## **Shelton (Fairfield)**

Shelton is a city in Fairfield County with 8,249 residents aged 65 and older. Compared to state average rates, older residents fare worse on some healthy aging indicators with higher rates of anemia, atrial fibrillation, benign prostatic hyperplasia, chronic obstructive pulmonary disease (COPD), diabetes, high cholesterol, hypertension, ischemic heart disease, osteoporosis, peripheral vascular disease, pressure ulcer, and schizophrenia. Older residents in Fairfield County varied in obtaining preventive health screenings: residents 18 and older got annual physical exams (73.6%) and annual dental exams (72.4%), while 49.5% of men and 44.9% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. Community resources to support healthy aging include four assisted living facilities, one Alzheimer's caregiver support group, 40 primary care providers, one home health agencies, four skilled nursing facilities, one senior center, and two public libraries.



| POPULATION CHARACTERISTICS                            | Significantly<br>different than<br>state rate | Community estimate | State estimate |
|---|---|--------------------|----------------|
| Total population (all ages)                           |   | 41,206             | 3,611,317      |
| Population 60 years or older as % of total population |   | 27.7%              | 24.5%          |
| Total population 60 years and older                   |   | 11,423             | 885,046        |
| Population 65 years or older as % of total population |   | 20.0%              | 17.4%          |
| Total population 65 years and older                   |   | 8,249              | 629,108        |
| % 65-74 years   | *   | 51.0%              | 57.6%          |
| % 75-84 years   |   | 32.5%              | 28.4%          |
| % 85 years or older                                   |   | 16.5%              | 14.0%          |
| % 65+ population who are female                       |   | 56.8%              | 55.7%          |
| % 85+ population who are female                       |   | 69.7%              | 66.0%          |
| Race and ethnicity of the population 65+              |   |                    |                |
| % White   | *   | 91.8%              | 84.8%          |
| % African American                                    | *   | 1.3%               | 6.7%           |
| % Asian   |   | 4.3%               | 2.6%           |
| % Other race(s)                                       | *   | 2.6%               | 5.9%           |
| % Hispanic  | *   | 3.8%               | 6.7%           |
| # 55+ who are Native American / Alaskan               |   | 16                 | 1,729          |
| Marital status of the population 65+                  |   |                    |                |
| % married   | *   | 60.7%              | 54.5%          |
| % divorced/separated                                  | *   | 12.1%              | 16.1%          |
| % widowed   |   | 24.4%              | 21.2%          |
| % never married                                       | *   | 2.8%               | 8.2%           |
| Education of the population 65+                       |   |                    |                |
| % with less than high school education                |   | 9.9%               | 11.9%          |
| % with high school or some college                    | *   | 58.4%              | 52.4%          |
| % with college degree                                 |   | 16.6%              | 17.0%          |
| % with graduate or professional degree                |   | 15.1%              | 18.6%          |
| % 65+ population who speak only English at home       |   | 85.8%              | 84.4%          |
| % 65+ population who are veterans of military service |   | 12.9%              | 13.4%          |
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| POPULATION CHARACTERISTICS  | Significantly<br>different than<br>state rate | Community estimate | State estimate |
|---|---|--------------------|----------------|
| HOUSING   |   |                    |                |
| % 65+ population who live alone                                       | *   | 20.6%              | 27.7%          |
| Average household size (all ages)                                     | *   | 2.6                | 2.5            |
| Median house value (all ages)   | *   | \$410,400          | \$323,700      |
| % 60+ own home  | *   | 83.7%              | 76.0%          |
| % 60+ homeowners who have mortgage                                    |   | 42.4%              | 46.7%          |
| % 65+ households (renter) spend >35% of income on housing             |   | 65.4%              | 45.1%          |
| % 65+ households (owner) spend >35% of income on housing              |   | 24.0%              | 27.1%          |
| % grandparents who live with grandchildren                            |   | 3.0%               | 2.6%           |
| # of assisted living sites  |   | 4                  | 207            |
| SOCIAL DETERMINANTS OF HEALTH   |   |                    |                |
| COST OF LIVING  |   |                    |                |
| Elder Index   |   |                    |                |
| Single, homeowner without mortgage, good health (County)              | 1.12  | \$34,320           | \$30,552       |
| Single, renter, good health (County)                                  | 1.14  | \$37,356           | \$32,832       |
| Couple, homeowner without mortgage, good health (County)              | 1.08  | \$46,992           | \$43,344       |
| Couple, renter, good health (County)                                  | 1.10  | \$50,028           | \$45,624       |
| ECONOMIC  |   |                    |                |
| % 60+ receiving food stamps in past year                              | *   | 4.8%               | 11.0%          |
| % 65+ employed in past year   |   | 20.2%              | 21.5%          |
| % 65+ with income below the poverty line in past year                 |   | 6.3%               | 7.9%           |
| Median annual income for households with a householder age 65+        |   | \$75,579           | \$65,666       |
