2020 Rhode Island Healthy Aging Data Report

Older Adult Health in Every Community

CHANGES SINCE 2016

Older Rhode Islanders Are More Diverse; Population Is Growing

243,523 People age 60+
23% of the population

65+ population increasingly diverse:

- Black +0.6%
- Asian +0.3%
- Hispanic/Latinx +1.2%

Highest %
Of older people age 85+
in NEW ENGLAND

3rd Highest %
Of older people age 85+
in the UNITED STATES

Twice
As many 85+ women as men

Making Progress
Rates Improved For

- Pneumonia vaccine +5.8%
- Shingles vaccine +5.0%
- Colorectal cancer +0.4%
- Diabetes -0.7%
- Anemia -0.9%
- Congestive heart failure -2.1%
- Ischemic heart disease -2.9%

More Work to be Done
Rates Worsened For

- Chronic kidney disease +8.1%
- Arthritis +5.2%
- Depression +3.4%
- Hypothyroidism +1.8%
- High cholesterol +1.6%
- Asthma +1.1%
- Below the poverty line +0.9%

Race Matters
52 Health Indicators have evident disparities

Older Black people had higher rates than older Asians, Hispanics, and Whites in 25 indicators
Including:
- Diabetes
- Hypertension
- Stroke
- Glaucoma
- Congestive heart failure
- Prostate cancer

Older Hispanic people had higher rates than older Asians, Blacks, and Whites in 8 indicators
Including:
- Alzheimer's disease
- Liver disease
- Depression

Gender Matters
Women are more likely to

- Eat recommended fruits and veggies daily
- Have heart disease
- Have falls
- Have depression

Men are more likely to

- Meet CDC guidelines for physical activity and screening guidelines
- Have chronic kidney disease

Where You Live Matters
Most people don't live in long-term care settings

<5% of adults 65+ live in long-term care settings

31% of people 65+ live alone
70% of people 60+ own their home

Diagnosis of indolent chronic diseases are more prevalent in communities with MORE EDUCATION, HIGHER INCOMES, AND GOOD ACCESS TO MEDICAL CARE

Serious, complex chronic diseases are more prevalent in communities with LESS EDUCATION AND LOWER INCOMES

COVID-19 EXACERBATES EXISTING DISPARITIES in communities of color

Understand
1. Download community profile
2. Read the Highlights Report to understand how your community compares to the statewide trends
3. Learn about programs and resources
   - Call The POINT at 401-462-4444
   - Visit R.I. Office of Healthy Aging at www.oha.ri.gov

Engage
1. Encourage people you know and community leaders to engage in age-friendly movement
2. Connect with Age-Friendly R.I. at www.agefriendlyri.org
3. Recommend changes for healthy aging

Act
1. Get involved in local efforts to promote healthy aging
2. Use data to prioritize community needs
3. Collaborate with diverse partners
4. Create opportunities for civic engagement and social connection
5. Identify and build upon what's working

Learn more at healthyagingreports.org/rhode-island