

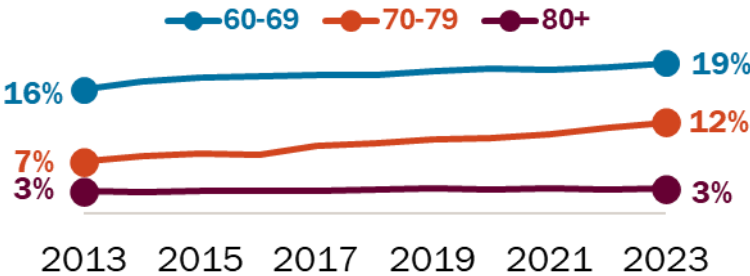
# Healthy Aging in Grand Isle County: An Overview of Adults 60+ Years Old

September 2025



Grand Isle County’s older population has been growing since 2013. One in three Grand Isle 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 Grand Isle 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 Grand Isle County Residents in Older Adult Age Groups from 2013-2023



Source: Vermont Population Estimates

### Key Points

- **34% of Grand Isle County residents are 60 or older.**
- **Aging in Grand Isle County is:**
  - **A risk factor for falling.**
  - **Not significantly different from statewide data.**

## Healthy Aging Indicators by Age Group: Grand Isle County

- As age increases from 60-69 to 70-79, so does the percentage of adults who live alone.
- More than half of adults aged 80 and older fell during the last year.
- The percentage of older adults who consume alcohol at a risk level decreases from ages 60-69 to ages 70-79.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need <sup>1</sup>	~	~	~
Lives alone <sup>2</sup>	24%	32%	~
Had worsening memory and confusion in the last year <sup>3</sup>	~	~	~
Fell during the last year <sup>2</sup>	35%	~	55%
Did not see a health care provider in the past year <sup>2</sup>	17%	~	~
Consumes alcohol at a risk level <sup>^, 3</sup>	41%	23%	~

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

^ 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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