VITAL VOICES

Issues That Impact Wyoming Adults Age 45 and Older
August, 2020
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Vital Voices Surveys</td>
<td>3</td>
</tr>
<tr>
<td>Health Questions</td>
<td>4</td>
</tr>
<tr>
<td>Wealth Questions</td>
<td>25</td>
</tr>
<tr>
<td>Self Questions</td>
<td>27</td>
</tr>
<tr>
<td>Methodology</td>
<td>29</td>
</tr>
<tr>
<td>About AARP</td>
<td>31</td>
</tr>
<tr>
<td>Contact</td>
<td>32</td>
</tr>
</tbody>
</table>
INTRODUCTION

There are currently about 117 million Americans who are 50 and older; this number will grow to 157 million by 2050. The 50 and older population is and will continue to be an essential contributor to American society. Understanding the needs and opinions of older Americans is critical to ensuring they live longer and healthier lives.

Vital Voices is a new and exciting program of research undertaken by AARP. Through this research program, we are launching a new initiative that will deliver critical, current, and state-specific data to 53 states on a rolling three-year schedule between 2019 and 2021. We are making this data available to the public to assist with the development of programs, products, and policies for older adults. This data will allow those in leadership positions to:

- Predict the need for a specific program or interest in a particular issue.
- Enhance program and product innovation and development.
- Track issues and attitudes over time to assess shifts in public opinion.
- Take action on critical advocacy issues.

Never before has AARP launched a research program of this size and with this much promise. We give it to you, hoping that it will significantly impact the work you do.
Survey Results for Wyoming-Health Questions

Issues That Impact Wyoming Adults Age 45 and Older
Wyoming residents age 45+ think many healthcare issues are important, with staying mentally sharp and staying physically healthy topping the list.

Important Healthcare Issues

- Staying mentally sharp: 92%
- Staying physically healthy: 91%
- Having adequate health insurance coverage: 88%
- Having Medicare benefits available to you in the future: 87%
- Paying for healthcare expenses: 82%
- Paying for prescription drugs: 75%

11. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=706)
Nearly one-third (32%) of Wyoming residents age 45+ are currently providing unpaid help to an adult relative or friend.
Nearly half (48%) of Wyoming residents age 45+ who are not currently unpaid caregivers have provided this type of care in the past.
PRESCRIPTION DRUGS

Over half (57%) of Wyoming residents age 45+ take two or more prescription medications on a regular basis.

Number of Prescription Medications Taken Regularly*

<table>
<thead>
<tr>
<th>Number of Medications</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>25%</td>
</tr>
<tr>
<td>1</td>
<td>18%</td>
</tr>
<tr>
<td>2 to 3</td>
<td>26%</td>
</tr>
<tr>
<td>4 to 5</td>
<td>15%</td>
</tr>
<tr>
<td>6+</td>
<td>16%</td>
</tr>
</tbody>
</table>

*Not equal to one-hundred percent due to removal of small cells; see annotation for all categories.

PER2. Approximately how many different prescription medications do you take on a regular basis such as daily, weekly, or monthly? (n=706)
Monthly out-of-pocket spending on prescription drugs varies among Wyoming residents age 45+, with more than half (59%) spending less than $50 per month.

Monthly Spending on Prescription Medications*

- Nothing/$0: 20%
- More than $0 but less than $10 per month: 12%
- $10 to less than $50 per month: 27%
- $50 to less than $100 per month: 14%
- $100 to less than $200 per month: 10%
- $200 to less than $500 per month: 10%
- $500 to less than $1,000 per month: 3%
- More than $1,000 per month: 2%

*Not equal to one-hundred percent due to removal of small cells; see annotation for all categories.

**PER3.** In the past 12 months, approximately how much have you spent out of your own pocket for prescription drugs? (n=706)
In the past two years, more than one-quarter (27%) of Wyoming residents age 45+ reported not filling a prescription that was provided by their doctor.
Among Wyoming residents age 45+ who decided **not** to fill a prescription, about half (47%) cite cost of the drug as the reason.

**Reasons for Not Filling a Prescription***

- Cost of the drug: 47%
- Didn't need/ no longer needed: 13%
- Side effects of the drug: 8%
- Did not think the drug was necessary: 6%
- Was a narcotic: 5%
- Used/ looked into other methods of treatment: 5%
- Drug did not help: 4%
- Read or heard something that concerned me: 3%
- Condition improved: 2%
- Don't like taking prescription drugs: 2%

*Not equal to one-hundred percent due to removal of small cells; see annotation for all categories

**PER4_A.** Why did you decide not to fill a prescription that your doctor had given you? (Coded open-ended responses) (n=193)
Four-in-ten (40%) of Wyoming residents age 45+ are extremely concerned or very concerned about being able to afford the cost of prescription drugs over the next two years.

