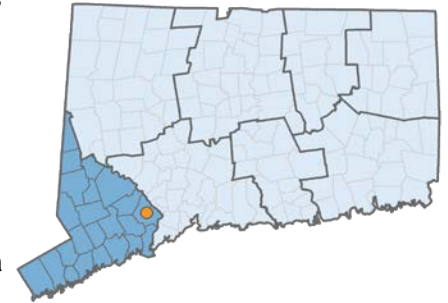


## Shelton (Fairfield)

Shelton is a city in Fairfield County with 8,464 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, cataract, substance and tobacco use disorders, and anxiety disorder. However, they had higher rates of high cholesterol, anemia, diabetes, hypertension, hypothyroidism, ischemic heart disease, osteoporosis, peripheral vascular disease, and pressure ulcers. They are less likely to take the health promotion steps of getting the recommended hours of sleep and a shingles vaccine. Community resources to support healthy aging include 106 primary care providers, a hospital, and 4 nursing homes within 5 miles; a caregiver support group, 37 home health agencies, an adult day health center, 12 hospice agencies, a senior center, 2 public libraries, and 2 assisted living sites.



<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different than STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		41,155	3,581,504
Population 60 years or older as % of total population		28.9%	23.0%
Total population 60 years or older		11,893	823,529
Population 65 years or older as % of total population		20.6%	16.4%
Total population 65 years or older		8,464	587,580
% 65-74 years		55.8%	55.7%
% 75-84 years		27.5%	29.1%
% 85 years or older		16.7%	15.2%
% 65+ population who are female		57.2%	56.8%
% 85+ population who are female		73.4%	66.6%
<b>Race and ethnicity of the population 65+</b>			
% White	*	97.4%	88.4%
% African American	*	0.6%	6.8%
% Asian	*	1.0%	2.3%
% Other race		1.0%	2.6%
% Hispanic/Latino	*	3.0%	5.8%
<b>Marital status of the population 65+</b>			
% married	*	58.1%	53.8%
% divorced/separated	*	11.8%	14.9%
% widowed		27.8%	24.2%
% never married	*	2.4%	7.1%
<b>Education of the population 65+</b>			
% with less than high school education	*	10.1%	14.7%
% with high school or some college	*	61.2%	53.3%
% with college degree		28.7%	32.1%
% with graduate or professional degree		14.4%	16.8%
% of 65+ population who speak only English at home		87.3%	84.3%
% of 65+ population who are veterans of military service		16.3%	17.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>POPULATION CHARACTERISTICS</b>			
% of 60+ who are LGBT (county)		2.1%	2.5%
Median age of females		48.4	42.6
Median age of males		46.1	39.1
Life expectancy at birth (county)		82.7	80.9
Age-sex adjusted 1-year mortality rate		4.3%	4.1%
<b>WELLNESS</b>			
% 60+ getting the recommended hours of sleep	W	57.1%	65.2%
% 60+ doing any physical activity within last month		71.8%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		27.4%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		53.8%	58.0%
% 60+ with fair or poor health status		19.6%	17.6%
% 60+ with 15+ physically unhealthy days in last month		10.3%	12.4%
<b>FALLS</b>			
% 60+ who fell within last year		24.0%	26.3%
% 60+ who were injured in a fall within last year		8.1%	9.8%
% 65+ had hip fracture		3.9%	3.7%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in last year		89.5%	88.5%
% 60+ flu shot in last year		57.1%	57.5%
% 60+ with pneumonia vaccine		59.1%	63.9%
% 60+ with shingles vaccine	W	26.1%	33.5%
% 60+ women with a mammogram within last 2 years		77.2%	79.7%
% 60+ with colorectal cancer screening		74.5%	78.2%
% 60+ with HIV test		13.6%	16.1%
% 60+ met CDC preventive health screening goals		31.5%	39.6%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		18.5%	19.9%
% 65+ with poor supermarket access		57.8%	32.4%
% 60+ stressed about buying food in last month		8.4%	8.6%
% 60+ self-reported obese		29.4%	26.1%
% 65+ clinically diagnosed obesity	B	19.6%	22.5%
% 65+ with high cholesterol	W	79.3%	77.0%
% 60+ with cholesterol screening		98.0%	97.1%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance		56.8%	59.2%
% 60+ with annual dental exam		77.0%	79.9%
# of dentists per 100,000 persons (all ages)		70.5	75.1
% 60+ with loss of 6 or more teeth		26.0%	23.8%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		14.6%	14.4%