| % 65+ households with annual income < \$20,000                        |   | 14.1%              | 14.0%          |
| % 65+ households with annual income \$20,000-\$49,999                 |   | 21.9%              | 25.6%          |
| % 65+ households with annual income \$50,000-\$99,999                 |   | 28.3%              | 28.2%          |
| % 65+ households with annual income \$100,000+                        |   | 35.7%              | 32.3%          |
| WELLNESS  |   |                    |                |
| % 18+ with less than 7 hours sleep (County)                           |   | 30.9%              | NA             |
| % 18+ without leisure-time physical activity (County)                 |   | 20.4%              | NA             |
| % 18+ with fair or poor self-reported health status (County)          |   | 12.0%              | NA             |
| % 18+ with 14+ physically unhealthy days (County)                     |   | 9.5%               | NA             |
| COMMUNITY   |   |                    |                |
| Annual # unhealthy days due to air pollution for 65+ (County)         |   | 19                 | NA             |
| AARP Age-Friendly Communities   |   | Not yet            | Not yet        |
| # of public universities and community colleges                       |   | 0                  | 38             |
| # of public libraries   |   | 2                  | 237            |
| # of senior centers   |   | 1                  | 163            |
| # of Osher Lifelong Learning Institutes (OLLI)                        |   | 0                  | 1              |
| % households with a smartphone (all ages)                             |   | 85.7%              | 87.5%          |
| % households with only a smartphone to access the Internet (all ages) | *   | 3.3%               | 7.3%           |
| % households without a computer (all ages)                            |   | 6.0%               | 5.9%           |
| % households with access to Broadband (all ages)                      |   | 92.3%              | 90.1%          |
| % households without access to the Internet (all ages)                |   | 7.5%               | 9.7%           |
| Voter participation rate in 2020 election (age 18+)                   |   | 84.5%              | 82.9%          |
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| # firearm fatalities (all ages) (County)  | SOCIAL DETERMINANTS OF HEALTH                           | Significantly different than state rate | Community estimate | State estimate |
|---|---|---|--------------------|----------------|
| # firearm fatalities (all ages) (County)  | COMMUNITY   |   |                    |                |
| # 65+ deaths by suicide (County) Age-sex adjusted 1-year mortality rate Age-sex adjusted 1-year mortality adjusted Age-sex ad  | Homicide rate/100,000 persons (County)                  |   | 2.8                | 3.1            |
| Age-sex adjusted 1-year mortality rate         4.0%           TRANSPORTATION           % householders 65+ who own a motor vehicle         90.4%         88.0%           # fatal crashes involving adult age 60+ (County)         64         34%           AllTransit Score         2.10         2.75           HEALTH OUTCOMES         Sex-Mith print of the current of the cu   | # firearm fatalities (all ages) (County)                |   | 206                | 955            |
| TRANSPORTATION         90.4%         88.0%           % householders 65+ who own a motor vehicle         90.4%         88.0%           4 fatal crashes involving adult age 60+ (County)         64         34.7           AllTransit Score         2.10         2.75           HEALTH OUTCOMES           FALLS           9 FEVENTION           % 65+ with hip fracture         4.2%         3.5%           PREVENTION         73.6%         N./           % 80-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)         80.5%         N./           % 65+ wine up to date on preventive services (County)         44.9%         N./           % 65+ wener up to date on preventive services (County)         44.9%         N./           W 65+ women up to date on preventive services (County)         25.0%         N./           W18+ with obesity (County)         25.0%         N./           % 65+ with high cholesterol         W 81.5%         77.9%           * 18+ with annual dental exam (County)         25.0%         N./           W 65+ with bigh cholesterol screening (County)         72.4%         N./           W 65+ with complete tooth loss (County)         78.3         14.2           * 66+ with thoring colonopersons (all ages) (County)   | # 65+ deaths by suicide (County)                        |   | 83                 | 404            |
| % householders 65+ who own a motor vehicle         90.4%         88.0%           # fatal crashes involving adult age 60+ (County)         64         344           AllTransit Score         2.10         2.75           HEALTH OUTCOMES           FALLS           66 ** with hip fracture         4.2%         3.5%           PREVENTION           8 18 ** with physical exam/check-up in past year (County)         80.5%         N.V           % 50-75 with facal occult blood test, sigmoidoscopy, or colonoscopy (County)         80.5%         N.V           % 65+ wene up to date on preventive services (County)         49.5%         N.V           % 65+ wene up to date on preventive services (County)         25.0%         N.V           W 18** with foolesterol servening (County)         25.0%         N.V           W 18** with obesity (County)         25.0%         N.V           W 18** with colosterol screening (County)         25.0%         N.V           W 18** with annual dental exam (County)         72.4%         N.V           W 18** with annual dental exam (County)         72.4%         N.V           W 26** with actimate of the science of related dementias         N.V         CHACK           W 26** with comp   | Age-sex adjusted 1-year mortality rate                  |   | 4.1%               | 4.0%           |
