

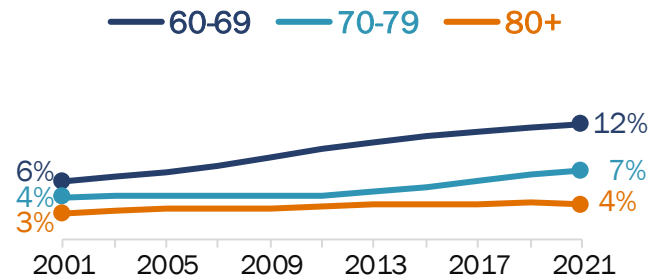
## Vermont's Population is Growing Older

One in four Chittenden County residents are over the age of 60 (23% or 38,100 adults), making it the youngest population in the state. Since 2001, Chittenden 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 Chittenden 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 of not receiving the social and emotional support they need and experiencing cognitive decline. About one-third of all older adults fell in the past year. Not seeing a healthcare provider or drinking alcohol at a risk level decreases with age.

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



Data source: Vermont Population Estimates

### Healthy Aging Indicators by Age Group

		60-69	70-79	80+
	Live alone <sup>1</sup>	23%	34%	43%
	Rarely or never gets the social and emotional support they need <sup>2</sup>	6%	8%	16%
	Fell during the past year <sup>3</sup>	35%	29%	39%
	Had worsening memory and confusion in the past year <sup>4</sup>	7%	7%	12%
	Did not see a healthcare provider in the past year <sup>5</sup>	21%	12%	10%
	Consumes alcohol at a risk level <sup>6</sup>	37%	22%	13%

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

### Summary

- ✓ Chittenden County has the youngest population in the state.
- ✓ Over 38,000 residents are 60 years and older.
- ✓ Each age group has different risk factors.
- ✓ The percent of older adults living alone, and experiencing cognitive decline increases with age.

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