4% | [11.74% - 12.96%] |

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| FALLS | | | | | |
| % 60+ who fell within last year | | 28.5% | [22.82% - 34.23%] | 26.3% | [25.38% - 27.18%] |
| % 60+ who were injured in a fall within last year | | 7.9% | [4.53% - 11.28%] | 9.8% | [9.22% - 10.46%] |
| % 65+ had hip fracture | B | 2.5% | [1.46% - 3.61%] | 3.7% | [3.63% - 3.75%] |
| PREVENTION | | | | | |
| % 60+ with physical exam/check-up in last year | | 88.8% | [85.07% - 92.58%] | 88.5% | [87.93% - 89.09%] |
| % 60+ flu shot in last year | | 59.5% | [54.08% - 64.92%] | 57.5% | [56.60% - 58.43%] |
| % 60+ with pneumonia vaccine | | 62.1% | [56.52% - 67.73%] | 63.9% | [62.97% - 64.79%] |
| % 60+ with shingles vaccine | | 32.7% | [26.23% - 39.24%] | 33.5% | [32.43% - 34.52%] |
| % 60+ women with a mammogram within last 2 years | | 76.0% | [68.87% - 83.14%] | 79.7% | [78.56% - 80.79%] |
| % 60+ with colorectal cancer screening | | 77.5% | [72.04% - 82.98%] | 78.2% | [77.29% - 79.05%] |
| % 60+ with HIV test | | 13.1% | [8.74% - 17.46%] | 16.1% | [15.40% - 16.83%] |
| % 60+ met CDC preventive health screening goals | | 35.5% | [28.05% - 42.87%] | 39.6% | [38.38% - 40.80%] |
| NUTRITION & DIET | | | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 20.7% | [15.76% - 25.70%] | 19.9% | [19.00% - 20.72%] |
| % 60+ stressed about buying food in last month | | 5.4% | [2.80% - 7.97%] | 8.6% | [7.95% - 9.17%] |
| % 60+ self-reported obese | | 29.6% | [24.47% - 34.67%] | 26.1% | [25.27% - 26.93%] |
| % 65+ clinically diagnosed obesity | | 22.8% | [19.35% - 26.24%] | 22.5% | [22.35% - 22.66%] |
| % 65+ with high cholesterol | B | 70.9% | [67.41% - 74.45%] | 77.0% | [76.85% - 77.15%] |
| % 60+ with cholesterol screening | | 96.7% | [94.39% - 99.05%] | 97.1% | [96.74% - 97.42%] |
| ORAL HEALTH | | | | | |
| % 60+ with dental insurance | | 68.3% | [58.59% - 77.95%] | 59.2% | [57.60% - 60.76%] |
| % 60+ with annual dental exam | | 83.6% | [78.94% - 88.21%] | 80.0% | [79.13% - 80.76%] |
| % 60+ with loss of 6 or more teeth | | 21.6% | [16.58% - 26.55%] | 23.8% | [22.96% - 24.69%] |
| CHRONIC DISEASE | | | | | |
| % 65+ with Alzheimer's disease or related dementias | B | 10.0% | [7.78% - 12.30%] | 14.4% | [14.26% - 14.49%] |
| % 65+ with anemia | B | 38.5% | [34.82% - 42.11%] | 50.6% | [50.41% - 50.76%] |
| % 65+ with asthma | | 13.4% | [10.87% - 15.94%] | 14.1% | [13.96% - 14.19%] |
| % 65+ with atrial fibrillation | | 15.0% | [12.34% - 17.56%] | 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) | | 38.2% | [32.81% - 43.65%] | 42.8% | [42.49% - 43.01%] |
| % 65+ with breast cancer (women) | | 10.4% | [7.30% - 13.49%] | 11.4% | [11.25% - 11.53%] |
| % 65+ with cataract | | 67.4% | [63.76% - 71.05%] | 64.8% | [64.67% - 65.00%] |
| % 65+ with chronic kidney disease | B | 23.1% | [19.73% - 26.46%] | 29.9% | [29.70% - 30.03%] |
| % 65+ with chronic obstructive pulmonary disease | B | 17.7% | [14.87% - 20.55%] | 21.0% | [20.90% - 21.17%] |
