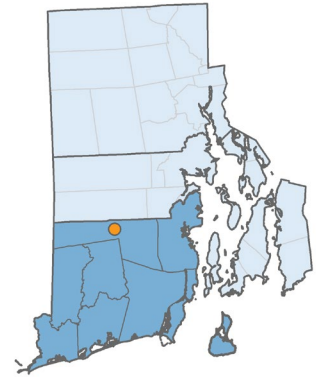


## Exeter (Washington)

Exeter is a town in Washington County with 1,198 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of hip fracture, Alzheimer's disease or related dementias, anemia, chronic kidney disease, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), diabetes, heart attack, osteoporosis, peripheral vascular disease, pressure ulcer, stroke, and anxiety disorder. Community resources to support healthy aging include one public library, one primary care provider, and one skilled nursing facility.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		6,952	1,094,250
Population 60 years or older as % of total population		23.1%	25.0%
Total population 60 years and older		1,606	273,831
Population 65 years or older as % of total population		17.2%	17.9%
Total population 65 years and older		1,198	195,378
% 65-74 years		63.9%	57.8%
% 75-84 years		28.5%	29.0%
% 85 years or older	*	7.5%	13.2%
% 65+ population who are female	*	44.1%	56.3%
% 85+ population who are female		57.8%	67.8%
Race and ethnicity of the population 65+			
% White		100.0%	88.6%
% African American		0.0%	3.1%
% Asian		0.0%	1.8%
% Other race(s)		0.0%	6.5%
% Hispanic		0.9%	5.9%
# 55+ who are Native American / Alaskan		11	832
Marital status of the population 65+			
% married	*	68.5%	51.6%
% divorced/separated		19.0%	16.9%
% widowed	*	5.9%	22.2%
% never married		6.5%	9.3%
Education of the population 65+			
% with less than high school education		13.8%	14.9%
% with high school or some college		44.7%	53.3%
% with college degree		19.1%	15.9%
% with graduate or professional degree		22.4%	16.0%
% 65+ population who speak only English at home	*	96.2%	83.3%
% 65+ population who are veterans of military service		10.4%	14.6%
% 60+ LGBT		2.8%	4.3%

<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different than state rate</b>	<b>Community estimate</b>	<b>State estimate</b>
<b>HOUSING</b>			
% 65+ population who live alone	*	11.9%	29.3%
Average household size (all ages)	*	2.9	2.4
Median house value (all ages)	*	\$435,800	\$343,100
% 60+ own home	*	93.2%	71.7%
% 60+ homeowners who have mortgage		51.6%	48.4%
% 65+ households (renter) spend >35% of income on housing		0.0%	38.9%
% 65+ households (owner) spend >35% of income on housing		19.9%	25.2%
% grandparents who live with grandchildren		4.9%	2.8%
# of assisted living sites		0	63
<b>SOCIAL DETERMINANTS OF HEALTH</b>			
<b>COST OF LIVING</b>			
Elder Index			
Single, homeowner without mortgage, good health (County)	1.01	\$27,480	\$27,168
Single, renter, good health (County)	0.99	\$30,000	\$30,216
Couple, homeowner without mortgage, good health (County)	1.01	\$39,504	\$39,264
Couple, renter, good health (County)	0.99	\$42,024	\$42,312
<b>ECONOMIC</b>			
% 60+ receiving food stamps in past year	*	5.6%	14.7%
% 65+ employed in past year		24.0%	19.2%
% 65+ with income below the poverty line in past year		7.8%	10.7%
Median annual income for households with a householder age 65+		\$78,714	\$56,242
% 65+ households with annual income < \$20,000		10.2%	19.1%
% 65+ households with annual income \$20,000-\$49,999	*	8.5%	26.8%
% 65+ households with annual income \$50,000-\$99,999		36.3%	26.1%
% 65+ households with annual income \$100,000+		45.0%	28.0%
<b>WELLNESS</b>			
% 60+ getting the recommended hours of sleep		62.6%	63.1%
% 60+ doing any physical activity in past month		74.6%	73.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.3%	26.1%
% 60+ met CDC guidelines for aerobic physical activity		59.5%	55.4%
% 60+ with fair or poor self-reported health status	B	13.2%	17.9%
% 60+ with 15+ physically unhealthy days in past month	B	10.0%	13.6%
% 60+ who reported being satisfied with life		96.7%	95.5%
<b>COMMUNITY</b>			
Annual # unhealthy days due to air pollution for 65+ (County)		2	NA
AARP Age-Friendly Communities		Not yet	Not yet
# of public universities and community colleges		0	9
# of public libraries		1	72
# of senior centers		0	34
# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households with a smartphone (all ages)		88.9%	85.8%
% households with only a smartphone to access Internet (all ages)	*	2.5%	8.2%

