

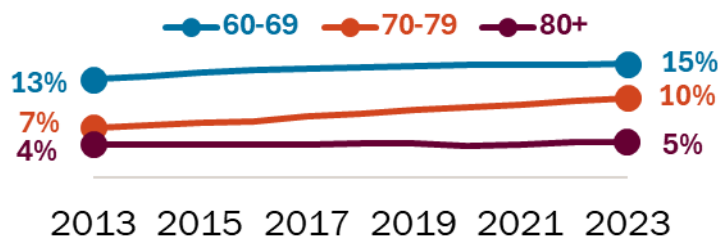
# Healthy Aging in Vermont: An Overview of Adults 60+ Years Old

July 2025



Nearly one in three Vermont residents are age 60 or older, (30% or 194,000 adults), making Vermont’s population the 2<sup>nd</sup> oldest in the country.^ Since 2013, Vermont has experienced a decrease in its young adult population while the older population is increasing. If you need help accessing or understanding this information, contact [ahs.vdhpdpanalytics@vermont.gov](mailto:ahs.vdhpdpanalytics@vermont.gov).

## Percent of Vermont Residents in Older Adult Age Groups from 2013-2023



Source: Vermont Population Estimates

## Key Points

- Vermont has the 2<sup>nd</sup> largest population of adults 60 or over in the nation.^
- Vermont’s older adult population continues to outpace other age groups.
- As more people live longer, the percentage of adults living alone who rarely or never getting the emotional support they need increases.

## Healthy Aging Indicators by Age Group

- The percentage of older adults that live alone and rarely or never get the emotional support they need increases with age.
- The percentage of adults that consume alcohol at a risky level^^ and did not see a health care provider in the last year decreases with age.
- One in three adults fell in the last year, across all adult age groups.

Indicator	60-69	70-79	80+
Rarely or never gets the emotional support they need <sup>1</sup>	8%	10%	18%
Lives alone <sup>2</sup>	27%	34%	51%
Had worsening memory and confusion in the last year <sup>3</sup>	8%	8%	16%
Fell during the last year <sup>2</sup>	32%	30%	36%
Did not see a health care provider in the past year <sup>2</sup>	18%	11%	10%
Consumes alcohol at a risk level^^	34%	24%	14%

Source: VT Behavioral Risk Factor Surveillance System:

<sup>1</sup> 2018, 2020, 2022, <sup>2</sup> 2020-2023, <sup>3</sup> 2016, 2020, 2022

^ According to ranked 2023 US Census Data of adults aged 60 years and older and median age

^^ 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



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