

# Vermont Diabetes Profile

## Rutland 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 **Rutland County**.

If you need help accessing or understanding this information, contact

[ahs.vdhdpdiabetesteam@vermont.gov](mailto:ahs.vdhdpdiabetesteam@vermont.gov).

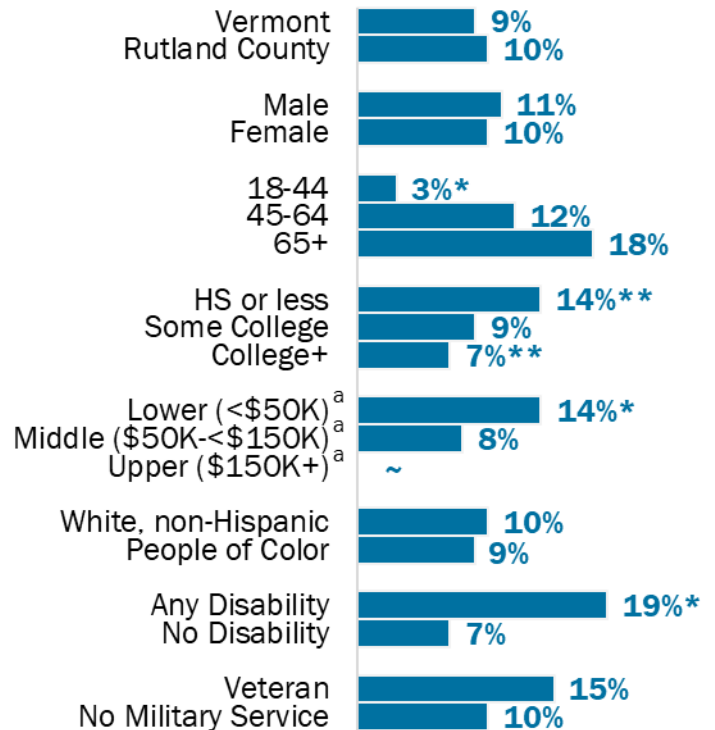
### Key Points

- **Ten percent of residents in Rutland County have diabetes.**
- **Individuals with diabetes in Rutland County are significantly more likely to have co-occurring chronic conditions compared to those without diabetes.**

## Demographics

- 10% of Rutland County residents have diabetes.
- There are no significant differences in the percentage of diabetes by sex, race and ethnicity, and veteran status, among residents of Rutland County.
- Residents of Rutland County who are 18-44 have a significantly lower risk of diabetes, compared to those who are aged 45-64 and 65+.
- The prevalence of diabetes is twice as high among Rutland County residents with a high school education or less, compared to those with a college degree or more.
- Residents of Rutland County who have a disability are almost three times as likely to have diabetes, compared to residents without diabetes.

### Demographic Prevalence of Diabetes among People who Live in Rutland County



**HealthVermont.gov**  
802-863-7200



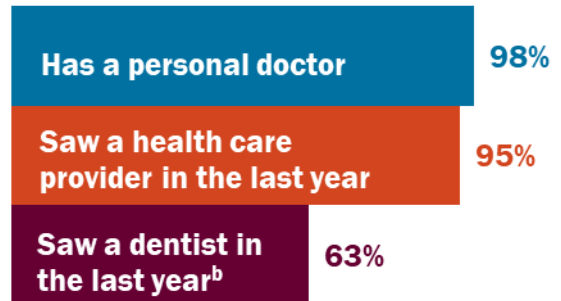
## Social Drivers

### Health Care Access

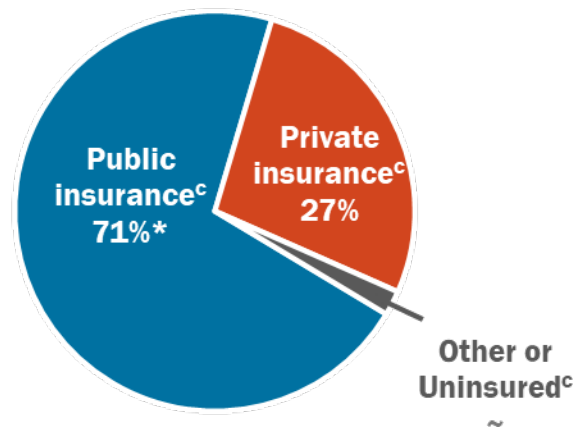
Almost all (98%) of Rutland County residents with diabetes report having a personal doctor.

