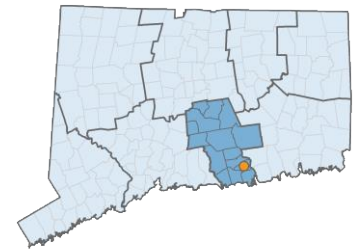


## Essex (Middlesex)

Essex is a town in Middlesex County with 1,782 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of Alzheimer's disease or related dementias, asthma, chronic kidney disease, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), diabetes, hypertension, ischemic heart disease, and peripheral vascular disease. However, they have higher rates of breast cancer and cataract. Older residents in Middlesex County varied in obtaining preventive health screenings: residents 18 and older got annual physical exams (79.1%) and annual dental exams (74.4%), while 56.1% of men and 47.6% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. Community resources to support healthy aging include three assisted living facilities, nine primary care providers, one home health agency, one skilled nursing facility, one senior center, and two public libraries.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		6,754	3,611,317
Population 60 years or older as % of total population		33.4%	24.5%
Total population 60 years and older		2,253	885,046
Population 65 years or older as % of total population		26.4%	17.4%
Total population 65 years and older		1,782	629,108
% 65-74 years		52.2%	57.6%
% 75-84 years		30.1%	28.4%
% 85 years or older		17.7%	14.0%
% 65+ population who are female		54.9%	55.7%
% 85+ population who are female		72.2%	66.0%
Race and ethnicity of the population 65+			
% White	*	97.8%	84.8%
% African American	*	0.0%	6.7%
% Asian		0.0%	2.6%
% Other race(s)		2.2%	5.9%
% Hispanic	*	1.5%	6.7%
# 55+ who are Native American / Alaskan		0	1,729
Marital status of the population 65+			
% married		63.8%	54.5%
% divorced/separated		9.7%	16.1%
% widowed		24.6%	21.2%
% never married	*	1.9%	8.2%
Education of the population 65+			
% with less than high school education	*	2.5%	11.9%
% with high school or some college	*	37.4%	52.4%
% with college degree	*	33.6%	17.0%
% with graduate or professional degree		26.6%	18.6%
% 65+ population who speak only English at home	*	96.4%	84.4%
% 65+ population who are veterans of military service		18.9%	13.4%

## POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
<b>HOUSING</b>			
% 65+ population who live alone		26.0%	27.7%
Average household size (all ages)	*	2.2	2.5
Median house value (all ages)	*	\$481,100	\$323,700
% 60+ own home	*	85.0%	76.0%
% 60+ homeowners who have mortgage		43.3%	46.7%
% 65+ households (renter) spend >35% of income on housing		35.8%	45.1%
% 65+ households (owner) spend >35% of income on housing		26.5%	27.1%
% grandparents who live with grandchildren		1.5%	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)	0.96	\$29,316	\$30,552
Single, renter, good health (County)	0.96	\$31,584	\$32,832
Couple, homeowner without mortgage, good health (County)	0.98	\$42,324	\$43,344
Couple, renter, good health (County)	0.98	\$44,592	\$45,624

### ECONOMIC

% 60+ receiving food stamps in past year	*	1.8%	11.0%
% 65+ employed in past year		27.4%	21.5%
% 65+ with income below the poverty line in past year		5.6%	7.9%
Median annual income for households with a householder age 65+	*	\$77,500	\$65,666
% 65+ households with annual income < \$20,000		11.0%	14.0%
% 65+ households with annual income \$20,000-\$49,999		21.7%	25.6%
% 65+ households with annual income \$50,000-\$99,999		31.9%	28.2%
% 65+ households with annual income \$100,000+		35.4%	32.3%

### WELLNESS

% 18+ with less than 7 hours sleep (County)		29.0%	NA
% 18+ without leisure-time physical activity (County)		19.5%	NA
% 18+ with fair or poor self-reported health status (County)		11.7%	NA
% 18+ with 14+ physically unhealthy days (County)		9.8%	NA

### COMMUNITY

Annual # unhealthy days due to air pollution for 65+ (County)		11	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		0	163
# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households with a smartphone (all ages)		90.6%	87.5%
% households with only a smartphone to access the Internet (all ages)	*	2.3%	7.3%
% households without a computer (all ages)	*	3.0%	5.9%
% households with access to Broadband (all ages)	*	94.3%	90.1%
% households without access to the Internet (all ages)	*	5.7%	9.7%
Voter participation rate in 2020 election (age 18+)		84.8%	82.9%

## SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
<b>COMMUNITY</b>			
Homicide rate/100,000 persons (County)		1.5	3.1
# firearm fatalities (all ages) (County)		43	955
# 65+ deaths by suicide (County)		29	404
Age-sex adjusted 1-year mortality rate		3.5%	4.0%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle		88.0%	88.0%
# fatal crashes involving adult age 60+ (County)		15	349
AllTransit Score		1.70	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)		79.1%	NA
% mammography use among women age 50-74 Years (County)		76.3%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		80.1%	NA
% 65+ men up to date on preventive services (County)		56.1%	NA
% 65+ women up to date on preventive services (County)		47.6%	NA
<b>NUTRITION &amp; DIET</b>			
% 18+ with obesity (County)		31.0%	NA
% 65+ with high cholesterol		78.0%	77.9%
% 18+ with cholesterol screening (County)		90.5%	NA
<b>ORAL HEALTH</b>			
% 18+ with annual dental exam (County)		74.4%	NA
# dentists per 100,000 persons (all ages) (County)		64.9	61.4
% 65+ with complete tooth loss (County)		7.1%	NA
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	11.8%	13.9%
% 65+ with anemia		48.9%	49.2%
% 65+ with asthma	B	10.8%	14.1%
% 65+ with atrial fibrillation		16.9%	15.5%
% 65+ with benign prostatic hyperplasia (men)		45.2%	44.0%
% 65+ with breast cancer (women)	W	15.9%	11.8%
% 65+ with cataract	W	70.7%	61.5%
% 65+ with chronic kidney disease	B	25.9%	32.8%
% 65+ with chronic obstructive pulmonary disease	B	17.1%	19.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ with congestive heart failure	B	17.1%	21.0%
% 65+ with diabetes	B	22.5%	31.8%
% 65+ with endometrial cancer (women)		2.6%	2.3%
% 65+ with fibromyalgia, chronic pain, and fatigue		32.6%	34.8%
% 65+ with glaucoma		27.5%	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	B	70.6%	74.2%
% 65+ with ischemic heart disease	B	34.0%	39.1%
% 65+ with liver disease		10.7%	11.6%
% 65+ with lung cancer		1.9%	2.0%
% 65+ with migraine and other chronic headache		6.3%	7.1%
% 65+ with osteoarthritis or rheumatoid arthritis		58.7%	55.7%
% 65+ with osteoporosis		21.3%	20.2%
% 65+ with peripheral vascular disease	B	16.5%	19.1%
% 65+ with pressure ulcer or chronic ulcer		9.6%	9.1%
% 65+ with prostate cancer (men)		15.9%	13.4%
% 65+ with stroke		10.4%	11.5%
% 65+ with 4+ (out of 15) chronic conditions		58.8%	61.6%
% 65+ with 0 chronic conditions		7.3%	7.7%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		282	5,902
% 65+ with substance use disorder		7.4%	8.3%
% 18+ excessive drinking (County)		15.4%	NA
% 65+ with tobacco use disorder		11.6%	11.5%
% 18+ current smokers (County)		11.7%	NA
<b>MENTAL HEALTH</b>			
% 18+ with 14+ days poor mental health (County)		13.4%	NA
% 65+ with depression		31.8%	32.3%
% 65+ with anxiety disorder		31.7%	30.9%
% 65+ with post-traumatic stress disorder		1.8%	2.0%
% 65+ with schizophrenia & other psychotic disorder		3.8%	4.2%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		8.4%	11.4%
% 65+ with self-reported vision difficulty		5.8%	4.8%
% 65+ with self-reported cognition difficulty	*	1.5%	7.2%
% 65+ with self-reported ambulatory difficulty	*	7.4%	17.8%
% 65+ with self-reported self-care difficulty	*	3.1%	6.9%
% 65+ with self-reported independent living difficulty		13.2%	12.7%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		1	29
% grandparents raising grandchildren		0.21%	0.73%

## HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	10.5%	22.5%
% 65+ Medicare managed care enrollees	*	42.7%	50.1%
% 18-64 who lack health insurance (County)		5.5%	NA
# of primary care providers		9	4,547
# of hospitals		0	36
# of home health agencies		1	80
# of skilled nursing facilities		1	202
# of hospice agencies		0	27
# of community health centers		0	388
# of adult day health centers		0	38
<b>SERVICE UTILIZATION</b>			
# physician visits per year		8.6	8.4
# emergency room visits/1000 persons 65+ years annually		624.0	586.6
# Part D monthly prescription fills per person annually	*	44.8	52.1
# home health visits annually		2.7	3.1
# durable medical equipment claims annually	*	1.2	2.0
# inpatient hospital stays/1000 persons 65+ years annually		217.0	241.8
% Medicare inpatient hospital readmissions (as % of admissions)		14.0%	17.6%
# skilled nursing facility stays/1000 persons 65+ years annually	*	66.2	89.9
# skilled nursing home Medicare beds/1000 persons 65+ years		20.1	37.1
% 65+ getting Medicaid long term services and supports	*	1.4%	4.4%
% 65+ hospice users		2.5%	2.6%
% 65+ hospice users as % of decedents		37.9%	42.4%

## NOTES

## 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.*

Healthy Aging Data Report Research Team (2025): Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Taylor Jansen PhD, Yan-Jhu Su, Yan Lin, Shan Qu, Tiffany Tang & Qian Song PhD, from the Gerontology Institute at the University of Massachusetts Boston. The Point32Health Foundation supported the research and provided important guidance.

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](http://www.healthyagingdatareports.org)

Questions or Ideas? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)



Point32Health  
Foundation

In partnership with

