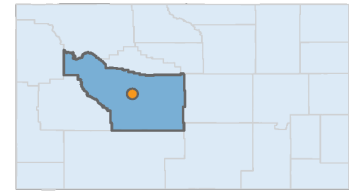


Fremont

Fremont is a county in Wyoming with 7,331 residents age 65 or older. There are approximately 1,351 Native American residents age 55 or older. Compared to state average rates, older residents in Fremont County had a significantly lower rate of self-reported obesity. The most prevalent chronic conditions among people age 65+ in Fremont County are hypertension (37%), arthritis (22%), and diabetes (19%). They are more likely to take the health promotion steps of always wearing a seatbelt while driving or riding. Community resources to support healthy aging include 83% with a regular doctor, a hospital, a home health agency, 4 nursing homes, an adult day health center, 2 hospice agencies, and 5 senior centers.



POPULATION CHARACTERISTICS	County rate is significantly different than State rate	COUNTY ESTIMATE	STATE ESTIMATE
Total population all ages		39,711	581,348
Population 60 years or older as % of total population		26.1%	23.3%
Total population 60 years or older		10,354	135,237
Population 65 years or older as % of total population		18.5%	16.4%
Total population 65 years or older		7,331	95,566
% 65-74 years		60.8%	61.2%
% 75-84 years		30.8%	28.3%
% 85 years or older		8.4%	10.5%
% 65+ population who are female		52.6%	51.7%
% 85+ population who are female		63.3%	60.2%
Race and ethnicity of the population 65+			
% White	*	87.5%	95.6%
% African American		0.2%	0.3%
% Other race(s)	*	12.3%	4.1%
% Hispanic/Latino		2.5%	4.4%
# 55+ who are Native American / Alaskan		1351	2,430
Marital status of the population 65+			
% married	*	51.1%	60.7%
% divorced/separated		21.8%	15.3%
% widowed		21.1%	20.8%
% never married		6.1%	3.3%
Education of the population 65+			
% with less than high school education		9.9%	7.6%
% with high school or some college		62.7%	64.1%
% with college degree		15.2%	16.4%
% with graduate or professional degree		12.2%	11.9%
% of 65+ population who speak only English at home		94.6%	95.3%
% of 65+ population who are veterans of military service		19.7%	22.4%
Life expectancy at birth		73.0	78.1

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

Total COVID-19 cases March 2020 - January 2023	16,630	183,173
COVID-19 mortality rate per 100,000 people	513.7	340.4
% 65+ had one dose of COVID-19 vaccine	82.0%	95.0%
% 65+ had two doses of COVID-19 vaccine	75.7%	93.5%
% 65+ had bivalent booster of COVID-19 vaccine	23.3%	46.9%

WELLNESS

% 60+ getting the recommended hours of sleep	67.2%	65.9%
% 60+ doing any physical activity within last month	71.9%	71.5%
% 60+ met CDC guidelines for muscle-strengthening activity	28.6%	27.2%
% 60+ met CDC guidelines for aerobic physical activity	55.4%	55.7%
% 60+ with fair or poor health status	16.4%	19.5%
% 60+ with 15+ physically unhealthy days in last month	12.9%	13.6%

FALLS

% 60+ who fell within last year	29.5%	30.8%
% 60+ who were injured in a fall within last year	9.1%	10.7%

PREVENTION

% 60+ with physical exam/check-up in last year	76.0%	80.5%
% 60+ had flu shot in last year	52.0%	53.8%
% 60+ had pneumonia vaccine	56.9%	59.5%
% 60+ had shingles vaccine	37.2%	37.9%
% 60+ women with a mammogram within last 2 years	64.0%	67.6%
% 60+ with colorectal cancer screening	50.2%	51.9%
% 60+ with HIV test	15.3%	16.7%
% 60+ met CDC preventive health screening goals	21.0%	22.9%