| # fatal crashes involving adult age 60+ (County) 64 34\$ All Transil Score 2.10 2.75  # All Transil Score 2.10 2.10 2.10  # All Transil Score 2.10  # All Transil Score 2.10 2.10  # All Transil Score 2.10 2.10  # All Transil Score 2.10  # All Transil Score 2.10 2.10  # All Transil Score 2.10  # All Trans | TRANSPORTATION  |   |                    |                |
| AllTransit Score  | % householders 65+ who own a motor vehicle              |   | 90.4%              | 88.0%          |
| HEALTH OUTCOMES           FALLS           % 65+ with hip fracture         4.2%         3.5%           PREVENTION           % 18+ with physical exam/check-up in past year (County)         73.6%         N/           % mammography use among women age 50-74 Years (County)         80.5%         N/           % 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)         49.5%         N/           % 65+ men up to date on preventive services (County)         44.9%         N/           % 65+ men up to date on preventive services (County)         44.9%         N/           NUTRITION & DIET         25.0%         N/           % 65+ with brigh cholesterol         W 81.5%         77.9%           18+ with cholesterol screening (County)         25.0%         N/           8 18+ with annual dental exam (County)         72.4%         N/           8 19+ with annual dental exam (County)         72.4%         N/           6 65+ with Alzheimer's disease or related dementias         15.0%         13.9%           6 65+ with atharia fibrillation         W 55.5%         49.2%           6 65+ with atharial fibrillation         W 17.0%         15.5%           6 65+ with benign prostatic hyperplasia (men)         W 17.0%         15.5%  | # fatal crashes involving adult age 60+ (County)        |   | 64                 | 349            |
| FALLS           % 65 + with hip fracture         4.2%         3.5%           PREVENTION           % 18+ with physical exam/check-up in past year (County)         73.6%         N.M.           % 18+ with physical exam/check-up in past year (County)         80.5%         N.M.           % 65-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)         78.4%         N.M.           % 65+ men up to date on preventive services (County)         44.9%         N.M.           % 65+ men up to date on preventive services (County)         44.9%         N.M.           NUTRITION & DIET         818+ with obesity (County)         25.0%         N.M.           % 18+ with cholesterol         W         81.5%         77.9%           % 18+ with cholesterol screening (County)         72.4%         N.M.           * 18+ with annual dental exam (County)         72.4%         N.M.           * de5+ with chonelesterol screening (County)         78.3         61.4           * 65+ with complete tooth loss (County)         78.3         61.4           * 65+ with annual dental exam (County)         78.3         61.4           * 65+ with Alzheimer's disease or related dementias         15.0%         13.3%           * 65+ with alzheimer's disease or related dementias         15.0%         14.1%<   | AllTransit Score  |   | 2.10               | 2.79           |
| % 65+ with hip fracture         4.2%         3.5%           PREVENTION         73.6%         NV           % 18+ with physical exam/check-up in past year (County)         80.5%         NV           % 65- morning graphy use among women age 50-74 Years (County)         80.5%         NV           % 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)         78.4%         NV           % 65+ men up to date on preventive services (County)         44.9%         NV           % 65+ women up to date on preventive services (County)         44.9%         NV           NUTRITION & DIET         V         81.5%         77.9%           % 18+ with obesity (County)         25.0%         NV           % 18+ with obesity (County)         89.3%         NV           % 18+ with cholesterol screening (County)         77.9%         81.5%         77.9%           % 18+ with annual dental exam (County)         72.4%         NV           # 18+ with annual dental exam (County)         78.3         61.4           % 65+ with complete tooth loss (County)         78.3         61.4           % 65+ with annual dental exam (County)         78.3         61.4           % 65+ with all pain exit (County)         78.3         61.4           % 65+ with complete tooth loss (County)         78.3<  | HEALTH OUTCOMES   |   |                    |                |
| PREVENTION           % 18+ with physical exam/check-up in past year (County)         73.6%         NA           % 60-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)         78.4%         NA           % 65+ men up to date on preventive services (County)         49.5%         NA           % 65+ women up to date on preventive services (County)         44.9%         NA           NUTRITION & DIET         25.0%         NA           % 18+ with obesity (County)         89.3%         77.9%           % 18+ with cholesterol         W         81.5%         77.9%           % 18+ with cholesterol screening (County)         89.3%         NA           W 18+ with cholesterol screening (County)         72.4%         NA           4 8+ with annual dental exam (County)         73.6         14.8           % 18+ with annual dental exam (County)         73.6         14.8           % 65+ with complete tooth loss (County)         78.3         61.4           % 65+ with Alzheimer's disease or related dementias         15.0%         13.9%           % 65+ with asthma         15.0%         14.1%           % 65+ with actial fibrillation         W         15.5%           % 65+ with benign prostatic hyperplasia (men)         W         17.0%         15.5%  | FALLS   |   |                    |                |
