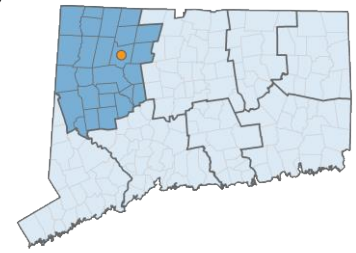


## Torrington (Litchfield)

Torrington is a city in Litchfield County with 5,880 residents aged 65 and older. Compared to state average rates, older residents have lower rates of anemia, breast cancer, fibromyalgia/chronic pain/fatigue, glaucoma, and prostate cancer. However, they have higher rates of Alzheimer's disease or related dementias, cataract, chronic kidney disease, chronic obstructive pulmonary disease (COPD), diabetes, heart attack, hypertension, liver disease, peripheral vascular disease, pressure ulcer, substance and tobacco use disorders, depression, anxiety disorder, PTSD, and schizophrenia. Older residents in Litchfield County varied in obtaining preventive health screenings: residents 18 and older got annual physical exams (75.9%) and annual dental exams (72.1%), while 48% of men and 39.3% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. Community resources to support healthy aging include two assisted living facilities, 41 primary care providers, one hospital, four skilled nursing facilities, ten 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)		35,510	3,611,317
Population 60 years or older as % of total population		24.5%	24.5%
Total population 60 years and older		8,691	885,046
Population 65 years or older as % of total population		16.6%	17.4%
Total population 65 years and older		5,880	629,108
% 65-74 years		56.1%	57.6%
% 75-84 years		27.3%	28.4%
% 85 years or older		16.6%	14.0%
% 65+ population who are female		56.2%	55.7%
% 85+ population who are female		67.8%	66.0%
Race and ethnicity of the population 65+			
% White	*	89.3%	84.8%
% African American		3.6%	6.7%
% Asian		2.0%	2.6%
% Other race(s)		5.1%	5.9%
% Hispanic		7.9%	6.7%
# 55+ who are Native American / Alaskan		1	1,729
Marital status of the population 65+			
% married	*	42.8%	54.5%
% divorced/separated		19.9%	16.1%
% widowed	*	27.8%	21.2%
% never married		9.6%	8.2%
Education of the population 65+			
% with less than high school education		15.6%	11.9%
% with high school or some college	*	64.1%	52.4%
% with college degree	*	9.9%	17.0%
% with graduate or professional degree	*	10.4%	18.6%
% 65+ population who speak only English at home	*	89.4%	84.4%
% 65+ population who are veterans of military service		13.2%	13.4%

<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different than state rate</b>	<b>Community estimate</b>	<b>State estimate</b>
<b>HOUSING</b>			
% 65+ population who live alone	*	33.6%	27.7%
Average household size (all ages)	*	2.4	2.5
Median house value (all ages)	*	\$180,800	\$323,700
% 60+ own home		72.5%	76.0%
% 60+ homeowners who have mortgage		46.5%	46.7%
% 65+ households (renter) spend >35% of income on housing		49.5%	45.1%
% 65+ households (owner) spend >35% of income on housing		28.9%	27.1%
% grandparents who live with grandchildren		3.9%	2.6%
# of assisted living sites		2	207
<b>SOCIAL DETERMINANTS OF HEALTH</b>			
<b>COST OF LIVING</b>			
Elder Index			
Single, homeowner without mortgage, good health (County)	0.97	\$29,640	\$30,552
Single, renter, good health (County)	0.93	\$30,600	\$32,832
Couple, homeowner without mortgage, good health (County)	0.98	\$42,528	\$43,344
Couple, renter, good health (County)	0.95	\$43,488	\$45,624
<b>ECONOMIC</b>			
% 60+ receiving food stamps in past year		13.5%	11.0%
% 65+ employed in past year		20.1%	21.5%
% 65+ with income below the poverty line in past year		11.4%	7.9%
Median annual income for households with a householder age 65+	*	\$50,611	\$65,666
% 65+ households with annual income < \$20,000		19.9%	14.0%
% 65+ households with annual income \$20,000-\$49,999		29.5%	25.6%
% 65+ households with annual income \$50,000-\$99,999		32.1%	28.2%
% 65+ households with annual income \$100,000+	*	18.5%	32.3%
<b>WELLNESS</b>			
% 18+ with less than 7 hours sleep (County)		31.8%	NA
% 18+ without leisure-time physical activity (County)		19.4%	NA
% 18+ with fair or poor self-reported health status (County)		12.3%	NA
% 18+ with 14+ physically unhealthy days (County)		10.2%	NA
<b>COMMUNITY</b>			
Annual # unhealthy days due to air pollution for 65+ (County)		3	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)	*	84.2%	87.5%
% households with only a smartphone to access the Internet (all ages)		9.5%	7.3%
% households without a computer (all ages)		8.0%	5.9%
% households with access to Broadband (all ages)		89.4%	90.1%
% households without access to the Internet (all ages)		10.2%	9.7%
Voter participation rate in 2020 election (age 18+)		76.6%	82.9%

## SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
<b>COMMUNITY</b>			
Homicide rate/100,000 persons (County)		1.7	3.1
# firearm fatalities (all ages) (County)		60	955
# 65+ deaths by suicide (County)		29	404
Age-sex adjusted 1-year mortality rate		4.4%	4.0%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle		86.3%	88.0%
# fatal crashes involving adult age 60+ (County)		28	349
AllTransit Score		0.80	2.79
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 65+ with hip fracture		3.6%	3.5%
<b>PREVENTION</b>			
% 18+ with physical exam/check-up in past year (County)		75.9%	NA
% mammography use among women age 50-74 Years (County)		75.2%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		77.4%	NA
% 65+ men up to date on preventive services (County)		48.0%	NA
% 65+ women up to date on preventive services (County)		39.3%	NA
<b>NUTRITION &amp; DIET</b>			
% 18+ with obesity (County)		27.0%	NA
% 65+ with high cholesterol		77.1%	77.9%
% 18+ with cholesterol screening (County)		90.0%	NA
<b>ORAL HEALTH</b>			
% 18+ with annual dental exam (County)		72.1%	NA
# dentists per 100,000 persons (all ages) (County)		44.9	61.4
% 65+ with complete tooth loss (County)		7.4%	NA
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	15.6%	13.9%
% 65+ with anemia	B	46.6%	49.2%
% 65+ with asthma		14.3%	14.1%
% 65+ with atrial fibrillation		15.7%	15.5%
% 65+ with benign prostatic hyperplasia (men)		46.5%	44.0%
% 65+ with breast cancer (women)	B	9.6%	11.8%
% 65+ with cataract	W	65.0%	61.5%
% 65+ with chronic kidney disease	W	36.8%	32.8%
% 65+ with chronic obstructive pulmonary disease	W	24.9%	19.6%
% 65+ with colon cancer		2.9%	2.4%
% 65+ with congestive heart failure		20.7%	21.0%
% 65+ with diabetes	W	35.0%	31.8%
% 65+ with endometrial cancer (women)		2.2%	2.3%
% 65+ with fibromyalgia, chronic pain, and fatigue	B	31.2%	34.8%
% 65+ with glaucoma	B	23.6%	26.4%
% 65+ ever had a heart attack	W	5.3%	4.3%
% 65+ with HIV/AIDS		0.17%	0.28%

## HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
<b>CHRONIC DISEASE</b>			
% 65+ with hypertension	W	76.6%	74.2%
% 65+ with ischemic heart disease		37.8%	39.1%
% 65+ with liver disease	W	13.4%	11.6%
% 65+ with lung cancer		2.0%	2.0%
% 65+ with migraine and other chronic headache		7.0%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis		54.9%	55.7%
% 65+ with osteoporosis		20.1%	20.2%
% 65+ with peripheral vascular disease	W	23.1%	19.1%
% 65+ with pressure ulcer or chronic ulcer	W	11.6%	9.1%
% 65+ with prostate cancer (men)	B	10.2%	13.4%
% 65+ with stroke		11.8%	11.5%
% 65+ with 4+ (out of 15) chronic conditions	W	65.0%	61.6%
% 65+ with 0 chronic conditions		8.8%	7.7%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		340	5,902
% 65+ with substance use disorder	W	11.4%	8.3%
% 18+ excessive drinking (County)		14.6%	NA
% 65+ with tobacco use disorder	W	15.6%	11.5%
% 18+ current smokers (County)		12.1%	NA
<b>MENTAL HEALTH</b>			
% 18+ with 14+ days poor mental health (County)		12.9%	NA
% 65+ with depression	W	36.0%	32.3%
% 65+ with anxiety disorder	W	35.4%	30.9%
% 65+ with post-traumatic stress disorder	W	3.3%	2.0%
% 65+ with schizophrenia & other psychotic disorder	W	6.7%	4.2%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		8.8%	11.4%
% 65+ with self-reported vision difficulty		4.3%	4.8%
% 65+ with self-reported cognition difficulty		6.0%	7.2%
% 65+ with self-reported ambulatory difficulty		18.0%	17.8%
% 65+ with self-reported self-care difficulty		7.7%	6.9%
% 65+ with self-reported independent living difficulty		11.6%	12.7%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	29
% grandparents raising grandchildren		1.48%	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](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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