

# Healthy Vermonters 2020 - Quick Reference

## Windham County

### Healthy Vermonters 2020 Indicator

	County Baseline	County Current	VT Current	U.S. Current	Target
<b>ACCESS TO HEALTH SERVICES</b>					
Percent of adults age 18-64 with health insurance	87% (2008-12)	91% (2011-15)	94% (2015)	87%	100%
Percent of children age 17 or younger with health insurance	98% (2008-12)	99% (2011-15)	99% (2015)	95%	100%
Primary Care Provider FTEs per 100,000 Vermonters - Physicians (MD and DO)	94.7 (2010)	86.3 (2014)	76.1 (2014)	NA	81.0
Primary Care Provider FTEs per 100,000 Vermonters - Physician Assistants	10.8 (2010)	11.2 (2016)	13.1 (2016)	NA	14.6
Primary Care Provider FTEs per 100,000 Vermonters - Nurse Practitioners	NA	35.8 (2015)	28.7 (2015)	NA	34.4
Primary Care Provider FTEs per 100,000 Vermonters - Dentists	41.0 (2009)	43.2 (2015)	38.3 (2015)	NA	41.0
Percent of adults with a usual primary care provider	88% (2011-12)	87% (2014-15)	87% (2014)	77%	100%
Percent of adults who cannot obtain care or delay care	14% (2011-12)	9% (2014-15)	9% (2014)	14%	5%
<b>ARTHRITIS &amp; OSTEOPOROSIS</b>					
Percent of adults with diagnosed arthritis who have activity limitations	54% (2011,13)	56% (2012,15)	49% (2015)	50%	40%
Percent of adults with diagnosed arthritis who engage in leisure time physical activity	83% (2011-12)	68% (2014-15)	71% (2015)	63%	80%
<b>CANCER</b>					
Overall cancer death rate per 100,000 Vermonters	169.9 (2008-10)	181.6 (2011-13)	165.9 (2013)	163.2	151.6
Percent of adult cancer survivors always or usually getting emotional support	80% (2008, 10)	84% (2012,14)	81% (2014)	81% (2015)	90%
Percent of adult cancer survivors who report good to excellent general health	72% (2011,12)	68% (2014-15)	71% (2015)	65%	85%
Percent of woman age 21-65 receiving cervical cancer screening	89% (2006,08,10)	87% (2012,14)	86% (2014)	82%	100%
Percent of adults age 50-75 receiving colorectal cancer screening	66% (2008,10)	65% (2012,14)	71% (2014)	66%	80%
Percent of female adults age 50-74 receiving breast cancer screening	80% (2006,08,10)	81% (2012,14)	79% (2014)	79%	95%
Percent of adolescents in grades 9-12 who reported having a sunburn in the past 12 months	NA	65% (2015)	65% (2015)	56%	62%
Percent of youth in grades 6-8 who reported having a sunburn in the past 12 months	NA	57% (2015)	54% (2015)	NA	51%
Rate of obesity-related cancers per 100,000 Vermonters	211.0 (2008-10)	215.8 (2011-13)	194.4 (2013)	NA	184.7
Rate of tobacco-related cancers per 100,000 Vermonters	199.8 (2008-10)	195.8 (2011-13)	177.8 (2013)	NA	168.9
<b>DIABETES &amp; CHRONIC KIDNEY DISEASE</b>					
Rate of new cases of end-stage renal disease (ESRD) per million population	202.5 (2008-10)	159.0 (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	57% (2008-10)	50% (2012,15)	67% (2015)	61% (2015)	60%
Percent of adults with diagnosed diabetes who had diabetes education	35% (2008-10)	19% (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%
<b>EARLY CHILDHOOD SCREENING</b>					
