

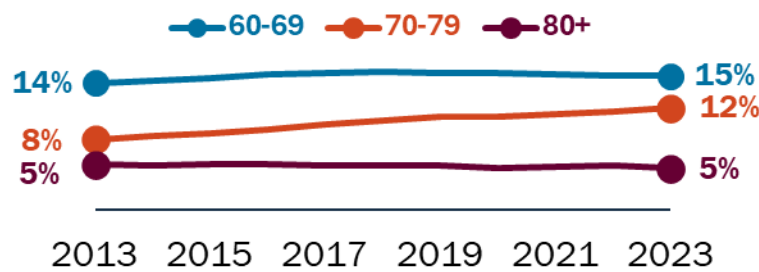
Healthy Aging in Orleans County: An Overview of Adults 60+ Years Old

September 2025



Orleans County’s older population has been growing since 2013. Almost one in three Orleans County adults are age 60 or older. An increasingly older adult population creates new challenges and unique health risks. If you need help accessing or understanding this information, contact ahs.vdhpdpanalytics@vermont.gov.

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



Source: Vermont Population Estimates

Key Points

- **32% of Orleans County residents are 60 or older.**
- **The percentage of adults aged 60-69 in Orleans County who did not see a health care provider in the last year is significantly lower than statewide values.**
- **Aging in Orleans County is:**
 - **A risk factor for living alone, worsening memory and confusion, and falling in the past year.**

Healthy Aging Indicators by Age Group: Orleans County

- As age increases, so does the percentage of adults who live alone, have worsening memory and confusion, or have fallen in the past year.
- The percentage of adults aged 60-69 who did not see a healthcare provider in the last year is significantly lower than statewide values.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need ¹	11%	13%	~
Lives alone ²	32%	37%	54%
Had worsening memory and confusion in the last year ³	8%	16%	24%
Fell during the last year ²	27%	32%	40%
Did not see a health care provider in the past year ²	12%*	~	~
Consumes alcohol at a risk level ^{^, 3}	32%	19%	~

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.
* Denotes statistically significant from statewide values.