CHRONIC DISEASE

% 65+ with Alzheimer's disease or related dementias	7.3%	8.2%
% 65+ with arthritis	21.5%	27.0%
% 65+ with asthma	2.3%	2.8%
% 65+ with atrial fibrillation	6.2%	7.1%
% 65+ with cancer (breast, colorectal, lung, prostate)	6.2%	7.1%
% 65+ with chronic kidney disease	14.2%	15.6%
% 65+ with chronic obstructive pulmonary disease (COPD)	8.9%	10.3%
% 65+ with diabetes	18.9%	19.7%
% 65+ with high cholesterol	17.9%	25.5%
% 65+ with heart failure	10.4%	11.2%
% 65+ with hypertension	36.8%	41.9%
% 65+ with ischemic heart disease	18.9%	21.1%
% 65+ with osteoporosis	3.9%	5.1%
% 65+ with stroke	2.2%	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		16.9%	15.6%
% 60+ self-reported obese	B	22.6%	28.4%
% 60+ with cholesterol screening		92.9%	93.0%
ORAL HEALTH			
% 60+ with annual dental exam		64.3%	69.4%
# of dentists per 100,000 persons (all ages)		66.1	52.8
% 60+ with loss of 6 or more teeth		29.7%	28.7%
BEHAVIORAL HEALTH			
# of drug overdose deaths (all ages)		190	1,225
% 60+ current smokers		12.2%	11.1%
% 60+ ever used E-Cigarettes in last Month		9.8%	8.3%
% 60+ who used marijuana in last month		2.6%	2.4%
% 60+ excessive drinking		8.7%	7.8%
% 65+ with alcohol abuse disorder		1.6%	1.3%
% 65+ with drug abuse/substance abuse disorder		0.8%	1.1%
MENTAL HEALTH			
% 60+ with 15+ days poor mental health in last month		7.4%	6.9%
% 65+ with depression		11.9%	12.9%
% 65+ with schizophrenia & other psychotic disorder		0.7%	0.7%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.8%	18.6%
% 65+ with self-reported vision difficulty		6.9%	6.1%
% 65+ with self-reported cognition difficulty		6.5%	6.5%
% 65+ with self-reported ambulatory difficulty		20.1%	19.2%
% 65+ with self-reported self-care difficulty		3.4%	4.8%
% 65+ with self-reported independent living difficulty		9.9%	9.4%
CAREGIVING			
% of grandparents raising grandchildren	*	2.9%	1.2%
% of grandparents who live with grandchildren	*	4.8%	2.5%
ACCESS TO CARE			
% 60+ with a regular doctor		82.5%	85.7%
% 60+ who did not see a doctor when needed due to cost		6.4%	6.4%
# of primary care providers in county		101	1,460
# of hospitals in county		1	29
# of home health agencies in county		1	31
# of nursing homes in county		4	35
# of community health centers in county		3	18
# of adult day health centers in county		1	10
# of hospice agencies in county		2	18

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE	COUNTY ESTIMATE	STATE ESTIMATE
COMMUNITY			
Particulate matter PM2.5		4.11	N/A
Ozone		0.044	N/A
Air pollution: annual # of unhealthy days for 65+		6	N/A
Age-friendly efforts in county		Not yet	Not yet
# of senior centers in county		5	46
% 60+ who used Internet in last month		72.3%	73.0%
% households that have smartphone (all ages)		8.1%	7.2%
% households without computer (all ages)	*	11.1%	6.9%
% households with access to Broadband (all ages)	*	80.1%	85.9%
% households without access to Internet (all ages)	*	19.4%	13.8%
Voter participation rate in 2020 presidential election (age 18+)		61.2%	62.7%
SAFETY & CRIME			
Homicide rate/100,000 persons		9.1	3.7
# firearm fatalities (all ages)		59	625
# 60+ deaths by suicide		21	221
TRANSPORTATION			
% 65+ who own a motor vehicle		92.2%	94.6%
% 60+ who always drive or ride wearing a seatbelt	B	83.2%	78.7%
# of fatal crashes involving adult age 60+		14	146
HOUSING			
% 65+ population who live alone		28.3%	28.1%
Average household size (all ages)	*	2.6	2.4
Median house value	*	\$195,500	\$228,000
% 60+ who own home		80.8%	83.4%
% 60+ homeowners who have mortgage		30.7%	35.8%
% 65+ households(renter) who spend>35% of income on housing		32.7%	30.2%
% 65+ households(owner) who spend>35% of income on housing		10.1%	16.0%
ECONOMIC			
% 60+ receiving food benefits in last year		6.2%	3.8%
% 65+ employed in last year		27.0%	20.6%
% 65+ with income below the poverty line in last year		9.8%	8.0%
65+ median household income		\$46,925	\$47,223
% 65+ households with annual income < \$20,000		21.3%	18.7%
% 65+ households with annual income \$20,000-\$49,999		31.6%	33.9%
% 65+ households with annual income \$50,000-\$99,999		32.4%	29.6%
% 65+ households with annual income \$100,000+		14.8%	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	0.97	\$24,204	\$25,032
Couple, homeowner without mortgage, good health	0.98	\$34,008	\$34,680
Couple, renter, good health	0.98	\$36,852	\$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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