

## Tiverton (Newport)

Tiverton is a town in Newport County with 3,831 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, tooth loss, anemia, and peripheral vascular disease. However, they had higher rates of high cholesterol, atrial fibrillation, COPD, liver disease, osteoporosis, and bipolar disorder. They are more likely to take the health promotion steps of doing physical activity within the last month, meeting the CDC guidelines for aerobic physical activity, getting the shingles vaccine, and having an annual dental exam. However, they are less likely to have an annual physical exam and more likely to engage in excessive drinking. Community resources to support healthy aging include 20 primary care providers and a nursing home within 5 miles; 11 home health agencies, an Alzheimer's disease support group, a Memory Cafe, 11 hospice agencies, a senior center, and 2 public libraries.



<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different than STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		15,816	1,056,611
Median age of females		51.5	41.6
Median age of males		48.5	38.1
Population 60 years or older as % of total population		33.4%	23.0%
Total population 60 years or older		5,284	243,523
Population 65 years or older as % of total population		24.2%	16.5%
Total population 65 years or older		3,831	174,210
% 65-74 years		61.2%	55.6%
% 75-84 years		25.9%	28.9%
% 85 years or older		12.8%	15.5%
% 65+ population who are female		53.4%	57.2%
% 85+ population who are female		64.4%	69.7%
Race and ethnicity of the population 65+			
% White	*	99.6%	92.0%
% African American	*	0.1%	3.2%
% Asian		0.2%	1.6%
% Other race		0.2%	3.3%
% Hispanic/Latino	*	0.3%	4.9%
Marital status of the population 65+			
% married	*	64.0%	51.3%
% divorced/separated	*	10.9%	15.7%
% widowed	*	19.4%	25.0%
% never married		5.7%	8.0%
Education of the population 65+			
% with less than high school education		16.4%	19.1%
% with high school or some college		54.4%	52.9%
% with college degree		13.6%	14.2%
% with graduate or professional degree		15.6%	13.9%
% of 65+ population who speak only English at home	*	90.2%	82.9%
% of 65+ population who are veterans of military service		22.2%	19.0%
% of 60+ who are LGBT		2.1%	2.8%
Age-sex adjusted 1-year mortality rate		4.4%	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		67.2%	63.0%
% 60+ doing any physical activity within last month	B	78.5%	71.0%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	25.0%
% 60+ met CDC guidelines for aerobic physical activity	B	63.5%	54.3%
% 60+ with fair or poor health status		15.9%	19.5%
% 60+ with 15+ physically unhealthy days in last month		13.3%	14.5%
<b>FALLS</b>			
% 60+ who fell within last year		28.7%	26.3%
% 60+ who were injured in a fall within last year		10.2%	10.3%
% 65+ had hip fracture		3.1%	3.4%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in last year	W	89.4%	93.0%
% 60+ flu shot in last year		60.2%	60.6%
% 60+ with pneumonia vaccine		66.5%	67.7%
% 60+ with shingles vaccine	B	42.9%	35.3%
% 60+ women with a mammogram within last 2 years		78.8%	82.0%
% 60+ with colorectal cancer screening		81.1%	77.8%
% 60+ with HIV test		16.2%	15.8%
% 60+ met CDC preventive health screening goals		42.5%	39.2%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		21.2%	18.1%
% 65+ with poor supermarket access		37.2%	23.6%
% 60+ stressed about buying food in last month	B	8.0%	13.2%
% 60+ self-reported obese		24.1%	26.8%
% 65+ clinically diagnosed obesity	B	24.8%	29.3%
% 65+ with high cholesterol	W	82.5%	79.1%
% 60+ with cholesterol screening		97.6%	96.9%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance		55.8%	56.3%
% 60+ with annual dental exam	B	84.4%	75.9%
