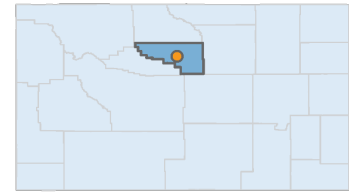


# Washakie

Washakie is a county in Wyoming with 1,716 residents age 65 or older. There are approximately 29 Native American residents age 55 or older. Compared to state average rates, older residents in Washakie County are less likely to have a college degree. They are more likely to take the health promotion step of having a regular doctor (92%). They are less likely to always wear a seatbelt while driving or riding. The most prevalent chronic conditions among people age 65+ in Washakie County are hypertension (39%), arthritis (26%), and ischemic heart disease (22%). Community resources to support healthy aging include a hospital, 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		7,933	581,348
Population 60 years or older as % of total population		29.1%	23.3%
Total population 60 years or older		2,310	135,237
Population 65 years or older as % of total population		21.6%	16.4%
Total population 65 years or older		1,716	95,566
% 65-74 years		58.2%	61.2%
% 75-84 years		31.6%	28.3%
% 85 years or older		10.2%	10.5%
% 65+ population who are female		52.6%	51.7%
% 85+ population who are female		66.9%	60.2%
Race and ethnicity of the population 65+			
% White		95.0%	95.6%
% African American		0.0%	0.3%
% Other race(s)		5.0%	4.1%
% Hispanic/Latino		7.5%	4.4%
# 55+ who are Native American / Alaskan		29	2,430
Marital status of the population 65+			
% married	*	72.1%	60.7%
% divorced/separated		10.7%	15.3%
% widowed		16.6%	20.8%
% never married		0.7%	3.3%
Education of the population 65+			
% with less than high school education		7.8%	7.6%
% with high school or some college	*	74.8%	64.1%
% with college degree	*	9.8%	16.4%
% with graduate or professional degree		7.6%	11.9%
% of 65+ population who speak only English at home		96.2%	95.3%
% of 65+ population who are veterans of military service		20.3%	22.4%
Life expectancy at birth		78.8	78.1

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

Total COVID-19 cases March 2020 - January 2023	2,729	183,173
COVID-19 mortality rate per 100,000 people	592.5	340.4
% 65+ had one dose of COVID-19 vaccine	86.8%	95.0%
% 65+ had two doses of COVID-19 vaccine	82.7%	93.5%
% 65+ had bivalent booster of COVID-19 vaccine	21.7%	46.9%

**WELLNESS**

% 60+ getting the recommended hours of sleep	74.1%	65.9%
% 60+ doing any physical activity within last month	68.5%	71.5%
% 60+ met CDC guidelines for muscle-strengthening activity	22.7%	27.2%
% 60+ met CDC guidelines for aerobic physical activity	56.0%	55.7%
% 60+ with fair or poor health status	20.6%	19.5%
% 60+ with 15+ physically unhealthy days in last month	12.5%	13.6%

**FALLS**

% 60+ who fell within last year	40.2%	30.8%
% 60+ who were injured in a fall within last year	14.3%	10.7%

**PREVENTION**

% 60+ with physical exam/check-up in last year	74.9%	80.5%
% 60+ had flu shot in last year	53.1%	53.8%
% 60+ had pneumonia vaccine	62.1%	59.5%
% 60+ had shingles vaccine	32.8%	37.9%
% 60+ women with a mammogram within last 2 years	56.9%	67.6%
% 60+ with colorectal cancer screening	45.0%	51.9%
% 60+ with HIV test	18.8%	16.7%
% 60+ met CDC preventive health screening goals	20.3%	22.9%

