

Vermont Diabetes Profile

Bennington County | December 2025

Diabetes is a chronic condition which, like many chronic conditions, is linked to lifestyle, environment, access to equitable care, and genetic factors. Lifestyle, often driven by social determinants of health, such as poor diet, access to healthy and affordable food, physical inactivity, and tobacco use, can increase the risk of developing diabetes and experiencing poor health outcomes. This document presents data on diabetes among people who live in **Bennington County**.

If you need help accessing or understanding this information, contact

ahs.vdhhpdpdiabetesteam@vermont.gov.

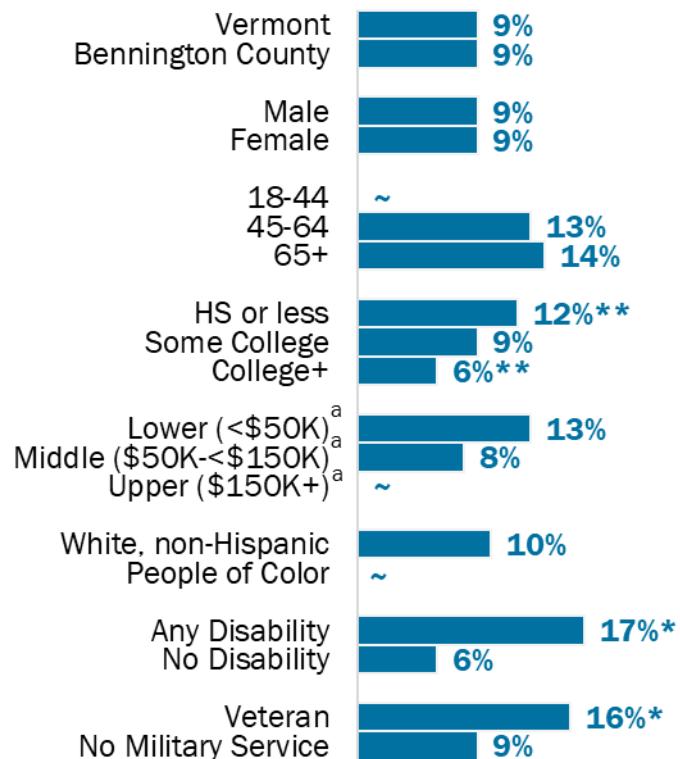
Key Points

- **Nine percent of residents in Bennington County have diabetes.**
- **Individuals with diabetes in Bennington County are significantly more likely to have other chronic conditions, compared to those without diabetes.**

Demographics

- Nine percent of Bennington County residents have diabetes.
- There are no significant differences in the percentage of diabetes by sex, age, income, or veteran status in Bennington County.
- The percentage of diabetes is significantly higher among individuals who have a high school education or less, compared to those with an education level of college or more.
- Residents of Bennington County with a disability are almost three times as likely to have diabetes, compared to those without a disability.

Demographic Prevalence of Diabetes among People who Live in Bennington County



HealthVermont.gov
802-863-7200

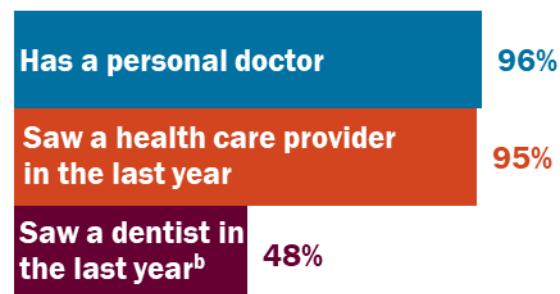


Social Drivers

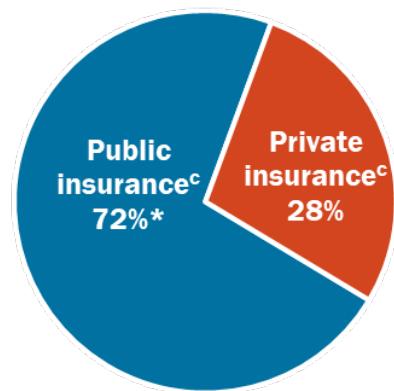
Health Care Access

- The vast majority, 96%, of Bennington County residents with diabetes report having a personal doctor.
- The vast majority, 95%, of Bennington County residents with diabetes saw a health care provider in the last year while less than half (48%) saw a dentist.
- Significantly more Bennington County residents with diabetes were covered by public insurance (72%) compared to private insurance (27%).

