



# Vermont Behavioral Risk Factor Surveillance System 2010 Data Summary

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# Demographics

# Demographics

The next few pages describe the demographic makeup of adult Vermont residents in 2010.

More than 10% of Vermont adults are 18-24 years of age.

- More than two-thirds are 25-44 or 45-64 (69%) and 18% are 65 or older.

Half of adults are women (51% versus 49%). Ninety-five percent of Vermont adults are White, non-Hispanic.

A third of Vermont households have an income of \$75,000 or more per year.

- A fifth make less than \$25,000 per year.
- Nearly half have annual incomes of \$25,000 to less than \$75,000.

About two-fifths (39%) of Vermont adults have a college or higher education.

- A quarter have some college education, while 37% have a high school or less education.

<b>Demographic Characteristics:</b>	
<b>Age</b>	<b>Percent</b>
18-24	12%
25-44	31%
45-64	38%
65 and older	18%
<b>Sex</b>	
Male	49%
Female	51%
<b>Race</b>	
White, non-Hispanic	95%
Other race	5%
<b>Household Income Level</b>	
Less than \$25,000	21%
\$25,000 to less than \$50,000	26%
\$50,000 to less than \$75,000	20%
\$75,000 or more	33%
<b>Education Level</b>	
High school or less	37%
Some college	25%
College or higher	39%

# Demographics

In 2010, nearly two-thirds of Vermont adults were employed.

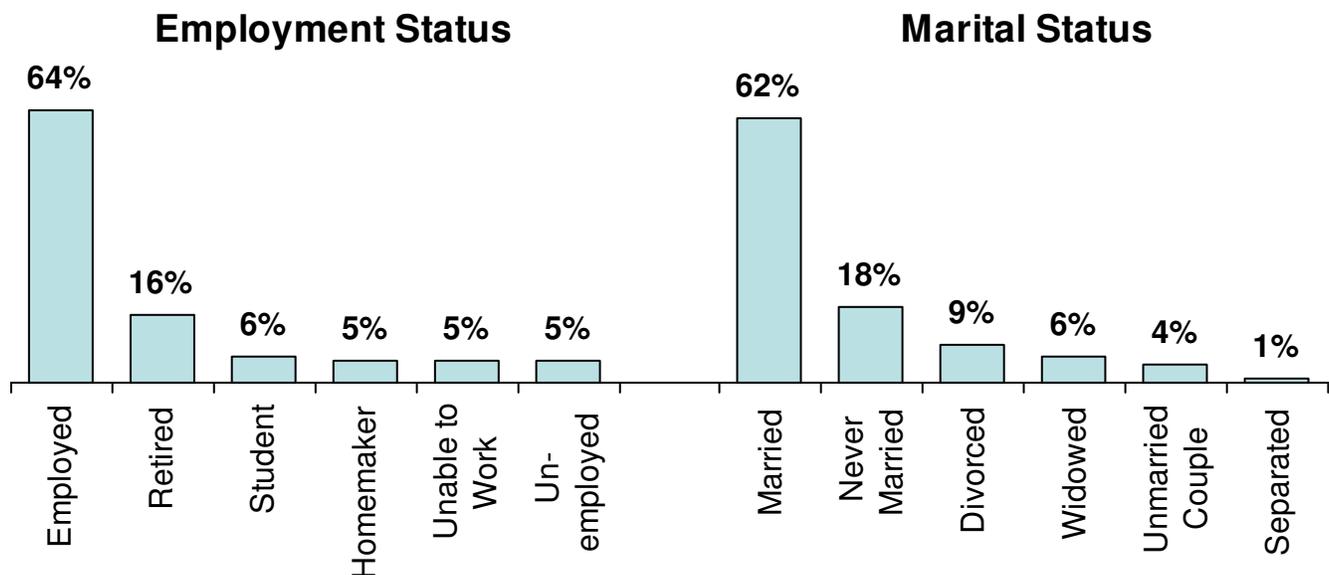
- Employed was defined as those responding ‘employed for wages’ or ‘self-employed’.

Nearly one-fifth are retired (16%)

All other categories were each less than 10% (6% student, 5% homemaker, 5% unable to work, and 5% unemployed).

More than six out of ten Vermont adults are married.

- Eighteen percent have never been married, 9% are divorced and 6% are widowed.
- The remaining categories were each less than 5% (4% in unmarried couple and 1% are separated).



# Demographics

Since the BRFSS is collected proportional to the population, it is no surprise that:

In 2010, more than a fifth (21%) of Vermont adults lived in Chittenden county.

Ten percent lived in Windsor county.

Between five and nine percent lived in:

- Rutland, Washington, Franklin, Windham, Addison, Bennington, Orange, and Caledonia counties.

Less than five percent lived in Orleans, Lamoille, Grand Isle and Essex counties.

Ten percent of Vermont adults have ever been on active duty in the military. This includes National Guard or reservists who were activated to active duty.

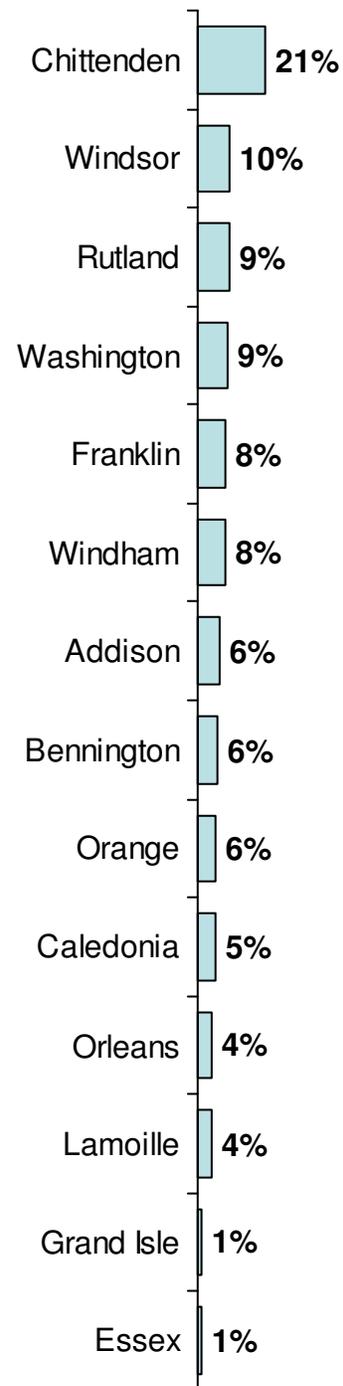
Four percent of women under the age of 45 are currently pregnant.

Sixty-four percent of Vermont adults have no children under the age of 18 in their household.

- An additional 15% have one and two children in their home, respectively.
- Five percent have three children, while 2% count four or more children in their household.

[Data are not shown]

## County of Residence



# Health Status Indicators

# General Health Status

In 2010, nearly a quarter of Vermont residents said their health is 'excellent' (24%).

More than a third said their health was 'very good' (38%), one in ten each said 'good', 'fair' and 'poor'.

Men and women reported their health as fair or poor at a similar rate.

Increasing age results in a higher proportion who report their health is fair or poor.

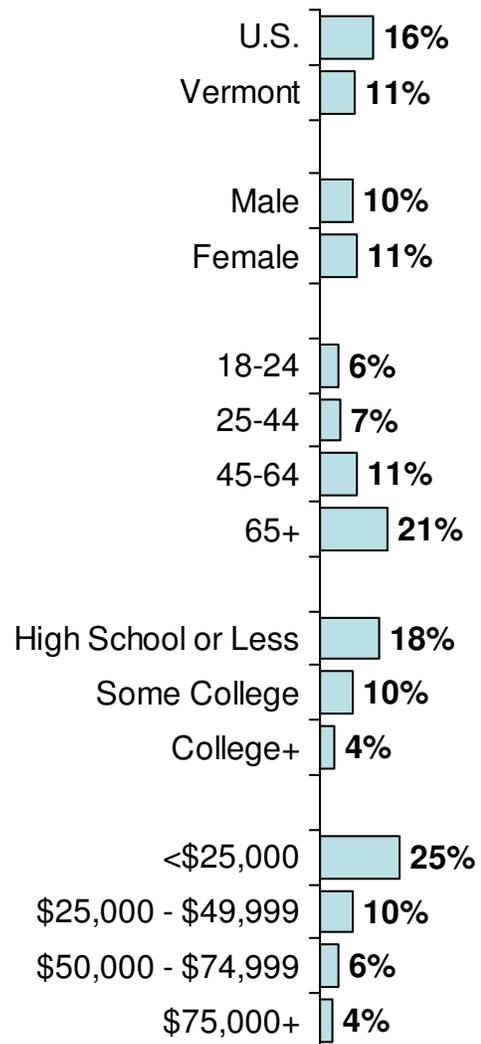
- Those 65 and older report significantly worse health than other age groups. The same is true for those 45-64 when compared with those 25-44.

Lower levels of education and household income yield larger proportions who report fair or poor health.

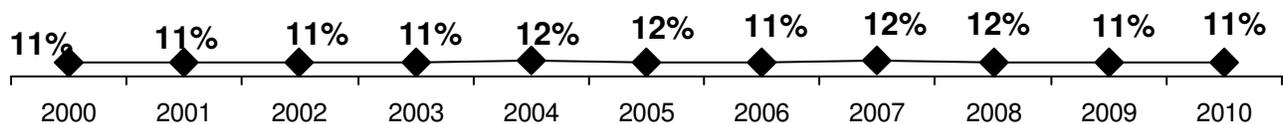
- Just four percent of college or higher educated adults report fair or poor health while a fifth of those with a high school education or less report the same.
- A quarter of individuals in households making less than \$25,000 per year reported fair or poor health compared to 10% or less of those with higher incomes.

Over time, the proportion of Vermont adults reporting fair or poor health has not changed significantly.

**General Health Fair or Poor Vermont Adults, 2010**



**General Health Fair or Poor Vermont Adult Residents 2000-2010**



# Health Plan Coverage

Ninety percent of Vermont adults under the age of 65 said they have a health plan in 2010.

Men and women report having a health plan at statistically similar rates.

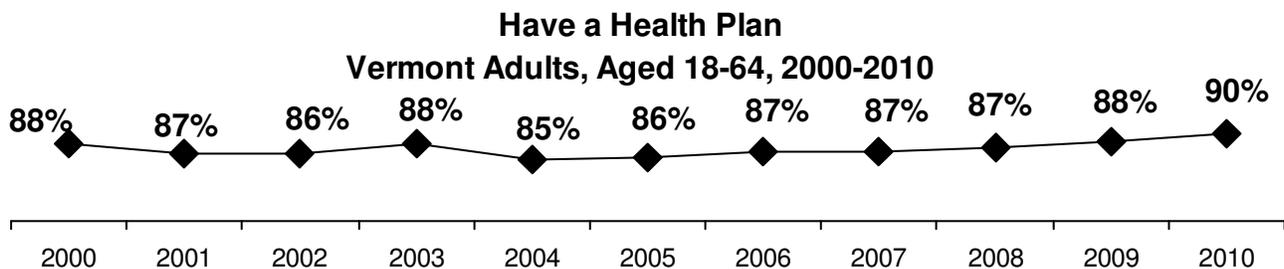
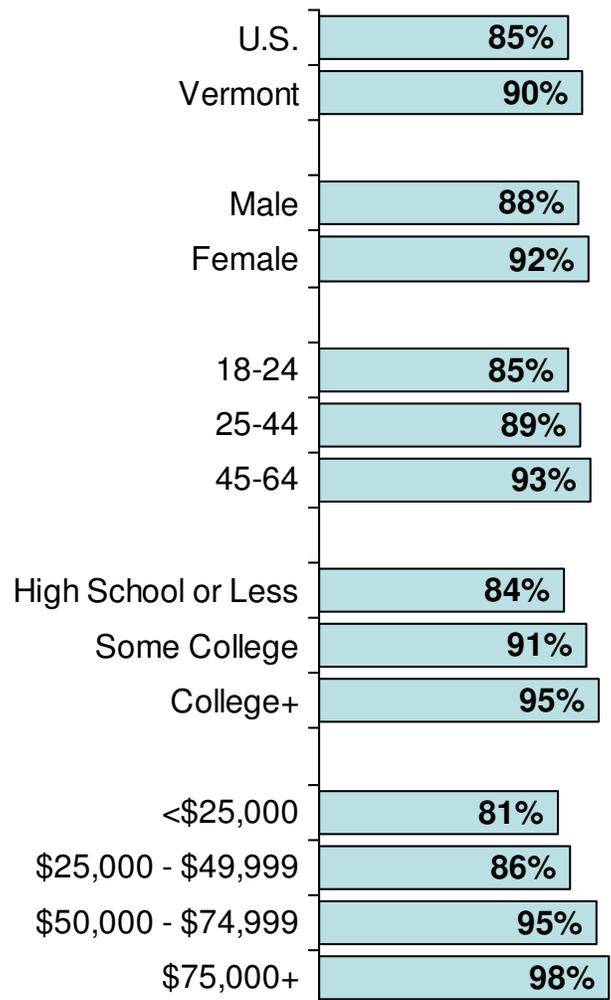
Adults 45-64 are statistically more likely to have a health plan as compared to those 18-44.

Those with the lowest education and annual household income levels are the least likely to have a health plan.

- Those with a high school or less education are significantly less likely to have a health plan compared to those with more education.
- Individuals in households making less than \$25,000 per year and \$25,000 to less than \$50,000 are significantly less likely to have a health plan compared to those in homes with higher incomes.

Overall, the proportion reporting no health plan has not changed significantly over time.

**Have a Health Plan  
Vermont Adults 18-64, 2010**



[Note: This measure is a Healthy Vermonters 2020 goal.]

# Health Care Access

In 2010, 90% of Vermont adults had a personal health care provider.

This represents a statistically significant increase from the 87% in 2009 and the 84% in 2001.

Women are significantly more likely than men to have a personal doctor.

Older adults are more likely to have a personal health care provider.

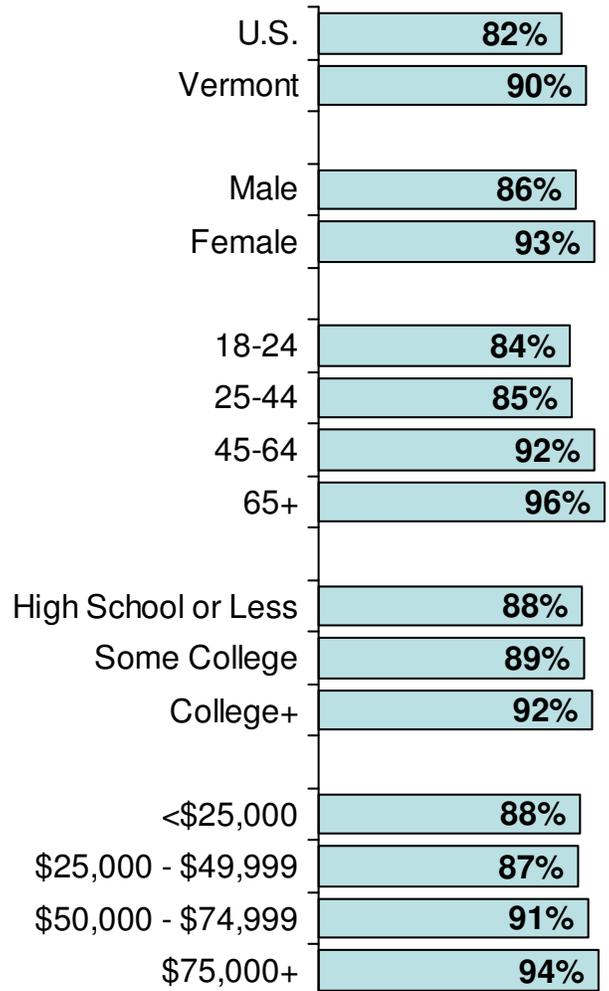
- Those 44 and younger are least likely to have a personal doctor as compared with those 45 and older. These differences are statistically significant, as is the difference between those 45-64 and 65 and older.

Vermont adults with lower education levels and annual household income levels are less likely to have a personal doctor.

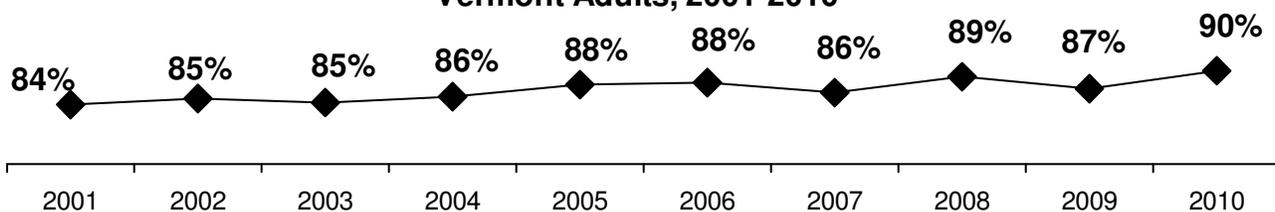
- Differences by education level are not statistically significant.
- Individuals in households making less than \$50,000 per year are significantly less likely to have a doctor as compared those making \$75,000 or more.

The proportion of Vermont adults reporting a personal health care provider has increased significantly over time.

**Personal Health Care Provider  
Vermont Adults, 2010**



**Personal Health Care Provider  
Vermont Adults, 2001-2010**



[Note: This measure is a Healthy Vermonters 2020 goal.]

# Health Care Access

In 2010, 9% of Vermont adults said there was a time in the last year they did not go to the doctor because of cost.

Cost as a barrier to doctor visits decreases as Vermonters age.

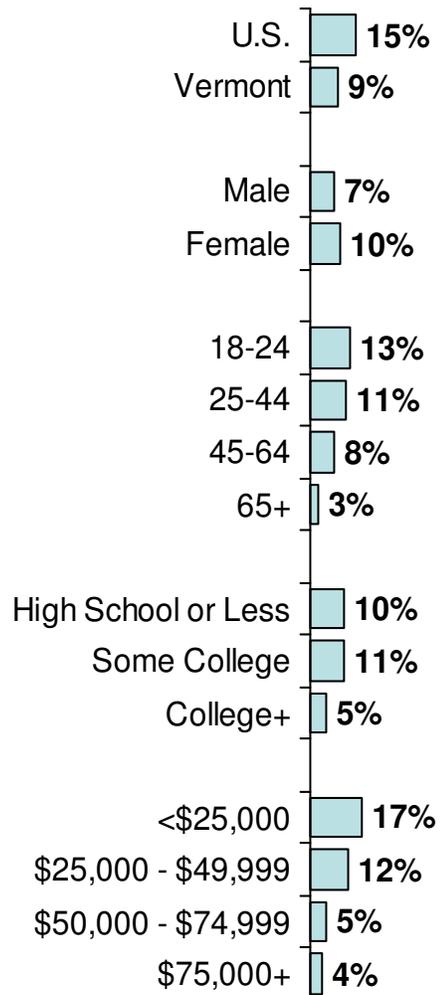
- Vermonters 25-44 are significantly more likely to not visit a doctor due to cost when compared to adults 45 and older; 18-24 year olds are more likely than those 65 and older to say cost was a barrier to medical care.

Those with lower levels of education and annual household income are more likely to have forgone care due to cost, as compared to those with more education or higher income.

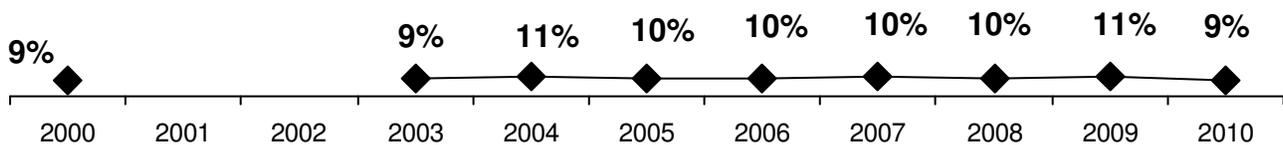
- Those with some college education or less are significantly more likely to cite cost as a barrier to medical treatment than those with more education.
- Individuals in homes making less than \$50,000 per year are significantly more likely to not see a doctor due to cost than those making \$50,000 or more.

Overall, the proportion of Vermont adults reporting not seeing a doctor due to cost has not changed significantly over time.