<b>SOCIAL DETERMINANTS OF HEALTH</b>	<b>Significantly different than state rate</b>	<b>Community estimate</b>	<b>State estimate</b>
<b>COMMUNITY</b>			
% households without a computer (all ages)		3.4%	7.1%
% households with access to Broadband (all ages)	*	97.3%	89.2%
% households without access to the Internet (all ages)	*	2.7%	10.7%
% 60+ who used Internet in past month	*	77.2%	71.4%
Voter participation rate in 2020 election (age 18+)		73.5%	68.3%
Homicide rate/100,000 persons (County)		NA	2.1
# firearm fatalities (all ages) (County)		34	226
# 65+ deaths by suicide (County)		19	92
Age-sex adjusted 1-year mortality rate		3.8%	4.3%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle	*	100.0%	86.2%
% 60+ who always drive or ride wearing a seatbelt		94.0%	92.3%
% 60+ drove under influence		1.9%	1.9%
# fatal crashes involving adult age 60+ (County)		17	94
AllTransit Score		NA	2.85
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 60+ who fell in past year		27.0%	26.0%
% 60+ who were injured by a fall in past year		10.0%	10.0%
% 65+ with hip fracture	B	2.1%	3.1%
<b>PREVENTION</b>			
% 60+ with physical exam/check-up in past year		90.7%	93.0%
% 60+ flu shot in past year		62.5%	67.8%
% 60+ with pneumonia vaccine		58.8%	64.2%
% 60+ with shingles vaccine		34.3%	37.8%
% 60+ women with mammogram in past 2 years		80.1%	82.1%
% 60+ had colorectal cancer screening		69.0%	68.7%
% 60+ with HIV test		21.7%	23.5%
% 60+ with optimal preventive health		27.4%	32.3%
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		18.6%	18.8%
% 60+ stressed about buying food in past month		10.8%	12.3%
% 60+ self-reported obese		26.9%	27.1%
% 65+ with high cholesterol		76.5%	79.3%
% 60+ with high cholesterol screening		98.2%	97.3%
<b>ORAL HEALTH</b>			
% 60+ with dental insurance		63.5%	65.1%
% 60+ with annual dental exam		78.1%	77.5%
# dentists per 100,000 persons (all ages) (County)		57.4	53.0
% 60+ with loss of 6+ teeth		24.4%	26.0%

## HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.9%	12.0%
% 65+ with anemia	B	43.3%	47.0%
% 65+ with asthma		13.6%	15.0%
% 65+ with atrial fibrillation		13.5%	14.3%
% 65+ with benign prostatic hyperplasia (men)		40.2%	43.3%
% 65+ with breast cancer (women)		11.2%	11.5%
% 65+ with cataract		62.3%	65.0%
% 65+ with chronic kidney disease	B	29.4%	34.0%
% 65+ with chronic obstructive pulmonary disease	B	17.0%	20.8%
% 65+ with colon cancer		1.7%	2.4%
% 65+ with congestive heart failure	B	15.9%	20.0%
% 65+ with diabetes	B	27.4%	32.4%
% 65+ with endometrial cancer (women)		2.5%	2.3%
% 65+ with fibromyalgia, chronic pain, and fatigue		33.6%	33.7%
% 65+ with glaucoma		25.6%	26.3%
% 65+ ever had a heart attack	B	2.7%	5.3%
% 65+ with HIV/AIDS		0.11%	0.19%
% 65+ with hypertension		72.8%	75.8%
% 65+ with ischemic heart disease		36.6%	39.4%
% 65+ with liver disease		12.7%	13.0%
% 65+ with lung cancer		1.9%	2.0%
% 65+ with migraine and other chronic headache		8.0%	8.3%
% 65+ with osteoarthritis or rheumatoid arthritis		59.4%	57.3%
% 65+ with osteoporosis	B	14.9%	18.9%
% 65+ with peripheral vascular disease	B	17.4%	23.1%
% 65+ with pressure ulcer or chronic ulcer	B	5.6%	7.7%
% 65+ with prostate cancer (men)		15.0%	13.4%
% 65+ with stroke	B	8.7%	11.6%
% 65+ with 4+ (out of 15) chronic conditions		60.0%	63.0%
% 65+ with 0 chronic conditions		7.6%	7.2%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		130	1,699
% 65+ with substance use disorder		8.0%	8.4%
% 60+ who used marijuana in past month		7.5%	4.9%
% 60+ excessive drinking		10.1%	10.0%
% 65+ with tobacco use disorder		10.6%	12.1%
% 60+ current smokers		11.5%	8.8%
% 60+ ever used E-Cigarettes in past month		1.3%	1.6%

