



# Midway to 2020 • Report Card



**Healthy Vermonters 2020** is our State Health Assessment Plan, presenting priority outcomes and indicators for the decade. This midway to 2020 report gives us a snapshot in time to help answer two questions: *How are we doing? How healthy are we?* Our website at [www.healthvermont.gov](http://www.healthvermont.gov) provides more

interactive and in-depth data. **Performance Scorecards** show how Vermont is doing compared to where we started and our 2020 targets. The **Data Explorer** visualizes 134 population indicators with trend lines and maps comparing data by county, health district, and hospital service area.

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## A Healthy Lifetime

Family Planning	Baseline/Year	Midway/Year	2020 Target
• % of pregnancies that are intended . . . . .	54% 2008	49% 2013	65%
• % of 9-12th graders who used most or moderately effective contraception at most recent intercourse . ◆	42% 2011	47% 2015 ✨	55%
• % of high schools that teach key topics related to sexual health education in a required course . . . . ◆	85% 2014	87% 2016	100%

  

Maternal & Infant Health	Baseline/Year	Midway/Year	2020 Target
• sudden unexpected deaths of infants, # per 1,000 live births . . . . .	0.75 2008-10	0.44 2011-13	0.57 ✓
• % of pregnant women who –			
• abstain from alcohol . . . . .	88% 2008	87% 2013	100%
• abstain from smoking cigarettes . . . . .	81% 2009	82% 2013	90%
• abstain from illicit drug use . . . . .	95% 2009	91% 2013 ✖	100%
• % of women delivering a live birth who –			
• discussed preconception health before pregnancy	29% 2008	21% 2013	40%
• had a healthy weight before pregnancy	52% 2008	46% 2013 ✖	65%
• % of infants breastfed exclusively for six months	22% 2007	31% 2013	40%
• % of women who had a dental visit during pregnancy ◆	53% 2008	59% 2013 ✨	70%
• % of children who live in households where someone smokes . . . . . ◆	25% 2007	22% 2011-12	10%

Early Childhood Screening	Baseline/Year	Midway/Year	2020 Target
• % of children who have a developmental screening in the first 3 years of life . . . . .	48% 2013	50% 2015	95%
• % of newborns screened for hearing loss by 1 month	95% 2009	96% 2014	100%
• % of children who need and receive an audiologic evaluation by 3 months of age . . . . .	48% 2009	56% 2014	80%
• % of infants with hearing loss who receive intervention services by 6 months of age . . . . .	50% 2010	86% 2014	80% ✓
• % of eligible newborns who have Dried Bloodspot screening during the neonatal period . . . .	100% 2010	100% 2015	100% ✓

School-Age Health	Baseline/Year	Midway/Year	2020 Target
• % of kindergarteners who are ready for school in all 5 domains of healthy development . . .	56% 2011-12	82% 2015-16	90%
• % of students age 10-17 who have had a wellness exam in the past 12 months . . . . .	57% 2010-11	65% 2015-16	65% ✓
• % of schools that provide referrals to community medical providers for students identified with chronic conditions (all schools grades 6-12) . . . . .	74% 2014	76% 2016	TBD

Older Adults	Baseline/Year	Midway/Year	2020 Target
• % of adults age 65 and older who visited a doctor in the last year for routine care . . . . .	85% 2011	85% 2015	100%
• % of adults age 65 and older who are up to date on a core set of clinical preventive services			
• males . . . . .	43% 2012	40% 2014	55%
• females . . . . .	37% 2012	38% 2014	55%
• % of adults age 65 and older who have prescription drug coverage . . . . .	86% 2010	84% 2012	85%

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## Providing for Better Public Health

Access to Health Services	Baseline/Year	Midway/Year	2020 Target
• % of adults age 18-64 who have health insurance	88% 2010	95% 2014 ⬆	100%
• % of children age 17 or younger who have health insurance	98% 2010	99% 2014	100%
• # of primary care provider full-time equivalents per 100,000 people:			
• physicians (MDs and DOs).....	78.6 2010	76.1 2014	81.0
• physician assistants .....	10.7 2010	13.1 2016	14.6
• nurse practioners .....	24.5 2002	28.8 2015	34.4
• dentists.....◆	34.8 2009	38.3 2015	41.0
• % of adults with a usual care provider .....	88% 2011	87% 2014	100%
• % of adults who cannot obtain care, or delay care	11% 2011	9% 2014 ⬆	5%

