

Healthy Vermonters 2020 - Quick Reference

Rutland County

Healthy Vermonters 2020 Indicator

| | County Baseline | County Current | VT Current | U.S. Current | Target |
|--|------------------|------------------|----------------|---------------|--------|
| ACCESS TO HEALTH SERVICES | | | | | |
| Percent of adults age 18-64 with health insurance | 88% (2008-12) | 91% (2011-15) | 94% (2015) | 87% | 100% |
| Percent of children age 17 or younger with health insurance | 97% (2008-12) | 96% (2011-15) | 99% (2015) | 95% | 100% |
| Primary Care Provider FTEs per 100,000 Vermonters - Physicians (MD and DO) | 61.7 (2010) | 62.5 (2014) | 76.1 (2014) | NA | 81.0 |
| Primary Care Provider FTEs per 100,000 Vermonters - Physician Assistants | 13.7 (2010) | 17.6 (2016) | 13.1 (2016) | NA | 14.6 |
| Primary Care Provider FTEs per 100,000 Vermonters - Nurse Practitioners | NA | 27.1 (2015) | 28.7 (2015) | NA | 34.4 |
| Primary Care Provider FTEs per 100,000 Vermonters - Dentists | 38.7 (2009) | 41.6 (2015) | 38.3 (2015) | NA | 41.0 |
| Percent of adults with a usual primary care provider | 88% (2008-10) | 86% (2014-15) | 87% (2014) | 77% | 100% |
| Percent of adults who cannot obtain care or delay care | 12% (2011-12) | 9% (2014-15) | 9% (2014) | 14% | 5% |
| ARTHRITIS & OSTEOPOROSIS | | | | | |
| Percent of adults with diagnosed arthritis who have activity limitations | 42% (2011,13) | 46% (2013, 15) | 49% (2015) | 50% | 40% |
| Percent of adults with diagnosed arthritis who engage in leisure time physical activity | 75% (2011-12) | 72% (2014-15) | 71% (2015) | 63% | 80% |
| CANCER | | | | | |
| Overall cancer death rate per 100,000 Vermonters | 184.1 (2008-10) | 180.3 (2011-13) | 165.9 (2013) | 163.2 | 151.6 |
| Percent of adult cancer survivors always or usually getting emotional support | 83% (2008, 10) | 75% (2012,14) | 81% (2014) | 81% (2015) | 90% |
| Percent of adult cancer survivors who report good to excellent general health | 63% (2011, 12) | 74% (2014-15) | 71% (2015) | 65% | 85% |
| Percent of woman age 21-65 receiving cervical cancer screening | 87% (2006,08,10) | 87% (2012,14) | 86% (2014) | 82% | 100% |
| Percent of adults age 50-75 receiving colorectal cancer screening | 65% (2008,10) | 64% (2012,14) | 71% (2014) | 66% | 80% |
| Percent of female adults age 50-74 receiving breast cancer screening | 82% (2006,08,10) | 75% (2012,14) | 79% (2014) | 79% | 95% |
| Percent of adolescents in grades 9-12 who reported having a sunburn in the past 12 months | NA | 67% (2015) | 65% (2015) | 56% | 62% |
| Percent of youth in grades 6-8 who reported having a sunburn in the past 12 months | NA | 54% (2015) | 54% (2015) | NA | 51% |
| Rate of obesity-related cancers per 100,000 Vermonters | 212.3 (2008-10) | 212.9 (2011-13) | 194.4 (2013) | NA | 184.7 |
| Rate of tobacco-related cancers per 100,000 Vermonters | 222.2 (2008-10) | 208.4 (2011-13) | 177.8 (2013) | NA | 168.9 |
| DIABETES & CHRONIC KIDNEY DISEASE | | | | | |
| Rate of new cases of end-stage renal disease (ESRD) per million population | 215.1 (2008-10) | 253.3 (2011-13) | 188.3 (2013) | 363.0 (2013) | 200.0 |
| Percent of adults with diagnosed diabetes with A1C > 9% | NA | NA | NA | NA | NA |
| Percent of adults with diagnosed diabetes who had an annual dilated eye exam | 64% (2008-10) | 69% (2012,15) | 67% (2015) | 61% (2015) | 60% |
| Percent of adults with diagnosed diabetes who had diabetes education | 57% (2008-10) | 58% (2012,15) | 46% (2015) | 55% (2015) | 60% |
| Percent of adults with diagnosed prediabetes meeting aerobic physical activity guidelines | NA | NA | 50% (2013) | 45% (2015) | 58% |
| EARLY CHILDHOOD SCREENING | | | | | |
| Percent of children who have a developmental screening in the first 3 years of life | NA | NA | 48% (2014) | NA | 95% |
