



Essex County Community Profile

December 2020

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Purpose of this Profile

This profile is provided by the Division of Alcohol and Drug Abuse Programs (ADAP), the State Epidemiological Outcomes Workgroup (SEOW) and the Research, Epidemiology, and Evaluation Unit of the Vermont Department of Health as a resource to the District Offices and community-based prevention partners.

Purpose of this Profile

This profile includes estimates of substance use/misuse prevalence from State surveys, as well as other data to assist the District Offices and prevention partners to focus on the following priorities for 2021:

- 1) Build, maintain, and strengthen the state, regional and community level infrastructure capacity needed to address substance use and misuse prevention and intervention across Vermont, and
- 2) Prevent and reduce underage drinking, binge drinking, and marijuana use/ misuse among youth and young adults.

Demographics: Sex (all) and Age (youth only)

Source: [2019: American Community Survey 5-Year Estimates](#)

	Essex County		Vermont	
Label	Estimate	Percent	Estimate	Percent
SEX AND AGE				
Total population	6,200	100%	624,313	100%
Male	3,121	50%	308,097	49%
Female	3,079	50%	316,216	51%
Under 5 years	264	4%	29,568	5%
5 to 9 years	301	5%	32,060	5%
10 to 14 years	313	5%	33,496	5%
15 to 19 years	339	6%	42,549	7%
20 to 24 years	250	4%	46,180	7%

Demographics: Race and Ethnicity

Source: [2019: American Community Survey 5-Year Estimates](#)

	Essex County		Vermont	
Label	Estimate	Percent	Estimate	Percent
Race alone or in combination with one or more other races				
Total population	6,200	100%	624,313	100%
White	6,071	98%	599,819	96%
Black or African American	76	1%	12,083	2%
American Indian and Alaska Native	87	1%	7,818	1%
Asian	41	1%	14,503	2%
Native Hawaiian and Other Pacific Islander	0	0%	749	0%
Some other race	18	0%	2,890	1%
HISPANIC OR LATINO				
Total population	6,200	100%	624,313	100%
Hispanic or Latino (of any race)	86	1%	12,038	2%
Not Hispanic or Latino	6,114	99%	612,275	98%

Poverty: All Ages

Source: [Small Area Income and Poverty Estimates \(SAIPE\) 2019](#)

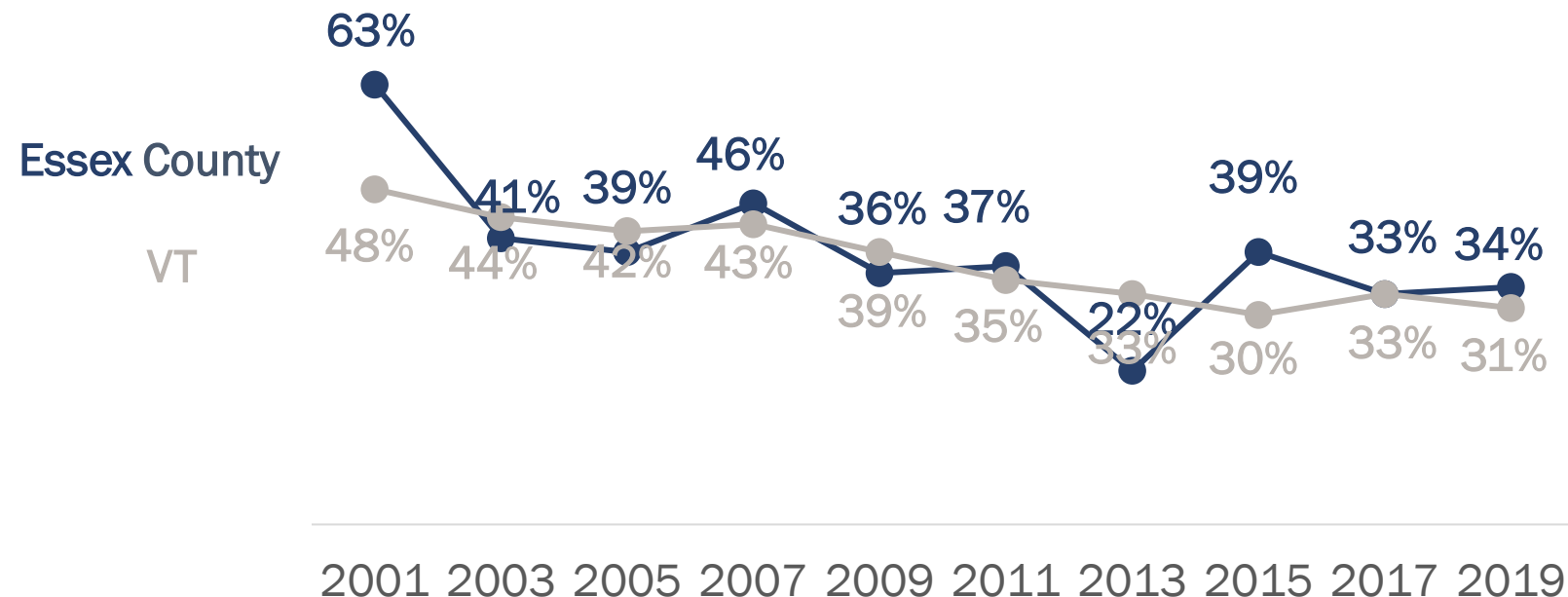
County	# All Ages in Poverty	% All Ages in Poverty	90% Confidence Interval: % All Ages in Poverty LB	90% Confidence Interval: % All Ages in Poverty UB
Addison	2,690	7.9	5.9	9.9
Bennington	3,399	10	7.5	12.5
Caledonia	3,561	12.3	9.5	15.1
Chittenden	16,084	10.5	9.3	11.7
Essex	908	14.8	11	18.6
Franklin	4,699	9.6	7.5	11.7
Grand Isle	581	8.1	5.9	10.3
Lamoille	2,231	9.1	6.8	11.4
Orange	2,652	9.4	7.2	11.6
Orleans	3,333	12.7	9.8	15.6
Rutland	6,033	10.8	8.5	13.1
Washington	4,673	8.4	6.4	10.4
Windham	4,776	11.6	9.4	13.8
Windsor	5,005	9.2	7.3	11.1
Vermont	60,624	10.1%	9.5%	10.7%

Median Household Income

Source: [Small Area Income and Poverty Estimates \(SAIPE\) 2019](#)

County	Median Household Income in Dollars	90% Confidence Interval: Median Household Income in Dollars LB	90% Confidence Interval: Median Household Income in Dollars UB
Addison	\$73,574	\$69,528	\$77,620
Bennington	\$56,948	\$52,284	\$61,612
Caledonia	\$50,942	\$47,076	\$54,808
Chittenden	\$76,483	\$73,447	\$79,519
Essex	\$45,796	\$40,988	\$50,604
Franklin	\$65,056	\$59,047	\$71,065
Grand Isle	\$68,364	\$61,071	\$75,657
Lamoille	\$60,555	\$54,153	\$66,957
Orange	\$59,758	\$55,681	\$63,835
Orleans	\$48,826	\$43,855	\$53,797
Rutland	\$51,903	\$49,484	\$54,322
Washington	\$65,879	\$61,501	\$70,257
Windham	\$52,068	\$47,230	\$56,906
Windsor	\$61,843	\$57,670	\$66,016
Vermont	\$63,293	\$61,699	\$64,887

The percent of adolescents in grades 9-12 who drank any alcohol in the past 30 days was statistically the same in **Essex County** compared to **Vermont** in 2019



Source: [Vermont Youth Risk Behavior Survey \(2001-2019\)](#)

Vermont Department of Health

Prevalence: High School Youth – Alcohol Use

The percent of adolescents in grades 9-12 who binge drank in the past 30 days was statistically worse in **Essex County** compared to **Vermont** in 2019

*Note: question wording changed between 2015 and 2017. Use caution when comparing data pre- and post-change.

