

State Health Department Website:

Summary

Strengths

- Low prevalence of non-medical drug use
- High prevalence of high school completion
- Low economic hardship index score

Challenges

- High prevalence of multiple chronic conditions
- High prevalence of excessive drinking
- High occupational fatality rate

Key Findings

Cancer Screenings

26%▲

from 55.0% to 69.2% of adults ages 40-75 between 2022 and 2024.

Physical Inactivity

21%▼

from 20.3% to 16.0% of adults between 2023 and 2024.

Depression

19%▲

from 22.1% to 26.4% of adults between 2019 and 2024.

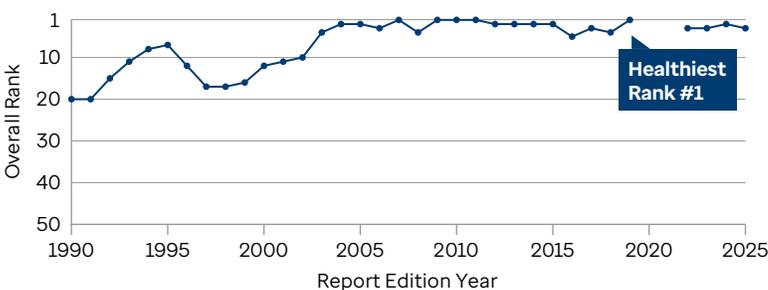
Homelessness

5%▲

from 50.9 to 53.3 people per 10,000 population between 2023 and 2024.

Trends

Annual Report Rank History



Spotlight Rural Health in Vermont

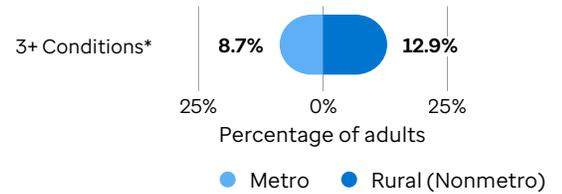
Rural Population in 2023

66.1%

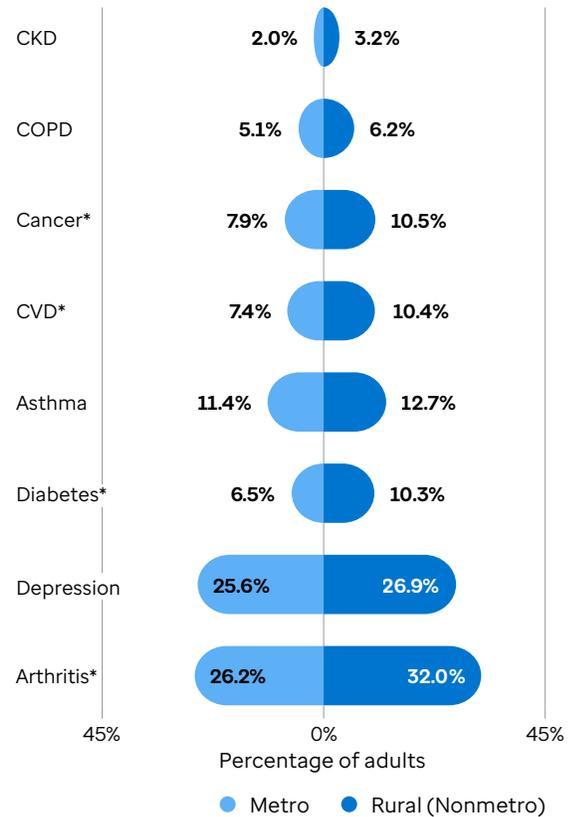
Source: U.S. Census Bureau, American Community Survey, 1-Year Dataset, 2023.

Multiple Chronic Conditions

Prevalence by Metropolitan Status in 2024



Components



*Significant based on 95% confidence intervals.

Source: U.S. HHS, CDC, Behavioral Risk Factor Surveillance System, 2024.

Notes: Order of conditions based on U.S. prevalence. CKD=chronic kidney disease, COPD=chronic obstructive pulmonary disease, CVD=cardiovascular diseases.