| PREVENTION           % 18+ with physical exam/check-up in past year (County)         73.6%         NA           % mammography use among women age 50-74 Years (County)         80.5%         NA           % 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)         78.4%         NA           % 65+ women up to date on preventive services (County)         44.9%         NA           NUTRITION & DIET         V         25.0%         NA           % 18+ with obesity (County)         89.3%         NA           % 65+ with high cholesterol         W         81.5%         77.9%           % 18+ with cholesterol screening (County)         89.3%         NA           W 18+ with number of least exam (County)         72.4%         NA           4 dentists per 100,000 persons (all ages) (County)         78.3         61.4           % 65+ with complete tooth loss (County)         78.3         61.4           % 65+ with Alzheimer's disease or related dementias         15.0%         13.9%           % 65+ with asthma         15.0%         13.9%           % 65+ with asthma         15.0%         14.1%           % 65+ with benign prostatic hyperplasia (men)         W         17.0%         15.5%           % 65+ with chronic kidney disease         33.0%         32.8% </td <td>% 65+ with hip fracture</td> <td></td> <td>4.2%</td> <td>3.5%</td>  | % 65+ with hip fracture                                 |   | 4.2%               | 3.5%           |
| % mammography use among women age 50-74 Years (County)         80.5%         NA           % 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)         78.4%         NA           % 65+ men up to date on preventive services (County)         49.5%         NA           % 65+ women up to date on preventive services (County)         49.5%         NA           NUTRITION & DIET         W         81.5%         77.9%           % 65+ with high cholesterol         W         81.5%         77.9%           % 18+ with cholesterol screening (County)         89.3%         NA           ORAL HEALTH           % 18+ with annual dental exam (County)         72.4%         NA           ½ dentists per 100,000 persons (all ages) (County)         68.3%         NA           CHRONIC DISEASE           % 65+ with omplete tooth loss (County)         6.8%         NA           CHRONIC DISEASE           % 65+ with atrial fibrillation         W         55.5%         49.2%           % 65+ with ashma         W         15.0%         14.1%           % 65+ with benign prostatic hyperplasia (men)         W         17.0%         15.5%           % 65+ with breast cancer (women)         11.8%         11.8%           % 65+ with colonic kidney disease<  |   |   |                    |                |
| % mammography use among women age 50-74 Years (County)         80.5%         NA           % 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)         78.4%         NA           % 65+ men up to date on preventive services (County)         49.5%         NA           % 65+ women up to date on preventive services (County)         44.9%         NA           WINTRITION & DIET           % 18+ with obesity (County)         25.0%         NA           % 65+ with high cholesterol         W         81.5%         77.9%           % 18+ with cholesterol screening (County)         89.3%         NA           ORAL HEALTH           % 18+ with annual dental exam (County)         72.4%         NA           ½ dentists per 100,000 persons (all ages) (County)         78.3         61.4           ½ dentists per 100,000 persons (all ages) (County)         68.8%         NA           CHRONIC DISEASE           % 65+ with achierer's disease or related dementias         15.0%         13.9%           % 65+ with atrial fibrillation         W         17.0%         15.5%           % 65+ with benign prostatic hyperplasia (men)         W         47.2%         44.0%           % 65+ with benign prostatic hyperplasia (men)         W         47.2%         44.0%  | % 18+ with physical exam/check-up in past year (County) |   | 73.6%              | NA             |
| % 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)         78.4%         NA           % 65+ men up to date on preventive services (County)         49.5%         NA           % 65+ women up to date on preventive services (County)         44.9%         NA           NUTRITION & DIET         V         81.5%         77.9%           % 18+ with obesity (County)         89.3%         NA           % 65+ with high cholesterol         W         81.5%         77.9%           % 18+ with cholesterol screening (County)         89.3%         NA           ORAL HEALTH         72.4%         NA           % 18+ with anyll dental exam (County)         78.3         61.4           % 65+ with complete tooth loss (County)         78.3         61.4           % 65+ with normal dental exam (County)         8.8%         NA           CHRONIC DISEASE         W         55.5%         49.2%           % 65+ with already all ages (County)         15.0%         13.3%           % 65+ with asthma         W         55.5%         49.2%           % 65+ with atrial fibrillation         W         17.0%         15.5%           % 65+ with bright prostatic hyperplasia (men)         W         47.2%         44.0%           % 65+ with chronic kidney disease  |   |   | 80.5%              | NA             |
| % 65+ women up to date on preventive services (County)       44.9%       NA         NUTRITION & DIET       25.0%       NA         % 18+ with obesity (County)       25.0%       NA         % 65+ with high cholesterol       W       81.5%       77.9%         % 18+ with cholesterol screening (County)       89.3%       NA         ORAL HEALTH         % 18+ with annual dental exam (County)       72.4%       NA         # dentists per 100,000 persons (all ages) (County)       78.3       61.4         % 65+ with complete tooth loss (County)       6.8%       NA         CHRONIC DISEASE       8       NA         % 65+ with Alzheimer's disease or related dementias       15.0%       13.9%         % 65+ with asthma       15.0%       14.1%         % 65+ with asthma       15.0%       14.1%         % 65+ with benign prostatic hyperplasia (men)       W       17.0%       15.5%         % 65+ with breast cancer (women)       11.8%       11.8%         % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic bostructive pulmonary disease       W       21.1%       19.6%         % 65+ with congestive heart failure       22.2%       21.0%       65+ with diabetes       W       34.5% <td></td> <td></td> <td>78.4%</td> <td>NA</td>  |   |   | 78.4%              | NA             |
