

Vermont

State Health Department Website: healthvermont.gov



Summary

Strengths:

- Low prevalence of concentrated disadvantage
- High percentage of female college graduates
- High percentage of infants exclusively breastfed for six months

Highlights:

CHILDREN IN POVERTY

▼ **35%** from 15.8% to 10.2% of children ages 0-17 between 2014 and 2019

EXERCISE

▲ **40%** from 22.7% to 31.8% of women ages 18-44 between 2015 and 2019

Challenges:

- High prevalence of illicit drug use among youth
- High prevalence of anxiety among children
- High prevalence of smoking during pregnancy

FREQUENT MENTAL DISTRESS

▲ **50%** from 14.2% to 21.3% of women ages 18-44 between 2013-2014 and 2018-2019

DRUG DEATHS

▲ **73%** from 17.0 to 29.4 deaths per 100,000 women ages 20-44 between 2014-2016 and 2017-2019

Women

Measures	Rating	State Rank	State Value	U.S. Value
SOCIAL AND ECONOMIC FACTORS*	++++	5	1.016	—
Community and Family Safety				
Intimate Partner Violence Before Pregnancy*		—	2.4%	3.0%
Violent Crime	++++	4	202	379
Economic Resources				
Concentrated Disadvantage	++++	1	3.9%	25.1%
Food Insecurity	++++	10	9.6%	11.1%
Gender Pay Gap*	++++	1	91.0%	81.0%
Poverty	++	36	16.7%	15.2%
Unemployment	++++	2	2.2%	3.6%
Education				
College Graduate	++++	2	47.4%	35.7%
Social Support and Engagement				
Infant Child Care Cost*	++	31	13.4%	12.5%
Residential Segregation — Black/White	+++	26	64	62
Voter Participation	+++	22	63.0%	61.7%
PHYSICAL ENVIRONMENT*	+++	28	0.039	—
Air and Water Quality				
Air Pollution	++++	3	4.8	8.3
Drinking Water Violations	+++	30	0.3%	0.8%
Household Smoke	++	35	17.2%	14.0%
Risk-screening Environmental Indicators Risk Score	++++	1	333	361,963,972
Water Fluoridation	++	40	56.2%	73.0%
Climate Change				
Climate Change Policies*	++++	1	4	—
Transportation Energy Use*	++++	6	7.4	8.7
Housing and Transportation				
Drive Alone to Work	++++	15	75.7%	75.4%
Housing With Lead Risk	++	40	23.4%	17.6%
Severe Housing Problems	++	35	17.0%	17.5%

Children

Measures	Rating	State Rank	State Value	U.S. Value
SOCIAL AND ECONOMIC FACTORS*	++++	5	0.584	—
Community and Family Safety				
Child Victimization*	+++	21	7.5%	8.9%
Economic Resources				
Children in Poverty	++++	3	10.2%	16.8%
Children in Poverty Racial Disparity	++++	9	2.8	3.0
High-speed Internet	+++	28	93.0%	92.6%
Students Experiencing Homelessness	++++	4	1.2%	3.0%
WIC Coverage	++++	1	75.0%	53.9%
Education				
Early Childhood Education	++++	2	66.0%	48.9%
Fourth Grade Reading Proficiency	++++	13	37.1%	34.3%
High School Graduation	++	31	84.5%	85.8%
High School Graduation Racial Disparity	+++	26	14.7	15.1
Social Support and Engagement				
Adverse Childhood Experiences	+	43	18.8%	14.8%
Foster Care Instability	+	47	24.9%	16.0%
Neighborhood Amenities	++	34	31.3%	37.4%
Reading, Singing or Storytelling	++++	2	71.1%	55.9%

