2021 Connecticut Healthy Aging Data Report
Older Adult Health in Every Community
REPORTING 190 INDICATORS FOR EVERY CITY AND TOWN IN CONNECTICUT | www.healthyagingdatareports.org

Connecticut is growing older — everywhere
- 23% of the state population is 60+
- 28.4% of 65+ live alone
- 7th oldest state in the nation
- <5% of adults 65+ live in long-term care settings

Racism affects people’s health
Everyone deserves a fair chance to age well, but systemic inequities create health disparities. Connecticut has the most racially diverse older population (65+) in New England. COVID-19 exacerbates existing disparities in communities of color.

Black older people have highest rates of:
- 4+ chronic conditions
- Diabetes
- Hypertension
- Obesity
- Stroke
- Substance use disorders

Hispanic older people have highest rates of:
- Asthma
- Depression
- Heart attack
- PTSD

Many rural communities have higher percentages of people 65+ and limited access to care and transportation options.

Where you live matters
65+ household incomes
- 7% below the poverty line
- 24% above $100K annually

65+ level of education
- 14.7% high school diploma or less
- 16.8% graduate/professional degree

65+ home ownership
- 37% in low income areas
- 100% in high income areas

65+ median house value
- $128K in low income areas
- $273K statewide average

65+ spending >35% of income on housing
- 100% in low income areas
- 0% in high income areas

Gender matters
Men are more likely to:
- have heart disease, atrial fibrillation, congestive heart failure, hypertension, heart attack & stroke

Women are more likely to:
- have arthritis, obesity, osteoporosis, falls, hip fracture & depression

have better rates on:
- eating recommended fruits and vegetables & getting annual check-up

Preventive health interventions are needed
Making progress
- Rates Improved For
  - Asthma -1.45%
  - Diabetes -0.41%

More work to be done
- Rates Worsened For
  - Alzheimer’s disease +0.31%
  - Depression +1.69%
  - Obesity +5.42%
  - 4+ chronic conditions +0.40%

Learn more at healthyagingdatareports.org/connecticut

Changes noted when comparing 2015–2017 data.