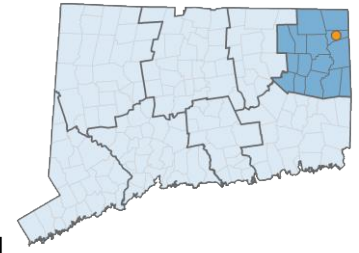


## Putnam (Windham)

Putnam is a town in Windham County with 1,492 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of anemia and breast cancer. However, they have higher rates of asthma, chronic obstructive pulmonary disease (COPD), heart attack, tobacco use disorder, depression, and anxiety disorder. Older residents in Windham County varied in obtaining preventive health screenings: residents 18 and older got annual physical exams (75.4%) and annual dental exams (68.8%), while 48.6% of men and 44% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. Community resources to support healthy aging include 19 primary care providers, one hospital, one home health agency, one skilled nursing facility, one hospice agency, two community health centers, one senior center, and one public library.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		9,270	3,611,317
Population 60 years or older as % of total population		22.6%	24.5%
Total population 60 years and older		2,095	885,046
Population 65 years or older as % of total population		16.1%	17.4%
Total population 65 years and older		1,492	629,108
% 65-74 years		49.7%	57.6%
% 75-84 years		25.3%	28.4%
% 85 years or older		24.9%	14.0%
% 65+ population who are female		62.3%	55.7%
% 85+ population who are female		73.1%	66.0%
Race and ethnicity of the population 65+			
% White	*	97.3%	84.8%
% African American	*	0.5%	6.7%
% Asian		0.0%	2.6%
% Other race(s)		2.1%	5.9%
% Hispanic		7.7%	6.7%
# 55+ who are Native American / Alaskan		0	1,729
Marital status of the population 65+			
% married	*	40.8%	54.5%
% divorced/separated	*	9.2%	16.1%
% widowed		29.1%	21.2%
% never married		21.0%	8.2%
Education of the population 65+			
% with less than high school education		22.1%	11.9%
% with high school or some college		59.2%	52.4%
% with college degree	*	8.0%	17.0%
% with graduate or professional degree	*	10.7%	18.6%
% 65+ population who speak only English at home	*	93.6%	84.4%
% 65+ population who are veterans of military service		19.9%	13.4%

## POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
<b>HOUSING</b>			
% 65+ population who live alone		39.8%	27.7%
Average household size (all ages)	*	2.3	2.5
Median house value (all ages)	*	\$235,600	\$323,700
% 60+ own home		71.0%	76.0%
% 60+ homeowners who have mortgage		39.4%	46.7%
% 65+ households (renter) spend >35% of income on housing		57.7%	45.1%
% 65+ households (owner) spend >35% of income on housing		29.0%	27.1%
% grandparents who live with grandchildren	*	0.5%	2.6%
# of assisted living sites		0	207

## SOCIAL DETERMINANTS OF HEALTH

### COST OF LIVING

<b>Elder Index</b>			
Single, homeowner without mortgage, good health (County)	0.90	\$27,384	\$30,552
Single, renter, good health (County)	0.86	\$28,344	\$32,832
Couple, homeowner without mortgage, good health (County)	0.92	\$40,056	\$43,344
Couple, renter, good health (County)	0.90	\$41,016	\$45,624

### ECONOMIC

% 60+ receiving food stamps in past year		18.2%	11.0%
% 65+ employed in past year	*	15.1%	21.5%
% 65+ with income below the poverty line in past year		21.5%	7.9%
Median annual income for households with a householder age 65+	*	\$29,474	\$65,666
% 65+ households with annual income < \$20,000		33.5%	14.0%
% 65+ households with annual income \$20,000-\$49,999		29.6%	25.6%
% 65+ households with annual income \$50,000-\$99,999		23.4%	28.2%
% 65+ households with annual income \$100,000+	*	13.6%	32.3%

### WELLNESS

% 18+ with less than 7 hours sleep (County)		33.8%	NA
% 18+ without leisure-time physical activity (County)		23.5%	NA
% 18+ with fair or poor self-reported health status (County)		14.6%	NA
% 18+ with 14+ physically unhealthy days (County)		11.4%	NA

