

Middletown (Middlesex)



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		53.2%	[48.94% - 57.55%]	55.7%	[55.33% - 56.11%]
% 75-84 years		31.2%	[26.98% - 35.33%]	29.1%	[28.75% - 29.45%]
% 85 years or older		15.6%	[12.81% - 18.39%]	15.2%	[14.93% - 15.43%]
% 65+ population who are female		59.0%	[54.95% - 62.99%]	56.8%	[56.36% - 57.18%]
% 85+ population who are female		71.5%	[64.32% - 78.59%]	66.6%	[65.94% - 67.18%]
Race and ethnicity of the population 65+					
% White		86.2%	[83.86% - 88.45%]	88.4%	[87.85% - 88.93%]
% African American		8.6%	[6.17% - 11.08%]	6.8%	[6.63% - 6.88%]
% Asian		3.0%	[0.87% - 5.21%]	2.3%	[2.20% - 2.35%]
% Hispanic/Latino	*	1.7%	[0.44% - 2.98%]	5.8%	[5.66% - 5.84%]
Marital status of the population 65+					
% married	*	48.7%	[44.96% - 52.50%]	53.8%	[53.46% - 54.12%]
% divorced/separated		16.8%	[13.30% - 20.21%]	14.9%	[14.58% - 15.29%]
% widowed		26.0%	[21.80% - 30.27%]	24.2%	[23.77% - 24.57%]
% never married		8.5%	[5.67% - 11.28%]	7.1%	[6.85% - 7.36%]
Education of the population 65+					
% with less than high school education		16.7%	[13.13% - 20.30%]	14.7%	[14.30% - 15.04%]
% with high school or some college		56.5%	[52.77% - 60.22%]	53.3%	[52.80% - 53.74%]
% with college degree	*	26.8%	[23.04% - 30.55%]	32.1%	[31.72% - 32.40%]
% with graduate or professional degree		16.4%	[13.36% - 19.45%]	16.8%	[16.58% - 17.09%]
% of 65+ population who speak only English at home		83.0%	[79.98% - 86.09%]	84.3%	[83.76% - 84.83%]
% of 65+ population who are veterans of military service		17.1%	[13.94% - 20.17%]	17.5%	[17.21% - 17.69%]
% of 60+ who are LGBT (County)		3.2%	[1.87% - 4.53%]	2.5%	[2.17% - 2.74%]
Age-sex adjusted 1-year mortality rate		4.7%	[4.14% - 5.16%]	4.1%	[4.08% - 4.18%]
WELLNESS					
% 60+ getting the recommended hours of sleep		64.9%	[58.48% - 71.30%]	65.2%	[64.24% - 66.16%]
% 60+ doing any physical activity within last month	W	65.2%	[59.39% - 70.99%]	75.0%	[74.20% - 75.79%]
% 60+ met CDC guidelines for muscle-strengthening activity		23.0%	[16.60% - 29.38%]	27.6%	[26.62% - 28.52%]
% 60+ met CDC guidelines for aerobic physical activity	W	48.5%	[40.79% - 56.28%]	58.1%	[56.98% - 59.11%]
% 60+ with fair or poor health status	W	24.1%	[18.71% - 29.41%]	17.6%	[16.90% - 18.31%]
% 60+ with 15+ physically unhealthy days in last month		14.1%	[9.70% - 18.48%]	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		31.3%	[24.74% - 37.91%]	26.3%	[25.38% - 27.18%]
% 60+ who were injured in a fall within last year		12.4%	[7.85% - 16.95%]	9.8%	[9.22% - 10.46%]
% 65+ had hip fracture		4.0%	[3.47% - 4.60%]	3.7%	[3.63% - 3.75%]
PREVENTION					
% 60+ with physical exam/check-up in last year		90.5%	[87.20% - 93.77%]	88.5%	[87.93% - 89.09%]
% 60+ flu shot in last year		53.8%	[47.67% - 59.96%]	57.5%	[56.60% - 58.43%]
% 60+ with pneumonia vaccine		67.4%	[61.33% - 73.50%]	63.9%	[62.97% - 64.79%]
% 60+ with shingles vaccine		33.4%	[26.79% - 40.06%]	33.5%	[32.43% - 34.52%]
% 60+ women with a mammogram within last 2 years		82.5%	[74.98% - 90.02%]	79.7%	[78.56% - 80.79%]
% 60+ with colorectal cancer screening		78.0%	[71.76% - 84.22%]	78.2%	[77.29% - 79.05%]
% 60+ with HIV test		18.2%	[13.12% - 23.21%]	16.1%	[15.40% - 16.83%]
