

## **Middlebury District Profile – Adult Health**

**March 2020** 

Health Status Indicators	VT 2018	Most Recent District Trend District %	Estimated # of Adults in District**
Have Personal Health Care Provider	86%	89%	24,000
Have Health Insurance, Ages 18-64	92%	89%	18,000
General Health Status is Fair or Poor	14%	10%	3,000
Poor Physical Health	12%	9%	2,000
Poor Mental Health	12%	9%	2,000
Did Not Visit Doctor Due to Cost	8%	8%	2,000

## **Preventative Behaviors and Health Screening**

	•			
Cholesterol Screened, in Last Five Years*^	83%	•	78%	20,000
Routine Doctor Visit, in Last Year	76%	•	72%	19,000
Dental Visit in Last Year* <sup>^</sup>	73%		70%	18,000
Met Physical Activity Recommendations*^	60%	•	59%	14,000
2+ Daily Fruit Servings*^	32%	•	36%	9,000
Cervical Cancer Screening, Women 21-65*^	86%	•	82%	8,000
Colorectal Cancer Screening, Ages 50-75*^	71%		70%	8,000
Ever Tested for HIV	38%	••••	36%	8,000
Met Strength Building Recommendations <sup>^</sup>	31%	•	34%	8,000
Pneumococcal Vaccine, Ever, Ages 65+	75%		83%	5,000
Breast Cancer Screening, Women 50-74*^	77%	-	77%	5,000
5+ Daily Fruit & Vegetable Servings*^	20%	•	22%	5,000
Flu Shot in the Last Year, Ages 65+	54%		63%	4,000
Any Teeth Extracted, Ages 45-64 <sup>^</sup>	48%	•	48%	4,000
3+ Daily Vegetable Servings*^	20%	•	18%	4,000
Feel Community is Not Safe for Walking <sup>^</sup>	9%	•	4%	1,000

N/A = Value suppressed because sample size is too small or relative standard error (RSE) is >30.

<sup>■</sup> Statistically different from Vermont ◆ No Change ● Measure moving in right direction ● Measure moving in wrong direction

 $<sup>\</sup>ensuremath{^{\star}}\xspace Percent$  is age-adjusted to the U.S. 2000 population.

<sup>\*\*</sup>Estimated counts are rounded to the nearest thousand and not age-adjusted.

<sup>^</sup> Measures with data years other than 2017-2018. See <u>District Profile – Methodology</u> for details.

## **Middlebury District Profile – Adult Health**

Risk Behaviors	VT 2018	District Trend	Most Recent District %^	Estimated # of Adults in District**
No Leisure Time Physical Activity*	18%		22%	6,000
Binge Drinking	17%		16%	4,000
Marijuana Use	17%		14%	3,000
Cigarette Smoking*	15%		• 15%	3,000
Made Quit Attempt in Last Year*	57%		50%	2,000
Adverse Childhood Experiences, Four or More^	14%	•	12%	3,000
Heavy Drinking	8%		11%	3,000
Prescription Drug Misuse, Ever^	8%	•	9%	2,000
Smokeless Tobacco Use	3%	•••	'15-'16:	4%; '17-'18: N/A
E-Cigarette Use <sup>^</sup>	3%		'16-'17: N/A	
Disease Prevalence				
Overweight, Ages 20+*	33%		40%	10,000
Hypertension*^	25%	•	24%	8,000
High Cholesterol <sup>^</sup>	28%	•	32%	7,000
Obese, Ages 20+*	29%		23%	6,000
Arthritis	28%	•	23%	6,000
Depressive Disorder	21%		• 21%	6,000
Asthma, Current Diagnosis	12%		13%	3,000
Falls in Last Year, Ages 65+^	33%	•	37%	2,000
Non-Skin Cancer Diagnosis	8%		9%	2,000
Skin Cancer Diagnosis	7%	•	9%	2,000 ■
Diabetes	9%		• 7%	2,000
Cardiovascular Disease	8%	•	• 7%	2,000
Chronic Obstructive Pulmonary Disease	6%		5%	1,000
Select Demographics				
Ages 65+	24%	•	25%	7,000
Any Disability	24%	•	• 22%	6,000
LGBT <sup>^</sup>	9%	•	9%	2,000
	2022		<b></b>	

Data points in the trend line are aggregated with two years of data.

For more information on methodology, and data years for specific measures, see <u>District Profile – Methodology</u>.

For more information about Vermont towns in Middlebury Health District, please visit <a href="www.healthvermont.gov/local/middlebury">www.healthvermont.gov/local/middlebury</a>.