# of dentists per 100,000 persons (all ages)		76.0	64.7
% 60+ with loss of 6 or more teeth	B	21.8%	29.6%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		13.0%	13.1%
% 65+ with anemia	B	47.3%	50.0%
% 65+ with asthma		16.2%	14.9%
% 65+ with atrial fibrillation	W	17.3%	15.0%
% 65+ with autism spectrum disorder		N/A	0.04%
% 65+ with benign prostatic hyperplasia (men)		45.5%	42.2%
% 65+ with breast cancer (women)		11.4%	11.1%
% 65+ with cataract		69.1%	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		31.7%	30.7%
% 65+ with chronic obstructive pulmonary disease	W	25.5%	22.9%
% 65+ with colon cancer		2.1%	2.7%
% 65+ with congestive heart failure		23.6%	21.6%
% 65+ with diabetes		36.2%	34.7%
% 65+ with endometrial cancer (women)		2.5%	1.9%
% 65+ with epilepsy		2.9%	2.9%
% 65+ with fibromyalgia, chronic pain and fatigue		27.3%	25.4%
% 65+ with glaucoma		27.3%	27.0%
% 65+ ever had a heart attack		6.9%	5.8%
% 65+ with HIV/AIDS		0.10%	0.12%
% 65+ with hypertension		80.0%	78.0%
% 65+ with hypothyroidism		20.5%	22.4%
% 65+ with ischemic heart disease		40.2%	41.8%
% 65+ with leukemias and lymphomas		2.3%	2.7%
% 65+ with liver disease	W	12.1%	9.9%
% 65+ with lung cancer		2.1%	2.1%
% 65+ with migraine and other chronic headache		6.9%	6.1%
% 65+ with osteoarthritis or rheumatoid arthritis		53.6%	56.2%
% 65+ with osteoporosis	W	22.2%	19.6%
% 65+ with peripheral vascular disease	B	22.7%	25.6%
% 65+ with pressure ulcer or chronic ulcer		8.3%	8.1%
% 65+ with prostate cancer (men)		14.6%	13.4%
% 65+ with stroke		11.9%	11.9%
% 65+ with traumatic brain injury		1.1%	1.0%
% 65+ with 4+ (out of 15) chronic conditions		65.7%	63.8%
% 65+ with 0 chronic conditions	W	5.5%	7.0%
<b>BEHAVIORAL HEALTH</b>			
# opioid deaths (all ages)		13	1,654
% 65+ with opioid use disorder		1.3%	1.9%
% 65+ with substance use disorder		6.6%	7.0%
% 60+ who used marijuana in last month		N/A	3.4%
% 60+ excessive drinking	W	13.3%	9.3%
% 65+ with tobacco use disorder		11.5%	10.8%
% 60+ current smokers		7.6%	8.7%
% 60+ ever used E-Cigarettes in last month		3.9%	5.8%
<b>MENTAL HEALTH</b>			
% 60+ who reported receiving adequate emotional support		82.3%	79.7%
% 60+ who reported being satisfied with life		96.8%	95.3%
% 60+ with 15+ days poor mental health in last month		6.1%	7.4%
% 65+ with depression		34.8%	32.9%
% 65+ with anxiety disorder		31.2%	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	W	6.1%	4.1%
% 65+ with post-traumatic stress disorder		1.7%	1.7%
% 65+ with schizophrenia & other psychotic disorder		3.7%	3.8%
% 65+ with personality disorder		3.1%	2.8%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		10.4%	13.9%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.0%	16.4%
% 65+ with self-reported vision difficulty		3.0%	5.5%
% 65+ with clinical diagnosis of blindness or visual impairment		1.4%	1.1%
% 65+ with self-reported cognition difficulty		6.7%	8.2%
% 65+ with self-reported ambulatory difficulty		18.3%	21.0%
% 65+ with clinical diagnosis of mobility impairment		4.0%	3.8%
% 65+ with self-reported self-care difficulty		5.7%	8.0%
% 65+ with self-reported independent living difficulty		11.3%	14.3%
<b>CAREGIVING</b>			
# of Alzheimer's disease specific support groups		1	16
# of Memory Cafes		1	10
% of 60+ who provide care to a family/friend in last month		27.3%	22.5%
% of grandparents raising grandchildren		1.2%	1.0%
% of grandparents who live with grandchildren		2.7%	3.2%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	7.6%	13.8%
% 65+ Medicare managed care enrollees	*	34.4%	43.8%
% 60+ with a regular doctor		96.3%	96.7%
% 60+ who did not see a doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		20	1,605
