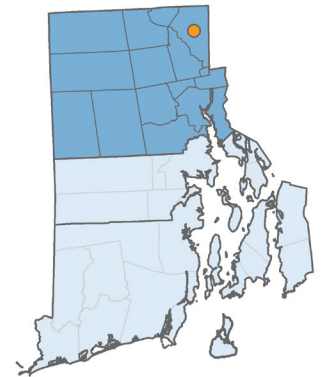


Cumberland (Providence)

Cumberland is a town in Providence County with 6,420 residents aged 65 and older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of falls, depression, anxiety disorders, and PTSD. However, they have higher rates of cataract and high cholesterol. Community resources for healthy aging include one public library, one senior center, two assisted living facilities, an Alzheimer's caregiver support group, two skilled nursing facilities, and five primary care providers.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		36,276	1,094,250
Population 60 years or older as % of total population		24.7%	25.0%
Total population 60 years and older		8,964	273,831
Population 65 years or older as % of total population		17.7%	17.9%
Total population 65 years and older		6,420	195,378
% 65-74 years		59.0%	57.8%
% 75-84 years		28.4%	29.0%
% 85 years or older		12.5%	13.2%
% 65+ population who are female		58.3%	56.3%
% 85+ population who are female		69.9%	67.8%
Race and ethnicity of the population 65+			
% White	*	95.3%	88.6%
% African American	*	0.4%	3.1%
% Asian		2.2%	1.8%
% Other race(s)	*	2.2%	6.5%
% Hispanic	*	2.3%	5.9%
# 55+ who are Native American / Alaskan		0	832
Marital status of the population 65+			
% married	*	56.7%	51.6%
% divorced/separated		11.8%	16.9%
% widowed		26.1%	22.2%
% never married	*	5.5%	9.3%
Education of the population 65+			
% with less than high school education		16.4%	14.9%
% with high school or some college		50.9%	53.3%
% with college degree		17.9%	15.9%
% with graduate or professional degree		14.8%	16.0%
% 65+ population who speak only English at home		81.1%	83.3%
% 65+ population who are veterans of military service		11.6%	14.6%
% 60+ LGBT		3.7%	4.3%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone		27.5%	29.3%
Average household size (all ages)	*	2.5	2.4
Median house value (all ages)	*	\$370,600	\$343,100
% 60+ own home	*	76.3%	71.7%
% 60+ homeowners who have mortgage		47.3%	48.4%
% 65+ households (renter) spend >35% of income on housing		45.2%	38.9%
% 65+ households (owner) spend >35% of income on housing		23.9%	25.2%
% grandparents who live with grandchildren		1.8%	2.8%
# of assisted living sites		2	63
SOCIAL DETERMINANTS OF HEALTH			
COST OF LIVING			
Elder Index			
Single, homeowner without mortgage, good health (County)	0.98	\$26,640	\$27,168
Single, renter, good health (County)	0.99	\$29,844	\$30,216
Couple, homeowner without mortgage, good health (County)	0.99	\$38,736	\$39,264
Couple, renter, good health (County)	0.99	\$41,940	\$42,312
ECONOMIC			
% 60+ receiving food stamps in past year	*	9.5%	14.7%
% 65+ employed in past year		18.3%	19.2%
% 65+ with income below the poverty line in past year	*	7.3%	10.7%
Median annual income for households with a householder age 65+		\$55,313	\$56,242
% 65+ households with annual income < \$20,000		22.7%	19.1%
% 65+ households with annual income \$20,000-\$49,999		22.8%	26.8%
% 65+ households with annual income \$50,000-\$99,999		23.8%	26.1%
% 65+ households with annual income \$100,000+		30.7%	28.0%
WELLNESS			
% 60+ getting the recommended hours of sleep		64.5%	63.1%
% 60+ doing any physical activity in past month		74.6%	73.5%
% 60+ met CDC guidelines for muscle-strengthening activity		24.9%	26.1%
% 60+ met CDC guidelines for aerobic physical activity		55.6%	55.4%
% 60+ with fair or poor self-reported health status		15.8%	17.9%
% 60+ with 15+ physically unhealthy days in past month		13.4%	13.6%
% 60+ who reported being satisfied with life		96.6%	95.5%
COMMUNITY			
Annual # unhealthy days due to air pollution for 65+ (County)		4	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		1	34
# of Osher Lifelong Learning Institutes (OLLI)		0	1
% households with a smartphone (all ages)		84.7%	85.8%
% households with only a smartphone to access Internet (all ages)		6.1%	8.2%

