Vermont Diabetes Profile
Washington 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 **Washington County**.

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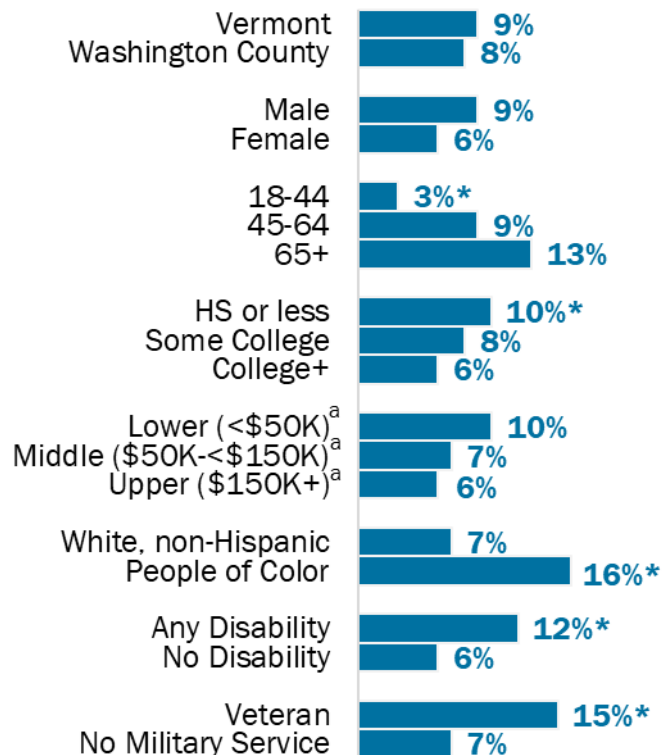
Key Points

- **Eight percent of residents in Washington County have diabetes.**

- **Individuals with diabetes in Washington County are significantly more likely to have co-occurring chronic conditions compared to those without diabetes.**

Demographics

- Eight percent of Washington County residents have diabetes.

- There are no significant differences in the percentage of diabetes by sex, or income, among residents of Washington County.

- In Washington County, as age increases, so does the prevalence of diabetes.

- The prevalence of diabetes is twice as high among Washington County residents of color, compared to white residents.

- Residents of Washington County who have a disability or are a veteran are twice as likely to have diabetes, compared to their counterparts.

Demographic Prevalence of Diabetes among People who Live in Washington County

Group	Prevalence
Vermont	9%
Washington County	8%
Male	9%
Female	6%
18-44	3%*
45-64	9%
65+	13%
HS or less	10%*
Some College	8%
College+	6%
Lower (<$50K)[a]	10%
Middle ($50K-<$150K)[a]	7%
Upper ($150K+)[a]	6%
White, non-Hispanic	7%
People of Color	16%*
Any Disability	12%*
No Disability	6%
Veteran	15%*
No Military Service	7%

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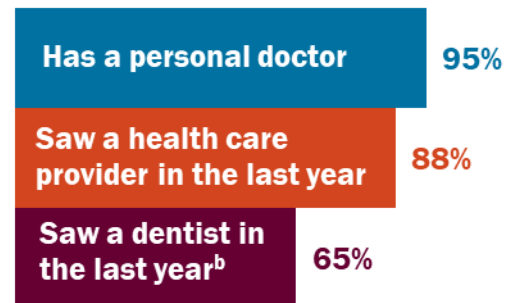**802-863-7200**

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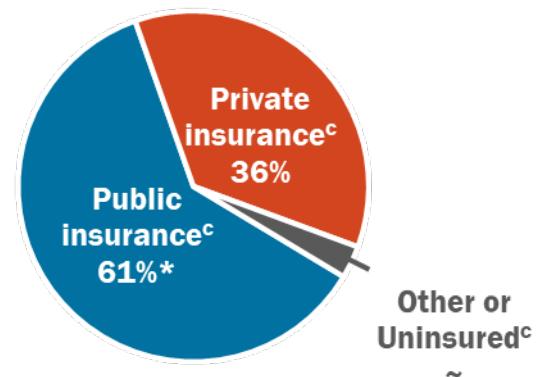**DEPARTMENT OF HEALTH**

Social Drivers

Health Care Access

- Almost all (95%) of Washington County residents with diabetes report having a personal doctor.

- The vast majority, 88%, of Washington County residents with diabetes saw a health care provider in the last year and approximately two-thirds (65%) saw a dentist in the last year.

- Nearly two in three (61%) of residents in Washington County with diabetes have public health insurance, compared to approximately one in three (36%) who have private insurance. This is a statistically significant difference.

