

# Age Strong Goal Tracker

## October 2025



In 2024, an estimated 195,000 Vermont residents were aged 60 and older. This represents 30% of the state’s total population. Vermont launched the Age Strong VT plan in February 2024, a 10-year multisector plan to develop comprehensive strategies to support the healthy aging of older adults. This document aims to establish a baseline and subsequently track the impact of initiatives and progress toward objectives over the 10-year period using the following data sources:

- [Behavioral Risk Factor Surveillance System](#) (BRFSS)
- [Vermont Vital Statistics](#) (VVS)
- [Age-Friendly University Global Network](#) (AFUGN)
- [Vermont Directory of Affordable Rental Housing](#) (VDARH)
- [Public Transit Route Performance Report](#) (PTRPR)
- Survey of Family Caregivers (SFC)
- Survey of Vermonters Age 60 and Older (SVAO)
- [Area Agencies on Aging](#) (AAA)

### Affordable Aging

Financial security is closely connected to health and well-being, and being an age-friendly state means working to support efforts to make aging affordable.

Objectives (Data Source)	Comparison to Goal	Trend
Increase the percentage of workforce participation among Vermont adults aged 60 and older. Workforce participation includes those looking for work. (BRFSS 2022, 2023)		Worsened ↓
Decrease the percentage of Vermont adults aged 60 and older with a household income of less than \$50,000 a year. (BRFSS 2022, 2023)		No change —



# Healthy Aging for All

Objectives (Data Source)	Comparison to Goal	Trend
Increase the percentage of Vermont adults aged 60 and older who rate their health as good or better. (BRFSS 2022, 2023)	<p>Legend: --- Goal (84%), — Actual (81% to 83%)</p>	Improved ↑
Increase the percentage of Vermont adults aged 60 and older with hypertension who have been advised by a health professional to monitor their blood pressure at home. (BRFSS 2021)		No new data
Increase the percentage of Vermont adults aged 60 and older who engaged in physical activity in the past month. (BRFSS 2022, 2023)	<p>Legend: --- Goal (78%), — Actual (73% to 75%)</p>	Improved ↑
Decrease the percentage of Vermont adults aged 60 and older who report food insecurity in the past 12 months. (BRFSS 2022)		No new data
Decrease the rate of unintentional falls-related deaths per 100,000 Vermonters aged 65 and older. (VVS 2022, 2023)	<p>Legend: --- Goal (106), — Actual (118 to 121)</p>	Worsened ↑
Decrease the rate of death by suicide per 100,000 Vermonters aged 65 and older. (VVS 2022, 2023)	<p>Legend: --- Goal (21), — Actual (24 to 25)</p>	Worsened ↑


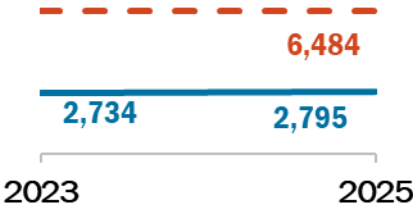

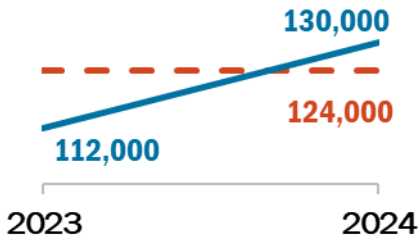

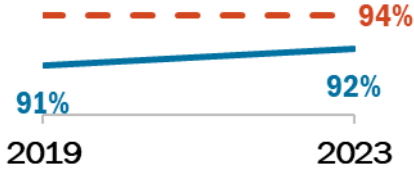

## Social Connections

Social isolation affects health outcomes and quality of life for older Vermonters. Building meaningful connections across generations and communities is essential for an age-friendly state.

Objectives (Data Source)	Comparison to Goal	Trend
Decrease the percentage of Vermont adults aged 60 and older who always or usually feel socially isolated. (BRFSS 2022)	<p>2022      4%      6%</p>	No new data
Increase the percentage of Vermont adults aged 60 and older who feel satisfied or very satisfied with their life. (BRFSS 2022)	<p>2022      95%      97%</p>	No new data
Increase the number of educational institutions in Vermont with 'age-friendly university' models. (AFUGN 2023, 2025)	<p>2023      2025      1      3</p>	No change

## Infrastructure for the Future

Affordable housing, accessible transportation and community are the building blocks of a vibrant, age-friendly state. These components encourage people to grow up and raise their families in Vermont, and for new residents to move to the state and stay.