**Did Not Visit Doctor Due to Cost  
Vermont Adults, 2010**



**Did Not Visit Doctor Due to Cost  
Vermont Adults, 2000-2010**



# Quality of Life/Healthy Days

In 2010, 9% of Vermont adults reported poor\* physical health (14+ days).

Significantly more women than men report poor physical health.

Poor physical health increases as Vermonters age.

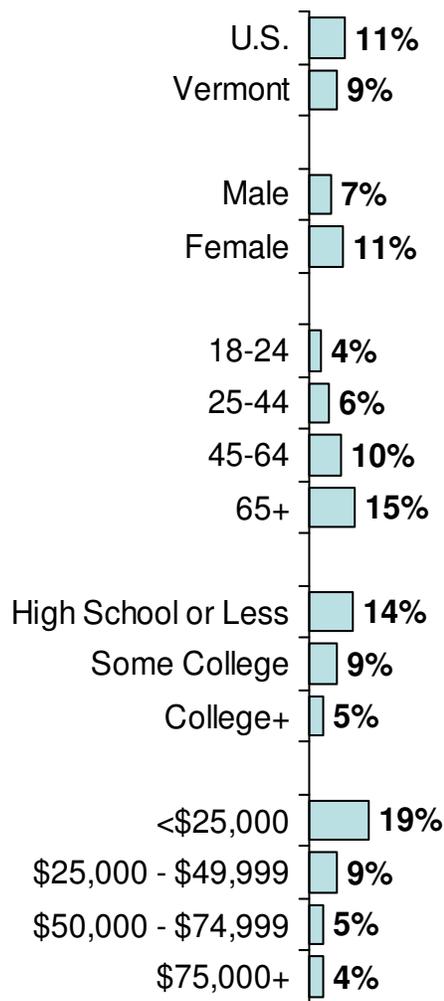
- Those 65 and older significantly more often report poor physical health than other age groups.
- Similarly, significantly more 45-64 years olds have poor physical health vs. younger age groups.

Those with lower education and annual household incomes are more likely to report poor physical health.

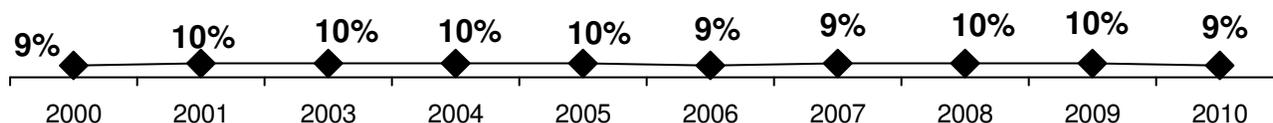
- Adults with some college education or less are significantly more likely to report poor physical health vs. those with a college or higher education.
- Individuals in households making less than \$25,000 and \$25,000-\$49,999 are significantly more likely to have poor physical health compared to those in households with higher incomes.

Overall, the proportion of Vermont adults with poor physical health has not changed significantly over time.

**Poor\* Physical Health Vermont Adults, 2010**



**Poor\* Physical Health Vermont Adults, 2000-2010**



\*Poor physical health defined as 14+ days in last 30 where physical health self-reported as not good.

# Quality of Life/Healthy Days

In 2010, 9% of Vermont adults report poor\* mental health (14+ days).

Significantly more women than men report poor mental health.

Those 25-44 years of age are most likely to report poor mental health and significantly more often than those 45-64 and 65 and older.

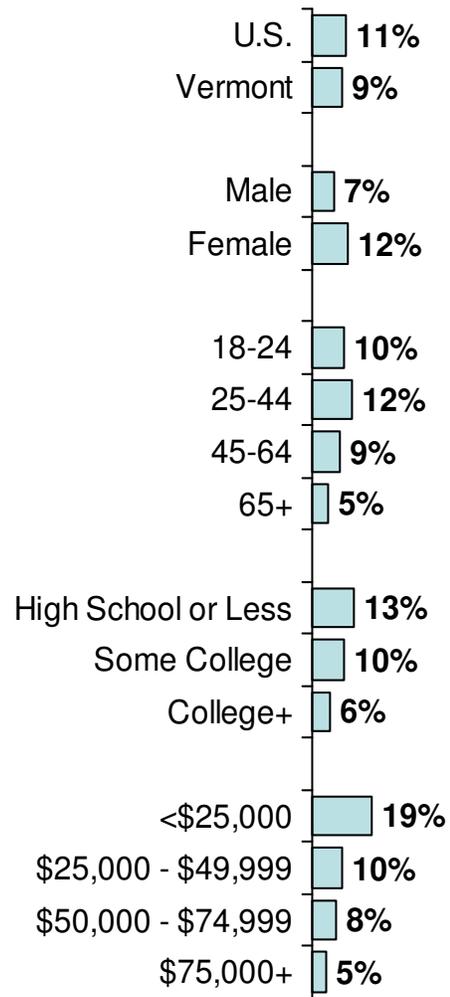
- Those 65 and older significantly less often report poor mental health than other age groups.

Adults with less education and lower annual household incomes more often report poor mental health.

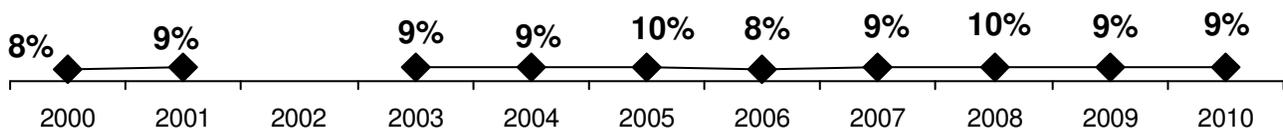
- Those with some college education or less are significantly more likely to report poor mental health compared to those with a college or higher education.
- Individuals in households making less than \$25,000 and \$25,000-\$49,999 are significantly more likely to have poor mental health compared to those in households with higher incomes.

Overall, the proportion of Vermont adults with poor mental health has not changed significantly over time.

**Poor\* Mental Health  
Vermont Adults, 2010**



**Poor\* Mental Health  
Vermont Adults, 2000-2010**



\*Poor mental health defined as 14+ days in last 30 where mental health self-reported as not good.

# Sleep

In 2010, 9% of Vermont adults said they had poor sleep on ALL days in the last 30 days.

Most Vermonters (46%) had 1-13 days of poor sleep and fifteen percent had 14-29 days. Thirty did not sleep poorly on any days in the last 30.

Men and women report 30 days of poor sleep at statistically similar rates.

Those 25-44 years of age most often report poor sleep. This is statistically different than those 45 and older.

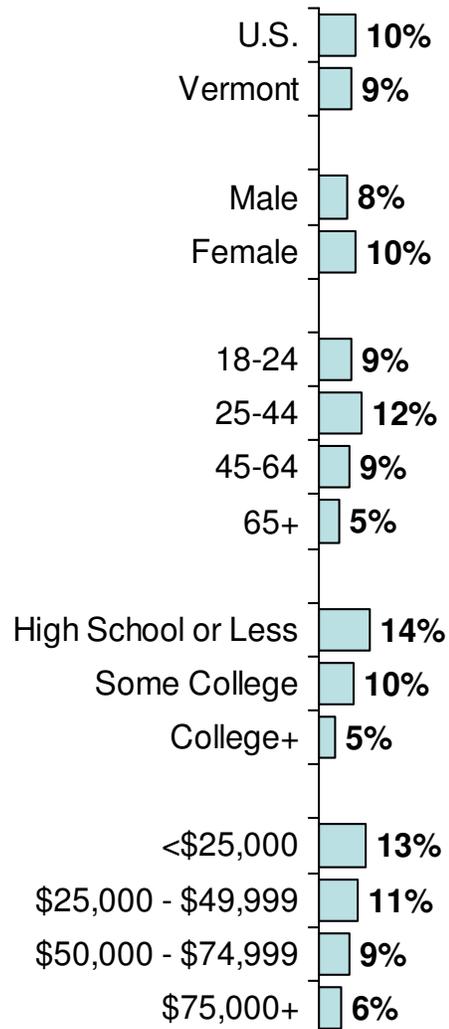
- Those 45-64 are significantly more likely to have poor sleep than those 65 and older.

Adults with less education and lower annual household incomes are more likely to report 30 days of poor sleep.

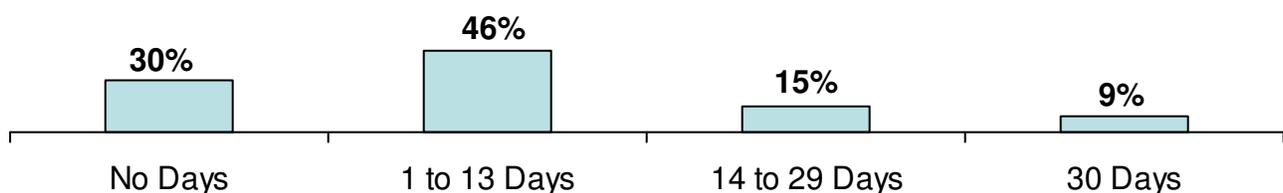
- Differences by education level are statistically significant.
- Individuals in households making less than \$50,000 per year are significantly more likely to report poor sleep than those making \$75,000 or more per year.

Since 2008, the first year sleep deprivation was asked on the BRFSS, the pattern of reported poor sleep days in the last month has not changed.

**30 Days Poor Sleep in Last Month  
Vermont Adults, 2010**



**Poor Sleep Days in Last Month  
Vermont Adults, 2010**



# Disability

Disability is defined as activity limitations due to physical, emotional or mental problems OR any health problem that requires use of special equipment (e.g. wheelchair or special phone).

In 2010, 23% of Vermont adults were disabled.

Women are significantly more likely to report being disabled as compared to men.

Disability increases as age increases.

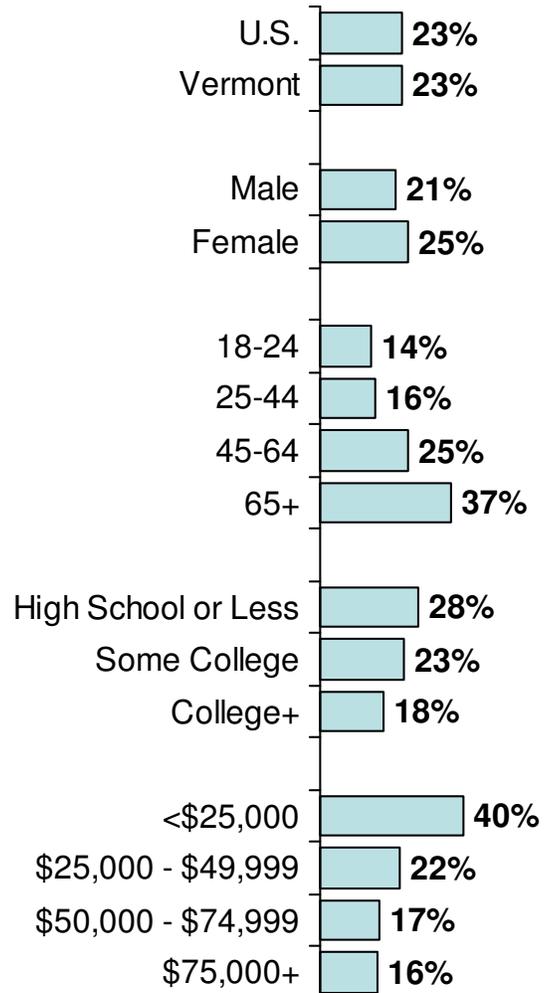
- Adults 65 and older and 45-64 are significantly more likely to be disabled as compared to all younger age groups.

Those with less education and lower annual household income levels are more likely to be disabled.

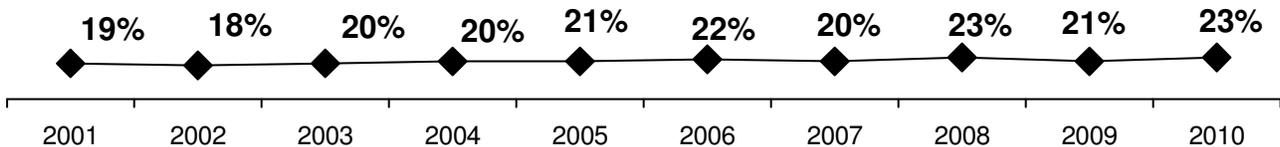
- Adults with some college education or less are significantly more likely to be disabled than those with a college or higher education.
- Individuals in households making less than \$50,000 per year are significantly more often disabled compared to those in households with higher incomes.

Overall, the percent of Vermont adults with a disability has increased significantly over time.

**Disabled Vermont Adults, 2010**



**Disabled Vermont Adults, 2001-2010**



# Falls

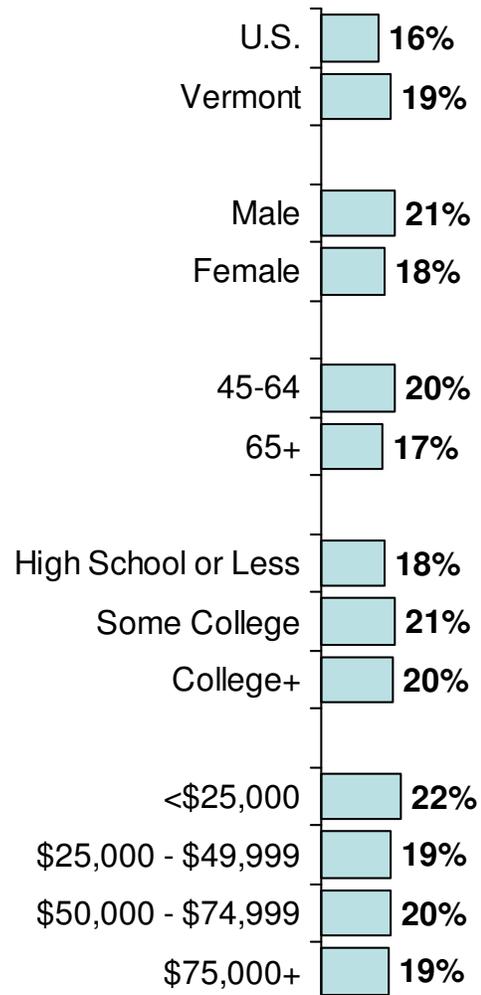
In 2010, 19% of Vermonters 45 and older reported falling in the previous 3 months.

Five percent of these falls resulted in an injury.

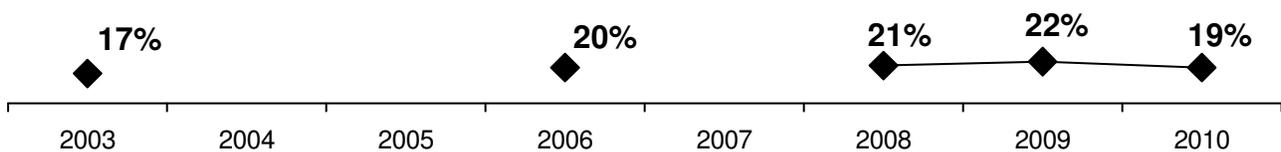
There were no statistically significant differences in the occurrence of a recent fall by age, sex, education level or household income level.

The proportion of Vermont adults 45 and older who had a recent fall is statistically similar to that in 2003, but significantly lower than that in 2009.

**Fell in Last 3 Months  
Vermont Adults 45 and Older,  
2010**



**Fell in Last 3 Months  
Vermont Adults 45 and Older, 2003-2010**



# Emotional Support

In 2010, 5% of Vermont adults said they rarely or never get the emotional support they need.

Three percent said they never get emotional support and two percent said they rarely get it.

- Ten percent sometimes get emotional support, while 33% said they usually get it and 49% always get emotional support.

Men and women report a lack of emotional support similarly.

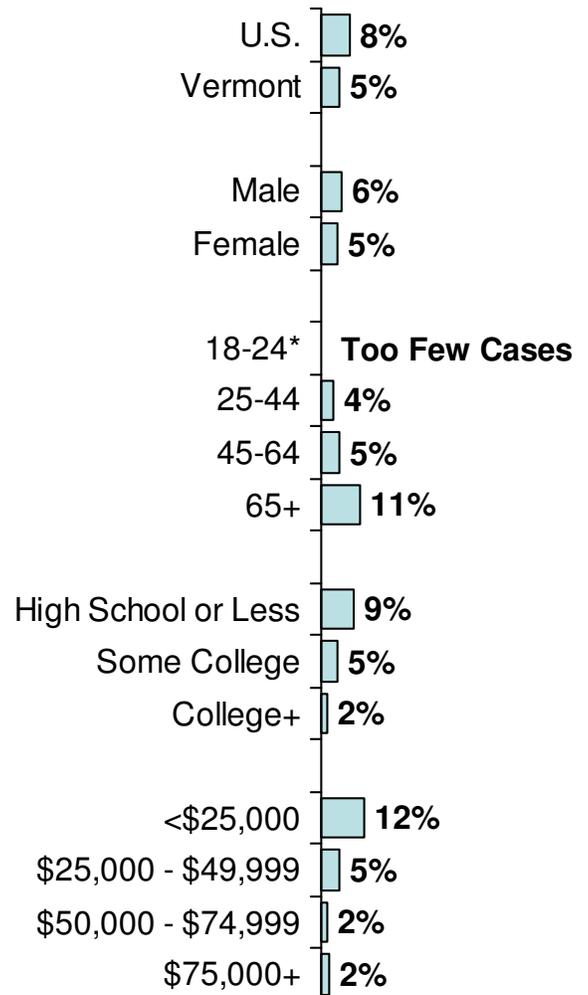
Older Vermonters do not get emotional support significantly more often than younger age groups.

Those with less education and lower household incomes report rarely or never getting emotional support more often than those with higher education and income.

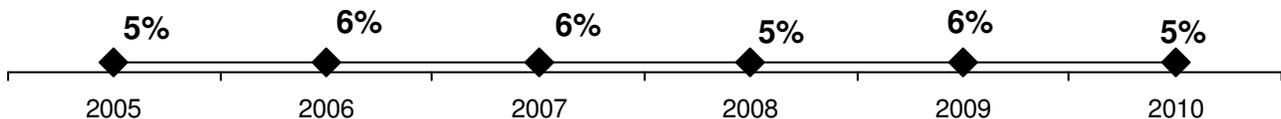
- Differences by education level are statistically significant.
- Individuals in households making less than \$50,000 per year are significantly more likely to say that they rarely/never get emotional support compared to those making \$50,000 or more.

The proportion of Vermont adults reporting a lack of emotional support has not changed over time.

## Rarely/Never Get Emotional Support Vermont Adults, 2010



## Rarely/Never Get Emotional Support Need Vermont Adults, 2005-2010



\*The number of 18-24 year olds in the sample is too small to report.

# Life Satisfaction

In 2010, 5% of Vermont adults said they are dissatisfied or very dissatisfied with their life.

One percent is very dissatisfied, while 4% is dissatisfied.

- Forty-eight percent each said they are satisfied or very satisfied.

Men and women report poor life satisfaction similarly.

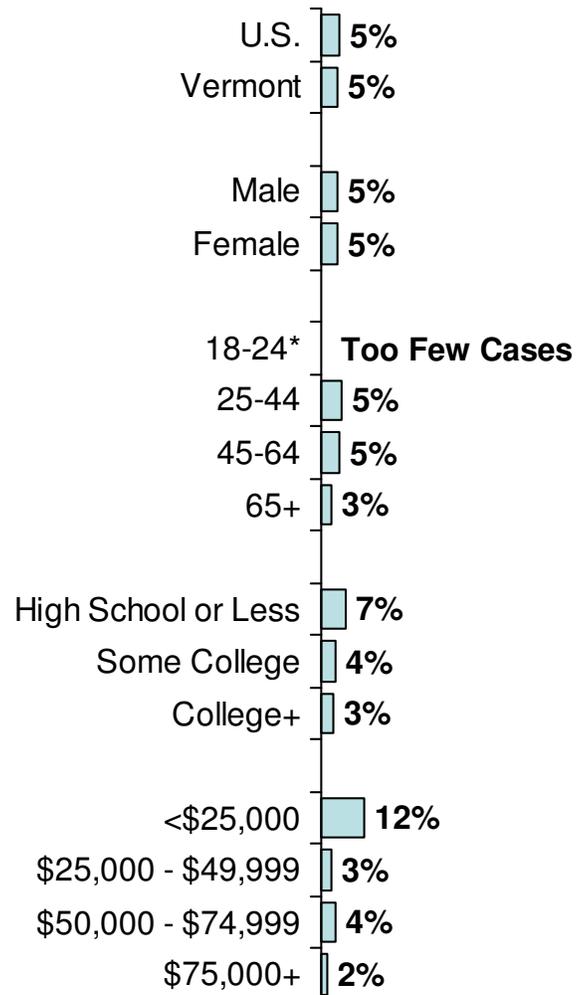
Adults 25-64 are significantly more likely to report poor life satisfaction compared to those 65 and older.

