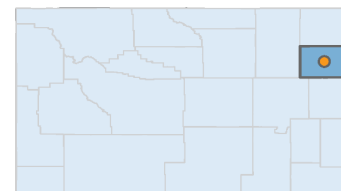


# Weston

Weston is a county in Wyoming with 1,408 residents age 65 or older. Compared to state average rates, median household income is lower for residents age 65 and older. In addition, older residents in Weston County are less likely to have a graduate or professional degree. They have significantly higher rates of self-reported obesity. They are less likely to take the health promotion steps of meeting the CDC guidelines for aerobic physical activity or for older women to have had a mammogram within the past 2 years. The most prevalent chronic conditions among people age 65+ in Weston County are hypertension (38%), high cholesterol (27%), and arthritis (26%). They are also less likely to wear a seatbelt while driving or riding. Community resources to support healthy aging include 89% with a regular doctor, a hospital, a home health agency, a nursing home, and a senior center.



POPULATION CHARACTERISTICS	County rate is significantly different than State rate	COUNTY ESTIMATE	STATE ESTIMATE
Total population all ages		6,942	581,348
Population 60 years or older as % of total population		31.0%	23.3%
Total population 60 years or older		2,154	135,237
Population 65 years or older as % of total population		20.3%	16.4%
Total population 65 years or older		1,408	95,566
% 65-74 years		56.2%	61.2%
% 75-84 years		32.7%	28.3%
% 85 years or older		11.2%	10.5%
% 65+ population who are female		50.6%	51.7%
% 85+ population who are female		34.4%	60.2%
Race and ethnicity of the population 65+			
% White		99.9%	95.6%
% African American		0.0%	0.3%
% Other race(s)		0.1%	4.1%
% Hispanic/Latino		4.5%	4.4%
# 55+ who are Native American / Alaskan		1	2,430
Marital status of the population 65+			
% married		64.7%	60.7%
% divorced/separated	*	4.8%	15.3%
% widowed		29.3%	20.8%
% never married		1.2%	3.3%
Education of the population 65+			
% with less than high school education		9.2%	7.6%
% with high school or some college	*	78.0%	64.1%
% with college degree		10.7%	16.4%
% with graduate or professional degree	*	2.1%	11.9%
% of 65+ population who speak only English at home		99.1%	95.3%
% of 65+ population who are veterans of military service		20.2%	22.4%
Life expectancy at birth		80.7	78.1

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

Total COVID-19 cases March 2020 - January 2023		1,880	183,173
COVID-19 mortality rate per 100,000 people		316.9	340.4
% 65+ had one dose of COVID-19 vaccine		77.7%	95.0%
% 65+ had two doses of COVID-19 vaccine		73.4%	93.5%
% 65+ had bivalent booster of COVID-19 vaccine		24.2%	46.9%

**WELLNESS**

% 60+ getting the recommended hours of sleep		58.6%	65.9%
% 60+ doing any physical activity within last month		68.1%	71.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.4%	27.2%
% 60+ met CDC guidelines for aerobic physical activity	W	44.9%	55.7%
% 60+ with fair or poor health status		19.6%	19.5%
% 60+ with 15+ physically unhealthy days in last month		13.9%	13.6%

**FALLS**

% 60+ who fell within last year		23.7%	30.8%
% 60+ who were injured in a fall within last year		7.4%	10.7%

**PREVENTION**

% 60+ with physical exam/check-up in last year		78.9%	80.5%
% 60+ had flu shot in last year		50.5%	53.8%
% 60+ had pneumonia vaccine		54.1%	59.5%
% 60+ had shingles vaccine		34.0%	37.9%
% 60+ women with a mammogram within last 2 years	W	45.1%	67.6%
% 60+ with colorectal cancer screening		45.0%	51.9%
% 60+ with HIV test		10.7%	16.7%
% 60+ met CDC preventive health screening goals		21.9%	22.9%