Objectives (Data Source)	Comparison to Goal	Trend									
											
Increase the number of affordable housing units limited to tenants aged 55+. (VDARH 2023, 2025)	 <table border="1"> <thead> <tr> <th>Year</th> <th>Actual</th> <th>Goal</th> </tr> </thead> <tbody> <tr> <td>2023</td> <td>2,734</td> <td>6,484</td> </tr> <tr> <td>2025</td> <td>2,795</td> <td>6,484</td> </tr> </tbody> </table>	Year	Actual	Goal	2023	2,734	6,484	2025	2,795	6,484	Improved 
Year	Actual	Goal									
2023	2,734	6,484									
2025	2,795	6,484									
Increase the number of annual trips carried out for the Older Vermonters and Persons with Disability (O&D) Transportation Program. (PTRPR 2023, 2024)	 <table border="1"> <thead> <tr> <th>Year</th> <th>Actual</th> <th>Goal</th> </tr> </thead> <tbody> <tr> <td>2023</td> <td>112,000</td> <td>124,000</td> </tr> <tr> <td>2024</td> <td>130,000</td> <td>124,000</td> </tr> </tbody> </table>	Year	Actual	Goal	2023	112,000	124,000	2024	130,000	124,000	Improved (met goal) 
Year	Actual	Goal									
2023	112,000	124,000									
2024	130,000	124,000									
Increase the percentage of Vermont adults aged 60 and older who rate their community as quite or extremely safe to walk in. (BRFSS 2019, 2023)	 <table border="1"> <thead> <tr> <th>Year</th> <th>Actual</th> <th>Goal</th> </tr> </thead> <tbody> <tr> <td>2019</td> <td>91%</td> <td>94%</td> </tr> <tr> <td>2023</td> <td>92%</td> <td>94%</td> </tr> </tbody> </table>	Year	Actual	Goal	2019	91%	94%	2023	92%	94%	Improved 
Year	Actual	Goal									
2019	91%	94%									
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## Supporting Family Caregivers

Family care partners (a family member, friend, or loved one caring for an older adult) are fundamental to supporting the health and well-being of Vermonters. In an age-friendly state, their hard work and contributions are respected, valued, and supported.

Objectives (Data Source)	Comparison to Goal	Trend
Increase the percentage of family care partners who use respite services. (SFC 2020, 2024)		Improved ↑
Decrease the percentage of family care partners who do not know where to find respite services. (SFC 2024)		No new data
Increase the percentage of family care partners who know about family caregiver support groups and how to access them. (SFC 2020)		No new data
Decrease the negative financial impacts on family care partners due to caregiving. (SFC 2020)		No new data
Decrease the percentage of family care partners who provide 40 hours or more of unpaid care in an average week. (BRFSS 2021)		No new data

By 2034, create a well-informed majority of family care partners who are knowledgeable about:

- Services and resources related to self-care
- Medical benefits
- Long-term care and estate planning
- Medical conditions of their care recipients

## Strengthening Elder Justice

Objectives (Data Source)	Comparison to Goal	Trend
Increase the percentage of self-neglect clients with goals. (AAA 2023, 2024)		Worsened ↓

By 2034, create a public website that displays data from the Long-Term Facility Survey and Certification.

## Strengthening Systems of Support

Objectives (Data Source)	Comparison to Goal	Trend
Increase the percentage of older adults who have knowledge about services available for older adults including...		
... the senior phone helpline. (SVAO 2020, 2024)		Worsened ↓
... legal assistance or legal aid. (SVAO 2020, 2024)		Worsened ↓
... adult protective services. (SVAO 2020, 2024)		Improved ↑

By 2034, create:

- An age-friendly support guide for employees at VT211 and AAA helpline call centers.
- A publicly available decision tree for any reported abuse and neglect events in long-term care services.