

## Middlebury (New Haven)



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		48.9%	[ 42.36% - 55.49% ]	55.7%	[ 55.33% - 56.11% ]
% 75-84 years		29.0%	[ 22.63% - 35.39% ]	29.1%	[ 28.75% - 29.45% ]
% 85 years or older	*	22.1%	[ 15.46% - 28.67% ]	15.2%	[ 14.93% - 15.43% ]
% 65+ population who are female		54.0%	[ 46.26% - 61.79% ]	56.8%	[ 56.36% - 57.18% ]
% 85+ population who are female		67.1%	[ 48.72% - 85.54% ]	66.6%	[ 65.94% - 67.18% ]
Race and ethnicity of the population 65+					
% White	*	95.6%	[ 90.65% - 100.50% ]	88.4%	[ 87.85% - 88.93% ]
% African American	*	0.0%	[ -3.05% - 3.05% ]	6.8%	[ 6.63% - 6.88% ]
% Asian		4.4%	[ 0.43% - 8.42% ]	2.3%	[ 2.20% - 2.35% ]
% Hispanic/Latino	*	0.3%	[ -2.54% - 3.15% ]	5.8%	[ 5.66% - 5.84% ]
Marital status of the population 65+					
% married		58.1%	[ 52.64% - 63.53% ]	53.8%	[ 53.46% - 54.12% ]
% divorced/separated	*	6.8%	[ 1.62% - 12.03% ]	14.9%	[ 14.58% - 15.29% ]
% widowed		29.4%	[ 22.56% - 36.20% ]	24.2%	[ 23.77% - 24.57% ]
% never married		5.7%	[ 1.19% - 10.24% ]	7.1%	[ 6.85% - 7.36% ]
Education of the population 65+					
% with less than high school education		12.6%	[ 7.39% - 17.81% ]	14.7%	[ 14.30% - 15.04% ]
% with high school or some college		48.7%	[ 40.51% - 56.97% ]	53.3%	[ 52.80% - 53.74% ]
% with college degree	*	38.7%	[ 33.06% - 44.26% ]	32.1%	[ 31.72% - 32.40% ]
% with graduate or professional degree	*	28.3%	[ 22.87% - 33.68% ]	16.8%	[ 16.58% - 17.09% ]
% of 65+ population who speak only English at home		84.8%	[ 78.26% - 91.25% ]	84.3%	[ 83.76% - 84.83% ]
% of 65+ population who are veterans of military service		14.6%	[ 9.03% - 20.10% ]	17.5%	[ 17.21% - 17.69% ]
% of 60+ who are LGBT (County)		2.6%	[ 1.98% - 3.23% ]	2.5%	[ 2.17% - 2.74% ]
Age-sex adjusted 1-year mortality rate	B	3.0%	[ 2.18% - 3.90% ]	4.1%	[ 4.08% - 4.18% ]
<b>WELLNESS</b>					
% 60+ getting the recommended hours of sleep		62.3%	[ 56.83% - 67.82% ]	65.2%	[ 64.24% - 66.16% ]
% 60+ doing any physical activity within last month		73.2%	[ 68.50% - 77.87% ]	75.0%	[ 74.20% - 75.79% ]
% 60+ met CDC guidelines for muscle-strengthening activity		22.0%	[ 16.07% - 27.88% ]	27.6%	[ 26.62% - 28.52% ]
% 60+ met CDC guidelines for aerobic physical activity		54.6%	[ 48.05% - 61.08% ]	58.1%	[ 56.98% - 59.11% ]
% 60+ with fair or poor health status		22.1%	[ 17.72% - 26.44% ]	17.6%	[ 16.90% - 18.31% ]
% 60+ with 15+ physically unhealthy days in last month		12.8%	[ 9.30% - 16.34% ]	12.4%	[ 11.74% - 12.96% ]

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<b>FALLS</b>					
% 60+ who fell within last year		27.6%	[ 22.45% - 32.81% ]	26.3%	[ 25.38% - 27.18% ]
% 60+ who were injured in a fall within last year		9.5%	[ 6.02% - 12.92% ]	9.8%	[ 9.22% - 10.46% ]
