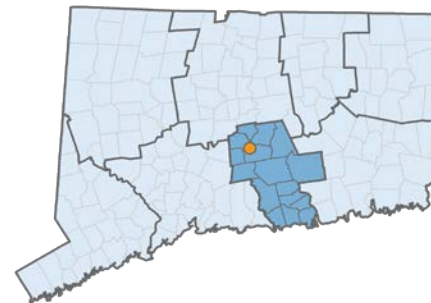


Middletown (Middlesex)

Middletown is a city in Middlesex County with 6,737 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, colon cancer, hypothyroidism, osteoporosis, and hearing impairment. However, they had higher rates of obesity, tooth loss, Alzheimer’s disease or related dementias, cataract, hypertension, osteoarthritis or rheumatoid arthritis, peripheral vascular disease, stroke, opioid use disorder, substance and tobacco use disorders, depression, anxiety and bipolar disorders, PTSD, schizophrenia and other psychotic disorders, personality disorder, and mobility impairment. They are more likely to take the health promotion step of getting cholesterol screenings but are less likely to do any physical activity within the last month, meet the CDC guidelines for aerobic physical activity, and more likely to use e-cigarettes in the last month. Community resources to support healthy aging include 220 primary care providers, 2 hospitals, and 7 nursing homes within 5 miles; 2 caregiver support groups, 39 home health agencies, a community health center, 2 adult day centers, 9 hospice agencies, a senior center, 2 universities or community colleges, 2 public libraries, a YMCA, and 3 assisted living sites.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		46,473	3,581,504
Population 60 years or older as % of total population		20.3%	23.0%
Total population 60 years or older		9,446	823,529
Population 65 years or older as % of total population		14.5%	16.4%
Total population 65 years or older		6,737	587,580
% 65-74 years		53.2%	55.7%
% 75-84 years		31.2%	29.1%
% 85 years or older		15.6%	15.2%
% 65+ population who are female		59.0%	56.8%
% 85+ population who are female		71.5%	66.6%
Race and ethnicity of the population 65+			
% White		86.2%	88.4%
% African American		8.6%	6.8%
% Asian		3.0%	2.3%
% Other race		2.2%	2.6%
% Hispanic/Latino	*	1.7%	5.8%
Marital status of the population 65+			
% married	*	48.7%	53.8%
% divorced/separated		16.8%	14.9%
% widowed		26.0%	24.2%
% never married		8.5%	7.1%
Education of the population 65+			
% with less than high school education		16.7%	14.7%
% with high school or some college		56.5%	53.3%
% with college degree	*	26.8%	32.1%
% with graduate or professional degree		16.4%	16.8%
% of 65+ population who speak only English at home		83.0%	84.3%
% of 65+ population who are veterans of military service		17.1%	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		38.6	42.6
Median age of males		35.2	39.1
Life expectancy at birth (county)		81.1	80.9
Age-sex adjusted 1-year mortality rate		4.7%	4.1%
WELLNESS			
% 60+ getting the recommended hours of sleep		64.9%	65.2%
% 60+ doing any physical activity within last month	W	65.2%	75.0%
% 60+ met CDC guidelines for muscle-strengthening activity		23.0%	27.6%
% 60+ met CDC guidelines for aerobic physical activity	W	48.5%	58.0%
% 60+ with fair or poor health status	W	24.1%	17.6%
% 60+ with 15+ physically unhealthy days in last month		14.1%	12.4%
FALLS			
% 60+ who fell within last year		31.3%	26.3%
% 60+ who were injured in a fall within last year		12.4%	9.8%
% 65+ had hip fracture		4.0%	3.7%
PREVENTION			
% 60+ with physical exam/check-up in last year		90.5%	88.5%
% 60+ flu shot in last year		53.8%	57.5%
% 60+ with pneumonia vaccine		67.4%	63.9%
% 60+ with shingles vaccine		33.4%	33.5%
% 60+ women with a mammogram within last 2 years		82.5%	79.7%
% 60+ with colorectal cancer screening		78.0%	78.2%