| Percent of newborns screened for hearing loss by 1 month of age | 97% (2010) | 98% (2013) | 96% (2014) | 83% (2012) | 100% |
| Percent of newborns not passing screening, who have an audiologic evaluation by 3 months of age | NA | NA | 56% (2014) | NC | 80% |
| Percent of infants with hearing loss who receive intervention services by 6 months of age | NA | NA | 86% (2014) | 51% (2012) | 80% |
| Percent of eligible newborns who receive Dried Bloodspot newborn screening during the neonatal period | NA | NA | 100% (2015) | NC | 100% |
| ENVIRONMENTAL HEALTH & FOOD SAFETY | | | | | |
| Percent of Vermonters served by public community water supplies that meet Safe Drinking Water Act standards | NA | NA | 97% (2015) | 93% (2011) | 95% |
| Percent of children age 1-5 who have elevated blood lead levels (>10 µg/dL) | 1% (2008-10) | 1% (2013-15) | 0.8% (2015) | 0.50% | 0% |
| Percent of children age 1-5 who have elevated blood lead levels (5-9 µg/dL) | 2.8% (2010-12) | 2.1% (2013-15) | 1.2% (2013-15) | 2.8% (2015) | 0% |
| Elevated blood lead level (>10 µg/dL) from work exposure rate per 100,000 employed adults age 16 and older | NA | NA | 10.4 (2015) | 22.5 (2012) | 9.3 |
| Percent of households that install a radon mitigation system when they receive a high radon test result | 34% (2013-15) | 40% (2014-16) | 40% (2016) | NC | 55% |
| Percent of schools completing an environmental health walkthrough | NA | NA | 14% (2016) | NA | 25% |
| Percent of inspections that find critical food safety violations | NA | NA | 42% (2015) | NA | 35% |
| Heat stress related emergency department visits per 100,000 Vermonters | 17.5 (2010) | 23.7 (2011) | 16.6 (2011) | NA | 17.3 |
| FAMILY PLANNING | | | | | |
| Percent of pregnancies that are intended | NA | NA | 49% (2013) | NC | 65% |
| Percent of adolescents in grades 9-12 who used most or moderately effective contraception at most recent intercourse | 33% (2011) | 43% (2015) | 47% (2015) | 27% | 55% |
| Percent of high schools that teach key topics related to exemplary sexual health education in a required course | NA | NA | 87% (2016) | NA | 100% |
| HEART DISEASE & STROKE | | | | | |
| Coronary heart disease death rate per 100,000 Vermonters | 134.9 (2008-10) | 121.0 (2012-14) | 105.4 (2014) | 98.8 | 89.4 |
| Stroke death rate per 100,000 Vermonters | 32.9 (2008-10) | 39.1 (2012-14) | 27.7 (2014) | 36.5 | 23.4 |
| Percent of adults with hypertension | 28% (2011,13) | 28% (2011,13) | 25% (2015) | 30% | 20% |
| Percent of adults with a cholesterol check in past 5 years | 72% (2011,13) | 73% (2013,15) | 76% (2015) | 76% | 85% |
| HIV & STD | | | | | |
| Number of new HIV diagnoses among all persons | NA | NA | 10 (2015) | NC | 5 |
| Percent of adults age 18-64 tested for HIV in past 12 months | 6% (2011-12) | 8% (2014-15) | 9% (2015) | 14% | 10% |
| Percent of adolescents in grades 9-12 ever tested for HIV | 11% (2011) | 8% (2015) | 10% (2015) | 10% | 15% |
| Percent of persons linked to HIV care within 90 days of HIV diagnosis | NA | NA | 90% (2015) | NA | 95% |
| Percent of persons with HIV viral suppression among those with HIV diagnosis | NA | NA | 94% (2015) | NA | 90% |
| Rate of gonorrhea per 100,000 females age 15-44 | 37.5 (2006-10) | 94.2 (2010-14) | 30.2 (2014) | 263.4 (2015) | 18.2 |
| Rate of gonorrhea per 100,000 males age 15-44 | 22.6 (2006-10) | 63.4 (2010-14) | 41.6 (2014) | 307.6 (2015) | 24.8 |
| IMMUNIZATION & INFECTIOUS DISEASE | | | | | |
| Percent of children age 19-35 months receiving recommended vaccines (4:3:1:4:3:1:4) | 30% (2010) | 66% (2015) | 76% (2015) | 72% | 80% |
| Percent of kindergarteners with 2 or more MMR doses | NA | NA | 94% (2015) | 95% | 95% |
| Percent of adolescents age 13-15 who have completed the HPV vaccination series | 21% (2013) | 27% (2015) | 33% (2015) | NA | 80% |