% 65+ had hip fracture		2.7%	[ 1.78% - 3.65% ]	3.7%	[ 3.63% - 3.75% ]
<b>PREVENTION</b>					
% 60+ with physical exam/check-up in last year		88.0%	[ 84.76% - 91.29% ]	88.5%	[ 87.93% - 89.09% ]
% 60+ flu shot in last year		58.2%	[ 52.98% - 63.40% ]	57.5%	[ 56.60% - 58.43% ]
% 60+ with pneumonia vaccine		64.7%	[ 59.56% - 69.88% ]	63.9%	[ 62.97% - 64.79% ]
% 60+ with shingles vaccine		26.8%	[ 21.04% - 32.56% ]	33.5%	[ 32.43% - 34.52% ]
% 60+ women with a mammogram within last 2 years		77.9%	[ 71.52% - 84.22% ]	79.7%	[ 78.56% - 80.79% ]
% 60+ with colorectal cancer screening		77.6%	[ 72.60% - 82.51% ]	78.2%	[ 77.29% - 79.05% ]
% 60+ with HIV test		14.4%	[ 10.33% - 18.48% ]	16.1%	[ 15.40% - 16.83% ]
% 60+ met CDC preventive health screening goals		37.5%	[ 30.59% - 44.42% ]	39.6%	[ 38.38% - 40.80% ]
<b>NUTRITION &amp; DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	[ 12.95% - 22.70% ]	19.9%	[ 19.00% - 20.72% ]
% 60+ stressed about buying food in last month		11.8%	[ 7.84% - 15.78% ]	8.6%	[ 7.95% - 9.17% ]
% 60+ self-reported obese		25.3%	[ 20.63% - 29.98% ]	26.1%	[ 25.27% - 26.93% ]
% 65+ clinically diagnosed obesity		22.3%	[ 19.36% - 25.17% ]	22.5%	[ 22.35% - 22.66% ]
% 65+ with high cholesterol		79.0%	[ 76.40% - 81.69% ]	77.0%	[ 76.85% - 77.15% ]
% 60+ with cholesterol screening		95.6%	[ 92.92% - 98.26% ]	97.1%	[ 96.74% - 97.42% ]
<b>ORAL HEALTH</b>					
% 60+ with dental insurance		50.5%	[ 41.62% - 59.30% ]	59.2%	[ 57.60% - 60.76% ]
% 60+ with annual dental exam		77.8%	[ 73.16% - 82.41% ]	80.0%	[ 79.13% - 80.76% ]
% 60+ with loss of 6 or more teeth	W	31.7%	[ 26.38% - 37.05% ]	23.8%	[ 22.96% - 24.69% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		12.3%	[ 10.34% - 14.31% ]	14.4%	[ 14.26% - 14.49% ]
% 65+ with anemia		48.2%	[ 45.10% - 51.39% ]	50.6%	[ 50.41% - 50.76% ]
% 65+ with asthma	B	10.8%	[ 8.87% - 12.63% ]	14.1%	[ 13.96% - 14.19% ]
% 65+ with atrial fibrillation		16.0%	[ 13.84% - 18.26% ]	16.1%	[ 15.94% - 16.18% ]
% 65+ with autism spectrum disorder		0.09%	[ 0.06% - 0.13% ]	0.12%	[ 0.11% - 0.14% ]
% 65+ with benign prostatic hyperplasia (men)		46.9%	[ 42.16% - 51.65% ]	42.8%	[ 42.49% - 43.01% ]
% 65+ with breast cancer (women)		10.4%	[ 7.84% - 12.88% ]	11.4%	[ 11.25% - 11.53% ]
% 65+ with cataract	B	60.2%	[ 57.06% - 63.33% ]	64.8%	[ 64.67% - 65.00% ]
% 65+ with chronic kidney disease		28.7%	[ 25.67% - 31.75% ]	29.9%	[ 29.70% - 30.03% ]
% 65+ with chronic obstructive pulmonary disease	B	14.7%	[ 12.62% - 16.88% ]	21.0%	[ 20.90% - 21.17% ]
% 65+ with colon cancer		2.8%	[ 2.14% - 3.40% ]	2.7%	[ 2.65% - 2.75% ]
% 65+ with congestive heart failure		21.2%	[ 18.62% - 23.88% ]	22.6%	[ 22.43% - 22.72% ]
% 65+ with diabetes		33.8%	[ 30.47% - 37.08% ]	33.8%	[ 33.59% - 33.93% ]
