

## Cranston (Providence)

Cranston is a city in Providence County with 13,807 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of cataract and substance use disorder. However, they had higher rates of obesity, high cholesterol, anemia, chronic kidney disease, CHF, diabetes, epilepsy, hypertension, peripheral vascular disease, anxiety disorder, and hearing impairment. They are less likely to take the health promotion step of doing physical activity. Community resources to support healthy aging include 306 primary care providers, 5 hospitals, and 10 nursing homes within 5 miles; an Alzheimer's disease support group, a Memory Cafe, 21 home health agencies, 2 community health centers, 4 adult day health centers, 8 hospice agencies, a senior center, a university or community college, a public library, and a YMCA. Cranston is a designated Age-Friendly community.



<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different than STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		81,196	1,056,611
Median age of females		41.8	41.6
Median age of males		38.8	38.1
Population 60 years or older as % of total population		24.0%	23.0%
Total population 60 years or older		19,457	243,523
Population 65 years or older as % of total population		17.0%	16.5%
Total population 65 years or older		13,807	174,210
% 65-74 years		56.3%	55.6%
% 75-84 years		25.6%	28.9%
% 85 years or older		18.1%	15.5%
% 65+ population who are female		58.1%	57.2%
% 85+ population who are female		72.1%	69.7%
Race and ethnicity of the population 65+			
% White		92.1%	92.0%
% African American		2.0%	3.2%
% Asian	*	3.4%	1.6%
% Other race		2.4%	3.3%
% Hispanic/Latino		4.4%	4.9%
Marital status of the population 65+			
% married		52.1%	51.3%
% divorced/separated		12.8%	15.7%
% widowed		27.6%	25.0%
% never married		7.4%	8.0%
Education of the population 65+			
% with less than high school education		18.2%	19.1%
% with high school or some college		56.7%	52.9%
% with college degree		12.8%	14.2%
% with graduate or professional degree		12.2%	13.9%
% of 65+ population who speak only English at home		82.6%	82.9%
% of 65+ population who are veterans of military service		16.1%	19.0%
% of 60+ who are LGBT		3.5%	2.8%
Age-sex adjusted 1-year mortality rate		4.0%	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		58.1%	63.0%
% 60+ doing any physical activity within last month	W	64.0%	71.0%
% 60+ met CDC guidelines for muscle-strengthening activity		21.2%	25.0%
% 60+ met CDC guidelines for aerobic physical activity		48.4%	54.3%
% 60+ with fair or poor health status		20.2%	19.5%
% 60+ with 15+ physically unhealthy days in last month	W	19.5%	14.5%
<b>FALLS</b>			
% 60+ who fell within last year		26.3%	26.3%
% 60+ who were injured in a fall within last year		13.2%	10.3%
% 65+ had hip fracture		3.6%	3.4%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in last year		94.9%	93.0%
% 60+ flu shot in last year		60.2%	60.6%
% 60+ with pneumonia vaccine		67.8%	67.7%
% 60+ with shingles vaccine		33.0%	35.3%
% 60+ women with a mammogram within last 2 years		85.2%	82.0%
% 60+ with colorectal cancer screening		80.2%	77.8%
% 60+ with HIV test		15.1%	15.8%
% 60+ met CDC preventive health screening goals		41.4%	39.2%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	18.1%
% 65+ with poor supermarket access		11.5%	23.6%
% 60+ stressed about buying food in last month		13.5%	13.2%
% 60+ self-reported obese		25.9%	26.8%
% 65+ clinically diagnosed obesity	W	34.2%	29.3%
% 65+ with high cholesterol	W	80.8%	79.1%
% 60+ with cholesterol screening		97.2%	96.9%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance		61.4%	56.3%
% 60+ with annual dental exam		78.5%	75.9%
# of dentists per 100,000 persons (all ages)		82.8	64.7
% 60+ with loss of 6 or more teeth		31.2%	29.6%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		13.8%	13.1%
% 65+ with anemia	W	53.0%	50.0%
% 65+ with asthma		15.4%	14.9%
% 65+ with atrial fibrillation		14.6%	15.0%
% 65+ with autism spectrum disorder		N/A	0.04%
% 65+ with benign prostatic hyperplasia (men)		43.9%	42.2%
% 65+ with breast cancer (women)		12.0%	11.1%
% 65+ with cataract	B	64.8%	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	34.1%	30.7%
% 65+ with chronic obstructive pulmonary disease		23.4%	22.9%
% 65+ with colon cancer		3.1%	2.7%
% 65+ with congestive heart failure	W	23.4%	21.6%
% 65+ with diabetes	W	38.2%	34.7%
% 65+ with endometrial cancer (women)		2.0%	1.9%
% 65+ with epilepsy	W	4.1%	2.9%
% 65+ with fibromyalgia, chronic pain and fatigue		25.8%	25.4%
% 65+ with glaucoma		27.7%	27.0%
% 65+ ever had a heart attack		5.8%	5.8%
% 65+ with HIV/AIDS		0.06%	0.12%
% 65+ with hypertension	W	79.9%	78.0%
% 65+ with hypothyroidism		22.5%	22.4%
% 65+ with ischemic heart disease		43.4%	41.8%
% 65+ with leukemias and lymphomas		3.1%	2.7%
% 65+ with liver disease		10.1%	9.9%
% 65+ with lung cancer		2.3%	2.1%
% 65+ with migraine and other chronic headache		6.7%	6.1%
% 65+ with osteoarthritis or rheumatoid arthritis		56.5%	56.2%
% 65+ with osteoporosis		20.7%	19.6%
% 65+ with peripheral vascular disease	W	30.1%	25.6%
% 65+ with pressure ulcer or chronic ulcer		8.4%	8.1%
% 65+ with prostate cancer (men)		13.1%	13.4%
% 65+ with stroke		12.5%	11.9%
% 65+ with traumatic brain injury		1.2%	1.0%
% 65+ with 4+ (out of 15) chronic conditions	W	66.7%	63.8%