| Percent of adolescents age 13-17 with at least 1 Tdap booster | 60% (2010) | 82% (2015) | 96% (2015) | 86% | 90% |
| Rate of varicella (chicken pox) per 100,000 Vermonters age 17 or younger | NA | NA | 19.1 (2015) | 197.0 (2013) | 46.4 |
| Percent of adults age 65 and older who receive annual flu shot | 62% (2011-12) | 57% (2014-15) | 61% (2015) | 61% | 90% |
| Percent of adults age 65 and older who ever had pneumococcal vaccine | 74% (2011-12) | 72% (2014-15) | 76% (2015) | 71% | 90% |
| Percent of identified active TB case contacts with newly-diagnosed LTBI who started and then completed treatment | NA | NA | 95% (2015) | 66% (2012) | 90% |
| Infection ratio for central-line associated bloodstream infections | NA | NA | 0.13 (2013) | 0.54 | 15% |
| INJURY & VIOLENCE PREVENTION | | | | | |
| Percent of drivers using car restraints | 89% (2010) | 89% (2014) | 85% (2015) | NA | 85% |
| Nonfatal motor vehicle crash-related injury rate per 100,000 Vermonters | 958.0 (2008-10) | 928.1 (2009-11) | 860.1 (2011) | 736.1 (2013) | 785.8 |
| Fall-related Emergency Department visits per 100,000 adults age 65 and older | NA | 5485.3 (2009-11) | 5628.4 (2011) | 5474.6 (2012) | 4951.0 |
| Fall-related death rate per 100,000 adults age 65 and older | 132.4 (2008-10) | 126.9 (2012-14) | 118.7 (2014) | 58.8 | 116.9 |
| Emergency Department visits for self-harm rate per 100,000 Vermonters | 135.2 (2008-10) | 150.2 (2009-11) | 173.1 (2011) | 160.5 (2013) | 139.1 |
| Firearm-related death rate per 100,000 Vermonters | 10.0 (2009-11) | 9.7 (2012-14) | 9.5 (2014) | 10.3 | 8.0 |
| MATERNAL & INFANT HEALTH <small>continues onto page 2</small> | | | | | |
| Sudden, unexpected death rate for infants per 1,000 live births | NA | NA | 0.44 (2011-13) | 0.87 (2013) | 0.57 |
| Percent of pregnant women who abstain from alcohol | NA | NA | 87% (2013) | 92% | 100% |
| Percent of pregnant women who abstain from smoking cigarettes | 73% (2008-10) | 75% (2011-13) | 82% (2013) | 92% (2014) | 90% |
| Percent of pregnant women who abstain from illicit drug use | NA | NA | 91% (2013) | NA | 100% |

NOTES:

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| MATERNAL & INFANT HEALTH <small>continued from page 1</small> | | | | | |
| Percent women delivering a live birth who discussed preconception health prior to pregnancy | NA | NA | 21% (2013) | 23% | 40% |
| Percent of women delivering a live birth who had a healthy weight prior to pregnancy | NA | NA | 46% (2013) | 50% | 65% |
| Percent of women who had a dental visit during pregnancy | NA | NA | 59% (2013) | 51% | 70% |
| Percent of infants breastfed exclusively for six months | NA | NA | 31% (2013) | 22% | 40% |
| Percent of children who live in households where someone smokes | NA | NA | 22% (2011-12) | 24% | 10% |
| MENTAL HEALTH | | | | | |
| Rate of suicide per 100,000 Vermonters | 14.3 (2008-10) | 15.9 (2012-14) | 17.2 (2014) | 13.0 | 11.7 |
| Percent of adolescents in grades 9-12 who made a suicide plan | 12% (2011) | 12% (2015) | 12% (2015) | 15% | 8% |
| Percent of Medicaid beneficiaries age 10-17 screened for depression | NA | 4% (2015-16) | 18% (2015) | NA | |
| Percent of Medicaid beneficiaries age 18 and older screened for depression | NA | 1% (2015-16) | 5% (2015) | NA | |
| Percent of Vermont adults with any mental health conditions receiving treatment | NA | NA | 58% (2010-14) | 45% | |
| NUTRITION & WEIGHT STATUS | | | | | |
| Percent of adults age 20 and older who are obese | 30% (2011-12) | 30% (2014-15) | 25% (2015) | 29% | 20% |
| Percent of children age 2-5 (in WIC) who are obese | 14% (2011) | 17% (2014) | 14% (2014) | 14% (2010) | 10% |
| Percent of adolescents in grades 9-12 who are obese | 12% (2009) | 15% (2015) | 12% (2015) | 14% | 8% |
