

Middletown (Newport)

Middletown is a town in Newport County with 3,840 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of tooth loss, anemia, chronic kidney disease, congestive heart failure (CHF), diabetes, heart attack, and anxiety disorder. However, they have higher rates of atrial fibrillation, cataract, and pressure ulcer. They are more likely to take the health promotion steps of getting adequate sleep, engaging in physical activity, meeting the CDC guidelines for aerobic exercise, receiving flu, pneumonia, and shingles vaccines, and having an annual dental exam. They were also more likely to report being stressed about buying food. Community resources to support healthy aging include one senior center, one community health center, two assisted living facilities, two public libraries, three skilled nursing facilities, and 21 primary care providers.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		17,009	1,094,250
Population 60 years or older as % of total population		30.2%	25.0%
Total population 60 years and older		5,140	273,831
Population 65 years or older as % of total population		22.6%	17.9%
Total population 65 years and older		3,840	195,378
% 65-74 years		54.7%	57.8%
% 75-84 years		30.8%	29.0%
% 85 years or older		14.6%	13.2%
% 65+ population who are female		55.1%	56.3%
% 85+ population who are female		71.6%	67.8%
Race and ethnicity of the population 65+			
% White		90.2%	88.6%
% African American		5.9%	3.1%
% Asian		2.1%	1.8%
% Other race(s)	*	1.8%	6.5%
% Hispanic	*	1.7%	5.9%
# 55+ who are Native American / Alaskan		14	832
Marital status of the population 65+			
% married		52.5%	51.6%
% divorced/separated		16.7%	16.9%
% widowed		21.2%	22.2%
% never married		9.6%	9.3%
Education of the population 65+			
% with less than high school education	*	6.8%	14.9%
% with high school or some college		51.0%	53.3%
% with college degree		19.4%	15.9%
% with graduate or professional degree		22.8%	16.0%
% 65+ population who speak only English at home		86.3%	83.3%
% 65+ population who are veterans of military service		17.8%	14.6%
% 60+ LGBT		3.8%	4.3%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone		25.8%	29.3%
Average household size (all ages)		2.4	2.4
Median house value (all ages)	*	\$480,100	\$343,100
% 60+ own home		68.6%	71.7%
% 60+ homeowners who have mortgage		49.5%	48.4%
% 65+ households (renter) spend >35% of income on housing		42.6%	38.9%
% 65+ households (owner) spend >35% of income on housing		38.3%	25.2%
% grandparents who live with grandchildren		3.5%	2.8%
# of assisted living sites		2	63
SOCIAL DETERMINANTS OF HEALTH			
COST OF LIVING			
Elder Index			
Single, homeowner without mortgage, good health (County)	1.07	\$29,076	\$27,168
Single, renter, good health (County)	1.09	\$32,868	\$30,216
Couple, homeowner without mortgage, good health (County)	1.05	\$41,172	\$39,264
Couple, renter, good health (County)	1.06	\$44,964	\$42,312
ECONOMIC			
% 60+ receiving food stamps in past year		10.6%	14.7%
% 65+ employed in past year		21.7%	19.2%
% 65+ with income below the poverty line in past year		12.6%	10.7%
Median annual income for households with a householder age 65+		\$57,961	\$56,242
% 65+ households with annual income < \$20,000		17.2%	19.1%
% 65+ households with annual income \$20,000-\$49,999		27.8%	26.8%
% 65+ households with annual income \$50,000-\$99,999		26.0%	26.1%
% 65+ households with annual income \$100,000+		29.0%	28.0%
WELLNESS			
% 60+ getting the recommended hours of sleep	B	68.6%	63.1%
% 60+ doing any physical activity in past month	B	79.7%	73.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.6%	26.1%
% 60+ met CDC guidelines for aerobic physical activity	B	63.6%	55.4%
% 60+ with fair or poor self-reported health status	B	13.9%	17.9%
% 60+ with 15+ physically unhealthy days in past month	B	9.7%	13.6%
% 60+ who reported being satisfied with life		96.7%	95.5%
COMMUNITY			
Annual # unhealthy days due to air pollution for 65+ (County)		NA	NA
AARP Age-Friendly Communities		Not yet	Not yet
# of public universities and community colleges		0	9
# of public libraries		2	72
# of senior centers		1	34
# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households with a smartphone (all ages)		88.4%	85.8%
% households with only a smartphone to access Internet (all ages)	*	4.0%	8.2%