Adults with less education and lower annual household income levels are more likely to report poor life satisfaction.

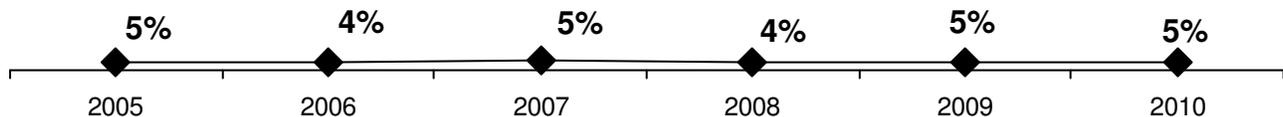
- Those with a high school or less education are significantly more likely to be dissatisfied or very dissatisfied with life as compared to those with more education.
- Individuals in households making less than \$25,000 per year report significantly higher rates of life dissatisfaction than those with higher household incomes.

Overall, the rate of poor life satisfaction among Vermont adults has not changed over time.

## Dissatisfied/Very Dissatisfied with Life Vermont Adults, 2010



## Dissatisfied/Very Dissatisfied with Life Vermont Adults, 2006-2010



\*The number of 18-24 year olds in the sample is too small to report.

# Chronic Conditions

# Anxiety and Depression

A quarter (25%) of Vermont adults said they have anxiety and/or depression in 2010. Eleven percent had depression, 10% had both anxiety and depression, and 5% had anxiety only.

Moderate to severe depression was reported by 8% of Vermont adults in 2010.

Women significantly more often report moderate to severe depression than men.

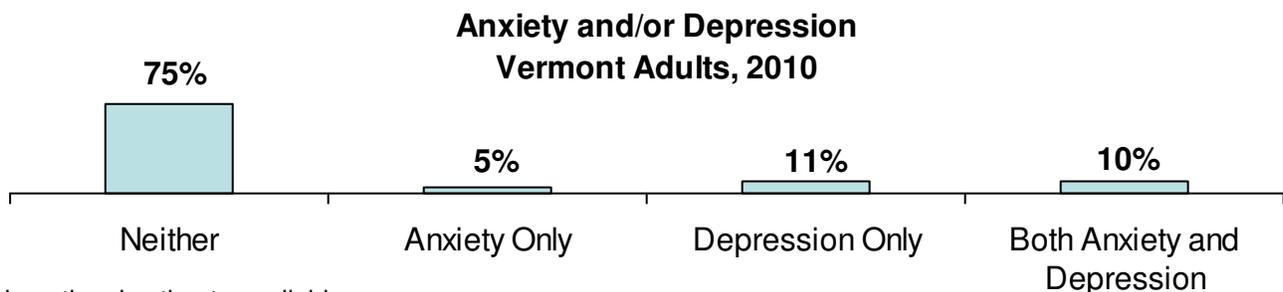
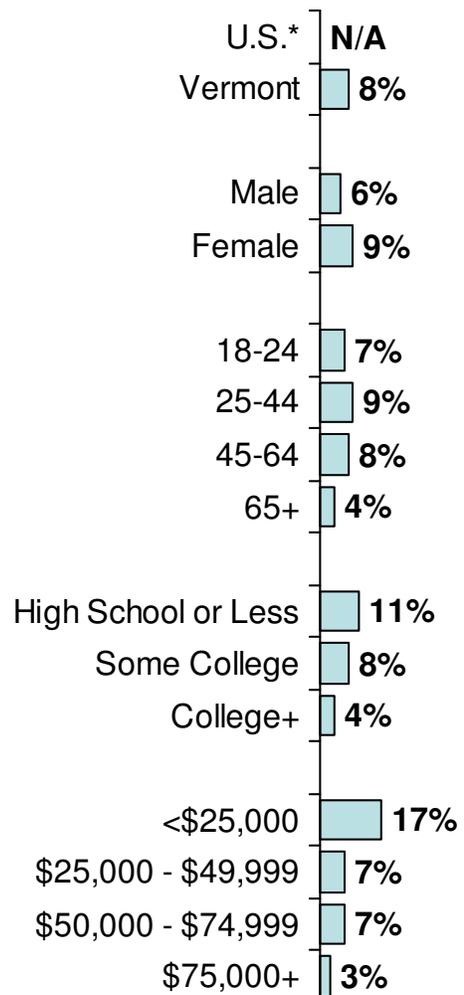
Depression is less often reported among those 65 and older and significantly less often compared with those 25-64.

Those with less education and lower annual household incomes more often report moderate to severe depression.

- Adults with some college education or less are significantly more likely to report depression compared to those with a college degree or higher.
- Individuals in households making less than \$25,000 per year have significantly higher rates of depression than those in homes with higher incomes.
- Those in households making \$25,000 to less than \$75,000 also report statistically higher rates of depression compared to those making \$75,000 or more.

Overall, the rate of moderate to severe depression among Vermont adults has not changed since 2006.

## Moderate to Severe Depression Vermont Adults, 2010



\*No national estimate available

# Asthma - Adults

In 2010, 17% of Vermont adults had ever been diagnosed with asthma, while 11% currently have asthma.

Women more often have current asthma as compared to men.

The rate of asthma decreases with increasing age.

- The only statistically significant difference is between those 25-44 and 65 and older (13% vs. 65%).

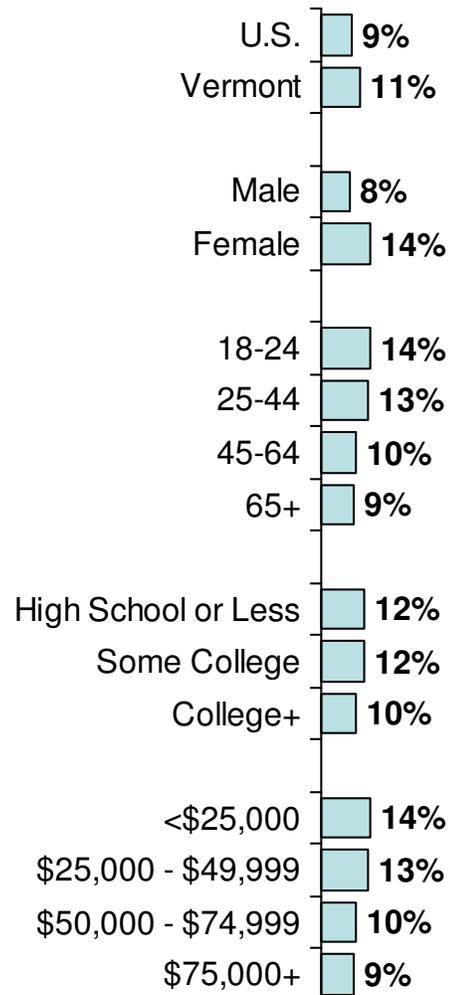
There are no differences in asthma prevalence by education level.

The rate of asthma decreases as annual household income increases.

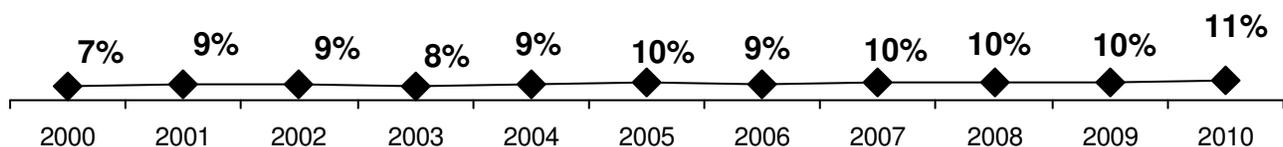
- Individuals in households making \$75,000 per year or more have significantly lower rates of asthma than those in households making less than \$25,000 per year.

Overall, the rate of asthma among Vermont adults has significantly increased over time.

**Adults with Current Asthma  
Vermont Adults, 2010**



**Adults with Current Asthma  
Vermont Adults, 2000-2010**



# Cancer Diagnosis

In 2010, 6% of Vermont adults had ever been diagnosed with cancer.

Women more often have had cancer than men.

As age increases, so does the proportion of Vermonters ever diagnosed with cancer.

- Adults 65 and older have had cancer significantly more often than younger age groups. This is also true for those 45-64 vs. those 25-44.

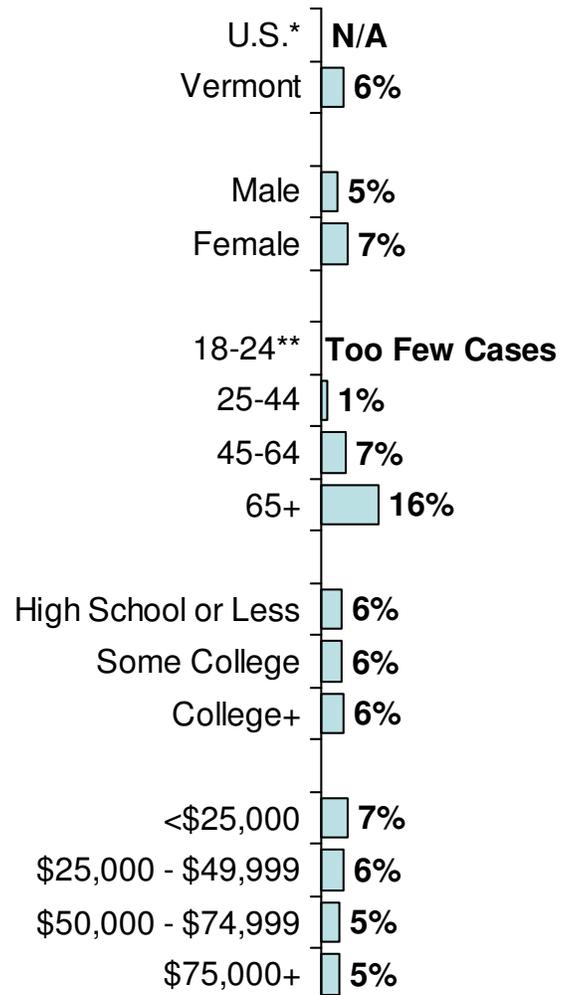
Cancer diagnosis does not differ by education or annual household income level.

Adults who have been diagnosed with cancer are significantly less likely to rate their health as excellent, very good or good (76% vs. 90%).

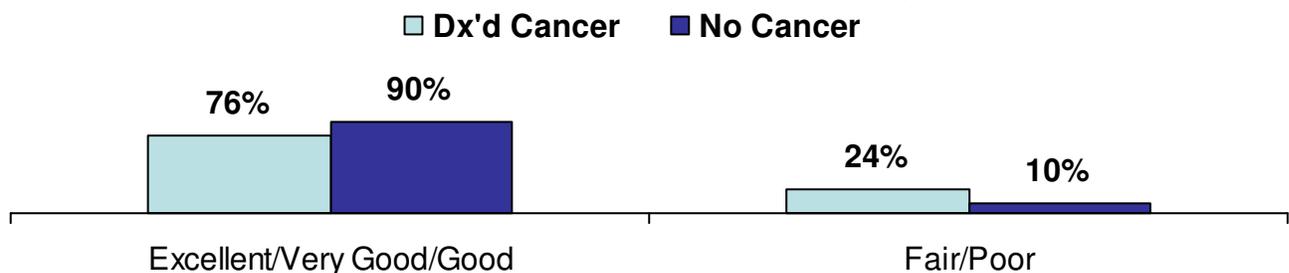
- Conversely, they are significantly more likely to say their health is fair or poor.

Overall, the prevalence of cancer has not changed significantly since 2008.

## Adults Diagnosed with Cancer Vermont Adults, 2010



## General Health Status Vermont Adults with and without Cancer, 2010



\*No national estimate available.

\*\*The number of 18-24 year olds in the sample is too small to report.

# Prostate Cancer Diagnosis

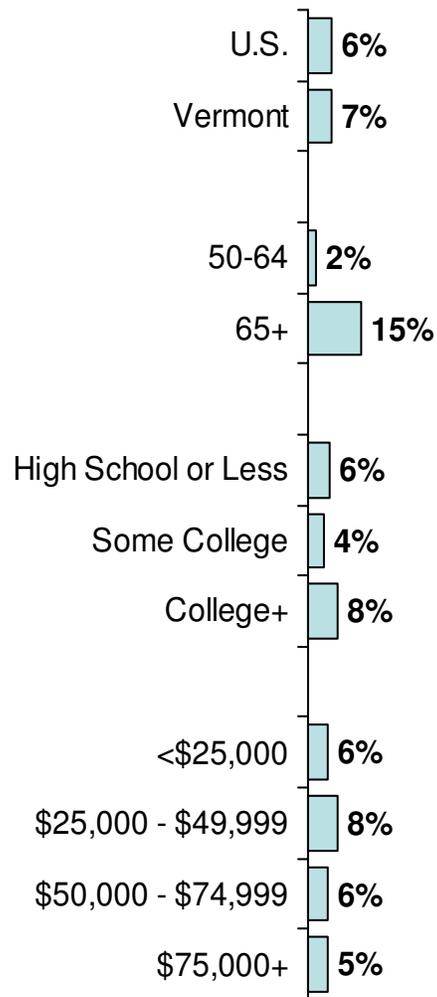
In 2010, 7% of Vermont men 50 and older had ever been told they had prostate cancer.

Men 65 and older were more likely than those 50-64 to have received a prostate cancer diagnosis.

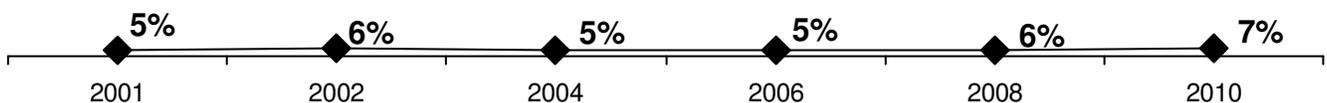
There were no statistical differences in the prevalence of prostate cancer by education or annual household income levels.

Over time, the proportion of men 50 and older who've been diagnosed with prostate cancer has not changed significantly.

**Diagnosed with Prostate Cancer  
Vermont Men 50+, 2010**



**Diagnosed with Prostate Cancer  
Vermont Men 50+, 2001-2010**



# Cardiovascular Disease

Cardiovascular disease (CVD) is defined as having coronary heart disease, a myocardial infarction (heart attack) or a stroke.

Fewer than one in ten (7%) Vermont adults had CVD in 2010.

- 4% had coronary heart disease and myocardial infarction, respectively and 2% reported having a stroke.

More males have CVD as compared to women.

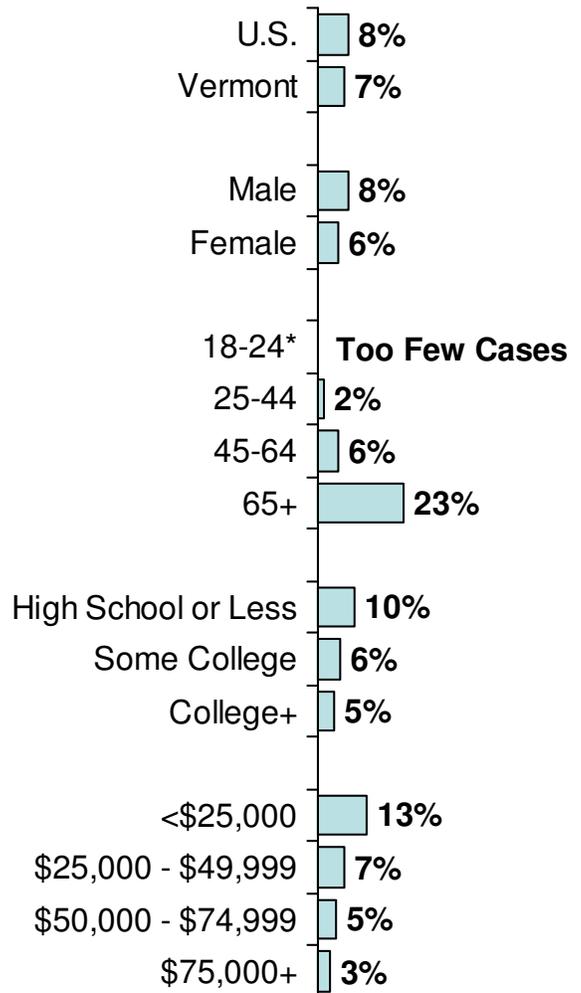
Differences in CVD prevalence by age are all statistically significant.

Adults with less education and lower annual household income levels are more likely to have CVD.

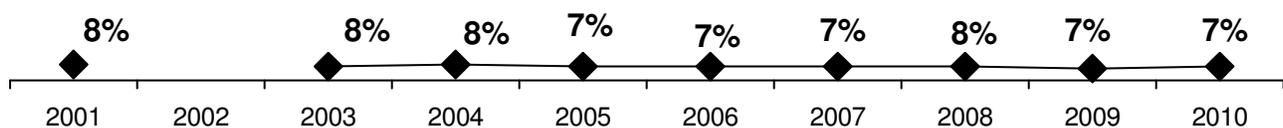
- Those with a high school education or less are more likely to have CVD compared to those with more education.
- Adults in households with an annual income of less than \$25,000 per year are more likely to have CVD vs. those of higher household incomes.

Overall, the rate of CVD among Vermont adults has not changed significantly over time.

**Adults with Cardiovascular Disease  
Vermont Adults, 2010**



**Adults with Cardiovascular Disease  
Vermont Adults, 2001-2010**



\*The number of 18-24 year olds in the sample is too small to report.

# Pre-Diabetes

In 2010, 5% of Vermont adults had been told they have borderline or pre-diabetes.

Men and women reported pre-diabetes in similar numbers.

As age increases, so does the rate of pre-diabetes.

- Differences by age are all statistically significant.

Pre-diabetes is reported similarly across education levels.

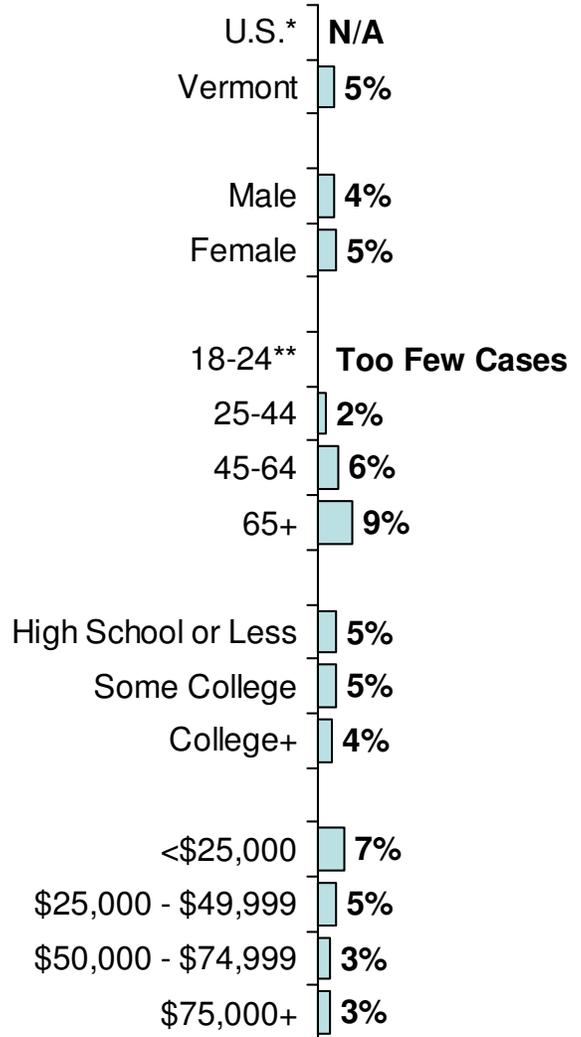
Adults with lower annual household income levels are more likely to have pre-diabetes.

- Individuals in households making less than \$25,000 report having pre-diabetes more often than those in households making \$50,000 or more per year.

Overall, the rate of pre-diabetes among Vermont adults has not changed significantly since 2008.

