

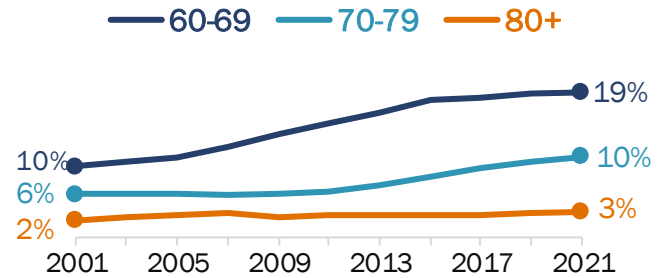
Vermont's Population is Growing Older

One in three Grand Isle County residents are over the age of 60 (32% or 2,400 adults), making it the 4th oldest population in the state. Since 2001, Grand Isle 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 Grand Isle 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. Approximately one-third of 60-79-year-olds fell in the past year. This increased to half for adults 80 years and older. Almost 20% of 60-69-year-olds did not see a healthcare provider in the past year. The percentage of older adults drinking alcohol at a risk level decreases with age.

Percent of Grand Isle 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	12%	28%	***
	Rarely or never gets the social and emotional support they need ²	***	***	***
	Fell during the past year ³	37%	37%	50%
	Had worsening memory and confusion in the past year ⁴	***	***	***
	Did not see a healthcare provider in the past year ⁵	17%	***	***
	Consumes alcohol at a risk level ⁶	33%	22%	***

Summary

- ✓ Grand Isle County has the 4th 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.
- ✓ Half of adults 80 years and older fell in the past year.

*** 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.