% 60+ met CDC preventive health screening goals		37.3%	[29.35% - 45.27%]	39.6%	[38.38% - 40.80%]
NUTRITION & DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		16.4%	[10.77% - 22.06%]	19.9%	[19.00% - 20.72%]
% 60+ stressed about buying food in last month		10.9%	[6.49% - 15.35%]	8.6%	[7.95% - 9.17%]
% 60+ self-reported obese		28.3%	[22.38% - 34.20%]	26.1%	[25.27% - 26.93%]
% 65+ clinically diagnosed obesity	W	25.4%	[23.94% - 26.86%]	22.5%	[22.35% - 22.66%]
% 65+ with high cholesterol		77.5%	[76.13% - 78.87%]	77.0%	[76.85% - 77.15%]
% 60+ with cholesterol screening	B	99.3%	[98.55% - 100.10%]	97.1%	[96.74% - 97.42%]
ORAL HEALTH					
% 60+ with dental insurance		59.2%	[48.82% - 69.64%]	59.2%	[57.60% - 60.76%]
% 60+ with annual dental exam		74.3%	[68.23% - 80.35%]	80.0%	[79.13% - 80.76%]
% 60+ with loss of 6 or more teeth	W	35.2%	[28.58% - 41.74%]	23.8%	[22.96% - 24.69%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	W	17.2%	[16.00% - 18.31%]	14.4%	[14.26% - 14.49%]
% 65+ with anemia		49.4%	[47.83% - 50.99%]	50.6%	[50.41% - 50.76%]
% 65+ with asthma		12.9%	[11.88% - 13.96%]	14.1%	[13.96% - 14.19%]
% 65+ with atrial fibrillation		17.0%	[15.84% - 18.10%]	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)	B	40.0%	[37.63% - 42.35%]	42.8%	[42.49% - 43.01%]
% 65+ with breast cancer (women)		11.2%	[9.92% - 12.47%]	11.4%	[11.25% - 11.53%]
% 65+ with cataract	W	68.7%	[67.13% - 70.18%]	64.8%	[64.67% - 65.00%]
% 65+ with chronic kidney disease		31.4%	[29.85% - 32.91%]	29.9%	[29.70% - 30.03%]
% 65+ with chronic obstructive pulmonary disease		21.8%	[20.50% - 23.03%]	21.0%	[20.90% - 21.17%]
% 65+ with colon cancer	B	2.2%	[1.75% - 2.61%]	2.7%	[2.65% - 2.75%]
% 65+ with congestive heart failure		22.2%	[20.87% - 23.50%]	22.6%	[22.43% - 22.72%]
% 65+ with diabetes		34.4%	[32.83% - 36.00%]	33.8%	[33.59% - 33.93%]
% 65+ with endometrial cancer (women)		1.9%	[1.38% - 2.47%]	2.0%	[1.97% - 2.10%]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
% 65+ with epilepsy		2.7%	[2.19% - 3.25%]	2.9%	[2.82% - 2.95%]
% 65+ with fibromyalgia, chronic pain, and fatigue		27.2%	[25.73% - 28.68%]	26.6%	[26.42% - 26.73%]
% 65+ with glaucoma		28.0%	[26.59% - 29.37%]	28.3%	[28.11% - 28.41%]
% 65+ ever had a heart attack		4.7%	[4.07% - 5.33%]	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	W	78.5%	[77.17% - 79.88%]	76.2%	[76.07% - 76.37%]
% 65+ with hypothyroidism	B	23.2%	[21.93% - 24.55%]	25.1%	[24.99% - 25.28%]
% 65+ with ischemic heart disease		39.0%	[37.40% - 40.61%]	40.7%	[40.55% - 40.90%]
% 65+ with leukemias and lymphomas		2.6%	[2.08% - 3.11%]	2.7%	[2.60% - 2.71%]
% 65+ with liver disease		10.1%	[9.06% - 11.05%]	9.5%	[9.37% - 9.59%]
% 65+ with lung cancer		1.6%	[1.21% - 1.99%]	1.9%	[1.81% - 1.90%]
% 65+ with migraine and other chronic headache		5.5%	[4.75% - 6.29%]	5.2%	[5.13% - 5.29%]
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.2%	[55.50% - 58.87%]	54.2%	[53.97% - 54.34%]
% 65+ with osteoporosis	B	18.0%	[16.86% - 19.17%]	20.2%	[20.11% - 20.37%]
% 65+ with peripheral vascular disease	W	21.8%	[20.49% - 23.08%]	19.9%	[19.72% - 19.99%]
% 65+ with pressure ulcer or chronic ulcer		9.4%	[8.45% - 10.29%]	9.2%	[9.11% - 9.31%]
