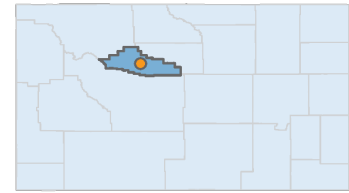


# Hot Springs

Hot Springs is a county in Wyoming with 1,241 residents age 65 or older. There are approximately 22 Native American residents age 55 or older. The most prevalent chronic conditions among people age 65+ in Hot Springs County are hypertension (41%), arthritis (25%), and high cholesterol (23%). Older residents are more likely to take the health promotion steps of meeting the CDC guidelines for aerobic physical activity but less likely to have had a physical exam in the last year. Compared to state average rates, residents in Hot Springs County had a significantly lower median house value. Community resources to support healthy aging include 80% with a regular doctor, a hospital, a home health agency, a nursing home, an adult day health center, and a senior center.



<b>POPULATION CHARACTERISTICS</b>	<b>County rate is significantly different than State rate</b>	<b>COUNTY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,550	581,348
Population 60 years or older as % of total population		34.5%	23.3%
Total population 60 years or older		1,571	135,237
Population 65 years or older as % of total population		27.3%	16.4%
Total population 65 years or older		1,241	95,566
% 65-74 years		55.8%	61.2%
% 75-84 years		34.1%	28.3%
% 85 years or older		10.1%	10.5%
% 65+ population who are female		51.5%	51.7%
% 85+ population who are female		66.4%	60.2%
<b>Race and ethnicity of the population 65+</b>			
% White		98.1%	95.6%
% African American		0.0%	0.3%
% Other race(s)		1.9%	4.1%
% Hispanic/Latino		0.1%	4.4%
# 55+ who are Native American / Alaskan		22	2,430
<b>Marital status of the population 65+</b>			
% married		64.2%	60.7%
% divorced/separated		14.3%	15.3%
% widowed		19.2%	20.8%
% never married		2.3%	3.3%
<b>Education of the population 65+</b>			
% with less than high school education		7.2%	7.6%
% with high school or some college	*	75.8%	64.1%
% with college degree		12.5%	16.4%
% with graduate or professional degree	*	4.5%	11.9%
% of 65+ population who speak only English at home		100.0%	95.3%
% of 65+ population who are veterans of military service		27.4%	22.4%
Life expectancy at birth		72.3	78.1

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

Total COVID-19 cases March 2020 - January 2023		1,429	183,173
COVID-19 mortality rate per 100,000 people		439.6	340.4
% 65+ had one dose of COVID-19 vaccine		83.5%	95.0%
% 65+ had two doses of COVID-19 vaccine		76.2%	93.5%
% 65+ had bivalent booster of COVID-19 vaccine		27.1%	46.9%

**WELLNESS**

% 60+ getting the recommended hours of sleep		56.9%	65.9%
% 60+ doing any physical activity within last month		78.2%	71.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.8%	27.2%
% 60+ met CDC guidelines for aerobic physical activity	B	66.6%	55.7%
% 60+ with fair or poor health status		19.2%	19.5%
% 60+ with 15+ physically unhealthy days in last month	B	8.1%	13.6%

**FALLS**

% 60+ who fell within last year		31.2%	30.8%
% 60+ who were injured in a fall within last year		7.1%	10.7%

**PREVENTION**

% 60+ with physical exam/check-up in last year	W	64.8%	80.5%
% 60+ had flu shot in last year		57.0%	53.8%
% 60+ had pneumonia vaccine		63.9%	59.5%
% 60+ had shingles vaccine		38.7%	37.9%
% 60+ women with a mammogram within last 2 years		58.1%	67.6%
% 60+ with colorectal cancer screening		40.7%	51.9%
% 60+ with HIV test		15.9%	16.7%
% 60+ met CDC preventive health screening goals		23.4%	22.9%