| NUTRITION & DIET           % 18+ with obesity (County)         25.0%         NA           % 65+ with high cholesterol         W         81.5%         77.9%           % 18+ with cholesterol screening (County)         89.3%         NA           ORAL HEALTH           # dentists per 100,000 persons (all ages) (County)         72.4%         NA           # dentists per 100,000 persons (all ages) (County)         6.8%         NA           * 65+ with complete tooth loss (County)         6.8%         NA           * CHRONIC DISEASE         ***         ***           % 65+ with Alzheimer's disease or related dementias         15.0%         13.9%           % 65+ with asthma         15.0%         14.1%           % 65+ with benign prostatic hyperplasia (men)         W         17.0%         15.5%           % 65+ with benign prostatic hyperplasia (men)         W         47.2%         44.0%           % 65+ with cataract         61.9%         61.5%           % 65+ with chronic kidney disease         W         21.1%         19.6%           % 65+ with colon cancer         2.4%         2.4%           % 65+ with colon cancer         2.4%         2.4%           % 65+ with diabetes         W         31.8%           % 65+ wit   | % 65+ men up to date on preventive services (County)    |   | 49.5%              | NA             |
| NUTRITION & DIET           % 18+ with obesity (County)         25.0%         NA           % 65+ with high cholesterol         W         81.5%         77.9%           % 18+ with cholesterol screening (County)         89.3%         NA           ORAL HEALTH           # dentists per 100,000 persons (all ages) (County)         72.4%         NA           # dentists per 100,000 persons (all ages) (County)         6.8%         NA           * 65+ with complete tooth loss (County)         6.8%         NA           * CHRONIC DISEASE         ***         ***           % 65+ with Alzheimer's disease or related dementias         15.0%         13.9%           % 65+ with asthma         15.0%         14.1%           % 65+ with benign prostatic hyperplasia (men)         W         17.0%         15.5%           % 65+ with benign prostatic hyperplasia (men)         W         47.2%         44.0%           % 65+ with cataract         61.9%         61.5%           % 65+ with chronic kidney disease         W         21.1%         19.6%           % 65+ with colon cancer         2.4%         2.4%           % 65+ with colon cancer         2.4%         2.4%           % 65+ with diabetes         W         31.8%           % 65+ wit   | % 65+ women up to date on preventive services (County)  |   | 44.9%              | NA             |
| % 65+ with high cholesterol       W       81.5%       77.9%         % 18+ with cholesterol screening (County)       89.3%       NA         ORAL HEALTH         % 18+ with annual dental exam (County)       72.4%       NA         # dentists per 100,000 persons (all ages) (County)       78.3       61.4         % 65+ with complete tooth loss (County)       6.8%       NA         CHRONIC DISEASE       8.5% with Alzheimer's disease or related dementias       15.0%       13.9%         % 65+ with alzheimer's disease or related dementias       W       55.5%       49.2%         % 65+ with ashma       15.0%       13.9%       49.2%         % 65+ with ashma       15.0%       14.1%       16.5%       41.1%       16.5%       44.0%       44.0%       46.65+ with benign prostatic hyperplasia (men)       W       47.2%       44.0%       44.0%       46.65+ with benign prostatic hyperplasia (men)       W       47.2%       44.0%       46.5+ with cataract       61.9%       61.5%       65.5%  |   |   |                    |                |
| % 65+ with high cholesterol       W       81.5%       77.9%         % 18+ with cholesterol screening (County)       89.3%       NA         ORAL HEALTH         % 18+ with annual dental exam (County)       72.4%       NA         # dentists per 100,000 persons (all ages) (County)       78.3       61.4         % 65+ with complete tooth loss (County)       6.8%       NA         CHRONIC DISEASE       8       NA         % 65+ with Alzheimer's disease or related dementias       15.0%       13.9%         % 65+ with ashma       15.0%       14.1%         % 65+ with ashma       15.0%       14.1%         % 65+ with benign prostatic hyperplasia (men)       W       17.0%       15.5%         % 65+ with brigan prostatic hyperplasia (men)       W       47.2%       44.0%         % 65+ with brigan prostatic hyperplasia (men)       W       47.2%       44.0%         % 65+ with brigan prostatic hyperplasia (men)       W       47.2%       44.0%         % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic bidrey disease       W       21.1%       19.6%         % 65+ with colon cancer       24.4%       2.4%         % 65+ with colon cancer       22.2%       21.0%   | % 18+ with obesity (County)                             |   | 25.0%              | NA             |
| % 18+ with cholesterol screening (County)       89.3%       NA         ORAL HEALTH       County       72.4%       NA         # dentists per 100,000 persons (all ages) (County)       78.3       61.4         % 65+ with complete tooth loss (County)       6.8%       NA         CHRONIC DISEASE         % 65+ with Alzheimer's disease or related dementias       15.0%       13.9%         % 65+ with aemia       W       55.5%       49.2%         % 65+ with atrial fibrillation       W       17.0%       15.5%         % 65+ with benign prostatic hyperplasia (men)       W       47.2%       44.0%         % 65+ with breast cancer (women)       11.8%       11.8%       11.8%         % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic bstructive pulmonary disease       W       21.1%       19.6%         % 65+ with colon cancer       2.4%       2.4%       2.4%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with placuoma       1.9%       2.3%         % 65+ with placuoma       36.4%       34.8%         % 65+ with placuoma       25.6%       26.4%   |   | W                                       | 81.5%              | 77.9%          |