Concern about Affording Prescription Drugs in the Next 2 Years*

- Extremely concerned: 21%
- Very concerned: 19%
- Somewhat concerned: 24%
- Not very concerned: 18%
- Not concerned at all: 19%

*Not equal to one-hundred percent due to removal of small cells; see annotation for all categories

PER5. How concerned are you about being able to afford the cost of needed prescription drugs over the next two years? (n=706)
More than eight-in-ten (83%) of Wyoming residents age 45+ believe it should be legal for people in the U.S. to buy prescription drugs from Canada and Europe.

Opinions Regarding Importation of Prescription Drugs from Canada and Europe

- Yes, should be legal: 83%
- No, should not be legal: 13%
- Don't know: 4%

**PER7.** Do you believe that it should be legal for people in the U.S. to buy drugs from Canada and Europe, or not? (n=706)
Most (93%) Wyoming residents age 45+ support allowing Medicare to negotiate lower prices for prescription drugs.

Level of Support for Medicare Negotiating Lower Prescription Drug Prices

- Strongly support: 74%
- Somewhat support: 19%
- Somewhat oppose: 2%
- Strongly oppose: 2%
- Don't know/refused: 3%

PER8. Do you support or oppose allowing Medicare to use its bargaining power to negotiate lower prices for prescription drugs? (n=706)
Nearly three-quarters (73%) of Wyoming residents age 45+ think that prescription drug companies have a lot of influence over federal elected officials.
**TELEHEALTH**

Most Wyoming residents age 45+ live within 30 minutes of a primary care doctor or hospital.

<table>
<thead>
<tr>
<th>Distance from Healthcare Services*</th>
<th>&lt;30 min.</th>
<th>30 min. - &lt;1 hr.</th>
<th>1 hr.+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary care</td>
<td>81%</td>
<td>15%</td>
<td>4%</td>
</tr>
<tr>
<td>Hospital</td>
<td>79%</td>
<td>15%</td>
<td>6%</td>
</tr>
<tr>
<td>Specialty care</td>
<td>44%</td>
<td>17%</td>
<td>37%</td>
</tr>
</tbody>
</table>

*Not equal to one-hundred percent due to removal of small cells; see annotation for all categories.

**TEL-4.** About how long would it take you, in minutes, to travel to...? (n=706)
More than eight-in-ten (81%) of Wyoming residents age 45+ have heard of telehealth or telemedicine.
Nearly half (48%) of Wyoming residents age 45+ are extremely or very interested in using telehealth services for themselves or a loved one if needed.

“Telehealth is a way for people to have one-on-one interactions with their healthcare providers without having to be in the same location at the same time, by using technologies like cellphones, computers, and tablets.

Examples of how telehealth provides more connected care could include a patient wearing a monitoring device that tracks vital signs or alerts a family caregiver if there is a serious injury, or an online conversation between patients and their doctors to get a diagnosis, get advice, get a prescription filled, or to get a second opinion.”

TEL-6. How interested are you in using telehealth services for yourself or a loved one if needed? (n=706)
Most Wyoming residents age 45+ would be supportive of policies relating to telehealth.

Support for Telehealth Policies

- Allow you or a loved one to remain at home and receive telehealth services: 89%
- Provide greater access to in-home medical monitoring technologies: 88%
- Allow for the coverage of telehealth services: 87%

TEL-7. Would you support or oppose policies that [ITEM]? (Percent ‘strongly support’ or ‘somewhat support’) (n=706)
Among Wyoming residents age 45+ who have at least some interest in telehealth services, more than four-in-ten (41%) reported that they would use telehealth for a routine visit to the doctor.

Would Use Telehealth For…*

- Routine visit to the doctor: 41%
- Renew prescriptions: 29%
- Diagnose an illness: 26%
- Discuss a new medical issue: 25%
- Something else: 23%
- Help providing care to a loved one: 17%

*Not equal to one-hundred percent due to removal of small cells; see annotation for all categories.
More than one-in-four (28%) Wyoming residents age 45+ identified lack of high-speed Internet service as a barrier to using telehealth.

**Barriers to Using Telehealth**

- Don't have high-speed internet service: 28%
- Don't know how to use it: 14%
- Concerned about medical errors: 14%
- Concerned about security of health info.: 9%
- Not sure my doctor offers it: 9%
- Don't have a computer: 7%

**TEL-9.** If you were interested in using telehealth services, what are some of the barriers you might experience in trying to use it? (Percent ‘yes’) (n=706)

*Not equal to one-hundred percent due to removal of small cells; see annotation for all categories*
Nearly half (44%) of Wyoming residents age 45+ are not sure if their health insurance provider offers telehealth services.

Health Insurance Provider Offers Telehealth Services*

- Yes: 38%
- No: 13%
- Not sure: 44%
Nearly one-third (32%) of Wyoming residents age 45+ view no need for transportation as the main advantage to telehealth services.

