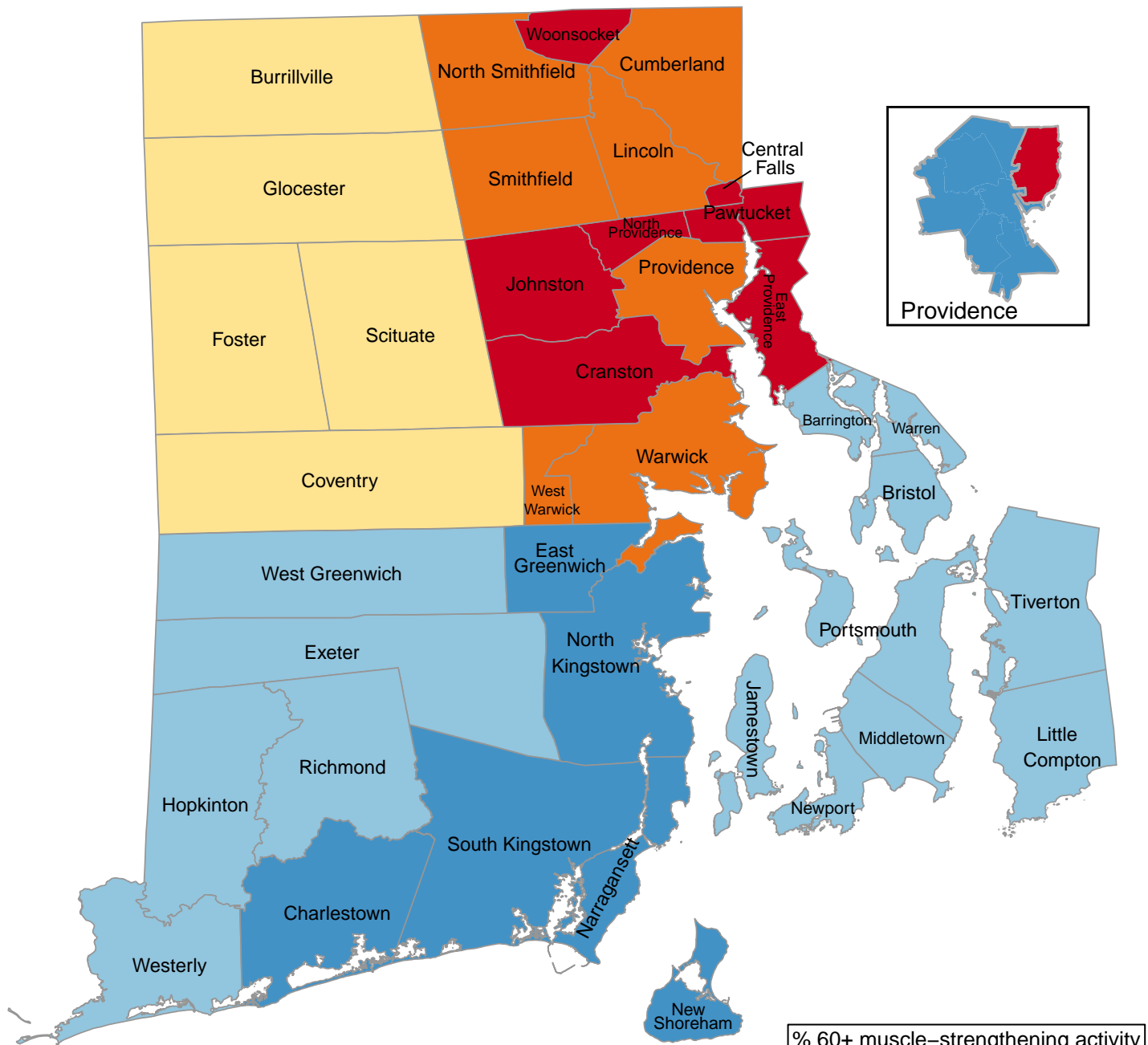
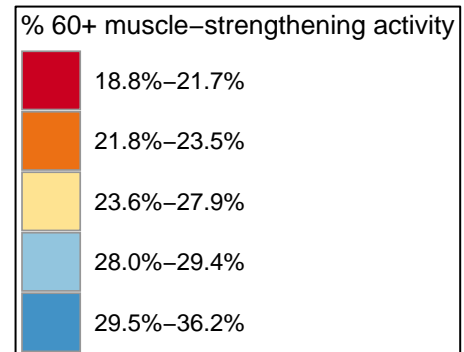


# Percentage of Persons Age 60+ Years who Met CDC Guidelines for Muscle–Strengthening Activity



**State Average: 25.0%**

Source: BRFSS 2013,2015,2017



Questions or ideas? [Beth.Dugan@umb.edu](mailto:Beth.Dugan@umb.edu)

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## % 60+ Met CDC Guidelines for Muscle-Strengthening Activity

Alphabetical Order of Town		Ranked Rate, High to Low	
Barrington	29.41%	Charlestown	32.30%
Bristol	29.41%	Narragansett	32.30%
Burrillville	24.04%	New Shoreham	32.30%
Central Falls	18.83%	South Kingstown	32.30%
Charlestown	32.30%	East Greenwich	32.12%
Coventry	24.04%	North Kingstown	32.12%
Cranston	21.22%	Barrington	29.41%
Cumberland	23.56%	Bristol	29.41%
East Greenwich	32.12%	Warren	29.41%
East Providence	21.72%	Exeter	29.40%
Exeter	29.40%	Hopkinton	29.40%
Foster	24.04%	Richmond	29.40%
Glocester	24.04%	Westerly	29.40%
Hopkinton	29.40%	West Greenwich	29.40%
Jamestown	27.98%	Jamestown	27.98%
Johnston	19.78%	Little Compton	27.98%
Lincoln	23.56%	Middletown	27.98%
Little Compton	27.98%	Newport	27.98%
Middletown	27.98%	Portsmouth	27.98%
Narragansett	32.30%	Tiverton	27.98%
Newport	27.98%	Burrillville	24.04%
New Shoreham	32.30%	Coventry	24.04%
North Kingstown	32.12%	Foster	24.04%
North Providence	19.78%	Glocester	24.04%
North Smithfield	23.56%	Scituate	24.04%
Pawtucket	18.83%	Cumberland	23.56%
Portsmouth	27.98%	Lincoln	23.56%
Providence	23.48%	North Smithfield	23.56%
Richmond	29.40%	Smithfield	23.56%
Scituate	24.04%	Providence	23.48%
Smithfield	23.56%	Warwick	22.03%
South Kingstown	32.30%	West Warwick	22.03%
Tiverton	27.98%	East Providence	21.72%
Warren	29.41%	Cranston	21.22%
Warwick	22.03%	Johnston	19.78%
Westerly	29.40%	North Providence	19.78%
West Greenwich	29.40%	Central Falls	18.83%
West Warwick	22.03%	Pawtucket	18.83%
Woonsocket	18.83%	Woonsocket	18.83%

Providence Neighborhoods	
Providence NE	36.19%
Providence Other	19.10%

Providence Neighborhoods	
Providence NE	36.19%
Providence Other	19.10%