

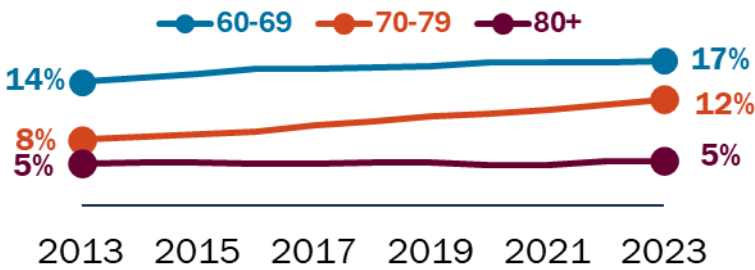
Healthy Aging in Rutland County: An Overview of Adults 60+ Years Old

September 2025



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



Source: Vermont Population Estimates

Key Points

- **34% of Rutland County residents are 60 or older.**
- **A significantly lower percentage of adults aged 70-79 in Rutland County saw a health care provider in the last year compared to [statewide values](#).**
- **Aging in Rutland County is:**
 - **A risk factor for living alone and rarely or never getting the emotional support an individual needs.**

Healthy Aging Indicators by Age Group: Rutland County

- As age increases, so does the percentage of adults who live alone and rarely or never get the emotional support they need.
- The percentage of adults aged 70-79 who did not see a health care provider in the last year is significantly lower than [statewide values](#).
- The percentage of adults who consume alcohol at a risk level decreases from age 60-69 to age 70-79.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need ¹	9%	9%	22%
Lives alone ²	29%	35%	49%
Had worsening memory and confusion in the last year ³	8%	10%	~
Fell during the last year ²	30%	39%	34%
Did not see a health care provider in the past year ²	18%	4%*	~
Consumes alcohol at a risk level ^{^, 3}	33%	25%	~

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](#).

