# Laramie

Laramie is a county in Wyoming with 15,876 residents age 65 or older. There are approximately 196 Native American residents age 55 or older and a significantly higher than the state percentage of Hispanic/Latino residents age 65 or older (8.5%). They are more likely to take the health promotion steps of having annual physical and dental exams, taking the flu and pneumonia vaccines, older women having a mammogram within the past two years, and always wearing a seatbelt while driving or riding. The most prevalent chronic conditions among people age 65+ in Laramie County are hypertension (50%), high cholesterol (35%), and arthritis (30%). Community resources to support healthy aging include 90% with a regular doctor, 2 hospitals, 4 home health agencies, 3 nursing homes, 5 community health centers, 2 hospice agencies, and 2 senior centers.
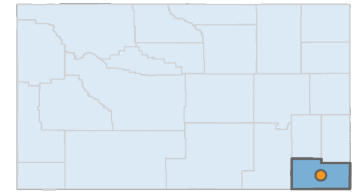
POPULATION CHARACTERISTICS

	County rate is significantly different than State rate	COUNTY ESTIMATE	STATE ESTIMATE
Total population all ages		99,272	581,348
Population 60 years or older as % of total population		22.6%	23.3%
Total population 60 years or older		22,415	135,237
Population 65 years or older as % of total population		16.0%	16.4%
Total population 65 years or older		15,876	95,566
% 65-74 years		59.6%	61.2%
% 75-84 years		27.3%	28.3%
% 85 years or older		13.1%	10.5%
% 65+ population who are female		53.6%	51.7%
% 85+ population who are female		58.1%	60.2%
Race and ethnicity of the population 65+			
% White		94.6%	95.6%
% African American		1.0%	0.3%
% Other race(s)		4.4%	4.1%
% Hispanic/Latino	*	8.5%	4.4%
# 55+ who are Native American / Alaskan		196	2,430
Marital status of the population 65+			
% married		60.2%	60.7%
% divorced/separated		16.4%	15.3%
% widowed		21.0%	20.8%
% never married		2.3%	3.3%
Education of the population 65+			
% with less than high school education		6.8%	7.6%
% with high school or some college		63.9%	64.1%
% with college degree		15.8%	16.4%
% with graduate or professional degree		13.5%	11.9%
% of 65+ population who speak only English at home		94.8%	95.3%
% of 65+ population who are veterans of military service		27.2%	22.4%
Life expectancy at birth		78.0	78.1

