

Cardiovascular Disease, Associated Risks, and Social Vulnerability in the Northeast Kingdom by Grouped Vermont Towns

The Northeast Kingdom (NEK) of Vermont is a rural area of the state that spans Orleans, Essex, and Caledonia Counties. Thirteen percent of NEK adults have cardiovascular disease which is significantly higher than Vermont overall (9%). This document includes maps to see how CVD rates and other risk factors overlap in the NEK.

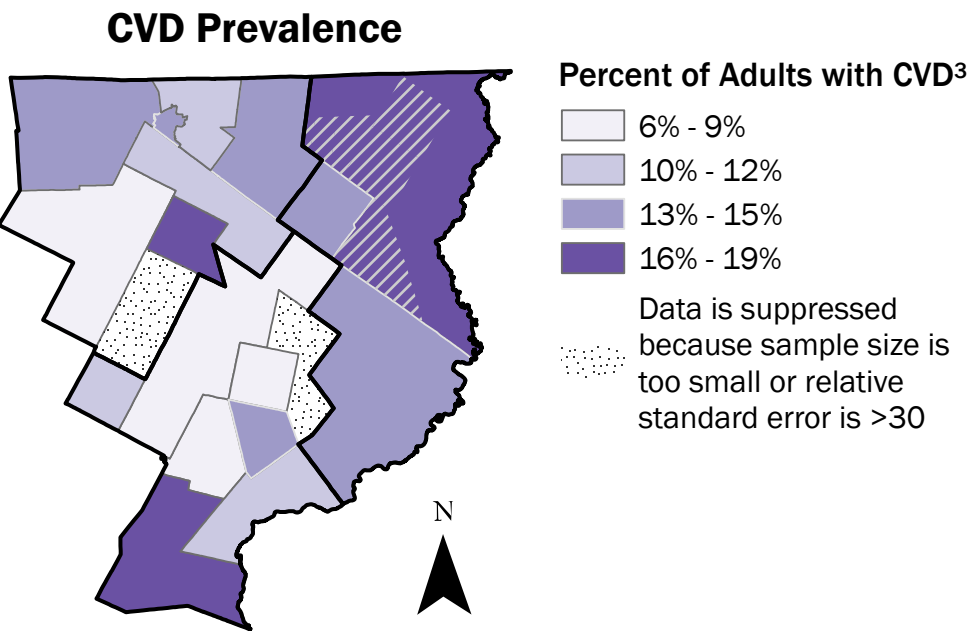
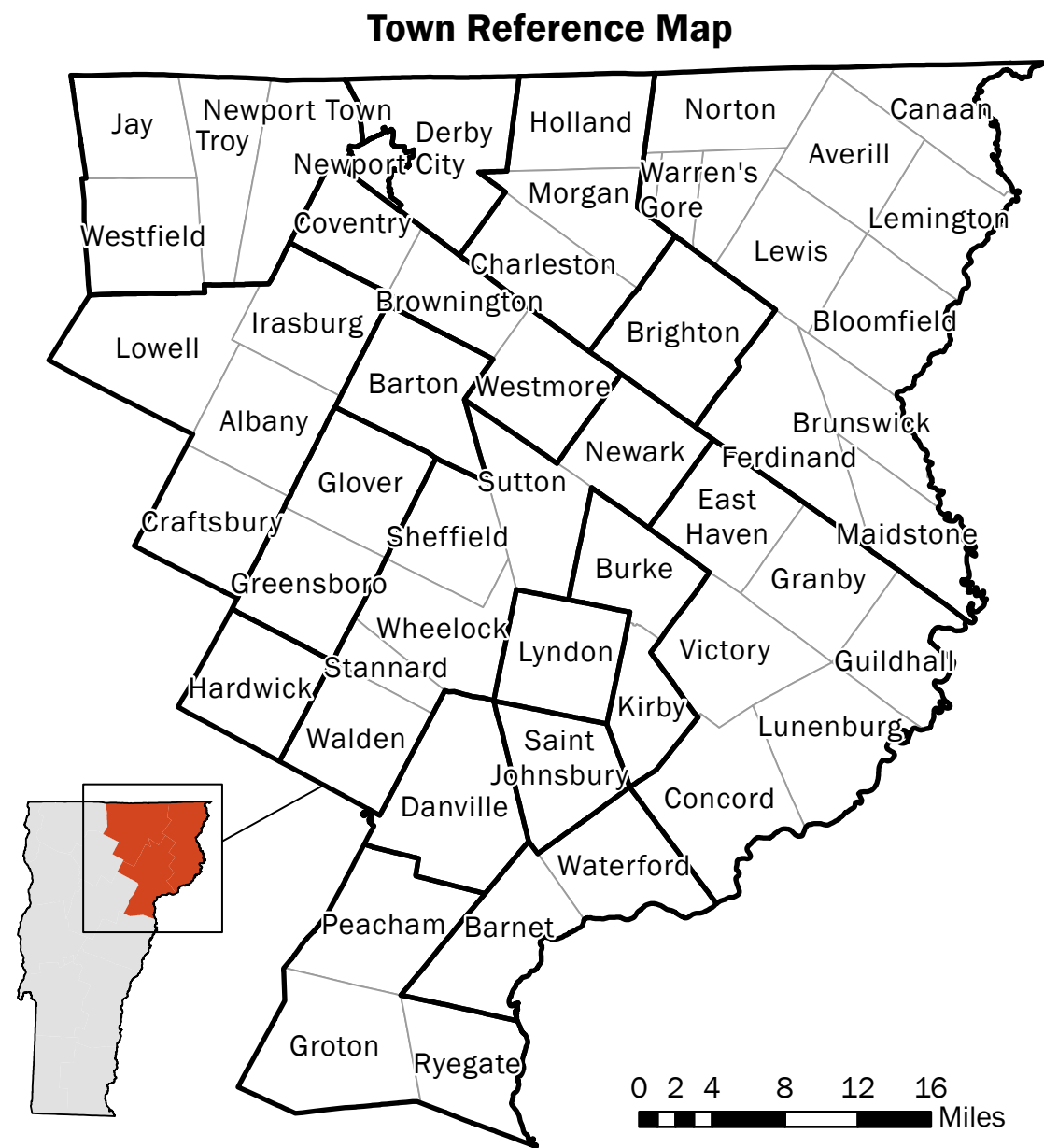