% 65+ with endometrial cancer (women)		1.7%	[ 1.02% - 2.39% ]	2.0%	[ 1.97% - 2.10% ]

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% 65+ with epilepsy		3.4%	[ 2.64% - 4.18% ]	2.9%	[ 2.82% - 2.95% ]
% 65+ with fibromyalgia, chronic pain, and fatigue		24.9%	[ 21.90% - 27.81% ]	26.6%	[ 26.42% - 26.73% ]
% 65+ with glaucoma	W	33.7%	[ 30.75% - 36.62% ]	28.3%	[ 28.11% - 28.41% ]
% 65+ ever had a heart attack		5.3%	[ 3.97% - 6.64% ]	4.5%	[ 4.40% - 4.53% ]
% 65+ with HIV/AIDS		0.21%	[ 0.15% - 0.27% ]	0.21%	[ 0.19% - 0.23% ]
% 65+ with hypertension		75.5%	[ 72.73% - 78.35% ]	76.2%	[ 76.07% - 76.37% ]
% 65+ with hypothyroidism		24.8%	[ 22.13% - 27.52% ]	25.1%	[ 24.99% - 25.28% ]
% 65+ with ischemic heart disease		40.4%	[ 37.02% - 43.74% ]	40.7%	[ 40.55% - 40.90% ]
% 65+ with leukemias and lymphomas		2.4%	[ 1.77% - 3.04% ]	2.7%	[ 2.60% - 2.71% ]
% 65+ with liver disease		8.2%	[ 6.33% - 10.07% ]	9.5%	[ 9.37% - 9.59% ]
% 65+ with lung cancer		1.5%	[ 0.99% - 1.92% ]	1.9%	[ 1.81% - 1.90% ]
% 65+ with migraine and other chronic headache		6.9%	[ 5.15% - 8.68% ]	5.2%	[ 5.13% - 5.29% ]
% 65+ with osteoarthritis or rheumatoid arthritis		57.3%	[ 53.83% - 60.85% ]	54.2%	[ 53.97% - 54.34% ]
% 65+ with osteoporosis		18.8%	[ 16.39% - 21.13% ]	20.2%	[ 20.11% - 20.37% ]
% 65+ with peripheral vascular disease		19.5%	[ 16.96% - 22.02% ]	19.9%	[ 19.72% - 19.99% ]
% 65+ with pressure ulcer or chronic ulcer		9.1%	[ 7.24% - 10.87% ]	9.2%	[ 9.11% - 9.31% ]
% 65+ with prostate cancer (men)		14.1%	[ 10.92% - 17.37% ]	13.1%	[ 12.93% - 13.28% ]
% 65+ with stroke		12.3%	[ 10.30% - 14.20% ]	11.9%	[ 11.80% - 12.01% ]
% 65+ with traumatic brain injury		1.1%	[ 0.66% - 1.50% ]	1.3%	[ 1.25% - 1.33% ]
% 65+ with 4+ (out of 15) chronic conditions		60.1%	[ 56.95% - 63.22% ]	61.8%	[ 61.61% - 61.95% ]
% 65+ with 0 chronic conditions		6.3%	[ 4.66% - 7.93% ]	7.2%	[ 7.10% - 7.29% ]
<b>BEHAVIORAL HEALTH</b>					
% 65+ with opioid use disorder	B	1.2%	[ 0.73% - 1.68% ]	2.2%	[ 2.10% - 2.21% ]
% 65+ with substance use disorder	B	4.2%	[ 2.81% - 5.53% ]	6.8%	[ 6.66% - 6.85% ]
% 60+ who used marijuana in last month		N/A		2.9%	[ 2.30% - 3.53% ]
% 60+ excessive drinking		10.3%	[ 7.02% - 13.55% ]	9.2%	[ 8.64% - 9.71% ]
% 65+ with tobacco use disorder	B	6.2%	[ 4.51% - 7.98% ]	10.1%	[ 9.94% - 10.17% ]
% 60+ current smokers		11.0%	[ 8.01% - 14.00% ]	7.7%	[ 7.20% - 8.17% ]
% 60+ ever used E-Cigarettes in last month		8.6%	[ 5.77% - 11.43% ]	6.4%	[ 5.89% - 6.80% ]
<b>MENTAL HEALTH</b>					
% 60+ who reported receiving adequate emotional support		79.4%	[ 76.01% - 82.83% ]	78.3%	[ 76.70% - 79.88% ]
% 60+ with 15+ days poor mental health in last month		10.7%	[ 6.96% - 14.36% ]	6.9%	[ 6.41% - 7.37% ]
% 65+ with depression	B	26.4%	[ 23.66% - 29.11% ]	30.3%	[ 30.10% - 30.41% ]