| Percent of households with food insecurity | NA | NA | 8% (2006) | 14% (2014) | 5% |
| Percent of adults eating fruit 2 or more times daily | 36% (2011,13) | 31% (2013,15) | 32% (2015) | 29% | 45% |
| Percent of adolescents in grades 9-12 eating fruit 2 or more times daily | 29% (2011) | 29% (2015) | 34% (2015) | 32% | 40% |
| Percent of adults eating the daily vegetables 3 or more times daily | 15% (2011,13) | 15% (2013,15) | 20% (2015) | 17% | 35% |
| Percent of adolescents in grades 9-12 eating vegetables 3 or more time daily | 12% (2011) | 14% (2015) | 18% (2015) | 15% | 20% |
| Percent of adults consuming less than 1 sugar sweetened beverage per day | NA | NA | 83% (2013) | NA | 85% |
| Percent of adolescents in grades 9-12 consuming less than 1 sugar sweetened beverage per day | 69% (2011) | 72% (2015) | 77% (2015) | NA | 83% |
| OLDER ADULTS | | | | | |
| Percent of adults age 65 and older who visited a doctor in the last year for routine care | 89% (2011-12) | 86% (2014-15) | 85% (2015) | 88% | 100% |
| Percent of males age 65 and older who are up to date on a core set of clinical preventive services | 45% (2008,10) | 40% (2012,14) | 40% (2014) | 40% | 55% |
| Percent of females age 65 and older who are up to date on a core set of clinical preventive services | 41% (2008,10) | 29% (2012,14) | 38% (2014) | 35% | 55% |
| Percent of adults age 65 and older with prescription drug coverage | NA | NA | 84% (2012) | 85% | 85% |
| ORAL HEALTH | | | | | |
| Percent of children age 6-9 with dental decay | NA | NA | 32% (2014) | NC | 30% |
| Percent of adults age 45-64 with tooth extraction | 59% (2006,08,10) | 55% (2012,14) | 49% (2014) | 55% | 45% |
| Percent of children in grades K-6 using dental system yearly | NA | NA | 77% (2016) | NA | 80% |
| Percent of children in grades 7-12 using dental system yearly | NA | NA | 61% (2016) | NA | 65% |
| Percent of adults using dental system yearly | 71% (2006,08,10) | 68% (2012,14) | 72% (2014) | 64 | 85% |
| Percent of population served by community public water systems that have optimally fluoridated water | NA | NA | 56% (2015) | 75% | 65% |
| PHYSICAL ACTIVITY | | | | | |
| Percent of adults with no leisure time aerobic physical activity | 20% (2011-12) | 20% (2014-15) | 21% (2015) | 26% | 15% |
| Percent of adults meeting aerobic physical activity guidelines | 58% (2011,13) | 58% (2011,13) | 59% (2015) | 51% | 65% |
| Percent of adolescents in grades 9-12 meeting physical activity guidelines | 30% (2011) | 27% (2015) | 23% (2015) | 27% | 30% |
| Percent of adolescents in grades 9-12 who did not participate in physical activity for at least 60 minutes on any day during the past 7 days | 13% (2011) | 15% (2015) | 14% (2015) | 14% | 12% |
| PUBLIC HEALTH PREPAREDNESS | | | | | |
| Time necessary to issue official information regarding a public health emergency | NA | NA | 60 min | NA | 60 min |
| Time necessary to activate personnel for a public health emergency | NA | NA | 28 min (2014) | 66 min (2009) | 60 min |
| Percent of after-action reports and improvement plans that are drafted and submitted in 60 days or less following an emergency & exercises | NA | NA | 95% (2016) | NC | 90% |
| Proportion of crisis and emergency risk messages intended to protect the public's health that demonstrate the use of best practices | NA | NA | 75% (2016) | NA | 100% |
| RESPIRATORY DISEASES | | | | | |
| Asthma hospitalization rate per 10,000 children age 4 or younger | 33.5 (2008-10) | 31.8 (2009-11) | 10.6 (2011) | 40.6 (2009) | 14.0 |
| Asthma hospitalization rate per 10,000 Vermonters age 5-64 | 8.0 (2008-10) | 7.8 (2009-11) | 3.6 (2011) | 10.5 (2010) | 4.2 |
| Asthma hospitalization rate per 10,000 adults age 65 and older | 31.8 (2008-10) | 33.3 (2009-11) | 11.7 (2011) | 25.5 (2010) | 9.3 |