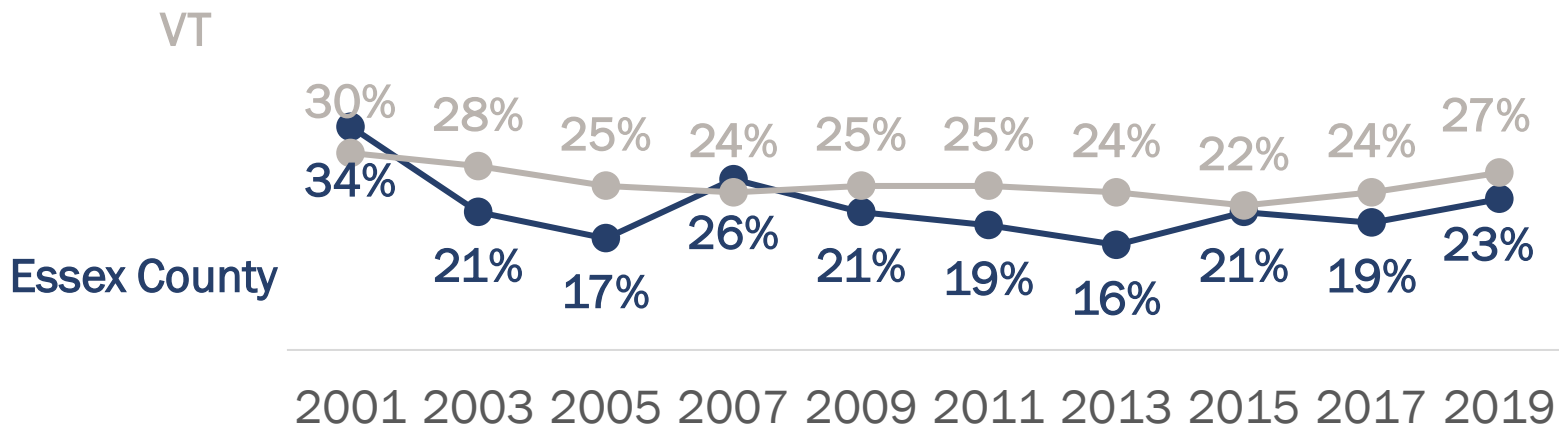


Source: Vermont Youth Risk Behavior Survey (2001-2019)

Vermont Department of Health

Prevalence: High School Youth – Binge Drinking

The percent of adolescents in grades 9-12 who used marijuana in the past 30 days was statistically the same in **Essex County** compared to **Vermont** in 2019



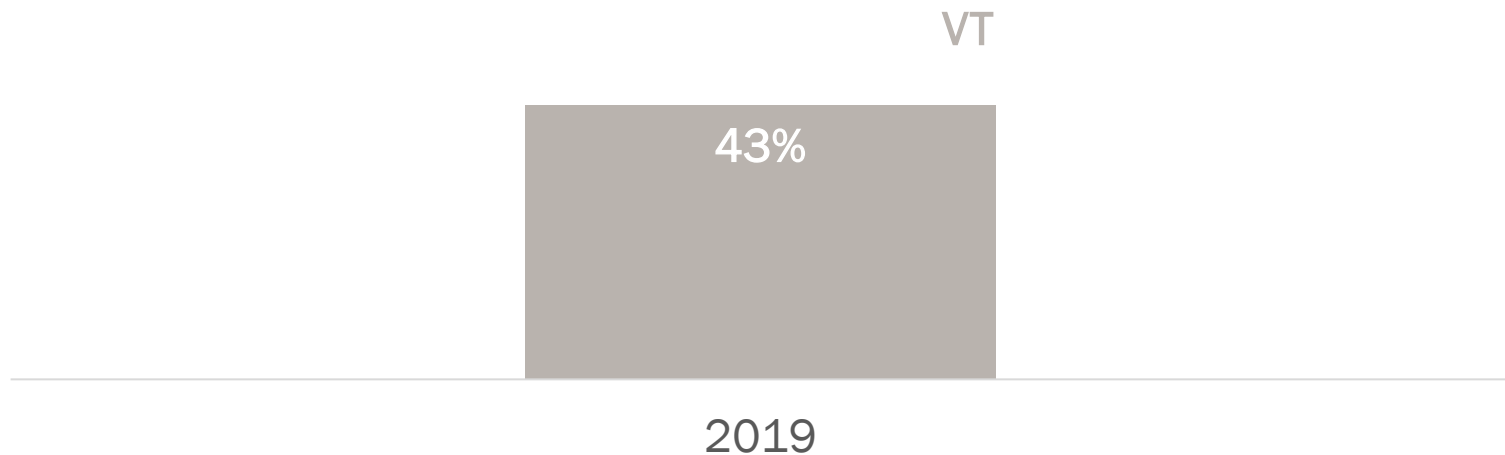
Source: Vermont Youth Risk Behavior Survey (2001-2019)

Vermont Department of Health

Prevalence: High School Youth – Marijuana Use

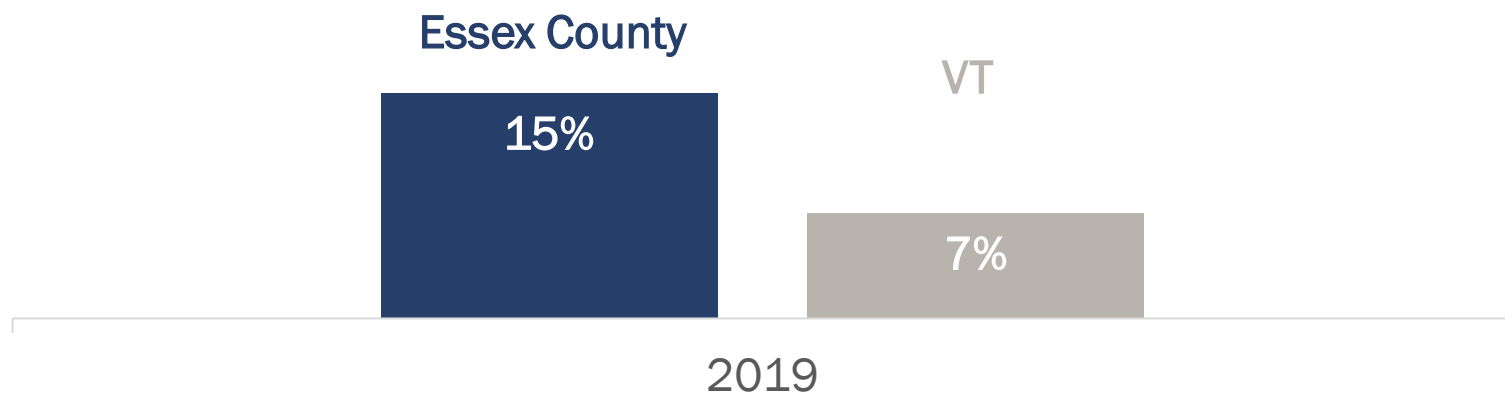
The percent of students in **Essex County** who reported frequent use of marijuana was too few to report in **2019**

Among students in grades 9-12 using marijuana in the past 30 days, 43% of students in Vermont reported frequent use (10+ times)



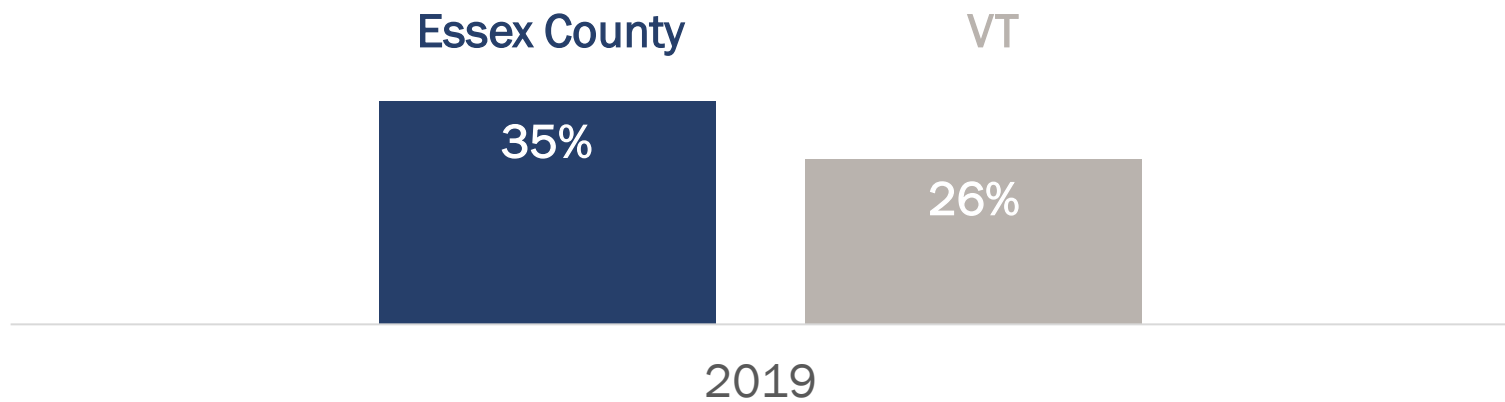
Source: Vermont Youth Risk Behavior Survey (2019)

