

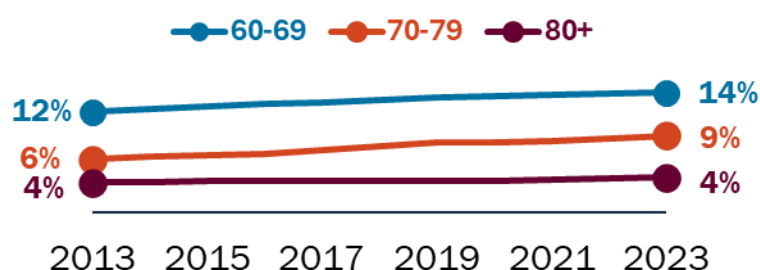
# Healthy Aging in Lamoille County: An Overview of Adults 60+ Years Old

## September 2025



Lamoille County's older population has been growing since 2013. Just over 1 in 4 adults in Franklin County are age 60 or older. An increasingly older adult population creates new challenges and unique health risks. The health indicators for older adults in Lamoille 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 Lamoille County Residents in Older Adult Age Groups from 2013-2023



Source: Vermont Population Estimates

### Key Points

- **27% of Lamoille County residents are 60 or older, making it one of the youngest counties in the state.**
- **Aging in Lamoille County is:**
  - **A risk factor for living alone and worsening memory and confusion in the past year.**
  - **A protective factor for risky drinking.**
  - **Not significantly different from Vermont overall.**

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

- As age increases, so does the percentage of adults who live alone, and had worsening memory and confusion in the last year.
- Roughly one in three adults fell in the last year across all age groups.
- The percentage of older adults who consume alcohol at a risk level decreases with age.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need <sup>1</sup>	~	8%	24%
Lives alone <sup>2</sup>	22%	34%	49%
Had worsening memory and confusion in the last year <sup>3</sup>	9%	12%	18%
Fell during the last year <sup>2</sup>	33%	33%	37%
Did not see a health care provider in the past year <sup>2</sup>	22%	13%	~
Consumes alcohol at a risk level <sup>^, 3</sup>	37%	31%	17%

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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