| Percent of adult non-smokers exposed to secondhand smoke | 51% (2008,10) | 39% (2012,14) | 48% (2014) | NC | 30% |
| Percent of adults with asthma who have a written asthma management plan from a doctor or health care professional | 35% (2008-10) | 30% (2012-14) | 33% (2014) | 31% (2013) | 40% |
| Percent of children age 17 or younger with asthma who have a written asthma management plan from a doctor or health care professional | NA | NA | 48% (2010) | 49% | 65% |
| Percent of adults with asthma who are advised to change things in their environment | 42% (2008-10) | 20% (2012-14) | 38% (2014) | 36% (2013) | 45% |
| Percent of children age 17 or younger with asthma who are advised to change things in their environment | NA | NA | 33% (2010) | 36% | 50% |
| SCHOOL AGE HEALTH | | | | | |
| Percent of kindergarteners ready for school in all five domains of healthy development | NA | NA | 82% (2015-16) | NA | 90% |
| Percent of students age 10-17 who have had a wellness exam in past 12 months | NA | NA | 65% (2015-16) | NA | 65% |
| Percent of schools that provide referrals to community based medical providers for students identified with chronic conditions or at risk for activity, diet and weight-related chrnic conditions (all schools grades 6-12) | NA | NA | 82% (2016) | 55% | 85% |
| SOCIAL DETERMINANTS OF HEALTH | | | | | |
| Percent of adults with disabilities always or usually getting social and emotional support | 69% (2008-10) | 64% (2012,14) | 74% (2014) | 72% (2015) | 78% |
| Percent of Vermonters living below the poverty level | 12% (2006-10) | 13% (2011-15) | 12% (2011-15) | 15% | 11% |
| Percent of Vermonters age 17 or younger living below the poverty level | 15% (2006-11) | 17% (2011-15) | 15% (2011-15) | 22% | 14% |
| Percent of households that spend 30% or more of their income on housing | 37% (2006-11) | 37% (2011-15) | 37% (2011-15) | 35% | 34% |
| Percent of students awarded a high school diploma 4 years after starting 9th grade | NA | NA | 88% (2013-14) | 82% | 92% |
| Percent of eligible registered voters who participated in the last election | 72% (2008) | 69% (2016) | 68% (2016) | 60% | 71% |
| SUBSTANCE ABUSE | | | | | |
| Percent of persons age 12 and older who need and do not receive alcohol treatment | NA | NA | 7% (2013-14) | 6% | 5% |
| Percent of persons age 12 and older who need and do not receive illicit drug use treatment | NA | NA | 3% (2013-14) | 2% | 2% |
| Percent of adolescents in grades 9-12 who used marijuana in the past 30 days | 22% (2011) | 21% (2015) | 22% (2015) | 22% | 20% |
| Percent of adolescents in grades 9-12 binge drinking in the past 30 days | 21% (2011) | 15% (2015) | 16% (2015) | 18% | 15% |
| Percent of adults age 18-24 binge drinking in the last 30 days | 31% (2011-13) | 25% (2013-15) | 35% (2015) | 25% | 31% |
| Percent of adults age 65 and older who drink at a level of risk | 17% (2011-12) | 21% (2014-15) | 20% (2015) | 18% | |
| TOBACCO USE | | | | | |
| Percent of adults who smoke cigarettes | 20% (2011-12) | 22% (2014-15) | 17% (2015) | 17% | 12% |
| Percent of adults using smokeless or other tobacco products | NA | 11% (2012-14) | 11% (2014) | NC | 9% |
| Percent of adolescents in grades 9-12 who smoke cigarettes | 13% (2011) | 8% (2015) | 11% (2015) | 11% | 10% |
| Percent of adolescents in grades 9-12 who use e-cigarettes | NA | 15% (2015) | 15% (2015) | 24% | 12% |
| Percent of adult smokers who attempted to quit smoking in the past year | 52% (2011-12) | 52% (2014-15) | 57% (2015) | 60% | 80% |
| Number of statewide laws on smoke-free indoor air to prohibit smoking in public places | NA | NA | 10 (2014) | NA | 12 of 17 |

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