Also note, pre-diabetes is likely under-reported due to being a relatively new diagnosis and a low rate of testing. About half (53%) of Vermont Adults, in 2010, reported being tested for diabetes or high blood sugar in the preceding three years.

**Adults with Pre-Diabetes  
Vermont Adults, 2010**



**Adults with Pre-Diabetes  
Vermont Adults, 2008-2010**



\*No national estimate available.

\*\*The number of 18-24 year olds in the sample is too small to report.

# Diabetes Prevalence

In 2010, 7% of Vermont adults had been told they have diabetes.

Seven percent of both men and women reported having diabetes.

Diabetes prevalence increases significantly with increasing age.

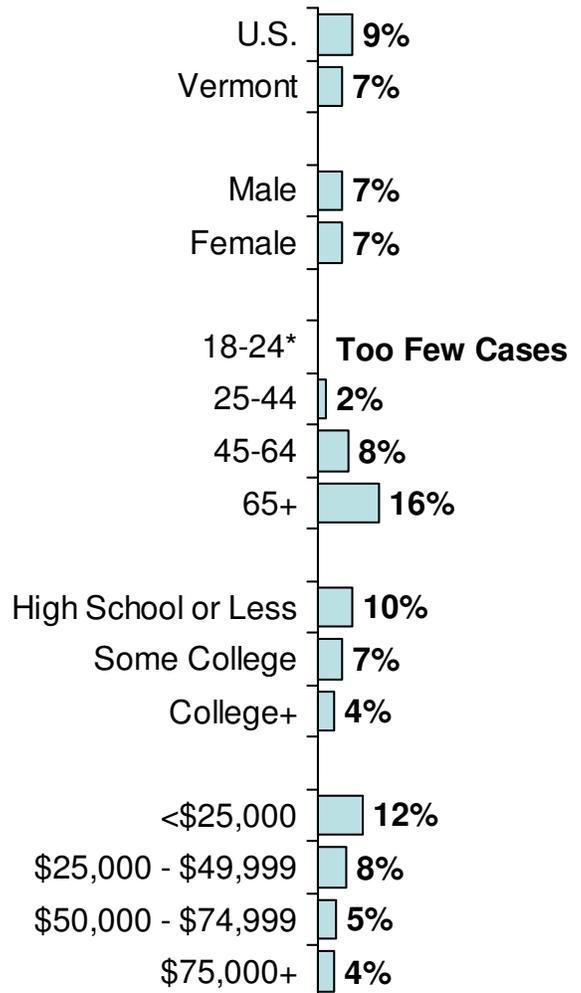
- The average age of diabetes diagnosis is at 50.6 years.

Adults with less education and lower annual household incomes are more likely to have diabetes.

- Differences by education level are all statistically significant.
- Those in households with an annual income of <\$25,000 per year are more likely to have diabetes compared to adults of higher household incomes.
- Individuals in households making \$25,000 to less than \$50,000 also report having diabetes more often than adults in households making \$75,000 or more per year.

Overall, the rate of diabetes among Vermont adults has increased significantly since 2000.

**Adults with Diabetes  
Vermont Adults, 2010**



**Adults with Diabetes  
Vermont Adults, 2010-2010**



\*The number of 18-24 year olds in the sample is too small to report.

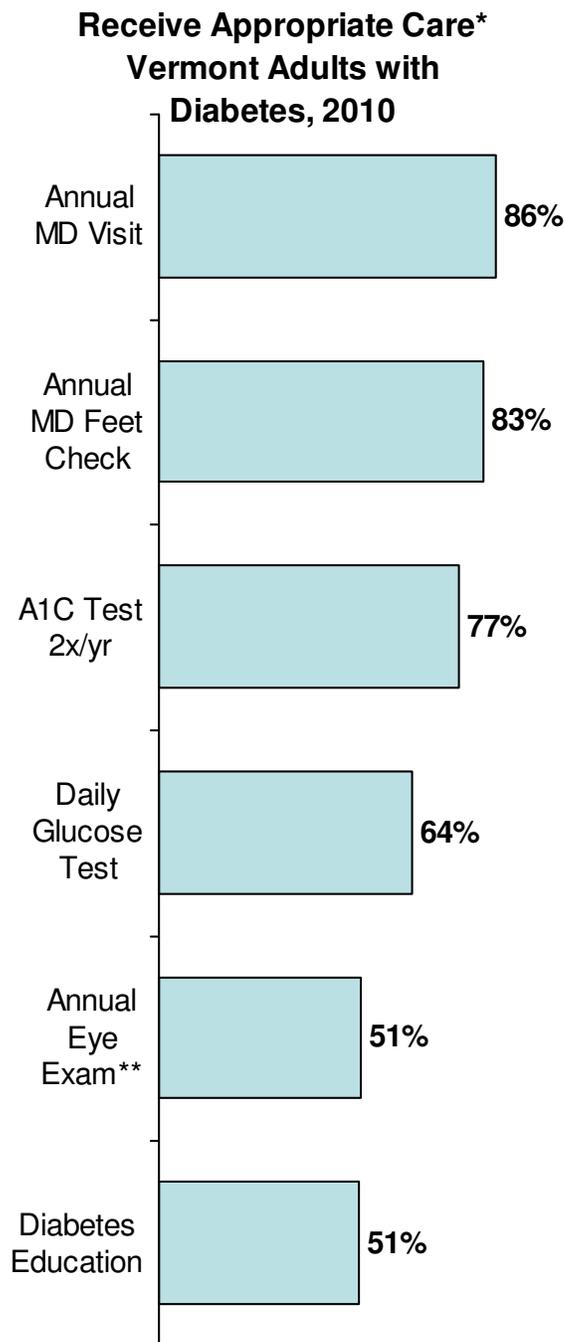
# Appropriate Diabetes Care\*

Adults with diabetes should receive specialized care from their physicians.

In 2010, those with diabetes reported the following:

- More than eight in ten visited their doctor for their diabetes at least once in the past year (86%) or said a health professional checked their feet for sores or irritations in the last year (82%).
- More than three-quarters (77%) received a test for their “A1C” level at least twice in the last year.
  - “A1C” measures blood sugar level over the past three months.
- Nearly two-thirds (64%) test their blood sugar at least once a day.
- Half (51%) reported having an eye exam, where their eyes were dilated, in the last year\*\*.
- 51% also said they had taken a course or class on managing their diabetes.

Only the proportion of those with diabetes receiving an annual feet check by their doctor has increased significantly over time. All other measures remain unchanged.



\*All data on this page age adjusted to the U.S. 2000 population.

[Note: This measure is a Healthy Vermonters 2020 goal.]

# Overweight and Obesity\*

In 2010, 24% of Vermont adults were obese, while an additional 34% were overweight.

Men and women report obesity at similar rates.

Adults 25 and older report obesity significantly more often than those 18-24.

Adults with less education and lower annual household income levels are more often obese.

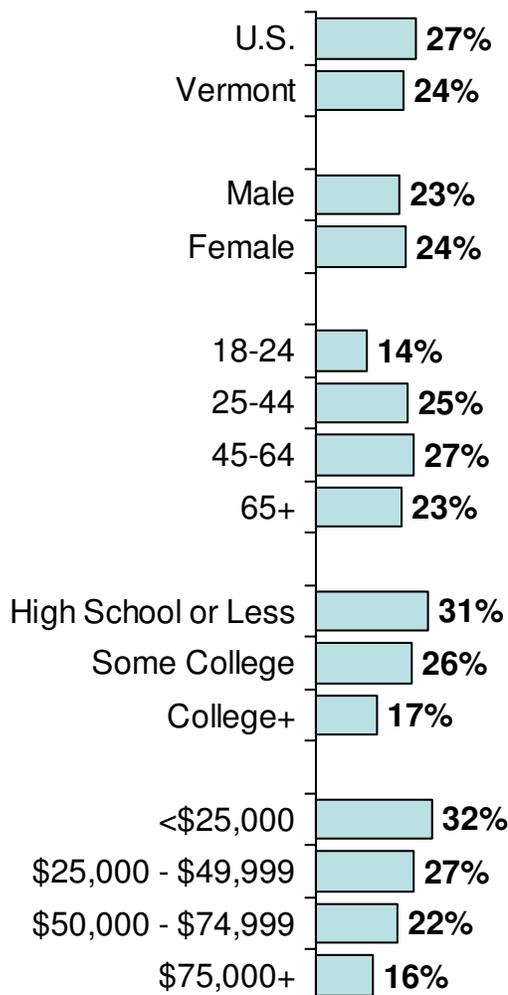
- Those with some college or less education are significantly more likely to be obese compared to adults with more education.
- Individuals in households making less than \$75,000 per year are significantly more likely to be obese vs. those in households with more income. This is also true for those in households making less than \$25,000 vs. those in households making \$50,000 - \$74,999.

Overall, the rate of obesity has increased significantly since 2000, while the proportion overweight in 2010 remains similar.

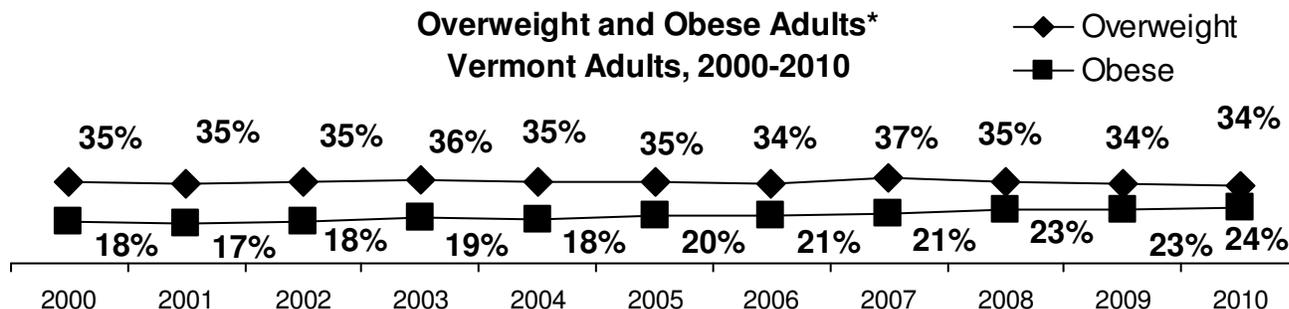
Reducing obesity among adults 20 and older is a Healthy Vermonters 2020 objective.

- In 2010, 25% of Vermonters ages 20+ were obese. This is statistically higher than the 18% in 2000.

**Obese Adults\*  
Vermont Adults, 2010**



**Overweight and Obese Adults\*  
Vermont Adults, 2000-2010**



\*All data on this page is age adjusted to the U.S. 2000 population, except that broken down by age. [Note: This measure is a Healthy Vermonters 2020 goal.]

# Risk Behavior Indicators

# No Leisure Time Physical Activity

Eighteen percent of Vermont adults in 2010 said they did not participate in any physical activity during the previous month.

Men and women report not participating in leisure time physical activity at the same rate.

No leisure time physical activity increases as Vermonters age.

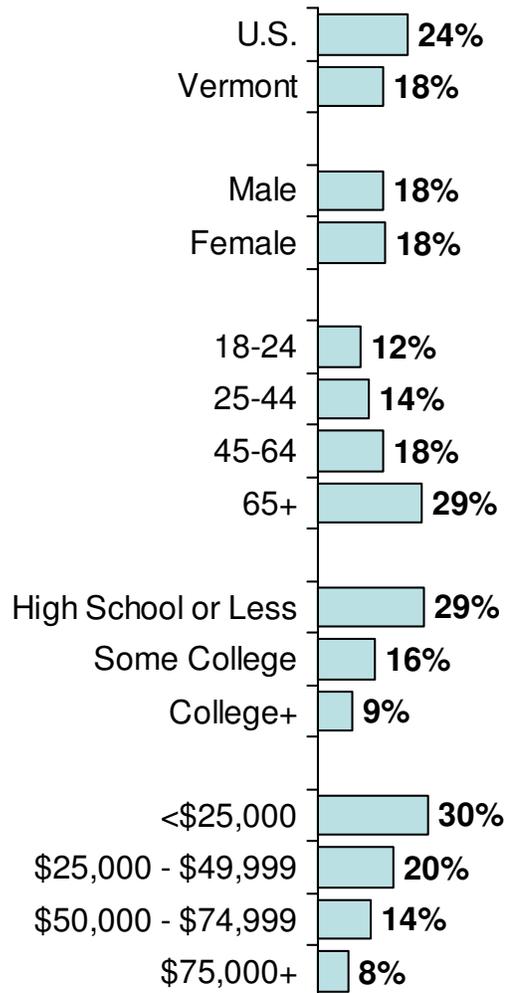
- Adults 65 and older are significantly more likely to not participate in physical activity than those in younger age groups. This is also true for adults 45-64 vs. younger adults.

Adults with less education and lower annual household incomes are significantly more likely to not participate in leisure time physical activity.

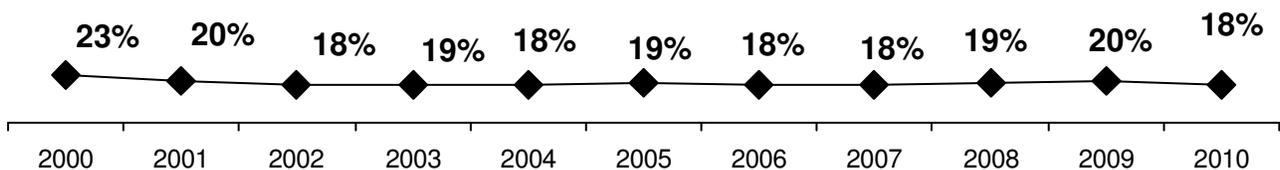
- Differences by education level and annual household income level are all statistically significant.

Overall, the rate of no leisure time physical activity has decreased significantly since 2000.

**No Leisure Physical Activity  
Vermont Adults, 2010**



**No Leisure Time Physical Activity  
Vermont Adults, 2000-2010**



[Note: This measure is a Healthy Vermonters 2020 goal.]

# Tobacco Use – Cigarette Smoking\*

In 2010, 16% of Vermont adults were cigarette smokers.

Men and women smoke at similar rates.

Smoking rates are lower in older age groups.

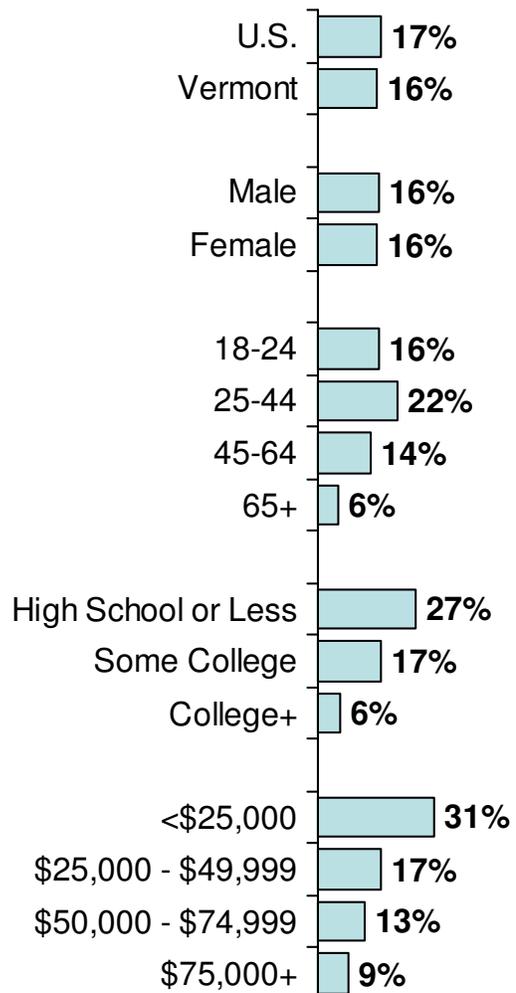
- Those 65 and older smoke at significantly lower rates than all other age groups.
- Adults 45-64 smoke significantly less often than those 25-44.

Adults with less education and lower annual household incomes have higher smoking rates than those with more education and income.

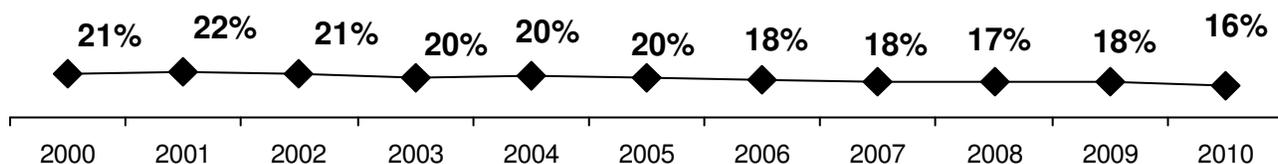
- Differences by education level are all statistically significant.
- Individuals in households making less than \$25,000 per year are significantly more likely to smoke than those in households with higher incomes.
- Those in households making \$25,000-\$49,999 are significantly more likely to smoke compared to those in homes with annual incomes of \$75,000 or more.

Overall, the rate of smoking has decreased significantly since 2000.

**Current Smoking\*  
Vermont Adults, 2010**



**Current Smoking\*  
Vermont Adults, 2000-2010**



\*All data on this page is age adjusted to the U.S. 2000 population, except that broken down by age.  
[Note: This measure is a Healthy Vermonters 2020 goal.]

# Tobacco Use – Smokeless Tobacco

In 2010, 3% of Vermont adults used smokeless tobacco products.

Men use smokeless tobacco significantly more often than women.

Adults' use of smokeless tobacco decreases with increasing age.

- 25-44 year olds are significantly more likely to use smokeless tobacco compared with other age groups.

Smokeless tobacco use also decreases with increasing education level.

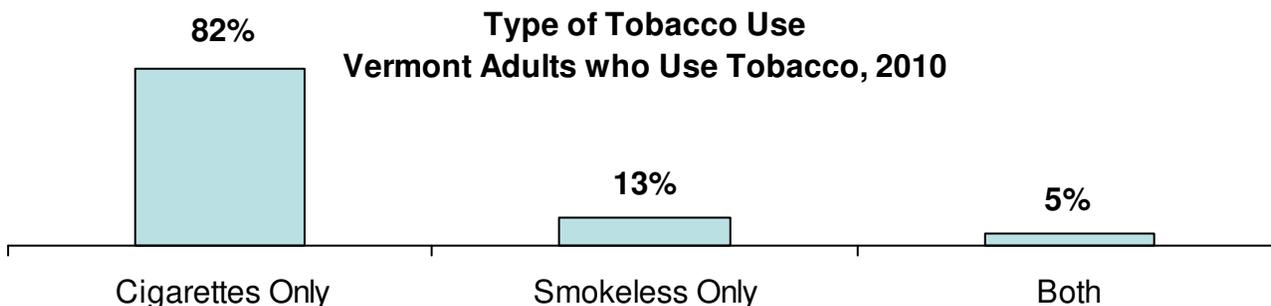
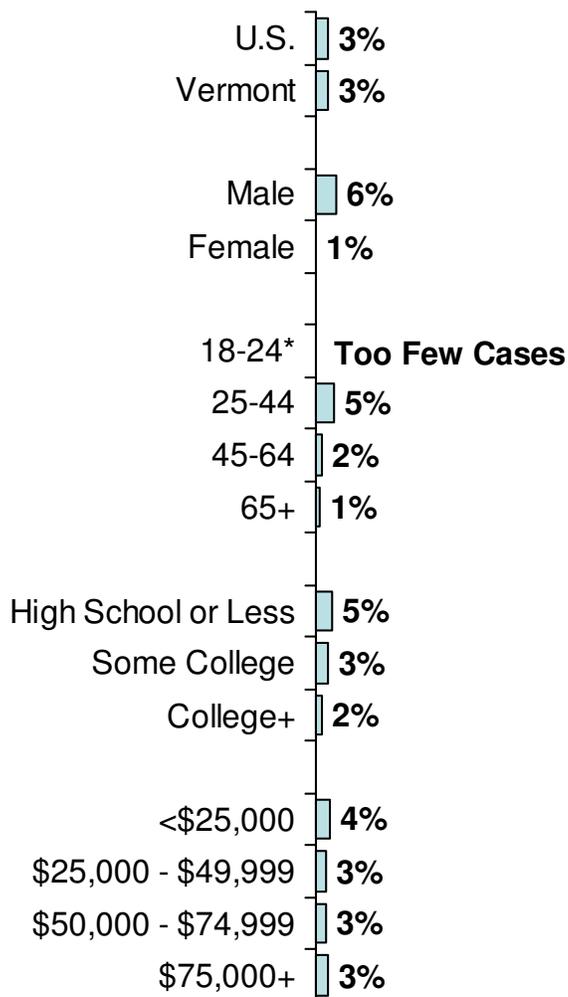
- Adults with a high school or less education are significantly more likely to use smokeless tobacco than those with a college degree or higher.

