

VERMONT BEHAVIORAL RISK FACTOR SURVEY REPORT 2020

POPULATION IN FOCUS

Black, Indigenous, and People of Color

Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a telephone survey conducted annually among adults 18 and older. The Vermont BRFSS is completed by the Vermont Department of Health in collaboration with the Centers for Disease Control and Prevention (CDC). All U.S. states, Washington D.C., and most U.S. territories participate in the BRFSS. In 2020, BRFSS surveys were completed among 6,540 adults, from across the state. These results are weighted to be representative of the entire adult population.

Adverse health outcomes and behaviors experienced by specific populations are driven by complex upstream factors, including social, economic, and environmental inequities. The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. This report focuses on the specific health disparities experienced by Black, Indigenous, and people of color in Vermont (BIPOC) compared to white, non-Hispanic people (WnH).

Overall, in 2020, about **6% of Vermonters identified themselves as BIPOC**. Specifically, 2% of adults are Hispanic, 1% are non-Hispanic Asian, Native Hawaiian or Pacific Islander, 1% are non-Hispanic Alaskan Native or American Indian, and 1% are non-Hispanic multi-racial. Less than 1% of adults are non-Hispanic Black and less than 1% are another race.

Throughout this report, all estimates reported represent percentages. Statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. Additional information about the BRFSS can be found on the [Vermont Department of Health BRFSS](https://www.healthvermont.gov/brfss) webpage.

2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

Demographics

Sex	BIPOC	WnH
Female	49	51
Male	51	49

Age	BIPOC	WnH
18-24	29	12
25-44	38	28
45-64	23	34
65+	11	26

Disability	BIPOC	WnH
Any Disability	33	22
No Disability	67	78

Sexual Orientation / Gender Identity	BIPOC	WnH
Lesbian, Gay, Bisexual, Other Sexual Orientation, or Transgender	16	8
Heterosexual and Cisgender	84	92

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Demographics

Household Income	BIPOC	WnH
Low <\$25K	32	20
Middle \$25-<\$50K	29	23
High \$50K-<\$75K	17	20
Highest \$75K+	22	37

Education	BIPOC	WnH
High School or Less	51	36
Some College	28	29
College or more	21	35

Veteran Status	BIPOC	WnH
Veteran	8	10
Non-Veteran	92	90

Marital Status	BIPOC	WnH
Married	37	52
Unmarried	63	48

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Health Status Indicators

Health Status	BIPOC	WnH	Differences
Fair or Poor General Health	15	11	
Poor Physical Health ^o	16	9	BIPOC > WnH
Poor Mental Health ^o	20	14	
Rarely/never get social and emotional support needed	15	7	BIPOC > WnH

Healthcare Access	BIPOC	WnH	Differences
Have medical health plan coverage, age 18-64	88	92	
Have one or more primary care providers	75	86	BIPOC < WnH
Delay seeking care due to cost, past year	16	7	BIPOC > WnH

^o Poor physical and mental health defined as 14+ days in the last 30 where physical health or mental health self-reported as not good.

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Chronic Health Conditions

Chronic Health Condition	BIPOC	WnH	Differences
Arthritis	21	26	
Cardiovascular Disease	10	8	
Chronic Obstructive Pulmonary Disease	7	6	
Depressive Disorder	35	23	BIPOC > WnH
Diabetes	8	8	
Hypertension~	27	25	

~ Age-adjusted to U.S. 2000 population

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Health Risk Behaviors and Factors

Health Risk Behaviors/Factors	BIPOC	WnH	Differences
No leisure time physical activity ^o , past month	27	17	BIPOC > WnH
HIV transmission risk behavior ^o , past year	**	6	
Experienced traumatic brain injury, ever	43	38	
Binge Drinking, past month	22	17	
Currently smoke cigarettes	21	14	
Housing Insecurity	21	8	BIPOC > WnH
Food Insecurity	12	4	BIPOC > WnH

~ Age-adjusted to U.S. 2000 population

^o HIV-risk behaviors include any of the following: intravenous drug use, treatment for a sexually transmitted or venereal disease, gave or received sex for drugs or money, and anal sex without a condom.

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Preventative Behaviors and Factors

Preventative Behaviors	BIPOC	WnH	Differences
Routine doctor's visit, past year	67	72	
Flu Immunization, 65+, past year	62	69	
Visited dentist, past year~	54	69	BIPOC < WnH
Any teeth extracted, age 45-64	48	44	

Cancer Screenings	BIPOC	WnH	Differences
Breast Cancer Screening, Women 50-74~	67	74	
Cervical Cancer Screening, Women 21-65~	80	84	
Colorectal Cancer Screening, 50-75~	66	77	
Lung Cancer Screening °*	**	26	

~ Age-adjusted to U.S. 2000 population

° In 2019, lung cancer screening was recommended for adults 55-80 with a 30-pack year history who currently smoke or stopped smoking within the last 15 years.

* Last asked in 2019

** Data suppressed due to small numbers

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Preventative Behaviors and Factors

Other Health Screenings	BIPOC	WnH	Differences
Were asked about alcohol use during last routine checkup	85	85	
Ever tested for HIV	46	37	
Cholesterol checked, past five years~*	77	80	

~ Age-adjusted to U.S. 2000 population

* Last asked in 2019

<https://www.healthvermont.gov/brfss>