

Vermont Diabetes Profile

Essex 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 **Essex County**.

If you need help accessing or understanding this information, contact

ahs.vdhpdpdabetestteam@vermont.gov.

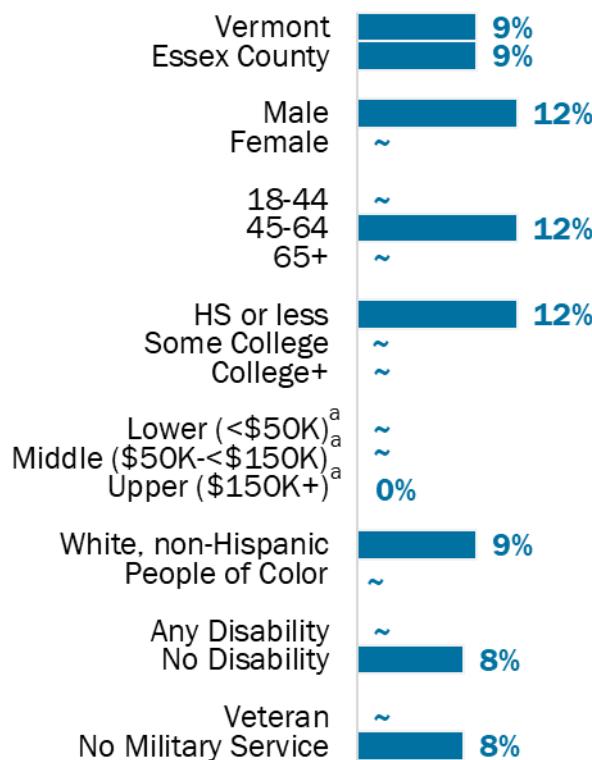
Key Points

- **Nine percent of residents in Essex County have diabetes.**
- **Individuals with diabetes in Essex County are significantly more likely to have hypertension and high cholesterol compared to those without diabetes.**

Demographics

- Nine percent of Essex County residents have diabetes, which is not different from the statewide prevalence.
- There are no significant differences in the prevalence of diabetes in Essex County by demographics.

Demographic Prevalence of Diabetes among People who Live in Essex County



HealthVermont.gov
802-863-7200

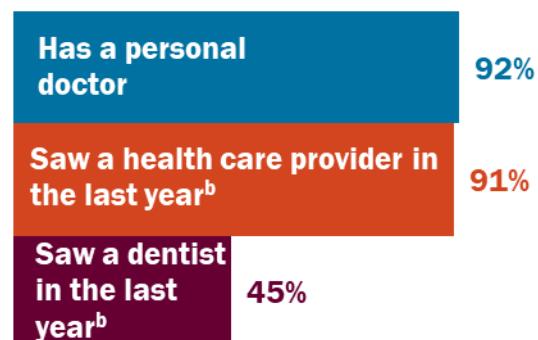


Social Drivers

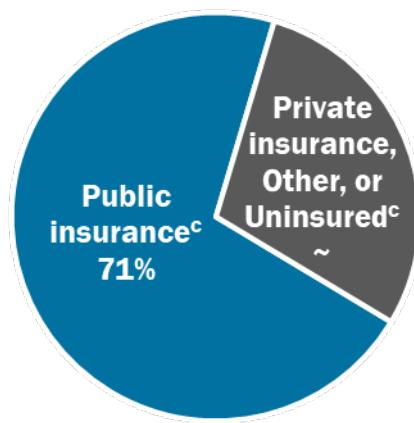
Health Care Access

- A little more than nine in ten (92%) Essex County residents with diabetes have a personal doctor.
- 91% of Essex County residents with diabetes have seen a health care provider in the last year, and less than half (45%) have seen a dentist in the last year.
- 71% of Essex County residents with diabetes have public health insurance.

Health Care Access among Adults in Essex County with Diabetes



Type of Health Insurance among Adults in Essex County with Diabetes

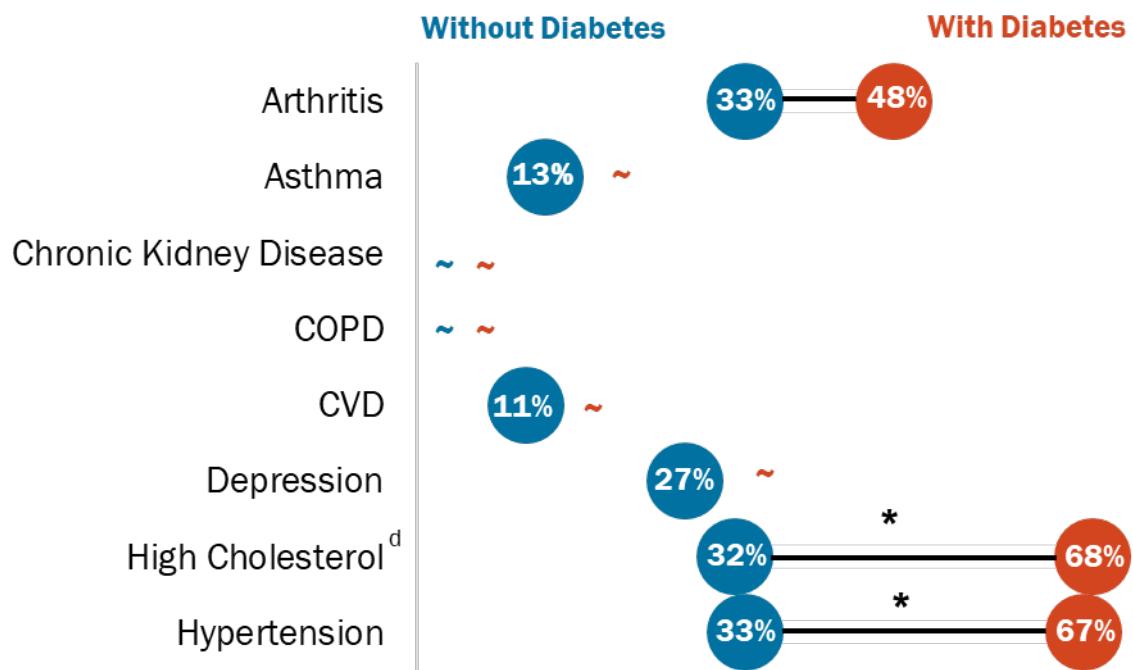


Geographic Setting

Geographic settings can influence health outcomes. For this report, geographic setting was measured using Rural-Urban Commuting Area (RUCA) codes.¹ Geographic data for Essex County is suppressed, and therefore not shown, due to insufficient sample size or low statistical reliability.

Co-Occurring Conditions

Essex County adults **with diabetes** are more likely to have a high cholesterol and hypertension 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.