Vermont

Overall Rank: **3**

State Health Department Website: healthvermont.gov

Summary

Strengths:

- Low prevalence of non-medical drug use
- Low economic hardship index score
- Low uninsured rate

Challenges:

- High prevalence of excessive drinking
- High prevalence of frequent mental distress
- Low percentage of households with high-speed internet

Highlights:

DRUG DEATHS

▲**42%**

from 22.4 to 31.7 deaths per 100,000 population between 2017 and 2020.

FOOD INSECURITY

▼**40%**

from 13.2% to 7.9% of households between 2011-2013 and 2019-2021.

MENTAL HEALTH PROVIDERS

▲**28%**

from 407.3 to 522.2 per 100,000 population between 2017 and 2022.

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**12**	**0.320**	
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	32	5.2	3.9
	Public Health Funding (dollars per person)	+++++	4	$231	$116
	Violent Crime (offenses per 100,000 population)	+++++	3	173	399
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	3	23	—
	Food Insecurity (% of households)	+++++	6	7.9%	10.4%
	Income Inequality (80/20 ratio)	++++	12	4.41	4.96
Education	Fourth Grade Reading Proficiency (% of public school students)	++++	16	33.6%	32.1%
	High School Graduation (% of students)	++	31	84.5%	85.8%
	High School Graduation Racial Disparity (percentage point difference)**	+++	26	14.7	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	47	19.9%	14.0%
	High-speed Internet (% of households)	++	35	91.4%	92.4%
	Residential Segregation — Black/White (index from 0-100)	++	32	67	—
	Volunteerism (% ages 16+)	+++++	8	39.2%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	18	61.7%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**20**	**0.110**	
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	4	5.0	7.8
	Drinking Water Violations (% of community water systems)	+++	30	0.3%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	1	301	—
	Water Fluoridation (% of population served)	++	40	56.2%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	18	67.2%	67.8%
	Housing With Lead Risk (% of housing stock)	+	42	23.6%	16.9%
	Severe Housing Problems (% of occupied housing units)	++	35	16.5%	17.0%
CLINICAL CARE*		**+++++**	**3**	**1.161**	
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	3	6.2%	8.8%
	Providers (per 100,000 population)				
	Dental Care	++++	20	61.5	60.6
	Mental Health	+++++	5	522.2	305.0
	Primary Care	+++++	8	316.8	265.3
	Uninsured (% of population)	+++++	2	3.7%	8.6%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	6	77.5%	74.3%
	Dental Visit (% ages 18+)	++++	13	68.5%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 24 months)	+++++	3	79.6%	70.5%
	Flu Vaccination (% ages 18+)	+++++	3	54.5%	46.5%
	HPV Vaccination (% ages 13-17)	++++	15	66.7%	61.7%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	3	90.2%	84.1%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	13	2,224	2,770
BEHAVIORS*		**+++++**	**2**	**1.076**	
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	1	28.5%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	1	12.9%	7.4%
	Physical Inactivity (% ages 18+)	+++++	3	17.8%	23.7%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	1	179.0	481.3
	High-risk HIV Behaviors (% ages 18+)	+	41	6.2%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	3	7.0	15.4
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	4	28.2%	32.3%
Smoking and Tobacco Use	E-cigarette Use (% ages 18+)‡	+++++	4	5.0%	6.7%
	Smoking (% ages 18+)	+++	28	14.8%	14.4%
HEALTH OUTCOMES*		**+++++**	**5**	**0.618**	
Behavioral Health	Drug Deaths (deaths per 100,000 population)‡	++	32	31.7	27.9
	Excessive Drinking (% ages 18+)	++	39	19.2%	17.3%
	Frequent Mental Distress (% ages 18+)	++	35	15.6%	14.7%
	Non-medical Drug Use (% ages 18+)	+++++	1	5.8%	15.5%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	11	7,153	8,659
	Premature Death Racial Disparity (ratio)**		—	—	1.6
Physical Health	Frequent Physical Distress (% ages 18+)	++++	12	9.7%	10.9%
	Low Birthweight (% of live births)	++++	11	7.0%	8.2%
	Low Birthweight Racial Disparity (ratio)**	+++++	1	1.3	2.0
	Multiple Chronic Conditions (% ages 18+)	+++	23	9.4%	9.6%
	Obesity (% ages 18+)	+++++	7	29.0%	33.9%
OVERALL*		**+++++**	**3**	**0.651**	

* Value is a sum of weighted, ranking measure z-scores (the number of standard deviations a state value was above or below the U.S. value). Higher summation scores are better. Scores are not calculated for the District of Columbia.
** Disparity measures compare the group with the highest or lowest rate and the white rate.
‡ Non-ranking measure.
— Data not available, missing or suppressed.
For measure descriptions, source details and methodologies, visit AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50