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	96% (2010)	95% (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%
<b>ENVIRONMENTAL HEALTH &amp; FOOD SAFETY</b>					
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)	1.2% (2008-10)	1.2% (2013-15)	0.8% (2015)	0.50%	0%
Percent of children age 1-5 who have elevated blood lead levels (5-9 µg/dL)	2.3% (2010-12)	2.5% (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	32% (2013-15)	39% (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	22.4 (2008)	19.2 (2011)	16.6 (2011)	NA	17.3
<b>FAMILY PLANNING</b>					
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	43% (2011)	50% (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%
<b>HEART DISEASE &amp; STROKE</b>					
Coronary heart disease death rate per 100,000 Vermonters	102.8 (2008-10)	105.6 (2012-14)	105.4 (2014)	98.8	89.4
Stroke death rate per 100,000 Vermonters	35.1 (2008-10)	30.3 (2012-14)	27.7 (2014)	36.5	23.4
Percent of adults with hypertension	27% (2011,13)	27% (2013,15)	25% (2015)	30%	20%
Percent of adults with a cholesterol check in past 5 years	73% (2011,13)	75% (2013,15)	76% (2015)	76%	85%
<b>HIV &amp; STD</b>					
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)	5% (2014-15)	9% (2015)	14%	10%
Percent of adolescents in grades 9-12 ever tested for HIV	12% (2009)	13% (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	22.7 (2006-10)	43.4 (2010-14)	30.2 (2014)	263.4 (2015)	18.2
Rate of gonorrhea per 100,000 males age 15-44	33.6 (2006-10)	37.8 (2010-14)	41.6 (2014)	307.6 (2015)	24.8
<b>IMMUNIZATION &amp; INFECTIOUS DISEASE</b>					
Percent of children age 19-35 months receiving recommended vaccines (4:3:1:4:3:1:4)	35% (2010)	64% (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	22% (2013)	26% (2015)	33% (2015)	NA	80%
Percent of adolescents age 13-17 with at least 1 Tdap booster	67% (2010)	80% (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	66% (2011-12)	61% (2014-15)	61% (2015)	61%	90%
Percent of adults age 65 and older who ever had pneumococcal vaccine	77% (2011-12)	66% (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%
<b>INJURY &amp; VIOLENCE PREVENTION</b>					
Percent of drivers using car restraints	84% (2010)	87% (2014)	85% (2015)	NA	85%
Nonfatal motor vehicle crash-related injury rate per 100,000 Vermonters	926.1 (2008-10)	962.9 (2009-11)	860.1 (2011)	736.1 (2013)	785.8
Fall-related Emergency Department visits per 100,000 adults age 65 and older	NA	6369.2 (2009-11)	5628.4 (2011)	5474.6 (2012)	4951.0
Fall-related death rate per 100,000 adults age 65 and older	165.3 (2008-10)	57.1 (2012-14)	118.7 (2014)	58.8	116.9
Emergency Department visits for self-harm rate per 100,000 Vermonters	238.4 (2008-10)	247.5 (2009-11)	173.1 (2011)	160.5 (2013)	139.1
Firearm-related death rate per 100,000 Vermonters	9.5 (2009-11)	9.9 (2012-14)	9.5 (2014)	10.3	8.0
<b>MATERNAL &amp; INFANT HEALTH</b> <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	80% (2008-10)	78% (2011-13)	82% (2013)	92% (2014)	90%
Percent of pregnant women who abstain from illicit drug use	NA	NA	91% (2013)	NA	100%

