

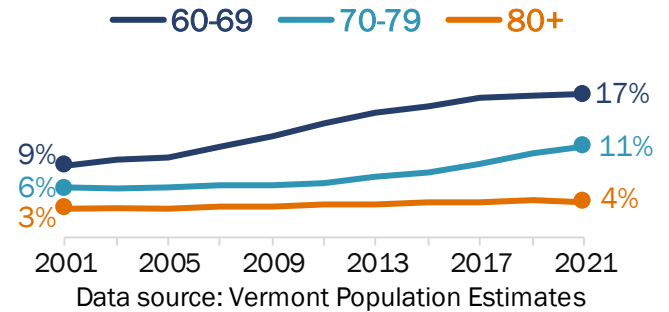
## Vermont's Population is Growing Older

One in three Orange County residents are over the age of 60 (31% or 9,240 adults), making it the 7th oldest population in the state. Since 2001, Orange 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 Orange County which should be considered when planning institutional support for all older adults. The proportion of older adults living alone increases with age. Older adults who live alone are at higher risk for loneliness, injury from falls, and cognitive decline. Nearly 20% of adults 60-79-years-old do not get the social and emotional support they need. About 40% of all older adults fell in the past year. Experiencing cognitive decline increases slightly with age while not seeing a healthcare provider or drinking alcohol at a risk level decreases with age.

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



## Healthy Aging Indicators by Age Group

	60-69	70-79	80+
 Live alone <sup>1</sup>	22%	28%	37%
 Rarely or never gets the social and emotional support they need <sup>2</sup>	17%	16%	***
 Fell during the past year <sup>3</sup>	39%	34%	42%
 Had worsening memory and confusion in the past year <sup>4</sup>	7%	12%	***
 Did not see a healthcare provider in the past year <sup>5</sup>	18%	11%	***
 Consumes alcohol at a risk level <sup>6</sup>	27%	17%	16%

\*\*\* Statistic suppressed due to insufficient sample size  
Data source: VT Behavioral Risk Factor Surveillance System: <sup>1</sup> 2019-2021; <sup>2</sup> 2016, 2018, 2020; <sup>3</sup> 2014, 2016, 2018, 2020; <sup>4</sup> 2013, 2016, 2020; <sup>5</sup> 2015-2021; <sup>6</sup> 2018-2021

## Summary

- ✓ Orange County has the 7th 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.
- ✓ The percentage of older adults living alone and experiencing cognitive decline increases with age.

Visit [healthvermont.gov/agestrongvt](https://healthvermont.gov/agestrongvt) or contact [agestrongvt@vermont.gov](mailto:agestrongvt@vermont.gov) for more information.