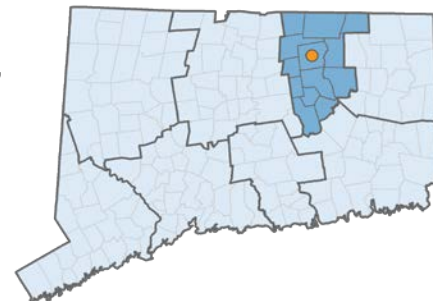


Tolland (Tolland)

Tolland is a town in Tolland County with 2,208 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of Alzheimer’s disease or related dementias, anemia, benign prostatic hyperplasia, breast cancer, colon cancer, fibromyalgia/chronic pain/fatigue, lung cancer, migraine or other chronic headache, osteoporosis, peripheral vascular disease, traumatic brain injury, substance use disorder, depression, personality disorder, and visual impairment. However, they had higher rates of cataract. They are more likely to take the health promotion step of having dental insurance, but are also more likely to be a current smoker. Community resources to support healthy aging include 13 primary care providers and a nursing home within 5 miles, a caregiver support group, a Memory Cafe, 14 home health agencies, an adult day health center, 8 hospice agencies, a senior center, and a public library.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		14,766	3,581,504
Population 60 years or older as % of total population		23.0%	23.0%
Total population 60 years or older		3,401	823,529
Population 65 years or older as % of total population		15.0%	16.4%
Total population 65 years or older		2,208	587,580
% 65-74 years		55.8%	55.7%
% 75-84 years		33.5%	29.1%
% 85 years or older		10.8%	15.2%
% 65+ population who are female		55.3%	56.8%
% 85+ population who are female		59.2%	66.6%
Race and ethnicity of the population 65+			
% White	*	98.1%	88.4%
% African American	*	1.4%	6.8%
% Asian		0.0%	2.3%
% Other race		0.4%	2.6%
% Hispanic/Latino	*	0.4%	5.8%
Marital status of the population 65+			
% married	*	67.2%	53.8%
% divorced/separated		10.3%	14.9%
% widowed		20.5%	24.2%
% never married	*	1.9%	7.1%
Education of the population 65+			
% with less than high school education	*	7.5%	14.7%
% with high school or some college		54.1%	53.3%
% with college degree		38.4%	32.1%
% with graduate or professional degree		19.5%	16.8%
% of 65+ population who speak only English at home		93.9%	84.3%
% of 65+ population who are veterans of military service		20.7%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
POPULATION CHARACTERISTICS			
% of 60+ who are LGBT (county)		2.1%	2.5%
Median age of females		45.5	42.6
Median age of males		41.7	39.1
Life expectancy at birth (county)		81.6	80.9
Age-sex adjusted 1-year mortality rate		4.5%	4.1%
WELLNESS			
% 60+ getting the recommended hours of sleep		64.3%	65.2%
% 60+ doing any physical activity within last month		75.7%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		27.4%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		62.3%	58.0%
% 60+ with fair or poor health status		15.9%	17.6%
% 60+ with 15+ physically unhealthy days in last month		10.3%	12.4%
FALLS			
% 60+ who fell within last year		27.0%	26.3%
% 60+ who were injured in a fall within last year		6.8%	9.8%
% 65+ had hip fracture		3.3%	3.7%
PREVENTION			
% 60+ with physical exam/check-up in last year		86.6%	88.5%
% 60+ flu shot in last year		61.0%	57.5%
% 60+ with pneumonia vaccine		65.3%	63.9%
% 60+ with shingles vaccine		37.3%	33.5%
% 60+ women with a mammogram within last 2 years		79.8%	79.7%
% 60+ with colorectal cancer screening		78.9%	78.2%
% 60+ with HIV test		20.3%	16.1%
% 60+ met CDC preventive health screening goals		43.1%	39.6%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	19.9%
% 65+ with poor supermarket access		57.8%	32.4%
% 60+ stressed about buying food in last month		7.7%	8.6%
% 60+ self-reported obese		25.0%	26.1%
