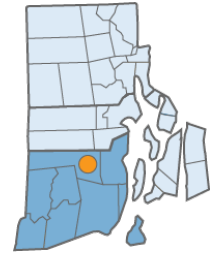


## Exeter (Washington)

Exeter is a town in Washington County with a population of 6,425. About 12% of Exeter residents are age 65 or older for most health indicators Exeter older adults are healthier than state averages. Age-friendly local community resources are limited to the Exeter Public Library. The South County Community Action Agency, part of the Aging and Disabilities Resource Center, the POINT Network, provides older adults with informational and referral services and case management for persons age 55 and over and persons with disabilities receiving state-funded home and community services.



POPULATION CHARACTERISTICS	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages	6,425	1,052,567
Population 60 years or older as % of total population	20.8%	20.6%
Total population 60 years or older	1,388	217,066
Population 65 years or older as % of total population	11.5%	14.8%
Total population 65 years or older	771	155,558
% 65-74 years	60.4%	50.4%
% 75-84 years	23.3%	32.0%
% 85 years or older	16.2%	17.6%
Gender (65+ population)		
% female	57.8%	58.4%
Race/Ethnicity (65+ population)		
% White	96.0%	93.0%
% African American	0.0%	2.6%
% Asian	0.0%	1.3%
% Other	4.0%	3.2%
% Hispanic/Latino	0.0%	3.7%
Marital Status (65+ population)		
% married	61.6%	50.1%
% divorced/separated	8.4%	12.6%
% widowed	29.4%	30.8%
% never married	0.5%	6.4%
Education (65+ population)		
% with less than high school education	23.2%	26.8%
% with high school or some college	64.2%	50.7%
% with college degree	12.6%	22.5%
% of 60+ LGBT	2.4%	2.0%
% of 65+ population living alone	11.7%	30.4%
% of 65+ population who speak only English at home	97.8%	81.7%
% of 65+ population who are veterans of military service	25.6%	22.7%
Age-sex adjusted 1-year mortality rate	5.0%	4.8%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE<sup>2</sup></b>	<b>STATE ESTIMATE<sup>2</sup></b>
<b>Geographic Migration (65+ population)</b>			
% moved within same county		1.3%	3.5%
% moved from different county in Rhode Island		2.2%	0.8%
% moved from different state		0.0%	1.1%
% 60+ lived at same address 25 years or more		48.5%	48.1%
<b>WELLNESS and PREVENTION</b>			
% any physical activity within last month		72.2%	70.0%
% injured by a fall within last year		8.9%	10.0%
% ever had a hip fracture	B	2.4%	3.9%
% with self-reported fair or poor health status		18.5%	20.4%
% with 15+ physically unhealthy days last month		13.1%	13.9%
% with physical exam/check-up in past year		89.3%	91.9%
% met CDC preventive health screening goals		37.5%	39.5%
% flu shot past year		55.9%	59.1%
% pneumonia vaccine		73.3%	73.8%
% shingles vaccine		30.9%	30.3%
% cholesterol screening		84.0%	88.4%
% mammogram within last 2 years (women)		81.4%	81.8%
% colorectal cancer screening		78.3%	76.1%
<b>Oral Health</b>			
% with complete tooth loss		28.9%	32.4%
% with annual dental exam	B	81.0%	74.7%
# dentists per 100,000 persons (all ages)		0	58
<b>NUTRITION/DIET</b>			
% with 5 or more servings of fruit or vegetables per day		20.9%	23.0%
% obese		24.3%	25.4%
% high cholesterol	B	71.8%	78.0%
% current smokers		9.6%	8.9%
% excessive drinking		12.3%	8.9%
<b>MENTAL HEALTH</b>			
% with 15+ days poor mental health last month		7.5%	7.5%
% 60+ talked with family or friends almost daily		75.8%	75.3%
% ever diagnosed with depression	B	19.7%	30.0%
<b>CHRONIC DISEASE</b>			
% with Alzheimer's disease or related dementias	B	7.8%	14.4%
% with diabetes		32.0%	35.7%
% with stroke		10.9%	12.5%
% with chronic obstructive pulmonary disease	B	19.2%	24.1%
% with asthma		11.0%	14.0%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE<sup>2</sup></b>	<b>STATE ESTIMATE<sup>2</sup></b>
% with hypertension	B	71.6%	79.0%
% ever had a heart attack		3.9%	5.4%
% with ischemic heart disease	B	39.8%	45.9%
% with congestive heart failure	B	17.8%	24.8%
% with atrial fibrillation		13.6%	15.2%
% with osteoarthritis/rheumatoid arthritis		48.4%	52.0%
% with osteoporosis	B	14.4%	21.0%
% with glaucoma		22.4%	26.6%
% with cataract		62.9%	67.9%
% women with breast cancer		10.5%	10.7%
% with colon cancer		2.5%	3.2%
% men with prostate cancer		14.5%	13.8%
% with lung cancer		1.7%	2.1%
% with hypothyroidism	B	16.5%	21.1%
% with anemia	B	41.4%	52.2%
% with benign prostatic hyperplasia	B	31.5%	40.3%
% with chronic kidney disease	B	18.1%	23.3%
<b>Summary chronic disease measures</b>			
% with 4+ chronic conditions	B	51.4%	63.9%
% with 0 chronic conditions		11.7%	8.4%
<b>LIVING WITH DISABILITY</b>			
% 65+ with hearing difficulty		16.6%	13.8%
% 65+ with vision difficulty		14.8%	5.2%
% 65+ with cognition difficulty		17.3%	7.8%
% 65+ with ambulatory difficulty		28.3%	19.9%
% 65+ with self-care difficulty		15.6%	6.6%
% 65+ with independent living difficulty		17.8%	13.7%
<b>ACCESS TO CARE</b>			
<b>Medicare (65+ population)</b>			
% Medicare managed care enrollees		40.1%	39.4%
% dually eligible for Medicare and Medicaid	*	5.0%	14.6%
% with a regular doctor		96.3%	96.5%
% did not see a doctor when needed due to cost		5.8%	6.3%
# of primary care providers (within 5 miles)		28	1,566
# of hospitals (within 5 miles)		0	11
# of nursing homes (within 5 miles)		3	84
# of home health agencies (in same town)		14	38