% 65+ with anemia	W	56.0%	50.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with asthma		13.1%	14.1%
% 65+ with atrial fibrillation		16.7%	16.1%
% 65+ with autism spectrum disorder		0.09%	0.12%
% 65+ with benign prostatic hyperplasia (men)		45.3%	42.7%
% 65+ with breast cancer (women)		10.9%	11.4%
% 65+ with cataract	B	63.0%	64.8%
% 65+ with chronic kidney disease		28.3%	29.9%
% 65+ with chronic obstructive pulmonary disease		20.8%	21.0%
% 65+ with colon cancer		2.9%	2.7%
% 65+ with congestive heart failure		22.6%	22.6%
% 65+ with diabetes	W	37.2%	33.8%
% 65+ with endometrial cancer (women)		2.7%	2.0%
% 65+ with epilepsy		2.4%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue		26.3%	26.6%
% 65+ with glaucoma		27.0%	28.3%
% 65+ ever had a heart attack		4.8%	4.5%
% 65+ with HIV/AIDS		0.21%	0.21%
% 65+ with hypertension	W	78.5%	76.2%
% 65+ with hypothyroidism	W	29.8%	25.1%
% 65+ with ischemic heart disease	W	43.3%	40.7%
% 65+ with leukemias and lymphomas		2.9%	2.7%
% 65+ with liver disease		10.5%	9.5%
% 65+ with lung cancer		2.1%	1.9%
% 65+ with migraine and other chronic headache		5.4%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis		53.8%	54.2%
% 65+ with osteoporosis	W	22.2%	20.2%
% 65+ with peripheral vascular disease	W	25.6%	19.9%
% 65+ with pressure ulcer or chronic ulcer	W	11.2%	9.2%
% 65+ with prostate cancer (men)		13.1%	13.1%
% 65+ with stroke		11.6%	11.9%
% 65+ with traumatic brain injury		1.1%	1.3%
% 65+ with 4+ (out of 15) chronic conditions	W	64.1%	61.8%
% 65+ with 0 chronic conditions		6.6%	7.2%
<b>BEHAVIORAL HEALTH</b>			
# of drug overdose deaths (all ages)		46	4,613
% 65+ with opioid use disorder		2.1%	2.2%
% 65+ with substance use disorder	B	5.3%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		7.5%	9.2%
% 65+ with tobacco use disorder	B	8.4%	10.1%
% 60+ current smokers		8.5%	7.7%
% 60+ ever used E-Cigarettes in last month		6.5%	6.3%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>MENTAL HEALTH</b>			
% 60+ who reported receiving adequate emotional support		78.2%	78.3%
% 60+ with 15+ days poor mental health in last month		6.6%	6.9%
% 65+ with depression		28.8%	30.3%
% 65+ with anxiety disorder	B	23.6%	25.5%
% 65+ with bipolar disorder		3.7%	3.8%
% 65+ with post-traumatic stress disorder		0.9%	1.2%
% 65+ with schizophrenia & other psychotic disorder		4.6%	4.6%
% 65+ with personality disorder		2.4%	2.5%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		9.9%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.2%	15.7%
% 65+ with self-reported vision difficulty		3.3%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	1.1%
% 65+ with self-reported cognition difficulty	*	4.4%	7.6%
% 65+ with self-reported ambulatory difficulty	*	14.5%	19.1%
% 65+ with clinical diagnosis of mobility impairment		3.5%	4.0%
% 65+ with self-reported self-care difficulty	*	4.6%	7.5%
% 65+ with self-reported independent living difficulty	*	9.6%	13.6%
<b>CAREGIVING</b>			
# of caregiver support groups		1	127
# of Memory Cafes		0	6
% of 60+ who provide care to a family/friend in last month		18.5%	21.7%
% of grandparents raising grandchildren		0.7%	0.8%
% of grandparents who live with grandchildren	*	1.7%	2.7%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	18.3%	22.1%
% 65+ Medicare managed care enrollees	*	37.5%	29.9%
% 60+ with a regular doctor		96.0%	96.0%
% 60+ who did not see a doctor when needed due to cost		4.8%	4.5%
# of primary care providers within 5 miles		106	10,508
# of hospitals within 5 miles		1	71
# of home health agencies		37	3,124
# of nursing homes within 5 miles		4	419
# of community health centers		0	83
# of adult day health centers		1	55
# of hospice agencies		12	38
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	9.2	8.6
# emergency room visits/1000 persons 65+ years annually	*	558.0	636.7

