

Cumberland (Providence)

Cumberland is a town in Providence County with 6,204 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of pressure ulcers, traumatic brain injury, bipolar disorder, PTSD, personality disorder, vision difficulty, and cognitive difficulty. However, they had higher rates of high cholesterol, cataract, and hypertension. They are more likely to take the health promotion step of getting an annual dental exam. Community resources to support healthy aging include 46 primary care providers and 4 nursing homes within 5 miles; 18 home health agencies, 7 hospice agencies, a senior center, and a public library.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		34,652	1,056,611
Median age of females		44.8	41.6
Median age of males		43.5	38.1
Population 60 years or older as % of total population		25.3%	23.0%
Total population 60 years or older		8,760	243,523
Population 65 years or older as % of total population		17.9%	16.5%
Total population 65 years or older		6,204	174,210
% 65-74 years		55.5%	55.6%
% 75-84 years		32.4%	28.9%
% 85 years or older		12.1%	15.5%
% 65+ population who are female		55.6%	57.2%
% 85+ population who are female		62.7%	69.7%
Race and ethnicity of the population 65+			
% White	*	97.6%	92.0%
% African American	*	0.1%	3.2%
% Asian	*	0.0%	1.6%
% Other race		2.3%	3.3%
% Hispanic/Latino		4.0%	4.9%
Marital status of the population 65+			
% married	*	59.0%	51.3%
% divorced/separated	*	9.5%	15.7%
% widowed		24.3%	25.0%
% never married		7.2%	8.0%
Education of the population 65+			
% with less than high school education		20.6%	19.1%
% with high school or some college		51.0%	52.9%
% with college degree		16.2%	14.2%
% with graduate or professional degree		12.2%	13.9%
% of 65+ population who speak only English at home		80.2%	82.9%
% of 65+ population who are veterans of military service	*	23.5%	19.0%
% of 60+ who are LGBT		3.5%	2.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
WELLNESS			
% 60+ getting the recommended hours of sleep		64.8%	63.0%
% 60+ doing any physical activity within last month		71.1%	71.0%
% 60+ met CDC guidelines for muscle-strengthening activity		23.6%	25.0%
% 60+ met CDC guidelines for aerobic physical activity		54.9%	54.3%
% 60+ with fair or poor health status		18.6%	19.5%
% 60+ with 15+ physically unhealthy days in last month		13.2%	14.5%
FALLS			
% 60+ who fell within last year		22.4%	26.3%
% 60+ who were injured in a fall within last year		8.3%	10.3%
% 65+ had hip fracture		3.7%	3.4%
PREVENTION			
% 60+ with physical exam/check-up in last year		95.4%	93.0%
% 60+ flu shot in last year		62.0%	60.6%
% 60+ with pneumonia vaccine		71.9%	67.7%
% 60+ with shingles vaccine		36.2%	35.3%
% 60+ women with a mammogram within last 2 years		81.0%	82.0%
% 60+ with colorectal cancer screening		76.3%	77.8%
% 60+ with HIV test	*	10.4%	15.8%
% 60+ met CDC preventive health screening goals		41.0%	39.2%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.9%	18.1%
% 65+ with poor supermarket access		33.9%	23.6%
% 60+ stressed about buying food in last month		10.1%	13.2%
% 60+ self-reported obese		27.1%	26.8%
% 65+ clinically diagnosed obesity		31.3%	29.3%
% 65+ with high cholesterol	W	83.4%	79.1%
% 60+ with cholesterol screening		97.8%	96.9%
ORAL HEALTH			
% 60+ with dental insurance		55.7%	56.3%
% 60+ with annual dental exam	B	80.8%	75.9%
# of dentists per 100,000 persons (all ages)		58.3	64.7
% 60+ with loss of 6 or more teeth		26.4%	29.6%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.3%	13.1%
% 65+ with anemia		51.8%	50.0%
% 65+ with asthma		14.5%	14.9%
% 65+ with atrial fibrillation		15.4%	15.0%
% 65+ with autism spectrum disorder		N/A	0.04%
% 65+ with benign prostatic hyperplasia (men)		44.2%	42.2%
% 65+ with breast cancer (women)		10.5%	11.1%
% 65+ with cataract	W	71.4%	67.5%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with chronic kidney disease		30.9%	30.7%
% 65+ with chronic obstructive pulmonary disease		21.5%	22.9%
% 65+ with colon cancer		3.3%	2.7%
% 65+ with congestive heart failure		23.2%	21.6%
% 65+ with diabetes		34.0%	34.7%
% 65+ with endometrial cancer (women)		2.1%	1.9%
% 65+ with epilepsy		2.8%	2.9%
% 65+ with fibromyalgia, chronic pain and fatigue		23.6%	25.4%
% 65+ with glaucoma		27.5%	27.0%
% 65+ ever had a heart attack		5.6%	5.8%
% 65+ with HIV/AIDS		0.09%	0.12%
% 65+ with hypertension	W	80.6%	78.0%
% 65+ with hypothyroidism		23.5%	22.4%
% 65+ with ischemic heart disease		42.9%	41.8%
% 65+ with leukemias and lymphomas		2.5%	2.7%
% 65+ with liver disease		9.2%	9.9%
% 65+ with lung cancer		1.7%	2.1%
% 65+ with migraine and other chronic headache		5.6%	6.1%
% 65+ with osteoarthritis or rheumatoid arthritis		57.0%	56.2%
% 65+ with osteoporosis		20.2%	19.6%
% 65+ with peripheral vascular disease		26.7%	25.6%
% 65+ with pressure ulcer or chronic ulcer	B	6.7%	8.1%
% 65+ with prostate cancer (men)		12.1%	13.4%
% 65+ with stroke		12.0%	11.9%
% 65+ with traumatic brain injury	B	0.6%	1.0%
% 65+ with 4+ (out of 15) chronic conditions	W	66.5%	63.8%
% 65+ with 0 chronic conditions		6.5%	7.0%
BEHAVIORAL HEALTH			
# opioid deaths (all ages)		28	1,654
% 65+ with opioid use disorder		1.6%	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		9.7%	9.3%
% 65+ with tobacco use disorder		9.8%	10.8%
% 60+ current smokers		6.1%	8.7%
% 60+ ever used E-Cigarettes in last month		4.9%	5.8%
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support		82.7%	79.7%
% 60+ who reported being satisfied with life		96.4%	95.3%
% 60+ with 15+ days poor mental health in last month	B	4.6%	7.4%
% 65+ with depression		31.1%	32.9%
% 65+ with anxiety disorder		28.8%	29.8%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with bipolar disorder	B	2.7%	4.1%
% 65+ with post-traumatic stress disorder	B	0.9%	1.7%
% 65+ with schizophrenia & other psychotic disorder		3.4%	3.8%
% 65+ with personality disorder	B	2.0%	2.8%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		11.6%	13.9%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.5%	16.4%
% 65+ with self-reported vision difficulty	B	3.1%	5.5%
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	1.1%
% 65+ with self-reported cognition difficulty	B	4.8%	8.2%
% 65+ with self-reported ambulatory difficulty		20.9%	21.0%
% 65+ with clinical diagnosis of mobility impairment		3.4%	3.8%
% 65+ with self-reported self-care difficulty		5.5%	8.0%
% 65+ with self-reported independent living difficulty		10.7%	14.3%
CAREGIVING			
# 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		0.5%	1.0%
% of grandparents who live with grandchildren		2.9%	3.2%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	10.8%	13.8%
% 65+ Medicare managed care enrollees	*	48.2%	43.8%
% 60+ with a regular doctor		97.8%	96.7%
% 60+ who did not see a doctor when needed due to cost		4.7%	5.4%
# of primary care providers within 5 miles		46	1,605
# of hospitals within 5 miles		0	13
# of home health agencies		18	23
# of nursing homes within 5 miles		4	80
# of community health centers		0	43
# of adult day health centers		0	31
# of hospice agencies		7	18
SERVICE UTILIZATION			
# physician visits per year		8.4	8.4
# emergency room visits/1000 persons 65+ years annually		567.4	620.6
# Part D monthly prescription fills per person annually		52.6	52.2
# home health visits annually		3.4	3.5
# durable medical equipment claims annually		1.7	1.7
# inpatient hospital stays/1000 persons 65+ years annually		302.9	286.5
% Medicare inpatient hospital readmissions (as % of admissions)		17.0%	17.4%
# skilled nursing facility stays/1000 persons 65+ years annually		108.4	98.8