| ORAL HEALTH           % 18+ with annual dental exam (County)         72.4%         NA           # dentists per 100,000 persons (all ages) (County)         78.3         61.4           % 65+ with complete tooth loss (County)         6.8%         NA           CHRONIC DISEASE           % 65+ with Alzheimer's disease or related dementias         15.0%         13.9%           % 65+ with asthma         15.0%         14.1%           % 65+ with atrial fibrillation         W 17.0%         15.5%           % 65+ with benign prostatic hyperplasia (men)         W 47.2%         44.0%           % 65+ with breast cancer (women)         11.8%         11.8%           % 65+ with chronic kidney disease         33.0%         32.8%           % 65+ with chronic bstructive pulmonary disease         W 21.1%         19.6%           % 65+ with colon cancer         2.4%         2.4%           % 65+ with diabetes         W 34.5%         31.8%           % 65+ with diabetes         W 34.5%         31.8%           % 65+ with fibromyalgia, chronic pain, and fatigue         36.4%         34.8%           % 65+ ver had a heart attack         4.5%         4.3%           % 65+ ver had a heart attack         4.5%         4.3%           % 65+ with HIV/AIDS   |   |   | 89.3%              | NA             |
| # dentists per 100,000 persons (all ages) (County)  % 65+ with complete tooth loss (County)  CHRONIC DISEASE  % 65+ with Alzheimer's disease or related dementias  % 65+ with anemia  W 55.5% 49.2%  % 65+ with asthma  15.0% 14.1%  % 65+ with benign prostatic hyperplasia (men)  W 47.2% 44.0%  % 65+ with breast cancer (women)  W 47.2% 44.0%  % 65+ with cataract  61.9% 61.5%  % 65+ with chronic kidney disease  W 21.1% 19.6%  % 65+ with colon cancer  % 65+ with colon cancer  % 65+ with diabetes  W 34.5% 31.8%  % 65+ with diabetes  W 34.5% 31.8%  % 65+ with promyalgia, chronic pain, and fatigue  % 65+ with glaucoma  25.6% 26.4%  % 65+ with blant attack  4.5% 4.3%  % 65+ with HIV/AIDS  0.20% 0.28%  |   |   |                    |                |
| # dentists per 100,000 persons (all ages) (County)  % 65+ with complete tooth loss (County)  CHRONIC DISEASE  % 65+ with Alzheimer's disease or related dementias  % 65+ with anemia  W 55.5% 49.2%  % 65+ with asthma  15.0% 14.1%  % 65+ with benign prostatic hyperplasia (men)  W 47.2% 44.0%  % 65+ with cataract  61.9% 61.5%  % 65+ with chronic kidney disease  W 21.1% 19.6%  % 65+ with congestive heart failure  % 65+ with congestive heart failure  % 65+ with diabetes  W 34.5% 31.8%  % 65+ with glaucoma  % 65+ with glaucoma  % 65+ with glaucoma  % 65+ with BIV/AIDS  D 2.2%  % 65+ with HIV/AIDS  D 2.2%  C 2.4%    | % 18+ with annual dental exam (County)                  |   | 72.4%              | NA             |
| % 65+ with complete tooth loss (County)       6.8%       NA         CHRONIC DISEASE       VIX.       CHRONIC DISEASE       Secondary of the part  | <u> </u>  |   | 78.3               | 61.4           |
| % 65+ with Alzheimer's disease or related dementias       15.0%       13.9%         % 65+ with anemia       W       55.5%       49.2%         % 65+ with asthma       15.0%       14.1%         % 65+ with atrial fibrillation       W       17.0%       15.5%         % 65+ with benign prostatic hyperplasia (men)       W       47.2%       44.0%         % 65+ with breast cancer (women)       11.8%       11.8%         % 65+ with cataract       61.9%       61.5%         % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic obstructive pulmonary disease       W       21.1%       19.6%         % 65+ with colon cancer       2.4%       2.4%         % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%   |   |   | 6.8%               | NA             |
| % 65+ with anemia       W       55.5%       49.2%         % 65+ with asthma       15.0%       14.1%         % 65+ with atrial fibrillation       W       17.0%       15.5%         % 65+ with benign prostatic hyperplasia (men)       W       47.2%       44.0%         % 65+ with breast cancer (women)       11.8%       11.8%         % 65+ with cataract       61.9%       61.5%         % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic obstructive pulmonary disease       W       21.1%       19.6%         % 65+ with colon cancer       2.4%       2.4%         % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ wer had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%  |   |   |                    |                |
| % 65+ with asthma       15.0%       14.1%         % 65+ with atrial fibrillation       W       17.0%       15.5%         % 65+ with benign prostatic hyperplasia (men)       W       47.2%       44.0%         % 65+ with breast cancer (women)       11.8%       11.8%         % 65+ with cataract       61.9%       61.5%         % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic obstructive pulmonary disease       W       21.1%       19.6%         % 65+ with colon cancer       2.4%       2.4%       2.4%         % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%  | % 65+ with Alzheimer's disease or related dementias     |   | 15.0%              | 13.9%          |
| % 65+ with atrial fibrillation       W       17.0%       15.5%         % 65+ with benign prostatic hyperplasia (men)       W       47.2%       44.0%         % 65+ with breast cancer (women)       11.8%       11.8%         % 65+ with cataract       61.9%       61.5%         % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic obstructive pulmonary disease       W       21.1%       19.6%         % 65+ with colon cancer       2.4%       2.4%         % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%   | % 65+ with anemia                                       | W                                       | 55.5%              | 49.2%          |
