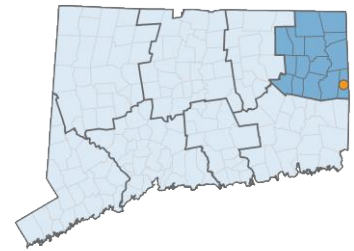


Sterling (Windham)

Sterling is a town in Windham County with 467 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of glaucoma and prostate cancer. However, they have higher rates of asthma, atrial fibrillation, chronic kidney disease, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), diabetes, heart attack, hypertension, ischemic heart disease, liver disease, osteoarthritis/rheumatoid arthritis, substance and tobacco use disorders, 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 two senior centers and one public library.



| POPULATION CHARACTERISTICS | Significantly different than state rate | Community estimate | State estimate |
|---|---|--------------------|----------------|
| Total population (all ages) | | 3,610 | 3,611,317 |
| Population 60 years or older as % of total population | | 21.7% | 24.5% |
| Total population 60 years and older | | 785 | 885,046 |
| Population 65 years or older as % of total population | | 12.9% | 17.4% |
| Total population 65 years and older | | 467 | 629,108 |
| % 65-74 years | * | 74.9% | 57.6% |
| % 75-84 years | | 25.1% | 28.4% |
| % 85 years or older | * | 0.0% | 14.0% |
| % 65+ population who are female | | 46.9% | 55.7% |
| % 85+ population who are female | | 0.0% | 66.0% |
| Race and ethnicity of the population 65+ | | | |
| % White | * | 98.1% | 84.8% |
| % African American | | 0.0% | 6.7% |
| % Asian | | 1.9% | 2.6% |
| % Other race(s) | | 0.0% | 5.9% |
| % Hispanic | | 0.0% | 6.7% |
| # 55+ who are Native American / Alaskan | | 0 | 1,729 |
| Marital status of the population 65+ | | | |
| % married | | 60.4% | 54.5% |
| % divorced/separated | | 23.8% | 16.1% |
| % widowed | | 11.8% | 21.2% |
| % never married | | 4.1% | 8.2% |
| Education of the population 65+ | | | |
| % with less than high school education | | 10.1% | 11.9% |
| % with high school or some college | * | 79.2% | 52.4% |
| % with college degree | | 7.9% | 17.0% |
| % with graduate or professional degree | * | 2.8% | 18.6% |
| % 65+ population who speak only English at home | | 98.1% | 84.4% |
| % 65+ population who are veterans of military service | | 9.9% | 13.4% |

| POPULATION CHARACTERISTICS | Significantly different than state rate | Community estimate | State estimate |
|---|--|-------------------------------|---------------------------|
| HOUSING | | | |
| % 65+ population who live alone | | 17.6% | 27.7% |
| Average household size (all ages) | * | 3.0 | 2.5 |
| Median house value (all ages) | * | \$264,600 | \$323,700 |
| % 60+ own home | | 80.7% | 76.0% |
| % 60+ homeowners who have mortgage | * | 71.9% | 46.7% |
| % 65+ households (renter) spend >35% of income on housing | * | 0.0% | 45.1% |
| % 65+ households (owner) spend >35% of income on housing | | 32.6% | 27.1% |
| % grandparents who live with grandchildren | | 7.8% | 2.6% |
| # of assisted living sites | | 0 | 207 |
| SOCIAL DETERMINANTS OF HEALTH | | | |
| COST OF LIVING | | | |
| Elder Index | | | |
| 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 | * | 4.0% | 11.0% |
| % 65+ employed in past year | | 21.4% | 21.5% |
| % 65+ with income below the poverty line in past year | | 5.1% | 7.9% |
| Median annual income for households with a householder age 65+ | | \$73,750 | \$65,666 |
| % 65+ households with annual income < \$20,000 | | 6.5% | 14.0% |
| % 65+ households with annual income \$20,000-\$49,999 | | 33.3% | 25.6% |
| % 65+ households with annual income \$50,000-\$99,999 | * | 15.8% | 28.2% |
| % 65+ households with annual income \$100,000+ | | 44.3% | 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 | | 1 | 163 |
| # of Osher Lifelong Learning Institutes (OLLI) | | 0 | 1 |
| % households with a smartphone (all ages) | | 92.3% | 87.5% |
| % households with only a smartphone to access the Internet (all ages) | | 8.5% | 7.3% |
| % households without a computer (all ages) | * | 1.6% | 5.9% |
| % households with access to Broadband (all ages) | | 92.2% | 90.1% |
| % households without access to the Internet (all ages) | | 7.3% | 9.7% |
| Voter participation rate in 2020 election (age 18+) | | 71.3% | 82.9% |