The percent of adolescents in grades 9-12 who smoked cigarettes in the past 30 days was statistically worse in **Essex County** compared to **Vermont** in 2019



Source: Vermont Youth Risk Behavior Survey (2019)

The percent of adolescents in grades 9-12 who used electronic vapor products (EVPs) in the past 30 days was statistically the same in **Essex County** compared to **Vermont** in 2019



Source: Vermont Youth Risk Behavior Survey (2019)

The percent of adolescents in grades 9-12 who used a prescription drug not prescribed to them was statistically the same between **Essex County** and **Vermont** in 2019

Use in the past 30 days

*Note: question wording changed between 2015 and 2017.
Use caution when comparing data pre- and post-change.



N/A indicates that there were too few responses to report in 2019

Source: Vermont Youth Risk Behavior Survey (2013-2019)

Vermont Department of Health

Prevalence: High School Youth – Prescription Drug Use

Percent of students in grades 6 – 8 reporting substance use

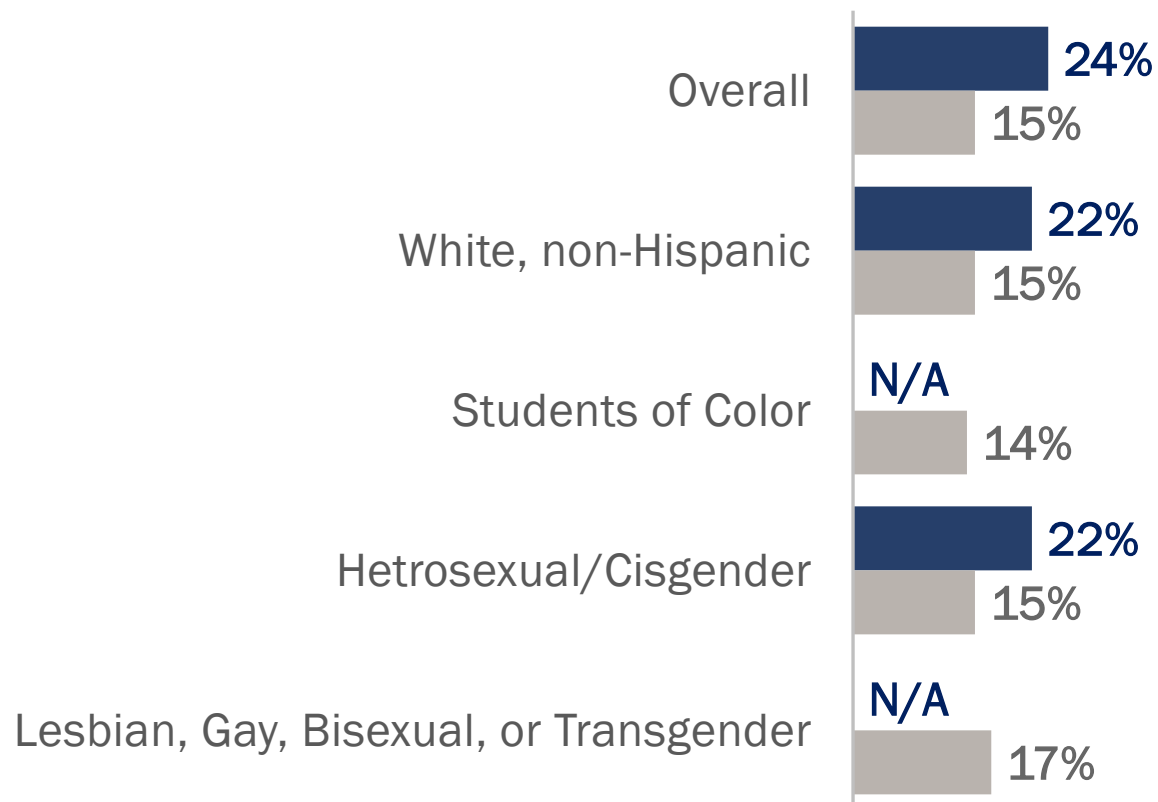
Substance Use	Essex	Vermont	Statistical Comparison
Ever drank alcohol	18%	20%	Same
Drank any alcohol, past 30 days	12%	7%	Worse
Ever used marijuana	8%	7%	Same
Marijuana use, past 30 days	3%	5%	Same
Ever smoked cigarette	12%	7%	Worse
Smoked cigarette, past 30 days	4%	2%	Same
Ever used EVP	23%	16%	Same
EVP use, past 30 days	11%	8%	Same

Source: [Vermont Youth Risk Behavior Survey \(2019\)](#)

Vermont Department of Health

Prevalence: Middle School – Substance Use

Percent of students who binge drank in the past 30 days in **Essex County** and **Vermont**, grades 9-12

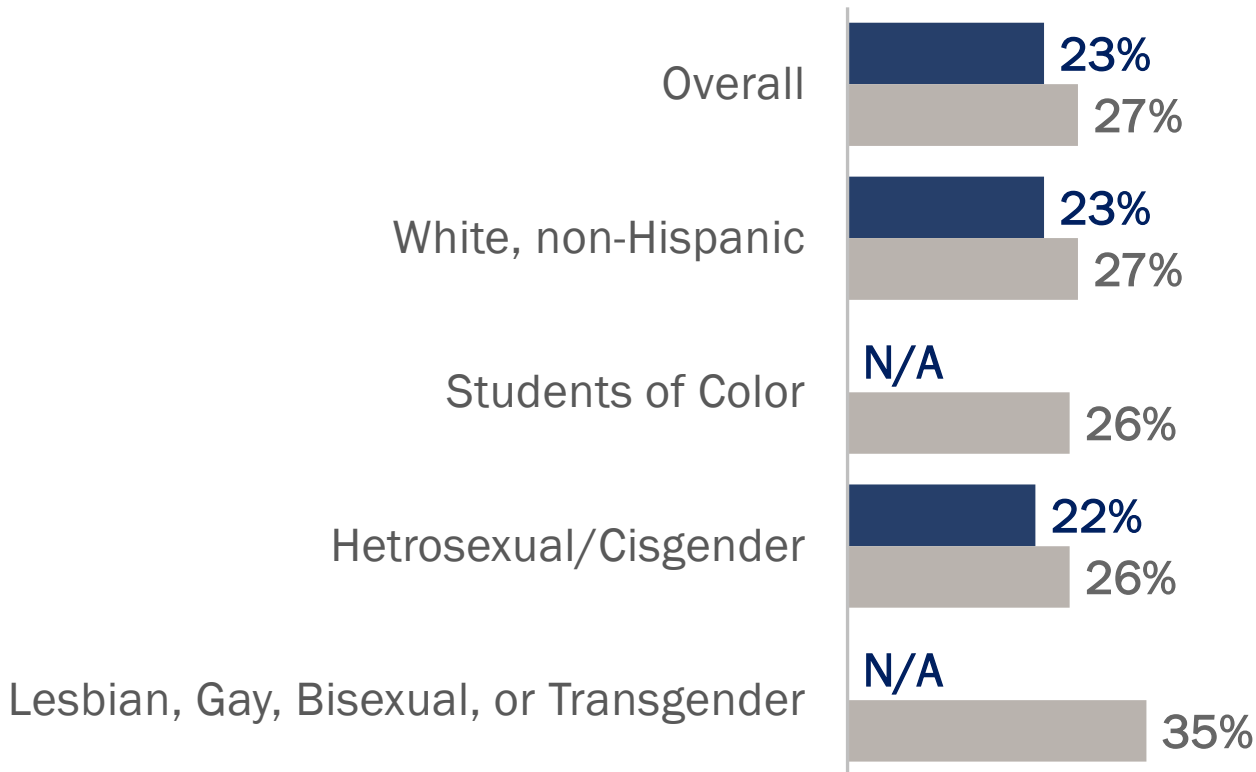


There are no statistical differences within **Essex County**.