# of hospitals within 5 miles		0	13
# of home health agencies		11	23
# of nursing homes within 5 miles		1	80
# of community health centers		0	43
# of adult day health centers		0	31
# of hospice agencies		11	18
<b>SERVICE UTILIZATION</b>			
# physician visits per year		8.4	8.4
# emergency room visits/1000 persons 65+ years annually		645.0	620.6
# Part D monthly prescription fills per person annually		53.5	52.2
# home health visits annually	*	4.9	3.5
# durable medical equipment claims annually	*	2.3	1.7
# inpatient hospital stays/1000 persons 65+ years annually		315.9	286.5
% Medicare inpatient hospital readmissions (as % of admissions)		19.1%	17.4%
# skilled nursing facility stays/1000 persons 65+ years annually		100.4	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	*	2.7%	4.2%
% 65+ hospice users		3.0%	3.5%
% 65+ hospice users as % of decedents	*	41.5%	53.0%
Median hospice days per hospice user (65+, deceased)		12.0	11.0
Median hospice payment (Medicare + other) per hospice user		\$3,691.39	\$3,870.97
<b>COMMUNITY</b>			
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	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		2	71
# of YMCAs		0	15
% in county with access to broadband (all ages)		94.3%	98.1%
% 60+ who used Internet in last month	*	79.1%	71.6%
Voter participation rate in 2016 election (age 18+)		64.9%	55.0%
% 60+ who believe local service orgs understand needs	*	53.7%	44.1%
% 60+ who believe he/she can make a difference	*	61.7%	52.2%
% 60+ who believe working together can make a difference		84.1%	81.0%
% 60+ who volunteer at least once per month	*	28.4%	22.9%
% 60+ who attend community events (church, club) monthly	*	54.4%	44.4%
<b>SAFETY &amp; CRIME</b>			
Violent crime rate /100,000 persons		117.1	220.3
Homicide rate /100,000 persons (county)		2	2
# firearm fatalities (all ages) (county)		67	895
Property crime rate /100,000 persons		1126.5	1,678.4
# 65+ deaths by suicide (county)		11	57
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle	*	92.7%	85.0%
% 60+ who always drive or ride wearing a seatbelt		92.5%	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		5	82
<b>HOUSING</b>			
% 65+ population who live alone	*	22.0%	31.4%
Average household size (all ages)		2.3	2.5
Median house value		\$267,900.00	\$249,800.00
% 60+ own home	*	85.6%	70.3%
% 60+ homeowners who have mortgage		48.6%	48.7%
% 60+ stressed about paying rent/mortgage in last month		17.5%	22.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		33.2%	39.2%
% 65+ households (owner) spend >35% of income on housing	*	26.4%	27.6%
% 65+ moved within same county in last year	*	0.7%	3.6%
% 65+ moved from different county in last year		0.8%	1.0%
% 65+ moved from different state in last year		0.8%	1.1%
# of assisted living sites		1	62
% of vacant homes in community		10.9%	12.1%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year		6.6%	15.0%
% 65+ employed in last year		21.8%	21.9%
% 65+ with income below the poverty line in last year		6.2%	9.5%
Median household income		\$74,553.00	\$63,296.00
% 65+ households with annual income < \$20,000		18.5%	24.3%
% 65+ households with annual income \$20,000-\$49,999		29.0%	32.2%
% 65+ households with annual income \$50,000-\$99,999		25.6%	24.8%
% 65+ households with annual income \$100,000+		27.0%	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	1.07	\$25,200.00	\$23,484.00
Single, renter, good health	1.07	\$27,264.00	\$25,560.00
Couple, homeowner without mortgage, good health	1.05	\$35,700.00	\$33,984.00
Couple, renter, good health	1.05	\$37,764.00	\$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), Office of Library and Information Services (2021), 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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