2025 Connecticut Healthy Aging Data Report

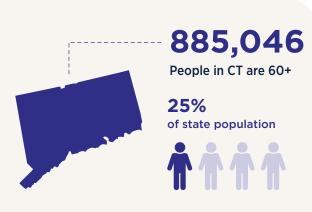
152 indicators for 181 communities



healthyaging datareports.org/connecticut-healthy-aging-data-report

Connecticut's Population of Older People Grew 62,000

Since Our Last Report



The Older Demographic is Changing



veterans of military service

15% Speak a

than English

at home

language other



14% of the older population is 85 or older

36% With college,



1.729 Adults 55+ are Native American

graduate, or professional dearee

Chronic Conditions

In New England, Connecticut has the highest rates of:

- Congestive Heart Failure (21%)
- Osteoporosis (20%)
- Alzheimer's Disease (14%)
- Breast Cancer Women (12%)
- Hip Fracture (4%)

Disparities

In Older Populations 65+



Bone Health

Women are 6x more likely than men to have osteoporosis



Metabolic Health

Diabetes is more prevalent in men and Black, Hispanic, Asian and Native American older adults



Mental Health

Women have higher rates of anxiety and depression

Cardiovascular Health

Men have higher rates of heart

disease, atrial fibrillation, and congestive heart failure



White 32%

Hispanic 38%

Black 48%



- Hartford
- New London
- Mansfield
- Plainville
- New Britain
- Putnam

Social Isolation

HALF

of older adults live alone in some communities (48%)

8 communities in CT report high rates of risk factors (live alone, hearing difficulty, depression) for social isolation

- Hamden
- New Haven

UNDERSTAND

Together We Can

Create Change

 Download your community profile at:

HEALTHYAGING **DATAREPORTS.**ORG

• Educate yourself and others about the indicators in your community



ENGAGE

- **Encourage** participation in the age-friendly movement
- Bring people together to talk about the data
- Think about what your community needs to promote health for all ages



ACT

- Get involved! Join Age-Well Collaborative
- Use data to inform your work
- **Identify** and build on what s working



Positive progress is being made toward Healthy Aging across the state.



Gerontology Institute

Point32Health Foundation

In partnership with