% 60+ with HIV test		18.2%	16.1%
% 60+ met CDC preventive health screening goals		37.3%	39.6%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		16.4%	19.9%
% 65+ with poor supermarket access		37.0%	32.4%
% 60+ stressed about buying food in last month		10.9%	8.6%
% 60+ self-reported obese		28.3%	26.1%
% 65+ clinically diagnosed obesity	W	25.4%	22.5%
% 65+ with high cholesterol		77.5%	77.0%
% 60+ with cholesterol screening	B	99.3%	97.1%
ORAL HEALTH			
% 60+ with dental insurance		59.2%	59.2%
% 60+ with annual dental exam		74.3%	79.9%
# of dentists per 100,000 persons (all ages)		64.6	75.1
% 60+ with loss of 6 or more teeth	W	35.2%	23.8%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	17.2%	14.4%
% 65+ with anemia		49.4%	50.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with asthma		12.9%	14.1%
% 65+ with atrial fibrillation		17.0%	16.1%
% 65+ with autism spectrum disorder		0.10%	0.12%
% 65+ with benign prostatic hyperplasia (men)	B	40.0%	42.7%
% 65+ with breast cancer (women)		11.2%	11.4%
% 65+ with cataract	W	68.7%	64.8%
% 65+ with chronic kidney disease		31.4%	29.9%
% 65+ with chronic obstructive pulmonary disease		21.8%	21.0%
% 65+ with colon cancer	B	2.2%	2.7%
% 65+ with congestive heart failure		22.2%	22.6%
% 65+ with diabetes		34.4%	33.8%
% 65+ with endometrial cancer (women)		1.9%	2.0%
% 65+ with epilepsy		2.7%	2.9%
% 65+ with fibromyalgia, chronic, pain and fatigue		27.2%	26.6%
% 65+ with glaucoma		28.0%	28.3%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with HIV/AIDS	*	0.13%	0.21%
% 65+ with hypertension	W	78.5%	76.2%
% 65+ with hypothyroidism	B	23.2%	25.1%
% 65+ with ischemic heart disease		39.0%	40.7%
% 65+ with leukemias and lymphomas		2.6%	2.7%
% 65+ with liver disease		10.1%	9.5%
% 65+ with lung cancer		1.6%	1.9%
% 65+ with migraine and other chronic headache		5.5%	5.2%
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.2%	54.2%
% 65+ with osteoporosis	B	18.0%	20.2%
% 65+ with peripheral vascular disease	W	21.8%	19.9%
% 65+ with pressure ulcer or chronic ulcer		9.4%	9.2%
% 65+ with prostate cancer (men)		11.7%	13.1%
% 65+ with stroke	W	13.4%	11.9%
% 65+ with traumatic brain injury		1.5%	1.3%
% 65+ with 4+ (out of 15) chronic conditions		63.3%	61.8%
% 65+ with 0 chronic conditions		6.9%	7.2%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		86	4,613
% 65+ with opioid use disorder	W	3.8%	2.2%
% 65+ with substance use disorder	W	8.9%	6.8%
% 60+ who used marijuana in last month		N/A	2.9%
% 60+ excessive drinking		8.3%	9.2%
% 65+ with tobacco use disorder	W	12.7%	10.1%
% 60+ current smokers		11.7%	7.7%
% 60+ ever used E-Cigarettes in last month	W	11.4%	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	W	11.6%	6.9%
% 65+ with depression	W	34.7%	30.3%
% 65+ with anxiety disorder	W	30.6%	25.5%
% 65+ with bipolar disorder	W	5.1%	3.8%
% 65+ with post-traumatic stress disorder	W	2.3%	1.2%
% 65+ with schizophrenia & other psychotic disorder	W	6.2%	4.6%
% 65+ with personality disorder	W	3.8%	2.5%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		11.8%	12.4%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	13.8%	15.7%
% 65+ with self-reported vision difficulty		4.7%	4.8%
% 65+ with clinical diagnosis of blindness or visual impairment		1.3%	1.1%
% 65+ with self-reported cognition difficulty		6.4%	7.6%
% 65+ with self-reported ambulatory difficulty		22.7%	19.1%
% 65+ with clinical diagnosis of mobility impairment	W	5.5%	4.0%