SOCIAL DETERMINANTS OF HEALTH

| | Significantly different than state rate | Community estimate | State estimate |
|--|---|-----------------------|-------------------|
| COMMUNITY | | | |
| 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 | W | 4.8% | 4.0% |
| TRANSPORTATION | | | |
| % householders 65+ who own a motor vehicle | | 100.0% | 88.0% |
| # fatal crashes involving adult age 60+ (County) | | 15 | 349 |
| AllTransit Score | | NA | 2.79 |
| HEALTH OUTCOMES | | | |
| FALLS | | | |
| % 65+ with hip fracture | | 3.4% | 3.5% |
| PREVENTION | | | |
| % 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 |
| NUTRITION & DIET | | | |
| % 18+ with obesity (County) | | 35.3% | NA |
| % 65+ with high cholesterol | | 77.5% | 77.9% |
| % 18+ with cholesterol screening (County) | | 87.4% | NA |
| ORAL HEALTH | | | |
| % 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 |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 14.6% | 13.9% |
| % 65+ with anemia | | 48.3% | 49.2% |
| % 65+ with asthma | W | 18.1% | 14.1% |
| % 65+ with atrial fibrillation | W | 17.5% | 15.5% |
| % 65+ with benign prostatic hyperplasia (men) | | 43.4% | 44.0% |
| % 65+ with breast cancer (women) | | 11.5% | 11.8% |
| % 65+ with cataract | | 61.1% | 61.5% |
| % 65+ with chronic kidney disease | W | 35.8% | 32.8% |
| % 65+ with chronic obstructive pulmonary disease | W | 31.7% | 19.6% |
| % 65+ with colon cancer | | 2.3% | 2.4% |
| % 65+ with congestive heart failure | W | 24.4% | 21.0% |
| % 65+ with diabetes | W | 34.9% | 31.8% |
| % 65+ with endometrial cancer (women) | | 2.2% | 2.3% |
| % 65+ with fibromyalgia, chronic pain, and fatigue | | 33.0% | 34.8% |
| % 65+ with glaucoma | B | 23.6% | 26.4% |
| % 65+ ever had a heart attack | W | 7.5% | 4.3% |
| % 65+ with HIV/AIDS | | 0.20% | 0.28% |

HEALTH OUTCOMES

| | Significantly different than state rate | Community estimate | State estimate |
|--|---|-----------------------|-------------------|
| CHRONIC DISEASE | | | |
| % 65+ with hypertension | W | 79.8% | 74.2% |
| % 65+ with ischemic heart disease | W | 42.7% | 39.1% |
| % 65+ with liver disease | W | 13.4% | 11.6% |
| % 65+ with lung cancer | | 2.3% | 2.0% |
| % 65+ with migraine and other chronic headache | | 6.3% | 7.1% |
| % 65+ with osteoarthritis or rheumatoid arthritis | W | 58.1% | 55.7% |
| % 65+ with osteoporosis | | 19.8% | 20.2% |
| % 65+ with peripheral vascular disease | | 19.7% | 19.1% |
| % 65+ with pressure ulcer or chronic ulcer | | 9.2% | 9.1% |
| % 65+ with prostate cancer (men) | B | 10.8% | 13.4% |
| % 65+ with stroke | | 12.9% | 11.5% |
| % 65+ with 4+ (out of 15) chronic conditions | W | 67.1% | 61.6% |
| % 65+ with 0 chronic conditions | | 6.9% | 7.7% |
| BEHAVIORAL HEALTH | | | |
| # drug overdose deaths (all ages) (County) | | 237 | 5,902 |
| % 65+ with substance use disorder | W | 10.8% | 8.3% |
| % 18+ excessive drinking (County) | | 16.4% | NA |
| % 65+ with tobacco use disorder | W | 17.7% | 11.5% |
| % 18+ current smokers (County) | | 16.3% | NA |
| MENTAL HEALTH | | | |
| % 18+ with 14+ days poor mental health (County) | | 15.2% | NA |
| % 65+ with depression | W | 36.6% | 32.3% |
| % 65+ with anxiety disorder | W | 38.0% | 30.9% |
| % 65+ with post-traumatic stress disorder | | 2.6% | 2.0% |
| % 65+ with schizophrenia & other psychotic disorder | | 4.2% | 4.2% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 8.4% | 11.4% |
| % 65+ with self-reported vision difficulty | | 0.0% | 4.8% |
| % 65+ with self-reported cognition difficulty | | 4.7% | 7.2% |
| % 65+ with self-reported ambulatory difficulty | | 16.7% | 17.8% |
| % 65+ with self-reported self-care difficulty | | 4.7% | 6.9% |
| % 65+ with self-reported independent living difficulty | | 13.5% | 12.7% |
| CAREGIVING | | | |
| # of Alzheimer's support groups | | 0 | 29 |
| % grandparents raising grandchildren | | 4.18% | 0.73% |

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). 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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