There are no differences in the use of smokeless tobacco products by annual household income level.

Overall, the rate of smokeless tobacco use has not changed significantly since 2008.

The majority of tobacco users use cigarettes (82%); relatively few use both cigarettes and smokeless tobacco (5%).

## Smokeless Tobacco Use Vermont Adults, 2010



\*The number of 18-24 year olds in the sample is too small to report.

# Tobacco Use – Quit Attempts\*

In 2010, nearly two-thirds (62%) of Vermont adult smokers made an attempt to quit smoking.

Men and women report trying to stop smoking at similar rates.

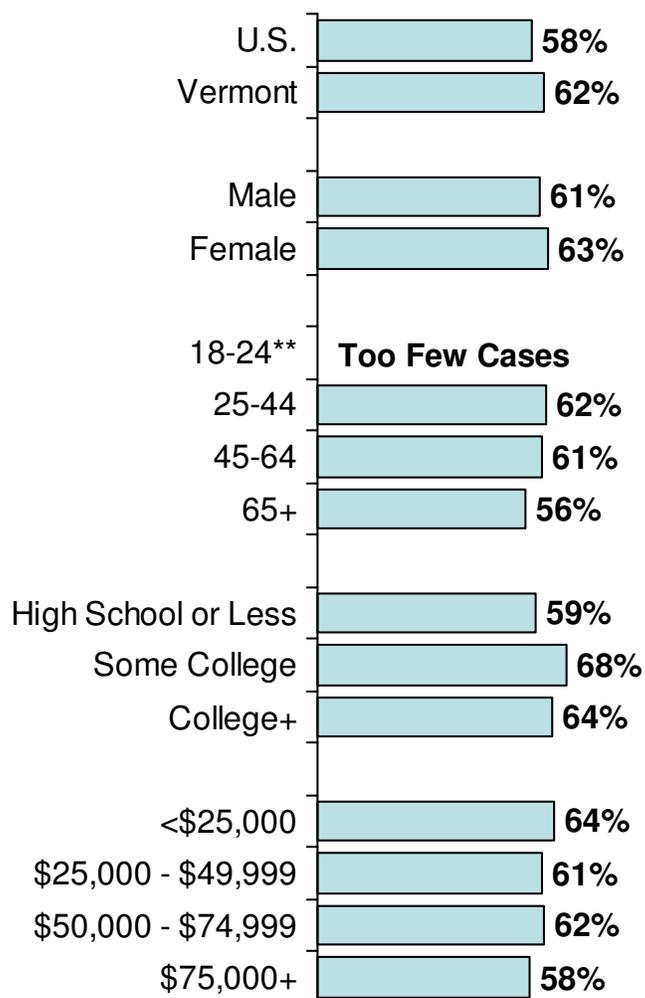
The rate of quit attempts do not differ statistically across age groups, education levels and annual household income levels.

- Quit attempts decrease slightly with increasing age and annual household income level, but these changes are not statistically significant.

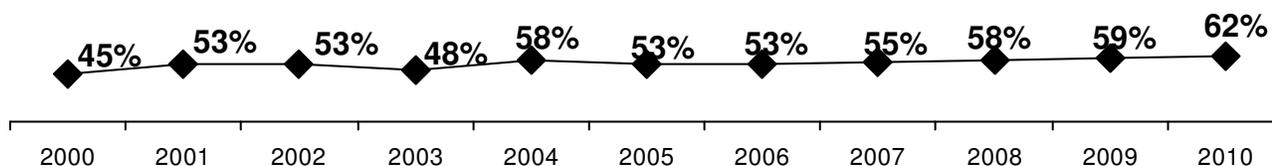
Overall, the proportion of smokers who've made a quit attempt has increased significantly over time.

Increasing quit attempts by smokers is a Healthy Vermonters 2020 goal and will be tracked regularly over the coming decade.

**Smoking Quit Attempts\*  
Vermont Adult Smokers, 2010**



**Smoking Quit Attempts\*  
Vermont Adult Smokers, 2000-2010**



\*All data on this page is age adjusted to the U.S. 2000 population, except that broken down by age.

\*\*The number of 18-24 year olds in the sample is too small to report.

[Note: This measure is a Healthy Vermonters 2020 goal.]

# Alcohol Consumption – Any in Last Month

In 2010, about two-thirds (64%) of Vermont adults said they drank alcohol in the last 30 days.

Men report drinking alcohol significantly more often than women.

Alcohol consumption is highest between the ages of 25 and 64 and lowest among those 65 and older.

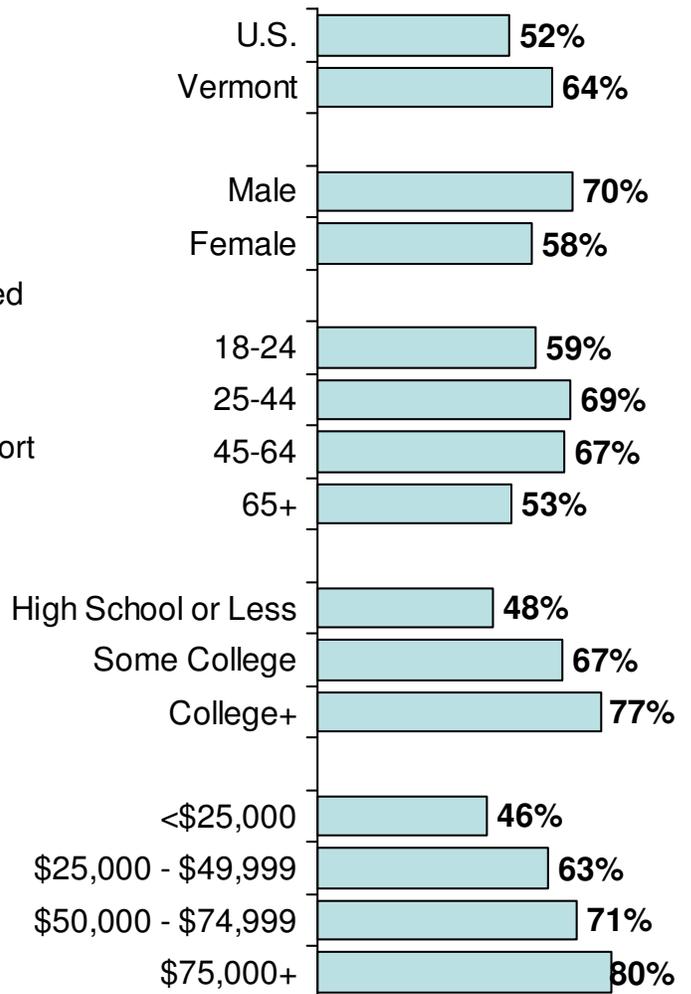
- Adults 65 and older consume alcohol significantly less often than those aged 25-64.

Adults with more education and higher annual household income levels are more likely to report recent drinking than those with less education and income.

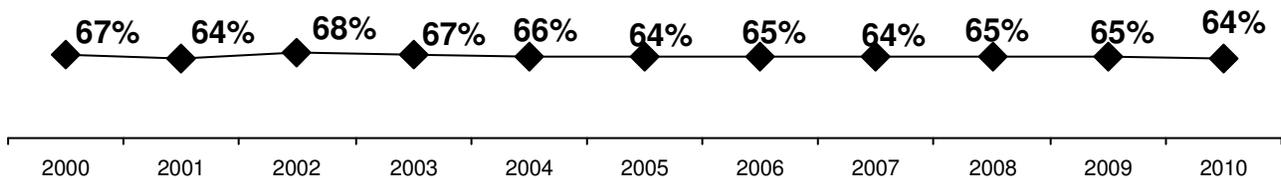
- Differences by education and income level are all statistically significant.

Overall, the rate of alcohol consumption remains similar to that in 2000.

**Any Alcohol Consumption  
Vermont Adults, 2010**



**Any Alcohol Consumption  
Vermont Adults, 2000-2010**



# Alcohol Consumption – Binge Drinking

An episode of binge drinking is defined as five or more drinks on one occasion for men and four or more for women.

In 2010, 17% of Vermont adults binge drank in the last month.

Men were significantly more likely to report binge drinking than women.

Binge drinking decreases as Vermonter's age increases.

- 18-44 year olds are significantly more likely to binge drink as compared to those 45 and older.
- 65 and older adults binge drink significantly less often than all other age groups.

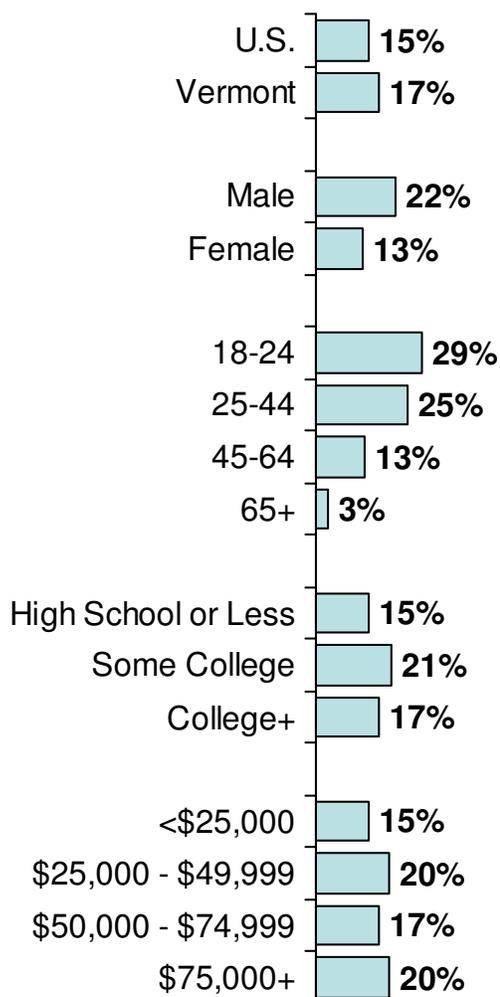
Adults with some college education reported binge drinking the most.

- The 21% of adults with some college education reporting recent binge drinking is significantly higher than that among those with a high school or less education (15%).

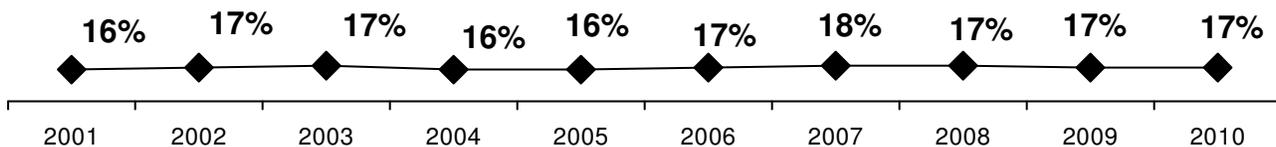
There are no differences in binge drinking by annual household income level.

Overall, the rate of binge drinking has not changed significantly over time.

**Binge Drinking  
Vermont Adults, 2010**



**Binge Drinking  
Vermont Adults, 2001-2010**



# Seatbelt Use

In 2010, 84% of Vermont adults said they always wear their seatbelt when in a vehicle.

- 10% nearly always wear a seatbelt; 3% sometimes wear one and 3% seldom or never wear one.

Women are significantly more likely to report always wearing a seatbelt compared to men.

Seatbelt use is higher among older adults.

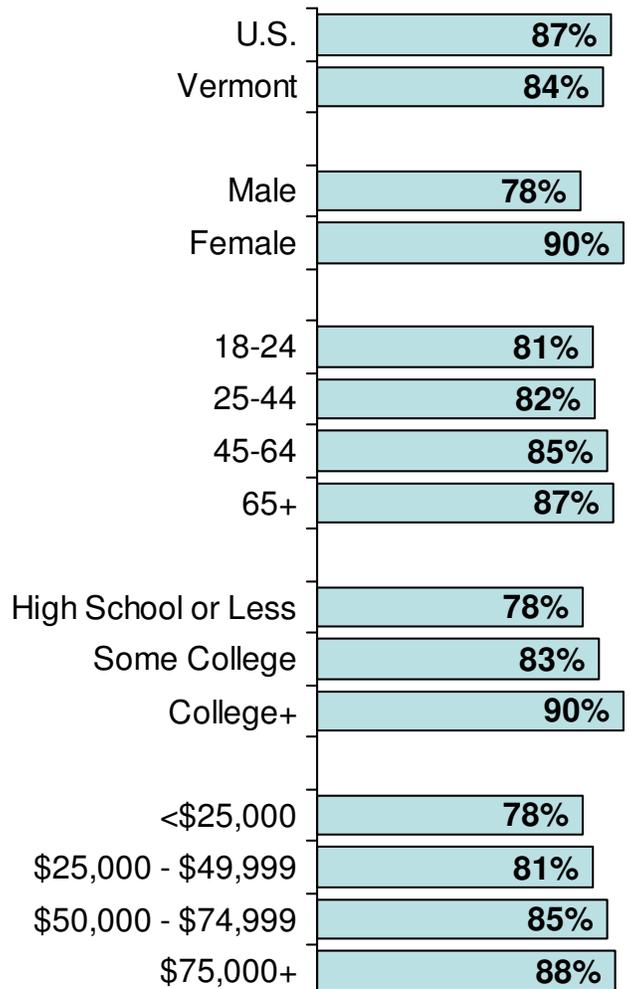
- Adults 65 and older more often always wear their seatbelt compared to those 25-44.

Adults with more education and higher annual household incomes are more likely to always wear a seatbelt.

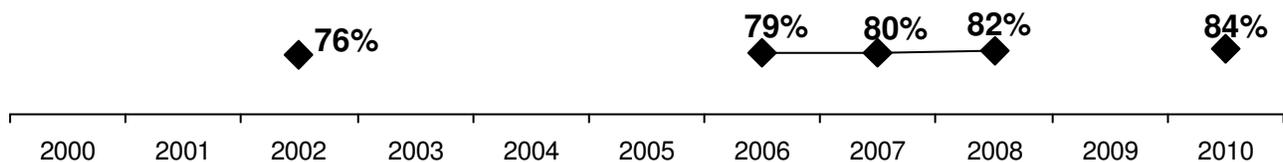
- College educated or higher adults always wear a seatbelt more often than those with lower education levels.
- Individuals in households of \$75,000+ per year wear a seatbelt more than those in homes making less than \$50,000. Individuals in homes with incomes of \$50,000-\$74,999 wear theirs more often than those making less than \$25,000 per year.

Overall, the proportion of adults who always wear a seatbelt has increased significantly since 2002.

**Always Wear Seatbelt  
Vermont Adults, 2010**



**Always Wear Seat Belt  
Vermont Adults, 2000-2010**



# Drinking and Driving

Three percent of Vermont adults drove after drinking too much at least once in the preceding 30 days in 2010.

- This question is asked only of those adults who drank alcohol in the preceding month.

Men and women drink and drive at statistically similar rates.

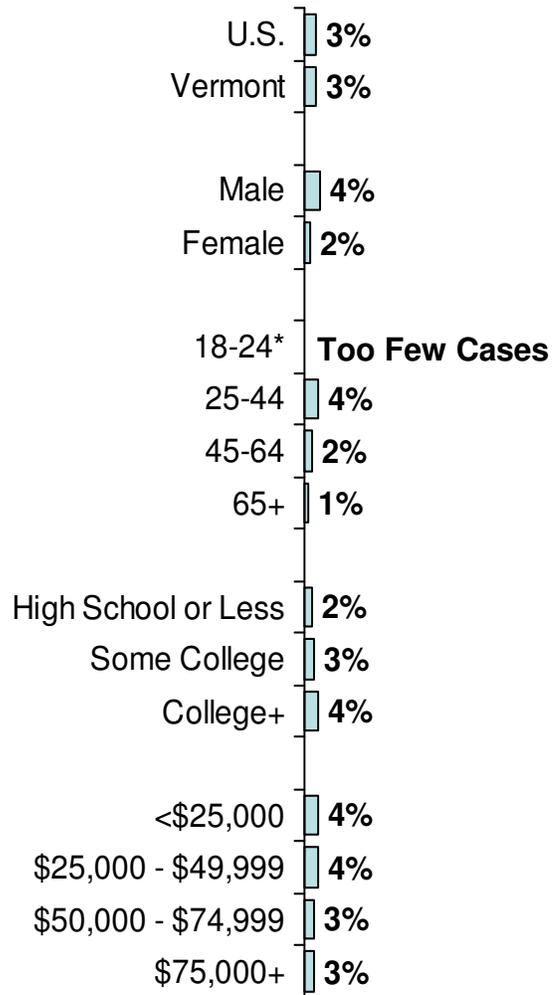
Reported drinking and driving decreases with increasing age.

- Adults 25-44 significantly more often drink and drive compared to those 65 and older.

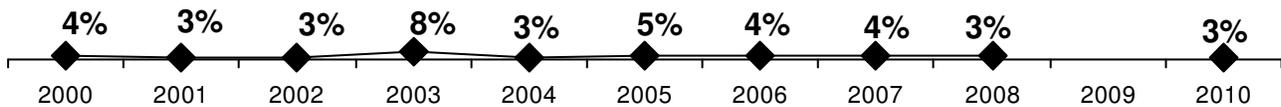
Drinking and driving does not vary significantly across education levels or annual household income levels.

Overall, the proportion of adults who drink and drive has not changed significantly over time.

**Drank and Drove  
Vermont Adults, 2010**



**Drank and Drove  
Vermont Adults, 2000-2010**



\*The number of 18-24 year olds in the sample is too small to report.

# Adverse Childhood Experiences (ACE)

In 2010, the Vermont BRFSS included a series of questions about adverse childhood experiences (ACE) for the first time.

Fifty-seven percent of adults had at least one adverse event in their childhood.

- 23% had one ACE and 13% four or more.

Studies show that adults with a higher number of ACE may be more likely to engage in high risk behaviors and experience chronic diseases\*\*.

Women significantly more often had four or more ACE than men.

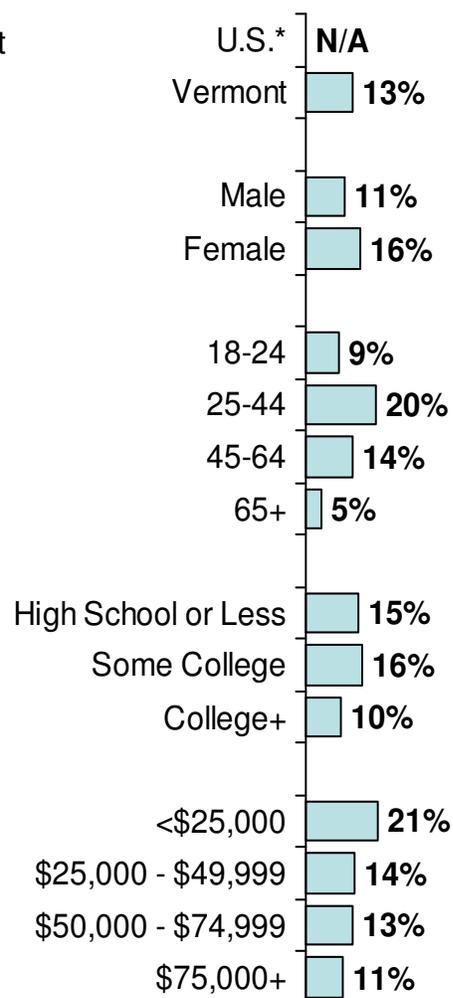
Adults 25-44 were significantly more likely to report four or more ACE, compared with all other age groups.

Adults 45-64 had the second highest ACE rate. The 14% reported for this age group is significantly higher than that for those 65 and older.

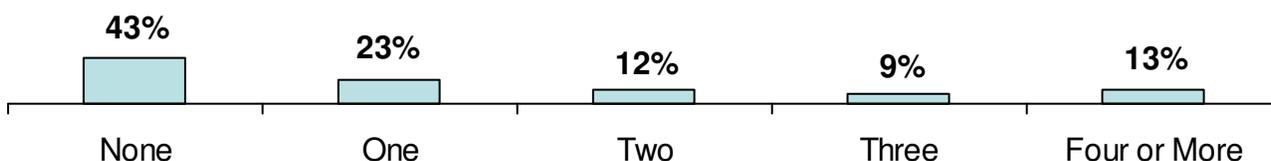
Adults with some college education or less were significantly more likely to report four ACE than those with more education.