% 65+ with anxiety disorder		23.0%	[ 20.15% - 25.82% ]	25.5%	[ 25.35% - 25.66% ]
% 65+ with bipolar disorder	B	2.6%	[ 1.88% - 3.32% ]	3.9%	[ 3.78% - 3.92% ]
% 65+ with post-traumatic stress disorder		0.9%	[ 0.47% - 1.36% ]	1.3%	[ 1.20% - 1.29% ]
% 65+ with schizophrenia & other psychotic disorder	B	3.4%	[ 2.65% - 4.14% ]	4.6%	[ 4.53% - 4.68% ]
% 65+ with personality disorder		2.2%	[ 1.54% - 2.87% ]	2.6%	[ 2.49% - 2.61% ]

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<b>LIVING WITH DISABILITY</b>					
% 65+ with self-reported hearing difficulty		17.3%	[ 11.57% - 22.98% ]	12.4%	[ 12.08% - 12.71% ]
% 65+ with clinical diagnosis of deafness or hearing impairment	W	20.6%	[ 17.97% - 23.31% ]	15.7%	[ 15.60% - 15.85% ]
% 65+ with self-reported vision difficulty		3.2%	[ -0.24% - 6.68% ]	4.8%	[ 4.55% - 5.04% ]
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	[ 0.66% - 1.53% ]	1.1%	[ 1.05% - 1.12% ]
% 65+ with self-reported cognition difficulty		9.2%	[ 3.21% - 15.12% ]	7.6%	[ 7.34% - 7.87% ]
% 65+ with self-reported ambulatory difficulty		15.9%	[ 9.06% - 22.77% ]	19.1%	[ 18.71% - 19.52% ]
% 65+ with clinical diagnosis of mobility impairment	B	2.8%	[ 1.82% - 3.84% ]	4.0%	[ 3.95% - 4.09% ]
% 65+ with self-reported self-care difficulty		9.6%	[ 2.91% - 16.29% ]	7.5%	[ 7.25% - 7.77% ]
% 65+ with self-reported independent living difficulty		14.4%	[ 7.36% - 21.37% ]	13.6%	[ 13.23% - 13.93% ]
<b>CAREGIVING</b>					
% of 60+ who provide care to a family/friend in last month		25.3%	[ 21.16% - 29.39% ]	21.7%	[ 19.87% - 23.57% ]
% of grandparents raising grandchildren		0.5%	[ -0.13% - 1.05% ]	0.8%	[ 0.73% - 0.86% ]
% of grandparents who live with grandchildren		2.1%	[ 0.49% - 3.69% ]	2.7%	[ 2.62% - 2.83% ]
<b>ACCESS TO CARE</b>					
% 65+ dually eligible for Medicare and Medicaid	*	17.3%	[ 15.50% - 19.20% ]	22.1%	[ 21.96% - 22.17% ]
% 65+ Medicare managed care enrollees	*	25.0%	[ 22.86% - 27.08% ]	29.9%	[ 29.76% - 29.99% ]
% 60+ with a regular doctor		96.4%	[ 94.39% - 98.32% ]	96.0%	[ 95.68% - 96.39% ]
% 60+ who did not see a doctor when needed due to cost		6.5%	[ 3.74% - 9.30% ]	4.5%	[ 4.14% - 4.92% ]
<b>SERVICE UTILIZATION</b>					
# physician visits per year	*	9.6	[ 9.07 - 10.17 ]	8.6	[ 8.60 - 8.66 ]
# emergency room visits/1000 persons 65+ years annually	*	554.6	[ 487.42 - 621.86 ]	636.7	[ 631.77 - 641.56 ]
# Part D monthly prescription fills per person annually		49.1	[ 46.96 - 51.26 ]	50.3	[ 50.15 - 50.39 ]
# home health visits annually		3.8	[ 2.40 - 5.29 ]	4.1	[ 4.02 - 4.14 ]
# durable medical equipment claims annually		1.8	[ 1.50 - 2.17 ]	1.9	[ 1.88 - 1.91 ]
# inpatient hospital stays/1000 persons 65+ years annually		252.4	[ 211.25 - 293.46 ]	273.3	[ 270.72 - 275.80 ]
% Medicare inpatient hospital readmissions (as % of admissions)		15.3%	[ 10.61% - 20.04% ]	17.2%	[ 16.89% - 17.47% ]
