New Milford (Litchfield)

TUFTS Health Plan FOUNDATION

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		61.5%	[55.91% - 67.17%]	55.7%	[55.33% - 56.11%]
% 75-84 years		25.6%	[21.12% - 30.01%]	29.1%	[28.75% - 29.45%]
% 85 years or older		12.9%	[8.69% - 17.09%]	15.2%	[14.93% - 15.43%]
% 65+ population who are female		57.3%	[51.20% - 63.41%]	56.8%	[56.36% - 57.18%]
% 85+ population who are female		77.0%	[62.94% - 91.08%]	66.6%	[65.94% - 67.18%]
Race and ethnicity of the population 65+					
% White	*	97.2%	[92.05% - 102.31%]	88.4%	[87.85% - 88.93%]
% African American	*	0.3%	[-1.06% - 1.73%]	6.8%	[6.63% - 6.88%]
% Asian		1.6%	[-0.20% - 3.43%]	2.3%	[2.20% - 2.35%]
% Hispanic/Latino		3.0%	[0.17% - 5.80%]	5.8%	[5.66% - 5.84%]
Marital status of the population 65+					
% married		57.4%	[53.14% - 61.60%]	53.8%	[53.46% - 54.12%]
% divorced/separated		17.2%	[12.08% - 22.33%]	14.9%	[14.58% - 15.29%]
% widowed		21.3%	[16.91% - 25.70%]	24.2%	[23.77% - 24.57%]
% never married	*	4.1%	[1.92% - 6.32%]	7.1%	[6.85% - 7.36%]
Education of the population 65+					
% with less than high school education	*	9.6%	[5.87% - 13.41%]	14.7%	[14.30% - 15.04%]
% with high school or some college		57.9%	[52.56% - 63.20%]	53.3%	[52.80% - 53.74%]
% with college degree		32.5%	[26.25% - 38.72%]	32.1%	[31.72% - 32.40%]
% with graduate or professional degree		16.5%	[11.67% - 21.29%]	16.8%	[16.58% - 17.09%]
% of 65+ population who speak only English at home	*	91.9%	[87.15% - 96.70%]	84.3%	[83.76% - 84.83%]
% of 65+ population who are veterans of military service		18.1%	[13.69% - 22.50%]	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		4.1%	[3.50% - 4.76%]	4.1%	[4.08% - 4.18%]
WELLNESS					
% 60+ getting the recommended hours of sleep		68.3%	[62.70% - 73.85%]	65.2%	[64.24% - 66.16%]
% 60+ doing any physical activity within last month	B	81.0%	[77.07% - 84.92%]	75.0%	[74.20% - 75.79%]
% 60+ met CDC guidelines for muscle-strengthening activity		30.1%	[24.66% - 35.48%]	27.6%	[26.62% - 28.52%]
% 60+ met CDC guidelines for aerobic physical activity		62.4%	[56.52% - 68.19%]	58.1%	[56.98% - 59.11%]
% 60+ with fair or poor health status	B	12.9%	[9.53% - 16.30%]	17.6%	[16.90% - 18.31%]
% 60+ with 15+ physically unhealthy days in last month		10.7%	[7.35% - 14.05%]	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		25.4%	[20.26%	- 30.59%]	26.3%	[25.38%	- 27.18%]
% 60+ who were injured in a fall within last year		8.5%	[5.34%	- 11.58%]	9.8%	[9.22%	- 10.46%]
% 65+ had hip fracture		3.6%	[2.98%	- 4.25%]	3.7%	[3.63%	- 3.75%]
PREVENTION							
% 60+ with physical exam/check-up in last year		84.9%	[81.17%	- 88.65%]	88.5%	[87.93%	- 89.09%]
% 60+ flu shot in last year		63.3%	[58.34%	- 68.35%]	57.5%	[56.60%	- 58.43%]
% 60+ with pneumonia vaccine		60.5%	[55.13%	- 65.88%]	63.9%	[62.97%	- 64.79%]
% 60+ with shingles vaccine		35.4%	[28.83%	- 41.87%]	33.5%	[32.43%	- 34.52%]
% 60+ women with a mammogram within last 2 years		78.3%	[70.99%	- 85.61%]	79.7%	[78.56%	- 80.79%]
% 60+ with colorectal cancer screening		79.6%	[74.40%	- 84.80%]	78.2%	[77.29%	- 79.05%]
% 60+ with HIV test		13.2%	[9.54%	- 16.88%]	16.1%	[15.40%	- 16.83%]
% 60+ met CDC preventive health screening goals		36.7%	[29.78%	- 43.57%]	39.6%	[38.38%	- 40.80%]
