

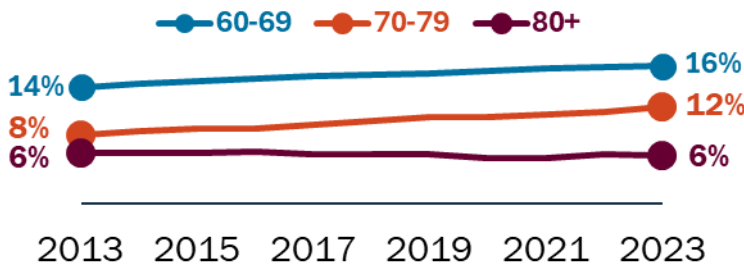
# Healthy Aging in Bennington County: An Overview of Adults 60+ Years Old

September 2025



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

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



Source: Vermont Population Estimates

## Key Points

- **34% of Bennington County residents are 60 and older.**
- **Aging in Bennington County is:**
  - **A protective factor against risky drinking.**
  - **A risk factor for rarely or never getting the emotional support they need.**
  - **Not significantly different from Vermont overall.**

## Healthy Aging Indicators by Age Group: Bennington County

- The percentage of adults who rarely or never get the emotional support they need triples from age 60-69 to 80 and older.
- Nearly two-thirds of Bennington County residents who are 80 or older live alone.
- Over a quarter of older adults across every age group experienced a fall.
- The percentage of older adults who consume alcohol at a risk level decreases with age.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need <sup>1</sup>	8%	12%	26%
Lives alone <sup>2</sup>	31%	38%	62%
Had worsening memory and confusion in the last year <sup>3</sup>	10%	~	19%
Fell during the last year <sup>2</sup>	26%	33%	31%
Did not see a health care provider in the past year <sup>2</sup>	15%	11%	~
Consumes alcohol at a risk level <sup>^, 3</sup>	31%	24%	21%

Source: VT Behavioral Risk Factor Surveillance System:

<sup>1</sup> 2018, 2020, 2022, <sup>2</sup> 2020-2023, <sup>3</sup> 2016, 2020, 2022

<sup>^</sup> 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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