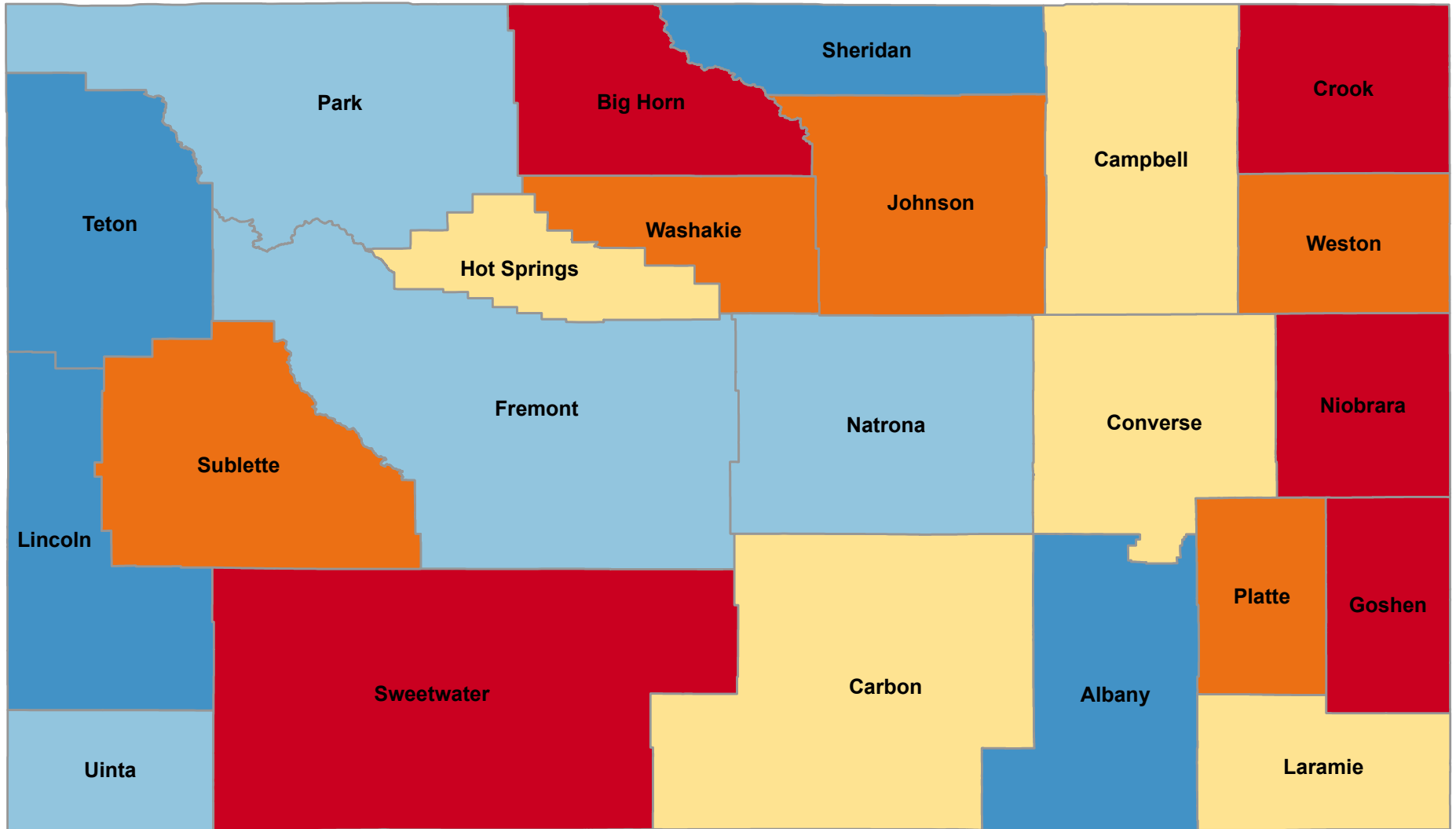
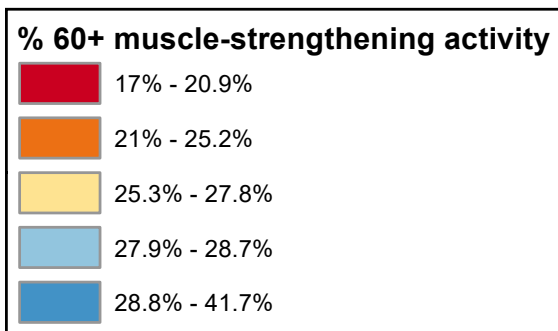


Percentage of Persons Age 60+ Years who Met CDC Guidelines for Muscle-Strengthening Activity



State Average: 27.2%

Source: BRFSS, 2011-2020



% 60+ Met CDC Guidelines for Muscle-Strengthening Activity

<u>Alphabetical Order of County</u>		<u>Ranked High to Low</u>	
Albany	33.77%	Teton	41.75%
Big Horn	20.39%	Albany	33.77%
Campbell	27.01%	Sheridan	29.79%
Carbon	25.62%	Lincoln	29.42%
Converse	27.44%	Park	28.65%
Crook	16.97%	Fremont	28.61%
Fremont	28.61%	Natrona	28.30%
Goshen	20.42%	Uinta	28.00%
Hot Springs	27.78%	Laramie	27.81%
Johnson	25.17%	Hot Springs	27.78%
Laramie	27.81%	Converse	27.44%
Lincoln	29.42%	Campbell	27.01%
Natrona	28.30%	Carbon	25.62%
Niobrara	20.02%	Johnson	25.17%
Park	28.65%	Sublette	22.99%
Platte	22.67%	Washakie	22.74%
Sheridan	29.79%	Platte	22.67%
Sublette	22.99%	Weston	21.39%
Sweetwater	20.89%	Sweetwater	20.89%
Teton	41.75%	Goshen	20.42%
Uinta	28.00%	Big Horn	20.39%
Washakie	22.74%	Niobrara	20.02%
Weston	21.39%	Crook	16.97%

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