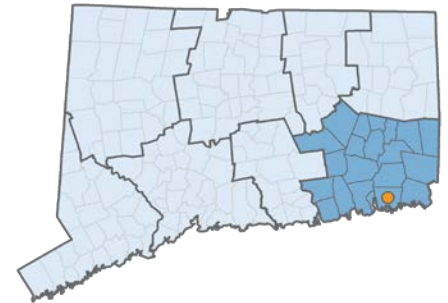


## Groton (New London)

Groton is a town in New London County with 5,470 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of diabetes, hypothyroidism, and ischemic heart disease. However, they had higher rates of obesity, benign prostatic hyperplasia, cataract, COPD, glaucoma, liver disease, osteoarthritis or rheumatoid arthritis, osteoporosis, stroke, substance and tobacco use disorders, depression, anxiety disorder, PTSD, and hearing impairment. They are less likely to take the health promotion step of having regular mammograms. Community resources to support healthy aging include 69 primary care providers, 5 nursing homes, and a hospital within 5 miles; 15 home health agencies, 6 hospice agencies, 2 assisted living sites, 3 public libraries, 2 assisted living sites, a community health center, a senior center, and a university or community college.



<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different than STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		39,105	3,581,504
Population 60 years or older as % of total population		19.5%	23.0%
Total population 60 years or older		7,638	823,529
Population 65 years or older as % of total population		14.0%	16.4%
Total population 65 years or older		5,470	587,580
% 65-74 years		55.7%	55.7%
% 75-84 years		30.9%	29.1%
% 85 years or older		13.4%	15.2%
% 65+ population who are female		57.3%	56.8%
% 85+ population who are female		65.7%	66.6%
Race and ethnicity of the population 65+			
% White	*	92.7%	88.4%
% African American	*	3.5%	6.8%
% Asian		2.0%	2.3%
% Other race		1.9%	2.6%
% Hispanic/Latino	*	3.1%	5.8%
Marital status of the population 65+			
% married		53.9%	53.8%
% divorced/separated		14.6%	14.9%
% widowed		23.2%	24.2%
% never married		8.3%	7.1%
Education of the population 65+			
% with less than high school education	*	10.2%	14.7%
% with high school or some college		54.3%	53.3%
% with college degree		35.5%	32.1%
% with graduate or professional degree		19.8%	16.8%
% of 65+ population who speak only English at home	*	91.7%	84.3%
% of 65+ population who are veterans of military service		19.3%	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)		2.7%	2.5%
Median age of females		39.0	42.6
Median age of males		28.8	39.1
Life expectancy at birth (county)		79.9	80.9
Age-sex adjusted 1-year mortality rate		4.6%	4.1%
<b>WELLNESS</b>			
% 60+ getting the recommended hours of sleep		67.4%	65.2%
% 60+ doing any physical activity within last month		73.0%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		24.0%	27.6%
% 60+ met CDC guidelines for aerobic physical activity		60.3%	58.0%
% 60+ with fair or poor health status		16.7%	17.6%
% 60+ with 15+ physically unhealthy days in last month		12.3%	12.4%
<b>FALLS</b>			
% 60+ who fell within last year		29.2%	26.3%
% 60+ who were injured in a fall within last year		11.8%	9.8%
% 65+ had hip fracture		4.2%	3.7%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in last year		88.8%	88.5%
% 60+ flu shot in last year		53.0%	57.5%
% 60+ with pneumonia vaccine		64.8%	63.9%
% 60+ with shingles vaccine		36.7%	33.5%
% 60+ women with a mammogram within last 2 years	W	70.2%	79.7%
% 60+ with colorectal cancer screening		81.5%	78.2%
% 60+ with HIV test		18.1%	16.1%
% 60+ met CDC preventive health screening goals		37.2%	39.6%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		22.5%	19.9%
% 65+ with poor supermarket access		54.7%	32.4%
% 60+ stressed about buying food in last month		7.3%	8.6%
% 60+ self-reported obese		26.8%	26.1%
% 65+ clinically diagnosed obesity	W	25.0%	22.5%
% 65+ with high cholesterol		77.9%	77.0%
