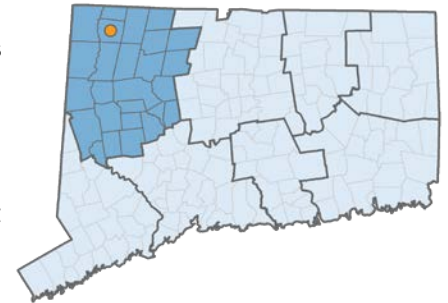


## Canaan (Litchfield)

Canaan is a town in Litchfield County with 303 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of chronic kidney disease, and diabetes. However, they had higher rates of COPD, congestive heart failure, fibromyalgia/chronic pain/fatigue, ischemic heart disease, osteoarthritis/rheumatoid arthritis, depression, and personality disorder. Community resources to support healthy aging include 2 primary health care providers within 5 miles, 6 home health agencies, 3 hospice agencies, an adult day health center, a caregiver support group, an assisted living site, a senior center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different than STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,196	3,581,504
Population 60 years or older as % of total population		36.0%	23.0%
Total population 60 years or older		431	823,529
Population 65 years or older as % of total population		25.3%	16.4%
Total population 65 years or older		303	587,580
% 65-74 years	*	68.6%	55.7%
% 75-84 years		26.4%	29.1%
% 85 years or older	*	5.0%	15.2%
% 65+ population who are female		50.5%	56.8%
% 85+ population who are female		100.0%	66.6%
Race and ethnicity of the population 65+			
% White		90.8%	88.4%
% African American		9.2%	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		68.3%	53.8%
% divorced/separated		6.9%	14.9%
% widowed		19.1%	24.2%
% never married		5.6%	7.1%
Education of the population 65+			
% with less than high school education	*	5.0%	14.7%
% with high school or some college		49.8%	53.3%
% with college degree	*	45.2%	32.1%
% with graduate or professional degree		26.7%	16.8%
% of 65+ population who speak only English at home		98.3%	84.3%
% of 65+ population who are veterans of military service		15.5%	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)		1.8%	2.5%
Median age of females		53.8	42.6
Median age of males		51.6	39.1
Life expectancy at birth (county)		80.4	80.9
Age-sex adjusted 1-year mortality rate		5.0%	4.1%
<b>WELLNESS</b>			
% 60+ getting the recommended hours of sleep		67.4%	65.2%
% 60+ doing any physical activity within last month		70.0%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		29.7%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		59.0%	58.0%
% 60+ with fair or poor health status		15.5%	17.6%
% 60+ with 15+ physically unhealthy days in last month		13.7%	12.4%
<b>FALLS</b>			
% 60+ who fell within last year		27.6%	26.3%
% 60+ who were injured in a fall within last year		9.3%	9.8%
% 65+ had hip fracture		4.4%	3.7%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in last year		88.9%	88.5%
% 60+ flu shot in last year		57.8%	57.5%
% 60+ with pneumonia vaccine		60.1%	63.9%
% 60+ with shingles vaccine		32.1%	33.5%
% 60+ women with a mammogram within last 2 years		77.4%	79.7%
% 60+ with colorectal cancer screening		77.2%	78.2%
% 60+ with HIV test		15.8%	16.1%
% 60+ met CDC preventive health screening goals		36.1%	39.6%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		19.5%	19.9%
% 65+ with poor supermarket access		0.0%	32.4%
% 60+ stressed about buying food in last month	B	4.4%	8.6%
% 60+ self-reported obese		24.5%	26.1%
% 65+ clinically diagnosed obesity		19.5%	22.5%
% 65+ with high cholesterol		73.6%	77.0%
% 60+ with cholesterol screening		96.2%	97.1%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance		49.0%	59.2%
% 60+ with annual dental exam		78.7%	79.9%
# of dentists per 100,000 persons (all ages)		250.8	75.1
% 60+ with loss of 6 or more teeth		27.9%	23.8%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		16.4%	14.4%
% 65+ with anemia		48.6%	50.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with asthma		12.6%	14.1%
% 65+ with atrial fibrillation		18.4%	16.1%
% 65+ with autism spectrum disorder		0.11%	0.12%
% 65+ with benign prostatic hyperplasia (men)		43.3%	42.7%
% 65+ with breast cancer (women)		14.0%	11.4%
% 65+ with cataract		63.4%	64.8%
% 65+ with chronic kidney disease	B	24.9%	29.9%
% 65+ with chronic obstructive pulmonary disease	W	26.5%	21.0%
% 65+ with colon cancer		3.0%	2.7%
% 65+ with congestive heart failure	W	29.1%	22.6%
% 65+ with diabetes	B	29.7%	33.8%
% 65+ with endometrial cancer (women)		1.8%	2.0%
% 65+ with epilepsy		3.4%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue	W	31.0%	26.6%
% 65+ with glaucoma		28.4%	28.3%
% 65+ ever had a heart attack		5.8%	4.5%
% 65+ with HIV/AIDS	*	0.13%	0.21%
% 65+ with hypertension		75.9%	76.2%
% 65+ with hypothyroidism		24.2%	25.1%
% 65+ with ischemic heart disease	W	45.9%	40.7%
% 65+ with leukemias and lymphomas		2.0%	2.7%
% 65+ with liver disease		8.9%	9.5%
% 65+ with lung cancer		1.8%	1.9%
% 65+ with migraine and other chronic headache		4.0%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis	W	60.9%	54.2%
% 65+ with osteoporosis		19.7%	20.2%
% 65+ with peripheral vascular disease		22.1%	19.9%
% 65+ with pressure ulcer or chronic ulcer		9.6%	9.2%
% 65+ with prostate cancer (men)		13.1%	13.1%
% 65+ with stroke		13.5%	11.9%
% 65+ with traumatic brain injury		1.6%	1.3%