| % 65+ with colon cancer | | 2.5% | [1.84% - 3.10%] | 2.7% | [2.65% - 2.75%] |
| % 65+ with congestive heart failure | B | 15.9% | [13.11% - 18.79%] | 22.6% | [22.43% - 22.72%] |
| % 65+ with diabetes | B | 25.6% | [22.08% - 29.10%] | 33.8% | [33.59% - 33.93%] |
| % 65+ with endometrial cancer (women) | | 1.8% | [1.02% - 2.58%] | 2.0% | [1.97% - 2.10%] |

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| % 65+ with epilepsy | B | 1.8% | [1.20% - 2.46%] | 2.9% | [2.82% - 2.95%] |
| % 65+ with fibromyalgia, chronic pain, and fatigue | B | 20.6% | [17.38% - 23.87%] | 26.6% | [26.42% - 26.73%] |
| % 65+ with glaucoma | B | 23.7% | [20.52% - 26.84%] | 28.3% | [28.11% - 28.41%] |
| % 65+ ever had a heart attack | | 4.2% | [2.77% - 5.69%] | 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 | B | 69.8% | [66.20% - 73.32%] | 76.2% | [76.07% - 76.37%] |
| % 65+ with hypothyroidism | B | 20.2% | [17.24% - 23.22%] | 25.1% | [24.99% - 25.28%] |
| % 65+ with ischemic heart disease | B | 35.5% | [31.62% - 39.35%] | 40.7% | [40.55% - 40.90%] |
| % 65+ with leukemias and lymphomas | | 2.8% | [2.01% - 3.50%] | 2.7% | [2.60% - 2.71%] |
| % 65+ with liver disease | | 10.3% | [7.88% - 12.77%] | 9.5% | [9.37% - 9.59%] |
| % 65+ with lung cancer | B | 1.3% | [0.79% - 1.75%] | 1.9% | [1.81% - 1.90%] |
| % 65+ with migraine and other chronic headache | B | 3.4% | [1.98% - 4.80%] | 5.2% | [5.13% - 5.29%] |
| % 65+ with osteoarthritis or rheumatoid arthritis | | 50.9% | [46.79% - 55.07%] | 54.2% | [53.97% - 54.34%] |
| % 65+ with osteoporosis | B | 16.8% | [14.07% - 19.55%] | 20.2% | [20.11% - 20.37%] |
| % 65+ with peripheral vascular disease | B | 13.8% | [11.09% - 16.50%] | 19.9% | [19.72% - 19.99%] |
| % 65+ with pressure ulcer or chronic ulcer | B | 5.9% | [4.14% - 7.66%] | 9.2% | [9.11% - 9.31%] |
| % 65+ with prostate cancer (men) | | 11.6% | [8.04% - 15.07%] | 13.1% | [12.93% - 13.28%] |
| % 65+ with stroke | B | 8.1% | [6.18% - 10.10%] | 11.9% | [11.80% - 12.01%] |
| % 65+ with traumatic brain injury | B | 0.8% | [0.44% - 1.20%] | 1.3% | [1.25% - 1.33%] |
| % 65+ with 4+ (out of 15) chronic conditions | B | 51.4% | [47.61% - 55.23%] | 61.8% | [61.61% - 61.95%] |
| % 65+ with 0 chronic conditions | B | 10.2% | [7.73% - 12.57%] | 7.2% | [7.10% - 7.29%] |
| BEHAVIORAL HEALTH | | | | | |
| % 65+ with opioid use disorder | | 1.7% | [1.06% - 2.32%] | 2.2% | [2.10% - 2.21%] |
| % 65+ with substance use disorder | | 7.3% | [5.08% - 9.54%] | 6.8% | [6.66% - 6.85%] |
| % 60+ who used marijuana in last month | | N/A | | 2.9% | [2.30% - 3.53%] |
| % 60+ excessive drinking | | 10.0% | [6.58% - 13.47%] | 9.2% | [8.64% - 9.71%] |
| % 65+ with tobacco use disorder | | 8.9% | [6.50% - 11.36%] | 10.1% | [9.94% - 10.17%] |
| % 60+ current smokers | | 8.5% | [5.26% - 11.73%] | 7.7% | [7.20% - 8.17%] |
| % 60+ ever used E-Cigarettes in last month | | 5.1% | [2.72% - 7.47%] | 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 | | 4.6% | [2.33% - 6.95%] | 6.9% | [6.41% - 7.37%] |
