

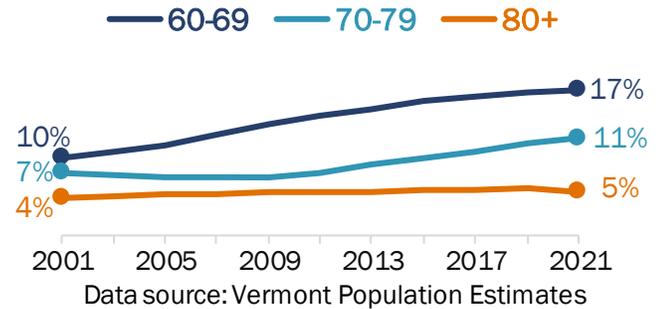
## Vermont's Population is Growing Older

One in three Windsor County residents are over the age of 60 (33% or 19,450 adults), making it the third oldest population in the state. Since 2001, Windsor 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 Windsor County which should be considered when planning institutional support for all older adults. The proportion of older adults living alone increases from around 30% among 60-79 years to 54% among adults 80 years and older. 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 is highest among 80+ year-olds while not seeing a healthcare provider or drinking alcohol at a risk level is highest among adults 60-69 years old.

## Percent of Windsor 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>	27%	29%	54%
 Rarely or never gets the social and emotional support they need <sup>2</sup>	11%	9%	18%
 Fell during the past year <sup>3</sup>	32%	30%	33%
 Had worsening memory and confusion in the past year <sup>4</sup>	9%	***	17%
 Did not see a healthcare provider in the past year <sup>5</sup>	21%	13%	14%
 Consumes alcohol at a risk level <sup>6</sup>	31%	26%	11%

### Summary

- ✓ Windsor County has the 3rd 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.
- ✓ More than half of adults 80 years and older live alone.

\*\*\* 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

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