<b>HEALTH OUTCOMES</b>	<b>Significantly different than state rate</b>	<b>Community estimate</b>	<b>State estimate</b>
<b>MENTAL HEALTH</b>			
% 60+ who reported receiving adequate emotional support		76.4%	77.5%
% 60+ with 15+ days poor mental health in past month		7.6%	8.3%
% 65+ with depression		31.9%	34.5%
% 65+ with anxiety disorder	B	30.7%	34.3%
% 65+ with post-traumatic stress disorder		2.1%	2.2%
% 65+ with schizophrenia & other psychotic disorder		2.1%	3.1%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		9.7%	12.2%
% 65+ with self-reported vision difficulty		3.4%	5.1%
% 65+ with self-reported cognition difficulty		3.5%	7.0%
% 65+ with self-reported ambulatory difficulty	*	7.6%	18.7%
% 65+ with self-reported self-care difficulty		3.0%	7.1%
% 65+ with self-reported independent living difficulty		6.4%	13.0%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	9
% 60+ who provide care to a family/friend in past month		21.9%	22.1%
% grandparents raising grandchildren		3.18%	0.71%
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	5.3%	15.0%
% 65+ Medicare managed care enrollees	*	49.0%	51.4%
% 60+ with a regular doctor		96.0%	96.6%
% 60+ who did not see a doctor when needed due to cost		2.6%	3.9%
# of primary care providers		1	1,176
# of hospitals		0	12
# of home health agencies		0	24
# of skilled nursing facilities		1	75
# of hospice agencies		0	9
# of community health centers		0	52
# of adult day health centers		0	31
<b>SERVICE UTILIZATION</b>			
# physician visits per year		8.1	7.8
# emergency room visits/1000 persons 65+ years annually	*	423.3	500.0
# Part D monthly prescription fills per person annually	*	48.6	54.2
# home health visits annually		2.3	3.0
# durable medical equipment claims annually		2.0	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	187.8	230.9
% Medicare inpatient hospital readmissions (as % of admissions)	*	9.4%	17.1%
# skilled nursing facility stays/1000 persons 65+ years annually		61.3	76.0
# skilled nursing home Medicare beds/1000 persons 65+ years		39.4	41.2
% 65+ getting Medicaid long term services and supports	*	1.6%	4.0%
% 65+ hospice users	*	2.5%	3.4%
% 65+ hospice users as % of decedents	*	63.5%	50.7%

## TECHNICAL NOTES

\*For more information on data sources, measures, and methodology used in the 2025 Rhode Island Healthy Aging Data Report see our technical documentation at ([healthyagingdatareports.org](http://healthyagingdatareports.org)). 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. 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 (ACS)) 2018-2022; Rhode Island Department of Health (RIDOH) Behavioral Risk Factor Surveillance Survey (BRFSS), 2010-2022.*
- *Housing: ACS, 2018-2022; RIDOH, 2023.*
- *Cost of Living: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston, 2023.*
- *Economic: ACS, 2018-2022.*
- *Wellness: BRFSS, 2010-2022.*
- *Community: AARP, 2023; ACS, 2018-2022; AgeFriendly RI, 2023; BRFSS, 2010-2022; CDC WONDER, 2016-2020; The CMS Master Beneficiary Summary File ABCD/Other (CMS), 2020-2021; NECHE, 2023; OLLI, 2023; RI State Library, 2023; RI Secretary of State, 2023; U.S. EPA Air Compare, 2023.*
- *Transportation: ACS, 2018-2022; AllTransit™, 2023; BRFSS, 2010-2022; NHTSA, 2018-2022.*
- *Falls: CMS, 2020-2021; BRFSS, 2010-2022.*
- *Prevention: BRFSS, 2010-2022.*
- *Nutrition/Diet: BRFSS, 2010-2022; CMS, 2020-2021.*
- *Oral Health: BRFSS, 2010-2022; HRSA, 2023.*
- *Chronic Disease: CMS, 2020-2021.*
- *Behavioral Health: BRFSS, 2010-2022; CDC WONDER 2016-2020; CMS, 2020-2021.*
- *Mental Health: BRFSS, 2010-2022; CMS, 2020-2021.*
- *Living with Disability: ACS, 2018-2022.*
- *Caregiving: ACS, 2018-2022; Alzheimer’s Association, 2023; BRFSS, 2010-2022.*
- *Access to Care: BRFSS, 2010-2022; CMS, 2020-2021; HRSA, 2023; Medicare.gov, 2023; RI Adult Day Services, 2023.*
- *Service Utilization: CMS, 2020-2021.*

Healthy Aging Data Report Research Team (2025): Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Taylor Jansen PhD, Yan-Jhu Su, Yan Lin, Shan Qu, Tiffany Tang & Qian Song PhD, from the Gerontology Institute at the University of Massachusetts Boston. The Point32Health Foundation supported the research and provided important guidance.

Suggested citation: Dugan E, Lee CM, Jansen T, Su YJ, Silverstein NM, & Song Q. (2025). The Rhode Island 2025 Healthy Aging Data Report. Retrieved from [www.healthyagingdatareports.org](http://www.healthyagingdatareports.org)

Questions or Ideas? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)



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