

Vermont

State Health Department Website: healthvermont.gov

Summary

Strengths:

- High prevalence of exercise
- Low economic hardship index score
- Low racial gap in low birthweight

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High prevalence of high-risk HIV behaviors
- High percentage of housing with lead risk

Highlights:

EXERCISE

▲26% between 2017 and 2019 from 22.6% to 28.5% of adults

VIOLENT CRIME

▲67% between 2013 and 2019 from 121 to 202 offenses per 100,000 population

CHLAMYDIA

▼23% between 2014 and 2018 from 357.0 to 274.5 cases per 100,000 population

HIGH SCHOOL GRADUATION RACIAL GAP

▲27% between 2017 and 2018 from 12.8 to 16.2 percentage points

MENTAL HEALTH PROVIDERS

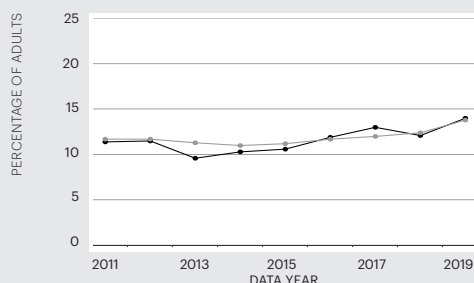
▲19% between 2016 and 2020 from 407.3 to 486.2 per 100,000 population

FREQUENT MENTAL DISTRESS

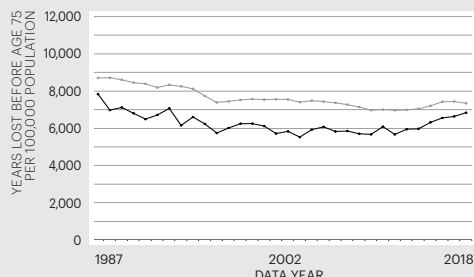
▲46% between 2013 and 2019 from 9.6% to 14.0% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

For source details and methodology visit www.AmericasHealthRankings.org.

Economic Hardship Index

The economic hardship index compares financial strain between states. It combines six population-level social and economic measures to provide a more complete picture of the difficulties faced by communities than a single measure could provide.

Measure	State Value
Crowded Housing (units with more than one person/room)	1.9%
Dependency (ages 0-17 or ages 65+)	38.3%
Education (ages 25+ without a high school diploma)	6.9%
Per Capita Income	\$35,702
Poverty (households below the poverty level)	10.8%
Unemployment (ages 16-64)	3.5%

Multiple Chronic Conditions

Chronic conditions are medical conditions that last more than a year, require ongoing medical attention and/or limit activities of daily living. Adults with multiple chronic conditions represent one of the highest-need segments of the population.

Measure	State Value
Arthritis	27.1%
Asthma	11.6%
Cancer (excluding skin)	7.2%
Cardiovascular Disease	8.7%
Chronic Kidney Disease	2.4%
Chronic Obstructive Pulmonary Disease	6.6%
Depression	22.1%
Diabetes	8.7%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.495	9	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	5.6	35	2.9
	Public Health Funding (dollars per person)	+++++	\$157	4	\$289
	Violent Crime (offenses per 100,000 population)	+++++	202	4	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	22	6	1
	Food Insecurity (% of households)	+++++	9.6	10	7.8
	Income Inequality (80-20 ratio)	++++	4.40	18	3.70
Education	High School Graduation (% of students)	+++	85.1	29	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	16.2	29	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	16.6	28	8.9
	High-speed Internet (% of households)	++	86.1	38	92.9
	Residential Segregation (index from 0-100)	+++++	48	7	42
	Volunteerism (% of adults)	++++	36.0	15	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	54.9	19	65.6
PHYSICAL ENVIRONMENT		++++	0.367	20	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	4.8	3	4.1
	Drinking Water Violations (% of community water systems)	++++	0.4	20	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	317	1	317
	Water Fluoridation (% of population served)	++	56.2	40	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	7.2	8	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	76.2	15	52.8
	Housing With Lead Risk (% of housing stock)	++	23.4	40	5.2
	Severe Housing Problems (% of occupied housing units)	++	17.0	35	11.2
CLINICAL CARE		+++++	1.140	3	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	9.3	6	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	62.8	20	90.6
	Mental Health Providers (number per 100,000 population)	+++++	486.2	5	666.4
	Primary Care Providers (number per 100,000 population)	+++++	305.3	5	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	4.5	4	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	71.8	15	77.1
	Dental Visit (% of adults)	+++++	72.6	5	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	81.8	9	86.6
	Flu Vaccination (% adults)	++++	47.6	13	50.5
Quality of Care	HPV Vaccination (% of adolescents ages 13-17)	+++++	63.6	6	78.9
	Dedicated Health Care Provider (% of adults)	+++++	86.2	3	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,248	11	1,971
BEHAVIORS		+++++	1.072	1	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	29.9	4	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	28.5	1	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	14.1	1	14.1
	Physical Inactivity (% of adults)	+++++	20.0	6	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	274.5	2	198.2
	High-risk HIV Behaviors (% of adults)	+	7.4	44	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	8.8	4	7.2
Tobacco Use	E-cigarette Use (% of adults)*	—	—	—	4.3
	Smoking (% of adults)	++++	15.1	20	7.9
ALL DETERMINANTS		+++++	0.761	2	0.865
HEALTH OUTCOMES		++++	0.482	12	0.846
Behavioral Health	Depression (% of adults)*	++	22.1	36	11.8
	Excessive Drinking (% of adults)	+	21.0	41	12.0
	Frequent Mental Distress (% of adults)	++	14.0	31	10.6
	Non-medical Drug Use (% of adults)	+++++	8.2	4	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	25.7	34	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,844	18	5,648
	Premature Death Racial Inequality (ratio)	—	—	—	1.0
	Suicide (deaths per 100,000 population)*	++	19.4	33	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	12.3	23	9.3
	Low Birthweight (% of live births)	+++++	7.0	9	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	3.0	2	2.4
	Multiple Chronic Conditions (% of adults)	+++	9.8	28	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	30.2	9	25.8
	High Cholesterol (% of adults)*	++++	30.6	12	28.1
OVERALL			0.695	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.