Adults in households with an annual income of less than \$25,000 were significantly more likely to report four or more ACE than those in households with higher incomes.

## Four or More ACE Vermont Adults, 2010



## Adverse Childhood Experiences Vermont Adults, 2010



\*No national estimate available.

\*\*Additional information about the ACE questions can be found: <http://www.cdc.gov/ace/index.htm>

# Marijuana Use - Ever

Forty percent of Vermont adults had ever used marijuana in 2010.

Men more often report having used marijuana compared to women.

Ever used is highest among those 25-44 years of age and lowest among those 65+.

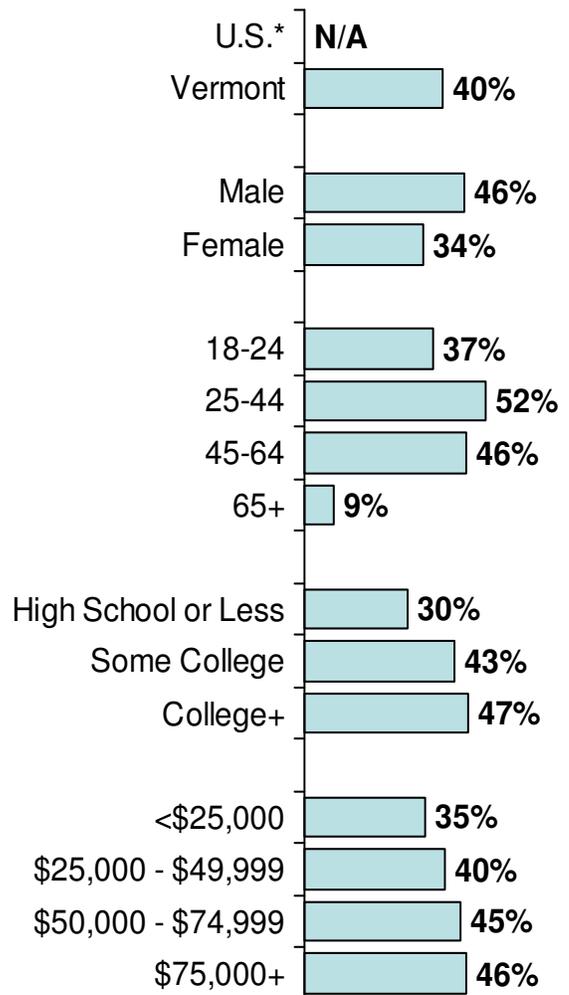
- Those 65+ are significantly less likely to have used marijuana compared to other age groups.
- Adults 25-44 are significantly more likely to have used marijuana vs. other age groups.

Adults with more education and higher annual household incomes are more likely to have used marijuana than those with less education and lower incomes.

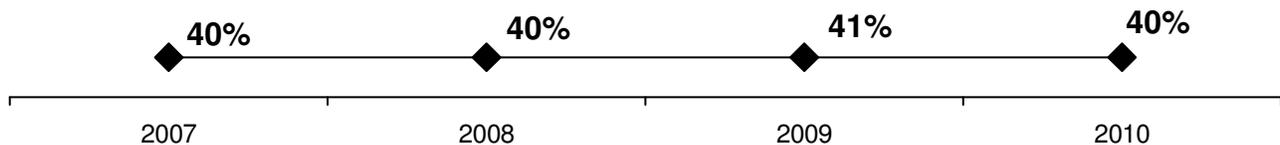
- Those with some college education or more often have used marijuana compared to those with less education.
- Adults in households making at least \$50,000 per year more often had used marijuana than those in home making less than \$25,000 per year .

The prevalence of ever using marijuana remains unchanged since 2007.

**Ever Used Marijuana  
Vermont Adults, 2010**



**Ever Used Marijuana  
Vermont Adults, 2007-2010**



\*No national estimate available.

# Marijuana Use – Current Use

In 2010, 8% of Vermont adults said they currently use marijuana. Current use is defined as use in the last 30 days.

Men more often currently use marijuana as compared to women.

Current use of marijuana is highest among younger age groups.

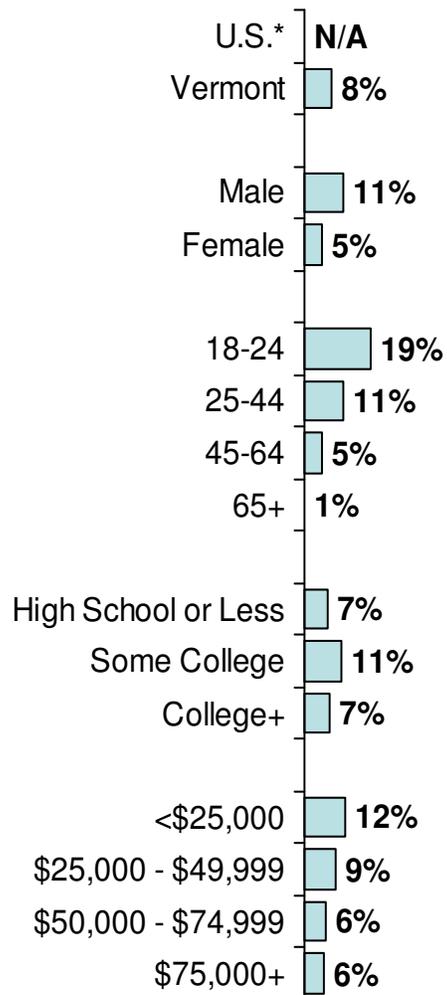
- Adults 18-64 more often currently use marijuana compared to those 65 and older.
- Adults 18-44 also are more likely to currently use marijuana than those 45-64 years of age.

There are not any statistically significant differences in current marijuana use by education level or annual household income.

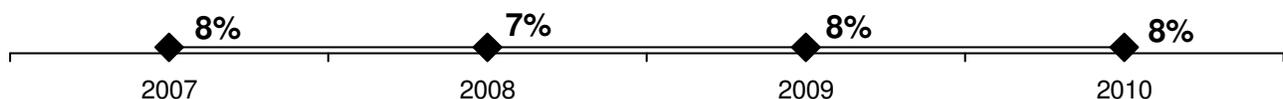
Current use of marijuana among Vermont adults has not changed since 2007.

Among current marijuana users, in 2010, 30% said they recently drove after using marijuana. This has not changed since 2007.

**Current Use of Marijuana  
Vermont Adults, 2010**



**Current Use of Marijuana  
Vermont Adults, 2007-2010**



\*No national estimate available.

# Prescription Drug Misuse – Ever

In 2010, 7% of Vermont adults said they had taken a prescription drug that wasn't prescribed to them.

Men more often report misuse of prescription drugs as compared with women.

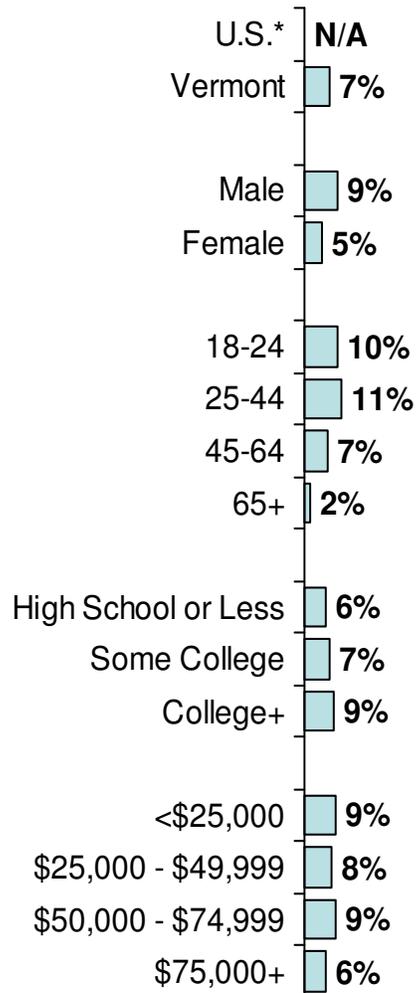
Younger adults are more likely to use drugs prescribed to another person than older adults.

- Adults 18-64 more often reported prescription misuse than those 65 and older.
- Adults 25-44 more often reported prescription drug misuse than those 45-64.

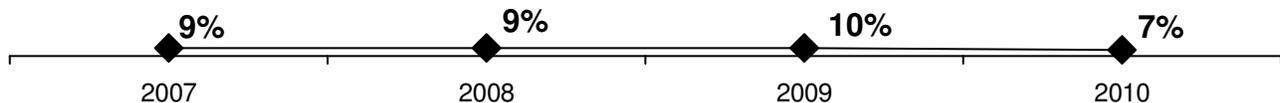
There are no statistically significant differences in taking a prescription drug that wasn't prescribed to you by education level or annual household income level.

Use of prescriptions drugs not prescribed to you decreased significantly from 2009 to 2010, but is statistically unchanged compared to 2007.

**Ever Used Prescription Drug without Prescription Vermont Adults, 2010**



**Ever Used Prescription Drug without Prescription Vermont Adults, 2007-2010**



\*No national estimate available.

# Prescription Drug Misuse – Ever

Six percent of Vermont adults said they had taken a prescription drug in greater amounts than was prescribed.

Men more often report using drugs in greater amounts than as prescribed, as compared with women.

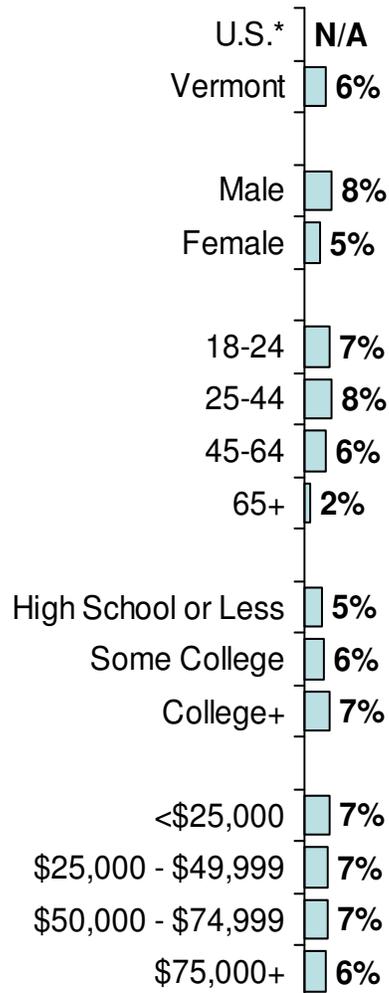
Younger adults are more likely to report ever using drugs in greater amounts than as prescribed.

- Adults 18-64 reported significantly more prescription misuse than those 65 and older.

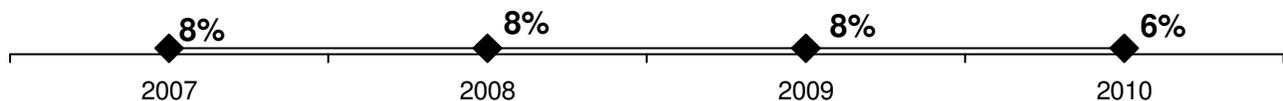
There are no statistically significant differences in ever taking a prescription drug in greater amounts than was prescribed by education level or annual household income level.

Use of prescriptions drugs in greater amounts than was prescribed remained statistically unchanged in 2010.

**Ever Used Prescription Drug in Greater Amount than Prescribed Vermont Adults, 2010**



**Ever Used Prescription Drug in Greater Amount than Prescribed Vermont Adults, 2007-2010**



\*No national estimate available.

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## Prescription Drugs – Current

In 2010, 1% of Vermont adults said they had taken a prescription drug both without a prescription or in greater amounts than prescribed.

For both measures of prescription drug misuse, there were no statistical differences in recent misuse by sex, age, education level, or annual household income level.

– All values ranged from less than 1% to 2%.

Since 2007, both measures have consistently shown that 1% of the adult population has misused prescription drugs in the last month.

# Preventive Behaviors and Health Screening

# Immunizations – Flu Shot

In 2010, 71% of Vermont adults 65 and older had a flu shot in the previous 12 months.

Men and women 65 and older get flu shots at similar rates.

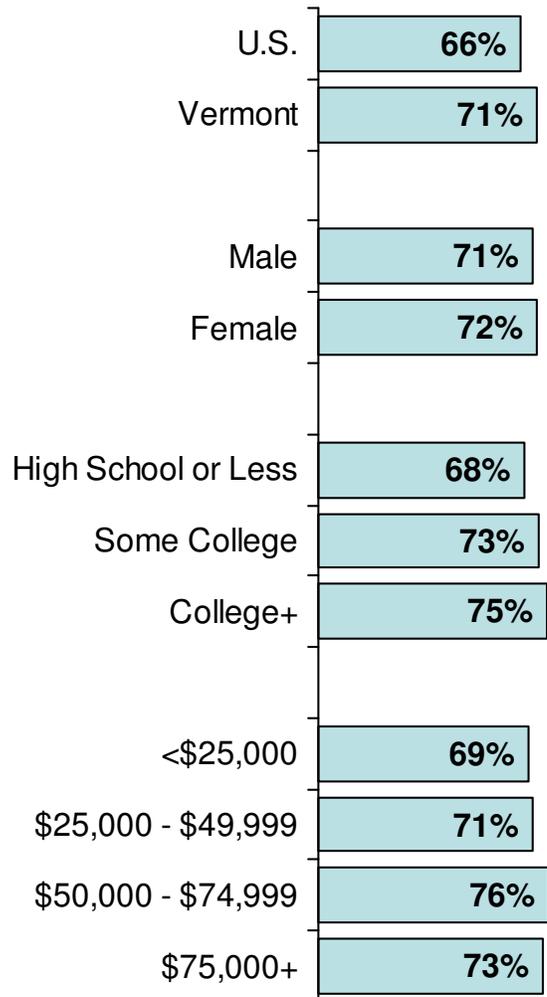
Receipt of a flu shot increases with increasing education level.

- Adults with some college education or higher more often get a flu shot, as compared to those with a high school or less education.

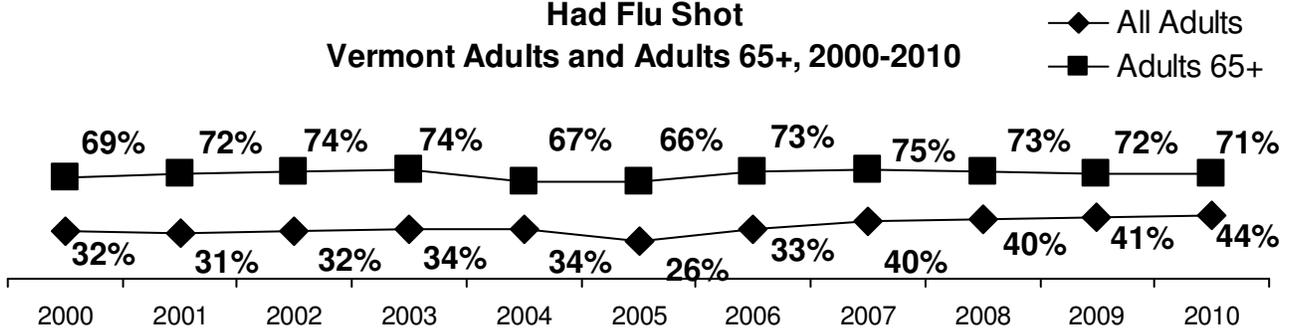
There are no statistically significant differences for receipt of a flu vaccine by annual household income level.

Receipt of flu shots among Vermont adults 65 and older has not changed over time. However, significantly more Vermont adults 18 and older got a flu shot in 2010 as compared to 2000.

**Had Flu Shot  
Vermont Adults 65+, 2010**



**Had Flu Shot  
Vermont Adults and Adults 65+, 2000-2010**



[Note: This measure is a Healthy Vermonters 2020 goal.]

# Immunizations – Pneumococcal Vaccine

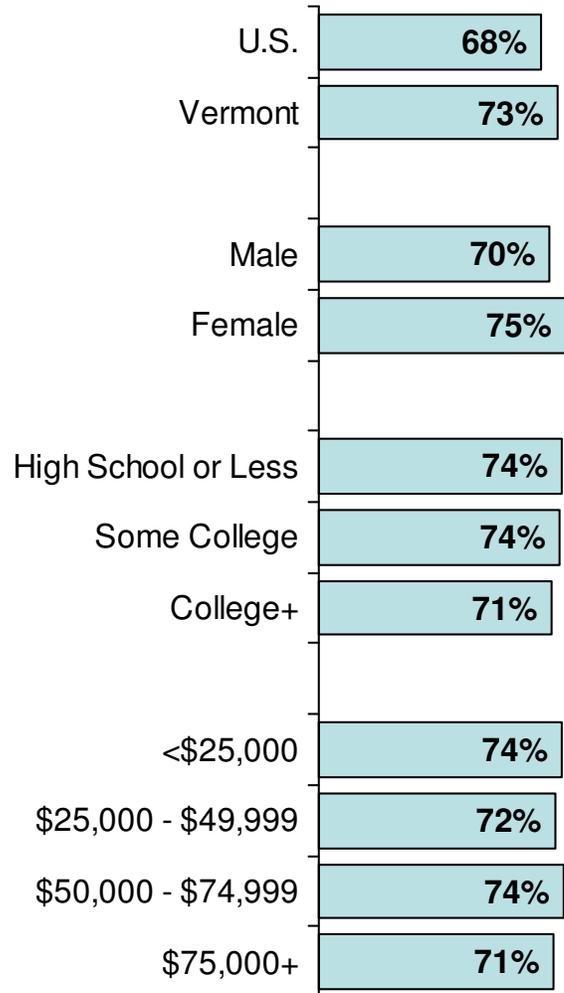
Seventy-three percent of Vermont adults 65 and older had received a pneumococcal vaccine in 2010.

Men and women 65 and older receive pneumococcal vaccinations at statistically similar rates.

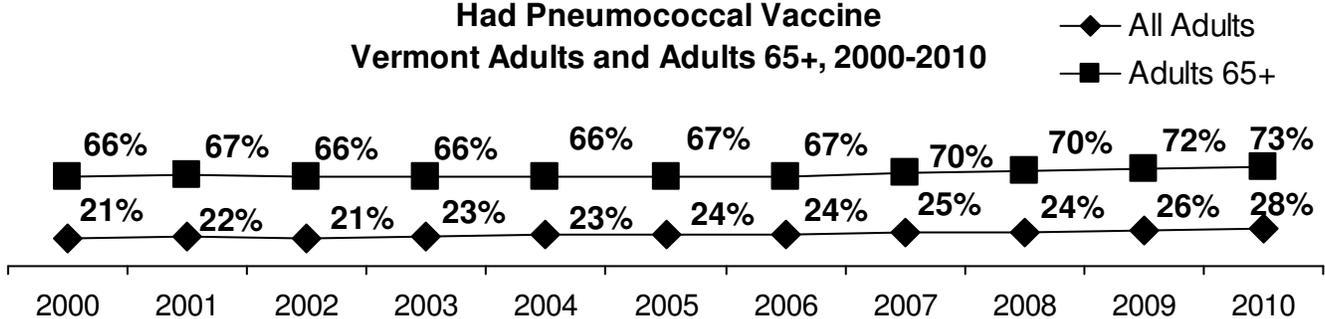
There are no statistically significant differences for receipt of the pneumococcal vaccine by education level or annual household income level.

Significantly more Vermont adults, overall and those 65 and older, got a pneumococcal vaccine in 2010 as compared to 2000.

**Had Pneumococcal Vaccine  
Vermont Adults 65+, 2010**



**Had Pneumococcal Vaccine  
Vermont Adults and Adults 65+, 2000-2010**



[Note: This measure is a Healthy Vermonters 2020 goal.]

# Routine Doctor Visits

In 2010, 65% of Vermont adults had a routine doctor's visit in the previous year.

- 16% visited the doctor more than a year ago, but within two years; 10% saw one more than two years ago but within five years and 8% saw the doctor five or more years ago.

Women routinely visit their doctor more often than do men.

