

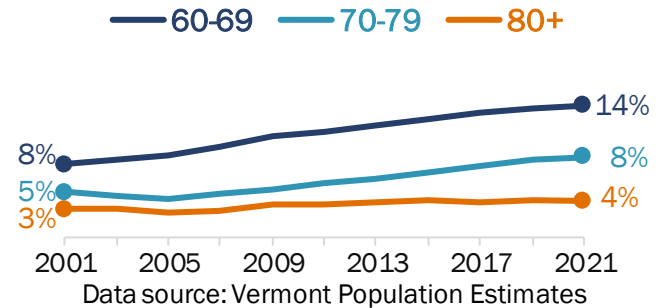
Vermont's Population is Growing Older

One in four Lamoille County residents are over the age of 60 (26% or 6,670 adults), making it the 12th oldest population in the state. Since 2001, Lamoille 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 Lamoille County which should be considered when planning institutional support for all older adults. The proportion of older adults living alone slightly increases with age. Older adults who live alone are at higher risk for loneliness, injury from falls, and cognitive decline. Six percent of adults 60-69-years-old do not receive the social and emotional support they need and seven percent experience cognitive decline. The percentage of older adults that fell in the past year increases with age while drinking alcohol at risk level decreases with age.

Percent of Lamoille County Residents in Older Adult Age Groups from 2001-2021



Healthy Aging Indicators by Age Group

		60-69	70-79	80+
	Live alone ¹	26%	36%	39%
	Rarely or never gets the social and emotional support they need ²	6%	***	***
	Fell during the past year ³	29%	35%	42%
	Had worsening memory and confusion in the past year ⁴	7%	***	***
	Did not see a healthcare provider in the past year ⁵	21%	13%	18%
	Consumes alcohol at a risk level ⁶	40%	24%	20%

*** 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

- ✓ Lamoille County has the 12th 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 who fell in the past year increases with age.

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