# Vermont Diabetes Profile
## Windsor 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 **Windsor County**.

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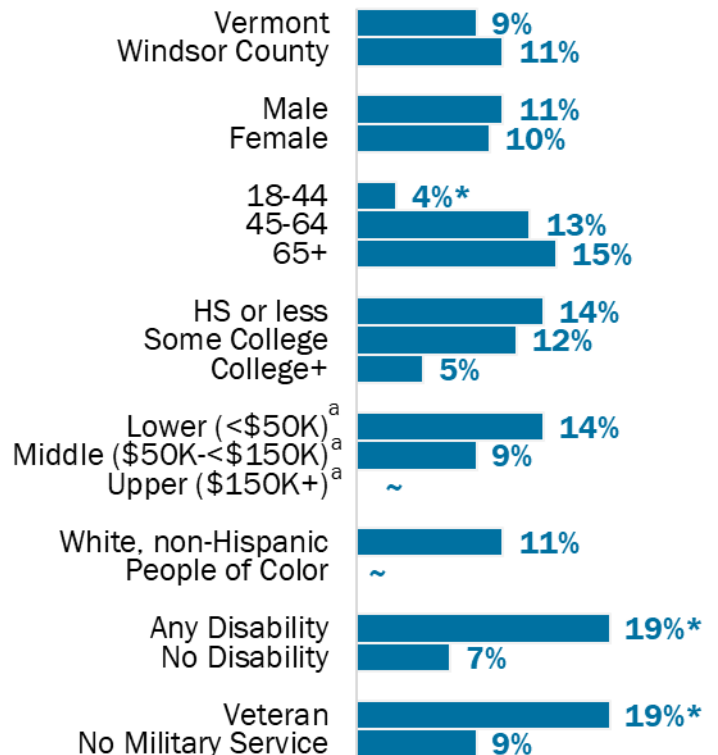
## Key Points

- **Eleven percent of residents in Windsor County have diabetes.**

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

## Demographics

- 11% of Windsor County residents have diabetes.

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

- Windsor County residents ages 18-44 are significantly less likely to have diabetes compared to residents of other age groups.

- Windsor County residents with a college education or more are less likely to have diabetes, compared to those with some college or less.

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

**Demographic Prevalence of Diabetes among People who Live in Windsor County**

| Category | Prevalence |
|---|---|
| Vermont | 9% |
| Windsor County | 11% |
| Male | 11% |
| Female | 10% |
| 18-44 | 4%* |
| 45-64 | 13% |
| 65+ | 15% |
| HS or less | 14% |
| Some College | 12% |
| College+ | 5% |
| Lower (<$50K)[a] | 14% |
| Middle ($50K-<$150K)[a] | 9% |
| Upper ($150K+)[a] | ~ |
| White, non-Hispanic | 11% |
| People of Color | ~ |
| Any Disability | 19%* |
| No Disability | 7% |
| Veteran | 19%* |
| No Military Service | 9% |

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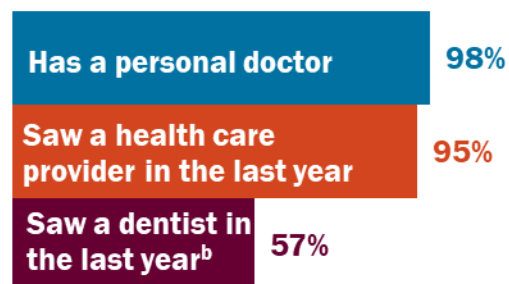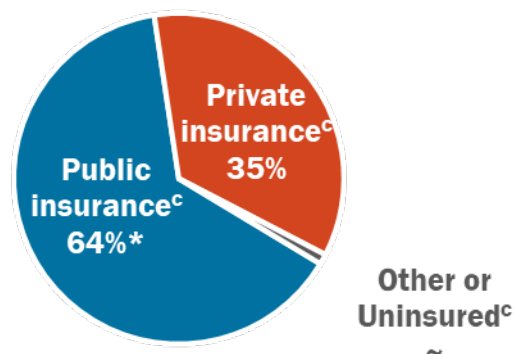
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## Health Care Access

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

- The vast majority, 95%, of Windsor County residents with diabetes saw a health care provider in the last year and a little over half (57%) saw a dentist in the last year.

- Nearly two in three (64%) residents in Windsor County with diabetes have public health insurance, compared to approximately one in three (35%) who have private insurance. This is a statistically significant difference.

