

FIT AND HEALTHY VERMONTERS – STATUS, MARCH 2009

Long-Term Impact Objectives

	2003 Baseline	2008 Data	FHV Goal
1. By 2015, 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. By 2010, halt the increase in the proportion of Vermonters who are over a healthy weight among:			
Adults (age 20+) with BMI \geq 30	20%	24%	22%
Lower-income adults with BMI \geq 30	24%	28%	26%
Youth (grades 8-12) with BMI for age \geq 95 th percentile	11%	(2007) 12%	9%
WIC participants age 2-5 with BMI for age \geq 95 th percentile	13%	13%	14%

Behavioral Outcome Objectives

	2003 Baseline	2007 Data	FHV Goal
1. By 2010, reduce the average calorie intake of Vermonters by 2 percent, or 50 calories per day by:			
a. Increase by 15 percent, the proportion of Vermonters eating 3+ daily servings of vegetables among:			
Adults (age 18+)	32%	(2007) 32%	37%
Lower-income adults*	29%	(2007) 30%	33%
Youth (grades 8-12)	16%	(2007) 16%	18%
b. Increase by 15 percent, the proportion of Vermonters eating 2+ daily servings of fruits among:			
Adults (age 18+)	41%	(2007) 39%	47%
Lower-income adults*	39%	(2007) 37%	45%
Youth (grades 8-12)	40%	(2007) 35%	46%
c. Reduce portion sizes	-	-	-
d. Reduce by 10 percent daily consumption of soda among youth	(2007) 24%	(2007) 24%	22%

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Behavioral Outcome Objectives (continued)

	2003 Baseline	2008 Data	FHV Goal
2. By 2010, 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 among:			
Adults (age 18+)	55%	(2007) 58%	63%
Lower-income adults*	55%	(2007) 53%	63%
**CHANGED TO 60 MINUTES Youth (grades 8-12)	(2007) 26%	(2007) 26%	30%
b. Decrease by 10% the proportion of Vermonters age 2 and over with sedentary lifestyle habits among:			
Adults (18+) with no leisure time physical activity	19%	18%	17%
Lower income adults* with no leisure time physical activity	24%	26%	22%
Youth (grades 8-12) who watch TV / use the computer 5+ hours per day	9%	(2007) 10%	8%
WIC participants (age 2-5) TV time	-	-	-
3. By 2010, increase breastfeeding rates at birth, 6 months and one year postpartum by:			
a. Increase by 10 percent, the proportion of Vermont women who breastfeed as measured by:			
Breastfeeding initiation and breastfeeding in the early postpartum period among:			
All Vermont mothers ***	85%	(2005) 78%	85%
Mothers participating in WIC	64%	71%	73%
Breastfeeding at 6 months among:			
All Vermont mothers ***	56%	(2005) 54%	55%
Mothers participating in WIC	35%	31%	36%
Breastfeeding at 1 year among:			
All Vermont mothers ***	33%	(2005) 33%	33%
Mothers participating in WIC ****	22%	13%	26%

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Behavioral Outcome Objectives (continued)

	2003 Baseline	2008 Data	FHV Goal
b. Increase by 10 percent the proportion of Vermont women that exclusively breastfeed up to at least 6 months as measured by:			
Exclusive breastfeeding at 3 months among:			
All Vermont mothers ***	(2004) 47%	(2005) 49%	58%
Mothers participating in WIC	-	-	34%
Exclusive breastfeeding at 6 months among all Vermont mothers ***	(2004) 16%	(2005) 24%	26%

* Lower income is classified as adults in households earning less than 250% of the Federal Poverty Guidelines.

** Adequate levels of physical activity among adults is at least 30 minutes of moderate physical activity per day for five or more days per week or 20 minutes of vigorous physical activity three or more days per week; Adequate levels of physical activity among youth is at least 60 minutes of physical activity every day

*** Breastfeeding data from the National Immunization Survey conducted during 2007 for children born in 2005.

**** Low percentage is most likely due to coding errors during data entry.

For additional information, please contact:

Elizabeth Peterson, MPH
Chronic Disease Epidemiology
Vermont Department of Health
108 Cherry Street
Burlington, VT 05401
802-863-7654
epeters@vdh.state.vt.us

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