

# Middlebury 2024 BRFSS District Profile – Adult Health

## May 2026

The Adult Health Behavioral Risk Factor Surveillance System (BRFSS) District Profiles include information pertaining to health status, preventative behaviors and health screening, risk behaviors, disease prevalence and select demographics among adults 18 and older.

The Vermont Department of Health acknowledges that data presented in this report are driven by complex upstream factors. Data on the prevalence of certain indicators may be influenced by differences in age distribution, sexual orientation, and gender identity groups.

See [District Profile - Methodology and Definitions](#) and the [2024 BRFSS Annual Report](#) for details specific to this report. If you need help accessing or understanding this information, contact [ahs.vdhbrfss@vermont.gov](mailto:ahs.vdhbrfss@vermont.gov).

### Health Status

Indicator	Vermont %	District %	Estimated # of Adults in District*	Data Years
Dissatisfied or very dissatisfied with life	6	4	1,000	2022/2024
Rarely or never receive social or emotional support	7	3 ↓	1,000	2022/2024
Fair or poor general health	14	11	3,000	2023/2024
Has some form of health insurance, age 18-64	94	95	16,000	2023/2024
Unable to see doctor because of cost	8	4 ↓	1,000	2023/2024
Has personal health care provider	91	92	23,000	2023/2024
Poor physical health	13	10	2,000	2023/2024
Poor mental health	15	12	3,000	2023/2024
Any disability	27	24	6,000	2023/2024

↑ Statistically higher than Vermont

↓ Statistically lower than Vermont

\* Estimated counts are rounded to the nearest thousand and not age-adjusted

\*\* Value suppressed because sample size is too small or relative standard error (RSE) is >30



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## Chronic Conditions

All chronic conditions are defined as ever diagnosed, unless otherwise indicated.

Indicator	Vermont %	District %	Estimated # of Adults in District*	Data Years
Arthritis	30	30	8,000	2023/2024
Asthma (current)	12	12	3,000	2023/2024
Non-melanoma skin cancer	7	9	2,000	2023/2024
Cancer (non-skin cancer)	10	9	2,000	2023/2024
Cardiovascular disease	9	8	2,000	2023/2024
Chronic kidney disease	3	4	1,000	2023/2024
Chronic obstructive pulmonary disease (COPD)	6	5	1,000	2023/2024
Depressive disorder	26	27	7,000	2023/2024
Diabetes	9	9	2,000	2023/2024

## Preventative Behaviors

Indicator	Vermont %	District %	Estimated # of Adults in District*	Data Years
Used birth control to prevent pregnancy, females age 18-49	88	92	4,000	2022/2024
Dental visit, past year	69	74	20,000	2022/2024
Have had any teeth extracted, age 45-64	42	39	3,000	2022/2024
Met colorectal cancer screening recommendations, age 45-75	73	73	9,000	2022/2024
Had flu vaccine in past year, age 65+	71	70	5,000	2023/2024
Ever had pneumococcal vaccine, age 65+	71	75	5,000	2023/2024
Routine doctor visit, past year	78	83 ↑	21,000	2023/2024
Ever had an HIV test	38	35	8,000	2023/2024
Had an HIV test, past year	6	5	1,000	2023/2024

## Risk Factors and Behaviors

All risk behaviors are defined as current unless otherwise indicated.

Indicator	Vermont %	District %	Estimated # of Adults in District*	Data Years
Engaged in high-risk HIV transmission behaviors in past year	5	6	1,000	2022/2024
Lost job or had hours reduced, past year	9	8	2,000	2022/2024
Always, usually, or sometimes bought food that did not last, past year	8	7	2,000	2022/2024
Unable to pay rent or mortgage on time, past year	7	5	1,000	2022/2024
Lack of reliable transportation, past year	5	**	**	2022/2024
Seriously considered suicide, past year	5	**	**	2022/2024
At least one drink, past month	61	63	15,000	2023/2024
Reported binge drinking	16	17	4,000	2023/2024
Reported heavy drinking	8	8	2,000	2023/2024
Used cannabis, past month	24	24	5,000	2023/2024
Drove after using cannabis, past month	19	22	1,000	2023/2024
Currently smokes cigarettes	11	9	2,000	2023/2024
Currently uses e-cigarettes	5	**	**	2023/2024
Made attempt to quit smoking cigarettes, past year	50	50	1,000	2023/2024
BMI-defined obesity, age 20+	30	28	6,000	2023/2024
No leisure time physical activity or exercise, past month	18	20	5,000	2023/2024

## Demographics

Indicator	Vermont %	District %	Estimated # of Adults in District*	Data Years
Age 18-24	12	10	2,000	2023/2024
Age 25-44	29	26	7,000	2023/2024
Age 45-64	31	32	8,000	2023/2024
Age 65+	28	32	8,000	2023/2024
High school or less	34	33	8,000	2023/2024
Some college	27	23	6,000	2023/2024
College or more	38	44	11,000	2023/2024
Income \$150k+	15	16	3,000	2023/2024
Income \$50k -< 150k	52	56	12,000	2023/2024
Income < \$50k	33	27	6,000	2023/2024
Black, Indigenous and People of Color	11	8	2,000	2023/2024
White, non-Hispanic	89	92	23,000	2023/2024
Heterosexual and cisgender	87	86	20,000	2023/2024
LGBTQ+	13	14	3,000	2023/2024
Veteran	9	7	2,000	2023/2024
Children under age 18 in the home	27	27	7,000	2023/2024