

Providence (Providence)

Providence is an Age-Friendly city in Providence County with 18,252 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, anemia, atrial fibrillation, benign prostatic hyperplasia, cataract, COPD, colon cancer, glaucoma, hypertension, hypothyroidism, ischemic heart disease, and arthritis. However, they had higher rates of tooth loss, kidney disease, diabetes, substance and tobacco use disorder, depression, bipolar disorder, PTSD, schizophrenia, and visual impairment. They were less likely to report getting the recommended hours of sleep, having colorectal cancer and cholesterol screening, and having an annual dental exam. Community resources include access to many medical services and supportive services such as dementia support groups, a Memory Cafe, adult day centers, 3 senior centers, 7 university/community colleges, 10 public libraries, and 2 YMCAs.



POPULATION CHARACTERISTICS	Significantly different than STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		179,435	1,056,611
Median age of females		30.2	41.6
Median age of males		29.9	38.1
Population 60 years or older as % of total population		14.4%	23.0%
Total population 60 years or older		25,805	243,523
Population 65 years or older as % of total population		10.2%	16.5%
Total population 65 years or older		18,252	174,210
% 65-74 years		54.1%	55.6%
% 75-84 years		29.8%	28.9%
% 85 years or older		16.2%	15.5%
% 65+ population who are female		58.8%	57.2%
% 85+ population who are female		67.7%	69.7%
Race and ethnicity of the population 65+			
% White	*	68.1%	92.0%
% African American	*	14.6%	3.2%
% Asian	*	3.8%	1.6%
% Other race		13.4%	3.3%
% Hispanic/Latino	*	25.9%	4.9%
Marital status of the population 65+			
% married	*	38.8%	51.3%
% divorced/separated	*	18.8%	15.7%
% widowed		25.4%	25.0%
% never married	*	17.1%	8.0%
Education of the population 65+			
% with less than high school education	*	31.1%	19.1%
% with high school or some college	*	43.4%	52.9%
% with college degree	*	9.7%	14.2%
% with graduate or professional degree		15.7%	13.9%
% of 65+ population who speak only English at home	*	59.9%	82.9%
% of 65+ population who are veterans of military service	*	11.6%	19.0%
% of 60+ who are LGBT		3.6%	2.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
WELLNESS			
% 60+ getting the recommended hours of sleep	W	54.4%	63.0%
% 60+ doing any physical activity within last month		70.7%	71.0%
% 60+ met CDC guidelines for muscle-strengthening activity		23.5%	25.0%
% 60+ met CDC guidelines for aerobic physical activity		48.8%	54.3%
% 60+ with fair or poor health status	W	32.0%	19.5%
% 60+ with 15+ physically unhealthy days in last month		18.7%	14.5%
FALLS			
% 60+ who fell within last year		26.9%	26.3%
% 60+ who were injured in a fall within last year		11.7%	10.3%
% 65+ had hip fracture		3.1%	3.4%
PREVENTION			
% 60+ with physical exam/check-up in last year		92.5%	93.0%
% 60+ flu shot in last year		60.9%	60.6%
% 60+ with pneumonia vaccine		63.6%	67.7%
% 60+ with shingles vaccine		32.3%	35.3%
% 60+ women with a mammogram within last 2 years		78.9%	82.0%
% 60+ with colorectal cancer screening	W	72.0%	77.8%
% 60+ with HIV test	*	25.6%	15.8%
% 60+ met CDC preventive health screening goals		33.6%	39.2%
NUTRITION & DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		20.3%	18.1%
% 65+ with poor supermarket access		4.8%	23.6%
% 60+ stressed about buying food in last month	W	21.0%	13.2%
% 60+ self-reported obese		26.9%	26.8%
% 65+ clinically diagnosed obesity		28.6%	29.3%
% 65+ with high cholesterol	B	74.6%	79.1%
% 60+ with cholesterol screening	W	94.2%	96.9%
ORAL HEALTH			
% 60+ with dental insurance		55.9%	56.3%
% 60+ with annual dental exam	W	69.9%	75.9%
# of dentists per 100,000 persons (all ages)		67.7	64.7
% 60+ with loss of 6 or more teeth	W	36.6%	29.6%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.8%	13.1%
