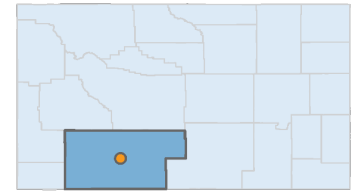


Sweetwater

Sweetwater is a county in Wyoming with 5,292 residents age 65 or older. There are approximately 142 Native American residents age 55 or older. Compared to state average rates, older residents in Sweetwater County are less likely to have a college degree. They are less likely to take the health promotion steps of meeting the CDC guidelines for muscle-strengthening activity or eat 5 or more servings of fruits and vegetables per day. The most prevalent chronic conditions among people age 65+ in Sweetwater County are hypertension (41%), arthritis (24%), and high cholesterol (23%). Community resources to support healthy aging include 87% with a regular doctor, a hospital, 2 home health agencies, a community center, 2 nursing homes, an adult day health center, a hospice agency, and 2 senior centers.



POPULATION CHARACTERISTICS	County rate is significantly different than State rate	COUNTY ESTIMATE	STATE ESTIMATE
Total population all ages		43,352	581,348
Population 60 years or older as % of total population		18.7%	23.3%
Total population 60 years or older		8,103	135,237
Population 65 years or older as % of total population		12.2%	16.4%
Total population 65 years or older		5,292	95,566
% 65-74 years		64.8%	61.2%
% 75-84 years		23.3%	28.3%
% 85 years or older		11.9%	10.5%
% 65+ population who are female		52.3%	51.7%
% 85+ population who are female		55.1%	60.2%
Race and ethnicity of the population 65+			
% White		93.8%	95.6%
% African American		0.8%	0.3%
% Other race(s)		5.4%	4.1%
% Hispanic/Latino		8.6%	4.4%
# 55+ who are Native American / Alaskan		142	2,430
Marital status of the population 65+			
% married		54.4%	60.7%
% divorced/separated		12.9%	15.3%
% widowed		30.0%	20.8%
% never married		2.7%	3.3%
Education of the population 65+			
% with less than high school education		8.4%	7.6%
% with high school or some college		74.5%	64.1%
% with college degree	*	9.9%	16.4%
% with graduate or professional degree		7.2%	11.9%
% of 65+ population who speak only English at home		90.5%	95.3%
% of 65+ population who are veterans of military service		26.1%	22.4%
Life expectancy at birth		76.5	78.1

HEALTHY AGING INDICATORSBETTER / WORSE
STATE RATECOUNTY
ESTIMATESTATE
ESTIMATE**COVID-19**

Total COVID-19 cases March 2020 - January 2023		12,351	183,173
COVID-19 mortality rate per 100,000 people		316.0	340.4
% 65+ had one dose of COVID-19 vaccine		95.0%	95.0%
% 65+ had two doses of COVID-19 vaccine		95.0%	93.5%
% 65+ had bivalent booster of COVID-19 vaccine		53.7%	46.9%

WELLNESS

% 60+ getting the recommended hours of sleep		64.9%	65.9%
% 60+ doing any physical activity within last month		72.1%	71.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	20.9%	27.2%
% 60+ met CDC guidelines for aerobic physical activity		49.6%	55.7%
% 60+ with fair or poor health status		21.5%	19.5%
% 60+ with 15+ physically unhealthy days in last month		13.6%	13.6%

FALLS

% 60+ who fell within last year		31.7%	30.8%
% 60+ who were injured in a fall within last year		12.2%	10.7%

PREVENTION

% 60+ with physical exam/check-up in last year		78.4%	80.5%
% 60+ had flu shot in last year		48.3%	53.8%
% 60+ had pneumonia vaccine		56.3%	59.5%
% 60+ had shingles vaccine		40.2%	37.9%
% 60+ women with a mammogram within last 2 years		63.5%	67.6%
% 60+ with colorectal cancer screening		52.7%	51.9%
% 60+ with HIV test		16.2%	16.7%
% 60+ met CDC preventive health screening goals		22.2%	22.9%