| % 65+ with benign prostatic hyperplasia (men)       W       47.2%       44.0%         % 65+ with breast cancer (women)       11.8%       11.8%         % 65+ with cataract       61.9%       61.5%         % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic obstructive pulmonary disease       W       21.1%       19.6%         % 65+ with colon cancer       2.4%       2.4%       2.4%         % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%   | % 65+ with asthma                                       |   | 15.0%              | 14.1%          |
| % 65+ with breast cancer (women)       11.8%       11.8%         % 65+ with cataract       61.9%       61.5%         % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic obstructive pulmonary disease       W       21.1%       19.6%         % 65+ with colon cancer       2.4%       2.4%         % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%  | % 65+ with atrial fibrillation                          | W                                       | 17.0%              | 15.5%          |
| % 65+ with cataract       61.9%       61.5%         % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic obstructive pulmonary disease       W       21.1%       19.6%         % 65+ with colon cancer       2.4%       2.4%         % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%   | % 65+ with benign prostatic hyperplasia (men)           | W                                       | 47.2%              | 44.0%          |
| % 65+ with chronic kidney disease       33.0%       32.8%         % 65+ with chronic obstructive pulmonary disease       W       21.1%       19.6%         % 65+ with colon cancer       2.4%       2.4%         % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%   | % 65+ with breast cancer (women)                        |   | 11.8%              | 11.8%          |
| % 65+ with chronic obstructive pulmonary disease       W       21.1%       19.6%         % 65+ with colon cancer       2.4%       2.4%         % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%   | % 65+ with cataract                                     |   | 61.9%              | 61.5%          |
| % 65+ with colon cancer       2.4%       2.4%         % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%  | % 65+ with chronic kidney disease                       |   | 33.0%              | 32.8%          |
| % 65+ with congestive heart failure       22.2%       21.0%         % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%  | % 65+ with chronic obstructive pulmonary disease        | W                                       | 21.1%              | 19.6%          |
| % 65+ with diabetes       W       34.5%       31.8%         % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%  | % 65+ with colon cancer                                 |   | 2.4%               | 2.4%           |
| % 65+ with endometrial cancer (women)       1.9%       2.3%         % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%  | % 65+ with congestive heart failure                     |   | 22.2%              | 21.0%          |
| % 65+ with fibromyalgia, chronic pain, and fatigue       36.4%       34.8%         % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%  | % 65+ with diabetes                                     | W                                       | 34.5%              | 31.8%          |
| % 65+ with glaucoma       25.6%       26.4%         % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%   | % 65+ with endometrial cancer (women)                   |   | 1.9%               | 2.3%           |
| % 65+ ever had a heart attack       4.5%       4.3%         % 65+ with HIV/AIDS       0.20%       0.28%   | % 65+ with fibromyalgia, chronic pain, and fatigue      |   | 36.4%              | 34.8%          |
| % 65+ with HIV/AIDS 0.20% 0.28%   | % 65+ with glaucoma                                     |   | 25.6%              | 26.4%          |
|   | % 65+ ever had a heart attack                           |   | 4.5%               | 4.3%           |
| Shelton (Fairfield) Page 3  | % 65+ with HIV/AIDS                                     |   | 0.20%              | 0.28%          |
|   | Shelton (Fairfield)                                     |   |                    | Page 3         |

| HEALTH OUTCOMES  | Significantly different than state rate | Community estimate | State<br>estimate              |
|--|---|--------------------|--------------------------------|
| CHRONIC DISEASE  |   |                    |                                |
| % 65+ with hypertension  | W                                       | 79.1%              | 74.2%                          |
| % 65+ with ischemic heart disease  | W                                       | 42.4%              | 39.1%                          |
| % 65+ with liver disease   |   | 12.7%              | 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  |   | 57.5%              | 55.7%                          |
| % 65+ with osteoporosis  | W                                       | 22.4%              | 20.2%                          |
| % 65+ with peripheral vascular disease   | W                                       | 24.5%              | 19.1%                          |
| % 65+ with pressure ulcer or chronic ulcer   | W                                       | 10.7%              | 9.1%                           |
| % 65+ with prostate cancer (men)   |   | 13.5%              | 13.4%                          |
| % 65+ with stroke  |   | 11.1%              | 11.5%                          |
| % 65+ with 4+ (out of 15) chronic conditions   | W                                       | 64.7%              | 61.6%                          |
| % 65+ with 0 chronic conditions  | W                                       | 6.0%               | 7.7%                           |
| BEHAVIORAL HEALTH  |   |                    |                                |
| # drug overdose deaths (all ages) (County)   |   | 993                | 5,902                          |
| % 65+ with substance use disorder  |   | 8.3%               | 8.3%                           |
| % 18+ excessive drinking (County)  |   | 15.1%              | NA                             |
| % 65+ with tobacco use disorder  |   | 11.8%              | 11.5%                          |
