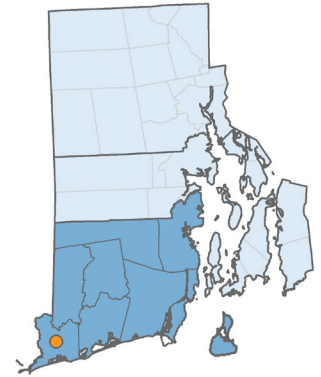


Westerly (Washington)

Westerly is a town in Washington County with 5,884 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of asthma, chronic kidney disease, diabetes, glaucoma, heart attack, migraine, depression, anxiety disorder, and schizophrenia. However, they experience higher rates of atrial fibrillation, benign prostatic hyperplasia, cataract, chronic obstructive pulmonary disease (COPD), fibromyalgia/chronic pain/fatigue, hypertension, liver disease, osteoarthritis/rheumatoid arthritis, osteoporosis, and tobacco use disorder. Community resources to support healthy aging include one public library, one senior center, one hospital, three skilled nursing facilities, one community health center, one adult day health center, four assisted living facilities, and 42 primary care providers. Westerly is a designated AARP Age-Friendly Community.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		23,337	1,094,250
Population 60 years or older as % of total population		34.7%	25.0%
Total population 60 years and older		8,100	273,831
Population 65 years or older as % of total population		25.2%	17.9%
Total population 65 years and older		5,884	195,378
% 65-74 years		60.2%	57.8%
% 75-84 years		27.0%	29.0%
% 85 years or older		12.8%	13.2%
% 65+ population who are female		54.6%	56.3%
% 85+ population who are female		81.3%	67.8%
Race and ethnicity of the population 65+			
% White	*	94.9%	88.6%
% African American	*	0.5%	3.1%
% Asian		2.0%	1.8%
% Other race(s)	*	2.6%	6.5%
% Hispanic	*	1.9%	5.9%
# 55+ who are Native American / Alaskan		29	832
Marital status of the population 65+			
% married	*	61.7%	51.6%
% divorced/separated		13.4%	16.9%
% widowed		21.7%	22.2%
% never married	*	3.2%	9.3%
Education of the population 65+			
% with less than high school education		10.5%	14.9%
% with high school or some college		53.0%	53.3%
% with college degree		15.5%	15.9%
% with graduate or professional degree		21.1%	16.0%
% 65+ population who speak only English at home	*	92.0%	83.3%
% 65+ population who are veterans of military service		12.9%	14.6%
% 60+ LGBT		2.8%	4.3%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone	*	22.9%	29.3%
Average household size (all ages)	*	2.2	2.4
Median house value (all ages)	*	\$390,600	\$343,100
% 60+ own home	*	85.7%	71.7%
% 60+ homeowners who have mortgage		52.8%	48.4%
% 65+ households (renter) spend >35% of income on housing		47.1%	38.9%
% 65+ households (owner) spend >35% of income on housing		24.4%	25.2%
% grandparents who live with grandchildren		2.0%	2.8%
# of assisted living sites		4	63
SOCIAL DETERMINANTS OF HEALTH			
COST OF LIVING			
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
ECONOMIC			
% 60+ receiving food stamps in past year	*	6.7%	14.7%
% 65+ employed in past year		20.6%	19.2%
% 65+ with income below the poverty line in past year	*	5.6%	10.7%
Median annual income for households with a householder age 65+	*	\$76,587	\$56,242
% 65+ households with annual income < \$20,000	*	10.4%	19.1%
% 65+ households with annual income \$20,000-\$49,999		21.7%	26.8%
% 65+ households with annual income \$50,000-\$99,999		30.5%	26.1%
% 65+ households with annual income \$100,000+		37.4%	28.0%
WELLNESS			
% 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%
COMMUNITY			
Annual # unhealthy days due to air pollution for 65+ (County)		2	NA
AARP Age-Friendly Communities		Yes	Not yet
# of public universities and community colleges		0	9
# of public libraries		1	72
# of senior centers		1	34
# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households with a smartphone (all ages)		86.3%	85.8%
% households with only a smartphone to access Internet (all ages)		6.2%	8.2%

