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	VT 2018	District Trend	Most Recent District % [^]	Estimated # of Adults in District ^{**}	
Have Personal Health Care Provider	86%		89%	104,000	
Have Health Insurance, Ages 18-64	92%		96%	89,000	
Poor Mental Health	12%		11%	12,000	
General Health Status is Fair or Poor	14%		9%	11,000	
Poor Physical Health	12%		9%	11,000	
Did Not Visit Doctor Due to Cost	8%		6%	7,000	

Preventative Behaviors and Health Screening

	VT 2018	District Trend	Most Recent District % [^]	Estimated # of Adults in District ^{**}	
Dental Visit in Last Year ^{*^}	73%		77%	87,000	
Cholesterol Screened, in Last Five Years ^{*^}	83%		81%	86,000	
Routine Doctor Visit, in Last Year	76%		72%	85,000	
Met Physical Activity Recommendations ^{*^}	60%		62%	65,000	
Ever Tested for HIV	38%		44%	46,000	
Met Strength Building Recommendations [^]	31%		38%	40,000	
2+ Daily Fruit Servings ^{*^}	32%		34%	35,000	
Cervical Cancer Screening, Women 21-65 ^{*^}	86%		88%	31,000	
Colorectal Cancer Screening, Ages 50-75 ^{*^}	71%		75%	31,000	
3+ Daily Vegetable Servings ^{*^}	20%		23%	24,000	
5+ Daily Fruit & Vegetable Servings ^{*^}	20%		23%	23,000	
Breast Cancer Screening, Women 50-74 ^{*^}	77%		81%	18,000	
Pneumococcal Vaccine, Ever, Ages 65+	75%		81%	17,000	
Flu Shot in the Last Year, Ages 65+	54%		64%	14,000	
Any Teeth Extracted, Ages 45-64 [^]	48%		37%	13,000	
Feel Community is Not Safe for Walking [^]	9%		7%	7,000	

■ Statistically different from Vermont ◆ No Change ● Measure moving in right direction ● Measure moving in wrong direction

*Percent is age-adjusted to the U.S. 2000 population.

**Estimated counts are rounded to the nearest thousand and not age-adjusted.

[^] Measures with data years other than 2017-2018. See [District Profile – Methodology](#) for details.

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

Burlington District Profile – Adult Health

Risk Behaviors

	VT 2018	District Trend	Most Recent District % [^]	Estimated # of Adults in District**
Marijuana Use	17%		19%	21,000
Binge Drinking	17%		17%	19,000
No Leisure Time Physical Activity*	18%		15%	18,000
Adverse Childhood Experiences, Four or More [^]	14%		14%	14,000
Cigarette Smoking*	15%		12%	13,000
Made Quit Attempt in Last Year*	57%		63%	8,000
Prescription Drug Misuse, Ever [^]	8%		9%	9,000
Heavy Drinking	8%		6%	7,000
E-Cigarette Use [^]	3%		3%	4,000
Smokeless Tobacco Use	3%		'16-'17: 1%; '17-'18: N/A	

Disease Prevalence

Overweight, Ages 20+*	33%		34%	36,000
Hypertension* [^]	25%		22%	29,000
High Cholesterol [^]	28%		28%	27,000
Obese, Ages 20+*	29%		25%	27,000
Depressive Disorder	21%		23%	27,000
Arthritis	28%		22%	26,000
Asthma, Current Diagnosis	12%		11%	13,000
Diabetes	9%		7%	9,000
Skin Cancer Diagnosis	7%		7%	9,000
Falls in Last Year, Ages 65+ [^]	33%		34%	7,000
Cardiovascular Disease	8%		6%	7,000
Non-Skin Cancer Diagnosis	8%		6%	8,000
Chronic Obstructive Pulmonary Disease	6%		4%	5,000

Select Demographics

Ages 65+	24%		20%	23,000
Any Disability	24%		19%	22,000
LGBT [^]	9%		11%	12,000

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 [District Profile – Methodology](#).

For more information about Vermont towns in Burlington Health District, please visit www.healthvermont.gov/local/burlington.