% 65+ with prostate cancer (men)		11.7%	[10.17% - 13.17%]	13.1%	[12.93% - 13.28%]
% 65+ with stroke	W	13.4%	[12.42% - 14.46%]	11.9%	[11.80% - 12.01%]
% 65+ with traumatic brain injury		1.5%	[1.13% - 1.94%]	1.3%	[1.25% - 1.33%]
% 65+ with 4+ (out of 15) chronic conditions		63.3%	[61.77% - 64.89%]	61.8%	[61.61% - 61.95%]
% 65+ with 0 chronic conditions		6.9%	[6.03% - 7.75%]	7.2%	[7.10% - 7.29%]
BEHAVIORAL HEALTH					
% 65+ with opioid use disorder	W	3.8%	[3.18% - 4.52%]	2.2%	[2.10% - 2.21%]
% 65+ with substance use disorder	W	8.9%	[7.94% - 9.92%]	6.8%	[6.66% - 6.85%]
% 60+ who used marijuana in last month		N/A		2.9%	[2.30% - 3.53%]
% 60+ excessive drinking		8.3%	[5.23% - 11.38%]	9.2%	[8.64% - 9.71%]
% 65+ with tobacco use disorder	W	12.7%	[11.52% - 13.83%]	10.1%	[9.94% - 10.17%]
% 60+ current smokers		11.7%	[7.97% - 15.45%]	7.7%	[7.20% - 8.17%]
% 60+ ever used E-Cigarettes in last month	W	11.4%	[7.30% - 15.41%]	6.4%	[5.89% - 6.80%]
MENTAL HEALTH					
% 60+ who reported receiving adequate emotional support		76.0%	[68.68% - 83.39%]	78.3%	[76.70% - 79.88%]
% 60+ with 15+ days poor mental health in last month	W	11.6%	[7.48% - 15.78%]	6.9%	[6.41% - 7.37%]
% 65+ with depression	W	34.7%	[33.24% - 36.23%]	30.3%	[30.10% - 30.41%]
% 65+ with anxiety disorder	W	30.6%	[29.08% - 32.14%]	25.5%	[25.35% - 25.66%]
% 65+ with bipolar disorder	W	5.1%	[4.31% - 5.84%]	3.9%	[3.78% - 3.92%]
% 65+ with post-traumatic stress disorder	W	2.3%	[1.78% - 2.91%]	1.3%	[1.20% - 1.29%]
% 65+ with schizophrenia & other psychotic disorder	W	6.2%	[5.38% - 6.96%]	4.6%	[4.53% - 4.68%]
% 65+ with personality disorder	W	3.8%	[3.13% - 4.44%]	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		11.8%	[9.12% - 14.46%]	12.4%	[12.08% - 12.71%]
% 65+ with clinical diagnosis of deafness or hearing impairment	B	13.8%	[12.75% - 14.92%]	15.7%	[15.60% - 15.85%]
% 65+ with self-reported vision difficulty		4.7%	[2.58% - 6.82%]	4.8%	[4.55% - 5.04%]
% 65+ with clinical diagnosis of blindness or visual impairment		1.3%	[0.95% - 1.64%]	1.1%	[1.05% - 1.12%]
% 65+ with self-reported cognition difficulty		6.4%	[4.13% - 8.71%]	7.6%	[7.34% - 7.87%]
% 65+ with self-reported ambulatory difficulty		22.7%	[19.10% - 26.34%]	19.1%	[18.71% - 19.52%]
% 65+ with clinical diagnosis of mobility impairment	W	5.5%	[4.73% - 6.19%]	4.0%	[3.95% - 4.09%]
% 65+ with self-reported self-care difficulty		9.1%	[5.89% - 12.21%]	7.5%	[7.25% - 7.77%]
% 65+ with self-reported independent living difficulty		13.2%	[9.59% - 16.73%]	13.6%	[13.23% - 13.93%]
CAREGIVING					
% of 60+ who provide care to a family/friend in last month		22.6%	[13.74% - 31.36%]	21.7%	[19.87% - 23.57%]
% of grandparents raising grandchildren		0.7%	[0.02% - 1.39%]	0.8%	[0.73% - 0.86%]
% of grandparents who live with grandchildren		2.0%	[1.02% - 2.91%]	2.7%	[2.62% - 2.83%]
ACCESS TO CARE					
% 65+ dually eligible for Medicare and Medicaid	*	25.5%	[24.46% - 26.48%]	22.1%	[21.96% - 22.17%]
% 65+ Medicare managed care enrollees		31.0%	[29.92% - 32.06%]	29.9%	[29.76% - 29.99%]
% 60+ with a regular doctor		97.0%	[95.25% - 98.73%]	96.0%	[95.68% - 96.39%]
% 60+ who did not see a doctor when needed due to cost		5.2%	[2.25% - 8.24%]	4.5%	[4.14% - 4.92%]