| % 18+ current smokers (County)   |   | 11.1%              | NA                             |
| MENTAL HEALTH  |   |                    |                                |
| % 18+ with 14+ days poor mental health (County)  |   | 12.9%              | NA                             |
| % 65+ with depression  |   | 31.3%              | 32.3%                          |
| % 65+ with anxiety disorder  |   | 32.1%              | 30.9%                          |
| % 65+ with post-traumatic stress disorder  |   | 1.6%               | 2.0%                           |
| % 65+ with schizophrenia & other psychotic disorder  | W                                       | 5.5%               | 4.2%                           |
| LIVING WITH DISABILITY   |   |                    |                                |
| % 65+ with self-reported hearing difficulty  |   | 8.8%               | 11.4%                          |
|  |   | 3.6%               | 4.8%                           |
|  |   |                    |                                |
| % 65+ with self-reported vision difficulty   | *                                       | 4.7%               | 7.2%                           |
| % 65+ with self-reported vision difficulty % 65+ with self-reported cognition difficulty   | *                                       | 4.7%<br>16.4%      |                                |
| % 65+ with self-reported vision difficulty % 65+ with self-reported cognition difficulty % 65+ with self-reported ambulatory difficulty  | *                                       | 16.4%              | 17.8%                          |
| % 65+ with self-reported vision difficulty % 65+ with self-reported cognition difficulty % 65+ with self-reported ambulatory difficulty % 65+ with self-reported self-care difficulty  | *                                       | 16.4%<br>8.6%      | 17.8%<br>6.9%                  |
| % 65+ with self-reported vision difficulty % 65+ with self-reported cognition difficulty % 65+ with self-reported ambulatory difficulty % 65+ with self-reported self-care difficulty % 65+ with self-reported independent living difficulty | *                                       | 16.4%              | 7.2%<br>17.8%<br>6.9%<br>12.7% |
| % 65+ with self-reported vision difficulty % 65+ with self-reported cognition difficulty % 65+ with self-reported ambulatory difficulty % 65+ with self-reported self-care difficulty  | *                                       | 16.4%<br>8.6%      | 17.8%<br>6.9%                  |

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| HEALTH OUTCOMES  | Significantly<br>different than<br>state rate | Community estimate | State estimate |
|--|---|--------------------|----------------|
| ACCESS TO CARE   |   |                    |                |
| % 65+ dually eligible for Medicare and Medicaid                  | *   | 18.7%              | 22.5%          |
| % 65+ Medicare managed care enrollees                            | *   | 54.3%              | 50.1%          |
| % 18-64 who lack health insurance (County)                       |   | 8.0%               | NA             |
| # of primary care providers                                      |   | 40                 | 4,547          |
| # of hospitals   |   | 0                  | 36             |
| # of home health agencies  |   | 1                  | 80             |
| # of skilled nursing facilities                                  |   | 4                  | 202            |
| # of hospice agencies  |   | 0                  | 27             |
| # of community health centers                                    |   | 0                  | 388            |
| # of adult day health centers                                    |   | 0                  | 38             |
| SERVICE UTILIZATION  |   |                    |                |
| # physician visits per year                                      | *   | 9.0                | 8.4            |
| # emergency room visits/1000 persons 65+ years annually          |   | 573.6              | 586.6          |
| # Part D monthly prescription fills per person annually          |   | 52.0               | 52.1           |
| # home health visits annually                                    | *   | 3.7                | 3.1            |
| # durable medical equipment claims annually                      |   | 2.1                | 2.0            |
| # inpatient hospital stays/1000 persons 65+ years annually       | *   | 279.9              | 241.8          |
| % Medicare inpatient hospital readmissions (as % of admissions)  |   | 18.5%              | 17.6%          |
| # skilled nursing facility stays/1000 persons 65+ years annually | *   | 110.1              | 89.9           |
| # skilled nursing home Medicare beds/1000 persons 65+ years      |   | 58.2               | 37.1           |
| % 65+ getting Medicaid long term services and supports           |   | 4.3%               | 4.4%           |
| % 65+ hospice users  |   | 2.7%               | 2.6%           |
| % 65+ hospice users as % of decedents                            |   | 42.6%              | 42.4%          |
| NOTES  |   |                    |                |
|  |   |                    |                |
|  |   |                    |                |
|  |   |                    |                |
|  |   |                    |                |
|  |   |                    |                |
|  |   |                    |                |

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## **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 (<a href="https://nealthyagingdatareports.org">healthyagingdatareports.org</a>). 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 <a href="not">not</a> 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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<u>Suggested citation:</u> Dugan E, Lee CM, Jansen T, Su YJ, Silverstein NM, & Song Q. (2025). The Connecticut 2025 Healthy Aging Data Report. Retrieved from <u>www.healthyagingdatareports.org</u>

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