Measures | Vermont

		State Rank	State Value	U.S. Value
Social & Economic Factors		4	0.834	
Community and Family Safety	Firearm Deaths (Deaths per 100,000 population)*	15	12.8	14.0
	Homicide (Deaths per 100,000 population)	10	2.8	6.7
	Occupational Fatalities (Deaths per 100,000 workers)	35	5.2	4.2
	Public Health Funding (Dollars per person)	5	\$206	\$124
Economic Resources	Economic Hardship Index (Index from 1-100)	3	16	–
	Food Insecurity (% of households)	5	9.2%	12.2%
	Income Inequality (80:20 ratio)	13	4.28	4.85
Education	Fourth Grade Reading Proficiency (% of public school students)	27	30.5%	30.5%
	High School Completion (% of adults age 25+)	3	94.7%	89.9%
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	24	15.2%	14.1%
	High-Speed Internet (% of households)	23	94.4%	94.6%
	Residential Segregation - Black/White (Index from 0-100)	20	62	–
	Volunteering (% of population age 16+)	2	40.5%	28.3%
	Voter Participation (% of U.S. citizens age 18+)	4	67.0%	58.8%
Physical Environment		13	0.468	
Air and Water Quality	Air Pollution (Micrograms of fine particles per cubic meter)	8	6.0	8.8
	Drinking Water Violations (Average violations per community water system)	15	1.8	2.5
	Water Fluoridation (% of population served by community water systems)	38	56.7%	72.3%
Climate and Health	Climate Policies (Number out of four policies)	1	4	–
	Renewable Energy (% of total electricity generated)*	1	84.4%	21.9%
Housing and Transit	Homelessness (People per 10,000 population)*	47	53.3	22.6
	Housing Cost Burden (% of households)*	33	30.5%	32.0%
	Housing With Lead Risk (% of housing stock)	39	21.5%	16.1%
	Severe Housing Problems (% of occupied housing units)	31	15.3%	16.8%
Clinical Care		2	1.310	
Access to Care	Avoided Care Due to Cost (% of adults)	2	79%	11.5%
	Dental Care Providers (Providers per 100,000 population)	19	67.4	66.3
	Mental Health Providers (Providers per 100,000 population)	4	613.0	362.6
	Primary Care Providers (Providers per 100,000 population)	9	349.4	291.4
	Uninsured (% of total population)	3	4.2%	8.2%
Preventive Clinical Services	Cancer Screenings (% of adults ages 40-75)	9	69.2%	64.5%
	Childhood Immunizations (% of 3-year birth cohort)	6	75.6%	66.9%
	Dental Visit (% of adults)	10	70.4%	67.5%
	Flu Vaccination (% of adults)	2	52.4%	41.3%
	HPV Vaccination (% of adolescents ages 13-17)	7	71.7%	62.9%
Quality of Care	Dedicated Health Care Provider (% of adults)	3	90.2%	83.9%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries age 18+)	11	2,150	2,768
Behaviors		1	1.309	
Nutrition and Physical Activity	Exercise (% of adults)	3	33.7%	30.4%
	Fruit and Vegetable Consumption (% of adults)	1	12.9%	7.4%
	Physical Inactivity (% of adults)	2	16.0%	21.8%
Sexual Health	Chlamydia (Cases per 100,000 population)	2	201.9	492.2
	High-Risk HIV Behaviors (% of adults)	20	5.4%	5.6%
	Teen Births (Births per 1,000 females ages 15-19)	2	5.7	13.1
Sleep Health	Insufficient Sleep (% of adults)	1	29.6%	35.5%
Smoking and Tobacco Use	E-Cigarette Use (% of adults)	5	5.9%	8.0%
	Smoking (% of adults)	18	10.5%	11.6%
Health Outcomes		8	0.602	
Behavioral Health	Drug Deaths (Deaths per 100,000 population)*	36	40.0	31.4
	Excessive Drinking (% of adults)	38	18.7%	17.0%
	Frequent Mental Distress (% of adults)	19	15.1%	15.6%
	Non-Medical Drug Use (% of adults)	1	6.5%	16.8%
Mortality	Premature Death (Years lost before age 75 per 100,000 population)	16	7,268	7,862
	Premature Death Racial Disparity (Ratio of highest rate to white rate)	–	–	1.9
Physical Health	Frequent Physical Distress (% of adults)	21	12.7%	13.0%
	Low Birth Weight (% of live births)	5	7.1%	8.6%
	Low Birth Weight Racial Disparity (Ratio of highest rate to white rate)	1	1.2	2.1
	Multiple Chronic Conditions (% of adults)	26	11.4%	11.3%
	Obesity (% of adults)	5	29.0%	34.2%
Overall		3	0.906	

Visit AmericasHealthRankings.org for the full list of [measures](#), [source details](#) and [methodologies](#).

* Unweighted measure that does not contribute to a state's Overall Rank.
– Data are not available, missing or suppressed.