SOCIAL DETERMINANTS OF HEALTH	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
% households without a computer (all ages)		6.8%	7.1%
% households with access to Broadband (all ages)		91.5%	89.2%
% households without access to the Internet (all ages)		8.4%	10.7%
% 60+ who used Internet in past month	*	77.2%	71.4%
Voter participation rate in 2020 election (age 18+)		66.6%	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		4.3%	4.3%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		87.6%	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		0.5	2.85
HEALTH OUTCOMES			
FALLS			
% 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		3.1%	3.1%
PREVENTION			
% 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%
NUTRITION & DIET			
% 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		80.8%	79.3%
% 60+ with high cholesterol screening		98.2%	97.3%
ORAL HEALTH			
% 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
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.5%	12.0%
% 65+ with anemia		46.7%	47.0%
% 65+ with asthma	B	11.7%	15.0%
% 65+ with atrial fibrillation	W	16.3%	14.3%
% 65+ with benign prostatic hyperplasia (men)	W	47.8%	43.3%
% 65+ with breast cancer (women)		12.3%	11.5%
% 65+ with cataract	W	72.6%	65.0%
% 65+ with chronic kidney disease	B	31.0%	34.0%
% 65+ with chronic obstructive pulmonary disease	W	23.9%	20.8%
% 65+ with colon cancer		1.9%	2.4%
% 65+ with congestive heart failure		21.8%	20.0%
% 65+ with diabetes	B	27.7%	32.4%
% 65+ with endometrial cancer (women)		1.9%	2.3%
% 65+ with fibromyalgia, chronic pain, and fatigue	W	38.8%	33.7%
% 65+ with glaucoma	B	21.8%	26.3%
% 65+ ever had a heart attack	B	3.5%	5.3%
% 65+ with HIV/AIDS		0.11%	0.19%
% 65+ with hypertension	W	79.0%	75.8%
% 65+ with ischemic heart disease		41.4%	39.4%
% 65+ with liver disease	W	15.2%	13.0%
% 65+ with lung cancer		1.7%	2.0%
% 65+ with migraine and other chronic headache	B	5.6%	8.3%
% 65+ with osteoarthritis or rheumatoid arthritis	W	61.2%	57.3%
% 65+ with osteoporosis	W	24.3%	18.9%
% 65+ with peripheral vascular disease		21.8%	23.1%
% 65+ with pressure ulcer or chronic ulcer		8.8%	7.7%
% 65+ with prostate cancer (men)		13.5%	13.4%
% 65+ with stroke		12.1%	11.6%
% 65+ with 4+ (out of 15) chronic conditions		64.4%	63.0%
% 65+ with 0 chronic conditions		6.3%	7.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		130	1,699
% 65+ with substance use disorder		7.4%	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	W	15.6%	12.1%
% 60+ current smokers		11.5%	8.8%
% 60+ ever used E-Cigarettes in past month		1.3%	1.6%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
MENTAL HEALTH			
% 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	B	31.5%	34.5%
% 65+ with anxiety disorder	B	28.8%	34.3%
% 65+ with post-traumatic stress disorder		1.9%	2.2%
% 65+ with schizophrenia & other psychotic disorder	B	2.2%	3.1%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		8.8%	12.2%
% 65+ with self-reported vision difficulty	*	2.1%	5.1%
% 65+ with self-reported cognition difficulty		4.0%	7.0%
% 65+ with self-reported ambulatory difficulty	*	7.1%	18.7%
% 65+ with self-reported self-care difficulty	*	3.5%	7.1%
% 65+ with self-reported independent living difficulty	*	7.3%	13.0%
CAREGIVING			
# 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		0.68%	0.71%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	9.4%	15.0%
% 65+ Medicare managed care enrollees	*	44.1%	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		42	1,176
# of hospitals		1	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		1	31
SERVICE UTILIZATION			
# physician visits per year	*	8.5	7.8
# emergency room visits/1000 persons 65+ years annually	*	576.9	500.0
# Part D monthly prescription fills per person annually	*	52.6	54.2
# home health visits annually	*	2.2	3.0
# durable medical equipment claims annually		1.7	1.9
# inpatient hospital stays/1000 persons 65+ years annually		217.8	230.9
% Medicare inpatient hospital readmissions (as % of admissions)		15.5%	17.1%
# skilled nursing facility stays/1000 persons 65+ years annually		67.4	76.0
# skilled nursing home Medicare beds/1000 persons 65+ years		39.3	41.2
% 65+ getting Medicaid long term services and supports	*	2.9%	4.0%
% 65+ hospice users		3.8%	3.4%
% 65+ hospice users as % of decedents		52.8%	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.

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

Questions or Ideas? Beth.dugan@umb.edu



Point32Health Foundation

In partnership with



Point32Health companies