

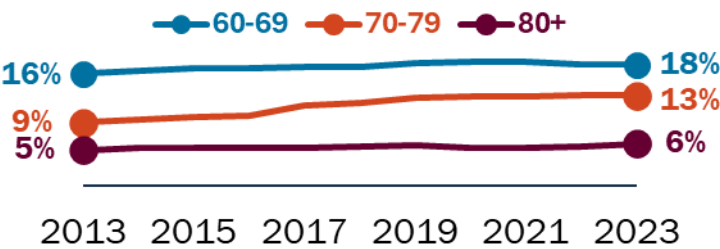
Healthy Aging in Essex County: An Overview of Adults 60+ Years Old

September 2025



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

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



Source: Vermont Population Estimates

Key Points

- **37% of Essex County residents are 60 or older.**
- **Aging in Essex County is:**
 - **A risk factor for rarely or never getting the emotional support they need.**
 - **Not significantly different from statewide data.**

Healthy Aging Indicators by Age Group: Essex County

- Nearly one in three adults aged 80 and older rarely or never get the emotional support they need.
- As age increases from 60-69 to 70-79, so does the percentage of adults who live alone.
- More than 1 in 4 adults aged 60-69 did not see a health care provider in the past year.
- The percentage of older adults who fell during the last year decreases from age 60-69 to age 70-79.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need ¹	12%	~	29%
Lives alone ²	39%	44%	~
Had worsening memory and confusion in the last year ³	~	~	~
Fell during the last year ²	33%	29%	~
Did not see a health care provider in the past year ²	27%	~	~
Consumes alcohol at a risk level ^{^, 3}	29%	30%	~

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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