

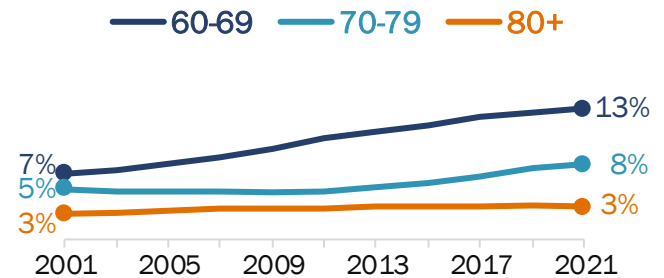
Vermont's Population is Growing Older

One in four Franklin County residents are over the age of 60 (25% or 12,340 adults), making it the second youngest population in the state. Since 2001, Franklin 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 Franklin County which should be considered when planning institutional support for all older adults. The proportion of older adults living alone increases substantially from less than 30% for adults 60-79-years-old to 60% for 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 compared to adults 60-69-years-old. About one-third of all older adults fell in the past year. Ten percent of 60-69-year-olds experience cognitive decline. Not seeing a healthcare provider and drinking alcohol at a risk level decreases with age.

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



Data source: Vermont Population Estimates

Healthy Aging Indicators by Age Group

	60-69	70-79	80+
Live alone ¹	28%	22%	60%
Rarely or never gets the social and emotional support they need ²	10%	***	28%
Fell during the past year ³	33%	29%	32%
Had worsening memory and confusion in the past year ⁴	10%	***	***
Did not see a healthcare provider in the past year ⁵	18%	8%	10%
Consumes alcohol at a risk level ⁶	30%	17%	***

Summary

- ✓ Franklin County has the second youngest population in the state.
- ✓ The 60-69 age group is the second largest-by-decade age group in the county.
- ✓ Each age group has different risk factors.
- ✓ Sixty percent of adults 80 years and older live alone.

*** 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

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