SERVICE UTILIZATION					
# physician visits per year		8.4	[8.19 - 8.69]	8.6	[8.60 - 8.66]
# emergency room visits/1000 persons 65+ years annually	*	724.4	[676.06 - 772.78]	636.7	[631.77 - 641.56]
# Part D monthly prescription fills per person annually	*	51.9	[50.79 - 53.00]	50.3	[50.15 - 50.39]
# home health visits annually		4.3	[3.70 - 4.92]	4.1	[4.02 - 4.14]
# durable medical equipment claims annually		2.0	[1.80 - 2.18]	1.9	[1.88 - 1.91]
# inpatient hospital stays/1000 persons 65+ years annually	*	307.4	[282.15 - 332.60]	273.3	[270.72 - 275.80]
% Medicare inpatient hospital readmissions (as % of admissions)		16.2%	[14.04% - 18.35%]	17.2%	[16.89% - 17.47%]
# skilled nursing facility stays/1000 persons 65+ years annually	*	122.3	[108.13 - 136.45]	104.7	[103.23 - 106.08]
% 65+ getting Medicaid long term services and supports	*	6.6%	[5.99% - 7.13%]	5.5%	[5.48% - 5.60%]
% 65+ hospice users	*	3.7%	[3.25% - 4.17%]	2.8%	[2.70% - 2.79%]
% 65+ hospice users as % of decedents	*	53.2%	[47.52% - 58.92%]	45.5%	[44.85% - 46.14%]
Median hospice days per hospice user (65+, deceased)		9.0	[7.0 - 11.0]	10.0	[10.00 - 10.00]
Median hospice payment (Medicare + other) per hospice user		\$4,080	[\$3,311 - \$4,858]	\$3,741	[\$3,650 - \$3,816]
COMMUNITY					
% 60+ who used Internet in last month		71.2%	[65.79% - 76.52%]	75.1%	[74.32% - 75.89%]
TRANSPORTATION					
% 65+ who own a motor vehicle	*	84.2%	[83.30% - 85.06%]	87.3%	[87.15% - 87.49%]
% 60+ who always drive or ride wearing a seatbelt		91.8%	[88.21% - 95.31%]	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	*	34.7%	[30.66% - 38.80%]	28.4%	[27.99% - 28.89%]
% 60+ own home	*	64.1%	[60.34% - 67.79%]	76.9%	[76.70% - 77.17%]
% 60+ homeowners who have mortgage		49.5%	[44.08% - 54.94%]	47.1%	[46.58% - 47.64%]
% 60+ stressed about paying rent/mortgage in last month		20.7%	[15.04% - 26.41%]	17.4%	[16.52% - 18.19%]
% 65+ households (renter) spend >35% of income on housing		42.6%	[31.63% - 53.65%]	44.0%	[42.55% - 45.42%]
% 65+ households (owner) spend >35% of income on housing		24.6%	[18.03% - 31.23%]	29.5%	[28.89% - 30.15%]
% 65+ moved within same county in last year		2.6%	[1.19% - 4.06%]	3.7%	[3.48% - 3.89%]
% 65+ moved from different county in last year	*	2.1%	[0.91% - 3.25%]	0.8%	[0.71% - 0.90%]
% 65+ moved from different state in last year		1.9%	[-0.02% - 3.85%]	0.9%	[0.82% - 1.05%]
% of vacant homes in community		9.2%	[7.55% - 10.86%]	9.6%	[9.29% - 9.87%]
ECONOMIC					
% 60+ receiving food benefits in last year	*	14.8%	[11.22% - 18.37%]	10.9%	[10.53% - 11.21%]
% 65+ employed in last year		23.1%	[19.27% - 26.92%]	24.8%	[24.48% - 25.15%]
% 65+ with income below the poverty line in last year		7.6%	[5.43% - 9.77%]	7.0%	[6.79% - 7.30%]
% 65+ households with annual income < \$20,000		21.0%	[16.83% - 25.21%]	17.1%	[16.57% - 17.55%]
% 65+ households with annual income \$20,000-\$49,999		37.0%	[30.58% - 43.44%]	31.0%	[30.35% - 31.62%]
% 65+ households with annual income \$50,000-\$99,999	*	20.5%	[16.00% - 24.90%]	27.6%	[27.04% - 28.17%]
% 65+ households with annual income \$100,000+		21.5%	[17.13% - 25.90%]	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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