Adults 65 and older routinely see their doctor at significantly higher rates than all other age groups.

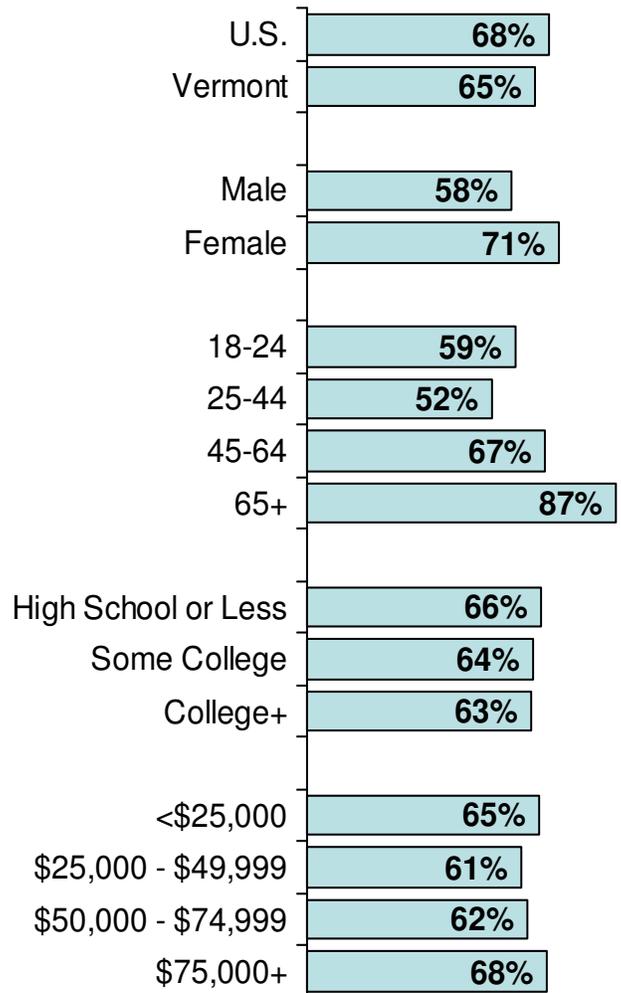
- Adults 45-64 also visit the doctor routinely more often than those 25-44.

There are no statistically significant differences in routine visits to the doctor by education level.

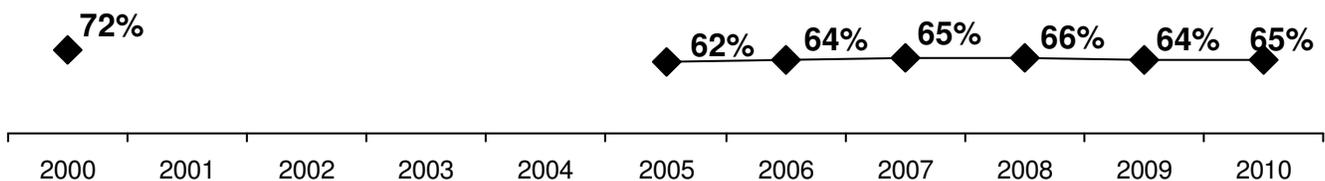
Adults in households making \$75,000 or more per year routinely visit their doctor significantly more often than do those in homes making \$25,000 or less and \$25,000-\$49,999 per year.

Significantly fewer Vermont adults saw their doctor in the previous year in 2010 as compared to 2000.

**Routine Doctor Visit in Last Year  
Vermont Adults, 2010**



**Routine Doctor Visit in Last Year  
Vermont Adults, 2000 & 2005-2010**



# Visited Dentist in Last Year\*

Three-quarters of Vermont adults saw their dentist for any reason in the previous year in 2010.

- 8% saw their dentist more than a year ago, but within two years; 8% saw them two years ago to less than five years ago and 10% saw a dentist five or more years ago.

Women and men routinely see their dentist at statistically similar rates.

Adults 18-24 and 45-64 routinely visit their dentist most often, as compared to other age groups.

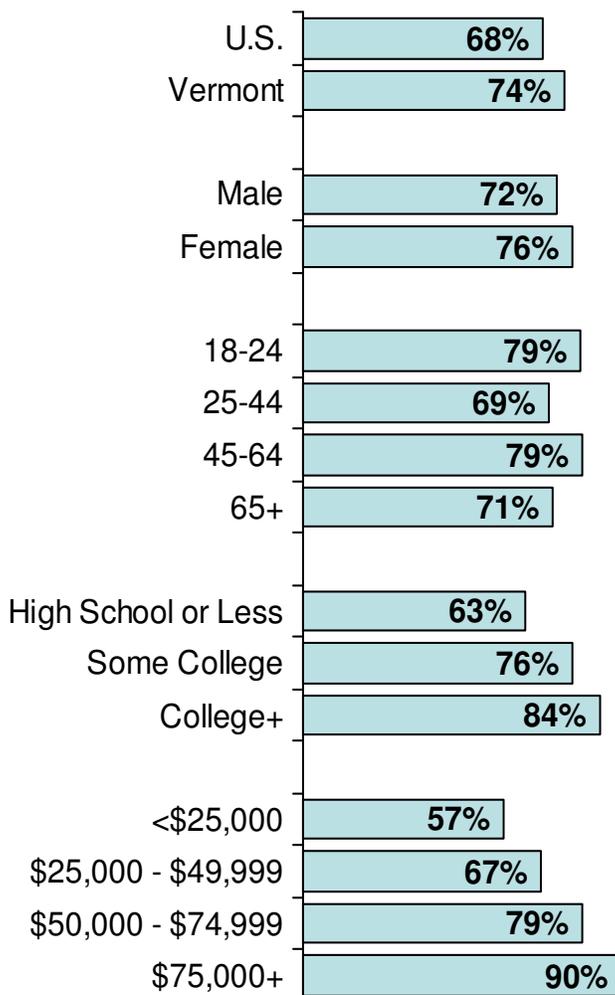
- Adults 45-64 are significantly more likely to see their dentist regularly, as compared to those 25-44 and those 65 and older.

Adults with more education and higher annual household incomes are more likely to routinely see their dentist than those with less education and income.

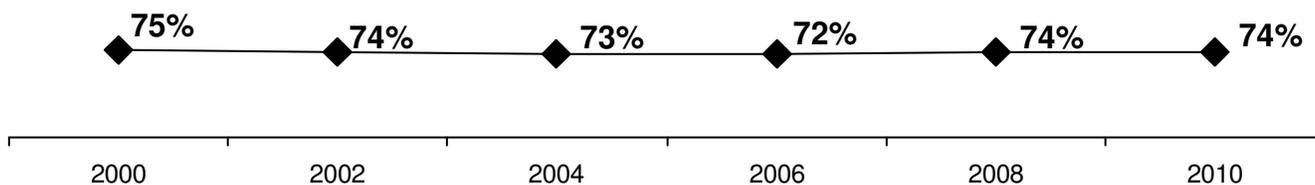
- All differences by education and annual household income level are statistically significant.

The proportion of adults who went to the dentist for any reason in the past year has not changed significantly over time.

**Visited Dentist in Last Year\*  
Vermont Adults, 2010**



**Visited Dentist in Last Year\*  
Vermont Adults, 2000-2010**



\*All data on this page is age adjusted to the U.S. 2000 population, except that broken down by age. [Note: This measure is a Healthy Vermonters 2020 goal.]

# Teeth Cleaned in Last Year

In 2010, 75% of Vermont adults had their teeth cleaned in the previous 12 months.

- 8% had their teeth cleaned more than a year, but within two years ago; 7% had them cleaned two years ago to less than five years ago and 10% had teeth cleaned five or more years ago.

Men and women routinely have their teeth cleaned at statistically similar rates.

Adults 25-44 routinely have their teeth cleaned least often compared to other age groups.

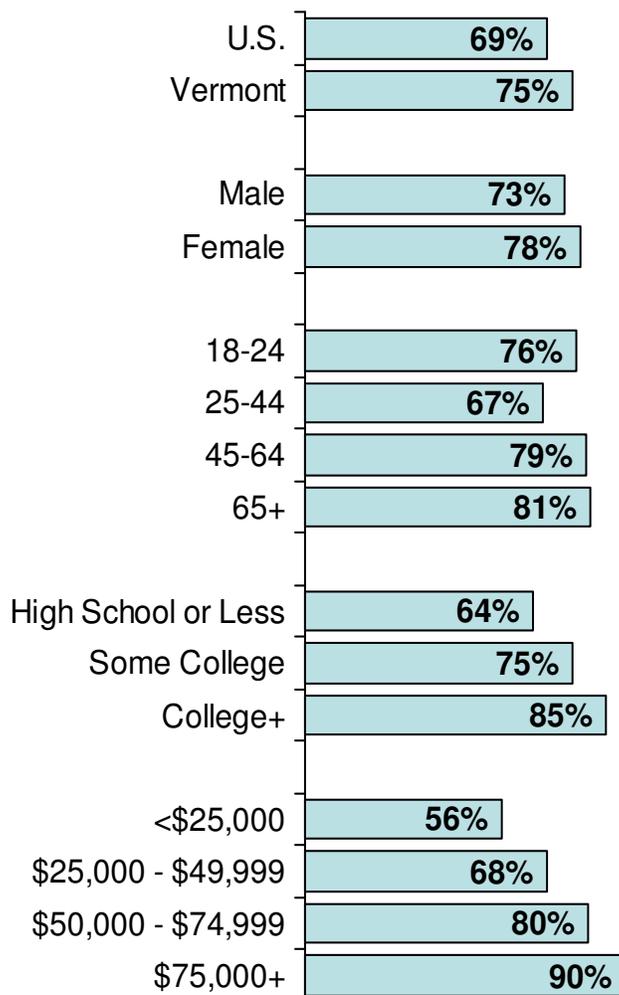
- Adults 45-64 are significantly more likely to have their teeth cleaned regularly, as compared to those 25-44 and those 65 and older.

Adults with more education and higher annual household incomes are more likely to regularly have their teeth cleaned than those with less education and income.

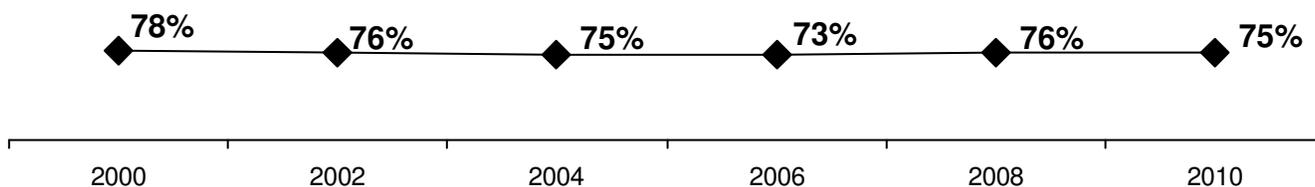
- All differences by education and annual household income level are statistically significant.

The proportion of adults who had their teeth cleaned in the past year has not changed significantly over time.

**Teeth Cleaned in Last Year  
Vermont Adults, 2010**



**Teeth Cleaned in Last Year  
Vermont Adults, 2000-2010**



# Teeth Extracted

In 2010, 44% of Vermont adults report they have had at least one tooth extracted.

- The Healthy Vermonters goal is specific to teeth extractions among those 45-64; 52% had at least one tooth extracted in 2010.

Men and women have teeth extracted at similar rates.

As age increases, the proportion of adults with any teeth extracted also increases.

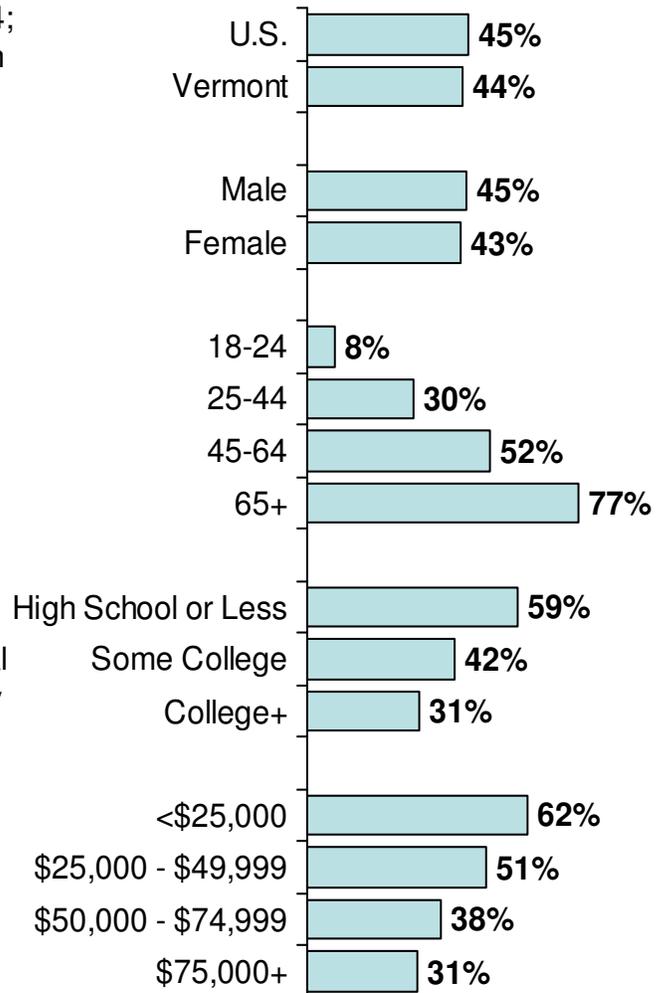
- All differences by age group are statistically significant.

Adults with less education and lower annual household incomes are more likely to have any teeth extracted than those with more education and income.

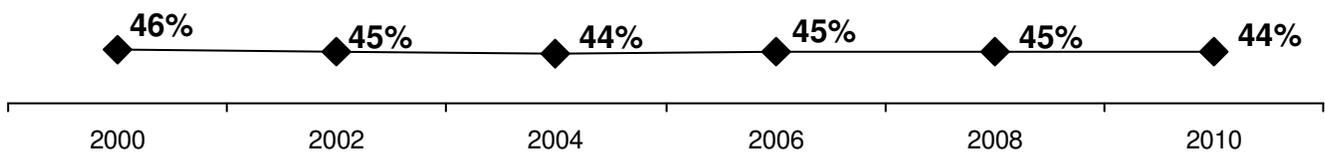
- All differences by education and annual household income level are statistically significant.

The proportion of adults with at least one tooth extraction has not changed significantly over time.

**Any Teeth Extracted  
Vermont Adults, 2010**



**Teeth Extracted in Last Year  
Vermont Adults, 2000-2010**



[Note: This measure is a Healthy Vermonters 2020 goal.]

# Prostate Cancer Screening

In 2010, the Vermont BRFSS asked for the first time whether a doctor or other health care professional had ever recommended prostate cancer screening or treatment.

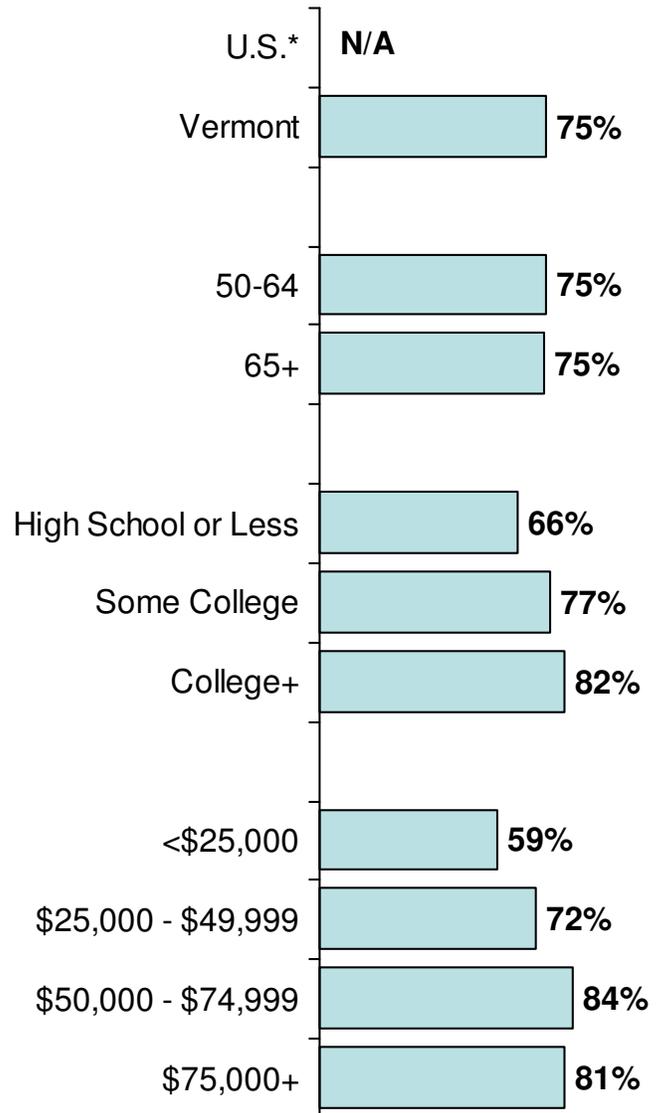
Three-quarters (75%) of Vermont men 50 and older said they had been given such a recommendation.

Men 50-64 and 65 and older were given a prostate screening or treatment recommendation at the same rate.

Men 50 and older with more education and higher annual household incomes more often were given a prostate screening or treatment recommendation.

- Those with some college or more education significantly more often received a recommendation than those with less education.
- Men 50 and older in homes making \$25,000 or more per year more often received a recommendation than those with less income.
- Men 50 and older in homes making \$50,000 or more are also more likely to have received a screening recommendation than those in homes making \$25,000 or less and \$25,000-\$49,999 per year.

**Doctor Recommended Prostate Screening or Treatment Vermont Men 50+, 2010**



\*No national estimate available.

# Prostate Cancer Screening

In 2010, 51% of Vermont men 50 and older had received a PSA test or a digital rectal exam in the previous year.

Men 65 and older were significantly more likely to have recently had either prostate screening test, compared to those 50-64.

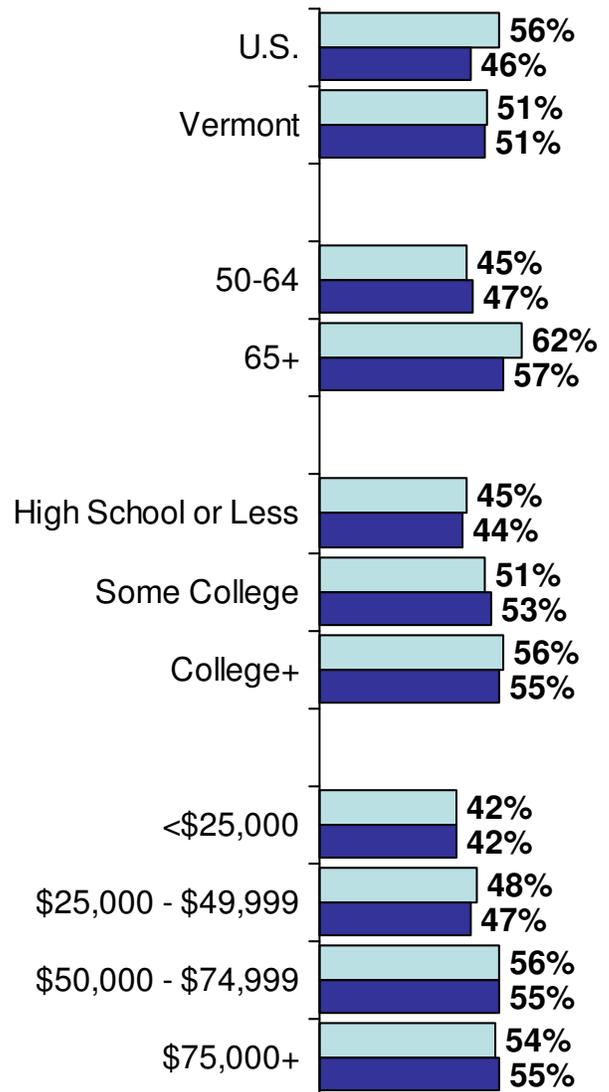
The likelihood of a recent prostate screening test increases with both education and annual household income levels.

- Those with a college education or higher were significantly more likely than those with a high school education or less to have had either screening test.
- Individuals in homes making \$50,000 or more were significantly more likely than those in homes making less than \$25,000 per year to have had either test.

