

## North Providence (Providence)

North Providence is a town in Providence County with 6,223 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of substance use disorder and visual impairment. However, they had higher rates of obesity, high cholesterol, anemia, chronic kidney disease, COPD, diabetes, heart attack, hypertension, hypothyroidism, lung cancer, osteoarthritis/rheumatoid arthritis, osteoporosis, peripheral vascular disease, depression, anxiety disorder, and deafness or hearing impairment. They were less likely to engage in excessive drinking. Community resources to support healthy aging include 301 primary care providers, 4 hospitals, and 15 nursing homes within 5 miles; 23 home health agencies, 6 hospice agencies, a community health center, a senior 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		32,459	1,056,611
Median age of females		44.6	41.6
Median age of males		40.7	38.1
Population 60 years or older as % of total population		26.4%	23.0%
Total population 60 years or older		8,582	243,523
Population 65 years or older as % of total population		19.2%	16.5%
Total population 65 years or older		6,223	174,210
% 65-74 years	*	49.9%	55.6%
% 75-84 years		34.1%	28.9%
% 85 years or older		16.1%	15.5%
% 65+ population who are female		60.9%	57.2%
% 85+ population who are female		79.8%	69.7%
Race and ethnicity of the population 65+			
% White	*	96.8%	92.0%
% African American		2.0%	3.2%
% Asian		0.8%	1.6%
% Other race		0.4%	3.3%
% Hispanic/Latino	*	2.3%	4.9%
Marital status of the population 65+			
% married	*	42.0%	51.3%
% divorced/separated		16.9%	15.7%
% widowed		28.2%	25.0%
% never married		12.9%	8.0%
Education of the population 65+			
% with less than high school education		20.3%	19.1%
% with high school or some college	*	61.6%	52.9%
% with college degree	*	9.7%	14.2%
% with graduate or professional degree	*	8.4%	13.9%
% of 65+ population who speak only English at home		85.9%	82.9%
% of 65+ population who are veterans of military service		18.5%	19.0%
% of 60+ who are LGBT		3.5%	2.8%
Age-sex adjusted 1-year mortality rate		4.2%	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		59.3%	63.0%
% 60+ doing any physical activity within last month		66.5%	71.0%
% 60+ met CDC guidelines for muscle-strengthening activity		19.8%	25.0%
% 60+ met CDC guidelines for aerobic physical activity		47.7%	54.3%
% 60+ with fair or poor health status		21.5%	19.5%
% 60+ with 15+ physically unhealthy days in last month		13.6%	14.5%
<b>FALLS</b>			
% 60+ who fell within last year		23.5%	26.3%
% 60+ who were injured in a fall within last year		11.0%	10.3%
% 65+ had hip fracture		3.8%	3.4%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in last year		94.3%	93.0%
% 60+ flu shot in last year		61.5%	60.6%
% 60+ with pneumonia vaccine		65.3%	67.7%
% 60+ with shingles vaccine		29.6%	35.3%
% 60+ women with a mammogram within last 2 years		86.0%	82.0%
% 60+ with colorectal cancer screening		75.8%	77.8%
% 60+ with HIV test		13.6%	15.8%
% 60+ met CDC preventive health screening goals		40.6%	39.2%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.9%	18.1%
% 65+ with poor supermarket access		33.4%	23.6%
% 60+ stressed about buying food in last month		17.3%	13.2%
% 60+ self-reported obese		25.1%	26.8%
% 65+ clinically diagnosed obesity	W	33.2%	29.3%
% 65+ with high cholesterol	W	81.7%	79.1%
% 60+ with cholesterol screening		97.4%	96.9%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance		56.0%	56.3%
% 60+ with annual dental exam		69.9%	75.9%
# of dentists per 100,000 persons (all ages)		46.4	64.7
% 60+ with loss of 6 or more teeth		32.4%	29.6%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.7%	13.1%
% 65+ with anemia	W	55.9%	50.0%
% 65+ with asthma		15.8%	14.9%
