



Healthy Vermonters 2020 Highlights

This document provides an overview, by topic, of some important trends in health and wellbeing in Vermont between 2010 and 2020. Each topic area contains data for specific indicators that tell us how the health of Vermonters has changed over the decade and whether we are significantly different from the United States as a whole. The indicators within this document are limited to those that could be statistically evaluated for changes over the decade, therefore comparisons showing increase/higher, decrease/lower, or the same are based on calculations of statistical significance.

For comprehensive data by state, county, district office or hospital service area, visit the [Healthy Vermonters 2020 Data Explorer](#) .

For state-level data with guidance on how to interpret each indicator, visit the [Healthy Vermonters 2020 Performance Scorecards](#).

Access to Health Services

Vermonters were highly insured and had access to care.

- Increase in the percent of adults with health insurance—88% (2010) to 98% (2020)
- The percent of children with health insurance remained high at 98% (2010 to 2020)
- Decrease in the number of adults who cannot obtain care or delay care—11% (2011) to 8% (2020)



Vermont performed **better** than the United States in:

- The percent of adults and children with health insurance
 - Adults: 98% VT vs 88% US (2020)
 - Children: 98% VT vs 95% US (2020)
- The percent of adults who cannot obtain care or delay care—8% VT vs 11% US (2020)
- The percent of adults with a usual primary care provider—85% VT vs 77% US (2020)

Cancer

Vermont cancer survivors had support and reported good health.

- Increase in the percent of adult cancer survivors who always or usually get emotional support—73% (2012) to 81% (2020)
- The percent of adult cancer survivors who report good to excellent general health remained high—73% (2011 and 2020)

Vermont's overall cancer death rate decreased.

- Decrease in the overall cancer death rate per 100,000 people—169.2 (2009) to 150.0 (2019)

Sun exposure among adolescents increased.

- Increase in the percent of adolescents in grades 6-12 who reported a sunburn in the past 12 months—54% (2015) to 66% (2019)
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Childhood Screening

Newborn screening remained high.

- The percent of eligible newborns who received the Dried Bloodspot newborn screening during the neonatal period remained high —99.6% (2010) to 99.7% (2020)
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Environmental Health and Food Safety

More schools were evaluated for environmental health issues.

- Increase in the percent of schools completing an environmental health walkthrough—0% (2010) to 21% (2020)

More people were served by community public water that met Safe Drinking Water Act standards.

- Increase in the percent of the population served by community public water supplies that meet Safe Drinking Water Act standards—86% (2010) to 99% (2020)

Family Planning

Planned pregnancies increased and adolescents used contraceptives more.

- Increase in the percent of pregnancies that are planned—54% (2008) to 57% (2020)
- Increase in the percent of adolescents in grades 9-12 who used most or moderately effective contraception at most recent intercourse—44% (2013) to 56% (2019)



Vermont performed **better** than the United States in:

- The percent of adolescents in grades 9-12 who used most or moderately effective contraception at most recent intercourse—56% VT vs 31% US

Heart Disease & Stroke

Preventive screening for cholesterol increased.

- Increase in the percent of adults with a cholesterol check in the past 5 years—75% (2011) to 80% (2019)

The coronary heart disease death rate rose.

- Increase in the coronary heart disease death rate per 100,000 Vermonters—111.7 (2009) to 128.9 (2020)



Vermont performed **better** than the United States in:

- The percent of adults with hypertension—25% VT (2020) vs 30% US (2019)
- The stroke death rate per 100,000 people—29.2 VT vs 38.8 US (2020)

Vermont performed **worse** than the United States in:

- The rate of deaths due to coronary heart disease—128.9 VT vs 107.8 US (2020)
- The percent of adults with a cholesterol check in the past 5 years—80% VT vs 86% US (2019)

HIV and Sexually Transmitted Diseases

HIV screening in adolescents increased.

- Increase in the percent of adolescents in grades 9-12 ever tested for HIV—11% (2011) to 13% (2019)

HIV screening in adults remained the same.

- Percent of adults age 18-64 tested for HIV in the past 12 months remained statistically the same—8% (2011) to 9% (2020)

Rates of gonorrhea increased for men and women.

- Increase in the rate of gonorrhea per 100,000 females age 15-44—20.3 (2010) to 71.4 (2020)
- Increase in the rate of gonorrhea per 100,000 males age 15-44—27.6 (2010) to 75.0 (2020)



Vermont performed **better** than the United States in:

- The percent of adolescents in grades 9-12 ever tested for HIV—13% VT vs 9% US (2019)

Vermont performed **worse** than the United States in:

- The percent of adults age 18-64 tested for HIV in the past 12 months—9% VT vs 12% US (2020)

Immunization & Infectious Disease

Immunizations increased in children and adolescents.

