

2025 Connecticut Healthy Aging Data Report

152 indicators for 181 communities

healthyagingdatareports.org/connecticut-healthy-aging-data-report

Connecticut's Population of Older People Grew 62,000

Since Our Last Report

885,046

People in CT are 60+

25%

of state population



The Older Demographic is Changing



13% Are veterans of military service



14% of the older population is 85 or older



1,729 Adults 55+ are Native American



15% Speak a language other than English at home



36% With college, graduate, or professional degree

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



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**



Metabolic Health

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



Kidney Disease

White 32%

Hispanic 38%

Black 48%



Social Isolation

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

Together We Can Create Change



UNDERSTAND

- **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

CarePartners
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MEDICARE ADVANTAGE