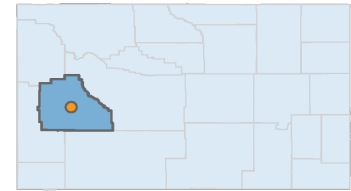# Sublette

Sublette is a county in Wyoming with 1,869 residents age 65 or older. There are approximately 30 Native American residents age 55 or older. The most prevalent chronic conditions among people age 65+ in Sublette County are hypertension (27%), arthritis (24%), and ischemic heart disease (17%). Compared to state average rates, they 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 flu shot in the last year or to have a regular doctor. Community resources to support healthy aging include a nursing home, 2 senior centers, and an adult day health center.

POPULATION CHARACTERISTICS

	County rate is significantly different than State rate	COUNTY ESTIMATE	STATE ESTIMATE
Total population all ages		9,865	581,348
Population 60 years or older as % of total population		25.4%	23.3%
Total population 60 years or older		2,508	135,237
Population 65 years or older as % of total population		18.9%	16.4%
Total population 65 years or older		1,869	95,566
% 65-74 years		62.3%	61.2%
% 75-84 years		23.8%	28.3%
% 85 years or older		13.9%	10.5%
% 65+ population who are female		46.8%	51.7%
% 85+ population who are female		71.2%	60.2%
Race and ethnicity of the population 65+			
% White		96.9%	95.6%
% African American		0.0%	0.3%
% Other race(s)		3.1%	4.1%
% Hispanic/Latino		0.0%	4.4%
# 55+ who are Native American / Alaskan		30	2,430
Marital status of the population 65+			
% married		62.8%	60.7%
% divorced/separated		11.2%	15.3%
% widowed		17.8%	20.8%
% never married		8.2%	3.3%
Education of the population 65+			
% with less than high school education	*	0.0%	7.6%
% with high school or some college		78.5%	64.1%
% with college degree		10.0%	16.4%
% with graduate or professional degree		11.4%	11.9%
% of 65+ population who speak only English at home		97.7%	95.3%
% of 65+ population who are veterans of military service		37.4%	22.4%
Life expectancy at birth		81.2	78.1

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COUNTY ESTIMATE	STATE ESTIMATE
COVID-19			
Total COVID-19 cases March 2020 - January 2023		2,298	183,173
COVID-19 mortality rate per 100,000 people		283.8	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		37.0%	46.9%
WELLNESS			
% 60+ getting the recommended hours of sleep		70.4%	65.9%
% 60+ doing any physical activity within last month		76.4%	71.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.0%	27.2%
% 60+ met CDC guidelines for aerobic physical activity	B	69.1%	55.7%
% 60+ with fair or poor health status		17.4%	19.5%
% 60+ with 15+ physically unhealthy days in last month		12.2%	13.6%
FALLS			
% 60+ who fell within last year		28.5%	30.8%
% 60+ who were injured in a fall within last year		6.9%	10.7%
PREVENTION			
% 60+ with physical exam/check-up in last year		72.2%	80.5%
% 60+ had flu shot in last year	W	37.7%	53.8%
% 60+ had pneumonia vaccine		49.4%	59.5%
% 60+ had shingles vaccine		30.8%	37.9%
% 60+ women with a mammogram within last 2 years		62.1%	67.6%
% 60+ with colorectal cancer screening		48.0%	51.9%
% 60+ with HIV test		13.6%	16.7%
% 60+ met CDC preventive health screening goals		21.8%	22.9%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		N/A	8.2%
% 65+ with arthritis		23.8%	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		11.4%	15.6%
% 65+ with chronic obstructive pulmonary disease (COPD)		8.8%	10.3%
% 65+ with diabetes		14.4%	19.7%
% 65+ with high cholesterol		16.4%	25.5%
% 65+ with heart failure		11.1%	11.2%
% 65+ with hypertension		26.8%	41.9%
% 65+ with ischemic heart disease		17.1%	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		20.8%	15.6%
% 60+ self-reported obese		25.5%	28.4%
% 60+ with cholesterol screening		93.0%	93.0%
ORAL HEALTH			
% 60+ with annual dental exam		65.8%	69.4%
# of dentists per 100,000 persons (all ages)		34.5	52.8
% 60+ with loss of 6 or more teeth		23.0%	28.7%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		15	1,225
% 60+ current smokers		9.1%	11.1%
% 60+ ever used E-Cigarettes in last Month		6.5%	8.3%
% 60+ who used marijuana in last month		1.7%	2.4%
% 60+ excessive drinking		6.3%	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		5.5%	6.9%
% 65+ with depression		9.8%	12.9%
% 65+ with schizophrenia & other psychotic disorder		N/A	0.7%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.6%	18.6%
% 65+ with self-reported vision difficulty		9.9%	6.1%
% 65+ with self-reported cognition difficulty		11.9%	6.5%
% 65+ with self-reported ambulatory difficulty		31.1%	19.2%
% 65+ with self-reported self-care difficulty		8.9%	4.8%
% 65+ with self-reported independent living difficulty		11.9%	9.4%
CAREGIVING			
% of grandparents raising grandchildren		1.5%	1.2%
% of grandparents who live with grandchildren		4.2%	2.5%
ACCESS TO CARE			
% 60+ with a regular doctor	W	71.8%	85.7%
% 60+ who did not see a doctor when needed due to cost		5.3%	6.4%
# of primary care providers in county		13	1,460
# of hospitals in county		0	29
# of home health agencies in county		0	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

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE	COUNTY ESTIMATE	STATE ESTIMATE
COMMUNITY			
Particulate matter PM2.5		2.80	N/A
Ozone		0.046	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		75.2%	73.0%
% households that have smartphone (all ages)		7.5%	7.2%
% households without computer (all ages)		3.4%	6.9%
% households with access to Broadband (all ages)		88.1%	85.9%
% households without access to Internet (all ages)		11.9%	13.8%
Voter participation rate in 2020 presidential election (age 18+)		75.2%	62.7%
SAFETY & CRIME			
Homicide rate/100,000 persons		0.0	3.7
# firearm fatalities (all ages)		14	625
# 60+ deaths by suicide		0	221
TRANSPORTATION			
% 65+ who own a motor vehicle		98.7%	94.6%
% 60+ who always drive or ride wearing a seatbelt		73.9%	78.7%
# of fatal crashes involving adult age 60+		3	146
HOUSING			
% 65+ population who live alone		30.3%	28.1%
Average household size (all ages)	*	2.8	2.4
Median house value	*	$290,300	$228,000
% 60+ who own home	*	90.9%	83.4%
% 60+ homeowners who have mortgage		25.2%	35.8%
% 65+ households(renter) who spend>35% of income on housing		0.0%	30.2%
% 65+ households(owner) who spend>35% of income on housing		10.4%	16.0%
ECONOMIC			
% 60+ receiving food benefits in last year	*	0.1%	3.8%
% 65+ employed in last year		20.4%	20.6%
% 65+ with income below the poverty line in last year		3.0%	8.0%
65+ median household income		$45,167	$47,223
% 65+ households with annual income < $20,000		14.0%	18.7%
% 65+ households with annual income $20,000-$49,999		44.0%	33.9%
% 65+ households with annual income $50,000-$99,999		17.2%	29.6%
% 65+ households with annual income $100,000+		24.8%	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	$25,248	$25,032
Couple, homeowner without mortgage, good health	0.98	$34,008	$34,680
Couple, renter, good health	1.00	$37,896	$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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