| % 65+ with depression | | 29.1% | [25.67% - 32.51%] | 30.3% | [30.10% - 30.41%] |
| % 65+ with anxiety disorder | | 23.3% | [19.82% - 26.73%] | 25.5% | [25.35% - 25.66%] |
| % 65+ with bipolar disorder | | 3.3% | [2.46% - 4.19%] | 3.9% | [3.78% - 3.92%] |
| % 65+ with post-traumatic stress disorder | | 1.6% | [0.95% - 2.23%] | 1.3% | [1.20% - 1.29%] |
| % 65+ with schizophrenia & other psychotic disorder | B | 2.6% | [1.97% - 3.28%] | 4.6% | [4.53% - 4.68%] |
| % 65+ with personality disorder | | 2.2% | [1.49% - 2.94%] | 2.6% | [2.49% - 2.61%] |

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| LIVING WITH DISABILITY | | | | | |
| % 65+ with self-reported hearing difficulty | | 19.7% | [9.67% - 29.66%] | 12.4% | [12.08% - 12.71%] |
| % 65+ with clinical diagnosis of deafness or hearing impairment | W | 20.4% | [17.17% - 23.64%] | 15.7% | [15.60% - 15.85%] |
| % 65+ with self-reported vision difficulty | | 1.7% | [-6.92% - 10.25%] | 4.8% | [4.55% - 5.04%] |
| % 65+ with clinical diagnosis of blindness or visual impairment | B | 0.5% | [0.21% - 0.78%] | 1.1% | [1.05% - 1.12%] |
| % 65+ with self-reported cognition difficulty | | 3.3% | [-2.81% - 9.47%] | 7.6% | [7.34% - 7.87%] |
| % 65+ with self-reported ambulatory difficulty | | 13.7% | [5.06% - 22.27%] | 19.1% | [18.71% - 19.52%] |
| % 65+ with clinical diagnosis of mobility impairment | | 4.4% | [2.74% - 5.99%] | 4.0% | [3.95% - 4.09%] |
| % 65+ with self-reported self-care difficulty | | 6.3% | [1.90% - 10.76%] | 7.5% | [7.25% - 7.77%] |
| % 65+ with self-reported independent living difficulty | | 11.0% | [4.67% - 17.33%] | 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% | [-0.12% - 1.40%] | 0.8% | [0.73% - 0.86%] |
| % of grandparents who live with grandchildren | | 2.6% | [-0.21% - 5.48%] | 2.7% | [2.62% - 2.83%] |
| ACCESS TO CARE | | | | | |
| % 65+ dually eligible for Medicare and Medicaid | * | 15.3% | [13.17% - 17.49%] | 22.1% | [21.96% - 22.17%] |
| % 65+ Medicare managed care enrollees | * | 21.8% | [19.30% - 24.25%] | 29.9% | [29.76% - 29.99%] |
| % 60+ with a regular doctor | | 96.2% | [93.94% - 98.42%] | 96.0% | [95.68% - 96.39%] |
| % 60+ who did not see a doctor when needed due to cost | | 3.0% | [0.80% - 5.22%] | 4.5% | [4.14% - 4.92%] |
| SERVICE UTILIZATION | | | | | |
| # physician visits per year | * | 7.7 | [7.14 - 8.20] | 8.6 | [8.60 - 8.66] |
| # emergency room visits/1000 persons 65+ years annually | | 556.8 | [453.97 - 659.72] | 636.7 | [631.77 - 641.56] |
| # Part D monthly prescription fills per person annually | | 47.5 | [44.74 - 50.17] | 50.3 | [50.15 - 50.39] |
| # home health visits annually | | 3.9 | [2.45 - 5.31] | 4.1 | [4.02 - 4.14] |
| # durable medical equipment claims annually | | 2.0 | [1.55 - 2.43] | 1.9 | [1.88 - 1.91] |
| # inpatient hospital stays/1000 persons 65+ years annually | | 239.9 | [187.01 - 292.78] | 273.3 | [270.72 - 275.80] |
