Access to Diabetes Endocrinologist Specialty Care in Vermont

November 2026

How challenging is it to access diabetes specialty care in Vermont? The following analysis helps develop our knowledge of the difficulty in accessing diabetes specialty care based on where providers are physically located.

If you need help accessing or understanding this information, contact ahs.vdhhpdpanalytics@vermont.gov.

Diabetes & Metabolism Endocrinology Specialist Snapshot

Physician Specialists

A physician (MD or DO) who carries a board certification to diagnose and treat medical conditions related to hormonal imbalances, metabolic disorders, and all types of diabetes.



In 2024, there were **16** diabetes and metabolism endocrinology specialists in **Vermont**



representing **11.1** **full-time equivalent** (FTE) providers[1]

delivering care to the estimated **48,100** Vermont adults with diabetes[3]



resulting in **2.3** full-time providers **for every 10,000** Vermont adults **with diabetes**.

Advanced Practice Registered Nurses (APRN)

A graduate or doctoral level nurse who primarily practices in the treatment and maintenance of people with hormonal imbalances and metabolic conditions, including diabetes.

In 2025, there were **12** APRNs with an endocrinology specialty in **Vermont**

representing **8.3** **full-time equivalent** (FTE) providers[2]

resulting in **1.7** full-time APRNs **for every 10,000** Vermont adults **with diabetes**.

[1]Health Care Workforce Physician Census, 2024; [2]Health Care Workforce APRN Census, 2025.
[3]Behavioral Risk Factor Surveillance System (BRFSS), 2024.

Geographic Accessibility

Estimating Access

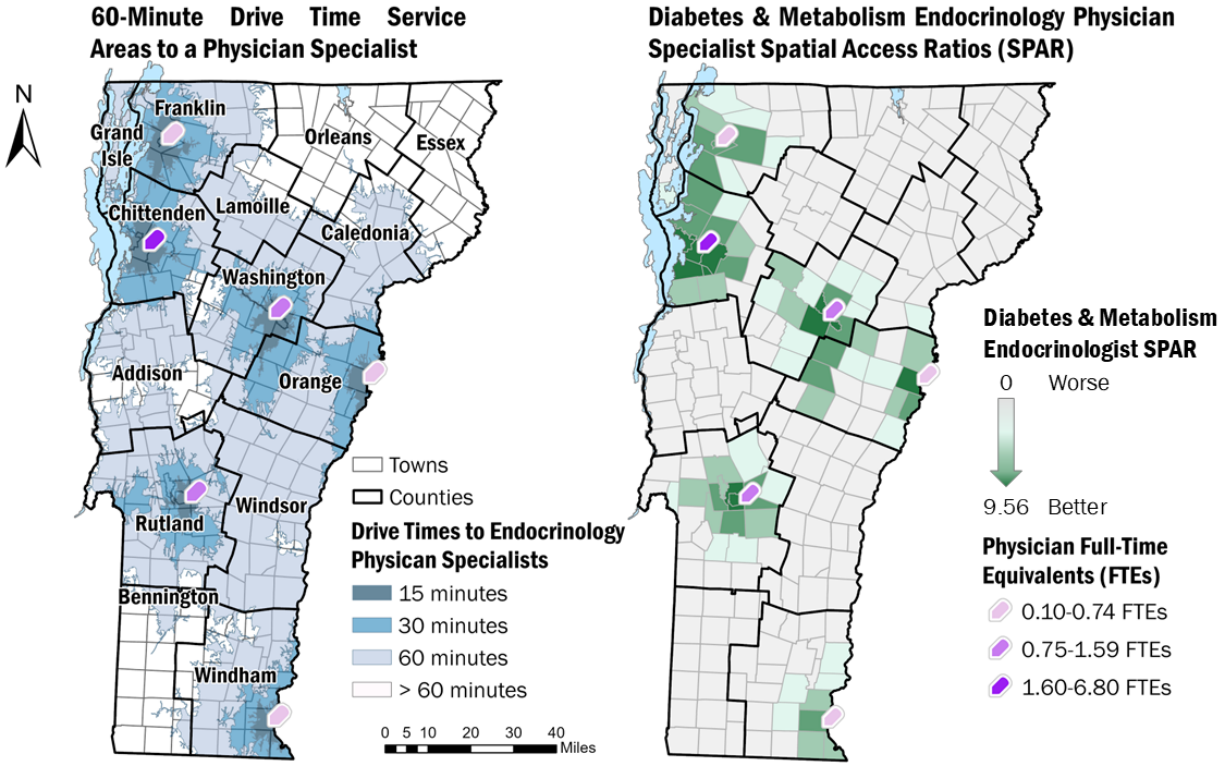
Spatial accessibility is a measure of how geographically available health care services are to people in a given area. It takes into account the physical location of providers and the travel time from each town to reach them. Spatial accessibility ratios (SPARs) were calculated for towns based on a 30-minute drive to a provider compared to the overall state score. Given the different education, training requirements, and scope of care between physician specialists and APRNs with an endocrinology specialty, they are examined separately.