N/A indicates that there were too few responses to report in 2019

Source: [Vermont Youth Risk Behavior Survey \(2019\)](#)

Percent of students who used marijuana in the past 30 days in **Essex County** and **Vermont**, grades 9-12

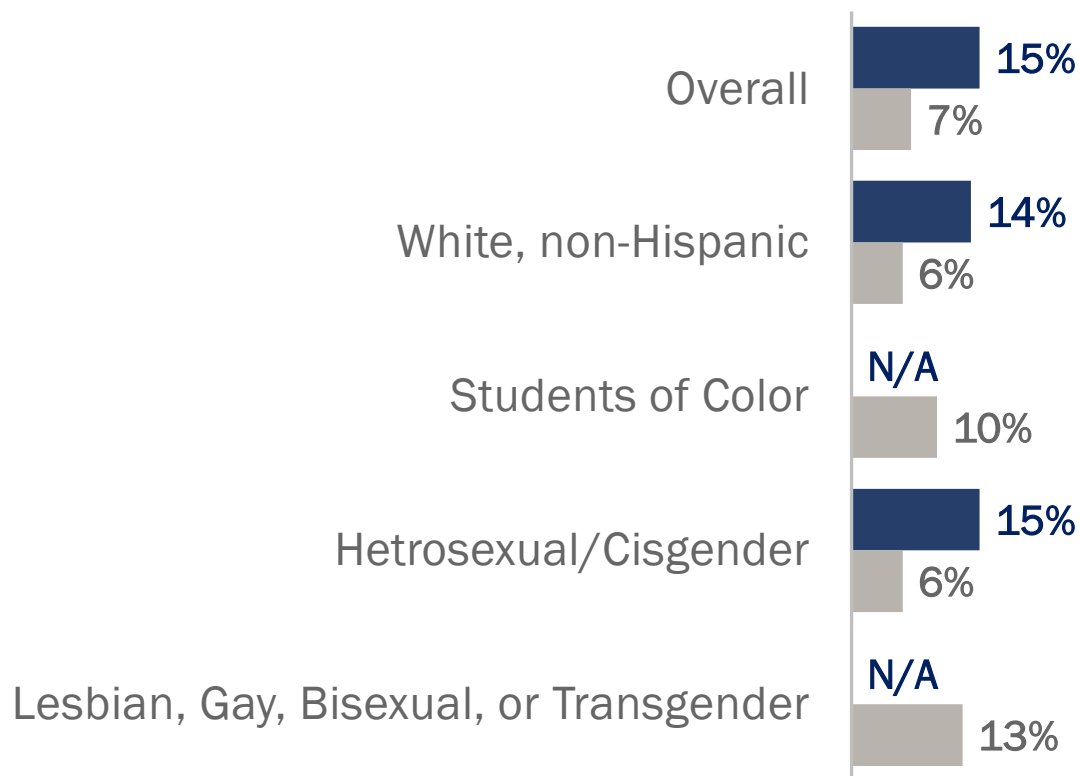


There are no statistical differences within **Essex County**.

N/A indicates that there were too few responses to report in 2019

Source: [Vermont Youth Risk Behavior Survey \(2019\)](#)

Percent of students who smoked cigarettes in the past 30 days in **Essex County** and **Vermont**, grades 9-12

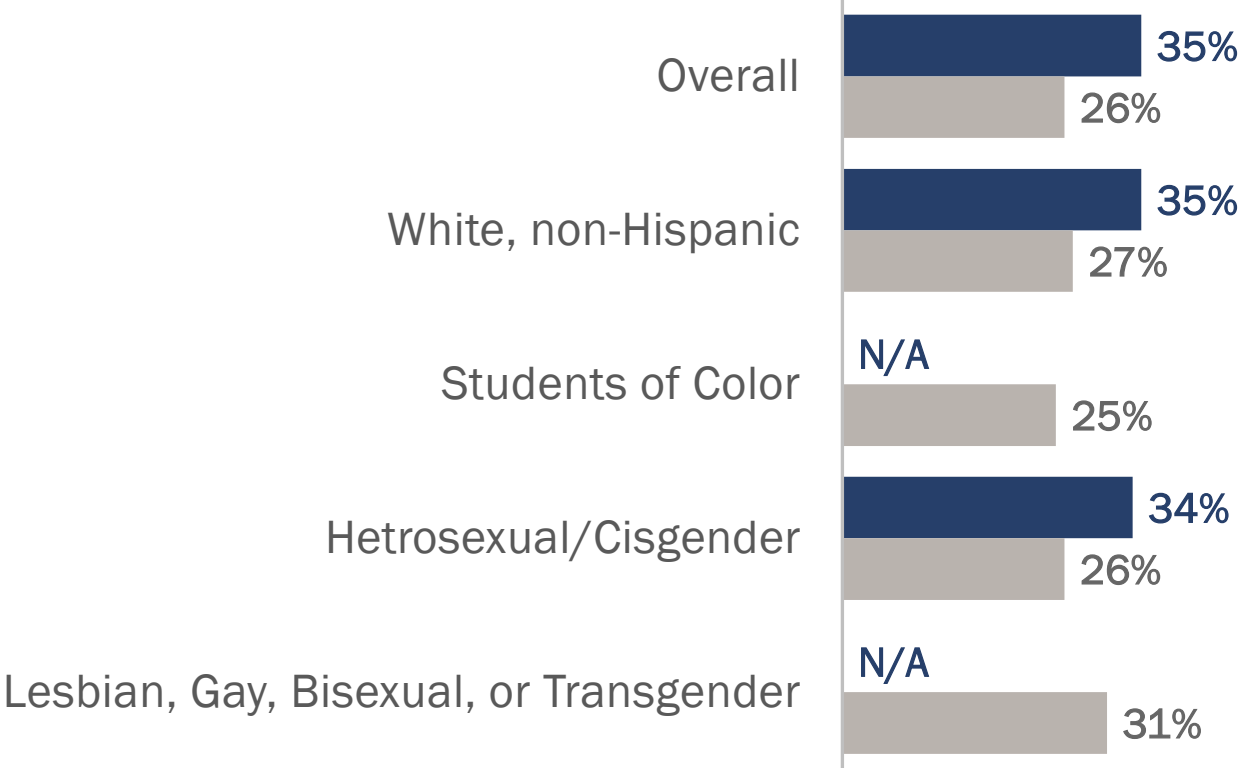


There are no statistical differences within **Essex County**.

N/A indicates that there were too few responses to report in 2019

Source: [Vermont Youth Risk Behavior Survey \(2019\)](#)

Percent of students who used an EVP in the past 30 days in **Essex County** and **Vermont**, grades 9-12

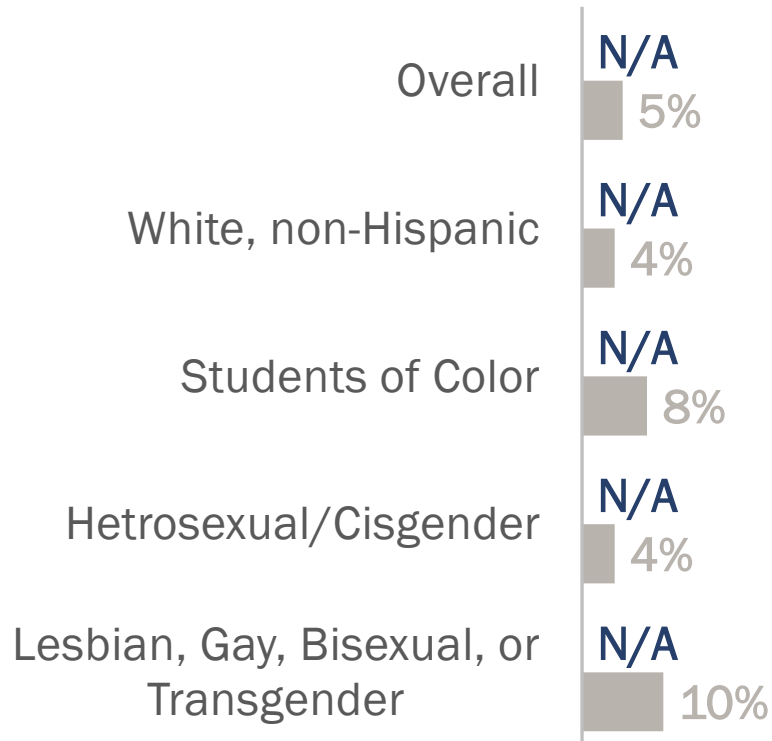


There are no statistical differences within **Essex County**.

