

## New Shoreham (Washington)

New Shoreham is a town in Washington County with 221 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, tooth loss, chronic kidney disease, COPD, CHF, diabetes, epilepsy, fibromyalgia, glaucoma, heart attack, migraine, arthritis, osteoporosis, peripheral vascular disease, stroke, opioid use, depression, anxiety and bipolar disorders, schizophrenia, and mobility impairment. They were also more likely to report receiving adequate emotional support and being satisfied with life. They are more likely to take the health promotion steps of doing physical activity, getting colorectal cancer screening, and having an annual dental exam and dental insurance. Community resources to support healthy aging include 3 primary care providers within 5 miles, a home health agency, a community health center, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different than STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		827	1,056,611
Median age of females		56.4	41.6
Median age of males		54.0	38.1
Population 60 years or older as % of total population		42.1%	23.0%
Total population 60 years or older		348	243,523
Population 65 years or older as % of total population		26.7%	16.5%
Total population 65 years or older		221	174,210
% 65-74 years	*	76.5%	55.6%
% 75-84 years		12.7%	28.9%
% 85 years or older		10.9%	15.5%
% 65+ population who are female		58.8%	57.2%
% 85+ population who are female		70.8%	69.7%
Race and ethnicity of the population 65+			
% White		98.2%	92.0%
% African American		0.0%	3.2%
% Asian		0.0%	1.6%
% Other race		1.8%	3.3%
% Hispanic/Latino		0.0%	4.9%
Marital status of the population 65+			
% married		48.9%	51.3%
% divorced/separated		37.1%	15.7%
% widowed		10.9%	25.0%
% never married		3.2%	8.0%
Education of the population 65+			
% with less than high school education		8.6%	19.1%
% with high school or some college	*	22.2%	52.9%
% with college degree	*	38.5%	14.2%
% with graduate or professional degree		30.8%	13.9%
% of 65+ population who speak only English at home		89.6%	82.9%
% of 65+ population who are veterans of military service		14.0%	19.0%
% of 60+ who are LGBT		1.8%	2.8%
Age-sex adjusted 1-year mortality rate	B	3.5%	4.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>WELLNESS</b>			
% 60+ getting the recommended hours of sleep		66.9%	63.0%
% 60+ doing any physical activity within last month	B	77.7%	71.0%
% 60+ met CDC guidelines for muscle-strengthening activity	B	32.3%	25.0%
% 60+ met CDC guidelines for aerobic physical activity	B	63.0%	54.3%
% 60+ with fair or poor health status	B	14.6%	19.5%
% 60+ with 15+ physically unhealthy days in last month		11.5%	14.5%
<b>FALLS</b>			
% 60+ who fell within last year		27.2%	26.3%
% 60+ who were injured in a fall within last year		9.6%	10.3%
% 65+ had hip fracture		3.4%	3.4%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in last year		92.6%	93.0%
% 60+ flu shot in last year		59.0%	60.6%
% 60+ with pneumonia vaccine		66.0%	67.7%
% 60+ with shingles vaccine		39.7%	35.3%
% 60+ women with a mammogram within last 2 years		86.1%	82.0%
% 60+ with colorectal cancer screening	B	84.7%	77.8%
% 60+ with HIV test		12.5%	15.8%
% 60+ met CDC preventive health screening goals		41.8%	39.2%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.8%	18.1%
% 65+ with poor supermarket access		100.0%	23.6%
% 60+ stressed about buying food in last month		10.2%	13.2%
% 60+ self-reported obese		23.5%	26.8%
% 65+ clinically diagnosed obesity	B	18.2%	29.3%
% 65+ with high cholesterol	B	66.3%	79.1%
% 60+ with cholesterol screening		97.2%	96.9%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance	B	64.2%	56.3%
% 60+ with annual dental exam	B	85.8%	75.9%
# of dentists per 100,000 persons (all ages)		113.0	64.7
% 60+ with loss of 6 or more teeth	B	22.5%	29.6%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.5%	13.1%
% 65+ with anemia		43.5%	50.0%
% 65+ with asthma		12.4%	14.9%
% 65+ with atrial fibrillation		18.7%	15.0%
% 65+ with autism spectrum disorder		N/A	0.04%
% 65+ with benign prostatic hyperplasia (men)		42.5%	42.2%
% 65+ with breast cancer (women)		13.8%	11.1%
% 65+ with cataract		71.9%	67.5%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with chronic kidney disease	B	16.6%	30.7%
% 65+ with chronic obstructive pulmonary disease	B	11.1%	22.9%
% 65+ with colon cancer		2.3%	2.7%
% 65+ with congestive heart failure	B	15.6%	21.6%
