

Health drivers

- ✔ **An aging population:** 34.8% of Vermonters are 55 years or older, compared to 29% in the US. This is the fastest growing age group in the state.
- ✔ **A changing population:** The number of Vermonters of color has doubled in the last 15 years.
- ✔ **Underrepresentation** in statewide data can hide the health needs of some groups, like Indigenous Vermonters.

18% of Vermont households live in poverty Including 1 in 8 children and 1 in 4 Black children

- ✔ Nearly all Vermonters have health insurance, but the rate of uninsured is **doubled for Hispanic residents** (8% to 3.9%).
- ✔ Even with insurance, out-of-pocket healthcare expenditures further strain limited family incomes.
- ✔ Fewer Vermonters have **high speed internet** compared to the US average (88.3% to 92.7%).
- ✔ In 2020, **26.1%** of calls to Vermont 2-1-1 were for housing, employment, or income support.

The health impacts of climate change include increasing:

- deaths
- disease rates
- mental health challenges
- income loss
- housing instability

-Homelessness rose by **197%** since 2020
 -By **36%** for families with children between 2022-2023
 -Rates are higher for the BIPOC and Indigenous communities

Health conditions

“It is not ok for someone with...leukemia to wait 4 months just to get in the door...some leukemias will be terminal in a shorter time than this.”

Healthcare provider shortages, across the state, lead to long wait time for services. One-third of all Vermonters with long service wait times had **physical and psychological pain** and declines in overall health as a result.

Increased rates of mortality in Vermont (per 100,000 residents):	VT	USA
Coronary Heart Disease	101.3	91.5
Suicide	17.7	13.8
Unintentional Injury	59.7	50.4
Cancer	156.1	149.4

Increased mental health challenges: More than one-third of all Vermonters reported **anxiety and depression symptoms** in 2021. The growth in the **suicide rate** is among the fastest in the nation.

Of the 6,000 Vermonters age 12-17 reporting depression symptoms in 2021, **41% did not get treatment**. 25% of all people who chose not to get mental health treatment did so because of **cost**.

15% of Vermonters have been **physically hurt by an intimate partner**. These rates are higher for people aged 25-44 (21%), those with incomes below \$25,000 annually (29%), Vermonters identifying as LGBTQ+ (25%), and people with disabilities (24%).

Growing substance use: 22% of Vermonters ages 12 and older reported using cannabis in the last 30 days, compared to 12% nationally.

Vermont saw a **10% increase** in opioid-related deaths from 2021-2022.

The Vermont rate of alcohol-involved driving deaths is **8% higher** than the national average.

Key themes:

- Major financial strains
- Housing shortages
- Acute mental health needs
- Increasing substance use problems

Data Sources used in this document

- ✔ [County Health Rankings](#), University of Wisconsin Population Health Institute. Rely on multiple resources and partnerships to arrive at data. Resources are outlined on this page: <https://www.countyhealthrankings.org/explore-health-rankings/vermont/data-and-resources> and include:
 - VT Department of Health Population Health Surveys and Data: <https://healthvermont.gov/stats/population-health-surveys-data>
 - State of VT Agency of Education Data and reporting: <https://education.vermont.gov/data-and-reporting>
 - VT Cancer Registry: <https://www.healthvermont.gov/stats/surveillance-reporting-topic/cancer-data>
 - VT Crime Information Center: <https://vcic.vermont.gov/ch-information/statistics/online>
 - VT Department of Health Environmental Public Health Data Tracking: <https://healthvermont.gov/environment/tracking>
 - VT State Highway Safety Office: <https://shso.vermont.gov/content/reports-and-data>
 - VT Health Research Data and records: <https://healthvermont.gov/stats>
 - VT Vaccination coverage: <https://www.healthvermont.gov/disease-control/immunization/vaccination-coverage>
- ✔ [CARES database](#), University of Missouri (data compilation is from many resources, including and not limited to:
 - US Census Bureau
 - the American Community Survey (ACS) 2017-202
 - Center for Disease Control and Prevention (CDC)
 - United States Department of Agriculture (USDA)
 - Department of Transportation
 - Federal Bureau of Investigations
- ✔ [Behavioral Risk Factor Surveillance System \(BFRSS 2021\)](#)
- ✔ [VT 211 Referrals 2022](#)
- ✔ [Title V report](#)
- ✔ [Health Equity for Abenaki Indigenous People: Improving Access to Quality Mental Health and Substance Use Services](#) by Maria Mercedes Avila, Christine Begay Vining, Joshua Allison-Burbank, and Christine Velez
- ✔ [2022 Vermont Point in Time Report of People Experiencing Homelessness](#)
- ✔ [The most recent point in time 2023 tally, completed in January](#)
- ✔ [Vermont: why arthritis matters from the Arthritis foundation](#)

Data Sources used in this document

- ✔ [How Extreme Heat Affects our Mental Health](#), NPR Panel Conversation, July 2023
- ✔ [Climate and Health, Infectious diseases](#). VT Department of Health
- ✔ [Vt Legislative Joint Fiscal Office Issue Brief: Vermont's population estimates by age group: 2021 compared with 2010, January 12, 2023](#)
- ✔ [NAMI Fact Sheet](#)
- ✔ [Vermont wait times report](#)
- ✔ [Local Opinion Leader Survey](#)
- ✔ DMH Vision 2030
- ✔ [Monthly opioid morbidity and mortality report](#)
- ✔ [Fatal Overdoses Among Vermonters Annual Data Brief-](#) Data through 2022, VT Department of Health
- ✔ [Vermont DSU Cannabis Data Pages](#), Vermont Department of Health, Feb 2023
- ✔ [Alcohol Related Deaths Among Vermonters](#), Vermont Department of Health, January 2023
- ✔ [Medical Debt in Vermont from the office of the health care advocate at VT legal aid](#)
- ✔ [Household Health Insurance Survey 2021:](#)
- ✔ Help Me Grow Annual Report
- ✔ [Health Center Program Uniform Data System \(UDS\) Data](#)
- ✔ VDH Storytelling grants (POC)
- ✔ Rejoice Project: [COVID Findings & Recommendations Slide Deck, December 2020](#)
- ✔ [The State of Vermont's Children: 2022 Year in Review](#) (additional years of the report are at the bottom of the page)
- ✔ [Policy Recommendations](#) from Vermont's Early Childhood State Advisory Council Network from the past three years
- ✔ VT Cancer Data Pages, VT Dept of Health, Feb 2023, https://www.healthvermont.gov/sites/default/files/document/HSI_Cancer_Data_Pages_2023.pdf
- ✔ [Youth Risk Behavior Survey](#)
- ✔ [3>4>50 Vermont](#), VT Dept of Health