% 65+ clinically diagnosed obesity		24.8%	22.5%
% 65+ with high cholesterol		79.1%	77.0%
% 60+ with cholesterol screening		98.3%	97.1%
ORAL HEALTH			
% 60+ with dental insurance	B	69.9%	59.2%
% 60+ with annual dental exam		79.4%	79.9%
# of dentists per 100,000 persons (all ages)		47.4	75.1
% 60+ with loss of 6 or more teeth		21.2%	23.8%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	12.0%	14.4%
% 65+ with anemia	B	46.2%	50.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with asthma		13.5%	14.1%
% 65+ with atrial fibrillation		15.9%	16.1%
% 65+ with autism spectrum disorder	*	0.07%	0.12%
% 65+ with benign prostatic hyperplasia (men)	B	35.5%	42.7%
% 65+ with breast cancer (women)	B	8.4%	11.4%
% 65+ with cataract	W	71.1%	64.8%
% 65+ with chronic kidney disease		27.8%	29.9%
% 65+ with chronic obstructive pulmonary disease		20.1%	21.0%
% 65+ with colon cancer	B	2.1%	2.7%
% 65+ with congestive heart failure		20.8%	22.6%
% 65+ with diabetes		32.3%	33.8%
% 65+ with endometrial cancer (women)		2.2%	2.0%
% 65+ with epilepsy		2.4%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue	B	21.4%	26.6%
% 65+ with glaucoma		28.6%	28.3%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with HIV/AIDS	*	0.11%	0.21%
% 65+ with hypertension		74.8%	76.2%
% 65+ with hypothyroidism		23.1%	25.1%
% 65+ with ischemic heart disease		39.2%	40.7%
% 65+ with leukemias and lymphomas		2.2%	2.7%
% 65+ with liver disease		9.5%	9.5%
% 65+ with lung cancer	B	1.3%	1.9%
% 65+ with migraine and other chronic headache	B	3.2%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis		51.8%	54.2%
% 65+ with osteoporosis	B	17.8%	20.2%
% 65+ with peripheral vascular disease	B	13.8%	19.9%
% 65+ with pressure ulcer or chronic ulcer		8.8%	9.2%
% 65+ with prostate cancer (men)		12.1%	13.1%
% 65+ with stroke		10.4%	11.9%
% 65+ with traumatic brain injury	B	0.8%	1.3%
% 65+ with 4+ (out of 15) chronic conditions	B	58.6%	61.8%
% 65+ with 0 chronic conditions		5.9%	7.2%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		22	4,613
% 65+ with opioid use disorder		1.8%	2.2%
% 65+ with substance use disorder	B	4.9%	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		8.4%	10.1%
% 60+ current smokers	W	11.9%	7.7%
% 60+ ever used E-Cigarettes in last month		7.3%	6.3%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support		82.4%	78.3%
% 60+ with 15+ days poor mental health in last month		5.6%	6.9%
% 65+ with depression	B	26.7%	30.3%
% 65+ with anxiety disorder		23.0%	25.5%
% 65+ with bipolar disorder		3.7%	3.8%
% 65+ with post-traumatic stress disorder		1.6%	1.2%
% 65+ with schizophrenia & other psychotic disorder		3.9%	4.6%
% 65+ with personality disorder	B	1.9%	2.5%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		10.4%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.6%	15.7%
% 65+ with self-reported vision difficulty	*	0.8%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.6%	1.1%
% 65+ with self-reported cognition difficulty		8.3%	7.6%
% 65+ with self-reported ambulatory difficulty		21.2%	19.1%
% 65+ with clinical diagnosis of mobility impairment		3.9%	4.0%
% 65+ with self-reported self-care difficulty		8.2%	7.5%
% 65+ with self-reported independent living difficulty		18.2%	13.6%
CAREGIVING			
# of caregiver support groups		1	127
# of Memory Cafes		1	6
% of 60+ who provide care to a family/friend in last month		14.8%	21.7%
% of grandparents raising grandchildren		0.3%	0.8%
% of grandparents who live with grandchildren	*	0.9%	2.7%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	13.7%	22.1%
