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**Wyoming-** The University of Wyoming Center on Aging (WyCOA) is excited to announce the Healthier Wyoming initiative! The goal of Healthier Wyoming is to empower all Wyoming residents to take charge of their health by providing a comprehensive, statewide directory of chronic disease prevention and management resources. The Healthier Wyoming website provides resources on evidence-based programs available in Wyoming, including Diabetes Prevention Programs (DPP), Diabetes Self-Management Education and Support Programs (DSMES), Healthy U - Chronic Disease Self-Management Program, and information on heart disease prevention and Self-Monitored Blood Pressure Programs. The Healthier Wyoming initiative is offered in partnership with the Wyoming Department of Health - Chronic Disease Prevention Program and the Wyoming Center on Aging. For more information, visit [www.uwyo.edu/healthierwyo/](http://www.uwyo.edu/healthierwyo/). The evidence-based programs supported by the Healthier Wyoming initiative are based on rigorous research and serve to educate and empower participants to grab the reins of their health and live their best, healthiest, and most fulfilling lives. Programs focus on addressing relevant health risks to Wyoming residents. “It’s the perfect time to take action and move towards a healthier you. The resources and programs offered around the state can help those living with chronic health challenges. says Maggie Kougl, a WyCOA Regional Resource Coordinator. One in three adults in Wyoming have prediabetes, and 84% do not know they have it, according to the [2020 CDC’s National Diabetes Statistics Report](#). To find out if you are at risk of prediabetes take the [CDC’s Risk Assessment](#) today. If you are at risk, Healthier Wyoming can help you find a Diabetes Prevention Program near you.

According to the CDC, in 2018, 7.9% of adults in Wyoming reported a diabetes diagnosis. Diabetes Self-Management Education and Support programs provide information and skills to help adults manage their diabetes. Healthy U, one of the Chronic Disease Self-Management Education programs offered within the Healthier Wyoming initiative, is a free six-week program designed to help participants manage chronic health conditions. This evidence-based program is particularly relevant for older Wyoming residents, who have 2-3 times higher rates of chronic disease compared to national averages.

Heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide, according to the [American Heart Association's Heart Disease and Stroke Statistics – 2021 Update](#). Nearly 18.6 million people across the globe died of cardiovascular disease in 2019, and 523.2 million cases of cardiovascular disease were reported.

Senator John Barrasso produced a [video](#) highlighting the resources available on the Healthier Wyoming website, noting that this resource focuses on education and support of health conditions affecting Wyoming residents. As Senator Barrasso mentions, Healthier Wyoming is a resource for those with chronic health conditions, but also a resource for Wyoming healthcare providers.

Kougl said: “We are excited that our work with the Wyoming Department of Health Chronic Disease Prevention Program has garnered the attention of many in the state, including Senator Barrasso. Our goal is to create a Healthier Wyoming for everyone through education and health resources. The Healthier Wyoming initiative is an important resource for those living with chronic health conditions and providers supporting patients.”

For questions about Healthier Wyoming visit the website at [www.uwyo.edu/healthierwy](http://www.uwyo.edu/healthierwy) or contact us at (307)766-2829 or [healthierwyo@uwyo.edu](mailto:healthierwyo@uwyo.edu).