

Middletown (Newport)

Middletown is a town in Newport County with 3,027 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, tooth loss, anemia, chronic kidney disease, congestive heart failure, ischemic heart disease, anxiety disorder, and reported stress about buying food. However, they had higher rates of cataract, pressure ulcers, and prostate cancer. They are more likely to take the health promotion step of doing physical activity, meeting the CDC guidelines for aerobic physical activity, getting a shingles vaccine, and having an annual dental exam. They are more likely to engage in excessive drinking. Community resources to support healthy aging include a hospital and 5 nursing homes within 5 miles; 12 home health agencies, 8 hospice agencies, an Alzheimer's disease support group, a senior center, and a public library.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		16,078	1,056,611
Median age of females		45.1	41.6
Median age of males		41.3	38.1
Population 60 years or older as % of total population		26.7%	23.0%
Total population 60 years or older		4,289	243,523
Population 65 years or older as % of total population		18.8%	16.5%
Total population 65 years or older		3,027	174,210
% 65-74 years		49.9%	55.6%
% 75-84 years		34.5%	28.9%
% 85 years or older		15.6%	15.5%
% 65+ population who are female		61.1%	57.2%
% 85+ population who are female		66.7%	69.7%
Race and ethnicity of the population 65+			
% White	*	96.9%	92.0%
% African American		1.9%	3.2%
% Asian		0.6%	1.6%
% Other race		0.5%	3.3%
% Hispanic/Latino	*	1.5%	4.9%
Marital status of the population 65+			
% married		55.4%	51.3%
% divorced/separated		13.5%	15.7%
% widowed		23.2%	25.0%
% never married		7.9%	8.0%
Education of the population 65+			
% with less than high school education	*	10.9%	19.1%
% with high school or some college		51.9%	52.9%
% with college degree		18.9%	14.2%
% with graduate or professional degree		18.3%	13.9%
% of 65+ population who speak only English at home	*	94.0%	82.9%
% of 65+ population who are veterans of military service		19.5%	19.0%
% of 60+ who are LGBT		2.1%	2.8%
Age-sex adjusted 1-year mortality rate		4.6%	4.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
WELLNESS			
% 60+ getting the recommended hours of sleep		67.2%	63.0%
% 60+ doing any physical activity within last month	B	78.5%	71.0%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	25.0%
% 60+ met CDC guidelines for aerobic physical activity	B	63.5%	54.3%
% 60+ with fair or poor health status		15.9%	19.5%
% 60+ with 15+ physically unhealthy days in last month		13.3%	14.5%
FALLS			
% 60+ who fell within last year		28.7%	26.3%
% 60+ who were injured in a fall within last year		10.2%	10.3%
% 65+ had hip fracture		3.9%	3.4%
PREVENTION			
% 60+ with physical exam/check-up in last year	W	89.4%	93.0%
% 60+ flu shot in last year		60.2%	60.6%
% 60+ with pneumonia vaccine		66.5%	67.7%
% 60+ with shingles vaccine	B	42.9%	35.3%
% 60+ women with a mammogram within last 2 years		78.8%	82.0%
% 60+ with colorectal cancer screening		81.1%	77.8%
% 60+ with HIV test		16.2%	15.8%
% 60+ met CDC preventive health screening goals		42.5%	39.2%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		21.2%	18.1%
% 65+ with poor supermarket access		34.9%	23.6%
% 60+ stressed about buying food in last month	B	8.0%	13.2%
% 60+ self-reported obese		24.1%	26.8%
% 65+ clinically diagnosed obesity		26.8%	29.3%
% 65+ with high cholesterol	B	75.3%	79.1%
% 60+ with cholesterol screening		97.6%	96.9%
ORAL HEALTH			
% 60+ with dental insurance		55.8%	56.3%
% 60+ with annual dental exam	B	84.4%	75.9%
# of dentists per 100,000 persons (all ages)		124.7	64.7
% 60+ with loss of 6 or more teeth	B	21.8%	29.6%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.4%	13.1%
% 65+ with anemia	B	46.6%	50.0%
% 65+ with asthma		15.1%	14.9%
% 65+ with atrial fibrillation		16.0%	15.0%
% 65+ with autism spectrum disorder		N/A	0.04%
% 65+ with benign prostatic hyperplasia (men)		45.1%	42.2%
% 65+ with breast cancer (women)		11.9%	11.1%
% 65+ with cataract	W	71.4%	67.5%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with chronic kidney disease	B	27.8%	30.7%
% 65+ with chronic obstructive pulmonary disease		24.1%	22.9%
% 65+ with colon cancer		2.8%	2.7%
% 65+ with congestive heart failure	B	19.4%	21.6%
% 65+ with diabetes		32.7%	34.7%
% 65+ with endometrial cancer (women)		1.6%	1.9%
% 65+ with epilepsy		3.1%	2.9%
% 65+ with fibromyalgia, chronic pain and fatigue		25.9%	25.4%
% 65+ with glaucoma		29.1%	27.0%
% 65+ ever had a heart attack		4.9%	5.8%
% 65+ with HIV/AIDS		0.10%	0.12%
% 65+ with hypertension		76.1%	78.0%
% 65+ with hypothyroidism		22.9%	22.4%
% 65+ with ischemic heart disease	B	38.4%	41.8%
% 65+ with leukemias and lymphomas		2.4%	2.7%
% 65+ with liver disease		9.4%	9.9%
% 65+ with lung cancer		1.8%	2.1%
% 65+ with migraine and other chronic headache		7.5%	6.1%
% 65+ with osteoarthritis or rheumatoid arthritis		55.8%	56.2%
% 65+ with osteoporosis		19.3%	19.6%
% 65+ with peripheral vascular disease		26.9%	25.6%
% 65+ with pressure ulcer or chronic ulcer	W	10.2%	8.1%
% 65+ with prostate cancer (men)	W	16.7%	13.4%
% 65+ with stroke		12.4%	11.9%
% 65+ with traumatic brain injury		1.2%	1.0%
% 65+ with 4+ (out of 15) chronic conditions		62.1%	63.8%
% 65+ with 0 chronic conditions		7.0%	7.0%
BEHAVIORAL HEALTH			
# opioid deaths (all ages)		13	1,654
% 65+ with opioid use disorder		1.6%	1.9%
% 65+ with substance use disorder		7.1%	7.0%
% 60+ who used marijuana in last month		N/A	3.4%
% 60+ excessive drinking	W	13.3%	9.3%
% 65+ with tobacco use disorder		9.4%	10.8%
% 60+ current smokers		7.6%	8.7%
% 60+ ever used E-Cigarettes in last month		3.9%	5.8%
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support		82.3%	79.7%
% 60+ who reported being satisfied with life		96.8%	95.3%
% 60+ with 15+ days poor mental health in last month		6.1%	7.4%
% 65+ with depression		31.6%	32.9%
% 65+ with anxiety disorder	B	27.3%	29.8%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with bipolar disorder		3.6%	4.1%
% 65+ with post-traumatic stress disorder		1.8%	1.7%
% 65+ with schizophrenia & other psychotic disorder		4.4%	3.8%
% 65+ with personality disorder		2.4%	2.8%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.2%	13.9%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.0%	16.4%
% 65+ with self-reported vision difficulty		7.2%	5.5%
% 65+ with clinical diagnosis of blindness or visual impairment		1.3%	1.1%
% 65+ with self-reported cognition difficulty		5.6%	8.2%
% 65+ with self-reported ambulatory difficulty		23.3%	21.0%
% 65+ with clinical diagnosis of mobility impairment		4.1%	3.8%
% 65+ with self-reported self-care difficulty		6.4%	8.0%
% 65+ with self-reported independent living difficulty		13.2%	14.3%
CAREGIVING			
# of Alzheimer's disease specific support groups		1	16
# of Memory Cafes		0	10
% of 60+ who provide care to a family/friend in last month		27.3%	22.5%
% of grandparents raising grandchildren		0.5%	1.0%
% of grandparents who live with grandchildren	*	1.1%	3.2%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	9.1%	13.8%
% 65+ Medicare managed care enrollees	*	29.8%	43.8%
% 60+ with a regular doctor		96.3%	96.7%
% 60+ who did not see a doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		85	1,605
# of hospitals within 5 miles		1	13
# of home health agencies		12	23
# of nursing homes within 5 miles		5	80
# of community health centers		0	43
# of adult day health centers		0	31
# of hospice agencies		8	18
SERVICE UTILIZATION			
# physician visits per year		8.7	8.4
# emergency room visits/1000 persons 65+ years annually	*	752.3	620.6
# Part D monthly prescription fills per person annually		50.6	52.2
# home health visits annually		3.8	3.5
# durable medical equipment claims annually		1.6	1.7
# inpatient hospital stays/1000 persons 65+ years annually		296.2	286.5
% Medicare inpatient hospital readmissions (as % of admissions)		14.9%	17.4%
# skilled nursing facility stays/1000 persons 65+ years annually		95.1	98.8

