

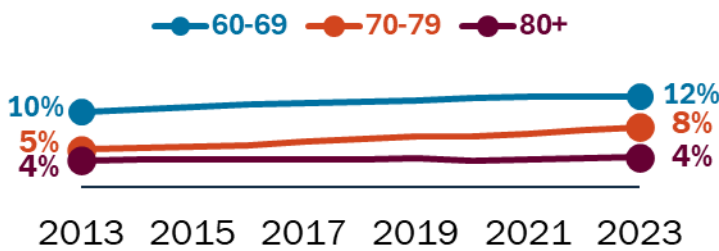
Healthy Aging in Chittenden County: An Overview of Adults 60+ Years Old

September 2025



Chittenden County’s older population has been growing since 2013. Nearly one in four (24%) of adults are age 60 or older in Chittenden County. An increasingly older adult population creates new challenges and unique health risks. If you need help accessing or understanding this information, contact ahs.vdhpdpanalytics@vermont.gov.

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



Source: Vermont Population Estimates

Key Points

- **24% of Chittenden County residents are 60 or older, making it the youngest county in the state.**
- **Aging in Chittenden County is:**
 - **A risk factor for rarely or never getting the emotional support someone needs.**
 - **A protective factor against risky drinking.**

Healthy Aging Indicators by Age Group: Chittenden County

- The number of older adults who rarely or never get the emotional support they need doubles from ages 60-69 to 80 and older.
- About one in three adults 80 or older live alone, which is significantly lower compared to [statewide values](#).
- As age increases, the percentage of older adults who drink alcohol at a risk level as well as those that did not see a health care provider in the last year decreases.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need ¹	6%	6%	13%
Lives alone ²	23%	32%	36%*
Had worsening memory and confusion in the last year ³	8%	6%	13%
Fell during the last year ²	29%	25%	38%
Did not see a health care provider in the past year ²	20%	12%	~
Consumes alcohol at a risk level ^{^, 3}	36%	23%	17%

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.

* Denotes statistically significant difference from [statewide values](#).



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