% 65+ with diabetes	B	21.5%	34.7%
% 65+ with endometrial cancer (women)		1.8%	1.9%
% 65+ with epilepsy	B	1.9%	2.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	18.8%	25.4%
% 65+ with glaucoma	B	19.5%	27.0%
% 65+ ever had a heart attack	B	3.8%	5.8%
% 65+ with HIV/AIDS		0.06%	0.12%
% 65+ with hypertension		72.5%	78.0%
% 65+ with hypothyroidism		19.5%	22.4%
% 65+ with ischemic heart disease		39.9%	41.8%
% 65+ with leukemias and lymphomas		2.3%	2.7%
% 65+ with liver disease		7.3%	9.9%
% 65+ with lung cancer		1.7%	2.1%
% 65+ with migraine and other chronic headache	B	4.8%	6.1%
% 65+ with osteoarthritis or rheumatoid arthritis	B	47.4%	56.2%
% 65+ with osteoporosis	B	13.5%	19.6%
% 65+ with peripheral vascular disease	B	11.1%	25.6%
% 65+ with pressure ulcer or chronic ulcer		8.0%	8.1%
% 65+ with prostate cancer (men)		13.1%	13.4%
% 65+ with stroke	B	7.7%	11.9%
% 65+ with traumatic brain injury		0.9%	1.0%
% 65+ with 4+ (out of 15) chronic conditions	B	45.8%	63.8%
% 65+ with 0 chronic conditions		9.1%	7.0%
<b>BEHAVIORAL HEALTH</b>			
# opioid deaths (all ages)		5	1,654
% 65+ with opioid use disorder	B	1.2%	1.9%
% 65+ with substance use disorder		8.9%	7.0%
% 60+ who used marijuana in last month		N/A	3.4%
% 60+ excessive drinking		13.6%	9.3%
% 65+ with tobacco use disorder	B	6.5%	10.8%
% 60+ current smokers		5.7%	8.7%
% 60+ ever used E-Cigarettes in last month		3.7%	5.8%
<b>MENTAL HEALTH</b>			
% 60+ who reported receiving adequate emotional support	B	86.0%	79.7%
% 60+ who reported being satisfied with life	B	97.3%	95.3%
% 60+ with 15+ days poor mental health in last month	B	4.3%	7.4%
% 65+ with depression	B	23.8%	32.9%
% 65+ with anxiety disorder	B	11.9%	29.8%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with bipolar disorder	B	2.0%	4.1%
% 65+ with post-traumatic stress disorder		1.5%	1.7%
% 65+ with schizophrenia & other psychotic disorder	B	1.8%	3.8%
% 65+ with personality disorder		2.2%	2.8%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		6.3%	13.9%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.2%	16.4%
% 65+ with self-reported vision difficulty		5.0%	5.5%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	1.1%
% 65+ with self-reported cognition difficulty		0.0%	8.2%
% 65+ with self-reported ambulatory difficulty		13.6%	21.0%
% 65+ with clinical diagnosis of mobility impairment	B	2.7%	3.8%
% 65+ with self-reported self-care difficulty		5.0%	8.0%
% 65+ with self-reported independent living difficulty		7.7%	14.3%
<b>CAREGIVING</b>			
# of Alzheimer's disease specific support groups		0	16
# of Memory Cafes		0	10
% of 60+ who provide care to a family/friend in last month		20.5%	22.5%
% of grandparents raising grandchildren		0.0%	1.0%
% of grandparents who live with grandchildren	*	0.0%	3.2%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	3.5%	13.8%
% 65+ Medicare managed care enrollees	*	19.5%	43.8%
% 60+ with a regular doctor		97.2%	96.7%
% 60+ who did not see a doctor when needed due to cost		4.1%	5.4%
# of primary care providers within 5 miles		3	1,605
# of hospitals within 5 miles		0	13
# of home health agencies		1	23
# of nursing homes within 5 miles		0	80
# of community health centers		1	43
# of adult day health centers		0	31
# of hospice agencies		0	18
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	7.1	8.4
# emergency room visits/1000 persons 65+ years annually	*	313.0	620.6
# Part D monthly prescription fills per person annually	*	36.1	52.2
# home health visits annually	*	0.9	3.5
# durable medical equipment claims annually		1.4	1.7
# inpatient hospital stays/1000 persons 65+ years annually		201.3	286.5
% Medicare inpatient hospital readmissions (as % of admissions)		22.2%	17.4%
# skilled nursing facility stays/1000 persons 65+ years annually	*	47.0	98.8

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	47.1
% 65+ getting Medicaid long term services and supports	*	1.0%	4.2%
% 65+ hospice users	*	2.6%	3.5%
% 65+ hospice users as % of decedents		51.0%	53.0%
Median hospice days per hospice user (65+, deceased)		9.0	11.0
Median hospice payment (Medicare + other) per hospice user		\$3,789.79	\$3,870.97
<b>COMMUNITY</b>			
Air pollution: annual # of unhealthy days for 65+ (county)		5	N/A
Age-friendly efforts in community		Not yet	Yes
# of senior centers		0	32
# of universities and community colleges		0	19
# of public libraries		1	48
# of YMCAs		0	15
% in county with access to broadband (all ages)		97.7%	98.1%