% 65+ with self-reported self-care difficulty		9.1%	7.5%
% 65+ with self-reported independent living difficulty		13.2%	13.6%
CAREGIVING			
# of caregiver support groups		2	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		0.7%	0.8%
% of grandparents who live with grandchildren		2.0%	2.7%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	25.5%	22.1%
% 65+ Medicare managed care enrollees		31.0%	29.9%
% 60+ with a regular doctor		97.0%	96.0%
% 60+ who did not see a doctor when needed due to cost		5.2%	4.5%
# of primary care providers within 5 miles		220	10,508
# of hospitals within 5 miles		2	71
# of home health agencies		39	3,124
# of nursing homes within 5 miles		7	419
# of community health centers		1	83
# of adult day health centers		2	55
# of hospice agencies		9	38
SERVICE UTILIZATION			
# physician visits per year		8.4	8.6
# emergency room visits/1000 persons 65+ years annually	*	724.4	636.7

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# Part D monthly prescription fills per person annually	*	51.9	50.3
# home health visits annually		4.3	4.1
# durable medical equipment claims annually		2.0	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	307.4	273.3
% Medicare inpatient hospital readmissions (as % of admissions)		16.2%	17.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	122.3	104.7
# skilled nursing home Medicare beds/1000 persons 65+ years		65.9	42.3
% 65+ getting Medicaid long term services and supports	*	6.6%	5.5%
% 65+ hospice users	*	3.7%	2.7%
% 65+ hospice users as % of decedents	*	53.2%	45.5%
Median hospice days per hospice user (65+, deceased)		9.0	10
Median hospice payment (Medicare + other) per hospice user		\$4,079.94	\$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		2	64
# of public libraries		2	238
# of YMCAs		1	19
% in county with access to broadband (all ages)		99.2%	99.1%
% 60+ who used Internet in last month		71.2%	75.1%
Voter participation rate in 2016 election (age 18+)		84.5%	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	*	84.2%	87.3%
% 60+ who always drive or ride wearing a seatbelt		91.8%	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		5	342
# of fatal crashes involving adult age 60+/county		22	342
HOUSING			
% 65+ population who live alone	*	34.7%	28.4%
Average household size (all ages)		2.2	2.5
Median house value		\$227,000.00	\$272,700.00
% 60+ own home	*	64.1%	76.9%
% 60+ homeowners who have mortgage		49.5%	47.1%
% 60+ stressed about paying rent/mortgage in last month		20.7%	17.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		42.6%	44.0%
% 65+ households (owner) spend >35% of income on housing		24.6%	29.5%
% 65+ moved within same county in last year		2.6%	3.7%
% 65+ moved from different county in last year	*	2.1%	0.8%
% 65+ moved from different state in last year		1.9%	0.9%
# of assisted living sites		3	80
% of vacant homes in community		9.2%	9.6%
ECONOMIC			
% 60+ receiving food benefits in last year	*	14.8%	10.9%
% 65+ employed in last year		23.1%	24.8%
% 65+ with income below the poverty line in last year		7.6%	7.0%
Median household income		\$67,651.00	\$76,106.00
% 65+ households with annual income < \$20,000		21.0%	17.1%
% 65+ households with annual income \$20,000-\$49,999		37.0%	31.0%
% 65+ households with annual income \$50,000-\$99,999	*	20.5%	27.6%
% 65+ households with annual income \$100,000+		21.5%	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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