

Healthy Eating/ Active Lifestyle

- **25%** of Natrona County adults are considered obese
 - The best ranking county in Wyoming (Teton County) has an adult obesity rate of 13%
- Natrona County offers **1.3** grocery stores per 10,000 people and **8.4** fast-food restaurants per 10,000 people
 - The best ranking county in Wyoming (Crook County) offers 6.3 grocery stores per 10,000 people
 - The best ranking county in Wyoming (Sublette County) offers 2.5 fast-food restaurants per 10,000 people
- **18%** of Natrona County low-income receive SNAP benefits
- **21%** of Natrona County zip codes have a healthy food outlet
- There are **1.1** recreation and fitness facilities per 10,000 people in Natrona County
 - Teton County is ranked the best in Wyoming for recreation and fitness facilities with 7.4 facilities per 10,000 people

Source: National Initiative for Children's Healthcare Quality

Natrona County Trails

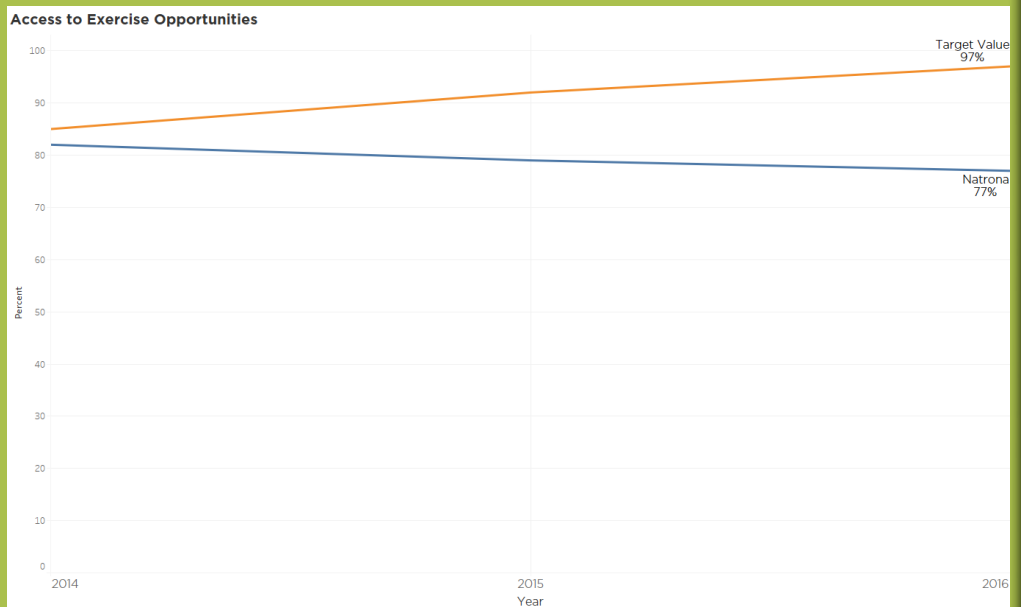
- Platte River Parkway provides nearly 10 miles of paved path along the North Platte River
- Neighborhood trails span through many Casper neighborhoods, parks, and schools. Some of these trails connect with the Rails to Trails or Platte River Parkway.
- Rails to Trails spans Hat Six Road to the Old Yellowstone District near downtown Casper.
- Bridle Trail at Rotary Park has 4.5 miles of trail that begins at the base of the falls and continues up to Split Rock
- The Casper Mountain Trails include Braille Trail, Casper Mountain Trails Center, and the previously mentioned Bridle Trail. Some of these trails are suitable for horseback riding, hiking, cardio, endurance training, Nordic skiing, snowshoeing, mountain biking, fatbiking, and trail running.
- The Cottonwood Creek Dino Trail is located at Alcova. This trail provides a short hike with signs providing explanations of the geological evolution of the region

Source: Visit Casper



Access to exercise opportunities measures the percentage of individuals in a county who live reasonably close to a location for physical activity. Locations for physical activity are defined as parks or recreational facilities. Parks include local, state, and national parks. Recreational facilities include businesses identified by the NAICS code 713940, and include a wide variety of facilities including gyms, community centers, YMCAs, dance studios and pools. Individuals who:

- Reside in a census block within a half mile of a park or
 - In urban areas: reside within one mile of a recreational facility
 - In rural areas: reside within three miles of a recreational facility
- are considered to have adequate access for opportunities for physical activity.



Food Environment Index



Index of factors that contribute to a healthy food environment

The food environment index is a measure ranging from 0 (worst) to 10 (best) which equally weights two indicators of the food environment.

- 1) Limited access to healthy foods estimates the proportion of the population who are low income and do not live close to a grocery store. Living close to a grocery store is defined differently in rural and non-rural areas; in rural areas, it means living less than 10 miles from a grocery store whereas in non-rural areas, it means less than 1 mile. Low income is defined as having an annual family income of less than or equal to 200 percent of the federal poverty threshold for the family size.
- 2) Food insecurity estimates the percentage of the population who did not have access to a reliable source of food during the past year. A 2-stage fixed effect model was created using information from the Community Population Survey, Bureau of Labor Statistics, and American Community Survey.