

2024 BRFSS District Office Profiles

May 2026

Methodology

The Behavioral Risk Factor Surveillance System (BRFSS) is a telephone survey conducted annually among adults aged 18 and older. Throughout this report, all estimates reported represent percentages. To ensure statistical reliability and decrease instances of data suppression, estimates represent the average of two years of data combined and the number of estimated adults is averaged over those two years.

All comparisons are made to the overall statewide estimate, and statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently participants responded to an item. Sometimes, when comparing the responses of two or more groups, the overall percentage may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically. While this report notes statistical differences, we encourage you to consider meaningful differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

If you have questions or concerns on how this data was sourced or analyzed that are not addressed in the report, please refer to our [BRFSS Webpage](#). For more information on different data sources managed by the Health Department, including what indicators are available and who to contact to find out more, please check our [Data Encyclopedia](#).

The Vermont Department of Health recognizes the many social, economic and environmental inequities which drive the data in this report. We are working to incorporate data reflective of these lived experiences among all Vermonters. If you need help accessing or understanding this information, contact ahs.vdhBRFSS@vermont.gov.



HealthVermont.gov
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Definitions and Data Notes

Any disability: Activity limitations due to physical, mental or emotional conditions, or any health condition that requires use of special equipment.

Binge drinking: Five or more drinks on an occasion for males and four or more for females.

Birth control: These questions were asked among females ages 18-49 who a) were not currently pregnant or did not know or refused to answer if they were pregnant, and b) never had a hysterectomy or did not know or refused to answer if they had a hysterectomy.

BMI-defined obesity: A body mass index (BMI) of 30 or greater. BMI is a singular, indirect indicator of body fat meant to identify weight-related health risk. Though useful at the population level, BMI has limited usefulness at the individual level.

Cardiovascular disease: Ever having been diagnosed with coronary heart disease, a myocardial infarction (heart attack) or a stroke.

Colorectal cancer screening recommendations are defined as completing one of the following:

- Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT) in the past year
- Stool DNA Test in the past three years
- Virtual colonoscopy in the past five years
- Sigmoidoscopy in the past five years
- Sigmoidoscopy in the past 10 years and a FOBT or FIT in the past year
- Colonoscopy in the past 10 years

Heavy drinking: More than two drinks daily for males and more than one for females.

LGBTQ+: Adults who identify as lesbian, gay, bisexual, pansexual, queer, another sexual orientation, asexual, questioning or transgender.