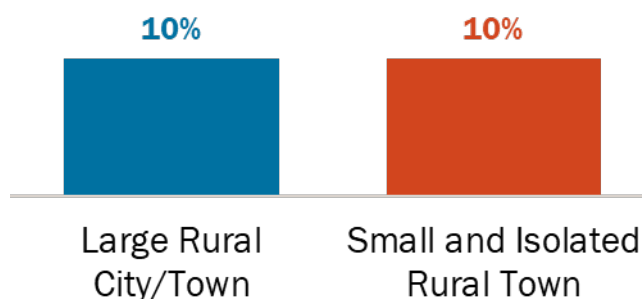### Health Care Access among Adults in Windsor County with Diabetes



| | |
|---|---|
| Has a personal doctor | 98% |
| Saw a health care provider in the last year | 95% |
| Saw a dentist in the last year[b] | 57% |

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



Private insurance[c] 35%
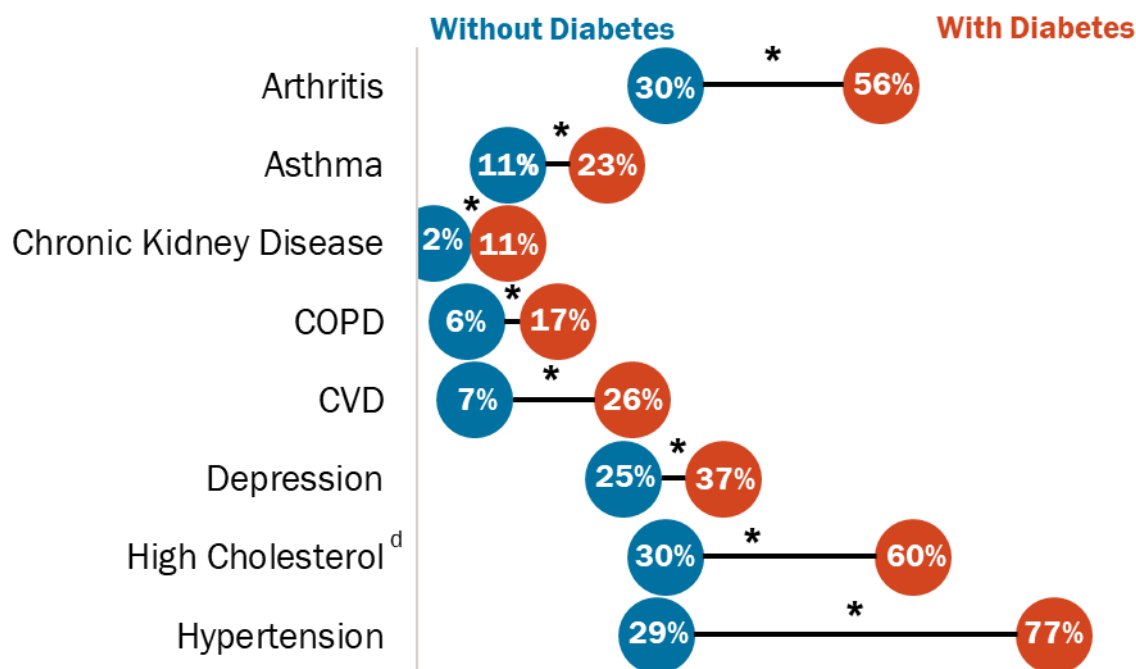Public insurance[c] 64%*
Other or Uninsured[c] ~

## Geographic Setting

Geographic settings can influence health outcomes. For this report, geographic setting was measured using Rural-Urban Commuting Area (RUCA) codes.[1] In Windsor County, the prevalence of diabetes is 10% among those living in large rural cities and towns, and among those livig in small and isolated rural towns.



10% Large Rural City/Town
10% Small and Isolated Rural Town

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## Co-Occurring Conditions

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



**Without Diabetes**    **With Diabetes**

| Condition | Without Diabetes | With Diabetes |
|---|---|---|
| Arthritis | 30% | 56% * |
| Asthma | 11% | 23% * |
| Chronic Kidney Disease | 2% | 11% * |
| COPD | 6% | 17% * |
| CVD | 7% | 26% * |
| Depression | 25% | 37% * |
| High Cholesterol [d] | 30% | 60% * |
| Hypertension | 29% | 77% * |

## 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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