Immunization & Infectious Disease	Baseline/Year	Midway/Year	2020 Target
• % of children age 19-35 months who receive all of the recommended vaccines (4:3:1:4:3:1:4)	41% 2010	76% 2015 ⬆	80%
• % of kindergarteners who have 2 or more MMR doses	92% 2010	94% 2015 ⬆	95%
• % of adolescents age 13-17 with at least 1 Tdap booster	83% 2010	96% 2015	90% ✓
• % of adolescents age 13-15 who have completed the HPV vaccination series .....	25% 2013	33% 2015 ⬆	80%
• # of cases of varicella (chickenpox) per 100,000 people age 17 or younger.....◆	95.2 2010	19.1 2015 ⬆	46.4 ✓
• % of adults age 65+ who –			
• receive annual flu shot.....	65% 2011	61% 2015	90%
• had ever had pneumococcal vaccine ..	74% 2011	76% 2015	90%
• % of identified active TB case contacts with newly diagnosed latent TB infection who started and then completed treatment	100% 2010	95% 2015	90% ✓
• central line-associated bloodstream infection ratio	0.59 2011	0.13 2013	0.15 ✓

Oral Health	Baseline/Year	Midway/Year	2020 Target
• % of children age 6-9 who have dental decay	34% 2010	32% 2014	30%
• % of adults age 45-64 with tooth extraction	52% 2012	49% 2014	45%
• % of children in grades K-6 using the dental system each year .....	72% 2010	77% 2016 ✨	80%
• % of children in grades 7-12 using the dental system each year .....	58% 2010	61% 2016 ✨	65%
• % of adults using the dental system each year	70% 2012	72% 2014	85%
• % of population served by community water systems that have optimally fluoridated water .....	57% 2010	56% 2015	65%

Mental Health	Baseline/Year	Midway/Year	2020 Target
• # of suicides per 100,000 Vermonters	13.0 2009	17.2 2014	11.7
• % of students in grades 9-12 who made a suicide plan ◆	9% 2011	12% 2015 ✗	8%
• % of Medicaid beneficiaries age 10-17 who are screened for depression .....	18% 2015 ◆	18% 2015	TBD
• % of Medicaid beneficiaries age 18+ who are screened for depression .....	5% 2015 ◆	5% 2015	TBD
• % of adults with any mental health condition who are receiving treatment .....	54% 2008-12 ◆	58% 2010-14	TBD

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## Behaviors, Environment & Health

Alcohol & Other Drug Use	Baseline/Year	Midway/Year	2020 Target
• % of people age 12+ who need and do not receive treatment for alcohol use . . . . .	7% 2008-09	7% 2013-14	5%
• % of people age 12+ who need and do not receive treatment for illicit drug use . . . . .	3% 2008-09	3% 2013-14	2%
• % of students in grades 9-12 who used marijuana in the past 30 days . . . . .	25% 2011	22% 2015 ⬆	20%
• % of students in grades 9-12 who engaged in binge drinking in the past 30 days. . . . .	21% 2011	16% 2015 ⬆	15%
• % of adults age 18-24 who engaged in binge drinking in the past 30 days. . . . . ◆	34% 2011	35% 2015	31%
• % of adults age 65+ who drink alcohol at a level of risk ◆	5% 2015	5% 2015	4%

  

Tobacco Use	Baseline/Year	Midway/Year	2020 Target
• % of adults who smoke cigarettes . . . . .	20% 2011	17% 2015 ⬆	12%
• % of adults using smokeless or other tobacco products ◆	13% 2012	11% 2014	9%
• % of students in grades 9-12 who smoke cigarettes	15% 2011	11% 2015 ⬆	10%
• % of students in grades 9-12 who use e-cigarettes ◆	15% 2015	15% 2015	12%
• % of adult smokers who attempted to quit in past year	55% 2011	57% 2015	80%
• # of statewide laws on smoke-free indoor air to prohibit smoking in public places . . . . .	8 2010	10 2014	12 of 17