- The vast majority, 95%, of Rutland County residents with diabetes saw a health care provider in the last year and approximately two-thirds (63%) saw a dentist in the last year.
- Nearly three in four (71%) of residents in Rutland County with diabetes have public health insurance, compared to approximately one in four (27%) who have private insurance. This is a statistically significant difference.

### Health Care Access among Adults in Rutland County with Diabetes

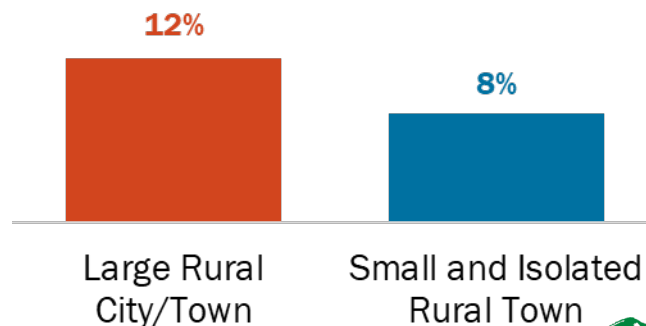


### Type of Health Insurance among Adults in Rutland County with Diabetes



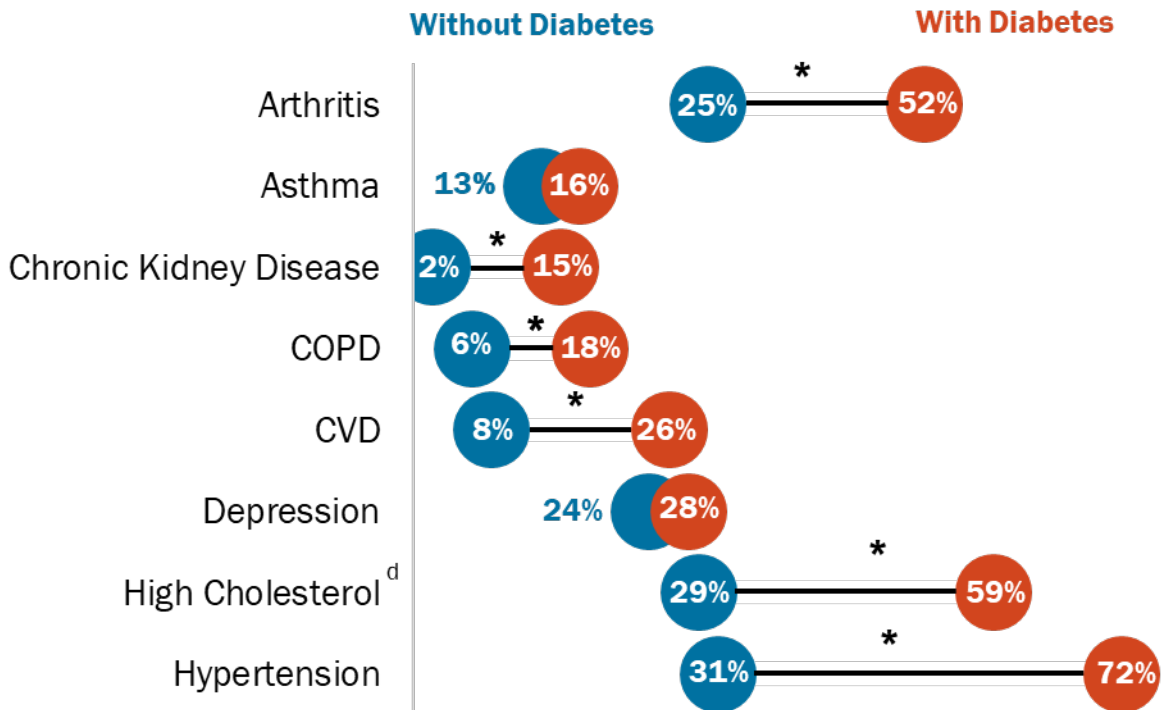
### Geographic Setting

Geographic settings can influence health outcomes. For this report, geographic setting was measured using Rural-Urban Commuting Area (RUCA) codes.<sup>1</sup> The prevalence of diabetes is 12% among those living in large rural cities and towns in Rutland County. The prevalence of diabetes is 8% among those living in small and isolated rural towns in Rutland County. This is not a statistically significant difference.



## Co-Occurring Conditions

Rutland 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](http://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: <sup>a</sup>2021-2023, <sup>b</sup>2016, 2018, 2020, 2022, <sup>c</sup>2018, 2021-2023, <sup>d</sup>2017, 2019, 2021, 2023.