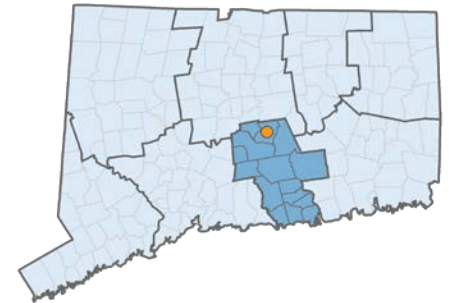


Portland (Middlesex)

Portland is a town in Middlesex County with 1,808 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of benign prostatic hyperplasia, chronic kidney disease, colon cancer, CHF, diabetes, osteoporosis, prostate cancer, traumatic brain injury, and visual impairment. However, they had higher rates of high cholesterol and cataract. They are more likely to take the health promotion steps of having a shingles vaccine and colorectal cancer screening; but are less likely to have an annual physical exam. Community resources to support healthy aging include 220 primary care providers, 7 nursing homes, and 2 hospitals, within 5 miles; 19 home health agencies, 7 hospice agencies, a senior center, and a public library.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		9,362	3,581,504
Population 60 years or older as % of total population		26.4%	23.0%
Total population 60 years or older		2,468	823,529
Population 65 years or older as % of total population		19.3%	16.4%
Total population 65 years or older		1,808	587,580
% 65-74 years		52.2%	55.7%
% 75-84 years		30.3%	29.1%
% 85 years or older		17.5%	15.2%
% 65+ population who are female		60.1%	56.8%
% 85+ population who are female		69.4%	66.6%
Race and ethnicity of the population 65+			
% White	*	99.7%	88.4%
% African American	*	0.3%	6.8%
% Asian		0.0%	2.3%
% Other race		0.0%	2.6%
% Hispanic/Latino	*	0.0%	5.8%
Marital status of the population 65+			
% married	*	43.0%	53.8%
% divorced/separated		17.3%	14.9%
% widowed	*	34.3%	24.2%
% never married		5.4%	7.1%
Education of the population 65+			
% with less than high school education	*	6.5%	14.7%
% with high school or some college	*	62.9%	53.3%
% with college degree		30.6%	32.1%
% with graduate or professional degree		21.6%	16.8%
% of 65+ population who speak only English at home		95.7%	84.3%
% of 65+ population who are veterans of military service		20.2%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
POPULATION CHARACTERISTICS			
% of 60+ who are LGBT (county)		3.2%	2.5%
Median age of females		47.2	42.6
Median age of males		45.3	39.1
Life expectancy at birth (county)		81.1	80.9
Age-sex adjusted 1-year mortality rate		4.2%	4.1%
WELLNESS			
% 60+ getting the recommended hours of sleep		63.1%	65.2%
% 60+ doing any physical activity within last month		75.6%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		31.4%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		59.8%	58.0%
% 60+ with fair or poor health status	B	12.2%	17.6%
% 60+ with 15+ physically unhealthy days in last month		10.9%	12.4%
FALLS			
% 60+ who fell within last year		27.9%	26.3%
% 60+ who were injured in a fall within last year		6.4%	9.8%
% 65+ had hip fracture		3.8%	3.7%
PREVENTION			
% 60+ with physical exam/check-up in last year	W	83.3%	88.5%
% 60+ flu shot in last year		59.4%	57.5%
% 60+ with pneumonia vaccine		64.0%	63.9%
% 60+ with shingles vaccine	B	41.5%	33.5%
% 60+ women with a mammogram within last 2 years		81.7%	79.7%
% 60+ with colorectal cancer screening	B	83.8%	78.2%
% 60+ with HIV test		17.9%	16.1%
% 60+ met CDC preventive health screening goals		41.7%	39.6%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		24.3%	19.9%
% 65+ with poor supermarket access		9.9%	32.4%
% 60+ stressed about buying food in last month		5.8%	8.6%
% 60+ self-reported obese		22.2%	26.1%
% 65+ clinically diagnosed obesity		25.0%	22.5%
% 65+ with high cholesterol	W	80.0%	77.0%
% 60+ with cholesterol screening		96.9%	97.1%
ORAL HEALTH			
% 60+ with dental insurance		59.7%	59.2%
% 60+ with annual dental exam		83.4%	79.9%
# of dentists per 100,000 persons (all ages)		32.0	75.1
% 60+ with loss of 6 or more teeth		20.0%	23.8%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		14.4%	14.4%
% 65+ with anemia		47.9%	50.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with asthma		12.8%	14.1%
% 65+ with atrial fibrillation		15.5%	16.1%
% 65+ with autism spectrum disorder		0.10%	0.12%
% 65+ with benign prostatic hyperplasia (men)	B	37.1%	42.7%
% 65+ with breast cancer (women)		13.2%	11.4%
% 65+ with cataract	W	68.2%	64.8%
% 65+ with chronic kidney disease	B	26.7%	29.9%
% 65+ with chronic obstructive pulmonary disease		19.2%	21.0%
% 65+ with colon cancer	B	2.2%	2.7%
% 65+ with congestive heart failure	B	19.1%	22.6%
% 65+ with diabetes	B	29.4%	33.8%
% 65+ with endometrial cancer (women)		2.0%	2.0%
% 65+ with epilepsy		2.4%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue		25.8%	26.6%
% 65+ with glaucoma		30.7%	28.3%
% 65+ ever had a heart attack		4.4%	4.5%
% 65+ with HIV/AIDS	*	0.13%	0.21%
% 65+ with hypertension		78.7%	76.2%
% 65+ with hypothyroidism		22.6%	25.1%
% 65+ with ischemic heart disease		39.8%	40.7%
% 65+ with leukemias and lymphomas		2.2%	2.7%
% 65+ with liver disease		9.8%	9.5%
% 65+ with lung cancer		2.2%	1.9%
% 65+ with migraine and other chronic headache		6.9%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis		53.2%	54.2%
% 65+ with osteoporosis	B	17.7%	20.2%
% 65+ with peripheral vascular disease		18.7%	19.9%
% 65+ with pressure ulcer or chronic ulcer		7.7%	9.2%
% 65+ with prostate cancer (men)	B	10.1%	13.1%
% 65+ with stroke		11.5%	11.9%
% 65+ with traumatic brain injury	B	0.7%	1.3%
% 65+ with 4+ (out of 15) chronic conditions		61.2%	61.8%
% 65+ with 0 chronic conditions		5.6%	7.2%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		18	4,613
% 65+ with opioid use disorder		2.6%	2.2%
% 65+ with substance use disorder		7.8%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		9.6%	9.2%
% 65+ with tobacco use disorder		12.3%	10.1%
% 60+ current smokers		6.1%	7.7%
% 60+ ever used E-Cigarettes in last month		5.9%	6.3%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support		76.0%	78.3%
% 60+ with 15+ days poor mental health in last month		5.7%	6.9%
% 65+ with depression		32.2%	30.3%
% 65+ with anxiety disorder		27.1%	25.5%
% 65+ with bipolar disorder		3.9%	3.8%
% 65+ with post-traumatic stress disorder		1.6%	1.2%
% 65+ with schizophrenia & other psychotic disorder		4.9%	4.6%
% 65+ with personality disorder		2.4%	2.5%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.3%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.7%	15.7%
% 65+ with self-reported vision difficulty	*	1.5%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	1.1%
% 65+ with self-reported cognition difficulty		9.5%	7.6%
% 65+ with self-reported ambulatory difficulty		18.8%	19.1%
% 65+ with clinical diagnosis of mobility impairment		3.8%	4.0%
% 65+ with self-reported self-care difficulty		4.8%	7.5%
% 65+ with self-reported independent living difficulty		14.4%	13.6%
CAREGIVING			
# of caregiver support groups		0	127
# of Memory Cafes		0	6
% of 60+ who provide care to a family/friend in last month		22.6%	21.7%
% of grandparents raising grandchildren	*	0.0%	0.8%
% of grandparents who live with grandchildren		1.6%	2.7%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	14.4%	22.1%
% 65+ Medicare managed care enrollees		27.9%	29.9%
% 60+ with a regular doctor		97.7%	96.0%
% 60+ who did not see a doctor when needed due to cost		4.0%	4.5%
# of primary care providers within 5 miles		220	10,508
# of hospitals within 5 miles		2	71
# of home health agencies		19	3,124
# of nursing homes within 5 miles		7	419
# of community health centers		0	83
# of adult day health centers		0	55
# of hospice agencies		7	38
SERVICE UTILIZATION			
# physician visits per year		9.0	8.6
# emergency room visits/1000 persons 65+ years annually		662.2	636.7