% 60+ with cholesterol screening		97.4%	97.1%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance		61.4%	59.2%
% 60+ with annual dental exam		79.7%	79.9%
# of dentists per 100,000 persons (all ages)		43.5	75.1
% 60+ with loss of 6 or more teeth		22.0%	23.8%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		15.4%	14.4%
% 65+ with anemia		51.6%	50.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with asthma		15.2%	14.1%
% 65+ with atrial fibrillation		17.1%	16.1%
% 65+ with autism spectrum disorder		0.12%	0.12%
% 65+ with benign prostatic hyperplasia (men)	W	49.7%	42.7%
% 65+ with breast cancer (women)		12.4%	11.4%
% 65+ with cataract	W	69.7%	64.8%
% 65+ with chronic kidney disease		30.5%	29.9%
% 65+ with chronic obstructive pulmonary disease	W	26.0%	21.0%
% 65+ with colon cancer		2.7%	2.7%
% 65+ with congestive heart failure		22.0%	22.6%
% 65+ with diabetes	B	30.7%	33.8%
% 65+ with endometrial cancer (women)		2.1%	2.0%
% 65+ with epilepsy		3.3%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue		26.7%	26.6%
% 65+ with glaucoma	W	32.8%	28.3%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with HIV/AIDS		0.15%	0.21%
% 65+ with hypertension		76.3%	76.2%
% 65+ with hypothyroidism	B	23.5%	25.1%
% 65+ with ischemic heart disease	B	39.1%	40.7%
% 65+ with leukemias and lymphomas		2.7%	2.7%
% 65+ with liver disease	W	11.3%	9.5%
% 65+ with lung cancer		1.5%	1.9%
% 65+ with migraine and other chronic headache		5.6%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis	W	55.9%	54.2%
% 65+ with osteoporosis	W	23.2%	20.2%
% 65+ with peripheral vascular disease		21.0%	19.9%
% 65+ with pressure ulcer or chronic ulcer		9.8%	9.2%
% 65+ with prostate cancer (men)		13.9%	13.1%
% 65+ with stroke	W	14.8%	11.9%
% 65+ with traumatic brain injury		1.0%	1.3%
% 65+ with 4+ (out of 15) chronic conditions	W	63.8%	61.8%
% 65+ with 0 chronic conditions		6.8%	7.2%
<b>BEHAVIORAL HEALTH</b>			
# of drug overdose deaths (all ages)		44	4,613
% 65+ with opioid use disorder		2.1%	2.2%
% 65+ with substance use disorder	W	8.1%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		7.9%	9.2%
% 65+ with tobacco use disorder	W	11.3%	10.1%
% 60+ current smokers		6.3%	7.7%
% 60+ ever used E-Cigarettes in last month		5.7%	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		83.7%	78.3%
% 60+ with 15+ days poor mental health in last month		6.5%	6.9%
% 65+ with depression	W	33.8%	30.3%
% 65+ with anxiety disorder	W	28.2%	25.5%
% 65+ with bipolar disorder		4.3%	3.8%
% 65+ with post-traumatic stress disorder	W	1.9%	1.2%
% 65+ with schizophrenia & other psychotic disorder		4.4%	4.6%
% 65+ with personality disorder		2.5%	2.5%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		16.0%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	20.5%	15.7%
% 65+ with self-reported vision difficulty	*	2.7%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment		1.2%	1.1%
% 65+ with self-reported cognition difficulty		6.0%	7.6%
% 65+ with self-reported ambulatory difficulty		20.3%	19.1%
% 65+ with clinical diagnosis of mobility impairment		4.6%	4.0%
% 65+ with self-reported self-care difficulty		6.4%	7.5%
% 65+ with self-reported independent living difficulty		13.6%	13.6%
<b>CAREGIVING</b>			
# of caregiver support groups		0	127
# of Memory Cafes		0	6
% of 60+ who provide care to a family/friend in last month		22.0%	21.7%
% of grandparents raising grandchildren		0.9%	0.8%
% of grandparents who live with grandchildren		2.2%	2.7%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	17.2%	22.1%
% 65+ Medicare managed care enrollees	*	23.9%	29.9%
