

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

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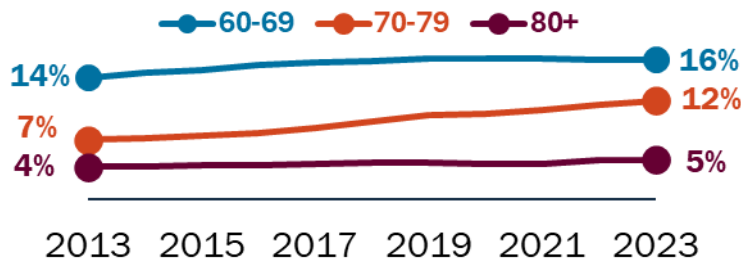


Orange County’s older population has been growing since 2013. One in three Orange County adults are age 60 or older. An increasingly older adult population creates new challenges and unique health risks. The health indicators for older adults in Orange County are not significantly different than statewide. If you need help accessing or understanding this information, contact ahs.vdhhdpanalytics@vermont.gov.

Key Points

- **33% of Orange County residents are 60 or older.**
- **Aging in Orange County is:**
 - **A risk factor for living alone**
 - **Not significantly different from Vermont overall.**

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



Source: Vermont Population Estimates

Healthy Aging Indicators by Age Group: Orange County

- As age increases, so does the percentage of adults who live alone.
- The percentage of older adults who consume alcohol at a risk level and those who fell during the last year decreases from ages 60-69 to ages 70-79.
- The percentage of adults who did not see a healthcare provider in the last year decreases from ages 60-69 to 70-79.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need ¹	14%	~	~
Lives alone ²	23%	36%	51%
Had worsening memory and confusion in the last year ³	~	~	~
Fell during the last year ²	41%	35%	~
Did not see a health care provider in the past year ²	19%	13%	~
Consumes alcohol at a risk level ^{^, 3}	33%	22%	~

Source: VT Behavioral Risk Factor Surveillance System:
¹ 2018, 2020, 2022, ² 2020-2023, ³ 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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