

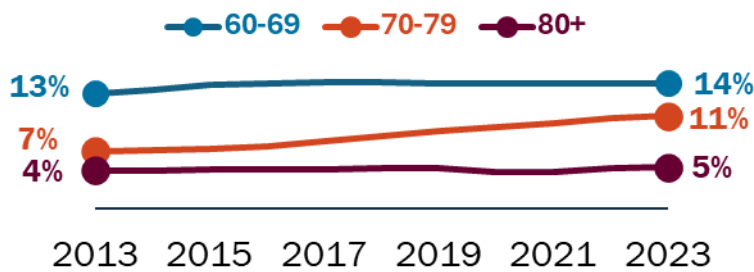
Healthy Aging in Washington County: An Overview of Adults 60+ Years Old

September 2025



Washington County’s older population has been growing since 2013. Approximately one in three Washington 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 Washington County are not significantly different than statewide. If you need help accessing or understanding this information, contact ahs.vdhhdpanalytics@vermont.gov.

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



Source: Vermont Population Estimates

Key Points

- **30% of Washington County residents are 60 or older.**
- **Aging in Washington County is:**
 - **A risk factor for living alone.**
 - **A protective factor for risky drinking.**
 - **Not significantly different from Vermont overall.**

Healthy Aging Indicators by Age Group: Washington County

- Almost one in ten adults aged 60-69 rarely or never get the emotional support they need.
- Almost two-thirds of adults aged 80 and older live alone.
- Among older adults, those aged 80 and older are at a higher risk for falls.
- 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 ¹	8%	~	~
Lives alone ²	29%	36%	65%
Had worsening memory and confusion in the last year ³	6%	10%	~
Fell during the last year ²	36%	28%	43%
Did not see a health care provider in the past year ²	17%	11%	~
Consumes alcohol at a risk level ^{^, 3}	38%	26%	20%

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.



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