% 60+ with a regular doctor		95.2%	96.0%
% 60+ who did not see a doctor when needed due to cost		3.3%	4.5%
# of primary care providers within 5 miles		69	10,508
# of hospitals within 5 miles		1	71
# of home health agencies		15	3,124
# of nursing homes within 5 miles		5	419
# of community health centers		1	83
# of adult day health centers		0	55
# of hospice agencies		6	38
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	8.2	8.6
# emergency room visits/1000 persons 65+ years annually	*	797.2	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	*	52.1	50.3
# home health visits annually		4.3	4.1
# durable medical equipment claims annually		1.8	1.9
# inpatient hospital stays/1000 persons 65+ years annually		273.3	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		15.7%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually		115.9	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		78.9	42.3
% 65+ getting Medicaid long term services and supports		5.1%	5.5%
% 65+ hospice users		2.7%	2.7%
% 65+ hospice users as % of decedents		43.5%	45.5%
Median hospice days per hospice user (65+, deceased)		11.0	10
Median hospice payment (Medicare + other) per hospice user		\$3,593.13	\$3,741.18
<b>COMMUNITY</b>			
Air pollution: annual # of unhealthy days for 65+ (county)		6	N/A
Age-friendly efforts in community		Not yet	Not yet
# of senior centers		1	165
# of universities and community colleges		1	64
# of public libraries		3	238
# of YMCAs		0	19
% in county with access to broadband (all ages)		98.2%	99.1%
% 60+ who used Internet in last month		75.8%	75.1%
Voter participation rate in 2016 election (age 18+)		84.2%	76.9%
<b>SAFETY &amp; CRIME</b>			
Homicide rate/100,000 persons (county)		2.0	2.0
# firearm fatalities (all ages) (county)		71	932
# 65+ deaths by suicide (county)		5	26
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle		85.5%	87.3%
% 60+ who always drive or ride wearing a seatbelt		94.0%	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		5	342
# of fatal crashes involving adult age 60+/county		44	342
<b>HOUSING</b>			
% 65+ population who live alone	*	34.1%	28.4%
Average household size (all ages)		2.3	2.5
Median house value		\$237,000.00	\$272,700.00
% 60+ own home	*	73.0%	76.9%
% 60+ homeowners who have mortgage		45.3%	47.1%
% 60+ stressed about paying rent/mortgage in last month		13.8%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		45.2%	44.0%
% 65+ households (owner) spend >35% of income on housing		26.6%	29.5%
% 65+ moved within same county in last year		6.7%	3.7%
% 65+ moved from different county in last year		1.4%	0.8%
% 65+ moved from different state in last year		0.9%	0.9%
# of assisted living sites		2	80
% of vacant homes in community		11.8%	9.6%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year		10.1%	10.9%
% 65+ employed in last year	*	29.6%	24.8%
% 65+ with income below the poverty line in last year		5.5%	7.0%
Median household income		\$66,999.00	\$76,106.00
% 65+ households with annual income < \$20,000		17.2%	17.1%
% 65+ households with annual income \$20,000-\$49,999		29.2%	31.0%
% 65+ households with annual income \$50,000-\$99,999		30.1%	27.6%
% 65+ households with annual income \$100,000+		23.5%	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	0.90	\$24,240.00	\$26,796.00
Single, renter, good health	0.90	\$25,776.00	\$28,536.00
Couple, homeowner without mortgage, good health	0.92	\$34,968.00	\$37,920.00
Couple, renter, good health	0.92	\$36,504.00	\$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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Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)