**CHRONIC DISEASE**

% 65+ with Alzheimer's disease or related dementias	N/A	8.2%
% 65+ with arthritis	25.5%	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	16.5%	15.6%
% 65+ with chronic obstructive pulmonary disease (COPD)	7.9%	10.3%
% 65+ with diabetes	22.3%	19.7%
% 65+ with high cholesterol	20.8%	25.5%
% 65+ with heart failure	13.5%	11.2%
% 65+ with hypertension	39.0%	41.9%
% 65+ with ischemic heart disease	21.9%	21.1%
% 65+ with osteoporosis	N/A	5.1%
% 65+ with stroke	N/A	2.2%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COUNTY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>NUTRITION &amp; DIET</b>			
% 60+ with 5 or more servings of fruits or vegetables per day		13.2%	15.6%
% 60+ self-reported obese		27.4%	28.4%
% 60+ with cholesterol screening		88.9%	93.0%
<b>ORAL HEALTH</b>			
% 60+ with annual dental exam		71.5%	69.4%
# of dentists per 100,000 persons (all ages)		77.9	52.8
% 60+ with loss of 6 or more teeth		22.9%	28.7%
<b>BEHAVIORAL HEALTH</b>			
# of drug overdose deaths (all ages)		16	1,225
% 60+ current smokers		11.7%	11.1%
% 60+ ever used E-Cigarettes in last Month		7.9%	8.3%
% 60+ who used marijuana in last month		2.0%	2.4%
% 60+ excessive drinking		9.9%	7.8%
% 65+ with alcohol abuse disorder		N/A	1.3%
% 65+ with drug abuse/substance abuse disorder		2.4%	1.1%
<b>MENTAL HEALTH</b>			
% 60+ with 15+ days poor mental health in last month		8.1%	6.9%
% 65+ with depression		13.3%	12.9%
% 65+ with schizophrenia & other psychotic disorder		N/A	0.7%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		22.0%	18.6%
% 65+ with self-reported vision difficulty		4.5%	6.1%
% 65+ with self-reported cognition difficulty		7.1%	6.5%
% 65+ with self-reported ambulatory difficulty		17.8%	19.2%
% 65+ with self-reported self-care difficulty		4.8%	4.8%
% 65+ with self-reported independent living difficulty		9.7%	9.4%
<b>CAREGIVING</b>			
% of grandparents raising grandchildren		2.2%	1.2%
% of grandparents who live with grandchildren		4.6%	2.5%
<b>ACCESS TO CARE</b>			
% 60+ with a regular doctor	B	92.1%	85.7%
% 60+ who did not see a doctor when needed due to cost		5.8%	6.4%
# of primary care providers in county		36	1,460
# of hospitals in county		1	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE</b>	<b>COUNTY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>COMMUNITY</b>			
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		2	46
% 60+ who used Internet in last month		67.8%	73.0%
% households that have smartphone (all ages)		7.7%	7.2%
% households without computer (all ages)		9.7%	6.9%
% households with access to Broadband (all ages)		82.8%	85.9%
% households without access to Internet (all ages)		16.6%	13.8%
Voter participation rate in 2020 presidential election (age 18+)		68.6%	62.7%
<b>SAFETY &amp; CRIME</b>			
Homicide rate/100,000 persons		0.0	3.7
# firearm fatalities (all ages)		0	625
# 60+ deaths by suicide		0	221
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle		94.3%	94.6%
% 60+ who always drive or ride wearing a seatbelt	W	63.5%	78.7%
# of fatal crashes involving adult age 60+		2	146
<b>HOUSING</b>			
% 65+ population who live alone		21.0%	28.1%
Average household size (all ages)	*	2.3	2.4
Median house value	*	\$165,900	\$228,000
% 60+ who own home	*	78.3%	83.4%
% 60+ homeowners who have mortgage		30.8%	35.8%
% 65+ households(renter) who spend>35% of income on housing		22.0%	30.2%
% 65+ households(owner) who spend>35% of income on housing		11.1%	16.0%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year	*	0.7%	3.8%
% 65+ employed in last year		27.3%	20.6%
% 65+ with income below the poverty line in last year		3.9%	8.0%
65+ median household income		\$46,813	\$47,223
% 65+ households with annual income < \$20,000	*	9.7%	18.7%
% 65+ households with annual income \$20,000-\$49,999		42.3%	33.9%
% 65+ households with annual income \$50,000-\$99,999		33.7%	29.6%
% 65+ households with annual income \$100,000+		14.4%	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	0.97	\$24,168	\$25,032
Couple, homeowner without mortgage, good health	0.99	\$34,332	\$34,680
Couple, renter, good health	0.97	\$36,828	\$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.*

Questions? [Beth.Dugan@umb.edu](mailto:Beth.Dugan@umb.edu)

