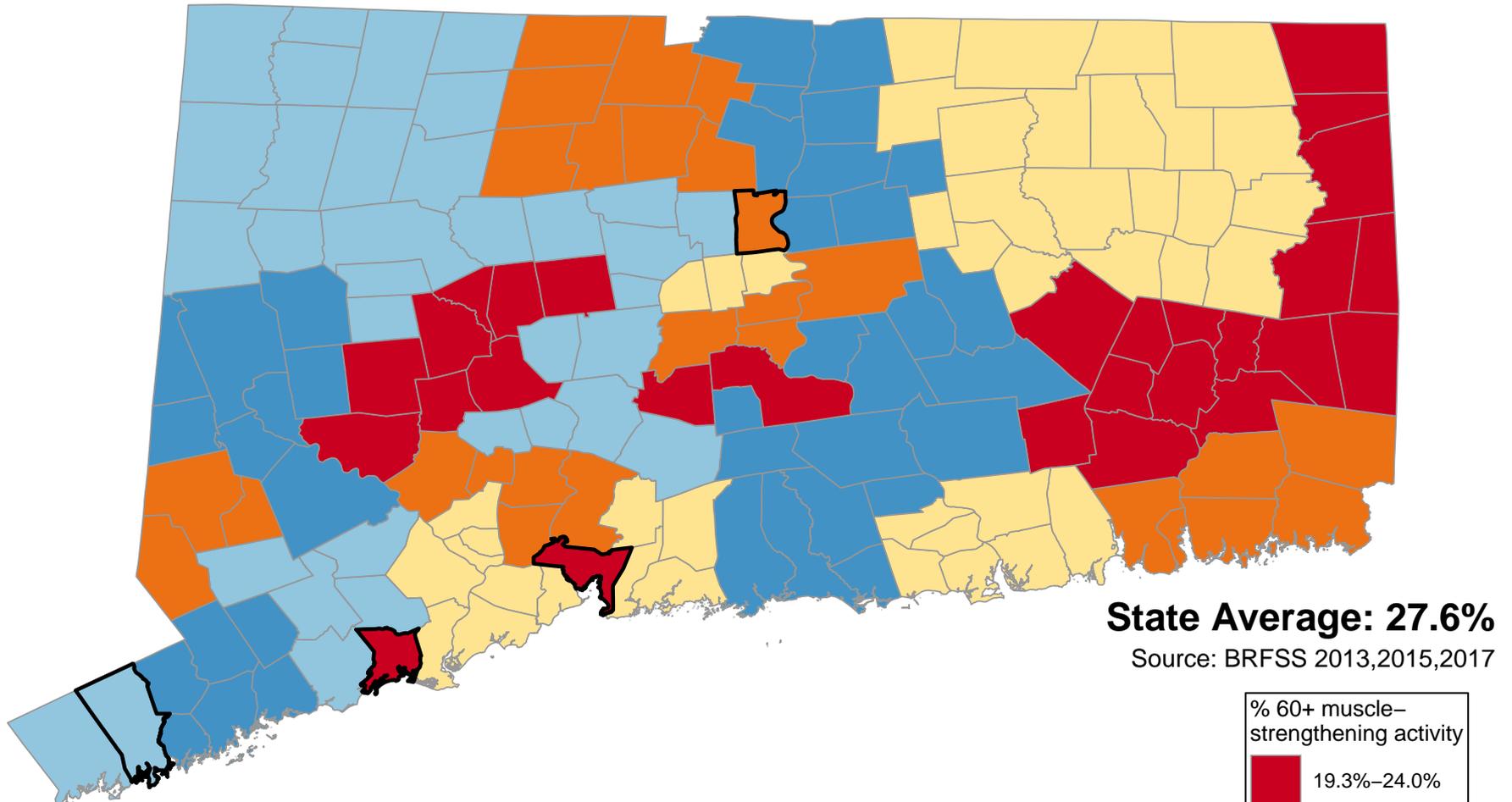
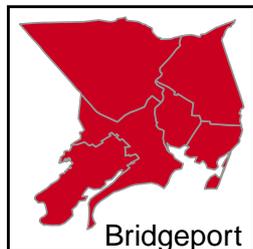
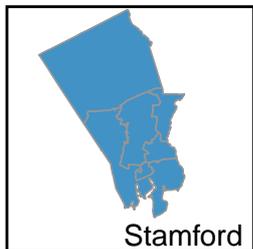
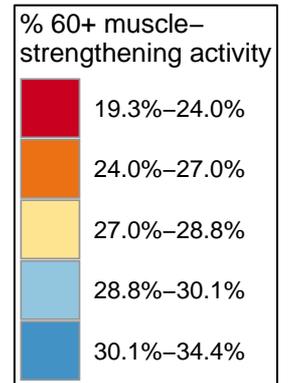


