

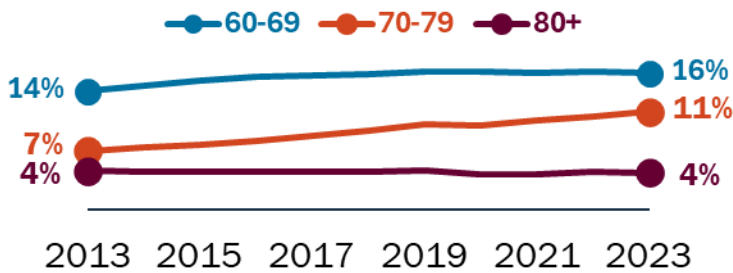
Healthy Aging in Caledonia County: An Overview of Adults 60+ Years Old

September 2025



Caledonia County’s older population has been growing since 2013. Almost one in three Caledonia 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 Caledonia County are not significantly different than statewide. If you need help accessing or understanding this information, contact ahs.vdhpdpanalytics@vermont.gov.

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



Source: Vermont Population Estimates

Key Points

- **31% of Caledonia County residents are 60 or older.**
- **Aging in Caledonia County is:**
 - **A protective factor against risky drinking.**
 - **A risk factor for not seeing a healthcare provider in the past year.**
 - **Not significantly different from Vermont overall.**

Healthy Aging Indicators by Age Group: Caledonia County

- The percentage of older adults who live alone increases with age, resulting in over 50% of adults 80 and over living alone.
- Nearly one in three older adults across every age group experienced a fall.
- The percentage of older adults who did not see a health care provider in the past year decreases from ages 60-69 to ages 70-79.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need ¹	8%	~	~
Lives alone ²	26%	33%	58%
Had worsening memory and confusion in the last year ³	11%	9%	~
Fell during the last year ²	33%	31%	37%
Did not see a health care provider in the past year ²	21%	10%	~
Consumes alcohol at a risk level ^{^, 3}	30%	22%	~

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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