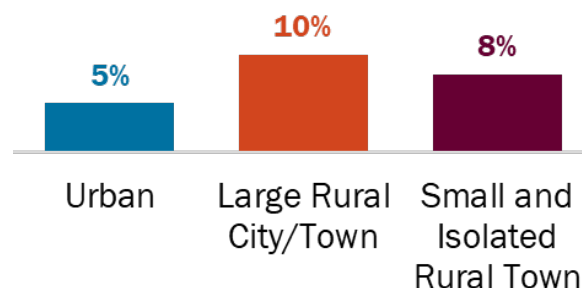**Health Care Access among Adults in Washington County with**

Has a personal doctor	95%
Saw a health care provider in the last year	88%
Saw a dentist in the last year[b]	65%

Type of Health Insurance among Adults in Washington County with Diabetes

Private insurance[c] 36%
Public insurance[c] 61%*
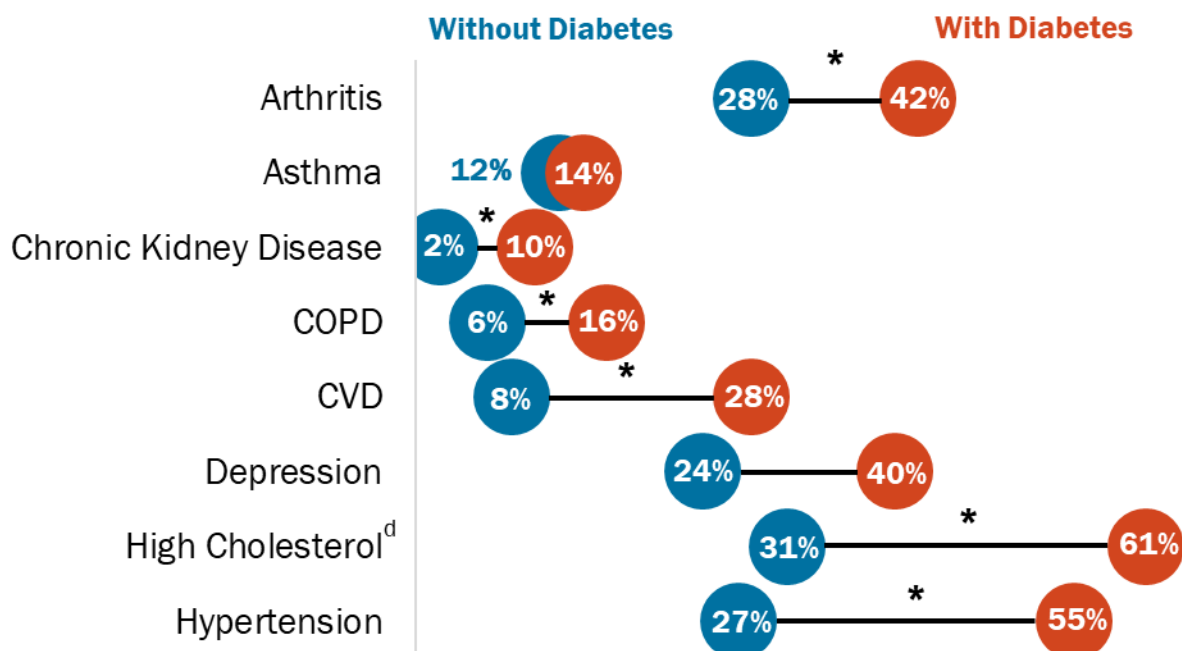Other or Uninsured[c] ~

Geographic Setting

Geographic settings can influence health outcomes. For this report, geographic setting was measured using Rural-Urban Commuting Area (RUCA) codes.[1] In Washington County, the prevalence of diabetes is 5% among those living in urban areas, 12% among those living in large rural cities and towns, and 8% among those living in small and isolated rural towns. This is not a statistically significant difference.

5% Urban
10% Large Rural City/Town
8% Small and Isolated Rural Town

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Co-Occurring Conditions

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

Without Diabetes | With Diabetes

Arthritis: 28% / 42% *
Asthma: 12% / 14%
Chronic Kidney Disease: 2% / 10% *
COPD: 6% / 16% *
CVD: 8% / 28% *
Depression: 24% / 40%
High Cholesterol[d]: 31% / 61% *
Hypertension: 27% / 55% *

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.

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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: [a]2021-2023, [b]2016, 2018, 2020, 2022, [c]2018, 2021-2023, [d]2017, 2019, 2021, 2023.

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