N/A indicates that there were too few responses to report in 2019

Source: Vermont Youth Risk Behavior Survey (2019)

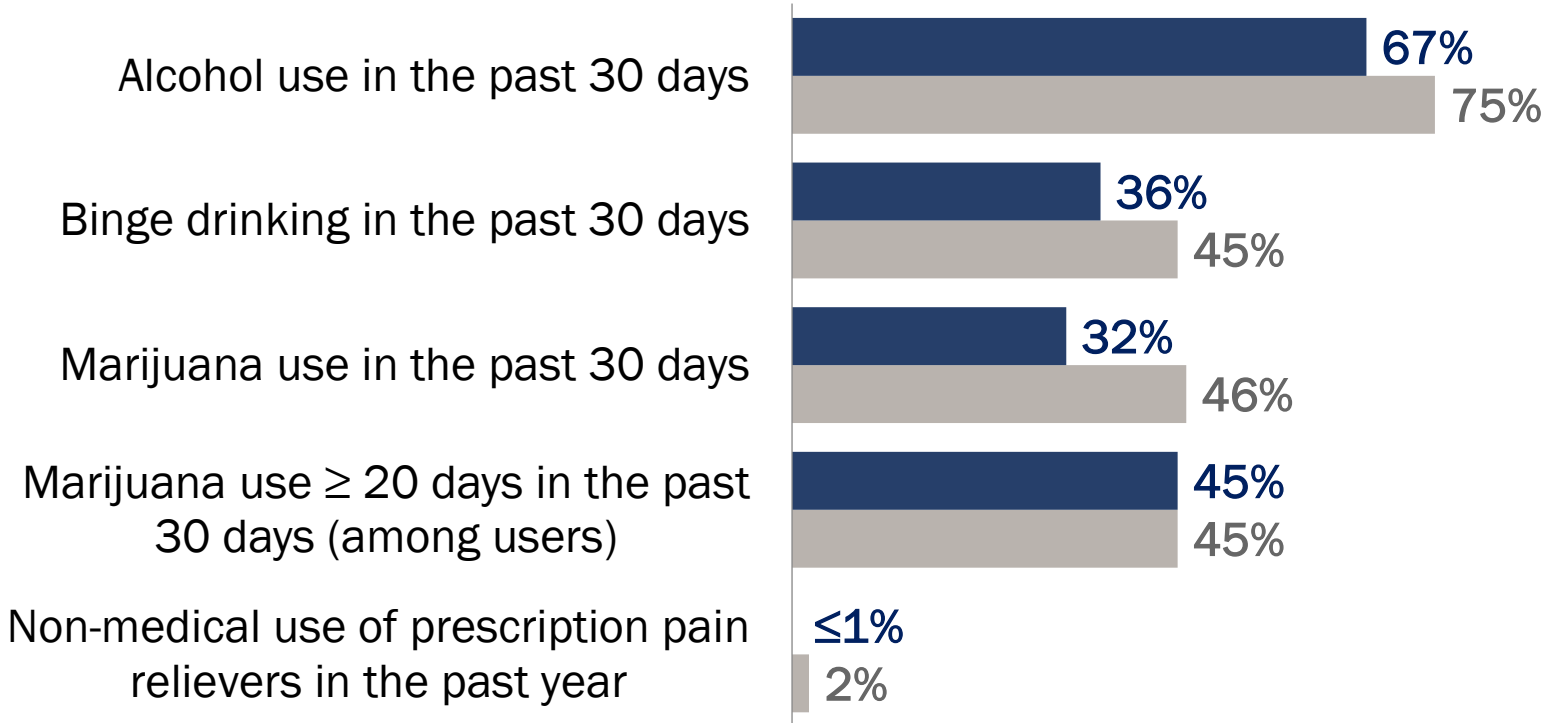
Percent of students who misused a prescription drug in the past 30 days in **Essex County** and **Vermont**, grades 9-12



N/A indicates that there were too few responses to report in 2019

Source: [Vermont Youth Risk Behavior Survey \(2019\)](#)

Prevalence of substance use in young adults aged 18-25 in Essex/Orleans Counties and Vermont

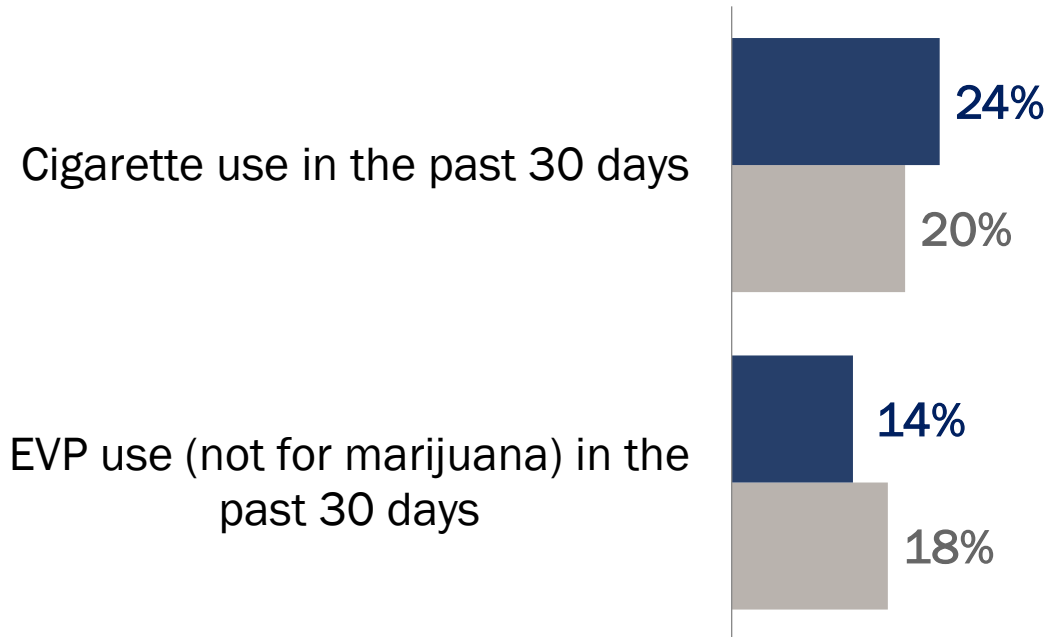


Past 30 day marijuana use in **Essex-Orleans Counties** was statistically better than Vermont overall

Note: Due to a limited sampling population, in order to present data for Essex and Orleans counties the data for these two needed to be combined.

Source: Vermont Young Adult Survey (2020)

Prevalence of substance use in young adults aged 18-25 in Essex/Orleans Counties and Vermont



There are no statistical differences between **Essex/Orleans Counties** and **Vermont** for the above measures.

Note: Due to a limited sampling population, in order to present data for Essex and Orleans counties the data for these two needed to be combined.