# Percentage of Persons Age 60+ Years who Met CDC Guidelines for Muscle-Strengthening Activity



**State Average: 27.6%**

Source: BRFSS 2013,2015,2017



Questions or ideas?  
Beth.Dugan@umb.edu  
12/2020

## % 60+ Met CDC Guidelines for Muscle-Strengthening Activity

Andover	27.38%	Durham	31.40%	Lyme	28.52%	Pomfret	26.99%	Warren	29.68%
Ansonia	27.38%	East Granby	26.52%	Madison	31.39%	Portland	31.40%	Washington	30.07%
Ashford	26.99%	East Haddam	31.40%	Manchester	30.15%	Preston	19.38%	Waterbury	21.97%
Avon	29.91%	East Hampton	31.40%	Mansfield	27.38%	Prospect	29.53%	Waterford	24.01%
Barkhamsted	26.52%	East Hartford	30.15%	Marlborough	31.40%	Putnam	22.18%	Watertown	20.11%
Beacon Falls	26.33%	East Haven	28.59%	Meriden	22.99%	Redding	30.05%	West Hartford	29.91%
Berlin	26.74%	East Lyme	28.52%	Middlebury	21.97%	Ridgefield	25.75%	West Haven	27.51%
Bethany	26.33%	East Windsor	31.08%	Middlefield	31.40%	Rocky Hill	26.74%	Westbrook	28.52%
Bethel	25.75%	Eastford	26.99%	Middletown	22.99%	Roxbury	30.07%	Weston	34.26%
Bethlehem	29.68%	Easton	30.05%	Milford	27.63%	Salem	19.38%	Westport	34.26%
Bloomfield	26.52%	Ellington	26.99%	Monroe	30.05%	Salisbury	29.68%	Wethersfield	27.95%
Bolton	27.38%	Enfield	31.08%	Montville	19.38%	Scotland	27.38%	Willington	26.99%
Bozrah	19.38%	Essex	28.52%	Morris	29.68%	Seymour	27.38%	Wilton	34.26%
Branford	28.59%	Fairfield	30.05%	Naugatuck	29.53%	Sharon	29.68%	Winchester	29.68%
Bridgeport	23.81%	Farmington	29.91%	New Britain	27.95%	Shelton	27.38%	Windham	27.38%
Bridgewater	30.07%	Franklin	19.38%	New Canaan	34.26%	Sherman	30.07%	Windsor	31.08%
Bristol	20.11%	Glastonbury	26.74%	New Fairfield	30.07%	Simsbury	26.52%	Windsor Locks	31.08%
Brookfield	30.07%	Goshen	29.68%	New Hartford	26.52%	Somers	26.99%	Wolcott	28.81%
Brooklyn	27.38%	Granby	26.52%	New Haven	22.44%	South Windsor	31.08%	Woodbridge	26.33%
Burlington	29.91%	Greenwich	29.66%	New London	24.01%	Southbury	21.97%	Woodbury	21.97%
Canaan	29.68%	Griswold	19.38%	New Milford	30.07%	Southington	28.81%	Woodstock	26.99%
Canterbury	27.38%	Groton	24.01%	Newington	27.95%	Sprague	19.38%	<b>Neighborhoods</b>	
Canton	26.52%	Guilford	31.39%	Newtown	30.07%	Stafford	26.99%	Bridgeport Area1	23.81%
Chaplin	27.38%	Haddam	31.40%	Norfolk	29.68%	Stamford	29.66%	Bridgeport Area2	23.81%
Cheshire	29.53%	Hamden	26.33%	North Branford	28.59%	Sterling	22.18%	Bridgeport Area3	23.81%
Chester	31.40%	Hampton	27.38%	North Canaan	29.68%	Stonington	24.01%	Hartford Area1	26.46%
Clinton	31.39%	Hartford	26.46%	North Haven	28.59%	Stratford	27.63%	Hartford Area2	26.46%
Colchester	31.40%	Hartland	26.52%	North Stonington	24.01%	Suffield	31.08%	Hartford Area3	26.46%
Colebrook	29.68%	Harwinton	29.91%	Norwalk	34.26%	Thomaston	20.11%	New Haven Area1	22.44%
Columbia	27.38%	Hebron	31.40%	Norwich	19.38%	Thompson	22.18%	New Haven Area2	22.44%
Cornwall	29.68%	Kent	29.68%	Old Lyme	28.52%	Tolland	27.38%	New Haven Area3	22.44%
Coventry	27.38%	Killingly	22.18%	Old Saybrook	28.52%	Torrington	29.68%	Stamford Area1	32.62%
Cromwell	26.74%	Killingworth	31.39%	Orange	27.51%	Trumbull	30.05%	Stamford Area2	32.62%
Danbury	25.75%	Lebanon	19.38%	Oxford	26.33%	Union	26.99%	Stamford Area3	32.62%
Darien	34.26%	Ledyard	24.01%	Plainfield	22.18%	Vernon	30.15%		
Deep River	28.52%	Lisbon	19.38%	Plainville	28.81%	Voluntown	19.38%		
Derby	27.38%	Litchfield	29.68%	Plymouth	20.11%	Wallingford	29.53%		