Interpreting Access

The higher a town's SPAR, the better their spatial access to a provider with an endocrinology specialty.

Physician Specialists

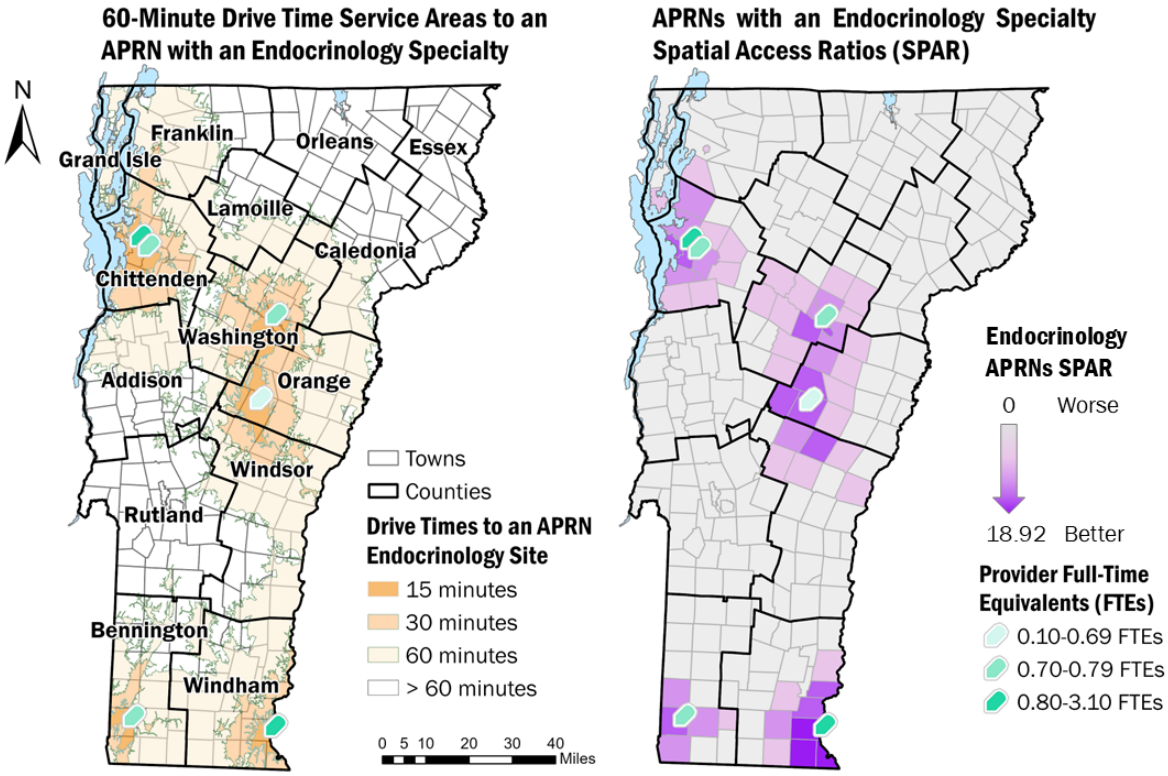
The areas of heaviest population density in 11 of 14 counties are within a 60-minute drive to a diabetes and metabolism endocrinology specialist. However, only 5 (Chittenden, Franklin, Rutland, Washington, and Windham) are within a 30-minute drive. Of Vermont's 256 towns, 74 have a SPAR greater than one indicating greater than normal access. However, when factoring in available specialist FTEs, half of the sites have less than a 1.0 FTE provider, indicating specialist availability may still be an issue.