**CHRONIC DISEASE**

% 65+ with Alzheimer's disease or related dementias		N/A	8.2%
% 65+ with arthritis		25.2%	27.0%
% 65+ with asthma		N/A	2.8%
% 65+ with atrial fibrillation		N/A	7.1%
% 65+ with cancer (breast, colorectal, lung, prostate)		N/A	7.1%
% 65+ with chronic kidney disease		13.2%	15.6%
% 65+ with chronic obstructive pulmonary disease (COPD)		10.7%	10.3%
% 65+ with diabetes		20.3%	19.7%
% 65+ with high cholesterol		22.8%	25.5%
% 65+ with heart failure		11.6%	11.2%
% 65+ with hypertension		40.5%	41.9%
% 65+ with ischemic heart disease		20.6%	21.1%
% 65+ with osteoporosis		N/A	5.1%
% 65+ with stroke		N/A	2.2%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COUNTY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruits or vegetables per day		15.4%	15.6%
% 60+ self-reported obese		23.6%	28.4%
% 60+ with cholesterol screening		93.2%	93.0%
<b>ORAL HEALTH</b>			
% 60+ with annual dental exam		67.2%	69.4%
# of dentists per 100,000 persons (all ages)		43.5	52.8
% 60+ with loss of 6 or more teeth		40.1%	28.7%
<b>BEHAVIORAL HEALTH</b>			
# of drug overdose deaths (all ages)		14	1,225
% 60+ current smokers		11.7%	11.1%
% 60+ ever used E-Cigarettes in last Month		7.9%	8.3%
% 60+ who used marijuana in last month		2.0%	2.4%
% 60+ excessive drinking		10.3%	7.8%
% 65+ with alcohol abuse disorder		N/A	1.3%
% 65+ with drug abuse/substance abuse disorder		2.5%	1.1%
<b>MENTAL HEALTH</b>			
% 60+ with 15+ days poor mental health in last month		8.1%	6.9%
% 65+ with depression		12.6%	12.9%
% 65+ with schizophrenia & other psychotic disorder		N/A	0.7%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		19.3%	18.6%
% 65+ with self-reported vision difficulty		6.2%	6.1%
% 65+ with self-reported cognition difficulty		8.0%	6.5%
% 65+ with self-reported ambulatory difficulty		17.2%	19.2%
% 65+ with self-reported self-care difficulty		4.9%	4.8%
% 65+ with self-reported independent living difficulty		6.5%	9.4%
<b>CAREGIVING</b>			
% of grandparents raising grandchildren		0.6%	1.2%
% of grandparents who live with grandchildren		2.0%	2.5%
<b>ACCESS TO CARE</b>			
% 60+ with a regular doctor		79.8%	85.7%
% 60+ who did not see a doctor when needed due to cost		5.8%	6.4%
# of primary care providers in county		22	1,460
# of hospitals in county		1	29
# of home health agencies in county		1	31
# of nursing homes in county		1	35
# of community health centers in county		0	18
# of adult day health centers in county		1	10
# of hospice agencies in county		0	18

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COUNTY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>COMMUNITY</b>			
Particulate matter PM2.5		N/A	N/A
Ozone		N/A	N/A
Air pollution: annual # of unhealthy days for 65+		N/A	N/A
Age-friendly efforts in county		Not yet	Not yet
# of senior centers in county		1	46
% 60+ who used Internet in last month		65.8%	73.0%
% households that have smartphone (all ages)		4.9%	7.2%
% households without computer (all ages)		8.9%	6.9%
% households with access to Broadband (all ages)		81.2%	85.9%
% households without access to Internet (all ages)		18.0%	13.8%
Voter participation rate in 2020 presidential election (age 18+)		70.5%	62.7%
<b>SAFETY &amp; CRIME</b>			
Homicide rate/100,000 persons		0.0	3.7
# firearm fatalities (all ages)		12	625
# 60+ deaths by suicide		10	221
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle		98.7%	94.6%
% 60+ who always drive or ride wearing a seatbelt		73.5%	78.7%
# of fatal crashes involving adult age 60+		2	146
<b>HOUSING</b>			
% 65+ population who live alone		27.3%	28.1%
Average household size (all ages)	*	2.0	2.4
Median house value	*	\$164,400	\$228,000
% 60+ who own home	*	87.8%	83.4%
% 60+ homeowners who have mortgage		25.4%	35.8%
% 65+ households(renter) who spend>35% of income on housing		19.2%	30.2%
% 65+ households(owner) who spend>35% of income on housing		7.6%	16.0%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year		2.9%	3.8%
% 65+ employed in last year		29.7%	20.6%
% 65+ with income below the poverty line in last year		4.1%	8.0%
65+ median household income		\$56,635	\$47,223
% 65+ households with annual income < \$20,000		9.9%	18.7%
% 65+ households with annual income \$20,000-\$49,999		34.6%	33.9%
% 65+ households with annual income \$50,000-\$99,999		38.6%	29.6%
% 65+ households with annual income \$100,000+		17.0%	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	0.95	\$23,904	\$25,032
Couple, homeowner without mortgage, good health	0.98	\$34,008	\$34,680
Couple, renter, good health	0.97	\$36,552	\$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).*

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