# skilled nursing facility stays/1000 persons 65+ years annually	*	80.8	[ 58.95 - 102.73 ]	104.7	[ 103.23 - 106.08 ]
% 65+ getting Medicaid long term services and supports		5.0%	[ 3.90% - 6.02% ]	5.5%	[ 5.48% - 5.60% ]
% 65+ hospice users	*	2.0%	[ 1.25% - 2.67% ]	2.8%	[ 2.70% - 2.79% ]
% 65+ hospice users as % of decedents		57.4%	[ 36.08% - 78.80% ]	45.5%	[ 44.85% - 46.14% ]
Median hospice days per hospice user (65+, deceased)		10.0	[ 7.0 - 16.9 ]	10.0	[ 10.00 - 10.00 ]
Median hospice payment (Medicare + other) per hospice user		\$4,586	[ \$3,154 - \$7,305 ]	\$3,741	[ \$3,650 - \$3,816 ]
<b>COMMUNITY</b>					
% 60+ who used Internet in last month	*	63.1%	[ 57.94% - 68.22% ]	75.1%	[ 74.32% - 75.89% ]
<b>TRANSPORTATION</b>					
% 65+ who own a motor vehicle	*	94.1%	[ 91.67% - 96.50% ]	87.3%	[ 87.15% - 87.49% ]
% 60+ who always drive or ride wearing a seatbelt		92.9%	[ 90.27% - 95.60% ]	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	*	21.9%	[ 16.37% - 27.48% ]	28.4%	[ 27.99% - 28.89% ]
% 60+ own home	*	93.4%	[ 89.86% - 97.03% ]	76.9%	[ 76.70% - 77.17% ]
% 60+ homeowners who have mortgage		41.8%	[ 32.84% - 50.85% ]	47.1%	[ 46.58% - 47.64% ]
% 60+ stressed about paying rent/mortgage in last month	W	25.4%	[ 20.02% - 30.79% ]	17.4%	[ 16.52% - 18.19% ]
% 65+ households (renter) spend >35% of income on housing		19.4%	[ -6.34% - 45.22% ]	44.0%	[ 42.55% - 45.42% ]
% 65+ households (owner) spend >35% of income on housing		30.1%	[ 19.34% - 40.77% ]	29.5%	[ 28.89% - 30.15% ]
% 65+ moved within same county in last year		1.8%	[ -0.79% - 4.48% ]	3.7%	[ 3.48% - 3.89% ]
% 65+ moved from different county in last year		0.1%	[ -1.69% - 1.94% ]	0.8%	[ 0.71% - 0.90% ]
% 65+ moved from different state in last year		1.3%	[ -0.65% - 3.23% ]	0.9%	[ 0.82% - 1.05% ]
% of vacant homes in community		9.0%	[ 5.18% - 12.83% ]	9.6%	[ 9.29% - 9.87% ]
<b>ECONOMIC</b>					
% 60+ receiving food benefits in last year	*	4.5%	[ 1.46% - 7.51% ]	10.9%	[ 10.53% - 11.21% ]
% 65+ employed in last year		27.2%	[ 21.02% - 33.44% ]	24.8%	[ 24.48% - 25.15% ]
% 65+ with income below the poverty line in last year		4.7%	[ 0.99% - 8.48% ]	7.0%	[ 6.79% - 7.30% ]
% 65+ households with annual income < \$20,000	*	10.9%	[ 5.37% - 16.38% ]	17.1%	[ 16.57% - 17.55% ]
% 65+ households with annual income \$20,000-\$49,999		27.1%	[ 17.43% - 36.85% ]	31.0%	[ 30.35% - 31.62% ]
% 65+ households with annual income \$50,000-\$99,999		26.2%	[ 16.31% - 36.07% ]	27.6%	[ 27.04% - 28.17% ]
% 65+ households with annual income \$100,000+	*	35.8%	[ 25.79% - 45.81% ]	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.

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