- Increase in the percent of adolescents age 13-15 who have completed the HPV vaccination series—25% (2013) to 55% (2020)
- Increase in the percent of adolescents age 13-17 with at least 1 Tdap booster—83% (2010) to 95% (2020)
- Increase in the percent of children age 19-35 months receiving recommended vaccines—41% (2010) to 74% (2017)
- Increase in the percent of kindergarteners with 2 or more MMR doses—92% (2010) to 94% (2020)

The rate of chicken pox decreased.

- Decrease in the rate of varicella (chicken pox) per 100,000 children age 17 or younger—95.2 (2010) to 5.1 (2020)

Rates of pneumococcal and flu vaccination remained the same in older adults.

- Percent of adults age 65 and older who ever had pneumococcal vaccine remained statistically the same—74% (2011) to 73% (2020)
- Percent of adults age 65 and older who receive an annual flu shot remained statistically the same—65% (2011) to 69% (2020)

Immunization & Infectious Disease

The number of TB patients starting and completing treatment decreased over the decade, but still remained high.

- Decrease in the percent of identified active TB case counts with newly diagnosed latent tuberculosis infection who started and then completed treatment—100% (2010) to 95% (2020)



Vermont performed **better** than the United States in:

- The percent of adolescents age 13-17 with at least 1 Tdap booster—95% VT vs 90% US (2020)
- The percent of active TB case counts with newly diagnosed latent tuberculosis infection who started and then completed treatment—95% VT vs 75% US (2020)

Injury & Violence Prevention

The rate of injuries from motor vehicle crashes decreased.

- Decrease in the nonfatal motor vehicle crash-related injury rate per 100,000—952.8 (2008) to 727.1 (2014)*

The rate of fall-related deaths remained the same.

- Fall-related death rate per 100,000 adults age 65 and older remained statistically the same—120.3 (2009) to 155.8 (2020)

The rate of firearm-related deaths remained the same.

- Firearm-related death rate per 100,000 people remained statistically the same—10.3 (2010) to 11.3 (2020)

The rate of Emergency department visits for self-harm increased.

- Increase in the Emergency Department visits for self-harm rate per 100,000 people—155.5 (2010) to 201.3 (2016)*

The rate of Emergency department visits for falls increased.

- Increase in the fall-related Emergency Department visits per 100,000 adults age 65 and older—5105.1 (2010) to 5452.8 (2014)*



Vermont performed **worse** than the United States in:

- The fall-related death rate per 100,000 adults age 65 and older—155.8 VT vs 69.6 US (2020)

*Due to methodology changes and barriers to accessing data from neighboring states, these indicators could only be compared to baseline using data years midway through the decade.

Family & Infant Health

More infants were exclusively breastfed.

- Increase in the percent of infants breastfed exclusively for six months—24% (2007) to 36% (2019)

More women abstained from cigarettes during their pregnancies.

- Increase in the percent of pregnant women who abstain from smoking cigarettes—81% (2009) to 86% (2020)

Marijuana use during pregnancy increased.

- Decrease in the percent of pregnant women who abstain from marijuana use—95% (2009) to 89% (2020)

Fewer women began their pregnancies at a healthy weight.

- Decrease in the percent of women delivering a live birth who had a healthy weight prior to pregnancy—52% (2008) to 46% (2020)



Vermont performed **better** than the United States in:

- The percent of infants breastfed exclusively for six months—36% VT vs 25% US (2019)

Vermont performed **worse** than the United States in:

- The percent of pregnant women who abstain from smoking cigarettes—86% VT vs 95% US (2020)
- The percent of children who live in households where someone smokes—17% VT vs 14% US (2019-2020)

Mental Health

The rate of suicide remained the same.

- Rate of suicide per 100,000 Vermonters remained statistically the same—13.0 (2009) to 17.6 (2020)

More adolescents in high school made a suicide plan.

- Increase in the percentage of adolescents in grades 9-12 who made a suicide plan—9% (2011) to 13% (2019)



Vermont performed **better** than the United States in:

- The percent of adolescents in grades 9-12 who made a suicide plan—13% VT vs 16% US (2019)

Vermont performed **worse** than the United States in:

- The rate of suicide per 100,000 Vermonters—17.6 VT vs 13.5 US (2020)

Nutrition & Weight Status

High school students drank fewer sugar sweetened drinks.

- Increase in the percent of adolescents in grades 9-12 consuming less than 1 sugar sweetened beverage per day—72% (2011) to 82% (2019)

High school students ate more vegetables.

- Increase in the percent of adolescents in grades 9-12 eating vegetables 3 or more times daily—16% (2011) to 19% (2019)

High school students ate less fruit.

- Decrease in the percent of adolescents in grades 9-12 eating fruit 2 or more times daily—34% (2011) to 31% (2019)

Obesity increased in high school students.