CHRONIC DISEASE

% 65+ with Alzheimer's disease or related dementias		9.5%	8.2%
% 65+ with arthritis		23.9%	27.0%
% 65+ with asthma		3.4%	2.8%
% 65+ with atrial fibrillation		6.5%	7.1%
% 65+ with cancer (breast, colorectal, lung, prostate)		6.1%	7.1%
% 65+ with chronic kidney disease		16.4%	15.6%
% 65+ with chronic obstructive pulmonary disease (COPD)		12.9%	10.3%
% 65+ with diabetes		21.8%	19.7%
% 65+ with high cholesterol		22.8%	25.5%
% 65+ with heart failure		13.7%	11.2%
% 65+ with hypertension		41.0%	41.9%
% 65+ with ischemic heart disease		19.6%	21.1%
% 65+ with osteoporosis		3.8%	5.1%
% 65+ with stroke		2.1%	2.2%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COUNTY ESTIMATE	STATE ESTIMATE
NUTRITION & DIET			
% 60+ with 5 or more servings of fruits or vegetables per day	W	11.5%	15.6%
% 60+ self-reported obese		31.1%	28.4%
% 60+ with cholesterol screening		90.8%	93.0%
ORAL HEALTH			
% 60+ with annual dental exam		70.2%	69.4%
# of dentists per 100,000 persons (all ages)		48.1	52.8
% 60+ with loss of 6 or more teeth		28.7%	28.7%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		103	1,225
% 60+ current smokers		10.1%	11.1%
% 60+ ever used E-Cigarettes in last Month		7.5%	8.3%
% 60+ who used marijuana in last month		2.5%	2.4%
% 60+ excessive drinking		8.0%	7.8%
% 65+ with alcohol abuse disorder		1.5%	1.3%
% 65+ with drug abuse/substance abuse disorder		2.0%	1.1%
MENTAL HEALTH			
% 60+ with 15+ days poor mental health in last month		6.5%	6.9%
% 65+ with depression		12.0%	12.9%
% 65+ with schizophrenia & other psychotic disorder		0.7%	0.7%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		19.3%	18.6%
% 65+ with self-reported vision difficulty		5.9%	6.1%
% 65+ with self-reported cognition difficulty		5.7%	6.5%
% 65+ with self-reported ambulatory difficulty		20.5%	19.2%
% 65+ with self-reported self-care difficulty		6.1%	4.8%
% 65+ with self-reported independent living difficulty		11.0%	9.4%
CAREGIVING			
% of grandparents raising grandchildren		2.2%	1.2%
% of grandparents who live with grandchildren		3.7%	2.5%
ACCESS TO CARE			
% 60+ with a regular doctor		86.7%	85.7%
% 60+ who did not see a doctor when needed due to cost		7.5%	6.4%
# of primary care providers in county		70	1,460
# of hospitals in county		1	29
# of home health agencies in county		2	31
# of nursing homes in county		2	35
# of community health centers in county		1	18
# of adult day health centers in county		1	10
# of hospice agencies in county		1	18