NUTRITION & DIET							
% 60+ with 5 or more servings of fruit or vegetables per day		23.8%	[18.80%	- 28.86%]	19.9%	[19.00%	- 20.72%]
% 60+ stressed about buying food in last month		8.1%	[4.89%	- 11.34%]	8.6%	[7.95%	- 9.17%]
% 60+ self-reported obese		22.0%	[17.55%	- 26.41%]	26.1%	[25.27%	- 26.93%]
% 65+ clinically diagnosed obesity		23.1%	[21.45%	- 24.82%]	22.5%	[22.35%	- 22.66%]
% 65+ with high cholesterol	B	72.5%	[70.80%	- 74.19%]	77.0%	[76.85%	- 77.15%]
% 60+ with cholesterol screening		97.9%	[96.45%	- 99.33%]	97.1%	[96.74%	- 97.42%]
ORAL HEALTH							
% 60+ with dental insurance		58.3%	[48.55%	- 67.99%]	59.2%	[57.60%	- 60.76%]
% 60+ with annual dental exam		83.6%	[79.18%	- 87.93%]	80.0%	[79.13%	- 80.76%]
% 60+ with loss of 6 or more teeth		21.3%	[16.28%	- 26.29%]	23.8%	[22.96%	- 24.69%]
CHRONIC DISEASE							
% 65+ with Alzheimer's disease or related dementias	B	10.8%	[9.66%	- 11.91%]	14.4%	[14.26%	- 14.49%]
% 65+ with anemia	B	43.7%	[41.92%	- 45.55%]	50.6%	[50.41%	- 50.76%]
% 65+ with asthma	W	17.0%	[15.62%	- 18.36%]	14.1%	[13.96%	- 14.19%]
% 65+ with atrial fibrillation		14.9%	[13.64%	- 16.14%]	16.1%	[15.94%	- 16.18%]
% 65+ with autism spectrum disorder		0.07%	[0.03%	0.11%]	0.12%	[0.11%	- 0.14%]
% 65+ with benign prostatic hyperplasia (men)		41.5%	[38.79%	- 44.20%]	42.8%	[42.49%	- 43.01%]
% 65+ with breast cancer (women)		10.2%	[8.72%	- 11.67%]	11.4%	[11.25%	- 11.53%]
% 65+ with cataract	B	58.1%	[56.30%	- 60.00%]	64.8%	[64.67%	- 65.00%]
% 65+ with chronic kidney disease		29.0%	[27.27%	- 30.79%]	29.9%	[29.70%	- 30.03%]
% 65+ with chronic obstructive pulmonary disease		20.2%	[18.77%	- 21.66%]	21.0%	[20.90%	- 21.17%]
% 65+ with colon cancer	B	2.0%	[1.47%	- 2.43%]	2.7%	[2.65%	- 2.75%]
% 65+ with congestive heart failure	B	16.3%	[14.95%	- 17.72%]	22.6%	[22.43%	- 22.72%]
% 65+ with diabetes	B	27.7%	[25.90%	- 29.42%]	33.8%	[33.59%	- 33.93%]
% 65+ with endometrial cancer (women)		2.5%	[1.77%	- 3.22%]	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	B	2.2%	[1.62%	- 2.75%]	2.9%	[2.82% -	2.95%]
% 65+ with fibromyalgia, chronic pain, and fatigue	W	29.6%	[27.86%	- 31.44%]	26.6%	[26.42% -	26.73%]
% 65+ with glaucoma	B	23.6%	[22.05%	- 25.09%]	28.3%	[28.11% -	28.41%]
% 65+ ever had a heart attack		4.1%	[3.37%	- 4.75%]	4.5%	[4.40% -	4.53%]
% 65+ with HIV/AIDS	*	0.14%	[0.08%	- 0.19%]	0.21%	[0.19% -	0.23%]
% 65+ with hypertension	B	73.0%	[71.27%	- 74.65%]	76.2%	[76.07% -	76.37%]
% 65+ with hypothyroidism	B	20.3%	[18.84%	- 21.73%]	25.1%	[24.99% -	25.28%]
% 65+ with ischemic heart disease		38.9%	[37.00%	- 40.83%]	40.7%	[40.55% -	40.90%]
% 65+ with leukemias and lymphomas		2.2%	[1.62%	- 2.71%]	2.7%	[2.60% -	2.71%]
% 65+ with liver disease		9.1%	[8.02%	- 10.25%]	9.5%	[9.37% -	9.59%]
% 65+ with lung cancer		1.9%	[1.40%	- 2.37%]	1.9%	[1.81% -	1.90%]
% 65+ with migraine and other chronic headache		6.0%	[5.08%	- 6.94%]	5.2%	[5.13% -	5.29%]
% 65+ with osteoarthritis or rheumatoid arthritis		55.2%	[53.18%	- 57.19%]	54.2%	[53.97% -	54.34%]
% 65+ with osteoporosis		19.2%	[17.82%	- 20.60%]	20.2%	[20.11% -	20.37%]
% 65+ with peripheral vascular disease		20.5%	[18.93%	- 22.00%]	19.9%	[19.72% -	19.99%]