- Increase in the percent of adolescents in grades 9-12 who are obese—11% (2011) to 13% (2019)



Vermont performed **better** than the United States in:

- The percent of adolescents in grades 9-12 eating fruit 2 or more times daily—31% VT vs 29% US (2019)
- The percent of adolescents in grades 9-12 eating vegetables 3 or more times daily—19% VT vs 14% US (2019)
- The percent of adolescents in grades 9-12 who are obese—13% VT vs 15% US (2019)
- The percent of adults age 20 and older who are obese—27% VT vs 33% US (2020)
- The percent of adults eating fruit 2 or more times daily—36% VT vs 30% US (2019)
- The percent of adults eating vegetables 3 or more times daily—22% VT vs 14% US (2019)
- The percent of households with food insecurity—8.6% VT vs 10.7% (2018-2020)

Older Adults



Vermont performed **worse** than the United States in:

- The percent of adults age 65 and older who visited a doctor in the last year for routine care—88% VT vs 90% US (2020)

Oral Health

Fewer Vermonters age 45-64 had a tooth extraction.

- Decrease in the percent of adults age 45-64 with tooth extraction—52% (2012) to 45% (2020)



Vermont performed **better** than the United States in:

- The percent of adults age 45-64 with tooth extraction—45% VT vs 49% US (2019)
- The percent of adults using the dental system yearly—68% VT vs 64% US (2020)

Physical Activity

Vermont adults increased their leisure time physical activity.

- Decrease in the percent of adults with no leisure time physical activity—21% (2011) to 17% (2020)

Overall physical activity for adults remained the same.

- Percent of adults meeting physical activity guidelines remained statistically the same—59% (2011) to 61% (2019)

Physical activity declined for Vermont youth.

- Decrease in the percent of adolescents in grades 9-12 meeting physical activity guidelines—25% (2011) to 22% (2019)
- Increase in the 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) to 14% (2019)



Vermont performed **better** than the United States in:

- The percent of adults with no leisure time physical activity—17% VT vs 23% US (2020)
- The percent of adults meeting physical activity guidelines—61% VT vs 50% US (2019)
- The 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—14% VT vs 17% US (2019)

Vermont performed **similarly** to the United States in:

- The percent of adolescents in grades 9-12 meeting physical activity guidelines—22% VT vs 23% US (2019)

Social Determinants of Health

The number of children living below the poverty level decreased, but the overall percent of Vermonters living below the poverty level remained the same.

- Decrease in the percent of Vermonters age 17 or younger living below the poverty level—14% (2006-2010) to 11% (2016-2020)
- The percent of Vermonters living below the poverty level remained the same —11% (2006-2010, 2016-2020)

The number of households who spent 30% or more of their income on housing decreased.

- Decrease in the percent of households that spend 30% or more of their income on housing—37% (2006-2010) to 32% (2016-2020)



Vermont performed **better** than the United States in:

- The percent of Vermonters age 17 or younger living below the poverty level—11% (2016-2020) vs 18% US (2020)
- The percent of Vermonters living below the poverty level—11% (2016-2020) vs 13% US (2020)

Vermont performed **worse** than the United States in:

- The percent of households that spend 30% or more of their income on housing—32% VT (2016-2020) vs 31% US (2020)

Substance Use

Adolescents binge drank less, but marijuana use rose.

- Decrease in the percent of adolescents in grades 9-12 binge drinking in the past 30 days—17% (2017) to 15% (2019)
- Increase in the percent of adolescents in grades 9-12 who used marijuana in the past 30 days—25% (2011) to 27% (2019)

Alcohol and marijuana use in adults remained the same over the decade.

- The percent of adults age 18-24 binge drinking in the past 30 days remained the same —34% (2011) to 32% (2020)
- The percent of adults age 18-24 who used marijuana in the past 30 days remained the same—28% (2017) to 32% (2020)
- The percent of adults age 65 and older who drink at a level of risk remained the same —22% (2011) to 22% (2020)
- Percent of adults using marijuana who use 10 or more days per month remained the same—62% (2015) to 65% (2020)

Substance Use



Vermont performed **worse** than the United States in:

- The percent of adolescents in grades 9-12 who used marijuana in the past 30 days—27% VT vs 22% US (2019)
 - The percent of adults age 18-24 binge drinking in the past 30 days—32% VT vs 22% (2020)
 - The percent of adults age 18-24 who used marijuana in the past 30 days—32% VT vs 20% US (2020)
 - The percent of adults age 65 and older who drink at a level of risk—22% VT vs 18% US (2020)
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Tobacco Use

Cigarette smoking in adolescents and adults decreased.

- Decrease in the percent of adolescents in grades 9-12 who smoke cigarettes—15% (2011) to 7% (2019)
- Decrease in the percent of adults who smoke cigarettes—20% (2011) to 14% (2020)

E-cigarette use in adolescents increased.

- Increase in the percent of adolescents in grades 9-12 who use e-cigarettes—15% (2015) to 26% (2019)



Vermont performed **better** than the United States in:

- The percent of adolescents in grades 9-12 who use e-cigarettes —26% VT vs 33% US (2019)