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# skilled nursing home Medicare beds/1000 persons 65+ years		78.9	47.1
% 65+ getting Medicaid long term services and supports		4.8%	4.2%
% 65+ hospice users		4.1%	3.5%
% 65+ hospice users as % of decedents		59.4%	53.0%
Median hospice days per hospice user (65+, deceased)		13.0	11.0
Median hospice payment (Medicare + other) per hospice user		\$3,760.81	\$3,870.97
COMMUNITY			
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
Age-friendly efforts in community		Not yet	Yes
# of senior centers		1	32
# of universities and community colleges		0	19
# of public libraries		1	71
# of YMCAs		0	15
% in county with access to broadband (all ages)		94.3%	98.1%
% 60+ who used Internet in last month	*	79.1%	71.6%
Voter participation rate in 2016 election (age 18+)		61.1%	55.0%
% 60+ who believe local service orgs understand needs	*	53.7%	44.1%
% 60+ who believe he/she can make a difference	*	61.7%	52.2%
% 60+ who believe working together can make a difference		84.1%	81.0%
% 60+ who volunteer at least once per month	*	28.4%	22.9%
% 60+ who attend community events (church, club) monthly	*	54.4%	44.4%
SAFETY & CRIME			
Violent crime rate /100,000 persons		90.6	220.3
Homicide rate /100,000 persons (county)		2	2
# firearm fatalities (all ages) (county)		67	895
Property crime rate /100,000 persons		1208.5	1,678.4
# 65+ deaths by suicide (county)		11	57
TRANSPORTATION			
% 65+ who own a motor vehicle	*	91.1%	85.0%
% 60+ who always drive or ride wearing a seatbelt		92.5%	91.9%
% 60+ who drove under the influence of drinking in last month		N/A	2.0%
# of fatal crashes involving adult age 60+/town		0	82
# of fatal crashes involving adult age 60+/county		5	82
HOUSING			
% 65+ population who live alone		31.0%	31.4%
Average household size (all ages)		2.3	2.5
Median house value		\$363,900.00	\$249,800.00
% 60+ own home		70.4%	70.3%
% 60+ homeowners who have mortgage		45.5%	48.7%
% 60+ stressed about paying rent/mortgage in last month		17.5%	22.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		47.1%	39.2%
% 65+ households (owner) spend >35% of income on housing	*	29.1%	27.6%
% 65+ moved within same county in last year		4.9%	3.6%
% 65+ moved from different county in last year		0.8%	1.0%
% 65+ moved from different state in last year		1.7%	1.1%
# of assisted living sites		2	62
% of vacant homes in community		12.8%	12.1%
ECONOMIC			
% 60+ receiving food benefits in last year		9.4%	15.0%
% 65+ employed in last year		26.0%	21.9%
% 65+ with income below the poverty line in last year		8.9%	9.5%
Median household income		\$69,562.00	\$63,296.00
% 65+ households with annual income < \$20,000		19.9%	24.3%
% 65+ households with annual income \$20,000-\$49,999		33.8%	32.2%
% 65+ households with annual income \$50,000-\$99,999		29.3%	24.8%
% 65+ households with annual income \$100,000+		17.1%	18.7%
COST OF LIVING			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Elder Index			
Single, homeowner without mortgage, good health	1.07	\$25,200.00	\$23,484.00
Single, renter, good health	1.07	\$27,264.00	\$25,560.00
Couple, homeowner without mortgage, good health	1.05	\$35,700.00	\$33,984.00
Couple, renter, good health	1.05	\$37,764.00	\$36,060.00