Main Advantage to Telehealth*

- No need for transportation: 32%
- More access to care in a remote area: 15%
- Avoiding overcrowding of waiting rooms: 10%
- More access to care in urban/suburban area: 5%
- Ability to take less time off work: 4%
Wyoming residents age 45+ have split opinions about whether the COVID-19 pandemic has made them more willing to try telehealth services.

**COVID-19 Has Increased Willingness to Try Telehealth**

- Yes: 45%
- No: 50%
- Don't know/ refused: 5%
Survey Results for Wyoming-Wealth Questions

Issues That Impact Wyoming Adults Age 45 and Older
## Issues of Importance

Wyoming residents age 45+ think many economic issues are important, particularly those related to financial security and retirement savings/benefits.

### Important Economic Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having financial security throughout your life</td>
<td>89%</td>
</tr>
<tr>
<td>Being able to afford groceries or other household necessities</td>
<td>89%</td>
</tr>
<tr>
<td>Having enough income or savings to retire</td>
<td>87%</td>
</tr>
<tr>
<td>Having adequate Social Security benefits</td>
<td>85%</td>
</tr>
<tr>
<td>Having affordable utilities</td>
<td>83%</td>
</tr>
<tr>
<td>Protecting yourself against unfair financial practices</td>
<td>79%</td>
</tr>
<tr>
<td>Protecting yourself against consumer fraud</td>
<td>78%</td>
</tr>
<tr>
<td>Having good employment opportunities in your community</td>
<td>69%</td>
</tr>
<tr>
<td>Having online security</td>
<td>68%</td>
</tr>
<tr>
<td>Being able to stop working for pay at the age you want</td>
<td>67%</td>
</tr>
<tr>
<td>Protection from age discrimination</td>
<td>58%</td>
</tr>
<tr>
<td>Maintaining relevant job skills and experience</td>
<td>56%</td>
</tr>
<tr>
<td>Having access to high-speed internet</td>
<td>47%</td>
</tr>
</tbody>
</table>

I1. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=706)
Survey Results for Wyoming-Self Questions

Issues That Impact Wyoming Adults Age 45 and Older
For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=706)

<table>
<thead>
<tr>
<th>Issue</th>
<th>Importance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring for a loved one</td>
<td>86%</td>
</tr>
<tr>
<td>Staying in your own home as you get older</td>
<td>84%</td>
</tr>
<tr>
<td>Getting to the places you need to go independently</td>
<td>81%</td>
</tr>
<tr>
<td>Having high quality long-term care in your community</td>
<td>78%</td>
</tr>
<tr>
<td>Improvements to WY’s long-term care services</td>
<td>71%</td>
</tr>
<tr>
<td>Having flexibility in your schedule for caregiving</td>
<td>71%</td>
</tr>
<tr>
<td>Staying in your community as you get older</td>
<td>67%</td>
</tr>
<tr>
<td>Having affordable housing options in your community</td>
<td>65%</td>
</tr>
<tr>
<td>Having paid time off for self-care or caregiving</td>
<td>57%</td>
</tr>
</tbody>
</table>
In July 2020, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among Wyoming residents age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, and retirement issues.

706 Interviews
Wyoming Residents Age 45+
Fielded in July/August 2020

ANR completed a total of 706 interviews (466 via landline telephone, 213 via cell phone, and 27 online). Respondents were screened to meet the following criteria:

- Age 45+
- Resident of Wyoming

Survey length averaged 21.1 minutes by telephone and 19.5 minutes online.
Sampling Procedure

Landline, cell phone, and online sampling were used for this research, with the telephone sample drawn randomly from a list of Wyoming residents age 45 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 27,349 records were utilized to achieve a sample of 706 respondents. The list of 229,815 residents of Wyoming age 45 and older was randomly divided into 230 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 28 replicates representing a total of 27,349 resident records were dialed to complete the telephone portion of this study.

The sample of 706 respondents yields a maximum statistical error of ±3.7% at the 95% level of confidence. (This means that in 95 out of 100 samples of this size, the results obtained in the sample would be within ±3.7 percentage points of the results obtained had everyone in the population been interviewed.)

Interview Methodology

The survey was launched on July 22, 2020 and closed on August 10, 2020.

Telephone interviewing was active between 5:30 p.m. and 9:00 p.m., with some additional calling done between 10:00 a.m. and 4:00 p.m. If necessary, up to 8 call attempts per telephone number were made to reach an eligible respondent. All numbers were called at multiple times of the day as well as days of the week to maximize each resident’s opportunity for inclusion in the study.

Percentages of some questions may exceed 100% due to rounding or the use of multiple response question formats.

All data have been weighted by age and gender according to 2018 U.S. Census Bureau Current Population Survey (CPS) statistics for Wyoming.
AARP is the nation’s largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the nation’s largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.
CONTACT

Aisha Bonner Cozad,
abonner@aarp.org

For media inquiries, please contact media@aarp.org

This research was designed and executed by AARP Research.