

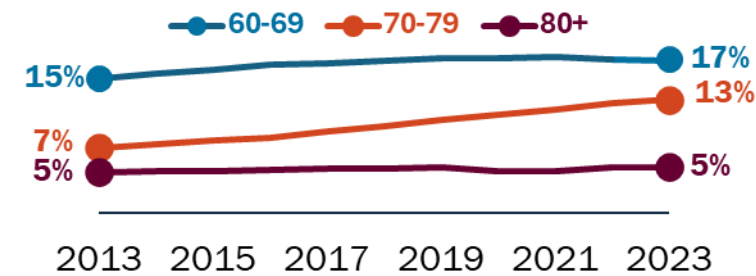
Healthy Aging in Windham County: An Overview of Adults 60+ Years Old

September 2025



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

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



Source: Vermont Population Estimates

Key Points

- **35% of Windham County residents are 60 or older.**
- **Aging in Windham 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: Windham County

- As age increases, so does the percentage of adults who live alone.
- The percentage of adults who had worsening memory and confusion decreases from ages 60-69 to 70-79.
- The percentage of adults who did not see a healthcare provider in the last year decreased from ages 60-69 to 70-79.
- As age increases, the percentage of older adults who drink alcohol at a risk level decreases.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need ¹	9%	13%	~
Lives alone ²	32%	39%	41%
Had worsening memory and confusion in the last year ³	11%	8%	~
Fell during the last year ²	40%	37%	42%
Did not see a health care provider in the past year ²	21%	14%	~
Consumes alcohol at a risk level ^{^, 3}	38%	30%	10%

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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