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE<sup>2</sup></b>	<b>STATE ESTIMATE<sup>2</sup></b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	7.1	8.0
Emergency room visits/1000 persons 65+ years per year	*	468	628
Part D monthly prescription fills per person per year	*	47.3	54.2
Home health visits per year	*	1.9	3.7
Durable medical equipment claims per year		1.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	201	284
Inpatient hospital readmissions (as % of admissions)		13.1%	16.9%
Skilled nursing facility stays/1000 persons 65+ years per year	*	47	100
Total skilled nursing home Medicare beds/1000 persons 65+ years		0	52
% 65+ getting Medicaid long term services and supports		2.6%	6.2%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
Air Pollution/Air Quality Index			
Annual # of unhealthy days for older adults		0	NA
Walkability of Community			
Walkability score (0-100)		5	NA
% of vacant housing units in community		6.0%	11.3%
% 60+ who are satisfied with neighborhood		83.7%	80.0%
# of registered voters (age 18+)		4,880	725,309
Voter participation rate in 2012 presidential election (age 18+)		69.3%	61.5%
% 60+ who believe local service orgs understand needs		46.1%	44.1%
% 60+ who believe he/she can make a difference		52.9%	51.6%
% 60+ who believe working together can make a difference		79.1%	81.0%
% 60+ who volunteer at least once per month		22.9%	22.8%
% 60+ who attend community events (e.g., church, club) at least once per month		47.9%	44.2%
<b>SAFETY AND TRANSPORTATION</b>			
Violent crime rate / 100,000 persons		NA	253
Property crime rate / 100,000 persons		NA	2,394
# of motor vehicle fatalities involving adult age 60+/town		2	90
# of motor vehicle fatalities involving adult age 60+/county		20	90
# of alternative transportation programs by county		12	43
Municipal senior transportation available		No	NA
Volunteer driver programs available		RSVP, FISH	NA

## HEALTHY AGING INDICATORS

COMMUNITY  
ESTIMATE<sup>2</sup>

STATE  
ESTIMATE<sup>2</sup>

### ECONOMIC AND FINANCIAL

#### Poverty (65+ Population)

% with income below the poverty level past year	0.9%	8.6%
% 60+ receiving food stamps past year	5.7%	11.9%
% 65+ working past year	16.9%	16.3%