Health Care Access among Adults in Bennington County with Diabetes

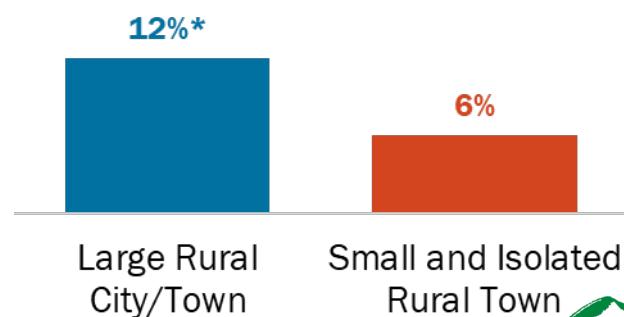


Type of Health Insurance among Adults in Bennington County with Diabetes



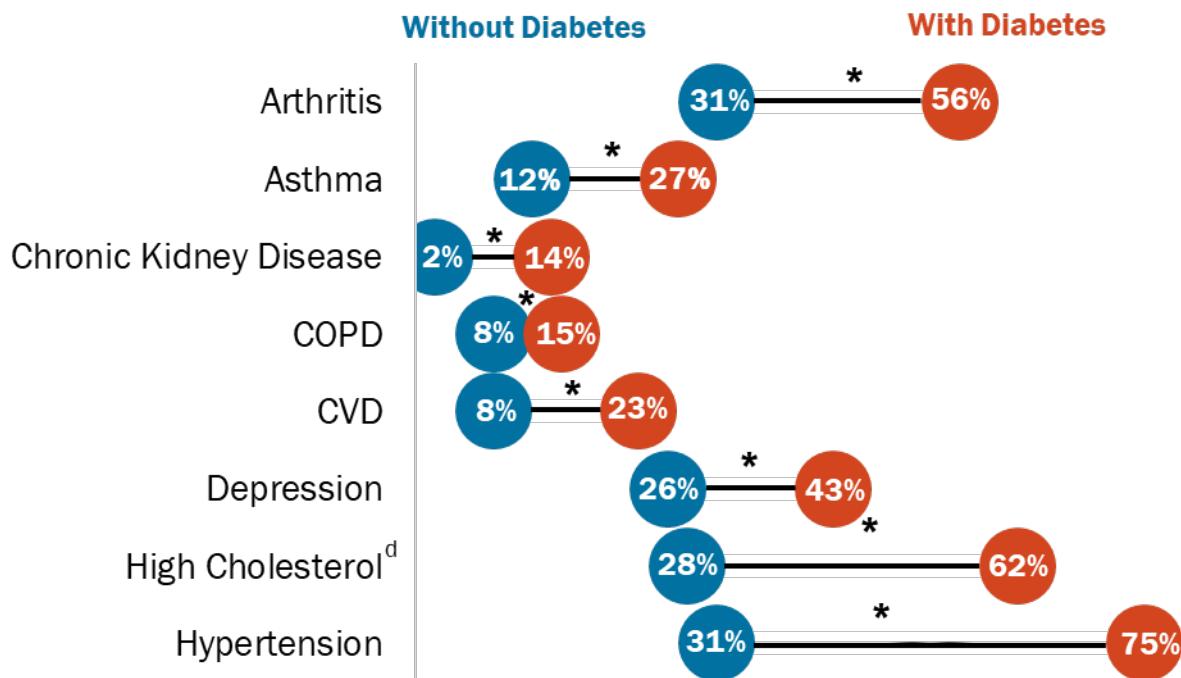
Geographic Setting

Geographic settings can influence health outcomes. For this report, geographic setting was measured using Rural-Urban Commuting Area (RUCA) codes.¹ The prevalence of diabetes among those in Bennington County living in large, rural cities/towns is twelve percent, while the prevalence of diabetes among those living in small and isolated rural towns is six percent. This difference is statistically significant.



Co-Occurring Conditions

Bennington County adults with diabetes are more likely to have a co-occurring chronic disease than those without diabetes.



References

1. U.S. Department of Agriculture, Economic Research Service. Rural-Urban Commuting Area Codes. July 2025. Accessed November 13, 2025. www.ers.usda.gov/data-products/rural-urban-commuting-area-codes/documentation.

Notes

Values in this data brief may be compared to statewide values found in the [2025 Vermont Diabetes Data Pages](#). Use caution when comparing values that use different data years.

This document is intended to support Diabetes Self-Management Education and Support (DSMES) accreditation/recognition applications with the American Diabetes Care & Education Specialists (ADCES)/American Diabetes Association (ADA). For more information visit [Diabetes Self-Management webpage](#) and see **Standard 2 (Step 2)** for a description of how to use this document to support your organization's application.

Notations

*Denotes statistical significance.

**Denotes statistical significance from other similarly marked group within demographic category.

~Data suppressed due to insufficient sample size or low statistical reliability.

Data source: VT Behavioral Risk Factor Surveillance System data years 2020-2023 unless noted otherwise as follows: ^a2021-2023, ^b2016, 2018, 2020, 2022, ^c2018, 2021-2023, ^d2017, 2019, 2021, 2023.