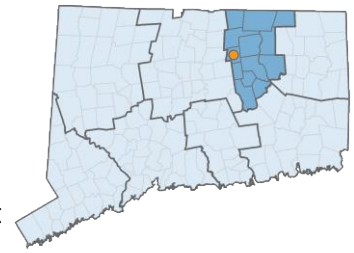


## Vernon (Tolland)

Vernon is a town in Tolland County with 5,209 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of benign prostatic hyperplasia and fibromyalgia/chronic pain/fatigue. However, they have higher rates of asthma, chronic kidney disease, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), hypertension, ischemic heart disease, tobacco use disorder, and schizophrenia. Older residents in Tolland County varied in obtaining preventive health screenings: residents 18 and older got annual physical exams (77.3%) and annual dental exams (72.6%), while 50.2% of men and 45.8% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. Community resources to support healthy aging include three assisted living facilities, 30 primary care providers, one hospital, one Alzheimer’s disease support group, one home health agency, two skilled nursing facilities, 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)		30,289	3,611,317
Population 60 years or older as % of total population		25.9%	24.5%
Total population 60 years and older		7,842	885,046
Population 65 years or older as % of total population		17.2%	17.4%
Total population 65 years and older		5,209	629,108
% 65-74 years		61.8%	57.6%
% 75-84 years		25.5%	28.4%
% 85 years or older		12.7%	14.0%
% 65+ population who are female		57.0%	55.7%
% 85+ population who are female		64.6%	66.0%
Race and ethnicity of the population 65+			
% White	*	92.1%	84.8%
% African American	*	2.4%	6.7%
% Asian		1.5%	2.6%
% Other race(s)		4.0%	5.9%
% Hispanic	*	2.0%	6.7%
# 55+ who are Native American / Alaskan		30	1,729
Marital status of the population 65+			
% married	*	48.7%	54.5%
% divorced/separated		16.4%	16.1%
% widowed		26.3%	21.2%
% never married		8.6%	8.2%
Education of the population 65+			
% with less than high school education		9.7%	11.9%
% with high school or some college	*	63.0%	52.4%
% with college degree		16.1%	17.0%
% with graduate or professional degree	*	11.2%	18.6%
% 65+ population who speak only English at home	*	90.6%	84.4%
% 65+ population who are veterans of military service		12.7%	13.4%

## POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
<b>HOUSING</b>			
% 65+ population who live alone		30.7%	27.7%
Average household size (all ages)	*	2.3	2.5
Median house value (all ages)	*	\$237,100	\$323,700
% 60+ own home		72.1%	76.0%
% 60+ homeowners who have mortgage		44.5%	46.7%
% 65+ households (renter) spend >35% of income on housing		37.3%	45.1%
% 65+ households (owner) spend >35% of income on housing		29.1%	27.1%
% grandparents who live with grandchildren		4.2%	2.6%
# of assisted living sites		3	207

## SOCIAL DETERMINANTS OF HEALTH

### COST OF LIVING

<b>Elder Index</b>			
Single, homeowner without mortgage, good health (County)	0.94	\$28,716	\$30,552
Single, renter, good health (County)	0.94	\$30,912	\$32,832
Couple, homeowner without mortgage, good health (County)	0.95	\$41,244	\$43,344
Couple, renter, good health (County)	0.95	\$43,440	\$45,624

### ECONOMIC

% 60+ receiving food stamps in past year		14.2%	11.0%
% 65+ employed in past year		21.9%	21.5%
% 65+ with income below the poverty line in past year		10.7%	7.9%
Median annual income for households with a householder age 65+		\$59,633	\$65,666
% 65+ households with annual income < \$20,000		18.9%	14.0%
% 65+ households with annual income \$20,000-\$49,999		24.3%	25.6%
% 65+ households with annual income \$50,000-\$99,999		28.0%	28.2%
% 65+ households with annual income \$100,000+		28.8%	32.3%

### WELLNESS

% 18+ with less than 7 hours sleep (County)		32.3%	NA
% 18+ without leisure-time physical activity (County)		19.5%	NA
% 18+ with fair or poor self-reported health status (County)		10.8%	NA
% 18+ with 14+ physically unhealthy days (County)		9.0%	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)		89.4%	87.5%
% households with only a smartphone to access the Internet (all ages)		6.8%	7.3%
% households without a computer (all ages)		5.1%	5.9%
% households with access to Broadband (all ages)		87.9%	90.1%
% households without access to the Internet (all ages)		11.8%	9.7%
Voter participation rate in 2020 election (age 18+)		83.3%	82.9%

## SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
<b>COMMUNITY</b>			
Homicide rate/100,000 persons (County)		NA	3.1
# firearm fatalities (all ages) (County)		47	955
# 65+ deaths by suicide (County)		24	404
Age-sex adjusted 1-year mortality rate		4.2%	4.0%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle		90.3%	88.0%
# fatal crashes involving adult age 60+ (County)		19	349
AllTransit Score		5.60	2.79
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 65+ with hip fracture		3.8%	3.5%
<b>PREVENTION</b>			
% 18+ with physical exam/check-up in past year (County)		77.3%	NA
% mammography use among women age 50-74 Years (County)		76.0%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		80.3%	NA
% 65+ men up to date on preventive services (County)		50.2%	NA
% 65+ women up to date on preventive services (County)		45.8%	NA
<b>NUTRITION &amp; DIET</b>			
% 18+ with obesity (County)		27.5%	NA
% 65+ with high cholesterol		78.3%	77.9%
% 18+ with cholesterol screening (County)		87.5%	NA
<b>ORAL HEALTH</b>			
% 18+ with annual dental exam (County)		72.6%	NA
# dentists per 100,000 persons (all ages) (County)		39.9	61.4
% 65+ with complete tooth loss (County)		7.5%	NA
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		13.8%	13.9%
% 65+ with anemia		49.4%	49.2%
% 65+ with asthma	W	16.7%	14.1%
% 65+ with atrial fibrillation		17.0%	15.5%
% 65+ with benign prostatic hyperplasia (men)	B	39.9%	44.0%
% 65+ with breast cancer (women)		11.1%	11.8%
% 65+ with cataract		63.8%	61.5%
% 65+ with chronic kidney disease	W	36.1%	32.8%
% 65+ with chronic obstructive pulmonary disease	W	24.6%	19.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ with congestive heart failure	W	23.8%	21.0%
% 65+ with diabetes		34.2%	31.8%
% 65+ with endometrial cancer (women)		2.4%	2.3%
% 65+ with fibromyalgia, chronic pain, and fatigue	B	31.7%	34.8%
% 65+ with glaucoma		26.3%	26.4%
% 65+ ever had a heart attack		4.4%	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	W	76.4%	74.2%
% 65+ with ischemic heart disease	W	42.1%	39.1%
% 65+ with liver disease		12.1%	11.6%
% 65+ with lung cancer		1.6%	2.0%
% 65+ with migraine and other chronic headache		7.3%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis		55.8%	55.7%
% 65+ with osteoporosis		19.6%	20.2%
% 65+ with peripheral vascular disease		17.7%	19.1%
% 65+ with pressure ulcer or chronic ulcer		9.3%	9.1%
% 65+ with prostate cancer (men)		12.3%	13.4%
% 65+ with stroke		11.9%	11.5%
% 65+ with 4+ (out of 15) chronic conditions	W	65.0%	61.6%
% 65+ with 0 chronic conditions		6.7%	7.7%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		226	5,902
% 65+ with substance use disorder		8.9%	8.3%
% 18+ excessive drinking (County)		16.0%	NA
% 65+ with tobacco use disorder	W	13.8%	11.5%
% 18+ current smokers (County)		12.0%	NA
<b>MENTAL HEALTH</b>			
% 18+ with 14+ days poor mental health (County)		14.9%	NA
% 65+ with depression		34.1%	32.3%
% 65+ with anxiety disorder		31.6%	30.9%
% 65+ with post-traumatic stress disorder		2.4%	2.0%
% 65+ with schizophrenia & other psychotic disorder	W	5.5%	4.2%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		16.2%	11.4%
% 65+ with self-reported vision difficulty		6.5%	4.8%
% 65+ with self-reported cognition difficulty		9.2%	7.2%
% 65+ with self-reported ambulatory difficulty		17.5%	17.8%
% 65+ with self-reported self-care difficulty		6.6%	6.9%
% 65+ with self-reported independent living difficulty		13.7%	12.7%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		1	29
% grandparents raising grandchildren		1.21%	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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