

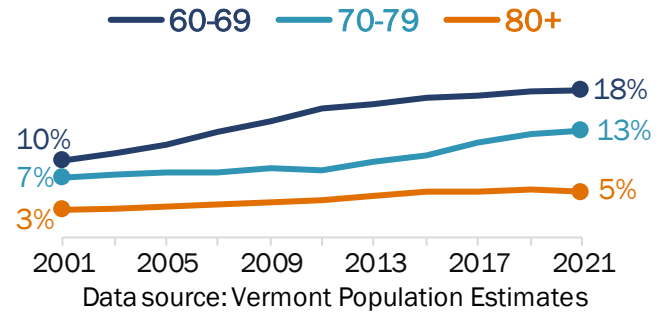
Vermont's Population is Growing Older

One in three Essex County residents are over the age of 60 (36% or 2,160 adults), making it the oldest population in the state. Since 2001, Essex 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 Essex County which should be considered when planning institutional support for all older adults. Nearly half of adults 60 years and older live alone. 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 60–69-year-olds of not receiving the social and emotional support they need. About one-third of all older adults fell in the past year. Approximately 20% of 60–79-year-olds did not see a healthcare provider in the last year and about 30% consume alcohol at a risk level.

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



Healthy Aging Indicators by Age Group

		60-69	70-79	80+
	Live alone ¹	42%	49%	50%
	Rarely or never gets the social and emotional support they need ²	15%	***	27%
	Fell during the past year ³	31%	28%	34%
	Had worsening memory and confusion in the past year ⁴	***	***	***
	Did not see a healthcare provider in the past year ⁵	16%	18%	***
	Consumes alcohol at a risk level ⁶	30%	26%	***

*** 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

- ✓ Essex County has the 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.
- ✓ Half of older adults live alone which increases risk for loneliness, injury from falls, and cognitive decline.

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