Source: [Vermont Young Adult Survey \(2020\)](#)

Percent of students in grades 9 – 12 reporting protective or other factors

Protective or Other Factor	Essex County	Vermont	Statistical Comparison
Felt valued by community	59%	58%	Same
Have at least one adult or teacher in their school they can talk to if they had a problem	81%	78%	Same
Felt sad or hopeless almost every day for at least two weeks in the past year	37%	31%	Same

Source: [Vermont Youth Risk Behavior Survey \(2019\)](#)

Percent of students in grades 9 – 12 reporting risk factors for substance use, alcohol

Risk Factor	Essex County	Vermont	Statistical Comparison
Drank before age 13	23%	13%	Worse
Believe it is easy to get alcohol	75%	67%	Same
Think people greatly risk harming themselves binge drinking	29%	39%	Same
Believe their parents would think it is wrong or very wrong to drink alcohol	55%	69%	Worse
Believe it is wrong or very wrong for people their age to drink alcohol	57%	53%	Same

Source: [Vermont Youth Risk Behavior Survey \(2019\)](#)

Percent of students in grades 9 – 12 reporting risk factors for substance use, marijuana

Risk Factor	Essex County	Vermont	Statistical Comparison
Marijuana use before age 13	10%	6%	Same
Believe it is easy to get marijuana	57%	62%	Same
Think people greatly risk harming themselves smoking marijuana	26%	23%	Same
Believe their parents would think it is wrong or very wrong to use marijuana	67%	75%	Same
Believe it is wrong or very wrong for people their age to use marijuana	60%	51%	Same

Source: [Vermont Youth Risk Behavior Survey \(2019\)](#)

Percent of students in grades 9 – 12 reporting risk factors for substance use, cigarettes and EVPs

Risk Factor	Essex County	Vermont	Statistical Comparison
Cigarette use before age 13	11%	7%	Same
Believe it is easy to get EVPs	79%	73%	Same
Think people greatly risk harming themselves using EVPs	26%	29%	Same
Believe their parents would think it is wrong or very wrong to use EVPs	71%	84%	Worse
Believe it is wrong or very wrong for people their age to use EVPs	53%	56%	Same

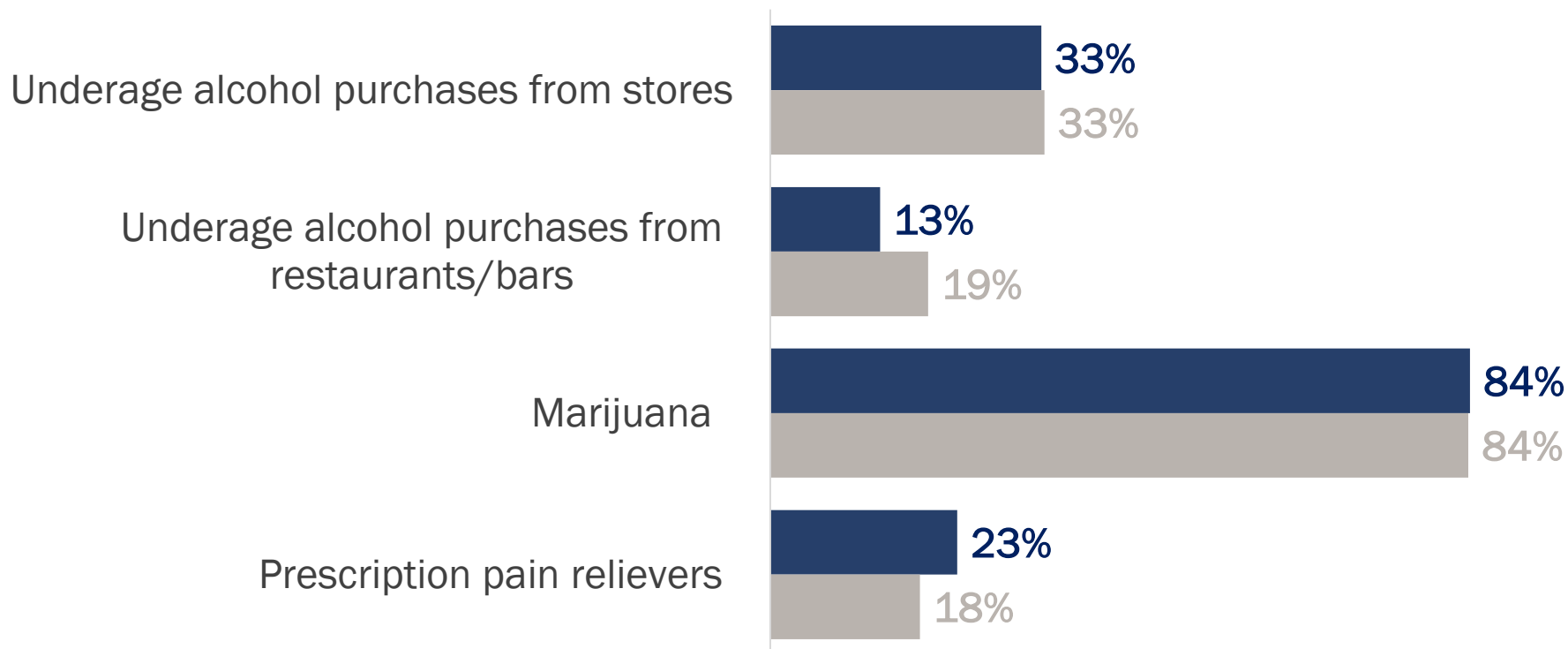
Source: [Vermont Youth Risk Behavior Survey \(2019\)](#)

The percent of high school students and young adults who report driving after using marijuana or alcohol

Behavior	Essex County [^]	Vermont	Statistical Comparison
9 th – 12 th grade students that drove after using marijuana in the past 30 days*	9%	15%	Same
18 – 25-year-olds that drove after using marijuana in the past 30 days**	8%	14%	Same
9 th – 12 th grade students that drove after drinking in the past 30 days*	11%	6%	Same
18 – 25-year-olds that drove after having too much to drink , in the past 30 days**	1%	1%	Same

Sources: *Vermont Youth Risk Behavior Survey (2019) **Vermont Young Adult Survey (2020)
[^]Young Adult Survey Essex and Orleans County data are combined

The percent of young adults perceiving “very easy” or “somewhat easy” to obtain substances in Essex/Orleans Counties and Vermont

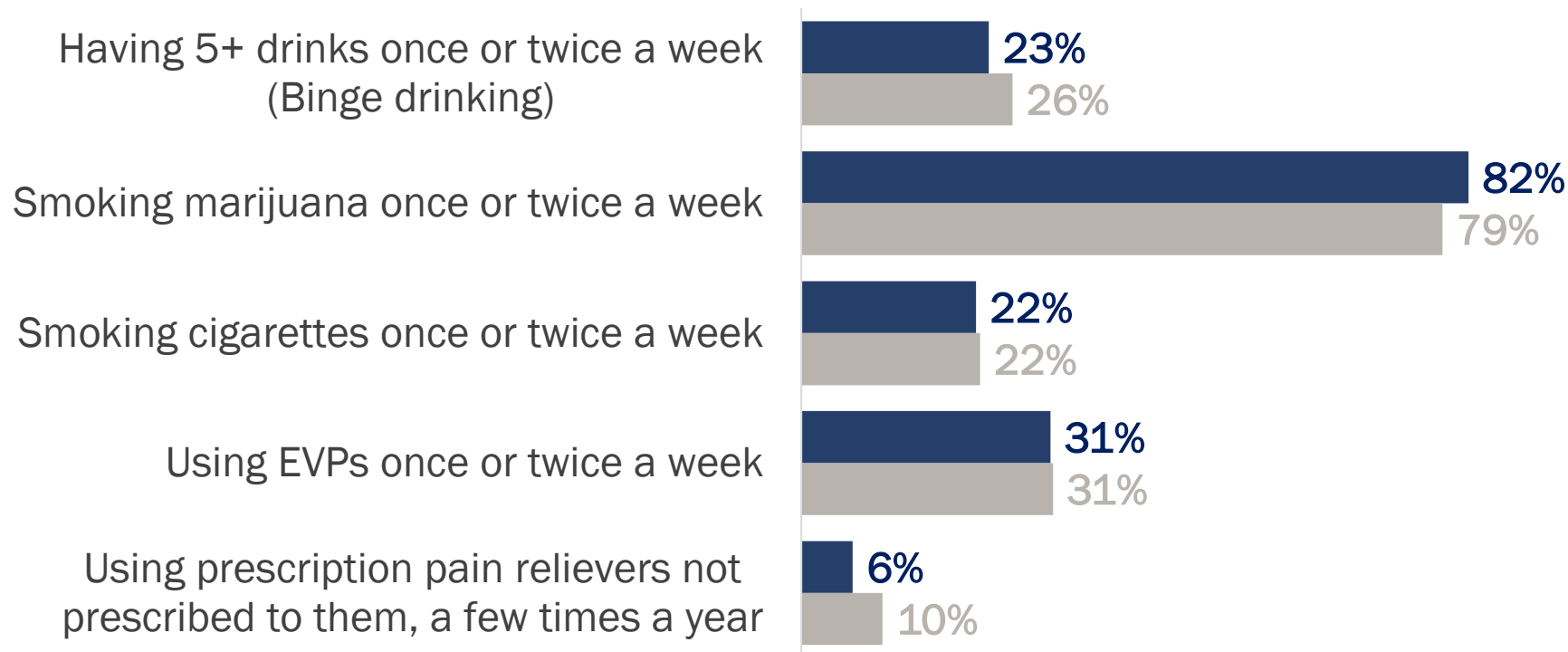


There are no statistical differences between **Essex/Orleans Counties** and **Vermont** for the above measures.

