

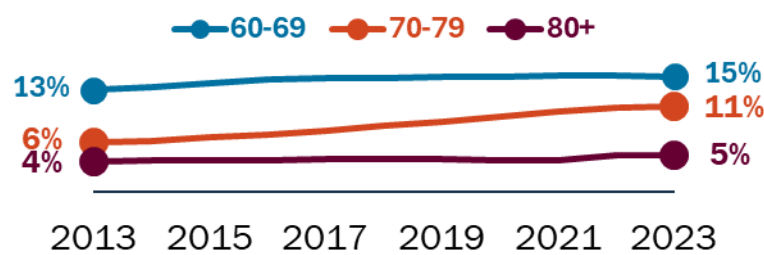
Healthy Aging in Addison County: An Overview of Adults 60+ Years Old

September 2025



Addison County’s older population has been growing since 2013. Almost one in three adults in Addison County are age 60 or older. An increasingly older adult population creates new challenges and unique health risks. The health indicators for older adults in Addison County are not significantly different than statewide. If you need help accessing or understanding this information, contact ahs.vdhdpanalytics@vermont.gov.

Percent of Addison County Residents in Older Adult Age Groups from 2013-2023



Source: Vermont Population Estimates

Key Points

- **31% of Addison County residents are 60 or older.**
- **Aging in Addison County is:**
 - **A protective factor against risky drinking.**
 - **A risk factor for living alone and experiencing worsening memory and confusion.**
 - **Not significantly different from Vermont overall.**

Healthy Aging Indicators by Age Group: Addison County

- Half of Addison County residents who are 80 or older live alone.
- The percentage of adults with worsening memory and confusion increases with age.
- Approximately one-third of older adults fell in the last year across all age groups.
- Consuming alcohol at a risky level decreases with age.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need ¹	7%	10%	~
Lives alone ²	24%	31%	50%
Had worsening memory and confusion in the last year ³	8%	10%	31%
Fell during the last year ²	33%	27%	29%
Did not see a health care provider in the past year ²	20%	9%	~
Consumes alcohol at a risk level ^{^, 3}	38%	24%	10%

Source: VT Behavioral Risk Factor Surveillance System:

¹ 2018, 2020, 2022, ² 2020-2023, ³ 2016, 2020, 2022

[^] Risky drinking is defined as drinking more than the recommended amount for older adults, as defined in the 2020-2025 US Dietary Guidelines for Americans.

~ Data suppressed due to insufficient sample size.



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