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE	COUNTY ESTIMATE	STATE ESTIMATE
COVID-19			
Total COVID-19 cases March 2020 - January 2023		31,210	183,173
COVID-19 mortality rate per 100,000 people		322.3	340.4
% 65+ had one dose of COVID-19 vaccine		93.3%	95.0%
% 65+ had two doses of COVID-19 vaccine		82.8%	93.5%
% 65+ had bivalent booster of COVID-19 vaccine		24.5%	46.9%
WELLNESS			
% 60+ getting the recommended hours of sleep		64.8%	65.9%
% 60+ doing any physical activity within last month		70.9%	71.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.8%	27.2%
% 60+ met CDC guidelines for aerobic physical activity		54.3%	55.7%
% 60+ with fair or poor health status		18.6%	19.5%
% 60+ with 15+ physically unhealthy days in last month		13.4%	13.6%
FALLS			
% 60+ who fell within last year		28.6%	30.8%
% 60+ who were injured in a fall within last year		10.5%	10.7%
PREVENTION			
% 60+ with physical exam/check-up in last year	B	84.7%	80.5%
% 60+ had flu shot in last year	B	59.4%	53.8%
% 60+ had pneumonia vaccine	B	63.7%	59.5%
% 60+ had shingles vaccine		35.8%	37.9%
% 60+ women with a mammogram within last 2 years	B	76.6%	67.6%
% 60+ with colorectal cancer screening		54.6%	51.9%
% 60+ with HIV test		18.2%	16.7%
% 60+ met CDC preventive health screening goals		26.3%	22.9%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		8.1%	8.2%
% 65+ with arthritis		30.3%	27.0%
% 65+ with asthma		3.7%	2.8%
% 65+ with atrial fibrillation		8.3%	7.1%
% 65+ with cancer (breast, colorectal, lung, prostate)		8.7%	7.1%
% 65+ with chronic kidney disease		16.7%	15.6%
% 65+ with chronic obstructive pulmonary disease (COPD)		11.5%	10.3%
% 65+ with diabetes		21.3%	19.7%
% 65+ with high cholesterol		34.6%	25.5%
% 65+ with heart failure		11.0%	11.2%
% 65+ with hypertension		49.6%	41.9%
% 65+ with ischemic heart disease		23.8%	21.1%
% 65+ with osteoporosis		4.7%	5.1%
% 65+ with stroke		2.6%	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		15.5%	15.6%
% 60+ self-reported obese		28.0%	28.4%
% 60+ with cholesterol screening		94.4%	93.0%
ORAL HEALTH			
% 60+ with annual dental exam	B	74.0%	69.4%
# of dentists per 100,000 persons (all ages)		52.5	52.8
% 60+ with loss of 6 or more teeth		25.5%	28.7%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		206	1,225
% 60+ current smokers		11.7%	11.1%
% 60+ ever used E-Cigarettes in last Month		8.3%	8.3%
% 60+ who used marijuana in last month		2.5%	2.4%
% 60+ excessive drinking		6.6%	7.8%
% 65+ with alcohol abuse disorder		1.2%	1.3%
% 65+ with drug abuse/substance abuse disorder		1.0%	1.1%
MENTAL HEALTH			
% 60+ with 15+ days poor mental health in last month		6.3%	6.9%
% 65+ with depression		14.4%	12.9%
% 65+ with schizophrenia & other psychotic disorder		0.8%	0.7%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		20.9%	18.6%
% 65+ with self-reported vision difficulty		4.5%	6.1%
% 65+ with self-reported cognition difficulty		5.4%	6.5%
% 65+ with self-reported ambulatory difficulty		20.0%	19.2%
% 65+ with self-reported self-care difficulty		4.2%	4.8%
% 65+ with self-reported independent living difficulty		10.1%	9.4%
CAREGIVING			
% of grandparents raising grandchildren		1.2%	1.2%
% of grandparents who live with grandchildren		2.7%	2.5%
ACCESS TO CARE			
% 60+ with a regular doctor	B	89.7%	85.7%
% 60+ who did not see a doctor when needed due to cost		5.7%	6.4%
# of primary care providers in county		218	1,460
# of hospitals in county		2	29
# of home health agencies in county		4	31
# of nursing homes in county		3	35
# of community health centers in county		5	18
# of adult day health centers in county		0	10
# of hospice agencies in county		2	18

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE	COUNTY ESTIMATE	STATE ESTIMATE
COMMUNITY			
Particulate matter PM2.5		3.61	N/A
Ozone		0.041	N/A
Air pollution: annual # of unhealthy days for 65+		5	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		77.6%	73.0%
% households that have smartphone (all ages)		5.8%	7.2%
% households without computer (all ages)		5.9%	6.9%
% households with access to Broadband (all ages)		88.6%	85.9%
% households without access to Internet (all ages)	*	11.1%	13.8%
Voter participation rate in 2020 presidential election (age 18+)		58.3%	62.7%
SAFETY & CRIME			
Homicide rate/100,000 persons		5.0	3.7
# firearm fatalities (all ages)		116	625
# 60+ deaths by suicide		38	221
TRANSPORTATION			
% 65+ who own a motor vehicle		94.4%	94.6%
% 60+ who always drive or ride wearing a seatbelt	B	87.2%	78.7%
# of fatal crashes involving adult age 60+		17	146
HOUSING			
% 65+ population who live alone		26.8%	28.1%
Average household size (all ages)		2.4	2.4
Median house value	*	$239,900	$228,000
% 60+ who own home		83.2%	83.4%
% 60+ homeowners who have mortgage		45.9%	35.8%
% 65+ households(renter) who spend>35% of income on housing		42.5%	30.2%
% 65+ households(owner) who spend>35% of income on housing		19.0%	16.0%
ECONOMIC			
% 60+ receiving food benefits in last year		4.3%	3.8%
% 65+ employed in last year		16.8%	20.6%
% 65+ with income below the poverty line in last year		6.6%	8.0%
65+ median household income		$52,955	$47,223
% 65+ households with annual income < $20,000		15.5%	18.7%
% 65+ households with annual income $20,000-$49,999		32.1%	33.9%
% 65+ households with annual income $50,000-$99,999		33.1%	29.6%
% 65+ households with annual income $100,000+		19.3%	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	1.05	$23,040	$21,936
Single, renter, good health	1.01	$25,296	$25,032
Couple, homeowner without mortgage, good health	1.04	$35,976	$34,680
Couple, renter, good health	1.01	$38,232	$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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