% 65+ with 0 chronic conditions		6.5%	7.0%
<b>BEHAVIORAL HEALTH</b>			
# opioid deaths (all ages)		98	1,654
% 65+ with opioid use disorder		1.9%	1.9%
% 65+ with substance use disorder	B	6.0%	7.0%
% 60+ who used marijuana in last month		N/A	3.4%
% 60+ excessive drinking		6.7%	9.3%
% 65+ with tobacco use disorder		10.2%	10.8%
% 60+ current smokers		8.7%	8.7%
% 60+ ever used E-Cigarettes in last month		6.2%	5.8%
<b>MENTAL HEALTH</b>			
% 60+ who reported receiving adequate emotional support		75.5%	79.7%
% 60+ who reported being satisfied with life		93.4%	95.3%
% 60+ with 15+ days poor mental health in last month		9.0%	7.4%
% 65+ with depression		34.0%	32.9%
% 65+ with anxiety disorder	W	32.5%	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		4.5%	4.1%
% 65+ with post-traumatic stress disorder		1.7%	1.7%
% 65+ with schizophrenia & other psychotic disorder		3.8%	3.8%
% 65+ with personality disorder		3.4%	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	19.2%	16.4%
% 65+ with self-reported vision difficulty		4.5%	5.5%
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	1.1%
% 65+ with self-reported cognition difficulty		8.6%	8.2%
% 65+ with self-reported ambulatory difficulty		21.5%	21.0%
% 65+ with clinical diagnosis of mobility impairment		4.4%	3.8%
% 65+ with self-reported self-care difficulty		10.0%	8.0%
% 65+ with self-reported independent living difficulty		15.9%	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		20.2%	22.5%
% of grandparents raising grandchildren		0.7%	1.0%
% of grandparents who live with grandchildren		2.6%	3.2%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid		13.2%	13.8%
% 65+ Medicare managed care enrollees	*	45.9%	43.8%
% 60+ with a regular doctor		96.6%	96.7%
% 60+ who did not see a doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		306	1,605
# of hospitals within 5 miles		5	13
# of home health agencies		21	23
# of nursing homes within 5 miles		10	80
# of community health centers		2	43
# of adult day health centers		4	31
# of hospice agencies		8	18
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	9.0	8.4
# emergency room visits/1000 persons 65+ years annually		605.3	620.6
# Part D monthly prescription fills per person annually		52.2	52.2
# home health visits annually		3.7	3.5
# durable medical equipment claims annually		1.8	1.7
# inpatient hospital stays/1000 persons 65+ years annually		302.2	286.5
% Medicare inpatient hospital readmissions (as % of admissions)		19.8%	17.4%
# skilled nursing facility stays/1000 persons 65+ years annually		103.0	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		19.1	47.1
% 65+ getting Medicaid long term services and supports		4.2%	4.2%
% 65+ hospice users		3.4%	3.5%
% 65+ hospice users as % of decedents		50.4%	53.0%
Median hospice days per hospice user (65+, deceased)		11.0	11.0
Median hospice payment (Medicare + other) per hospice user		\$4,016.30	\$3,870.97
<b>COMMUNITY</b>			
Air pollution: annual # of unhealthy days for 65+ (county)		8	N/A
Age-friendly efforts in community		Yes	Yes
# of senior centers		1	32
# of universities and community colleges		1	19
# of public libraries		1	48
# of YMCAs		1	15
% in county with access to broadband (all ages)		98.4%	98.1%
% 60+ who used Internet in last month		68.4%	71.6%
Voter participation rate in 2016 election (age 18+)		56.5%	55.0%
% 60+ who believe local service orgs understand needs		38.6%	44.1%
% 60+ who believe he/she can make a difference		48.6%	52.2%
% 60+ who believe working together can make a difference		79.0%	81.0%
% 60+ who volunteer at least once per month		20.2%	22.9%
% 60+ who attend community events (church, club) monthly		39.6%	44.4%
<b>SAFETY &amp; CRIME</b>			
Violent crime rate /100,000 persons		141.0	220.3
Homicide rate /100,000 persons (county)		3	2
# firearm fatalities (all ages) (county)		572	895
Property crime rate /100,000 persons		1470.5	1,678.4
# 65+ deaths by suicide (county)		24	57
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle		86.9%	85.0%
% 60+ who always drive or ride wearing a seatbelt		92.3%	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		5	82
# of fatal crashes involving adult age 60+/county		52	82
<b>HOUSING</b>			
% 65+ population who live alone		30.9%	31.4%
Average household size (all ages)		2.5	2.5
Median house value		\$228,300.00	\$249,800.00
% 60+ own home	*	74.0%	70.3%
% 60+ homeowners who have mortgage		51.1%	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		42.3%	39.2%
% 65+ households (owner) spend >35% of income on housing	*	30.2%	27.6%
% 65+ moved within same county in last year		3.8%	3.6%
% 65+ moved from different county in last year		0.6%	1.0%
% 65+ moved from different state in last year		1.0%	1.1%
# of assisted living sites		2	62
% of vacant homes in community	*	7.5%	12.1%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year		12.5%	15.0%
% 65+ employed in last year		23.9%	21.9%
% 65+ with income below the poverty line in last year		8.2%	9.5%
Median household income		\$66,283.00	\$63,296.00
% 65+ households with annual income < \$20,000		20.0%	24.3%
% 65+ households with annual income \$20,000-\$49,999	*	39.0%	32.2%
% 65+ households with annual income \$50,000-\$99,999		23.2%	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	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)