

FIT & HEALTHY VERMONTERS – STATUS, APRIL 2007

Long Term Impact Objectives

	2003 Baseline	2005 Status	FHV Goal
1. Reduce the prevalence of chronic disease as measured by a halt in the increase in the proportion of adults with diabetes	6%	6%	9%
2. Halt the increase in the proportion of Vermonters who are over a healthy weight as measured by:			
Adults (age 18+) with BMI ≥ 30	19%	20%	22%
Youth (grades 8-12) with BMI for age ≥ 95 th percentile	11%	10%	9%
WIC participants age 2-5 with BMI for age ≥ 95 th percentile	13%	13%	14%

Behavioral Outcome Objectives

	2003 Baseline	2005 Status	FHV Goal
1. Reduce the average calorie intake of Vermonters by 2 percent, or 50 calories per day by:			
A. Increase by 15% the proportion of Vermonters eating 3+ daily servings of vegetables among:			
Adults (age 18+)	44%	56%	51%
Lower income adults*	27%	26%	31%
Youth (grades 8-12)	16%	14%	18%
B. Increase by 15% the proportion of Vermonters eating 2+ daily servings of fruits among:			
Adults (age 18+)	47%	56%	54%
Lower income adults*	29%	27%	34%
Youth (grades 8-12)	40%	37%	46%
C. Reduce portion sizes	-	-	-
D. Reduce consumption of sugar sweetened beverages	-	-	-

* The classification of lower income adults is calculated based on adults in the households that were less than 250% of the 2003 or 2005 Federal Poverty Level Guidelines

** Adequate levels of physical activity determined to be at least 30 minutes per day for five or more days per week of moderate physical activity

-' = Data not available

Behavioral Outcome Objectives (continued)

	2003 Baseline	2005 Status	FHV Goal
2. Increase calorie expenditure of Vermonters by 8 percent, or 30 calories per day by:			
A. Increase by 15% the proportion of Vermonters with adequate levels** of physical activity as measured by:			
Adults (age 18+)	55%	58%	63%
Lower income adults*	28%	26%	32%
Youth (grades 8-12)	26%	27%	30%
B. Decrease by 10% the proportion of Vermonters age 2 and over with sedentary lifestyle habits as measured by:			
Adults (age 18+) with no leisure time physical activity	19%	19%	17%
Lower income adults* with no leisure time physical activity	36%	42%	33%
Youth grades 8-12 who watch TV/use the computer 5+ hours per day	9%	10%	8%
WIC participants (age 2-5) TV time	-	-	-
3. Increase breastfeeding rates at birth, 6 months and one year postpartum by:			
A. Increase by 10% the proportion of Vermont women that breastfeed for at least one year as measured by:			
Breastfeeding initiation and breastfeeding in the early postpartum period by:			
All Vermont mothers	81%	80%***	85%
Mothers participating in WIC	64%	66%	73%
Breastfeeding at 6 months by:			
All Vermont mothers	50%	57%	55%
Mothers participating in WIC	35%	34%	36%

***Preliminary data from Vermont Birth Certificates, 2005

FIT & HEALTHY VERMONTERS – STATUS, APRIL 2007

Behavioral Outcome Objectives (continued)

	2003 Baseline	2005 Status	FHV Goal
Breastfeeding at 1 year by:			
All Vermont mothers	30%	35%	33%
Mothers participating in WIC	22%	17%****	26%
B. Increase by 10% the proportion of Vermont women that exclusively breastfeed up to at least 6 months as measured by:			
Exclusive breastfeeding at 3 months by:			
All Vermont mothers	53%	55%	58%
Mothers participating in WIC	-	-	-
Exclusive breastfeeding at 6 months among all Vermont women	24%	21%	26%

**** This decline in 2005 is most likely due to coding errors during the data entry of the 2005 data.

Fit & Healthy Vermonters Status Report

April, 2007



For additional information, please contact:

Alison Howe, MS
Chronic Disease Epidemiology
Vermont Department of Health
108 Cherry Street
Burlington, VT 05401
802-951-1255
alihowe@vdh.state.vt.us