Nutrition & Weight	Baseline/Year	Midway/Year	2020 Target
• % of adults age 20 and older who are obese	26% 2011	25% 2014	20%
• % of children age 2-5 (in WIC) who are obese	13% 2011	14% 2014	10%
• % of students grades 9-12 who are obese. . . .	11% 2011	12% 2015 ✗	8%
• % of households experiencing food insecurity	8% 2006	no new data	5%
• % of adults who eat fruit 2+ times/day. . . . .	37% 2011	32% 2015 ✗	45%
• % of students grades 9-12 who eat fruit 2+ times/day	34% 2011	34% 2015	40%
• % of adults who eat vegetables 3+ times/day	19% 2011	20% 2015	35%
• % of students grades 9-12 who eat vegetables 3+ times/day	16% 2011	18% 2015 🌟	20%
• % of adults who drink less than 1 sugar-sweetened beverage a day . . . . .	83% 2013	83% 2013	85%
• % of students grades 9-12 who drink less than 1 sugar-sweetened beverage a day ..	72% 2011	77% 2015 🌟	83%

  

Physical Activity	Baseline/Year	Midway/Year	2020 Target
• % of adults who have no leisure time activity	83% 2013	83% 2013	85%
• % of adults who meet aerobic physical activity guidelines	59% 2011	59% 2015	65%
• % of students grades 9-12 who meet physical activity guidelines . . . . .	25% 2011	23% 2015 ✗	30%
• % of students grades 9-12 who did not participate in physical activity at least 60 minutes in the past 7 days	13% 2011	14% 2015 ✗	12%

  

Injury & Violence Prevention	Baseline/Year	Midway/Year	2020 Target
• % of drivers using car restraints . . . . .	85% 2010	85% 2015	85% ✓
• # of non-fatal motor vehicle crash-related injuries per 100,000 people. . . . .	952.8 2008	860.1 2011	785.8
• # emergency department visits for falls, per 100,000 people age 65+ . . . . .	5105.1 2010	5628.4 2011 ✗	4951.0
• # of fall-related deaths per 100,000 people age 65+	120.3 2009	118.7 2014	116.9
• # emergency department visits for self-harm, per 100,000 people. . . . .	155.5 2009	173.1 2011	139.1
• # of firearm-related deaths, per 100,000 people	10.3 2010	9.5 2014	8.0

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Environmental Health & Food Safety	Baseline/Year	Midway/Year	2020 Target
• % of people served by public water supplies that meet Safe Drinking Water Act standards	86% 2010	97% 2015 ☆	95% ✓
• % of children age 1-5 who have blood lead levels >10 ug/dL.....	0.6% 2010	0.8% 2015	0%
• % of children age 1-5 who have blood lead levels of 5-9 ug/dL.....	1.4% 2010-12	1.2% 2013-15	0%
• # per 100,000 adults age 16+ who have blood lead levels >10 ug/dL due to work exposure,.....	10.3 2009	10.4 2015	9.3
• % of households that install a radon mitigation system when they get a high radon test result	34% 2013	40% 2016	55%
• % of schools completing an environmental health walkthrough..... ◆	0% 2010	14% 2016	25%
• % of inspections that find critical food safety violations.....	43% 2010	42% 2015	35%
• # of visits to emergency departments for heat stress, per 100,000 people..... ◆	17.3 2010	16.6 2011	17.3

## Diseases & Health Conditions

Heart Disease & Stroke	Baseline/Year	Midway/Year	2020Target
• # of deaths from coronary heart disease per 100,000 people.....	111.7 2009	105.4 2014	89.4
• # of deaths from stroke per 100,000 people	29.3 2009	27.7 2014	23.4
• % of adults who have hypertension .....	27% 2011	25% 2015	20%
• % of adults who have had a cholesterol check in the past 5 years .....	75% 2011	76% 2015	85%

Cancer	Baseline/Year	Midway/Year	2020 Target
• # of deaths from cancer per 100,000 people	169.2 2009	165.9 2013	151.6
• # of obesity-related cancers per 100,000 people ◆	209.9 2010	194.4 2013	184.7
• # of tobacco-related cancers per 100,000 people ◆	204.4 2010	177.9 2013 ☆	168.9
• % of adult cancer survivors who always or usually get emotional support .....	73% 2012	81% 2014	90%
• % of adult cancer survivors who report good or excellent general health .....	73% 2011	71% 2015	85%
• % of women age 21-65 who get cervical cancer screening	87% 2012	86% 2014	100%
• % of adults age 50-75 who get colorectal cancer screening	72% 2012	71% 2014	80%
• % of women age 50-74 who get breast cancer screening	82% 2012	79% 2014	95%
• % of students in grades 9-12 who reported having a sunburn in the past 12 months..... ◆	65% 2015	65% 2015	62%
• % of students in grades 6-8 who reported having a sunburn in the past 12 months..... ◆	54% 2015	54% 2015	51%

