

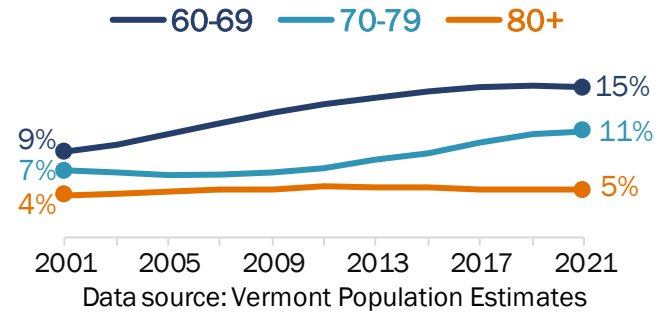
Vermont's Population is Growing Older

One in three Orleans County residents are over the age of 60 (31% or 8,600 adults), making it the 8th oldest population in the state. Since 2001, Orleans County has experienced a decreasing youth and a growing 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 Orleans County which should be considered when planning institutional support for all older adults. The proportion of older adults living alone increases among adults 80 years and older. Older adults who live alone are at higher risk for loneliness, injury from falls, and cognitive decline. Approximately 20% of adults 70 years and older do not receive the social and emotional support they need. About one-third of all older adults fell in the past year. Experiencing cognitive decline increases slightly from 60-69 to 70-79 while not seeing a healthcare provider or drinking alcohol at a risk level decreases with age.

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



Healthy Aging Indicators by Age Group

		60-69	70-79	80+
	Live alone ¹	34%	32%	45%
	Rarely or never gets the social and emotional support they need ²	8%	19%	17%
	Fell during the past year ³	32%	32%	35%
	Had worsening memory and confusion in the past year ⁴	7%	11%	***
	Did not see a healthcare provider in the past year ⁵	13%	11%	***
	Consumes alcohol at a risk level ⁶	28%	23%	***

*** 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

- ✓ Orleans County has the 8th 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.
- ✓ Almost 20% of adults 70 years and older do not receive the social and emotional support they need.

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