

Health drivers

- ✔ **A growing group:** The number of Vermonters aged 65 and older nearly doubled between 2010 and 2021, from 10.5% to 19.5% of the population.

"I usually ask for money for birthdays and holidays and use that to help offset medical costs."

- ✔ Facing many **financial challenges:**
 - ✔ Only 22% are in the workforce earning additional income
 - ✔ An average annual income around \$7,500 less than the state average
 - ✔ 9.1% live below the poverty line
 - ✔ More than half of renters spend greater than 30% of income on rent
- ✔ Around 26% **live alone**, making support harder to reach when needed.
- ✔ Two-thirds report **challenges accessing** needed community health services.

Older Vermonters identify their challenges to aging well:

- Assistance with tasks of **daily living**
- Social isolation**
- Barriers to **physical activity**
- Access** to healthcare services
- Availability of **healthy foods** in adequate amounts
- Housing** that fits their needs
- Financial limitations**
- Not feeling heard**

- ✔ Only 78% of older Vermonters have a **reliable internet connection**.
- ✔ Two-thirds have tried to reduce their **risk of falling**, a common cause of injury.

"I started using a food shelf and cut back on presents to my grandchildren."

Health conditions

- ✔ **Access to healthcare** is one of the most commonly cited challenge for older Vermonters.
- ✔ Social and environmental stressors, like climate change and COVID, have a greater impact on already vulnerable groups.
- ✔ Of those providing care to family members or partners:
 - ✔ 41% said they are **supporting someone** with a form of dementia
 - ✔ Over half provide support more than **20 hours a week**, many do so 24/7
 - ✔ Problems accessing and **affording respite care** is a common concern
 - ✔ Spouses as caregivers report **more problems** with their own health

Access to care barriers:

- Transportation
- Getting and keeping insurance
- Co-payments
- Limited dental coverage

"I put off my hernia operation until I had paid off my visit to [the] emergency [room] with fractured hip"

	Have a disability	Have arthritis	Ever had cancer	Have cardiovascular disease	Have hypertension	Have high cholesterol
All US	29%	25%	7%	8%	30%	30%
All VT	25%	29%	7%	8%	25%	25%
65+ Vermonters	38%	54%	18%	18%	52%	52%

- ✔ Higher rates of chronic disease, disability, and cancer have profound impacts on the **emotional health, the need to access healthcare, and the budgets** of older residents.

- Key themes:**
- Increased, unique healthcare needs
 - Major financial strains
 - Gaps in social supports
 - Gaps in service supports



Data sources used in this document

- ✔ [County Health Rankings](#), University of Wisconsin Population Health Institute. Rely on multiple resources and partnerships to arrive at data. Resources are outlined on this page: <https://www.countyhealthrankings.org/explore-health-rankings/vermont/data-and-resources> and include:
 - VT Department of Health Population Health Surveys and Data: <https://healthvermont.gov/stats/population-health-surveys-data>
 - State of VT Agency of Education Data and reporting: <https://education.vermont.gov/data-and-reporting>
 - VT Cancer Registry: <https://www.healthvermont.gov/stats/surveillance-reporting-topic/cancer-data>
 - VT Crime Information Center: <https://vcic.vermont.gov/ch-information/statistics/online>
 - VT Department of Health Environmental Public Health Data Tracking: <https://healthvermont.gov/environment/tracking>
 - VT State Highway Safety Office: <https://shso.vermont.gov/content/reports-and-data>
 - VT Health Research Data and records: <https://healthvermont.gov/stats>
 - VT Vaccination coverage: <https://www.healthvermont.gov/disease-control/immunization/vaccination-coverage>
- ✔ [CARES database](#), University of Missouri. Data compilation is from many resources, including and not limited to:
 - US Census Bureau
 - the American Community Survey (ACS) 2017-202
 - Center for Disease Control and Prevention (CDC)
 - United States Department of Agriculture (USDA)
 - Department of Transportation
 - Federal Bureau of Investigations
- ✔ [Census Brief: 60+ Elders in Vermont](#)
- ✔ [Listening Session Report: Vermont Action Plan for Aging Well](#)
- ✔ [Vermont: why arthritis matters from the Arthritis foundation](#)
- ✔ [Behavioral Risk Factor Surveillance System \(BFRSS 2021\)](#)
- ✔ [Alcohol Use among older adults: 2021 behavioral Factor Surveillance System, April 2023](#)
- ✔ [Vt Legislative Joint Fiscal Office Issue Brief: Vermont's population estimates by age group: 2021 compared with 2010, January 12, 2023](#)
- ✔ [Medical Debt in Vermont from the office of the health care advocate at VT legal aid](#)
- ✔ [Vermont wait times report](#)
- ✔ [Climate change, VT Dept of Health.](#)
- ✔ VT Cancer Data Pages, VT Dept of Health, Feb 2023, https://www.healthvermont.gov/sites/default/files/document/HSI_Cancer_Data_Pages_2023.pdf
- ✔ [US Dept of Health and Human Services Healthy People 2030](#)
- ✔ [3>4>50 Vermont, VT Dept of Health](#)