% 65+ with anemia	B	48.0%	50.0%
% 65+ with asthma		14.6%	14.9%
% 65+ with atrial fibrillation	B	12.3%	15.0%
% 65+ with autism spectrum disorder		N/A	0.04%
% 65+ with benign prostatic hyperplasia (men)	B	38.8%	42.2%
% 65+ with breast cancer (women)		10.1%	11.1%
% 65+ with cataract	B	61.6%	67.5%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with chronic kidney disease	W	32.8%	30.7%
% 65+ with chronic obstructive pulmonary disease	B	20.3%	22.9%
% 65+ with colon cancer	B	2.1%	2.7%
% 65+ with congestive heart failure		21.2%	21.6%
% 65+ with diabetes	W	38.3%	34.7%
% 65+ with endometrial cancer (women)		1.4%	1.9%
% 65+ with epilepsy		3.0%	2.9%
% 65+ with fibromyalgia, chronic pain and fatigue		24.0%	25.4%
% 65+ with glaucoma	B	25.4%	27.0%
% 65+ ever had a heart attack		5.7%	5.8%
% 65+ with HIV/AIDS	*	0.57%	0.12%
% 65+ with hypertension	B	75.0%	78.0%
% 65+ with hypothyroidism	B	19.5%	22.4%
% 65+ with ischemic heart disease	B	39.7%	41.8%
% 65+ with leukemias and lymphomas		2.4%	2.7%
% 65+ with liver disease		10.3%	9.9%
% 65+ with lung cancer		2.4%	2.1%
% 65+ with migraine and other chronic headache		5.7%	6.1%
% 65+ with osteoarthritis or rheumatoid arthritis	B	50.6%	56.2%
% 65+ with osteoporosis		19.6%	19.6%
% 65+ with peripheral vascular disease		26.3%	25.6%
% 65+ with pressure ulcer or chronic ulcer		7.7%	8.1%
% 65+ with prostate cancer (men)		12.8%	13.4%
% 65+ with stroke		11.2%	11.9%
% 65+ with traumatic brain injury		0.8%	1.0%
% 65+ with 4+ (out of 15) chronic conditions	B	61.5%	63.8%
% 65+ with 0 chronic conditions	B	9.2%	7.0%
BEHAVIORAL HEALTH			
# opioid deaths (all ages)		454	1,654
% 65+ with opioid use disorder		2.2%	1.9%
% 65+ with substance use disorder	W	8.1%	7.0%
% 60+ who used marijuana in last month		N/A	3.4%
% 60+ excessive drinking		9.5%	9.3%
% 65+ with tobacco use disorder	W	12.5%	10.8%
% 60+ current smokers		8.8%	8.7%
% 60+ ever used E-Cigarettes in last month		5.6%	5.8%
MENTAL HEALTH			
% 60+ who reported receiving adequate emotional support	W	72.1%	79.7%
% 60+ who reported being satisfied with life		94.3%	95.3%
% 60+ with 15+ days poor mental health in last month		10.1%	7.4%
% 65+ with depression	W	35.7%	32.9%
% 65+ with anxiety disorder		28.6%	29.8%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with bipolar disorder	W	5.0%	4.1%
% 65+ with post-traumatic stress disorder	W	2.4%	1.7%
% 65+ with schizophrenia & other psychotic disorder	W	5.2%	3.8%
% 65+ with personality disorder		3.2%	2.8%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		11.5%	13.9%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.6%	16.4%
% 65+ with self-reported vision difficulty		7.4%	5.5%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.5%	1.1%
% 65+ with self-reported cognition difficulty	W	14.5%	8.2%
% 65+ with self-reported ambulatory difficulty	W	27.8%	21.0%
% 65+ with clinical diagnosis of mobility impairment		4.3%	3.8%
% 65+ with self-reported self-care difficulty	W	14.6%	8.0%
% 65+ with self-reported independent living difficulty	W	22.8%	14.3%
CAREGIVING			
# of Alzheimer's disease specific support groups		3	16
# of Memory Cafes		1	10
% of 60+ who provide care to a family/friend in last month		19.2%	22.5%
% of grandparents raising grandchildren		1.0%	1.0%
% of grandparents who live with grandchildren	*	4.6%	3.2%
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	35.0%	13.8%
% 65+ Medicare managed care enrollees	*	45.1%	43.8%
% 60+ with a regular doctor		95.3%	96.7%
% 60+ who did not see a doctor when needed due to cost	W	9.6%	5.4%
# of primary care providers within 5 miles		307	1,605
# of hospitals within 5 miles		8	13
# of home health agencies		24	23
# of nursing homes within 5 miles		25	80
# of community health centers		12	43
# of adult day health centers		7	31
# of hospice agencies		11	18
SERVICE UTILIZATION			