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# Part D monthly prescription fills per person annually		49.1	50.3
# home health visits annually		3.4	4.1
# durable medical equipment claims annually		1.8	1.9
# inpatient hospital stays/1000 persons 65+ years annually		273.8	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		19.3%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually		103.8	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		34.9	42.3
% 65+ getting Medicaid long term services and supports	*	4.2%	5.5%
% 65+ hospice users		3.3%	2.7%
% 65+ hospice users as % of decedents	*	61.3%	45.5%
Median hospice days per hospice user (65+, deceased)		11.0	10
Median hospice payment (Medicare + other) per hospice user		\$4,168.02	\$3,741.18
COMMUNITY			
Air pollution: annual # of unhealthy days for 65+ (county)		8	N/A
Age-friendly efforts in community		Not yet	Not yet
# of senior centers		1	165
# of universities and community colleges		0	64
# of public libraries		1	238
# of YMCAs		0	19
% in county with access to broadband (all ages)		99.2%	99.1%
% 60+ who used Internet in last month		78.9%	75.1%
Voter participation rate in 2016 election (age 18+)		86.3%	76.9%
SAFETY & CRIME			
Homicide rate/100,000 persons (county)		1.5	2.0
# firearm fatalities (all ages) (county)		34	932
# 65+ deaths by suicide (county)		5	26
TRANSPORTATION			
% 65+ who own a motor vehicle		90.7%	87.3%
% 60+ who always drive or ride wearing a seatbelt		90.6%	93.0%
% 60+ who drove under the influence of drinking in last month		N/A	2.2%
# of fatal crashes involving adult age 60+/town		3	342
# of fatal crashes involving adult age 60+/county		22	342
HOUSING			
% 65+ population who live alone	*	36.1%	28.4%
Average household size (all ages)		2.4	2.5
Median house value		\$245,800.00	\$272,700.00
% 60+ own home	*	87.2%	76.9%
% 60+ homeowners who have mortgage		35.7%	47.1%
% 60+ stressed about paying rent/mortgage in last month	B	12.3%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		43.4%	44.0%
% 65+ households (owner) spend >35% of income on housing		27.7%	29.5%
% 65+ moved within same county in last year		4.3%	3.7%
% 65+ moved from different county in last year		4.0%	0.8%
% 65+ moved from different state in last year		0.0%	0.9%
# of assisted living sites		0	80
% of vacant homes in community		11.0%	9.6%
ECONOMIC			
% 60+ receiving food benefits in last year	*	5.9%	10.9%
% 65+ employed in last year		27.4%	24.8%
% 65+ with income below the poverty line in last year	*	3.2%	7.0%
Median household income		\$91,295.00	\$76,106.00
% 65+ households with annual income < \$20,000		12.9%	17.1%
% 65+ households with annual income \$20,000-\$49,999		30.2%	31.0%
% 65+ households with annual income \$50,000-\$99,999		35.7%	27.6%
% 65+ households with annual income \$100,000+		21.3%	24.4%
COST OF LIVING			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Elder Index			
Single, homeowner without mortgage, good health	0.97	\$26,004.00	\$26,796.00
Single, renter, good health	0.97	\$27,780.00	\$28,536.00
Couple, homeowner without mortgage, good health	0.98	\$37,320.00	\$37,920.00
Couple, renter, good health	0.99	\$39,096.00	\$39,660.00