% 60+ who used Internet in last month	*	84.7%	71.6%
Voter participation rate in 2016 election (age 18+)		100.0%	55.0%
% 60+ who believe local service orgs understand needs	*	56.2%	44.1%
% 60+ who believe he/she can make a difference	*	63.3%	52.2%
% 60+ who believe working together can make a difference		84.5%	81.0%
% 60+ who volunteer at least once per month	*	29.3%	22.9%
% 60+ who attend community events (church, club) monthly	*	56.7%	44.4%
<b>SAFETY &amp; CRIME</b>			
Violent crime rate /100,000 persons		192.5	220.3
Homicide rate /100,000 persons (county)		N/A	2
# firearm fatalities (all ages) (county)		104	895
Property crime rate /100,000 persons		1780.6	1,678.4
# 65+ deaths by suicide (county)		N/A	57
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle	*	97.7%	85.0%
% 60+ who always drive or ride wearing a seatbelt		91.1%	91.9%
% 60+ who drove under the influence of drinking in last month		N/A	2.0%
# of fatal crashes involving adult age 60+/town		0	82
# of fatal crashes involving adult age 60+/county		7	82
<b>HOUSING</b>			
% 65+ population who live alone		39.7%	31.4%
Average household size (all ages)		1.8	2.5
Median house value		\$1,098,000.00	\$249,800.00
% 60+ own home		75.1%	70.3%
% 60+ homeowners who have mortgage		65.0%	48.7%
% 60+ stressed about paying rent/mortgage in last month		18.3%	22.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		44.2%	39.2%
% 65+ households (owner) spend >35% of income on housing		48.8%	27.6%
% 65+ moved within same county in last year		6.3%	3.6%
% 65+ moved from different county in last year		0.0%	1.0%
% 65+ moved from different state in last year		0.0%	1.1%
# of assisted living sites		0	62
% of vacant homes in community	*	76.9%	12.1%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year		9.8%	15.0%
% 65+ employed in last year		10.0%	21.9%
% 65+ with income below the poverty line in last year		18.6%	9.5%
Median household income		\$65,893.00	\$63,296.00
% 65+ households with annual income < \$20,000		34.1%	24.3%
% 65+ households with annual income \$20,000-\$49,999		31.0%	32.2%
% 65+ households with annual income \$50,000-\$99,999		17.1%	24.8%
% 65+ households with annual income \$100,000+		17.8%	18.7%
<b>COST OF LIVING</b>			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
<b>Elder Index</b>			
Single, homeowner without mortgage, good health	1.00	\$23,424.00	\$23,484.00
Single, renter, good health	0.99	\$25,332.00	\$25,560.00
Couple, homeowner without mortgage, good health	1.00	\$33,852.00	\$33,984.00
Couple, renter, good health	0.99	\$35,760.00	\$36,060.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org>) for more information on data sources, measures, and methodology. For most indicators the community and state values are 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. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2014-2018).
- Wellness, Falls, Prevention, Nutrition/Diet, Oral Health: The Behavioral Risk Factor Surveillance System (2012-2017), the USDA Food Atlas (2017), CMS (2016-2017).
- Chronic Disease: The CMS Master Beneficiary Summary File ABCD/Other (2016-2017).
- Behavioral Health, Mental Health: BRFSS (2012-2017), CMS (2016-2017), CDC Wonder website (2016-2020).
- Living with Disability: CMS (2016-2017) and ACS (2014-2018).
- Caregiving: BRFSS (2012-2017), memorycafedirectory.com (2020), and the Alzheimer's Assoc. (May 2018).
- Access to Care: BRFSS (2012-2017), CMS (2017), Medicare.gov (May 2020), and RI Health Center Association (2020), and RI Department of Health.
- Service Utilization: CMS (2017), and Medicare Nursing Home Compare (May 2020).
- Community: BRFSS (2012-2017), AARP (2020 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), New England Commission of Higher Education (2020), Institute of Museum and Library Services (2017), U.S. Environmental Protection Agency Air Compare (2018), RI YMCA (May 2020), the Federal Communications Commission (2018), and BRFSS (2012-2017).
- Safety & Crime: U.S. Department of Justice Federal Bureau of Investigation (2017-2018), the County Health Rankings (2016-2020).
- Transportation: BRFSS (2012-2017), ACS (2014-2018), and the National Highway Traffic Safety Administration (2014-2018).
- Housing & Economic: BRFSS (2012-2017), ACS (2014-2018).
- Cost of Living: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (2019).

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