

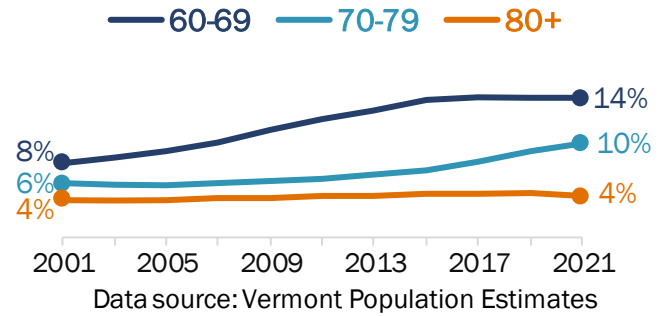
Vermont's Population is Growing Older







One in four Washington County residents are over the age of 60 (28% or 16,870 adults), making it the 11th oldest population in the state. Since 2001, Washington 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 Washington 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. About one-third of all older adults fell in the past year with the highest prevalence among adults 80 years and older. Experiencing cognitive decline increases among the 80+ year-olds while seeing a healthcare provider or drinking alcohol at a risk level decreases with 80+ year-olds.

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



Healthy Aging Indicators by Age Group		60-69	70-79	80+
	Live alone ¹	27%	36%	57%
	Rarely or never gets the social and emotional support they need ²	8%	11%	22%
	Fell during the past year ³	36%	29%	43%
	Had worsening memory and confusion in the past year ⁴	9%	8%	21%
	Did not see a healthcare provider in the past year ⁵	20%	12%	8%
	Consumes alcohol at a risk level ⁶	37%	24%	12%

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

- ✓ Washington County has the 11th 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.
- ✓ Nearly 60% of adults 80 years and older live alone in Washington County.

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