SOCIAL DETERMINANTS OF HEALTH	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
% households without a computer (all ages)		9.6%	7.1%
% households with access to Broadband (all ages)		88.6%	89.2%
% households without access to the Internet (all ages)		11.3%	10.7%
% 60+ who used Internet in past month		68.7%	71.4%
Voter participation rate in 2020 election (age 18+)		71.2%	68.3%
Homicide rate/100,000 persons (County)		3.0	2.1
# firearm fatalities (all ages) (County)		142	226
# 65+ deaths by suicide (County)		43	92
Age-sex adjusted 1-year mortality rate		3.8%	4.3%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		87.4%	86.2%
% 60+ who always drive or ride wearing a seatbelt	B	94.8%	92.3%
% 60+ drove under influence		1.5%	1.9%
# fatal crashes involving adult age 60+ (County)		57	94
AllTransit Score		1.45	2.85
HEALTH OUTCOMES			
FALLS			
% 60+ who fell in past year	B	22.0%	26.0%
% 60+ who were injured by a fall in past year		8.3%	10.0%
% 65+ with hip fracture		3.3%	3.1%
PREVENTION			
% 60+ with physical exam/check-up in past year		95.1%	93.0%
% 60+ flu shot in past year		70.7%	67.8%
% 60+ with pneumonia vaccine		63.7%	64.2%
% 60+ with shingles vaccine		37.7%	37.8%
% 60+ women with mammogram in past 2 years		82.7%	82.1%
% 60+ had colorectal cancer screening		68.3%	68.7%
% 60+ with HIV test	*	17.4%	23.5%
% 60+ with optimal preventive health		34.3%	32.3%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.1%	18.8%
% 60+ stressed about buying food in past month	B	8.9%	12.3%
% 60+ self-reported obese		26.9%	27.1%
% 65+ with high cholesterol	W	81.8%	79.3%
% 60+ with high cholesterol screening		98.1%	97.3%
ORAL HEALTH			
% 60+ with dental insurance		66.1%	65.1%
% 60+ with annual dental exam		80.8%	77.5%
# dentists per 100,000 persons (all ages) (County)		46.2	53.0
% 60+ with loss of 6+ teeth		24.1%	26.0%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.7%	12.0%
% 65+ with anemia		46.6%	47.0%
% 65+ with asthma		13.9%	15.0%
% 65+ with atrial fibrillation		15.1%	14.3%
% 65+ with benign prostatic hyperplasia (men)		42.4%	43.3%
% 65+ with breast cancer (women)		11.4%	11.5%
% 65+ with cataract	W	67.9%	65.0%
% 65+ with chronic kidney disease		35.1%	34.0%
% 65+ with chronic obstructive pulmonary disease		20.0%	20.8%
% 65+ with colon cancer		2.8%	2.4%
% 65+ with congestive heart failure		21.5%	20.0%
% 65+ with diabetes		32.1%	32.4%
% 65+ with endometrial cancer (women)		2.5%	2.3%
% 65+ with fibromyalgia, chronic pain, and fatigue		32.1%	33.7%
% 65+ with glaucoma		27.3%	26.3%
% 65+ ever had a heart attack		5.7%	5.3%
% 65+ with HIV/AIDS		0.21%	0.19%
% 65+ with hypertension		77.8%	75.8%
% 65+ with ischemic heart disease		41.3%	39.4%
% 65+ with liver disease		13.0%	13.0%
% 65+ with lung cancer		1.7%	2.0%
% 65+ with migraine and other chronic headache		7.5%	8.3%
% 65+ with osteoarthritis or rheumatoid arthritis		56.9%	57.3%
% 65+ with osteoporosis		19.9%	18.9%
% 65+ with peripheral vascular disease		24.5%	23.1%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.7%
% 65+ with prostate cancer (men)		13.6%	13.4%
% 65+ with stroke		11.4%	11.6%
% 65+ with 4+ (out of 15) chronic conditions		63.7%	63.0%
% 65+ with 0 chronic conditions		6.5%	7.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		1,117	1,699
% 65+ with substance use disorder		8.1%	8.4%
% 60+ who used marijuana in past month		4.4%	4.9%
% 60+ excessive drinking		7.5%	10.0%
% 65+ with tobacco use disorder		10.8%	12.1%
% 60+ current smokers		8.8%	8.8%
% 60+ ever used E-Cigarettes in past month		1.9%	1.6%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support		79.0%	77.5%
% 60+ with 15+ days poor mental health in past month		8.0%	8.3%
% 65+ with depression	B	31.7%	34.5%
% 65+ with anxiety disorder	B	31.5%	34.3%
% 65+ with post-traumatic stress disorder	B	1.2%	2.2%
% 65+ with schizophrenia & other psychotic disorder		2.9%	3.1%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.8%	12.2%
% 65+ with self-reported vision difficulty	*	2.5%	5.1%
% 65+ with self-reported cognition difficulty		5.1%	7.0%
% 65+ with self-reported ambulatory difficulty		17.6%	18.7%
% 65+ with self-reported self-care difficulty	*	4.4%	7.1%
% 65+ with self-reported independent living difficulty		10.7%	13.0%
CAREGIVING			
# of Alzheimer's support groups		1	9
% 60+ who provide care to a family/friend in past month		17.3%	22.1%
% grandparents raising grandchildren		0.51%	0.71%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	11.1%	15.0%
% 65+ Medicare managed care enrollees	*	54.4%	51.4%
% 60+ with a regular doctor		97.0%	96.6%
% 60+ who did not see a doctor when needed due to cost		3.8%	3.9%
# of primary care providers		5	1,176
# of hospitals		0	12
# of home health agencies		0	24
# of skilled nursing facilities		2	75
# of hospice agencies		0	9
# of community health centers		0	52
# of adult day health centers		0	31
SERVICE UTILIZATION			
# physician visits per year		7.9	7.8
# emergency room visits/1000 persons 65+ years annually		476.3	500.0
# Part D monthly prescription fills per person annually		54.1	54.2
# home health visits annually		2.9	3.0
# durable medical equipment claims annually		2.0	1.9
# inpatient hospital stays/1000 persons 65+ years annually		229.0	230.9
% Medicare inpatient hospital readmissions (as % of admissions)		15.8%	17.1%
# skilled nursing facility stays/1000 persons 65+ years annually		92.8	76.0
# skilled nursing home Medicare beds/1000 persons 65+ years		23.2	41.2
% 65+ getting Medicaid long term services and supports		3.7%	4.0%
% 65+ hospice users		3.2%	3.4%
% 65+ hospice users as % of decedents		49.2%	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