

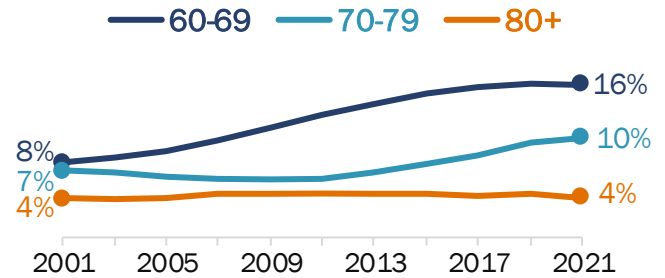
Vermont's Population is Growing Older

One in three Caledonia County residents are over the age of 60 (30% or 9,150 adults), making it the 9th oldest population in the state. Since 2001, Caledonia 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 Caledonia County which should be considered when planning institutional support for all older adults. More than half of adults 80 years and older live alone. Older adults who live alone are at higher risk for loneliness, injury from falls, and cognitive decline. Eight percent of 60–69-year-olds do not receive the social and emotional support they need. One-third of all older adults fell in the past year. Ten percent of 60–69-year-olds experience cognitive decline. Seeing a healthcare provider or drinking alcohol at a risk level slightly decreases with age.

Percent of Caledonia 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 ¹	29%	29%	53%
 Rarely or never gets the social and emotional support they need ²	8%	***	***
 Fell during the past year ³	34%	33%	33%
 Had worsening memory and confusion in the past year ⁴	10%	***	***
 Did not see a healthcare provider in the past year ⁵	18%	11%	***
 Consumes alcohol at a risk level ⁶	25%	22%	18%

*** 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

- ✓ Caledonia County has the 9th 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 adults 80 years and older 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.