# physician visits per year	*	7.2	8.4
# emergency room visits/1000 persons 65+ years annually	*	714.6	620.6
# Part D monthly prescription fills per person annually	*	53.9	52.2
# home health visits annually		3.6	3.5
# durable medical equipment claims annually		1.6	1.7
# inpatient hospital stays/1000 persons 65+ years annually		306.6	286.5
% Medicare inpatient hospital readmissions (as % of admissions)		19.2%	17.4%
# skilled nursing facility stays/1000 persons 65+ years annually		106.9	98.8

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
# skilled nursing home Medicare beds/1000 persons 65+ years		54.2	47.1
% 65+ getting Medicaid long term services and supports	*	7.0%	4.2%
% 65+ hospice users		3.3%	3.5%
% 65+ hospice users as % of decedents	*	47.9%	53.0%
Median hospice days per hospice user (65+, deceased)		14.0	11.0
Median hospice payment (Medicare + other) per hospice user	*	\$4,573.30	\$3,870.97
COMMUNITY			
Air pollution: annual # of unhealthy days for 65+ (county)		8	N/A
Age-friendly efforts in community		Yes	Yes
# of senior centers		3	32
# of universities and community colleges		7	19
# of public libraries		10	71
# of YMCAs		2	15
% in county with access to broadband (all ages)		98.4%	98.1%
% 60+ who used Internet in last month	*	60.8%	71.6%
Voter participation rate in 2016 election (age 18+)		40.2%	55.0%
% 60+ who believe local service orgs understand needs		39.4%	44.1%
% 60+ who believe he/she can make a difference		48.4%	52.2%
% 60+ who believe working together can make a difference		77.6%	81.0%
% 60+ who volunteer at least once per month		22.0%	22.9%
% 60+ who attend community events (church, club) monthly		43.5%	44.4%
SAFETY & CRIME			
Violent crime rate /100,000 persons		494.1	220.3
Homicide rate /100,000 persons (county)		3	2
# firearm fatalities (all ages) (county)		572	895
Property crime rate /100,000 persons		3223.1	1,678.4
# 65+ deaths by suicide (county)		24	57
TRANSPORTATION			
% 65+ who own a motor vehicle	*	67.1%	85.0%
% 60+ who always drive or ride wearing a seatbelt		89.8%	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		11	82
# of fatal crashes involving adult age 60+/county		52	82
HOUSING			
% 65+ population who live alone	*	37.6%	31.4%
Average household size (all ages)		2.7	2.5
Median house value		\$192,100.00	\$249,800.00
% 60+ own home	*	47.8%	70.3%
% 60+ homeowners who have mortgage		53.7%	48.7%
% 60+ stressed about paying rent/mortgage in last month	W	34.2%	22.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ households (renter) spend >35% of income on housing		33.7%	39.2%
% 65+ households (owner) spend >35% of income on housing	*	32.1%	27.6%
% 65+ moved within same county in last year		5.0%	3.6%
% 65+ moved from different county in last year	*	0.4%	1.0%
% 65+ moved from different state in last year		1.0%	1.1%
# of assisted living sites		10	62
% of vacant homes in community	*	15.4%	12.1%
ECONOMIC			
% 60+ receiving food benefits in last year		35.7%	15.0%
% 65+ employed in last year		19.6%	21.9%
% 65+ with income below the poverty line in last year	*	19.2%	9.5%
Median household income		\$42,158.00	\$63,296.00
% 65+ households with annual income < \$20,000	*	40.3%	24.3%
% 65+ households with annual income \$20,000-\$49,999	*	26.7%	32.2%
% 65+ households with annual income \$50,000-\$99,999	*	17.7%	24.8%
% 65+ households with annual income \$100,000+	*	15.3%	18.7%
COST OF LIVING			
	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Elder Index			
Single, homeowner without mortgage, good health	0.98	\$23,112.00	\$23,484.00
Single, renter, good health	0.99	\$25,344.00	\$25,560.00
Couple, homeowner without mortgage, good health	0.99	\$33,612.00	\$33,984.00
Couple, renter, good health	0.99	\$35,844.00	\$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)