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

Women

Measures	Rating	State Rank	State Value	U.S. Value
CLINICAL CARE*	+++++	1	1.324	—
Access to Care				
Adequate Prenatal Care	+++++	2	90.0%	76.7%
Avoided Care Due to Cost	+++++	3	11.6%	18.8%
Publicly-funded Women's Health Services	+++++	3	55%	29%
Uninsured	+++++	2	5.7%	12.9%
Women's Health Providers	+++++	2	71.0	48.5
Preventive Clinical Care				
Cervical Cancer Screening	+++	30	79.3%	79.9%
Dental Visit	+++++	1	78.1%	67.6%
Flu Vaccination	++++	17	35.8%	31.5%
Postpartum Visit*	—	—	94.9%	90.7%
Well-woman Visit	++	33	71.5%	73.2%
Quality of Care				
Breastfeeding Initiation*	+++++	6	91.9%	84.0%
Dedicated Health Care Provider	+++++	2	85.4%	71.1%
Low-risk Cesarean Delivery	+++++	7	20.8%	25.6%
Maternity Practices Score	++++	13	82	79
BEHAVIORS*	+++++	5	0.593	—
Nutrition and Physical Activity				
Exercise	+++++	1	31.8%	21.5%
Fruit and Vegetable Consumption	+++++	1	20.4%	10.4%
Physical Inactivity	+++++	1	13.1%	22.6%
Sexual Health				
Chlamydia	+++++	4	1,003	1,743
High-risk HIV Behaviors	+	49	13.0%	9.7%
Unintended Pregnancy*	—	—	20.0%	30.6%
Sleep Health				
Insufficient Sleep	+++++	4	29.7%	36.1%
Tobacco Use				
E-cigarette Use*	++	33	6.3%	5.3%
Smoking	+++	23	15.9%	14.3%
Smoking During Pregnancy	+	46	13.2%	6.0%
HEALTH OUTCOMES*	+++	24	-0.099	—
Behavioral Health				
Drug Deaths*	++	39	29.4	20.7
Excessive Drinking	+	45	24.8%	19.2%
Frequent Mental Distress	++	36	21.3%	18.1%
Illicit Drug Use	+++	27	11.2%	10.8%
Postpartum Depression*	—	—	10.0%	13.4%
Mortality				
Maternal Mortality*	—	—	—	20.1
Mortality Rate	++++	20	92.0	97.2
Physical Health				
Frequent Physical Distress	++++	11	7.7%	8.4%
High Blood Pressure	+++++	5	7.5%	10.6%
High Health Status*	+++++	1	63.0%	53.8%
Maternal Morbidity*	—	—	—	6.6
Multiple Chronic Conditions	+++	27	4.9%	4.4%
Obesity	+++++	5	24.3%	30.0%
OVERALL — WOMEN*	—	—	0.550	—

* Overall and category values are derived from individual measure data to arrive at total scores for the state. Higher scores are considered healthier and lower scores are less healthy.

* Measure was not included in the calculation of overall or category values.

— Data not available, missing or suppressed.

For measure descriptions, source details and methodology, visit www.AmericasHealthRankings.org.

Children

Measures	Rating	State Rank	State Value	U.S. Value
CLINICAL CARE*	+++++	2	1.414	—
Access to Care				
ADD/ADHD Treatment	++	37	2.5%	3.0%
Pediatricians	+++++	6	142.3	104.6
Uninsured	+++++	3	2.1%	5.7%
Preventive Clinical Care				
Childhood Immunizations	+++++	9	81.8%	75.8%
HPV Vaccination	+++++	6	63.6%	54.2%
Preventive Dental Care	+++++	4	84.5%	77.5%
Well-child Visit	+++++	5	87.6%	80.7%
Quality of Care				
Adequate Insurance	+++++	3	75.0%	66.7%
Developmental Screening	+++++	3	51.8%	36.9%
Medical Home	+++++	1	56.8%	46.8%
BEHAVIORS*	+++++	6	0.642	—
Nutrition and Physical Activity				
Breastfed	+++++	2	36.8%	25.6%
Food Sufficiency	+++++	7	75.0%	69.8%
Physical Activity	+++	21	23.6%	20.6%
Soda Consumption — Youth*	—	—	—	9.3%
Sexual Health — Youth				
Dual Contraceptive Nonuse*	—	—	79.2%	90.9%
Teen Births	+++++	3	7.6	16.7
Sleep Health				
Adequate Sleep	+++++	3	73.5%	66.1%
Sleep Position*	—	—	90.2%	79.6%
Tobacco Use — Youth				
Electronic Vapor Product Use*	—	—	26.4%	32.7%
Tobacco Use	+	45	6.8%	4.0%
HEALTH OUTCOMES*	+++	30	-0.158	—
Behavioral Health				
Alcohol Use — Youth	+	50	13.6%	9.2%
Anxiety	+	48	14.6%	9.1%
Depression	+	49	6.7%	3.9%
Flourishing	++++	15	70.0%	69.1%
Illicit Drug Use — Youth	+	50	14.1%	8.4%
Teen Suicide*	—	—	—	11.2
Mortality				
Child Mortality	+++++	7	19.9	25.4
Infant Mortality	++++	16	5.6	5.7
Physical Health				
Asthma	+++	24	7.3%	7.5%
High Health Status*	+++++	3	93.2%	90.4%
Low Birthweight	+++++	4	6.6%	8.3%
Low Birthweight Racial Disparity	+++++	2	1.2	2.1
Overweight or Obesity — Youth	++++	11	27.8%	32.1%
OVERALL — CHILDREN*	—	—	0.418	—

OVERALL — WOMEN AND CHILDREN*	—	0.522	—
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