

Older Adult Health in Every Community

CHANGES SINCE 2016



- 1 Download community profile
- 2 Read the Highlights Report to understand how your community compares to the statewide trends
- 3 Learn about programs and resources
 - Call The POINT at 401-462-4444
 - Visit R.I. Office of Healthy Aging at www.oha.ri.gov

Older Rhode Islanders Are More Diverse; Population Is Growing

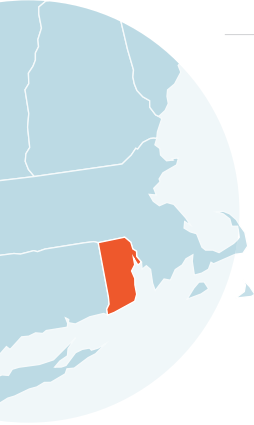
243,523 People age 60+
23% of the population

65+ population increasingly diverse:

+0.6%
Black

+0.3%
Asian

+1.2%
Hispanic/Latinx



Highest %

Of older people age 85+ in **NEW ENGLAND**

3rd Highest %

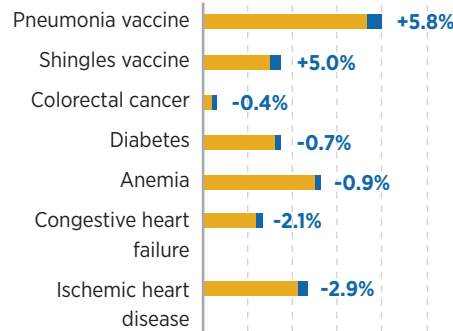
Of older people age 85+ in the **UNITED STATES**

Twice

As many 85+ women as men

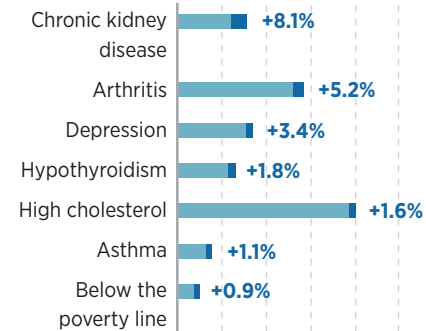
Making Progress

Rates Improved For



More Work to be Done

Rates Worsened For



- 1 Encourage people you know and community leaders to engage in age-friendly movement
- 2 Connect with Age-Friendly R.I. at www.agefriendlyri.org
- 3 Recommend changes for healthy aging

Race Matters

52 Health Indicators have evident disparities

Older Black people had higher rates than older Asians, Hispanics, and Whites in

25 indicators

Including:

- Diabetes
- Hypertension
- Stroke
- Glaucoma
- Congestive heart failure
- Prostate cancer

Older Hispanic people had higher rates than older Asians, Blacks, and Whites in

8 indicators

Including:

- Alzheimer's disease
- Liver disease
- Depression



Gender Matters

Women are more likely to



Eat recommended fruits and veggies daily



Stress about buying food



Have falls



Have depression

Men are more likely to



Meet CDC guidelines for physical activity and screening guidelines



Have heart disease



Have chronic kidney disease



Have diabetes

Where You Live Matters

Most people don't live in long-term care settings



<5% of adults 65+ live in long-term care settings

31% of people 65+ live alone

70% of people 60+ own their home

Diagnosis of indolent chronic diseases are more prevalent in communities with **MORE EDUCATION, HIGHER INCOMES, AND GOOD ACCESS TO MEDICAL CARE**

Serious, complex chronic diseases are more prevalent in communities with **LESS EDUCATION AND LOWER INCOMES**



COVID-19 EXACERBATES EXISTING DISPARITIES in communities of color



- 1 Get involved in local efforts to promote healthy aging
- 2 Use data to prioritize community needs
- 3 Collaborate with diverse partners
- 4 Create opportunities for civic engagement and social connection
- 5 Identify and build upon what's working

Learn more at healthyagingreports.org/rhode-island