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COUNTY ESTIMATE	STATE ESTIMATE
COMMUNITY			
Particulate matter PM2.5		3.58	N/A
Ozone		0.061	N/A
Air pollution: annual # of unhealthy days for 65+		12	N/A
Age-friendly efforts in county		Not yet	Not yet
# of senior centers in county		2	46
% 60+ who used Internet in last month		73.2%	73.0%
% households that have smartphone (all ages)		6.9%	7.2%
% households without computer (all ages)		6.2%	6.9%
% households with access to Broadband (all ages)		86.7%	85.9%
% households without access to Internet (all ages)		12.4%	13.8%
Voter participation rate in 2020 presidential election (age 18+)		52.4%	62.7%
SAFETY & CRIME			
Homicide rate/100,000 persons		0.0	3.7
# firearm fatalities (all ages)		54	625
# 60+ deaths by suicide		14	221
TRANSPORTATION			
% 65+ who own a motor vehicle		95.7%	94.6%
% 60+ who always drive or ride wearing a seatbelt		77.9%	78.7%
# of fatal crashes involving adult age 60+		12	146
HOUSING			
% 65+ population who live alone		30.3%	28.1%
Average household size (all ages)	*	2.7	2.4
Median house value	*	\$205,100	\$228,000
% 60+ who own home		87.2%	83.4%
% 60+ homeowners who have mortgage		29.4%	35.8%
% 65+ households(renter) who spend>35% of income on housing		31.7%	30.2%
% 65+ households(owner) who spend>35% of income on housing		15.5%	16.0%
ECONOMIC			
% 60+ receiving food benefits in last year		5.4%	3.8%
% 65+ employed in last year		20.0%	20.6%
% 65+ with income below the poverty line in last year		9.6%	8.0%
65+ median household income		\$50,582	\$47,223
% 65+ households with annual income < \$20,000		18.3%	18.7%
% 65+ households with annual income \$20,000-\$49,999		31.0%	33.9%
% 65+ households with annual income \$50,000-\$99,999		34.7%	29.6%
% 65+ households with annual income \$100,000+		16.0%	17.8%

HEALTHY AGING INDICATORS

ELDER INDEX: COST OF LIVING	RATIO OF COUNTY TO STATE	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE
Single, homeowner without mortgage, good health	0.97	\$21,360	\$21,936
Single, renter, good health	1.01	\$25,404	\$25,032
Couple, homeowner without mortgage, good health	0.98	\$34,008	\$34,680
Couple, renter, good health	1.01	\$38,052	\$37,776

TECHNICAL NOTES

**See our technical report for more detailed information on data sources, measures, and methodology. For most indicators the county and state values are estimates derived from sample data. Thus, it is possible that some of the differences between state and county estimates may be due to chance associated with population sampling. We use the terms “Better” and “Worse” to highlight differences between county 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 2016-2020) & Robert Wood Johnson Foundation (2020).*
- *COVID-19: Vaccine data: Centers for Disease Control and Prevention (CDC; accessed 2/15/23) & Cases/Deaths: Wyoming Department of Health (WDH; accessed 2/3/23).*
- *Wellness, Falls, Prevention: The Behavioral Risk Factor Surveillance System (BRFSS; 2011-2020).*
- *Chronic Disease: The Centers for Medicare and Medicaid Services (CMS) Select Chronic Conditions Database (2018).*
- *Nutrition/Diet, Oral Health: BRFSS (2011-2020) & Health Resources and Services Administration (HRSA) Area Health Resources Files (AHRF; 2022).*
- *Behavioral Health, Mental Health: BRFSS (2011-2020), CMS (2018), & CDC WONDER (2016-2020).*
- *Living with Disability: ACS (2016-2020).*
- *Caregiving: ACS (2016-2020).*
- *Access to Care: BRFSS (2011-2020), CMS (2022), AgingCare (2022), Health Resources & Services Administration (HRSA; 2022).*
- *Community: ACS (2016-2020), State of Wyoming (2022), & U.S. Environmental Protection Agency (EPA, 2020).*
- *Safety & Crime: CDC WONDER (2016-2020).*
- *Transportation: ACS (2016-2020), BRFSS (2011-2020), & Fatality Analysis Reporting System (FARS; 2016-2020).*
- *Housing & Economic: ACS (2016-2020).*
- *Elder Index: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (2022).*

Healthy Aging Data Report Team: Many people contributed to this research. The 2023 research team: Beth Dugan PhD, Nina Silverstein PhD, Qian Song PhD, Chae Man Lee PhD, Taylor Jansen PhD, Shu Xu, and Yanjhu Su from the Gerontology Institute at the University of Massachusetts Boston.

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