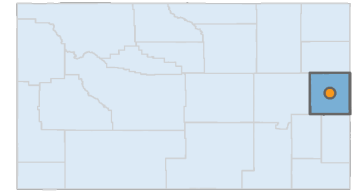


Niobrara

Niobrara is a county in Wyoming with 429 residents age 65 or older. Compared to state average rates, older residents in Niobrara County are less likely to have a graduate or professional degree. The most prevalent chronic conditions among people age 65+ in Niobrara County are hypertension (40%), diabetes (18%), and depression (11%). The median house value is significantly less than the state. They are less likely to take the health promotion steps of having a pneumonia vaccine or meeting the CDC preventive health screening goals. They are also less likely to always wear a seatbelt while driving or riding. Community resources to support healthy aging include a hospital and 82% with a regular doctor and a senior center.



POPULATION CHARACTERISTICS	County rate is significantly different than State rate	COUNTY ESTIMATE	STATE ESTIMATE
Total population all ages		2,377	581,348
Population 60 years or older as % of total population		28.8%	23.3%
Total population 60 years or older		685	135,237
Population 65 years or older as % of total population		18.0%	16.4%
Total population 65 years or older		429	95,566
% 65-74 years		51.0%	61.2%
% 75-84 years		40.6%	28.3%
% 85 years or older		8.4%	10.5%
% 65+ population who are female		52.9%	51.7%
% 85+ population who are female		61.1%	60.2%
Race and ethnicity of the population 65+			
% White		100.0%	95.6%
% African American		0.0%	0.3%
% Other race(s)		0.0%	4.1%
% Hispanic/Latino		0.0%	4.4%
# 55+ who are Native American / Alaskan		0	2,430
Marital status of the population 65+			
% married		61.3%	60.7%
% divorced/separated		17.5%	15.3%
% widowed		13.3%	20.8%
% never married		7.9%	3.3%
Education of the population 65+			
% with less than high school education		4.4%	7.6%
% with high school or some college		71.1%	64.1%
% with college degree		24.0%	16.4%
% with graduate or professional degree	*	0.5%	11.9%
% of 65+ population who speak only English at home		100.0%	95.3%
% of 65+ population who are veterans of military service		15.6%	22.4%
Life expectancy at birth		78.7	78.1

HEALTHY AGING INDICATORS

BETTER / WORSE
STATE RATE

COUNTY
ESTIMATE

STATE
ESTIMATE

COVID-19

Total COVID-19 cases March 2020 - January 2023		858	183,173
COVID-19 mortality rate per 100,000 people		504.8	340.4
% 65+ had one dose of COVID-19 vaccine		85.5%	95.0%
% 65+ had two doses of COVID-19 vaccine		78.5%	93.5%
% 65+ had bivalent booster of COVID-19 vaccine		28.5%	46.9%

WELLNESS

% 60+ getting the recommended hours of sleep		68.4%	65.9%
% 60+ doing any physical activity within last month		65.5%	71.5%
% 60+ met CDC guidelines for muscle-strengthening activity		20.0%	27.2%
% 60+ met CDC guidelines for aerobic physical activity		52.7%	55.7%
% 60+ with fair or poor health status		18.8%	19.5%
% 60+ with 15+ physically unhealthy days in last month		13.2%	13.6%

FALLS

% 60+ who fell within last year		47.5%	30.8%
% 60+ who were injured in a fall within last year		28.9%	10.7%

PREVENTION

% 60+ with physical exam/check-up in last year		83.0%	80.5%
% 60+ had flu shot in last year		45.1%	53.8%
% 60+ had pneumonia vaccine	W	39.1%	59.5%
% 60+ had shingles vaccine		35.0%	37.9%
% 60+ women with a mammogram within last 2 years		67.5%	67.6%
% 60+ with colorectal cancer screening		46.4%	51.9%
% 60+ with HIV test		8.1%	16.7%
% 60+ met CDC preventive health screening goals	W	10.1%	22.9%