TECHNICAL NOTES

*See our technical report (online at <https://healthyagingdatareports.org>) for more information on data sources, measures, geographic units, margins of error, and statistical methodology. For most indicators the community and state values are estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "Better" and "Worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *.

We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting.

Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2014-2018), The Behavioral Risk Factor Surveillance System (2012-2018), Robert Wood Johnson Foundation (2020), The CMS Master Beneficiary Summary File ABCD/Other (2016-2017).
- Wellness, Falls, Prevention, Nutrition/Diet, Oral Health: BRFSS (2012-2018), CMS (2016-2017), the USDA Food Atlas (2017), CT Dept. of Public Health (DPH) (2020).
- Chronic Disease: CMS (2016-2017).
- Behavioral Health, Mental Health: CT DPH (2020), CMS (2016-2017), BRFSS (2012-2018), CDC Wonder (2014-2018).
- Living with Disability: CMS (2016-2017), ACS (2014-2018).
- Caregiving: CT Dept. of Aging (2020), memorycafedirectory.com (2020), BRFSS (2012-2018), ACS (2014-2018).
- Access to Care: CMS (2016-2017), BRFSS (2012-2018), Medicare.gov (Sep. 2020), Community Health Center Association of CT (2020), National Adult Day Services Association (2020).
- Service Utilization: CMS (2016-2017), Medicare.gov (Sep. 2020).
- Community: U.S. EPA Air Compare (2020), AARP (2020), CT Health and Human Services (2020), New England Commission of Higher Education (2020), CT State Library, Division of Library Development (2021), CT YMCA (2020), the FCC (2018), BRFSS (2012-2018), CT Secretary of State (2020).
- Safety & Crime: CDC Wonder (2014-2018).
- Transportation: ACS (2014-2018), BRFSS (2012-2018), the National Highway Traffic Safety Administration (2014-2018).
- Housing, Economic, Cost of Living: BRFSS (2012-2018), ACS (2014-2018), www.seniorcare.com/assisted-living/ (2020), Center for Social and Demographic Research on Aging, University of Massachusetts Boston (2019).

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