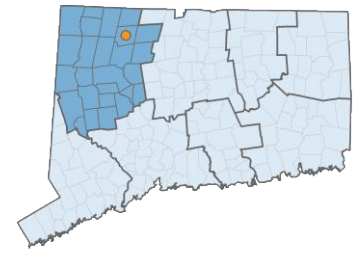


Winchester (Litchfield)

Winchester is a town in Litchfield County with 2,567 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of anemia, congestive heart failure (CHF), glaucoma, ischemic heart disease, migraine, and osteoporosis. However, they have higher rates of chronic obstructive pulmonary disease (COPD), substance and tobacco use disorders, anxiety disorder, and PTSD. 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 39 primary care providers, one home health agency, one hospice agency, three community health centers, one senior center, two public universities or community colleges, and one public library.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		10,278	3,611,317
Population 60 years or older as % of total population		36.9%	24.5%
Total population 60 years and older		3,791	885,046
Population 65 years or older as % of total population		25.0%	17.4%
Total population 65 years and older		2,567	629,108
% 65-74 years		57.0%	57.6%
% 75-84 years	*	19.3%	28.4%
% 85 years or older		23.6%	14.0%
% 65+ population who are female		49.3%	55.7%
% 85+ population who are female		56.7%	66.0%
Race and ethnicity of the population 65+			
% White	*	93.9%	84.8%
% African American	*	0.0%	6.7%
% Asian	*	0.0%	2.6%
% Other race(s)		6.1%	5.9%
% Hispanic		4.2%	6.7%
# 55+ who are Native American / Alaskan		11	1,729
Marital status of the population 65+			
% married		64.7%	54.5%
% divorced/separated		15.7%	16.1%
% widowed	*	12.4%	21.2%
% never married		7.2%	8.2%
Education of the population 65+			
% with less than high school education		10.8%	11.9%
% with high school or some college		56.3%	52.4%
% with college degree		14.2%	17.0%
% with graduate or professional degree		18.7%	18.6%
% 65+ population who speak only English at home		89.2%	84.4%
% 65+ population who are veterans of military service	*	25.6%	13.4%

POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone		24.5%	27.7%
Average household size (all ages)	*	2.1	2.5
Median house value (all ages)	*	\$225,300	\$323,700
% 60+ own home	*	61.5%	76.0%
% 60+ homeowners who have mortgage		52.2%	46.7%
% 65+ households (renter) spend >35% of income on housing		55.6%	45.1%
% 65+ households (owner) spend >35% of income on housing		29.5%	27.1%
% grandparents who live with grandchildren		1.5%	2.6%
# of assisted living sites		0	207

SOCIAL DETERMINANTS OF HEALTH

COST OF LIVING

Elder Index			
Single, homeowner without mortgage, good health (County)	0.97	\$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

ECONOMIC

% 60+ receiving food stamps in past year		15.5%	11.0%
% 65+ employed in past year		23.0%	21.5%
% 65+ with income below the poverty line in past year	*	16.5%	7.9%
Median annual income for households with a householder age 65+		\$54,735	\$65,666
% 65+ households with annual income < \$20,000		23.2%	14.0%
% 65+ households with annual income \$20,000-\$49,999	*	13.4%	25.6%
% 65+ households with annual income \$50,000-\$99,999		39.0%	28.2%
% 65+ households with annual income \$100,000+		24.4%	32.3%

WELLNESS

% 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

COMMUNITY

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		1	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)	*	79.9%	87.5%
% households with only a smartphone to access the Internet (all ages)		7.5%	7.3%
% households without a computer (all ages)		6.4%	5.9%
% households with access to Broadband (all ages)		88.5%	90.1%
% households without access to the Internet (all ages)		11.5%	9.7%
Voter participation rate in 2020 election (age 18+)		80.1%	82.9%

SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
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%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		93.1%	88.0%
# fatal crashes involving adult age 60+ (County)		28	349
AllTransit Score		0.90	2.79
HEALTH OUTCOMES			
FALLS			
% 65+ with hip fracture		3.2%	3.5%
PREVENTION			
% 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
NUTRITION & DIET			
% 18+ with obesity (County)		27.0%	NA
% 65+ with high cholesterol		75.2%	77.9%
% 18+ with cholesterol screening (County)		90.0%	NA
ORAL HEALTH			
% 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
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.8%	13.9%
% 65+ with anemia	B	40.7%	49.2%
% 65+ with asthma		13.3%	14.1%
% 65+ with atrial fibrillation		14.1%	15.5%
% 65+ with benign prostatic hyperplasia (men)		43.1%	44.0%
% 65+ with breast cancer (women)		9.6%	11.8%
% 65+ with cataract		59.1%	61.5%
% 65+ with chronic kidney disease		34.4%	32.8%
% 65+ with chronic obstructive pulmonary disease	W	24.6%	19.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ with congestive heart failure	B	17.3%	21.0%
% 65+ with diabetes		29.1%	31.8%
% 65+ with endometrial cancer (women)		2.6%	2.3%
% 65+ with fibromyalgia, chronic pain, and fatigue		33.1%	34.8%
% 65+ with glaucoma	B	18.5%	26.4%
% 65+ ever had a heart attack		3.4%	4.3%
% 65+ with HIV/AIDS		0.17%	0.28%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with hypertension		72.0%	74.2%
% 65+ with ischemic heart disease	B	32.0%	39.1%
% 65+ with liver disease		11.9%	11.6%
% 65+ with lung cancer		1.5%	2.0%
% 65+ with migraine and other chronic headache	B	4.8%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis		55.0%	55.7%
% 65+ with osteoporosis	B	16.6%	20.2%
% 65+ with peripheral vascular disease		16.8%	19.1%
% 65+ with pressure ulcer or chronic ulcer		8.9%	9.1%
% 65+ with prostate cancer (men)		10.8%	13.4%
% 65+ with stroke		10.0%	11.5%
% 65+ with 4+ (out of 15) chronic conditions	B	57.5%	61.6%
% 65+ with 0 chronic conditions	B	10.8%	7.7%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		340	5,902
% 65+ with substance use disorder	W	12.6%	8.3%
% 18+ excessive drinking (County)		14.6%	NA
% 65+ with tobacco use disorder	W	15.9%	11.5%
% 18+ current smokers (County)		12.1%	NA
MENTAL HEALTH			
% 18+ with 14+ days poor mental health (County)		12.9%	NA
% 65+ with depression		31.4%	32.3%
% 65+ with anxiety disorder	W	35.1%	30.9%
% 65+ with post-traumatic stress disorder	W	3.4%	2.0%
% 65+ with schizophrenia & other psychotic disorder		3.6%	4.2%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		25.8%	11.4%
% 65+ with self-reported vision difficulty		10.3%	4.8%
% 65+ with self-reported cognition difficulty		16.1%	7.2%
% 65+ with self-reported ambulatory difficulty		25.9%	17.8%
% 65+ with self-reported self-care difficulty		9.5%	6.9%
% 65+ with self-reported independent living difficulty		23.0%	12.7%
CAREGIVING			
# of Alzheimer's support groups		0	29
% grandparents raising grandchildren	*	0.17%	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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Suggested citation: Dugan E, Lee CM, Jansen T, Su YJ, Silverstein NM, & Song Q. (2025). The Connecticut 2025 Healthy Aging Data Report. Retrieved from www.healthyagingdatareports.org

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