% 65+ with atrial fibrillation		13.8%	15.0%
% 65+ with autism spectrum disorder		N/A	0.04%
% 65+ with benign prostatic hyperplasia (men)		45.2%	42.2%
% 65+ with breast cancer (women)		12.8%	11.1%
% 65+ with cataract		68.4%	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	W	33.1%	30.7%
% 65+ with chronic obstructive pulmonary disease	W	26.0%	22.9%
% 65+ with colon cancer		2.8%	2.7%
% 65+ with congestive heart failure		22.9%	21.6%
% 65+ with diabetes	W	41.8%	34.7%
% 65+ with endometrial cancer (women)		1.6%	1.9%
% 65+ with epilepsy		3.0%	2.9%
% 65+ with fibromyalgia, chronic pain and fatigue		24.7%	25.4%
% 65+ with glaucoma		27.4%	27.0%
% 65+ ever had a heart attack	W	7.0%	5.8%
% 65+ with HIV/AIDS		0.09%	0.12%
% 65+ with hypertension	W	81.0%	78.0%
% 65+ with hypothyroidism	W	24.8%	22.4%
% 65+ with ischemic heart disease		42.7%	41.8%
% 65+ with leukemias and lymphomas		2.9%	2.7%
% 65+ with liver disease		11.1%	9.9%
% 65+ with lung cancer	W	2.9%	2.1%
% 65+ with migraine and other chronic headache		5.6%	6.1%
% 65+ with osteoarthritis or rheumatoid arthritis	W	59.4%	56.2%
% 65+ with osteoporosis	W	21.8%	19.6%
% 65+ with peripheral vascular disease	W	28.8%	25.6%
% 65+ with pressure ulcer or chronic ulcer		8.1%	8.1%
% 65+ with prostate cancer (men)		14.5%	13.4%
% 65+ with stroke		11.2%	11.9%
% 65+ with traumatic brain injury		1.2%	1.0%
% 65+ with 4+ (out of 15) chronic conditions	W	69.3%	63.8%
% 65+ with 0 chronic conditions	W	5.6%	7.0%
<b>BEHAVIORAL HEALTH</b>			
# opioid deaths (all ages)		51	1,654
% 65+ with opioid use disorder		1.5%	1.9%
% 65+ with substance use disorder	B	5.4%	7.0%
% 60+ who used marijuana in last month		N/A	3.4%
% 60+ excessive drinking	B	5.2%	9.3%
% 65+ with tobacco use disorder		11.7%	10.8%
% 60+ current smokers		9.0%	8.7%
% 60+ ever used E-Cigarettes in last month		5.1%	5.8%
<b>MENTAL HEALTH</b>			
% 60+ who reported receiving adequate emotional support		78.1%	79.7%
% 60+ who reported being satisfied with life		93.3%	95.3%
% 60+ with 15+ days poor mental health in last month		8.5%	7.4%
% 65+ with depression	W	35.2%	32.9%
% 65+ with anxiety disorder	W	34.6%	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		4.1%	4.1%
% 65+ with post-traumatic stress disorder		1.4%	1.7%
% 65+ with schizophrenia & other psychotic disorder		3.6%	3.8%
% 65+ with personality disorder		3.1%	2.8%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		13.2%	13.9%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	18.7%	16.4%
% 65+ with self-reported vision difficulty		4.3%	5.5%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	1.1%
% 65+ with self-reported cognition difficulty		8.7%	8.2%
% 65+ with self-reported ambulatory difficulty		25.1%	21.0%
% 65+ with clinical diagnosis of mobility impairment		4.2%	3.8%
% 65+ with self-reported self-care difficulty		10.9%	8.0%
% 65+ with self-reported independent living difficulty		16.8%	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		20.2%	22.5%
% of grandparents raising grandchildren		2.1%	1.0%
% of grandparents who live with grandchildren		4.0%	3.2%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid		14.2%	13.8%
% 65+ Medicare managed care enrollees	*	47.6%	43.8%
% 60+ with a regular doctor		98.0%	96.7%
% 60+ who did not see a doctor when needed due to cost		5.8%	5.4%
# of primary care providers within 5 miles		301	1,605
# of hospitals within 5 miles		4	13
# of home health agencies		23	23
# of nursing homes within 5 miles		15	80
# of community health centers		1	43
# of adult day health centers		0	31
# of hospice agencies		6	18
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	8.9	8.4