**CHRONIC DISEASE**

% 65+ with Alzheimer's disease or related dementias		N/A	8.2%
% 65+ with arthritis		26.4%	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		18.0%	15.6%
% 65+ with chronic obstructive pulmonary disease (COPD)		10.8%	10.3%
% 65+ with diabetes		20.7%	19.7%
% 65+ with high cholesterol		27.4%	25.5%
% 65+ with heart failure		N/A	11.2%
% 65+ with hypertension		38.4%	41.9%
% 65+ with ischemic heart disease		20.4%	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		13.5%	15.6%
% 60+ self-reported obese	W	41.8%	28.4%
% 60+ with cholesterol screening		93.7%	93.0%
<b>ORAL HEALTH</b>			
% 60+ with annual dental exam		61.7%	69.4%
# of dentists per 100,000 persons (all ages)		29.6	52.8
% 60+ with loss of 6 or more teeth		33.8%	28.7%
<b>BEHAVIORAL HEALTH</b>			
# of drug overdose deaths (all ages)		0	1,225
% 60+ current smokers		13.3%	11.1%
% 60+ ever used E-Cigarettes in last Month		9.9%	8.3%
% 60+ who used marijuana in last month		2.1%	2.4%
% 60+ excessive drinking		6.7%	7.8%
% 65+ with alcohol abuse disorder		N/A	1.3%
% 65+ with drug abuse/substance abuse disorder		N/A	1.1%
<b>MENTAL HEALTH</b>			
% 60+ with 15+ days poor mental health in last month		7.4%	6.9%
% 65+ with depression		9.3%	12.9%
% 65+ with schizophrenia & other psychotic disorder		N/A	0.7%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		19.7%	18.6%
% 65+ with self-reported vision difficulty		8.0%	6.1%
% 65+ with self-reported cognition difficulty		6.2%	6.5%
% 65+ with self-reported ambulatory difficulty		17.1%	19.2%
% 65+ with self-reported self-care difficulty		3.8%	4.8%
% 65+ with self-reported independent living difficulty		7.9%	9.4%
<b>CAREGIVING</b>			
% of grandparents raising grandchildren		0.5%	1.2%
% of grandparents who live with grandchildren	*	0.7%	2.5%
<b>ACCESS TO CARE</b>			
% 60+ with a regular doctor		88.6%	85.7%
% 60+ who did not see a doctor when needed due to cost		7.2%	6.4%
# of primary care providers in county		22	1,460
# of hospitals in county		1	29
# of home health agencies in county		1	31
# of nursing homes in county		1	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

<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		0.043	N/A
Air pollution: annual # of unhealthy days for 65+		1	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	W	57.4%	73.0%
% households that have smartphone (all ages)		8.6%	7.2%
% households without computer (all ages)		9.5%	6.9%
% households with access to Broadband (all ages)		79.7%	85.9%
% households without access to Internet (all ages)		20.3%	13.8%
Voter participation rate in 2020 presidential election (age 18+)		65.7%	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		95.4%	94.6%
% 60+ who always drive or ride wearing a seatbelt	W	64.4%	78.7%
# of fatal crashes involving adult age 60+		5	146
<b>HOUSING</b>			
% 65+ population who live alone		24.1%	28.1%
Average household size (all ages)		2.3	2.4
Median house value	*	\$166,600	\$228,000
% 60+ who own home	*	88.8%	83.4%
% 60+ homeowners who have mortgage		37.7%	35.8%
% 65+ households(renter) who spend>35% of income on housing		12.5%	30.2%
% 65+ households(owner) who spend>35% of income on housing		15.0%	16.0%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year		4.2%	3.8%
% 65+ employed in last year		17.3%	20.6%
% 65+ with income below the poverty line in last year		19.4%	8.0%
65+ median household income	*	\$32,500	\$47,223
% 65+ households with annual income < \$20,000		32.2%	18.7%
% 65+ households with annual income \$20,000-\$49,999		39.3%	33.9%
% 65+ households with annual income \$50,000-\$99,999		22.4%	29.6%
% 65+ households with annual income \$100,000+	*	6.0%	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	0.98	\$24,516	\$25,032
Couple, homeowner without mortgage, good health	0.99	\$34,332	\$34,680
Couple, renter, good health	0.98	\$37,176	\$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).*

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