% 65+ Medicare managed care enrollees		31.7%	29.9%
% 60+ with a regular doctor		96.7%	96.0%
% 60+ who did not see a doctor when needed due to cost		3.4%	4.5%
# of primary care providers within 5 miles		13	10,508
# of hospitals within 5 miles		0	71
# of home health agencies		14	3,124
# of nursing homes within 5 miles		1	419
# of community health centers		0	83
# of adult day health centers		1	55
# of hospice agencies		8	38
SERVICE UTILIZATION			
# physician visits per year		8.3	8.6
# emergency room visits/1000 persons 65+ years annually		564.9	636.7

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# Part D monthly prescription fills per person annually		49.7	50.3
# home health visits annually	*	3.1	4.1
# durable medical equipment claims annually		2.2	1.9
# inpatient hospital stays/1000 persons 65+ years annually		270.7	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		16.7%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually		94.0	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		52.9	42.3
% 65+ getting Medicaid long term services and supports	*	4.1%	5.5%
% 65+ hospice users		3.1%	2.7%
% 65+ hospice users as % of decedents		52.0%	45.5%
Median hospice days per hospice user (65+, deceased)		16.5	10
Median hospice payment (Medicare + other) per hospice user		\$4,620.87	\$3,741.18
COMMUNITY			
Air pollution: annual # of unhealthy days for 65+ (county)		4	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)		96.3%	99.1%
% 60+ who used Internet in last month		78.3%	75.1%
Voter participation rate in 2016 election (age 18+)		84.8%	76.9%
SAFETY & CRIME			
Homicide rate/100,000 persons (county)		1.2	2.0
# firearm fatalities (all ages) (county)		37	932
# 65+ deaths by suicide (county)		5	26
TRANSPORTATION			
% 65+ who own a motor vehicle	*	98.5%	87.3%
% 60+ who always drive or ride wearing a seatbelt		94.3%	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		1	342
# of fatal crashes involving adult age 60+/county		21	342
HOUSING			
% 65+ population who live alone	*	16.7%	28.4%
Average household size (all ages)		2.8	2.5
Median house value		\$298,100.00	\$272,700.00
% 60+ own home	*	96.0%	76.9%
% 60+ homeowners who have mortgage		44.5%	47.1%
% 60+ stressed about paying rent/mortgage in last month	B	10.8%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		50.0%	44.0%
% 65+ households (owner) spend >35% of income on housing	*	16.8%	29.5%
% 65+ moved within same county in last year		2.7%	3.7%
% 65+ moved from different county in last year		0.4%	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		5.9%	9.6%
ECONOMIC			
% 60+ receiving food benefits in last year	*	0.6%	10.9%
% 65+ employed in last year		30.2%	24.8%
% 65+ with income below the poverty line in last year	*	2.1%	7.0%
Median household income		\$115,718.00	\$76,106.00
% 65+ households with annual income < \$20,000	*	6.0%	17.1%
% 65+ households with annual income \$20,000-\$49,999		27.2%	31.0%
% 65+ households with annual income \$50,000-\$99,999		35.9%	27.6%
% 65+ households with annual income \$100,000+		31.0%	24.4%
COST OF LIVING			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Elder Index			
Single, homeowner without mortgage, good health	0.92	\$24,636.00	\$26,796.00
Single, renter, good health	0.94	\$26,772.00	\$28,536.00
Couple, homeowner without mortgage, good health	0.94	\$35,520.00	\$37,920.00
Couple, renter, good health	0.95	\$37,656.00	\$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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