

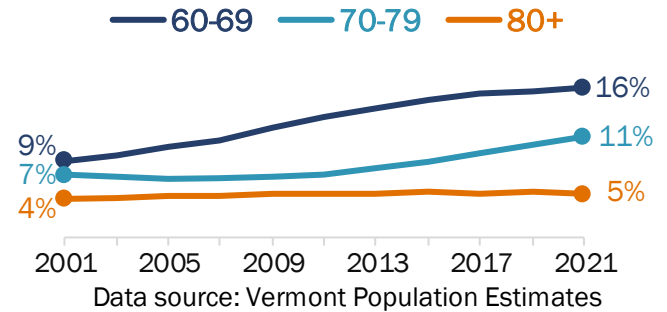
Vermont's Population is Growing Older

One in three Rutland County residents are over the age of 60 (32% or 19,440 adults), making it the 6th oldest population in the state. Since 2001, Rutland County has experienced a decreasing youth and an increasing older adult population. An increasing older adult population creates new challenges and emerging health risks.







Removing Barriers to Support Healthy Aging

Age Strong VT is working to make sure all Vermonters can age well. There are health differences between age decades in Rutland County which should be considered when planning institutional support for all older adults. The proportion of older adults living alone increases with age. Older adults who live alone are at higher risk for loneliness, injury from falls, and cognitive decline. Adults 80 years and older have a higher prevalence than adults 60-79 years old of not receiving the social and emotional support they need. About one-third of all older adults fell in the past year. Approximately 10% of adults 60-79 years old experience cognitive decline. Not seeing a healthcare provider or drinking alcohol at a risk level decreases across age groups.

Percent of Rutland County Residents in Older Adult Age Groups from 2001-2021



Healthy Aging Indicators by Age Group

		60-69	70-79	80+
	Live alone ¹	25%	31%	47%
	Rarely or never gets the social and emotional support they need ²	12%	12%	20%
	Fell during the past year ³	31%	34%	30%
	Had worsening memory and confusion in the past year ⁴	8%	10%	***
	Did not see a healthcare provider in the past year ⁵	19%	8%	9%
	Consumes alcohol at a risk level ⁶	34%	20%	15%

*** Statistic suppressed due to insufficient sample size

Data source: VT Behavioral Risk Factor Surveillance System: ¹ 2019-2021; ² 2016, 2018, 2020; ³ 2014, 2016, 2018, 2020; ⁴ 2013, 2016, 2020; ⁵ 2015-2021; ⁶ 2018-2021

Summary

- ✓ Rutland County has the 6th oldest population in the state.
- ✓ The 60-69 age group is the largest-by-decade age group in the county.
- ✓ Each age group has different risk factors.
- ✓ The percentage of older adults living alone and not receiving emotional support increases with age.

Visit healthvermont.gov/agestrongvt or contact agestrongvt@vermont.gov for more information.