# emergency room visits/1000 persons 65+ years annually	*	697.0	620.6
# Part D monthly prescription fills per person annually		53.3	52.2
# home health visits annually		4.0	3.5
# durable medical equipment claims annually		1.8	1.7
# inpatient hospital stays/1000 persons 65+ years annually		302.3	286.5
% Medicare inpatient hospital readmissions (as % of admissions)		17.8%	17.4%
# skilled nursing facility stays/1000 persons 65+ years annually	*	127.0	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		80.1	47.1
% 65+ getting Medicaid long term services and supports	*	4.9%	4.2%
% 65+ hospice users		3.2%	3.5%
% 65+ hospice users as % of decedents		51.8%	53.0%
Median hospice days per hospice user (65+, deceased)		9.0	11.0
Median hospice payment (Medicare + other) per hospice user		\$3,302.74	\$3,870.97
<b>COMMUNITY</b>			
Air pollution: annual # of unhealthy days for 65+ (county)		8	N/A
Age-friendly efforts in community		Not yet	Yes
# of senior centers		1	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)		98.4%	98.1%
% 60+ who used Internet in last month	*	63.7%	71.6%
Voter participation rate in 2016 election (age 18+)		57.6%	55.0%
% 60+ who believe local service orgs understand needs	*	32.6%	44.1%
% 60+ who believe he/she can make a difference	*	43.0%	52.2%
% 60+ who believe working together can make a difference		80.7%	81.0%
% 60+ who volunteer at least once per month	*	17.7%	22.9%
% 60+ who attend community events (church, club) monthly	*	36.7%	44.4%
<b>SAFETY &amp; CRIME</b>			
Violent crime rate /100,000 persons		124.4	220.3
Homicide rate /100,000 persons (county)		3	2
# firearm fatalities (all ages) (county)		572	895
Property crime rate /100,000 persons		944.5	1,678.4
# 65+ deaths by suicide (county)		24	57
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle		84.3%	85.0%
% 60+ who always drive or ride wearing a seatbelt		93.6%	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		2	82
# of fatal crashes involving adult age 60+/county		52	82
<b>HOUSING</b>			
% 65+ population who live alone		31.7%	31.4%
Average household size (all ages)		2.3	2.5
Median house value		\$215,200.00	\$249,800.00
% 60+ own home	*	64.3%	70.3%
% 60+ homeowners who have mortgage		41.9%	48.7%
% 60+ stressed about paying rent/mortgage in last month		24.5%	22.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		48.0%	39.2%
% 65+ households (owner) spend >35% of income on housing	*	28.8%	27.6%
% 65+ moved within same county in last year		4.5%	3.6%
% 65+ moved from different county in last year		0.2%	1.0%
% 65+ moved from different state in last year		0.6%	1.1%
# of assisted living sites		2	62
% of vacant homes in community	*	8.5%	12.1%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year		14.5%	15.0%
% 65+ employed in last year	*	16.8%	21.9%
% 65+ with income below the poverty line in last year		11.1%	9.5%
Median household income		\$53,863.00	\$63,296.00
% 65+ households with annual income < \$20,000		27.5%	24.3%
% 65+ households with annual income \$20,000-\$49,999		35.5%	32.2%
% 65+ households with annual income \$50,000-\$99,999		24.6%	24.8%
% 65+ households with annual income \$100,000+	*	12.3%	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	0.98	\$23,112.00	\$23,484.00
Single, renter, good health	0.99	\$25,344.00	\$25,560.00
Couple, homeowner without mortgage, good health	0.99	\$33,612.00	\$33,984.00
Couple, renter, good health	0.99	\$35,844.00	\$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).

*Healthy Aging Data Report Team:* Many people contributed to this research. The 2020 research team: Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Frank Porell PhD, ShuangShuang Wang PhD, Haowei Wang PhD, Xiao Joyce Wang, Richard Chunga, Taylor Jansen, & Shu Xu from the Gerontology Institute at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)