

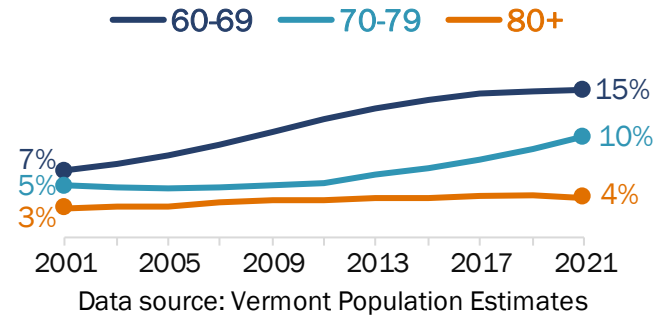
Vermont's Population is Growing Older

One in three Addison County residents are over the age of 60 (30% or 11,100 adults), making it the 10th oldest population in the state. Since 2001, Addison 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 Addison County which should be considered when planning institutional support for all older adults. Approximately one-third of adults 70 years and older live alone. Older adults who live alone are at higher risk for loneliness, injury from falls, and cognitive decline. Nine 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. Experiencing cognitive decline increases with age while not seeing a healthcare provider or drinking alcohol at a risk level decreases with age.

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



Healthy Aging Indicators by Age Group

		60-69	70-79	80+
	Live alone ¹	19%	33%	34%
	Rarely or never gets the social and emotional support they need ²	9%	***	***
	Fell during the past year ³	37%	27%	35%
	Had worsening memory and confusion in the past year ⁴	9%	11%	28%
	Did not see a healthcare provider in the past year ⁵	18%	11%	13%
	Consumes alcohol at a risk level ⁶	29%	23%	10%

*** 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

- ✓ Addison County has the 10th 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.
- ✓ Approximately 1 in 3 adults 80+ years old live alone and 1 in 4 experience cognitive decline.

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