% 65+ with pressure ulcer or chronic ulcer		9.3%	[8.21%	- 10.33%]	9.2%	[9.11% -	9.31%]
% 65+ with prostate cancer (men)	B	10.6%	[8.95%	- 12.23%]	13.1%	[12.93% -	13.28%]
% 65+ with stroke	B	10.6%	[9.49%	- 11.65%]	11.9%	[11.80% -	12.01%]
% 65+ with traumatic brain injury		1.4%	[0.95%	- 1.89%]	1.3%	[1.25% -	1.33%]
% 65+ with 4+ (out of 15) chronic conditions	B	58.7%	[56.87%	- 60.55%]	61.8%	[61.61% -	61.95%]
% 65+ with 0 chronic conditions		8.3%	[7.21%	- 9.41%]	7.2%	[7.10% -	7.29%]
BEHAVIORAL HEALTH							
% 65+ with opioid use disorder		2.8%	[2.15%	- 3.53%]	2.2%	[2.10% -	2.21%]
% 65+ with substance use disorder		6.9%	[5.93%	- 7.94%]	6.8%	[6.66% -	6.85%]
% 60+ who used marijuana in last month		*N/A*			2.9%	[2.30% -	3.53%]
% 60+ excessive drinking		8.9%	[5.88%	- 11.85%]	9.2%	[8.64% -	9.71%]
% 65+ with tobacco use disorder	W	12.0%	[10.65%	- 13.32%]	10.1%	[9.94% -	10.17%]
% 60+ current smokers	B	4.3%	[2.35%	- 6.29%]	7.7%	[7.20% -	8.17%]
% 60+ ever used E-Cigarettes in last month		5.5%	[3.11%	- 7.93%]	6.4%	[5.89% -	6.80%]
MENTAL HEALTH							
% 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		8.3%	[5.20%	- 11.30%]	6.9%	[6.41% -	7.37%]
% 65+ with depression		30.4%	[28.70%	- 32.05%]	30.3%	[30.10% -	30.41%]
% 65+ with anxiety disorder		25.4%	[23.68%	- 27.11%]	25.5%	[25.35% -	25.66%]
% 65+ with bipolar disorder	B	2.5%	[1.89%	- 3.14%]	3.9%	[3.78% -	3.92%]
% 65+ with post-traumatic stress disorder		1.3%	[0.85%	- 1.85%]	1.3%	[1.20% -	1.29%]
% 65+ with schizophrenia & other psychotic disorder	B	2.6%	[2.03%	- 3.21%]	4.6%	[4.53% -	4.68%]
% 65+ with personality disorder		3.2%	[2.49%	- 3.92%]	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		12.4%	[8.04%	- 16.76%]	12.4%	[12.08% -	12.71%]
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.7%	[10.52%	- 12.84%]	15.7%	[15.60% -	15.85%]
% 65+ with self-reported vision difficulty		3.7%	[0.90%	- 6.41%]	4.8%	[4.55% -	5.04%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[0.55%	- 1.29%]	1.1%	[1.05% -	1.12%]
% 65+ with self-reported cognition difficulty		7.0%	[3.43%	- 10.60%]	7.6%	[7.34% -	7.87%]
% 65+ with self-reported ambulatory difficulty		20.9%	[15.23%	- 26.55%]	19.1%	[18.71% -	19.52%]
% 65+ with clinical diagnosis of mobility impairment		3.6%	[2.88%	- 4.26%]	4.0%	[3.95% -	4.09%]
% 65+ with self-reported self-care difficulty		9.1%	[5.04%	- 13.20%]	7.5%	[7.25% -	7.77%]
% 65+ with self-reported independent living difficulty		13.5%	[8.95%	- 18.00%]	13.6%	[13.23% -	13.93%]
CAREGIVING							
% 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		0.5%	[0.05%	- 1.03%]	0.8%	[0.73% -	0.86%]
% of grandparents who live with grandchildren		2.4%	[1.45%	- 3.30%]	2.7%	[2.62% -	2.83%]
ACCESS TO CARE							
% 65+ dually eligible for Medicare and Medicaid	*	20.5%	[19.38%	- 21.72%]	22.1%	[21.96% -	22.17%]
% 65+ Medicare managed care enrollees	*	21.2%	[20.06%	- 22.43%]	29.9%	[29.76% -	29.99%]
% 60+ with a regular doctor		95.7%	[93.46%	- 97.86%]	96.0%	[95.68% -	96.39%]
% 60+ who did not see a doctor when needed due to cost		6.4%	[3.65%	- 9.10%]	4.5%	[4.14% -	4.92%]
SERVICE UTILIZATION							
