

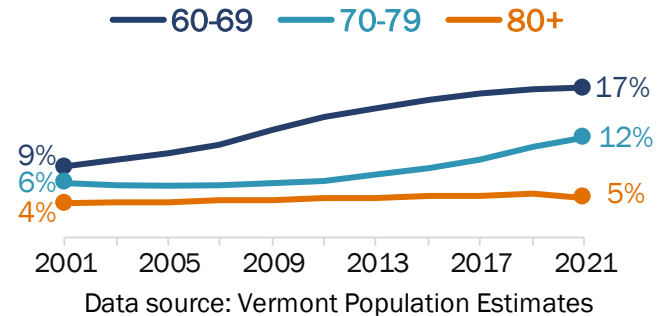
Vermont's Population is Growing Older

One in three Windham County residents are over the age of 60 (34% or 15,480 adults), making it the second oldest population in the state. Since 2001, Windham 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 Windham 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. The prevalence of adults who do not receive the social and emotional support they need also increases with age. About one-third of all older adults fell in the past year. Experiencing cognitive decline increases among adults 80 years and older while not seeing a healthcare provider or drinking alcohol at a risk level is highest among 60-69 year-olds.

Percent of Windham County Residents In Older Adult Age Groups from 2001-2021



Healthy Aging Indicators by Age Group

	60-69	70-79	80+
 Live alone ¹	31%	37%	57%
 Rarely or never gets the social and emotional support they need ²	8%	14%	17%
 Fell during the past year ³	41%	33%	40%
 Had worsening memory and confusion in the past year ⁴	10%	10%	15%
 Did not see a healthcare provider in the past year ⁵	22%	12%	12%
 Consumes alcohol at a risk level ⁶	34%	29%	9%

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

- ✓ Windham County has the 2nd 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 experiencing cognitive decline is highest among 80+ years-old adults.

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