SOCIAL DETERMINANTS OF HEALTH	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
% households without a computer (all ages)		6.4%	7.1%
% households with access to Broadband (all ages)		90.6%	89.2%
% households without access to the Internet (all ages)		9.2%	10.7%
% 60+ who used Internet in past month	*	78.2%	71.4%
Voter participation rate in 2020 election (age 18+)		70.3%	68.3%
Homicide rate/100,000 persons (County)		NA	2.1
# firearm fatalities (all ages) (County)		16	226
# 65+ deaths by suicide (County)		16	92
Age-sex adjusted 1-year mortality rate		4.5%	4.3%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		90.6%	86.2%
% 60+ who always drive or ride wearing a seatbelt		93.0%	92.3%
% 60+ drove under influence		1.7%	1.9%
# fatal crashes involving adult age 60+ (County)		4	94
AllTransit Score		4.2	2.85
HEALTH OUTCOMES			
FALLS			
% 60+ who fell in past year		27.2%	26.0%
% 60+ who were injured by a fall in past year		9.4%	10.0%
% 65+ with hip fracture		2.9%	3.1%
PREVENTION			
% 60+ with physical exam/check-up in past year		91.6%	93.0%
% 60+ flu shot in past year	B	72.0%	67.8%
% 60+ with pneumonia vaccine	B	69.4%	64.2%
% 60+ with shingles vaccine	B	46.7%	37.8%
% 60+ women with mammogram in past 2 years		82.8%	82.1%
% 60+ had colorectal cancer screening		69.5%	68.7%
% 60+ with HIV test		23.3%	23.5%
% 60+ with optimal preventive health		35.9%	32.3%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		21.5%	18.8%
% 60+ stressed about buying food in past month	B	7.9%	12.3%
% 60+ self-reported obese		24.5%	27.1%
% 65+ with high cholesterol		79.6%	79.3%
% 60+ with high cholesterol screening		97.9%	97.3%
ORAL HEALTH			
% 60+ with dental insurance		64.7%	65.1%
% 60+ with annual dental exam	B	86.2%	77.5%
# dentists per 100,000 persons (all ages) (County)		65.7	53.0
% 60+ with loss of 6+ teeth	B	17.9%	26.0%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		11.9%	12.0%
% 65+ with anemia	B	42.4%	47.0%
% 65+ with asthma		15.1%	15.0%
% 65+ with atrial fibrillation	W	16.4%	14.3%
% 65+ with benign prostatic hyperplasia (men)		46.6%	43.3%
% 65+ with breast cancer (women)		10.6%	11.5%
% 65+ with cataract	W	68.1%	65.0%
% 65+ with chronic kidney disease	B	29.5%	34.0%
% 65+ with chronic obstructive pulmonary disease		22.0%	20.8%
% 65+ with colon cancer		2.5%	2.4%
% 65+ with congestive heart failure	B	18.0%	20.0%
% 65+ with diabetes	B	29.0%	32.4%
% 65+ with endometrial cancer (women)		2.6%	2.3%
% 65+ with fibromyalgia, chronic pain, and fatigue		35.6%	33.7%
% 65+ with glaucoma		27.0%	26.3%
% 65+ ever had a heart attack	B	4.3%	5.3%
% 65+ with HIV/AIDS		0.11%	0.19%
% 65+ with hypertension		73.3%	75.8%
% 65+ with ischemic heart disease		37.3%	39.4%
% 65+ with liver disease		12.0%	13.0%
% 65+ with lung cancer		2.1%	2.0%
% 65+ with migraine and other chronic headache		9.3%	8.3%
% 65+ with osteoarthritis or rheumatoid arthritis		57.4%	57.3%
% 65+ with osteoporosis		20.1%	18.9%
% 65+ with peripheral vascular disease		22.4%	23.1%
% 65+ with pressure ulcer or chronic ulcer	W	9.4%	7.7%
% 65+ with prostate cancer (men)		16.1%	13.4%
% 65+ with stroke		12.4%	11.6%
% 65+ with 4+ (out of 15) chronic conditions	B	60.1%	63.0%
% 65+ with 0 chronic conditions		6.4%	7.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		120	1,699
% 65+ with substance use disorder		7.4%	8.4%
% 60+ who used marijuana in past month		3.9%	4.9%
% 60+ excessive drinking		12.5%	10.0%
% 65+ with tobacco use disorder		11.0%	12.1%
% 60+ current smokers	B	5.5%	8.8%
% 60+ ever used E-Cigarettes in past month		0.9%	1.6%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support	B	82.1%	77.5%
% 60+ with 15+ days poor mental health in past month		7.4%	8.3%
% 65+ with depression		32.4%	34.5%
% 65+ with anxiety disorder	B	29.7%	34.3%
% 65+ with post-traumatic stress disorder		2.2%	2.2%
% 65+ with schizophrenia & other psychotic disorder		2.8%	3.1%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.7%	12.2%
% 65+ with self-reported vision difficulty		5.4%	5.1%
% 65+ with self-reported cognition difficulty		6.1%	7.0%
% 65+ with self-reported ambulatory difficulty		22.3%	18.7%
% 65+ with self-reported self-care difficulty		4.5%	7.1%
% 65+ with self-reported independent living difficulty		14.0%	13.0%
CAREGIVING			
# of Alzheimer's support groups		0	9
% 60+ who provide care to a family/friend in past month		24.9%	22.1%
% grandparents raising grandchildren		0.84%	0.71%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	10.3%	15.0%
% 65+ Medicare managed care enrollees	*	36.6%	51.4%
% 60+ with a regular doctor		97.0%	96.6%
% 60+ who did not see a doctor when needed due to cost		2.7%	3.9%
# of primary care providers		21	1,176
# of hospitals		0	12
# of home health agencies		0	24
# of skilled nursing facilities		3	75
# of hospice agencies		0	9
# of community health centers		1	52
# of adult day health centers		0	31
SERVICE UTILIZATION			
# physician visits per year		7.8	7.8
# emergency room visits/1000 persons 65+ years annually	*	576.3	500.0
# Part D monthly prescription fills per person annually	*	51.7	54.2
# home health visits annually		3.6	3.0
# durable medical equipment claims annually		1.7	1.9
# inpatient hospital stays/1000 persons 65+ years annually		213.8	230.9
% Medicare inpatient hospital readmissions (as % of admissions)		14.9%	17.1%
# skilled nursing facility stays/1000 persons 65+ years annually		73.6	76.0
# skilled nursing home Medicare beds/1000 persons 65+ years		71.9	41.2
% 65+ getting Medicaid long term services and supports		4.7%	4.0%
% 65+ hospice users		3.7%	3.4%
% 65+ hospice users as % of decedents		57.7%	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). 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.

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Questions or Ideas? Beth.dugan@umb.edu



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