# physician visits per year	*	9.4	[9.11	- 9.78]	8.6	[8.60 -	8.66]
# emergency room visits/1000 persons 65+ years annually		643.0	[594.99	- 691.04]	636.7	[631.77 -	641.56]
# Part D monthly prescription fills per person annually	*	47.1	[45.77	- 48.39]	50.3	[50.15 -	50.39]
# home health visits annually	*	2.4	[1.96	- 2.79]	4.1	[4.02 -	4.14]
# durable medical equipment claims annually		1.7	[1.53	- 1.92]	1.9	[1.88 -	1.91]
# inpatient hospital stays/1000 persons 65+ years annually		245.6	[220.20	- 270.97]	273.3	[270.72 -	275.80]
% Medicare inpatient hospital readmissions (as % of admissions)		14.6%	[11.63%	- 17.64%]	17.2%	[16.89% -	17.47%]
# skilled nursing facility stays/1000 persons 65+ years annually	*	88.0	[74.08	- 101.93]	104.7	[103.23 -	106.08]
% 65+ getting Medicaid long term services and supports		5.6%	[4.89%	- 6.22%]	5.5%	[5.48% -	5.60%]
% 65+ hospice users	*	2.0%	[1.60%	- 2.46%]	2.8%	[2.70% -	2.79%]
% 65+ hospice users as % of decedents		38.8%	[31.53%	- 46.04%]	45.5%	[44.85% -	46.14%]
Median hospice days per hospice user (65+, deceased)		10.0	[7.0	- 13.0]	10.0	[10.00 -	10.00]
Median hospice payment (Medicare + other) per hospice user		$3,063	[$2,321	- $3,835]	$3,741	[$3,650 -	$3,816]
COMMUNITY							
% 60+ who used Internet in last month	*	85.5%	[82.15%	- 88.81%]	75.1%	[74.32% -	75.89%]
TRANSPORTATION							
% 65+ who own a motor vehicle	*	89.6%	[88.10%	- 91.19%]	87.3%	[87.15% -	87.49%]
% 60+ who always drive or ride wearing a seatbelt		94.7%	[92.56%	- 96.94%]	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[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]		STATE ESTIMATE	MARGIN OF ERROR[2]	
HOUSING							
% 65+ population who live alone		24.5%	[19.73% -	29.26%]	28.4%	[27.99% -	28.89%]
% 60+ own home	*	87.7%	[85.00% -	90.42%]	76.9%	[76.70% -	77.17%]
% 60+ homeowners who have mortgage	*	56.9%	[51.20% -	62.67%]	47.1%	[46.58% -	47.64%]
% 60+ stressed about paying rent/mortgage in last month		17.3%	[12.60% -	22.02%]	17.4%	[16.52% -	18.19%]
% 65+ households (renter) spend >35% of income on housing		65.0%	[38.22% -	91.85%]	44.0%	[42.55% -	45.42%]
% 65+ households (owner) spend >35% of income on housing		29.7%	[22.91% -	36.49%]	29.5%	[28.89% -	30.15%]
% 65+ moved within same county in last year	*	0.9%	[0.12% -	1.67%]	3.7%	[3.48% -	3.89%]
% 65+ moved from different county in last year		1.1%	[-0.21% -	2.33%]	0.8%	[0.71% -	0.90%]
% 65+ moved from different state in last year		1.4%	[-0.30% -	3.14%]	0.9%	[0.82% -	1.05%]
% of vacant homes in community		12.3%	[9.34% -	15.28%]	9.6%	[9.29% -	9.87%]
ECONOMIC							
% 60+ receiving food benefits in last year		8.4%	[5.84% -	10.97%]	10.9%	[10.53% -	11.21%]
% 65+ employed in last year		28.6%	[24.49% -	32.76%]	24.8%	[24.48% -	25.15%]
% 65+ with income below the poverty line in last year	*	3.0%	[0.66% -	5.27%]	7.0%	[6.79% -	7.30%]
% 65+ households with annual income < $20,000		16.0%	[10.26% -	21.71%]	17.1%	[16.57% -	17.55%]
% 65+ households with annual income $20,000-$49,999		25.8%	[17.77% -	33.83%]	31.0%	[30.35% -	31.62%]
% 65+ households with annual income $50,000-$99,999		25.1%	[19.28% -	30.85%]	27.6%	[27.04% -	28.17%]
% 65+ households with annual income $100,000+	*	33.2%	[25.26% -	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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