Note: Due to a limited sampling population, in order to present data for Essex and Orleans counties the data for these two needed to be combined in the Vermont Young Adult Survey.

Source: [Vermont Young Adult Survey](#) (2020)

The percent of young adults perceiving “no risk” or “slight risk” in using substances in **Essex/Orleans Counties** and **Vermont**



There are no statistical differences between **Essex/Orleans Counties** and **Vermont** for the above measures.

Note: Due to a limited sampling population, in order to present data for Essex and Orleans counties the data for these two needed to be combined in the Vermont Young Adult Survey.

Source: [Vermont Young Adult Survey \(2020\)](#)

Vermont Prescription Drug Monitoring Program (PDMP)

Vermont's PDMP, known as the **Vermont Prescription Monitoring System (VPMS)**, is a statewide electronic database of controlled substance prescriptions dispensed from Vermont-licensed pharmacies that became operational in January of 2009.

VPMS collects, monitors and analyzes electronically transmitted prescribing and dispensing data submitted by pharmacies and dispensing practitioners. This information is used to support and coordinate clinical care and substance misuse prevention, and to assist in understanding the patterns of controlled substance prescribing and dispensing in Vermont.

Source: [Vermont Prescription Monitoring System](#)

Vermont Prescription Monitoring System (VPMS)

VPMS quarterly reports summarize data for all Schedule II – IV prescriptions that were dispensed by Vermont-licensed pharmacies. The next slide includes data from the VPMS quarterly report covering the period of 07/01/2020 - 09/30/2020. The drug types included are:

- Opioid Analgesic – opioids used to treat pain
- Medication-Assisted Treatment (MAT) Opioids – opioids used to treat opioid use disorder
- Benzodiazepines – sedatives used for anxiety, insomnia and other conditions
- Stimulants - medication used to increase alertness, attention, energy

Source: [VPMS 2020 Quarter 3 Report](#)

Percent of Population Receiving At Least One Prescription in Drug Class, July - September 2020

	OPIOID ANALGESIC	MAT	BENZODIAZEPINE	STIMULANT
ADDISON	3.8%	0.9%	3.4%	2.3%
BENNINGTON	4.8%	1.8%	4.9%	3.5%
CALEDONIA	4.0%	0.7%	3.5%	2.9%
CHITTENDEN	3.3%	0.9%	4.0%	2.9%
ESSEX	2.9%	0.3%	2.4%	1.5%
FRANKLIN	4.8%	1.9%	3.4%	2.0%
GRAND ISLE	5.1%	1.3%	3.6%	2.3%
LAMOILLE	4.2%	1.3%	3.9%	2.5%
ORANGE	3.1%	1.1%	3.3%	1.9%
ORLEANS	5.5%	1.0%	4.9%	3.5%
RUTLAND	5.1%	1.6%	4.5%	2.6%
WASHINGTON	4.2%	0.8%	4.7%	3.0%
WINDHAM	4.4%	0.8%	4.9%	4.0%
WINDSOR	2.9%	0.9%	3.0%	1.7%
Vermont	4.0%	1.1%	4.0%	2.7%

Morphine Milligram Equivalents (MME) to measure opioid prescriptions

Using Morphine Milligram Equivalents (MME) allows for comparison between types and strengths of opioids.

MME is a way to express the strength of an opioid analgesic prescription as though the prescription were converted to morphine.

For instance, the following medications each provide 50 MME/day:

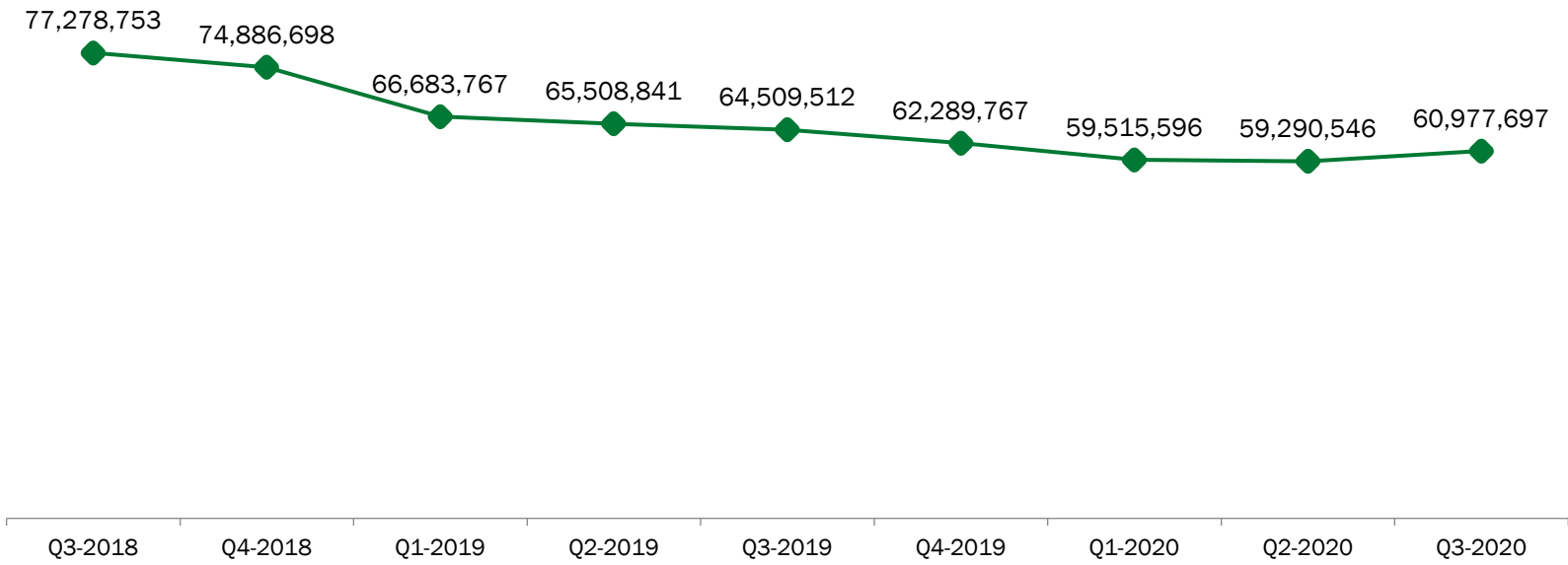
- 10 tablets of hydrocodone/acetaminophen 5/300
- 2 tablets of oxycodone sustained-release 15 mg
- <3 tablets of methadone 5 mg

Source: [VPMS 2020 Quarter 3 Report](#)