#### Household income (65+ householder)

% households with annual income < \$20,000	9.1%	28.0%
% households with annual income \$20,000-49,999	29.6%	34.2%
% households with annual income ≥ \$50,000	61.3%	37.7%
% 60+ own home	52.6%	43.9%
% 60+ homeowners with mortgage	54.5%	45.3%

### COST OF LIVING

\$ COUNTY  
ESTIMATE

\$ STATE  
ESTIMATE

RATIO OF COUNTY  
TO STATE

#### Elder Economic Security Standard Index

Single, homeowner without mortgage, good health	\$22,920	\$22,188	1.03
Single, renter, good health	\$23,412	\$23,544	0.99
Couple, homeowner without mortgage, good health	\$33,096	\$32,352	1.02
Couple, renter, good health	\$33,588	\$33,708	1.00

TECHNICAL NOTES: Read our technical report for information on data sources and methodology at <http://healthyagingdatareports.org/ri/technicalreport>.

<sup>1</sup> For most indicators the community and state values are both statistical 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. When an upper case letter is used the 95% confidence intervals were used, the lowercase indicates a 90% confidence interval. When the implication for healthy aging is unclear we use an “.”

<sup>2</sup> “C” indicates that the community rate is censored due to inadequate sample size and “NA” indicates that the data were not available.

#### Other notes:

- We used a hierarchical approach to reporting estimates for every city/town in Rhode Island when data allow. In other cases, we could only report indicators for aggregated areas (e.g., cities and towns with similar demographic and socioeconomic population composition were combined for some indicators and counties were used for others). The same estimate is reported for all cities/towns within aggregated geographic areas.
- Total population estimates are from the 2010 Census and are reported for the 41 geographic units. Other population characteristic estimates are from the American Community Survey (ACS) (2009-2013) and are reported for 41 geographic units. Note that % may not add up to 100% due to rounding error.
- Mortality rate, specific chronic disease, access and utilization estimates are for beneficiaries 65 years or older in 2013 from the 2012 and 2013 Centers for Medicare and Medicaid Services (CMS) Master Beneficiary Summary File (MBSF).
- The 2009-2014 Behavioral Risk Factor Surveillance System (BRFSS) is the source for wellness, health behavior, and some prevention estimates. BRFSS indicators were estimated for persons 60 years or older for 14 aggregated geographic areas derived by combining cities and towns with similar population composition. The same rate is reported for all cities/towns within the same unit.
- Access to care data pertaining to the # of primary care providers, hospitals, nursing homes, and home health agencies were obtained from the following CMS websites: <http://www.medicare.gov/nursinghomecompare/search.html>, <http://www.medicare.gov/homehealthcompare/search.html>, <http://www.medicare.gov/hospitalcompare/search.html>, <http://www.medicare.gov/physiciancompare/results.html>. The dentist data come from the RI Department of Health (<http://www.health.ri.gov/find/oralhealthservices/>).
- Walkability Estimates were downloaded from <http://www.walkscore.com/> using the finder term “city/town name, Rhode Island.”
- Air pollution/air quality estimates are from the US Environmental Protection Agency reported for 3 RI counties for older adults with no specific health concerns (2015). The same rate is reported for cities/towns within the same county.
- 2012 voter participation data from the Rhode Island Board of Elections.
- Crime estimates are from 2013 FBI Uniform Crime Reports (<http://www.fbi.gov/stats-services/crimestats>).
- Data on fatal auto (driver, passenger) and pedestrian accidents for persons age 60+ is from the Fatal Accident Reporting System of the National Highway Traffic Safety Administration (2009-2013), reported at the town and county level.
- The housing, migration, and income indicators are from the ACS (2009-2013) and are reported for individual cities/towns.
- The 2016 Elder Economic Security Standard Index estimates were obtained from researchers at the University of Massachusetts Boston Center for Social and Demographic Research on Aging.
- Our research team: Elizabeth Dugan, Frank Porell and Nina Silverstein. Graduate Student researchers included: Chae Man Lee, Hyo Jung Lee, Bon Kim, and Krystal Kittle. We thank Amanda Cox from the [NYTimes.com](http://www.nytimes.com) for data visualizations; and Maureen Maigret for sharing data on municipal senior transportation and volunteer driver programs collected by Mensel & Maigret (April, 2016). Please send your questions, comments, or ideas to [beth.dugan@umb.edu](mailto:beth.dugan@umb.edu). Let us know how you are using the Data Report in your community!