## % 60+ Met CDC Guidelines for Muscle-Strengthening Activity (Ranked)

Darien	34.26%	Easton	30.05%	North Haven	28.59%	Union	26.99%	Sterling	22.18%
New Canaan	34.26%	Fairfield	30.05%	Deep River	28.52%	Willington	26.99%	Thompson	22.18%
Norwalk	34.26%	Monroe	30.05%	East Lyme	28.52%	Woodstock	26.99%	Middlebury	21.97%
Weston	34.26%	Redding	30.05%	Essex	28.52%	Berlin	26.74%	Southbury	21.97%
Westport	34.26%	Trumbull	30.05%	Lyme	28.52%	Cromwell	26.74%	Waterbury	21.97%
Wilton	34.26%	Avon	29.91%	Old Lyme	28.52%	Glastonbury	26.74%	Woodbury	21.97%
Chester	31.40%	Burlington	29.91%	Old Saybrook	28.52%	Rocky Hill	26.74%	Bristol	20.11%
Colchester	31.40%	Farmington	29.91%	Westbrook	28.52%	Barkhamsted	26.52%	Plymouth	20.11%
Durham	31.40%	Harwinton	29.91%	New Britain	27.95%	Bloomfield	26.52%	Thomaston	20.11%
East Haddam	31.40%	West Hartford	29.91%	Newington	27.95%	Canton	26.52%	Watertown	20.11%
East Hampton	31.40%	Bethlehem	29.68%	Wethersfield	27.95%	East Granby	26.52%	Bozrah	19.38%
Haddam	31.40%	Canaan	29.68%	Milford	27.63%	Granby	26.52%	Franklin	19.38%
Hebron	31.40%	Colebrook	29.68%	Stratford	27.63%	Hartland	26.52%	Griswold	19.38%
Marlborough	31.40%	Cornwall	29.68%	Orange	27.51%	New Hartford	26.52%	Lebanon	19.38%
Middlefield	31.40%	Goshen	29.68%	West Haven	27.51%	Simsbury	26.52%	Lisbon	19.38%
Portland	31.40%	Kent	29.68%	Ansonia	27.38%	Hartford	26.46%	Montville	19.38%
Clinton	31.39%	Litchfield	29.68%	Derby	27.38%	Beacon Falls	26.33%	Norwich	19.38%
Guilford	31.39%	Morris	29.68%	Seymour	27.38%	Bethany	26.33%	Preston	19.38%
Killingworth	31.39%	Norfolk	29.68%	Shelton	27.38%	Hamden	26.33%	Salem	19.38%
Madison	31.39%	North Canaan	29.68%	Andover	27.38%	Oxford	26.33%	Sprague	19.38%
East Windsor	31.08%	Salisbury	29.68%	Bolton	27.38%	Woodbridge	26.33%	Voluntown	19.38%
Enfield	31.08%	Sharon	29.68%	Brooklyn	27.38%	Bethel	25.75%	<b>Neighborhoods</b>	
South Windsor	31.08%	Torrington	29.68%	Canterbury	27.38%	Danbury	25.75%	Stamford Area1	32.62%
Suffield	31.08%	Warren	29.68%	Chaplin	27.38%	Ridgefield	25.75%	Stamford Area2	32.62%
Windsor	31.08%	Winchester	29.68%	Columbia	27.38%	Groton	24.01%	Stamford Area3	32.62%
Windsor Locks	31.08%	Greenwich	29.66%	Coventry	27.38%	Ledyard	24.01%	Hartford Area1	26.46%
East Hartford	30.15%	Stamford	29.66%	Hampton	27.38%	New London	24.01%	Hartford Area2	26.46%
Manchester	30.15%	Cheshire	29.53%	Mansfield	27.38%	North Stonington	24.01%	Hartford Area3	26.46%
Vernon	30.15%	Naugatuck	29.53%	Scotland	27.38%	Stonington	24.01%	Bridgeport Area1	23.81%
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Brookfield	30.07%	Wallingford	29.53%	Windham	27.38%	Bridgeport	23.81%	Bridgeport Area3	23.81%
New Fairfield	30.07%	Plainville	28.81%	Ashford	26.99%	Meriden	22.99%	New Haven Area1	22.44%
New Milford	30.07%	Southington	28.81%	Eastford	26.99%	Middletown	22.99%	New Haven Area2	22.44%
Newtown	30.07%	Wolcott	28.81%	Ellington	26.99%	New Haven	22.44%	New Haven Area3	22.44%
Roxbury	30.07%	Branford	28.59%	Pomfret	26.99%	Killingly	22.18%		
Sherman	30.07%	East Haven	28.59%	Somers	26.99%	Plainfield	22.18%	Questions ? Beth.Dugan@umb.edu	
Washington	30.07%	North Branford	28.59%	Stafford	26.99%	Putnam	22.18%	<a href="https://healthyaqingdatareports.org">https://healthyaqingdatareports.org</a>	