CHRONIC DISEASE

% 65+ with Alzheimer's disease or related dementias		N/A	8.2%
% 65+ with arthritis		N/A	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		N/A	15.6%
% 65+ with chronic obstructive pulmonary disease (COPD)		N/A	10.3%
% 65+ with diabetes		17.8%	19.7%
% 65+ with high cholesterol		N/A	25.5%
% 65+ with heart failure		N/A	11.2%
% 65+ with hypertension		39.5%	41.9%
% 65+ with ischemic heart disease		N/A	21.1%
% 65+ with osteoporosis		N/A	5.1%
% 65+ with stroke		N/A	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		13.4%	15.6%
% 60+ self-reported obese		28.0%	28.4%
% 60+ with cholesterol screening		95.7%	93.0%
ORAL HEALTH			
% 60+ with annual dental exam		71.3%	69.4%
# of dentists per 100,000 persons (all ages)		0.0	52.8
% 60+ with loss of 6 or more teeth		35.2%	28.7%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		0	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		6.8%	7.8%
% 65+ with alcohol abuse disorder		N/A	1.3%
% 65+ with drug abuse/substance abuse disorder		N/A	1.1%
MENTAL HEALTH			
% 60+ with 15+ days poor mental health in last month		6.3%	6.9%
% 65+ with depression		11.2%	12.9%
% 65+ with schizophrenia & other psychotic disorder		N/A	0.7%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		20.3%	18.6%
% 65+ with self-reported vision difficulty		5.1%	6.1%
% 65+ with self-reported cognition difficulty		8.4%	6.5%
% 65+ with self-reported ambulatory difficulty		14.0%	19.2%
% 65+ with self-reported self-care difficulty		1.2%	4.8%
% 65+ with self-reported independent living difficulty		5.4%	9.4%
CAREGIVING			
% of grandparents raising grandchildren		1.1%	1.2%
% of grandparents who live with grandchildren		1.1%	2.5%
ACCESS TO CARE			
% 60+ with a regular doctor		81.5%	85.7%
% 60+ who did not see a doctor when needed due to cost		5.7%	6.4%
# of primary care providers in county		4	1,460
# of hospitals in county		1	29
# of home health agencies in county		0	31
# of nursing homes in county		0	35
# of community health centers in county		0	18
# of adult day health centers in county		0	10
# of hospice agencies in county		0	18

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COUNTY ESTIMATE	STATE ESTIMATE
COMMUNITY			
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		67.4%	73.0%
% households that have smartphone (all ages)		7.6%	7.2%
% households without computer (all ages)		10.7%	6.9%
% households with access to Broadband (all ages)		77.6%	85.9%
% households without access to Internet (all ages)		22.4%	13.8%
Voter participation rate in 2020 presidential election (age 18+)		64.3%	62.7%
SAFETY & CRIME			
Homicide rate/100,000 persons		0.0	3.7
# firearm fatalities (all ages)		0	625
# 60+ deaths by suicide		0	221
TRANSPORTATION			
% 65+ who own a motor vehicle		92.0%	94.6%
% 60+ who always drive or ride wearing a seatbelt	W	54.5%	78.7%
# of fatal crashes involving adult age 60+		2	146
HOUSING			
% 65+ population who live alone		34.7%	28.1%
Average household size (all ages)		2.3	2.4
Median house value	*	\$141,600	\$228,000
% 60+ who own home		81.8%	83.4%
% 60+ homeowners who have mortgage		27.7%	35.8%
% 65+ households(renter) who spend>35% of income on housing		23.9%	30.2%
% 65+ households(owner) who spend>35% of income on housing		13.3%	16.0%
ECONOMIC			
% 60+ receiving food benefits in last year		5.2%	3.8%
% 65+ employed in last year		31.2%	20.6%
% 65+ with income below the poverty line in last year		20.5%	8.0%
65+ median household income		\$42,500	\$47,223
% 65+ households with annual income < \$20,000		31.5%	18.7%
% 65+ households with annual income \$20,000-\$49,999		31.1%	33.9%
% 65+ households with annual income \$50,000-\$99,999		17.8%	29.6%
% 65+ households with annual income \$100,000+		19.6%	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	0.99	\$21,672	\$21,936
Single, renter, good health	0.92	\$23,136	\$25,032
Couple, homeowner without mortgage, good health	0.99	\$34,332	\$34,680
Couple, renter, good health	0.95	\$35,796	\$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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