| % Medicare inpatient hospital readmissions (as % of admissions) | | 16.8% | [11.34% - 22.19%] | 17.2% | [16.89% - 17.47%] |
| # skilled nursing facility stays/1000 persons 65+ years annually | | 91.9 | [63.58 - 120.13] | 104.7 | [103.23 - 106.08] |
| % 65+ getting Medicaid long term services and supports | * | 3.2% | [2.13% - 4.23%] | 5.5% | [5.48% - 5.60%] |
| % 65+ hospice users | * | 1.7% | [0.88% - 2.58%] | 2.8% | [2.70% - 2.79%] |
| % 65+ hospice users as % of decedents | | 29.8% | [14.04% - 45.49%] | 45.5% | [44.85% - 46.14%] |
| Median hospice days per hospice user (65+, deceased) | | 11.0 | [6.0 - 38.0] | 10.0 | [10.00 - 10.00] |
| Median hospice payment (Medicare + other) per hospice user | | \$3,818 | [\$2,171 - \$7,747] | \$3,741 | [\$3,650 - \$3,816] |
| COMMUNITY | | | | | |
| % 60+ who used Internet in last month | | 77.9% | [73.54% - 82.21%] | 75.1% | [74.32% - 75.89%] |
| TRANSPORTATION | | | | | |
| % 65+ who own a motor vehicle | | 94.1% | [86.33% - 101.97%] | 87.3% | [87.15% - 87.49%] |
| % 60+ who always drive or ride wearing a seatbelt | | 92.7% | [89.89% - 95.45%] | 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 | * | 19.0% | [11.88% - 26.21%] | 28.4% | [27.99% - 28.89%] |
| % 60+ own home | * | 85.4% | [80.58% - 90.18%] | 76.9% | [76.70% - 77.17%] |
| % 60+ homeowners who have mortgage | | 57.7% | [46.55% - 68.77%] | 47.1% | [46.58% - 47.64%] |
| % 60+ stressed about paying rent/mortgage in last month | B | 11.4% | [7.55% - 15.16%] | 17.4% | [16.52% - 18.19%] |
| % 65+ households (renter) spend >35% of income on housing | | 31.6% | [1.20% - 61.96%] | 44.0% | [42.55% - 45.42%] |
| % 65+ households (owner) spend >35% of income on housing | | 24.9% | [14.78% - 34.92%] | 29.5% | [28.89% - 30.15%] |
| % 65+ moved within same county in last year | | 3.0% | [-2.81% - 8.81%] | 3.7% | [3.48% - 3.89%] |
| % 65+ moved from different county in last year | | 0.0% | [-8.25% - 8.25%] | 0.8% | [0.71% - 0.90%] |
| % 65+ moved from different state in last year | | 0.0% | [-8.25% - 8.25%] | 0.9% | [0.82% - 1.05%] |
| % of vacant homes in community | * | 16.9% | [12.00% - 21.81%] | 9.6% | [9.29% - 9.87%] |
| ECONOMIC | | | | | |
| % 60+ receiving food benefits in last year | | 7.2% | [1.76% - 12.68%] | 10.9% | [10.53% - 11.21%] |
| % 65+ employed in last year | | 27.7% | [19.50% - 35.83%] | 24.8% | [24.48% - 25.15%] |
| % 65+ with income below the poverty line in last year | | 5.3% | [-2.68% - 13.35%] | 7.0% | [6.79% - 7.30%] |
| % 65+ households with annual income < \$20,000 | | 7.4% | [-2.30% - 17.19%] | 17.1% | [16.57% - 17.55%] |
| % 65+ households with annual income \$20,000-\$49,999 | | 34.0% | [20.67% - 47.41%] | 31.0% | [30.35% - 31.62%] |
| % 65+ households with annual income \$50,000-\$99,999 | | 32.4% | [19.72% - 45.18%] | 27.6% | [27.04% - 28.17%] |
| % 65+ households with annual income \$100,000+ | | 26.1% | [17.20% - 34.93%] | 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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