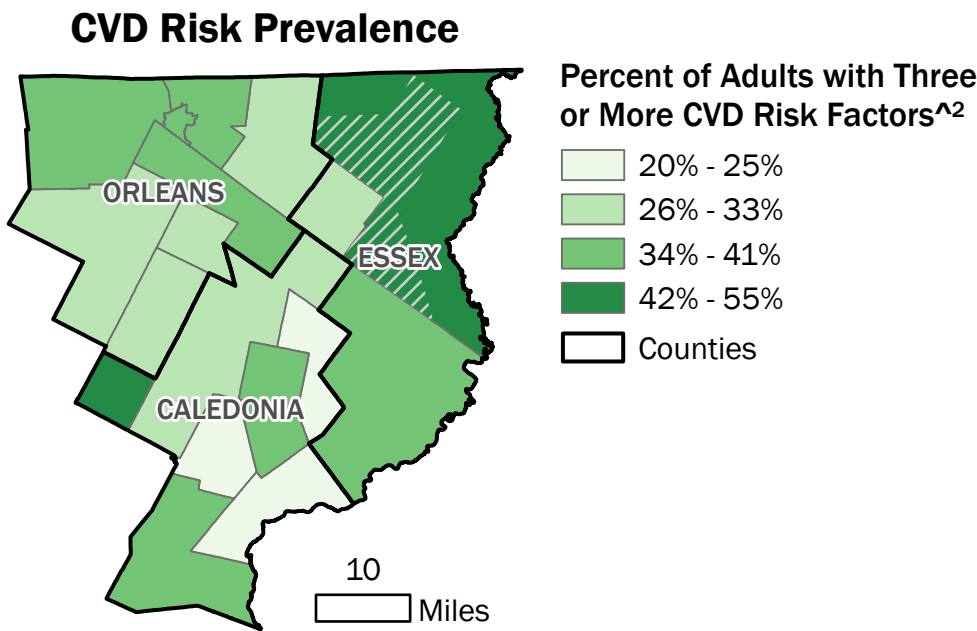
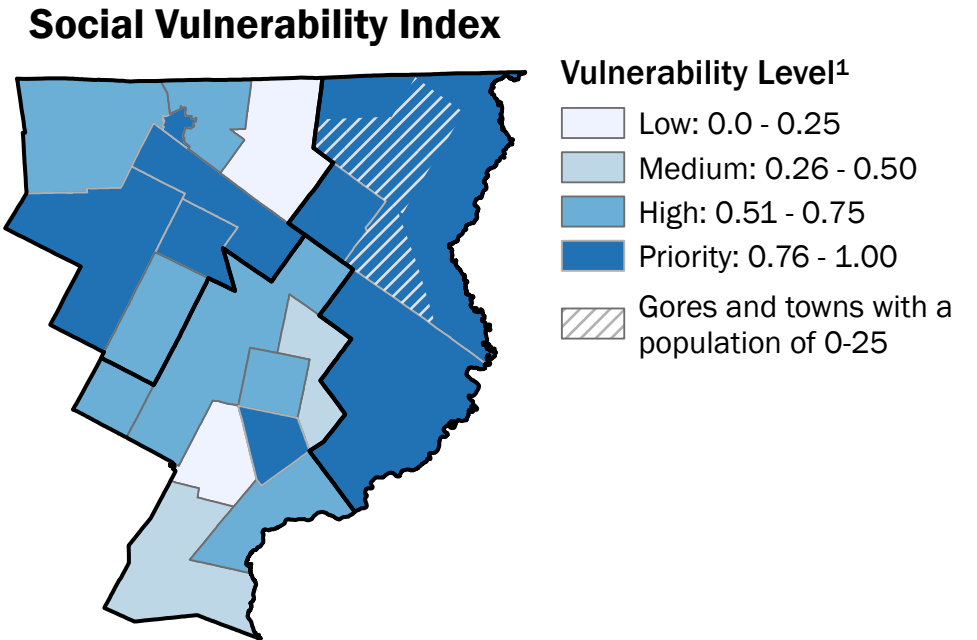
Map One – Social Vulnerability Index: The [Social Vulnerability Index](#) (SVI) groups together 16 variables across themes of socioeconomic status, household characteristics, race/ethnicity, housing type, and transportation. As reflected in the map, many regions in the NEK are marked as high and priority levels of social vulnerability. This means these communities face challenges that hinder residents from preventing and managing chronic diseases like CVD.