Data Source: Vermont Health Care Workforce Physician Census, 2024; Vermont Population Estimates, 2024.

APRNs

Ten of Vermont's 14 counties have their most population dense areas within a 60-minute drive to an APRN with an endocrinology specialty. However, only four (Bennington, Chittenden, Washington, and Windham) are within a 30-minute drive to Vermont's 256 towns, 58 of which have a SPAR greater than one indicating greater than average access. When considering APRN FTEs, the majority of sites had less than a 1.0 FTE provider, indicating specialist availability may still be an issue.



Data Source: Vermont Health Care Workforce APRN Census, 2025; Vermont Population Estimates, 2024.

Relationship of adults with diabetes by county to provider availabilitiy

County	People with Diabetes	County	People with Diabetes
Chittenden	8,934	Bennington	2,858
Windsor	5,492	Addison	2,700
Rutland	5,302	Orleans	2,516
Washington	5,166	Orange	2,469
Franklin	3,376	Lamoille	1,205
Windham	3,157	Grand Isle	949
Caledonia	3,028	Essex	**

Data Source: BRFSS, 2023-2024. Population estimates represent a two-year average.
**Suppressed due to small numbers and low statistical reliability.

- Physician endocrinology specialists can be found in four of the top five counties with the largest diagnosed diabetes populations. APRNs can be found in two.
- A third (33%) of adults with diagnosed diabetes, about 16,000 people, live in a county without any endocrinology specialty care available.

VERMONT DEPARTMENT OF HEALTH

Key Takeaways

Diabetes and metabolism endocrinology physician specialists and APRNs with an endocrinology specialty make up a combined 19.4 FTEs of endocrinology specialty care, though the scope of the care differs. This is a small number of providers for the estimated 48,100 Vermont adults diagnosed with diabetes. As a result, a limited number of towns have better than average access to this care. This suggests that many Vermonters with diagnosed diabetes may have difficulty accessing a specialty provider. With the exception of Bennington County, APRNs with an endocrinology specialty provide care in the same counties as physician specialists. Though APRNs increase availability in these areas, many areas still have no geographic access to specialty care.

Endocrinology specialists treat a wide range of hormonal and metabolic conditions, not only diabetes. Therefore the 2.3 full-time physician specialists and 1.7 full-time APRNs with an endocrinology specialty for every 10,000 Vermont adults with diabetes likely overestimates specialist availability for diabetes care. Additionally, some people with diabetes who live in border states may seek care in Vermont. This could further limit provider availability. Limited access to specialty care likely means primary care teams fill the gap and provide more diabetes care, including for people with complex needs.

Supporting Diabetes Care



Team-based care and collaboration between primary care, endocrinology and other health specialties can help share expertise and best practices, strengthen diabetes care and facilitate access to specialty care when needed. The Diabetes Care Guidelines and Insights into Diabetes Care in Vermont are two resources from the Vermont Department of Health that can support consistent diabetes prevention and management in healthcare settings to improve diabetes outcomes in Vermont.

Notes

Providers in border states are not included in this analysis. As it is very likely that Vermonters in proximity to these border areas, particularly those near Dartmouth-Hitchcock Medical Center in New Hampshire or Albany Medical Center in New York, seek care at those sites, the drive times and SPARs in these areas may be overestimated.

One Physician Assistant licensed in Vermont has an endocrinology specialty (Vermont Health Care Workforce Physician Assistant Census, 2024). They are located out of state and only provide telehealth services in Vermont and are therefore excluded from this analysis.

The Vermont Department of Health recognizes many social, economic and environmental inequities made worse by structural oppression, marginalization and racism influence the data we collect and report. To find out more, please check our Data Encyclopedia.