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
# Part D monthly prescription fills per person annually	*	48.5	50.3
# home health visits annually		4.6	4.1
# durable medical equipment claims annually		1.8	1.9
# inpatient hospital stays/1000 persons 65+ years annually		282.1	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		18.2%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually		113.2	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		65.8	42.3
% 65+ getting Medicaid long term services and supports		5.4%	5.5%
% 65+ hospice users		3.0%	2.7%
% 65+ hospice users as % of decedents		51.2%	45.5%
Median hospice days per hospice user (65+, deceased)	*	7.0	10
Median hospice payment (Medicare + other) per hospice user		\$3,498.01	\$3,741.18
<b>COMMUNITY</b>			
Air pollution: annual # of unhealthy days for 65+ (county)		21	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		2	238
# of YMCAs		0	19
% in county with access to broadband (all ages)		99.9%	99.1%
% 60+ who used Internet in last month		74.0%	75.1%
Voter participation rate in 2016 election (age 18+)		81.8%	76.9%
<b>SAFETY &amp; CRIME</b>			
Homicide rate/100,000 persons (county)		3.1	2.0
# firearm fatalities (all ages) (county)		200	932
# 65+ deaths by suicide (county)		15	26
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle	*	90.5%	87.3%
% 60+ who always drive or ride wearing a seatbelt		91.2%	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		61	342
<b>HOUSING</b>			
% 65+ population who live alone		26.4%	28.4%
Average household size (all ages)		2.5	2.5
Median house value		\$345,200.00	\$272,700.00
% 60+ own home	*	87.7%	76.9%
% 60+ homeowners who have mortgage		47.8%	47.1%
% 60+ stressed about paying rent/mortgage in last month		20.0%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		41.2%	44.0%
% 65+ households (owner) spend >35% of income on housing		33.3%	29.5%
% 65+ moved within same county in last year		2.7%	3.7%
% 65+ moved from different county in last year		1.4%	0.8%
% 65+ moved from different state in last year		0.3%	0.9%
# of assisted living sites		2	80
% of vacant homes in community	*	6.1%	9.6%
<b>ECONOMIC</b>			
% 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	*	4.2%	7.0%
Median household income		\$94,446.00	\$76,106.00
% 65+ households with annual income < \$20,000		14.2%	17.1%
% 65+ households with annual income \$20,000-\$49,999		34.0%	31.0%
% 65+ households with annual income \$50,000-\$99,999		31.3%	27.6%
% 65+ households with annual income \$100,000+		20.5%	24.4%
<b>COST OF LIVING</b>			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
<b>Elder Index</b>			
Single, homeowner without mortgage, good health	1.11	\$29,664.00	\$26,796.00
Single, renter, good health	1.11	\$31,560.00	\$28,536.00
Couple, homeowner without mortgage, good health	1.07	\$40,692.00	\$37,920.00
Couple, renter, good health	1.07	\$42,588.00	\$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).

**Acknowledgments:** Many people contributed to the CT Healthy Aging Data Report research. The University of Massachusetts Boston Gerontology Institute 2021 research team: Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Frank Porell PhD, ShuangShuang Wang PhD, Haowei Wang PhD, Xiao Joyce Wang PhD, Evan Chunga, Taylor Jansen, Shu Xu, Maki Karakida, Elizabeth Gallagher, Celeste Beaulieu, Emily Lim. The Tufts Health Plan Foundation supported the research and provided important guidance.

Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)