Map Two – CVD Risk: This map shows the percent of adults in the NEK with three or more risk factors[^] for CVD. In more than half of the NEK town groups, one in three adults has three or more risk factors for CVD.

Limitation: Those with an existing CVD diagnosis are included in the sample. These findings must be interpreted with caution and in conjunction with CVD prevalence as those with CVD are no longer at risk of developing the condition.

Map Three – Adults with CVD: The percent of adults with CVD ranges between 6% and 19% throughout the NEK. There are town groups in each county with high rates. These are northern Essex, southern Caledonia, and Barton on the eastern edge of Orleans.

If you need help accessing or understanding this information, contact AHS.VDHHPDAnalytics@Vermont.gov.



Towns were grouped by census tracts except where towns were split into more than one census tract. These towns are their own group.

Data source: ¹Centers for Disease Control and Prevention Social Vulnerability Index, Vermont 2022; ²Vermont Behavioral Risk Factor Surveillance System (BRFSS), 2017, 2019, 2021, 2023; ³Vermont BRFSS, 2017-2024

Classification method: ¹Equal intervals, ^{2,3}Natural breaks

[^]Risk factors assessed: diabetes, chronic kidney disease, hypertension, high cholesterol, BMI ≥ 30 (and age ≥ 20), poor mental health (14+ days in the last 30 days where mental health self-reported as not good), current cigarette smoker, and no leisure time physical activity

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