The total amount of opioids dispensed has decreased over time

Vermont Total MME Dispensed by Quarter

Since Quarter 1 of 2016, the Vermont total MME has decreased by over 44%

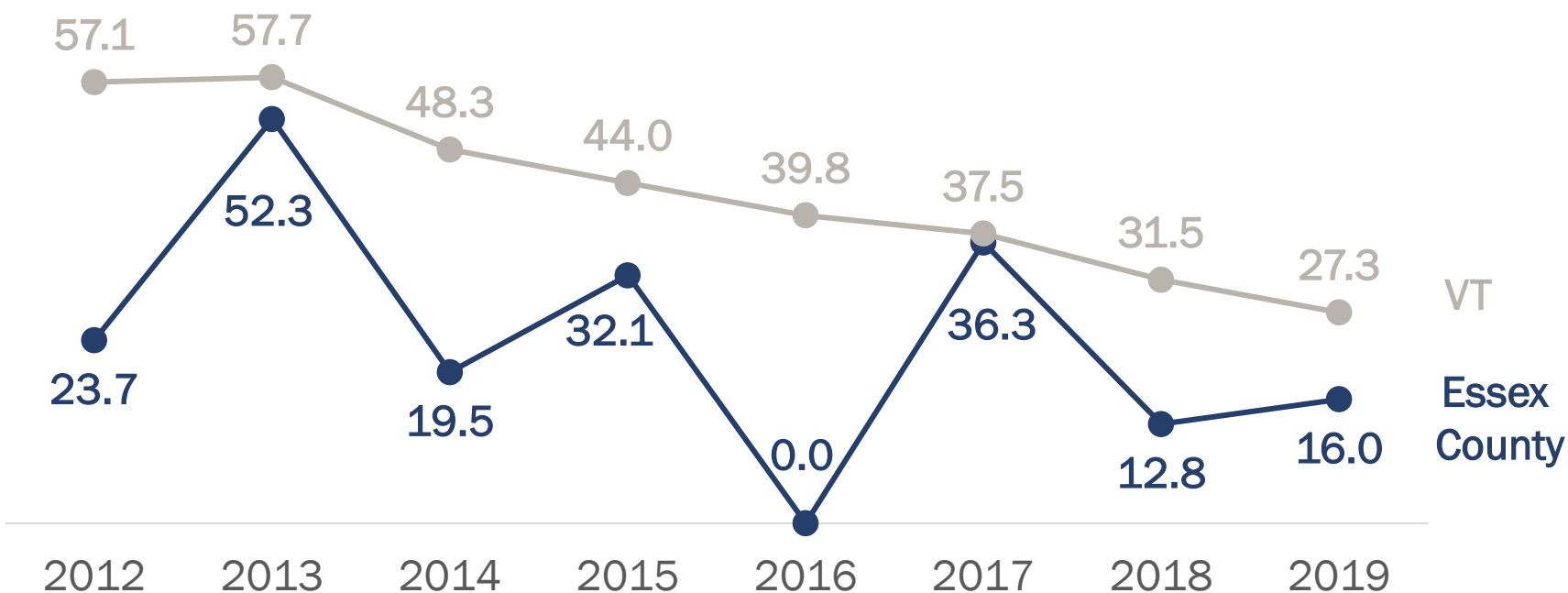


Q1: January-March Q2: April-June Q3: July-September Q4: October-December

The rate of Youth Substance Abuse Safety Program alcohol citations for youth age 16-20

per 1,000 VT youth, by fiscal year

(using the annual Vermont population estimate data for ages 16-20)



Source: Youth Substance Abuse Safety Program (2012-2019)

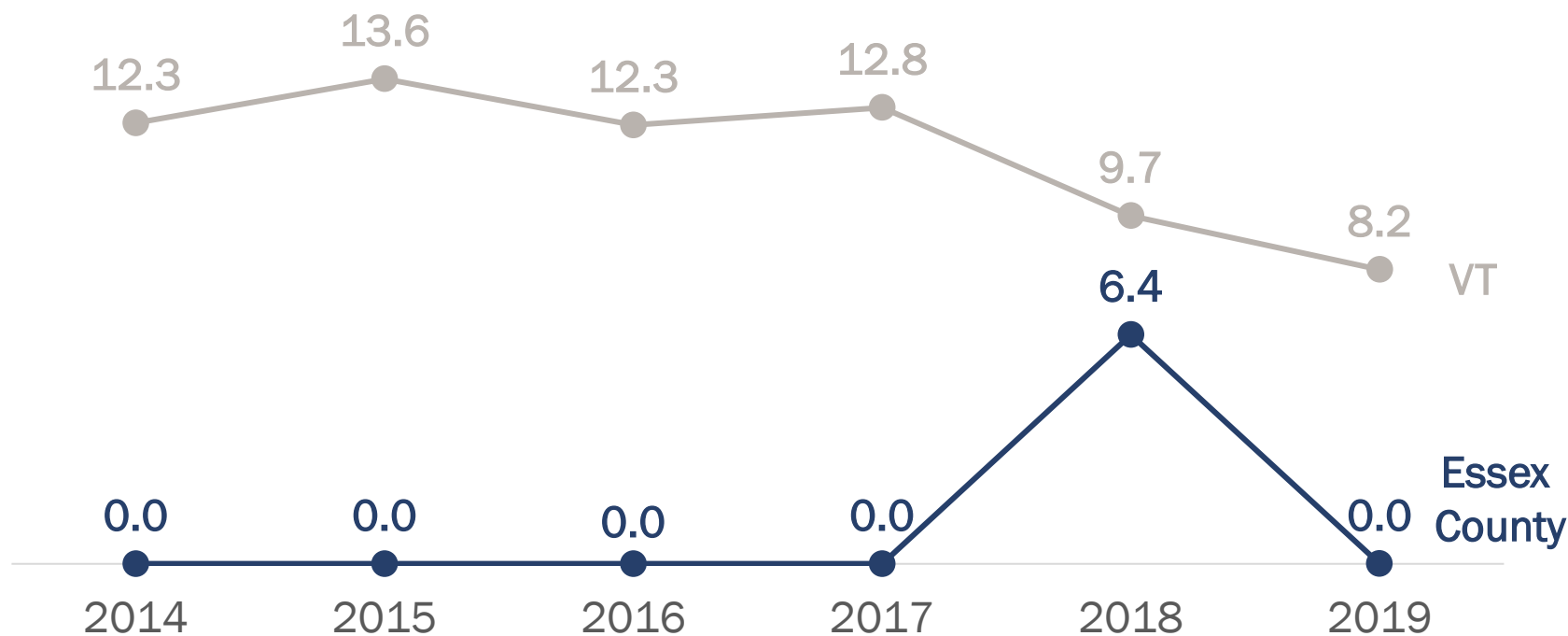
Vermont Department of Health

Consequence

The rate of Youth Substance Abuse Safety Program marijuana citations for youth age 16-20

per 1,000 VT youth, by fiscal year

(using the annual Vermont population estimate data for ages 16-20)



Source: Youth Substance Abuse Safety Program (2014-2019)

Impaired Driver Crashes - 2019

Impaired Driver Crashes by County & Crash Type: 2019				
County	Fatal Crashes	Injury Crashes	Property Damage Only Crashes	Total by County
Addison	2	9	17	28
Bennington	0	25	22	47
Caledonia	2	3	12	17
Chittenden	4	39	84	127
Essex	1	0	2	3
Franklin	3	10	19	32
Grand Isle	0	4	5	9
Lamoille	2	10	14	26
Orange	1	9	7	17
Orleans	3	7	6	16
Rutland	1	12	15	28
Washington	0	16	20	36
Windham	2	14	20	36
Windsor	2	26	18	46
Total by Crash Type	23	184	261	468

Division of Liquor Control Compliance Checks

Number of checks of 1st and 2nd Class Licensees Jan 2019 – Oct 2020

Source: [Division of Liquor Control](#) projectRABIT

County	Checked	Passed	Percent Passed
Addison	17	2	89%
Bennington	71	60	85%
Caledonia	68	56	82%
Chittenden	287	251	87%
Essex	8	7	88%
Franklin	99	77	78%
Grand Isle	26	19	73%
Lamoille	39	32	82%
Orange	26	36	72%
Orleans	103	89	86%
Rutland	224	192	86%
Washington	133	102	77%
Windham	102	74	73%
Windsor	121	103	85%
Vermont	1630	1336	82%

School-Based Substance Abuse Service Grants in Supervisory Unions funded for Fiscal Year 2021

Addison Northwest SU

Champlain Valley SD

Franklin Northeast SU

Lamoille South SU

Maple Run Unified SD

Mount Mansfield Unified Union SD

Slate Valley Unified Modified SD

Southwest Vermont SU

Springfield SD

Two Rivers SU

Windham Central SU

Windham Northeast SU

Windham Southeast SU

Windham Southwest SU

Windsor Central SU

The purpose of these grants is to provide and enhance substance abuse prevention and early intervention services in Vermont schools, leading to reductions in students' alcohol and other drug use.

See the **[Alcohol and Drug Abuse Prevention Dashboard](#)** for information on the percent of students screened and referred to treatment.

Conclusion and Contacts

- These data are presented to assist the District Offices and community partners in all types of planning, needs assessment, community outreach, and prevention work surrounding alcohol use, binge drinking, marijuana use, and prescription drug misuse.

- **Contact information**

Amanda Jones
Public Health Analyst
Health Surveillance
Amanda.Jones@vermont.gov

Chelsea Carman
Chair, State Epidemiological
Outcomes Workgroup
Chelsea.Carman@vermont.gov