

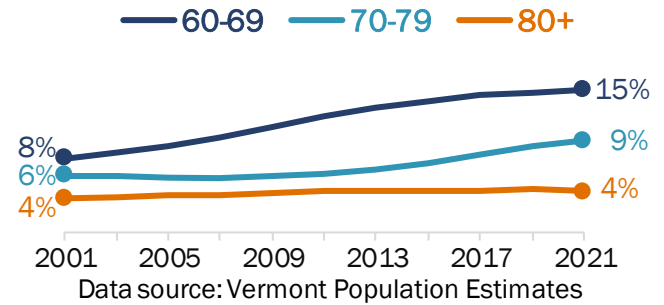
Vermont's Population is Growing Older

One in four Vermont residents are over the age of 60 (28% or 183,000 adults), making it the 4th oldest population in the country.* Since 2001, Vermont 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 Vermont which should be considered when planning institutional support for all older adults. 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. Experiencing cognitive decline increases by age group while seeing a healthcare provider or drinking alcohol at a risk level decreases by age group.

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



Healthy Aging Indicators by Age Group

		60-69	70-79	80+
	Live alone ¹	26%	33%	48%
	Rarely or never gets the social and emotional support they need ²	9%	12%	19%
	Fell during the past year ³	34%	31%	36%
	Had worsening memory and confusion in the past year ⁴	9%	8%	16%
	Did not see a healthcare provider in the past year ⁵	19%	11%	10%
	Consumes alcohol at a risk level ⁶	33%	22%	13%

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

- ✓ Vermont has the 4th oldest population in the nation.*
- ✓ The 60-69 age group is the largest-by-decade age group in the state.
- ✓ Each age group has different risk factors.
- ✓ The percent of older adults living alone and experiencing cognitive decline increases with age.

*Ranked by age of state populations in 2020, www.prb.org/resources/which-us-states-are-the-oldest/

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