% 65+ with 4+ (out of 15) chronic conditions		64.8%	61.8%
% 65+ with 0 chronic conditions		7.3%	7.2%
<b>BEHAVIORAL HEALTH</b>			
# of drug overdose deaths (all ages)		N/A	4,613
% 65+ with opioid use disorder		2.2%	2.2%
% 65+ with substance use disorder		7.9%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		9.3%	9.2%
% 65+ with tobacco use disorder		11.9%	10.1%
% 60+ current smokers		8.6%	7.7%
% 60+ ever used E-Cigarettes in last month		6.7%	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		76.4%	78.3%
% 60+ with 15+ days poor mental health in last month		5.0%	6.9%
% 65+ with depression	W	34.5%	30.3%
% 65+ with anxiety disorder		24.9%	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		4.3%	4.6%
% 65+ with personality disorder	W	4.4%	2.5%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.6%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.0%	15.7%
% 65+ with self-reported vision difficulty		4.6%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	1.1%
% 65+ with self-reported cognition difficulty		0.0%	7.6%
% 65+ with self-reported ambulatory difficulty		10.9%	19.1%
% 65+ with clinical diagnosis of mobility impairment		4.3%	4.0%
% 65+ with self-reported self-care difficulty		1.0%	7.5%
% 65+ with self-reported independent living difficulty		7.9%	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		19.3%	21.7%
% of grandparents raising grandchildren	*	0.2%	0.8%
% of grandparents who live with grandchildren	*	0.3%	2.7%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid		23.7%	22.1%
% 65+ Medicare managed care enrollees	*	17.3%	29.9%
% 60+ with a regular doctor		95.3%	96.0%
% 60+ who did not see a doctor when needed due to cost		3.2%	4.5%
# of primary care providers within 5 miles		2	10,508
# of hospitals within 5 miles		0	71
# of home health agencies		6	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		3	38
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	7.1	8.6
# emergency room visits/1000 persons 65+ years annually	*	850.6	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		48.7	50.3
# home health visits annually		4.1	4.1
# durable medical equipment claims annually		1.8	1.9
# inpatient hospital stays/1000 persons 65+ years annually		282.0	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		11.8%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually		134.9	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		119.0	42.3
% 65+ getting Medicaid long term services and supports		7.1%	5.5%
% 65+ hospice users		3.3%	2.7%
% 65+ hospice users as % of decedents		33.6%	45.5%
Median hospice days per hospice user (65+, deceased)		8.5	10
Median hospice payment (Medicare + other) per hospice user		\$2,447.31	\$3,741.18
<b>COMMUNITY</b>			
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)		99.7%	99.1%
% 60+ who used Internet in last month		72.7%	75.1%
Voter participation rate in 2016 election (age 18+)		79.8%	76.9%
<b>SAFETY &amp; CRIME</b>			
Homicide rate/100,000 persons (county)		1.4	2.0
# firearm fatalities (all ages) (county)		58	932
# 65+ deaths by suicide (county)		6	26
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle	*	98.4%	87.3%
% 60+ who always drive or ride wearing a seatbelt		90.8%	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		31	342
<b>HOUSING</b>			
% 65+ population who live alone	*	19.1%	28.4%
Average household size (all ages)		2.3	2.5
Median house value		\$319,800.00	\$272,700.00
% 60+ own home	*	93.0%	76.9%
% 60+ homeowners who have mortgage		37.8%	47.1%
% 60+ stressed about paying rent/mortgage in last month		15.2%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		42.1%	44.0%
% 65+ households (owner) spend >35% of income on housing		28.1%	29.5%
% 65+ moved within same county in last year		7.3%	3.7%
% 65+ moved from different county in last year		0.0%	0.8%
% 65+ moved from different state in last year		3.6%	0.9%
# of assisted living sites		1	80
% of vacant homes in community	*	25.3%	9.6%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year		7.7%	10.9%
% 65+ employed in last year	*	44.2%	24.8%
% 65+ with income below the poverty line in last year		1.3%	7.0%
Median household income		\$77,847.00	\$76,106.00
% 65+ households with annual income < \$20,000		13.7%	17.1%
% 65+ households with annual income \$20,000-\$49,999		29.5%	31.0%
% 65+ households with annual income \$50,000-\$99,999		29.5%	27.6%
% 65+ households with annual income \$100,000+		27.4%	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	0.97	\$26,016.00	\$26,796.00
Single, renter, good health	0.93	\$26,640.00	\$28,536.00
Couple, homeowner without mortgage, good health	0.98	\$37,236.00	\$37,920.00
Couple, renter, good health	0.95	\$37,860.00	\$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](http://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/](http://www.seniorcare.com/assisted-living/) (2020), Center for Social and Demographic Research on Aging, University of Massachusetts Boston (2019).

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