Over time, the proportion of men 50 and older who have recently had a digital rectal exam has decreased significantly. There has been no change in those getting a PSA.

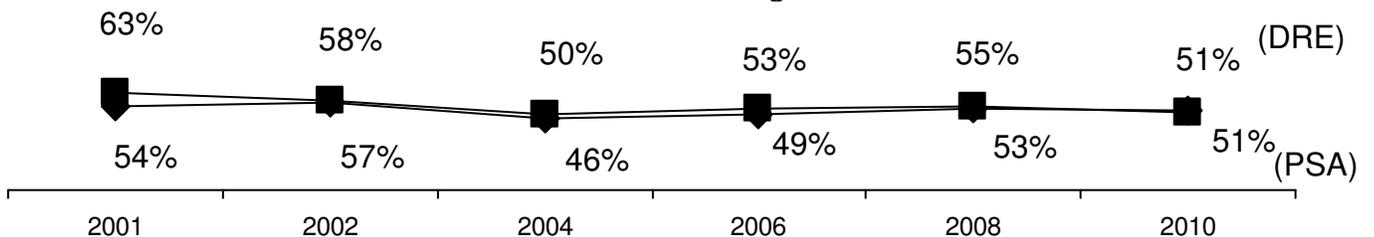
**Prostate Screening in Last Year  
Vermont Men 50+, 2010**

■ PSA Test ■ Digital Rectal Exam



**Prostate Screening in Last Year  
Vermont Men, 2001-2010**

◆ PSA Test ■ Digital Rectal Exam



# Colorectal Cancer Screening\*

In 2010, 71% of Vermont adults 50 and older met colorectal cancer screening recommendations.

Recommendations are:

- Fecal Occult Blood Test (FOBT) in last year OR
- Sigmoidoscopy in last three years OR
- Colonoscopy in last 10 years

The Healthy Vermonters goal for colorectal screening is among adults 50-75. The proportion meeting the guidelines was 71% in 2010.

Men and women were as likely to have been screened for colorectal cancer.

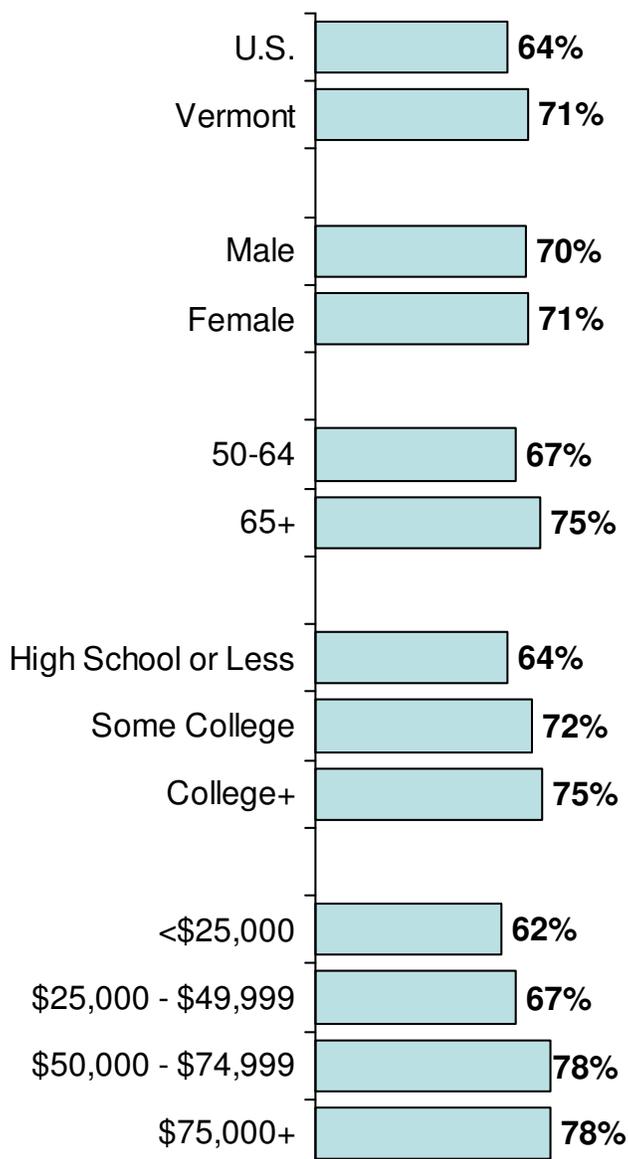
Adults 50 and older with some college education or higher were significantly more likely to have been screened for colorectal cancer vs. those with less education.

Individuals in households making \$50,000 or more were significantly more likely to receive colorectal cancer screening vs. those in homes making less money per year.

Due to changes in colorectal cancer screening recommendations we cannot estimate those meeting current guidelines prior to 2008.

The proportion of adults 50 and older meeting the colorectal cancer screening guidelines in 2008 is similar to that in 2010, as well as for those 50-75 years of age.

**Screened for Colorectal Cancer  
Vermont Adults 50+, 2010\***



\*All data on this page is age adjusted to the U.S. 2000 population, except that broken down by age. [Note: This measure is a Healthy Vermonters 2020 goal.]

# Breast Cancer Screening\*

About half (49%) of Vermont women had a mammogram in the last two years in 2010.

Women 45 and older were significantly more likely to have had a mammogram than those of younger ages.

There were no significant differences by education level.

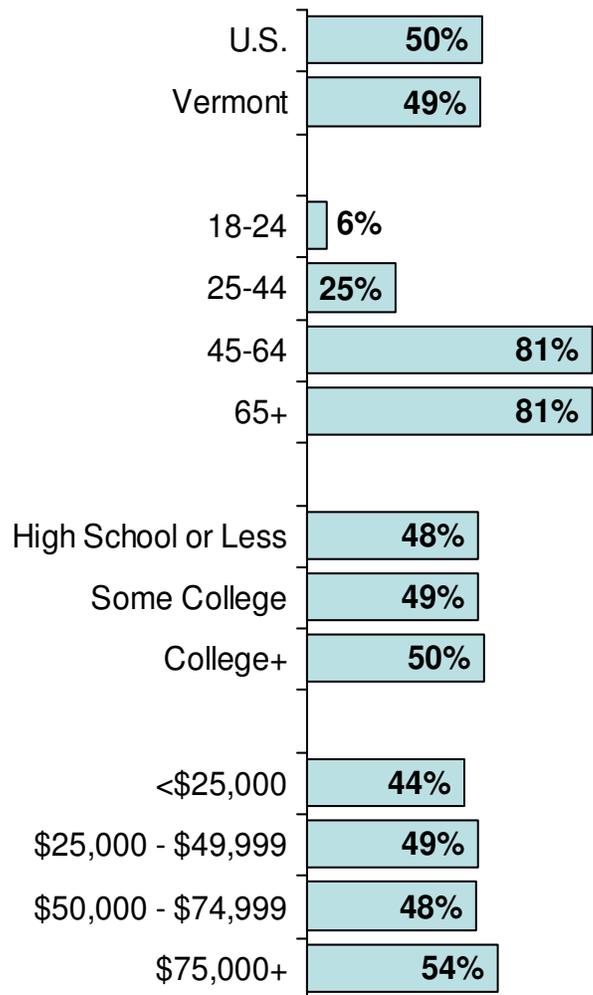
Women in households making \$75,000 or more per year were more likely than those in homes making less than \$25,000 to have had a recent mammogram.

The proportion of women who've had a mammogram in the past two years in 2010 was similar to that in 2000.

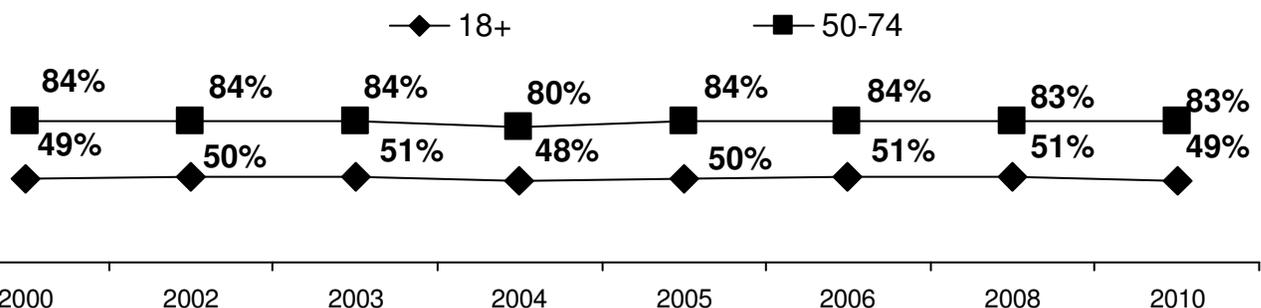
Increasing recent mammograms among women 50-74 years of age is a Healthy Vermonters 2020 goal

- In this population during 2010, 84% said they had a mammogram during the previous two years.

**Mammogram in Last Two Years\*  
Vermont Women, 2010**



**Mammogram in Last Two Years\*  
Vermont Women, 2000-2010**



\*All data on this page is age adjusted to the US 2000 population, except that broken down by age.  
[Note: This measure is a Healthy Vermonters 2020 goal.]

# Cervical Cancer Screening\*

In 2010, 82% of Vermont women had been screened for cervical cancer (PAP test) in the last three years.

Women 25-44 were significantly more likely to report a recent PAP test, as compared to other age groups.

Women 45-64 were also significantly more likely to have a recent PAP test vs. those 18-24 and 65 and older.

Women with a college or higher education were significantly more likely to have a recent PAP test vs. those with less education.

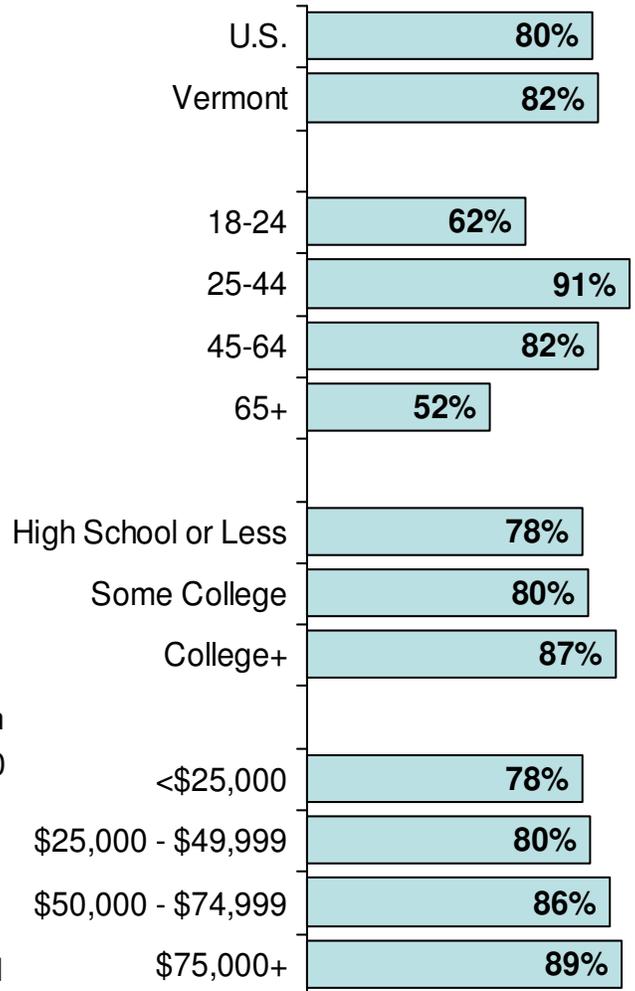
Women in households making \$75,000 or more per year were significantly more likely than those in homes making less than \$25,000 to have had a recent PAP test.

The proportion of women who've had a PAP test in the past three years was significantly lower in 2010 than that in 2008 and 2000.

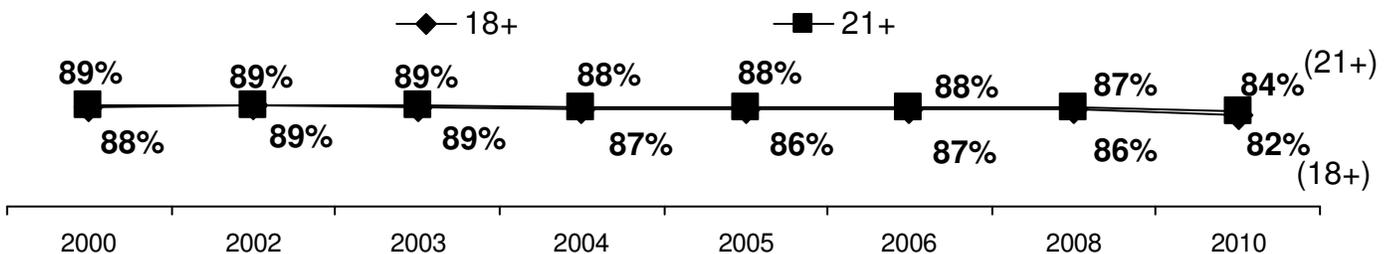
Increasing recent PAP tests among women 21 and older is a Healthy Vermonters 2020 goal.

- In 2010, 84% of women 21 and older had a PAP test during the previous three years.

**PAP Test in Last Three Years  
Vermont Women, 2010\***



**PAP Test in Last Three Years  
Vermont Women, 2000-2010\***



\*All data on this page is age adjusted to the US 2000 population, except that broken down by age. [Note: This measure is a Healthy Vermonters 2020 goal.]

# HIV Screening-Ever Tested

Thirty-four percent of Vermont adults 18-64 had ever been tested for HIV in 2010.

Men were as likely as women to have been tested.

Adults 25-44 were significantly more likely to have ever been tested for HIV than those 18-24 and 45-64.

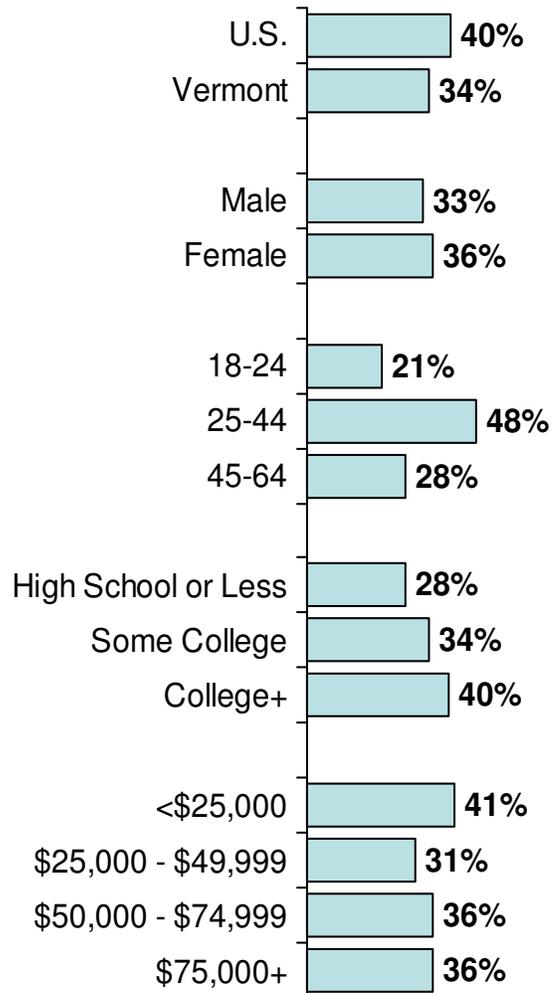
Adults with more education are more likely to have ever been tested for HIV.

- Adults with a college degree or higher more often report having a test than those with a high school degree or less.

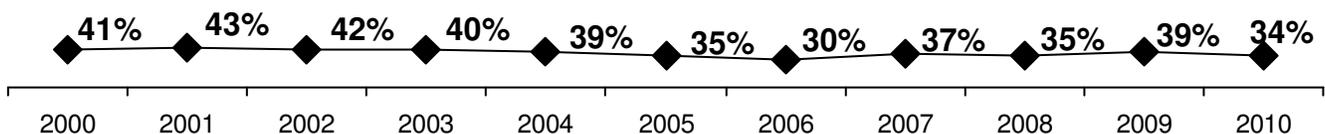
Adults in households making less than \$25,000 per year were more likely to have been tested for HIV than those in homes making \$25,000 or less and \$25,000 to \$49,999 per year.

The rate of HIV testing among adults 18-64 has significantly declined in 2010, as compared with both 2000 and 2009.

**Ever Tested HIV  
Vermont Adults 18-64, 2010**



**Ever Tested for HIV  
Vermont Adults 18-64, 2000-2010**



# HIV Screening – Tested in Last Year

In 2010, 5% of Vermont adults 18-64 had been tested for HIV in the last year.

Men were as likely as women to have been tested (5% vs. 6%).

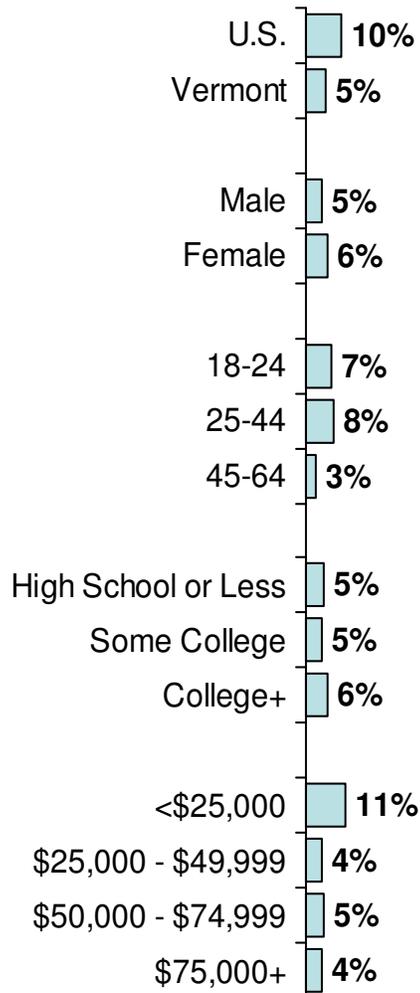
Adults 45-64 were significantly less likely to have a recent HIV test, compared to other age groups.

There are no statistical differences in recent HIV tests by education level.

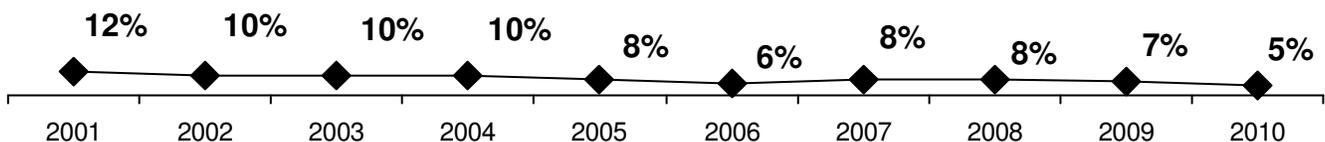
Adults in households making less than \$25,000 per year were more likely to have recently been tested for HIV compared to those in homes with higher annual incomes.

Significantly fewer adults ages 18-64 in 2010 had an HIV test in the previous year compared with 2001. The rate of testing in 2010 is statistically similar to that in 2009.

**HIV Test in Last Year  
Vermont Adults 18-64, 2010**



**Tested for HIV in Last Year  
Vermont Adults 18-64, 2001-2010**



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# HIV Screening - Reason Tested

Those who have ever been tested for HIV were asked additional questions about the reason for the test, where the test occurred, and the type of HIV test.

In 2010, the most common reason for having an HIV test is that it was required (18%).

Other common reasons for having a test are that it was part of a routine medical check-up (17%), the respondent just wanted to know their HIV status (13%), some other reason (13%)\*, and a new sexual relationship (10%).

Responses to this question have not changed statistically since 2009, which was the only year the question was asked with the same response categories.

In 2010, More than four out of ten said their most recent HIV test was at a private doctor's office (43%). The next most common testing location was a clinic or hospital (both 19%).

Responses to this question have not changed statistically since 2004, which was the only year the question was asked with the same response categories.

Fifteen percent of those tested said their HIV test was a rapid test, where the results are available within a few hours. This proportion has not changed statistically since 2006 (12%).

\*Responses of 'You were tested for some other reason' and 'You were worried that you could give H.I.V. to someone else' were combined into one 'some other reason' category.