Diabetes	Baseline/Year	Midway/Year	2020 Target
• # new cases of end-stage renal disease per 1 M people	222.0 2009	188.3 2013	200.0 ✓
• % of adults with diagnosed diabetes:			
• who have A1C >9% .....	no data	no data	-----
• who had an annual dilated eye exam	66% 2012	67% 2015	60%
• who had diabetes education .....	52% 2012	46% 2015	60%
• % of adults with diagnosed pre-diabetes who meet aerobic physical activity guidelines .....	52% 2009	50% 2013	55%



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Respiratory Disease	Baseline/Year	Midway/Year	2020 Target
• # of asthma hospitalizations			
• per 10,000 children age 4 or younger. . . . .	14.4 2010	10.6 2011	14.0 ✓
• per 10,000 people age 5-64 . . . . .	3.6 2010	3.6 2011	4.2
• per 10,000 adults age 65+ . . . . .	10.8 2010	11.7 2011	9.3
• % of adult non-smokers exposed to secondhand smoke	43% 2010	48% 2014	30%
• % of people with asthma who have a written asthma management plan from a doctor or health care professional			
• adults . . . . .	32% 2010	33% 2014	40%
• children age 17 or younger. . . . .	48% 2010	48% 2010	65%
• % of people with asthma who are advised to change things in their environment			
• adults . . . . .	32% 2010	38% 2014	45%
• children age 17 or younger. . . . .	33% 2010	33% 2010	50%
<b>Arthritis &amp; Osteoporosis</b>	<b>Baseline/Year</b>	<b>Midway/Year</b>	<b>2020 Target</b>
• % adults with diagnosed arthritis who –			
• have activity limitations . . . . .	51% 2011	49% 2015	40%
• engage in leisure time physical activity ◆	72% 2011	71% 2015	80%
<b>HIV, AIDS &amp; STDs</b>	<b>Baseline/Year</b>	<b>Midway/Year</b>	<b>2020 Target</b>
• % of people linked to HIV care within 90 days of diagnosis ◆	90% 2010	90% 2015	95%
• % of people with HIV diagnosis who have viral suppression . . . . . ◆	86% 2010	94% 2014	90%
• # of new HIV diagnoses among all Vermonters	19 2010	10 2015	5
• % of adults age 18-64 tested for HIV in past 12 months	8% 2011	8% 2014	10%
• % of students in grades 9-12 ever tested for HIV	11% 2011	10% 2015 ⬇	15%
• # cases of Gonorrhea per 100,000 people age 15-44 ◆			
• females. . . . .	20.3 2010	30.2 2014	18.2
• males. . . . .	27.6 2010	41.6 2014	24.8

# Public Health Preparedness

	Baseline/Year	Midway/Year	2020 Target
• time necessary to issue official information about a public health emergency . . . . .	within – 60 min 2009	within – 60 min 2015	60 min ✓
• time necessary to activate personnel for a public health emergency . . . . .	66 min 2009	28 min 2014	60 min ✓
• % of after-action reports and improvement plans that are drafted and submitted within 60 days or less following an emergency or exercise . . . . .	80% 2012	94% 2015	90% ✓
• % of crisis and emergency risk messages intended to protect the public’s health that demonstrates the use of best practices . . . . .	75% 2016	75% 2016	100%

# Determinants of Health & Equity ♦

	Baseline/Year	Midway/Year	2020 Target
• % of adults with disabilities who always or usually get social and emotional support	67% 2012	74% 2014 ☆	78%
• % of people living below the poverty level	11% 2006-10	12% 2011-15	11%
• % of people age 17 or younger living below the poverty level . . . . .	14% 2006-10	15% 2011-15	14%
• % of households spending 30% or more of their income on housing . . . . .	37% 2006-10	37% 2011-15	34%
• % of students awarded a high school diploma 4 years after starting 9th grade . . . . .	87% 2009-10	88% 2013-14	92%
• % of eligible registered voters who participated in the last election . . . . .	72% 2008	68% 2016 ✗	71%