

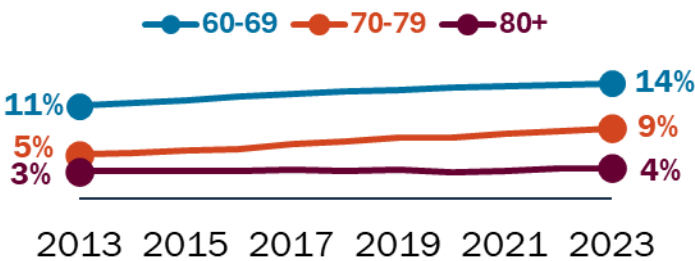
# Healthy Aging in Franklin County: An Overview of Adults 60+ Years Old

September 2025



Franklin County’s older population has been growing since 2013. Just over 1 in 4 adults in Franklin County is age 60 or older. An increasingly older adult population creates new challenges and unique health risks. The health indicators for older adults in Franklin County are not significantly different than statewide. If you need help accessing or understanding this information, contact [ahs.vdhdpanalytics@vermont.gov](mailto:ahs.vdhdpanalytics@vermont.gov).

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



Source: Vermont Population Estimates

### Key Points

- **27% of Franklin County residents are 60 or older, making it one of the youngest counties in the state.**
- **Aging in Franklin County is:**
  - **A risk factor for rarely or never getting the emotional support older adults need and living alone.**
  - **Not significantly different from statewide data.**

### Healthy Aging Indicators by Age Group: Franklin County

- Adults 80 and over rarely or never get the emotional support they need, three times more than adults aged 60-69.
- As age increases, so does the number of adults who live alone.
- The percentage of older adults who consume alcohol at a risk level decreases with age.
- 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 <sup>1</sup>	10%	~	33%
Lives alone <sup>2</sup>	28%	29%	59%
Had worsening memory and confusion in the last year <sup>3</sup>	12%	7%	~
Fell during the last year <sup>2</sup>	35%	29%	30%
Did not see a health care provider in the past year <sup>2</sup>	14%	10%	~
Consumes alcohol at a risk level <sup>^, 3</sup>	30%	18%	9%

Source: VT Behavioral Risk Factor Surveillance System:  
<sup>1</sup> 2018, 2020, 2022, <sup>2</sup> 2020-2023, <sup>3</sup> 2016, 2020,

<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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