### COMMUNITY

Annual # unhealthy days due to air pollution for 65+ (County)		1	NA
AARP Age-Friendly Communities		Not yet	Not yet
# of public universities and community colleges		0	38
# of public libraries		1	237
# of senior centers		0	163
# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households with a smartphone (all ages)	*	80.0%	87.5%
% households with only a smartphone to access the Internet (all ages)		7.5%	7.3%
% households without a computer (all ages)		10.3%	5.9%
% households with access to Broadband (all ages)	*	85.5%	90.1%
% households without access to the Internet (all ages)		14.3%	9.7%
Voter participation rate in 2020 election (age 18+)		69.9%	82.9%

## SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
<b>COMMUNITY</b>			
Homicide rate/100,000 persons (County)		1.9	3.1
# firearm fatalities (all ages) (County)		32	955
# 65+ deaths by suicide (County)		16	404
Age-sex adjusted 1-year mortality rate		4.7%	4.0%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle	*	74.6%	88.0%
# fatal crashes involving adult age 60+ (County)		15	349
AllTransit Score		0.00	2.79
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 65+ with hip fracture		2.6%	3.5%
<b>PREVENTION</b>			
% 18+ with physical exam/check-up in past year (County)		75.4%	NA
% mammography use among women age 50-74 Years (County)		74.7%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		78.7%	NA
% 65+ men up to date on preventive services (County)		48.6%	NA
% 65+ women up to date on preventive services (County)		44.0%	NA
<b>NUTRITION &amp; DIET</b>			
% 18+ with obesity (County)		35.3%	NA
% 65+ with high cholesterol		79.2%	77.9%
% 18+ with cholesterol screening (County)		87.4%	NA
<b>ORAL HEALTH</b>			
% 18+ with annual dental exam (County)		68.8%	NA
# dentists per 100,000 persons (all ages) (County)		30.1	61.4
% 65+ with complete tooth loss (County)		9.5%	NA
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.5%	13.9%
% 65+ with anemia	B	44.2%	49.2%
% 65+ with asthma	W	18.5%	14.1%
% 65+ with atrial fibrillation		17.0%	15.5%
% 65+ with benign prostatic hyperplasia (men)		46.8%	44.0%
% 65+ with breast cancer (women)	B	8.6%	11.8%
% 65+ with cataract		60.5%	61.5%
% 65+ with chronic kidney disease		33.5%	32.8%
% 65+ with chronic obstructive pulmonary disease	W	27.5%	19.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ with congestive heart failure		21.9%	21.0%
% 65+ with diabetes		30.3%	31.8%
% 65+ with endometrial cancer (women)		2.2%	2.3%
% 65+ with fibromyalgia, chronic pain, and fatigue		32.5%	34.8%
% 65+ with glaucoma		23.5%	26.4%
% 65+ ever had a heart attack	W	8.6%	4.3%
% 65+ with HIV/AIDS		0.20%	0.28%

## HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
<b>CHRONIC DISEASE</b>			
% 65+ with hypertension		77.0%	74.2%
% 65+ with ischemic heart disease		41.6%	39.1%
% 65+ with liver disease		11.4%	11.6%
% 65+ with lung cancer		2.3%	2.0%
% 65+ with migraine and other chronic headache		7.7%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis		58.8%	55.7%
% 65+ with osteoporosis		20.4%	20.2%
% 65+ with peripheral vascular disease		17.2%	19.1%
% 65+ with pressure ulcer or chronic ulcer		8.4%	9.1%
% 65+ with prostate cancer (men)		10.7%	13.4%
% 65+ with stroke		12.6%	11.5%
% 65+ with 4+ (out of 15) chronic conditions	W	67.5%	61.6%
% 65+ with 0 chronic conditions		6.2%	7.7%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		237	5,902
% 65+ with substance use disorder		10.9%	8.3%
% 18+ excessive drinking (County)		16.4%	NA
% 65+ with tobacco use disorder	W	14.8%	11.5%
% 18+ current smokers (County)		16.3%	NA
<b>MENTAL HEALTH</b>			
% 18+ with 14+ days poor mental health (County)		15.2%	NA
% 65+ with depression	W	36.4%	32.3%
% 65+ with anxiety disorder	W	36.3%	30.9%
% 65+ with post-traumatic stress disorder		2.6%	2.0%
% 65+ with schizophrenia & other psychotic disorder		4.2%	4.2%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	*	37.8%	11.4%
% 65+ with self-reported vision difficulty		7.1%	4.8%
% 65+ with self-reported cognition difficulty		8.7%	7.2%
% 65+ with self-reported ambulatory difficulty		22.8%	17.8%
% 65+ with self-reported self-care difficulty		9.4%	6.9%
% 65+ with self-reported independent living difficulty		12.5%	12.7%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	29
% grandparents raising grandchildren		0.43%	0.73%

## HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	36.1%	22.5%
% 65+ Medicare managed care enrollees		52.0%	50.1%
% 18-64 who lack health insurance (County)		8.0%	NA
# of primary care providers		19	4,547
# of hospitals		1	36
# of home health agencies		1	80
# of skilled nursing facilities		1	202
# of hospice agencies		1	27
# of community health centers		2	388
# of adult day health centers		0	38
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	7.5	8.4
# emergency room visits/1000 persons 65+ years annually	*	715.0	586.6
# Part D monthly prescription fills per person annually	*	55.9	52.1
# home health visits annually		3.3	3.1
# durable medical equipment claims annually		2.1	2.0
# inpatient hospital stays/1000 persons 65+ years annually		290.7	241.8
% Medicare inpatient hospital readmissions (as % of admissions)		23.0%	17.6%
# skilled nursing facility stays/1000 persons 65+ years annually	*	162.7	89.9
# skilled nursing home Medicare beds/1000 persons 65+ years		65.6	37.1
% 65+ getting Medicaid long term services and supports	*	6.4%	4.4%
% 65+ hospice users		2.0%	2.6%
% 65+ hospice users as % of decedents		33.1%	42.4%

## NOTES

## TECHNICAL NOTES

\*For more information on data sources, measures, and methodology used in the 2025 Connecticut Healthy Aging Data Report see our technical documentation at ([healthyagingdatareports.org](http://healthyagingdatareports.org)). 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. 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 (ACS)) 2018-2022.*
- *Housing: ACS, 2018-2022; CT.gov, 2023.*
- *Cost of Living: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston, 2023.*
- *Economic: ACS, 2018-2022.*
- *Wellness: Centers for Disease Control and Prevention (CDC; Behavioral Risk Factor Surveillance Survey (BRFSS)), 2020-2021.*
- *Community: AARP, 2023; ACS, 2018-2022; CDC WONDER, 2016-2020; The CMS Master Beneficiary Summary File ABCD/Other (CMS), 2020-2021; CT.gov, 2023; CT State Library, 2023; CT Secretary of State, 2023; NECHE, 2023; OLLI, 2023; U.S. EPA Air Compare, 2023.*
- *Transportation: ACS, 2018-2022; AllTransit™, 2023; NHTSA, 2018-2022.*
- *Falls: CMS, 2020-2021.*
- *Prevention: BRFSS, 2020-2021.*
- *Nutrition/Diet: BRFSS, 2020-2021; CMS, 2020-2021.*
- *Oral Health: BRFSS, 2020-2021; HRSA, 2023.*
- *Chronic Disease: CMS, 2020-2021.*
- *Behavioral Health: BRFSS, 2020-2021; CDC WONDER 2016-2020; CMS, 2020-2021.*
- *Mental Health: BRFSS, 2020-2021; CMS, 2020-2021.*
- *Living with Disability: ACS, 2018-2022.*
- *Caregiving: ACS, 2018-2022; Alzheimer’s Association, 2023.*
- *Access to Care: BRFSS, 2020-2021; CMS, 2020-2021; Connecticut Association of Adult Day Services, 2023; HRSA, 2023; Medicare.gov, 2023.*
- *Service Utilization: CMS, 2020-2021.*

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