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# skilled nursing home Medicare beds/1000 persons 65+ years		24.7	47.1
% 65+ getting Medicaid long term services and supports		4.0%	4.2%
% 65+ hospice users		3.5%	3.5%
% 65+ hospice users as % of decedents		57.5%	53.0%
Median hospice days per hospice user (65+, deceased)		13.0	11.0
Median hospice payment (Medicare + other) per hospice user		\$4,204.67	\$3,870.97
COMMUNITY			
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		68.9%	71.6%
Voter participation rate in 2016 election (age 18+)		63.3%	55.0%
% 60+ who believe local service orgs understand needs		39.5%	44.1%
% 60+ who believe he/she can make a difference		50.0%	52.2%
% 60+ who believe working together can make a difference		82.2%	81.0%
% 60+ who volunteer at least once per month		20.6%	22.9%
% 60+ who attend community events (church, club) monthly		40.0%	44.4%
SAFETY & CRIME			
Violent crime rate /100,000 persons		54.3	220.3
Homicide rate /100,000 persons (county)		3	2
# firearm fatalities (all ages) (county)		572	895
Property crime rate /100,000 persons		818.7	1,678.4
# 65+ deaths by suicide (county)		24	57
TRANSPORTATION			
% 65+ who own a motor vehicle		87.4%	85.0%
% 60+ who always drive or ride wearing a seatbelt		94.1%	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		3	82
# of fatal crashes involving adult age 60+/county		52	82
HOUSING			
% 65+ population who live alone		30.0%	31.4%
Average household size (all ages)		2.5	2.5
Median house value		\$274,400.00	\$249,800.00
% 60+ own home	*	73.1%	70.3%
% 60+ homeowners who have mortgage		41.8%	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		52.9%	39.2%
% 65+ households (owner) spend >35% of income on housing	*	23.0%	27.6%
% 65+ moved within same county in last year	*	1.5%	3.6%
% 65+ moved from different county in last year		0.0%	1.0%
% 65+ moved from different state in last year		0.5%	1.1%
# of assisted living sites		2	62
% of vacant homes in community	*	5.7%	12.1%
ECONOMIC			
% 60+ receiving food benefits in last year		10.3%	15.0%
% 65+ employed in last year		19.3%	21.9%
% 65+ with income below the poverty line in last year		7.8%	9.5%
Median household income		\$86,326.00	\$63,296.00
% 65+ households with annual income < \$20,000		24.0%	24.3%
% 65+ households with annual income \$20,000-\$49,999		31.0%	32.2%
% 65+ households with annual income \$50,000-\$99,999		25.8%	24.8%
% 65+ households with annual income \$100,000+		19.1%	18.7%
COST OF LIVING			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Elder Index			
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