**NOTES:**

NA = Data not available  
 NC = Data that may be available are not comparable to Vermont's data source  
 \*U.S. values are for the same year as Vermont unless otherwise noted

# Healthy Vermonters 2020 - Quick Reference

## Windham County

### Healthy Vermonters 2020 Indicator

	County Baseline	County Current	VT Current	U.S. Current	Target
<b>MATERNAL &amp; INFANT HEALTH</b> <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%
<b>MENTAL HEALTH</b>					
Rate of suicide per 100,000 Vermonters	15.4 (2008-10)	20.5 (2012-14)	17.2 (2014)	13.0	11.7
Percent of adolescents in grades 9-12 who made a suicide plan	12% (2011)	14% (2015)	12% (2015)	15%	8%
Percent of Medicaid beneficiaries age 10-17 screened for depression	NA	26% (2015-16)	18% (2015)	NA	
Percent of Medicaid beneficiaries age 18 and older screened for depression	NA	5% (2015-16)	5% (2015)	NA	
Percent of Vermont adults with any mental health conditions receiving treatment	NA	NA	58% (2010-14)	45%	
<b>NUTRITION &amp; WEIGHT STATUS</b>					
Percent of adults age 20 and older who are obese	23% (2011-12)	27% (2014-15)	25% (2015)	29%	20%
Percent of children age 2-5 (in WIC) who are obese	12% (2011)	14% (2014)	14% (2014)	14% (2010)	10%
Percent of adolescents in grades 9-12 who are obese	11% (2011)	12% (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	34% (2011,13)	34% (2013,15)	32% (2015)	29%	45%
Percent of adolescents in grades 9-12 eating fruit 2 or more times daily	31% (2011)	31% (2015)	34% (2015)	32%	40%
Percent of adults eating the daily vegetables 3 or more times daily	19% (2011,13)	21% (2013,15)	20% (2015)	17%	35%
Percent of adolescents in grades 9-12 eating vegetables 3 or more time daily	14% (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)	76% (2015)	77% (2015)	NA	83%
<b>OLDER ADULTS</b>					
Percent of adults age 65 and older who visited a doctor in the last year for routine care	84% (2011-12)	84% (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	56% (2008,10)	45% (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	46% (2008,10)	37% (2012,14)	38% (2014)	35%	55%
Percent of adults age 65 and older with prescription drug coverage	NA	NA	84% (2012)	85%	85%
<b>ORAL HEALTH</b>					
Percent of children age 6-9 with dental decay	NA	NA	32% (2014)	NC	30%
Percent of adults age 45-64 with tooth extraction	52% (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	70% (2006,08,10)	69% (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%
<b>PHYSICAL ACTIVITY</b>					
Percent of adults with no leisure time aerobic physical activity	15% (2011-12)	20% (2014-15)	21% (2015)	26%	15%
Percent of adults meeting aerobic physical activity guidelines	60% (2011,13)	60% (2013,15)	59% (2015)	51%	65%
Percent of adolescents in grades 9-12 meeting physical activity guidelines	24% (2011)	21% (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	15% (2011)	15% (2015)	14% (2015)	14%	12%
<b>PUBLIC HEALTH PREPAREDNESS</b>					
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%
<b>RESPIRATORY DISEASES</b>					
Asthma hospitalization rate per 10,000 children age 4 or younger	17.0 (2008-10)	20.5 (2009-11)	10.6 (2011)	40.6 (2009)	14.0
Asthma hospitalization rate per 10,000 Vermonters age 5-64	3.6 (2008-10)	3.3 (2009-11)	3.6 (2011)	10.5 (2010)	4.2
Asthma hospitalization rate per 10,000 adults age 65 and older	4.9 (2008-10)	6.3 (2009-11)	11.7 (2011)	25.5 (2010)	9.3
Percent of adult non-smokers exposed to secondhand smoke	52% (2008,10)	44% (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	20% (2008-10)	17% (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	48% (2008-10)	59% (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%
<b>SCHOOL AGE HEALTH</b>					
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 chronic conditions (all schools grades 6-12)	NA	NA	82% (2016)	55%	85%
<b>SOCIAL DETERMINANTS OF HEALTH</b>					
Percent of adults with disabilities always or usually getting social and emotional support	77% (2008-10)	72% (2012,14)	74% (2014)	72% (2015)	78%
Percent of Vermonters living below the poverty level	11% (2006-10)	13% (2011-15)	12% (2011-15)	15%	11%
Percent of Vermonters age 17 or younger living below the poverty level	13% (2006-11)	17% (2011-15)	15% (2011-15)	22%	14%
Percent of households that spend 30% or more of their income on housing	38% (2006-11)	40% (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	73% (2008)	69% (2016)	68% (2016)	60%	71%
<b>SUBSTANCE ABUSE</b>					
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	29% (2011)	26% (2015)	22% (2015)	22%	20%
Percent of adolescents in grades 9-12 binge drinking in the past 30 days	22% (2011)	16% (2015)	16% (2015)	18%	15%
Percent of adults age 18-24 binge drinking in the last 30 days	NA	NA	35% (2015)	25%	31%
Percent of adults age 65 and older who drink at a level of risk	26% (2011-12)	28% (2014-15)	20% (2015)	18%	
<b>TOBACCO USE</b>					
Percent of adults who smoke cigarettes	18% (2011-12)	23% (2014-15)	17% (2015)	17%	12%
Percent of adults using smokeless or other tobacco products	NA	12% (2012-14)	11% (2014)	NC	9%
Percent of adolescents in grades 9-12 who smoke cigarettes	18% (2011)	11% (2015)	11% (2015)	11%	10%
Percent of adolescents in grades 9-12 who use e-cigarettes	NA	13% (2015)	15% (2015)	24%	12%
Percent of adult smokers who attempted to quit smoking in the past year	57% (2011-12)	53% (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

**NOTES:**

NA = Data not available  
 NC = Data that may be available are not comparable to Vermont's data source  
 \*U.S. values are for the same year as Vermont unless otherwise noted