Opportunity to reimagine aging in Wyoming

Wyoming’s aging population (65+) is growing more quickly than total state population

Aging Population Density

Increase in Wyoming Population 65+
Between 2010 and 2021, the aging population increased 47% while the total population grew only 2.5%

The time to act is now

16.4% of Wyoming 65+
61% of the aging population is “young-old” in the 65-74 age group

1 in 5 Frontier residents are 65+

56% of 55+ Native American population live in Fremont county

5 years lower life expectancy in Fremont county (73) vs. state average (78)
1.5X higher COVID mortality rate in Fremont county (513.7) vs. state average (340.4)

Social Determinants of Health

Place

74% of WY counties are frontier*
*counties with fewer than seven residents per square mile

On average...

Frontier Counties vs. Urban Counties

<table>
<thead>
<tr>
<th>Health Indicator</th>
<th>Frontier Counties</th>
<th>Urban Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>PCPs</td>
<td>39</td>
<td>245</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>22.5%</td>
<td>28.6%</td>
</tr>
<tr>
<td>Hypertension</td>
<td>38.1%</td>
<td>48.1%</td>
</tr>
</tbody>
</table>

Frontier counties have...

5.3x less access to primary care physicians
less diagnosed chronic disease

Indigenous Health

Accumulated inequities cause health disparities that age-friendly communities can help mitigate

2430 Wyomingites are Native American / Alaskan Natives 55+

of 55+ Native American population live in Fremont county

Lifestyle

The most prevalent chronic conditions among people 65+ in Wyoming are...

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Age 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td>42%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>27%</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>26%</td>
</tr>
<tr>
<td>Ischemic heart disease</td>
<td>21%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>20%</td>
</tr>
</tbody>
</table>

15.6% of 60+ WY adults eat the recommended 5 servings of fruits and vegetables per day

LEARN MORE

healthyagingdata-reports.org

University of Wyoming

College of Agriculture, Life Sciences and Natural Resources

Together We Can Create Change

Understand
- Download your County Profile at healthyagingdata-reports.org
- Educate yourself and others about the older people in your county
- Compare your county to state averages

Engage
- Start a conversation about healthy aging
- Connect with the WY Healthy Aging Coalition by contacting Virginia Vincenti vincenti@uwyo.edu

Act
- Identify what’s working and what isn’t
- Use the data to prioritize needs
- Join the age-friendly movement to create and implement collaborative action plans

LEARN MORE

healthyagingdata-reports.org