TECHNICAL NOTES

*See our technical report (online at <https://healthyagingdatareports.org>) for more information on data sources, measures, and methodology. 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. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. 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 2014-2018).
- Wellness, Falls, Prevention, Nutrition/Diet, Oral Health: The Behavioral Risk Factor Surveillance System (2012-2017), the USDA Food Atlas (2017), CMS (2016-2017).
- Chronic Disease: The CMS Master Beneficiary Summary File ABCD/Other (2016-2017).
- Behavioral Health, Mental Health: BRFSS (2012-2017), CMS (2016-2017), CDC Wonder website (2016-2020).
- Living with Disability: CMS (2016-2017) and ACS (2014-2018).
- Caregiving: BRFSS (2012-2017), memorycafedirectory.com (2020), and the Alzheimer's Assoc. (May 2018).
- Access to Care: BRFSS (2012-2017), CMS (2017), Medicare.gov (May 2020), and RI Health Center Association (2020), and RI Department of Health.
- Service Utilization: CMS (2017), and Medicare Nursing Home Compare (May 2020).
- Community: BRFSS (2012-2017), AARP (2020 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), New England Commission of Higher Education (2020), Office of Library and Information Services (2021), U.S. Environmental Protection Agency Air Compare (2018), RI YMCA (May 2020), the Federal Communications Commission (2018), and BRFSS (2012-2017).
- Safety & Crime: U.S. Department of Justice Federal Bureau of Investigation (2017-2018), the County Health Rankings (2016-2020).
- Transportation: BRFSS (2012-2017), ACS (2014-2018), and the National Highway Traffic Safety Administration (2014-2018).
- Housing & Economic: BRFSS (2012-2017), ACS (2014-2018).
- Cost of Living: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (2019).

Healthy Aging Data Report Team: Many people contributed to this research. The 2020 research team: Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Frank Porell PhD, ShuangShuang Wang PhD, Haowei Wang PhD, Xiao Joyce Wang, Richard Chunga, Taylor Jansen, & Shu Xu from the Gerontology Institute at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Questions? Beth.dugan@umb.edu (Revised 1/5/2021)