

Health Impacts and Cost of Chronic Disease in Vermont

Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in Vermont.



62% of all deaths among Vermonters are chronic disease-related.

4,889 Vermonters died from a chronic disease in 2022.

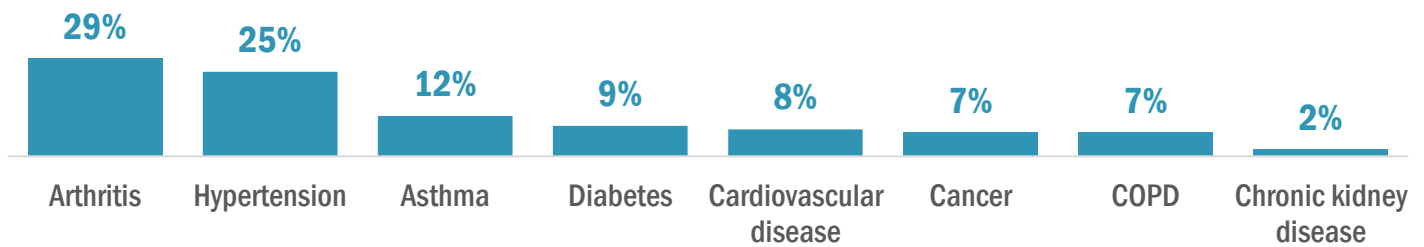
865 were younger than 65 years old.

Data source: Vermont Vital Records, 2022 (preliminary)



At least 6 in 10 Vermont adults have one or more chronic disease.

Percent of Vermont adults living with common chronic diseases



Data source: Vermont BRFSS, 2021

Among adults with dementia, 38% have 5 or more chronic diseases.

Data source: Vermont Medicare, 2018



Chronic disease is a leading driver of annual healthcare costs.

Estimated cost of health care in Vermont for chronic disease in 2022:

\$1 billion

Costs were calculated from the Vermont Health Care Uniform Reporting and Evaluation data set, maintained by the Green Mountain Care Board (GMCB). Claims are included for most, but not all Vermonters. Costs include what the insurer paid for a service as well as any deductible, co-pay or co-insurance paid by the individual. All analyses, conclusions, and recommendations provided here are solely those of the VDH and not necessarily those of the GMCB.

Investing in chronic disease prevention can improve quality of life, reduce healthcare costs, and decrease premature death for Vermonters.

Some Vermont adults face barriers in reducing the risk for chronic disease.



1 in 20 worry they will not have enough food to eat.



1 in 7 smoke cigarettes.



1 in 12 can't afford to see a doctor.



1 in 10 drank heavily in the past month.



1 in 11 was unable to pay mortgage, rent, or utility bills.



1 in 6 do not engage in physical activity outside of work.



1 in 3 did not visit the dentist.

Data source: Vermont BRFSS, 2020



The Health Promotion and Disease Prevention Division works to prevent chronic disease by reducing risk factors and increasing resources for Vermonters living with chronic diseases.

Health Equity

You First has **screened** more than **3000 low-income Vermonters** for breast or cervical cancer in the past 10 years.

Savings

The reduction of smoking among Medicaid-insured Vermonters **saved** Vermont Medicaid **\$2.3 million** in 2022.

Prevention

The Community Water Fluoridation program **prevents dental decay** in 56% of people on public water systems.

Health Systems

The Asthma Control Program has co-led asthma self-management education, contributing to a **decrease by a third** in asthma emergency department visits between 2013 and 2019.

[Learn more about our work!](#)

