

Vermont Diabetes Prevention and Control Program Goal Tracker August, 2019

Diabetes Program Goals

A comprehensive statewide surveillance system will monitor Vermonters with diabetes to:

1. Identify trends in treatment and health outcomes;
2. Ensure that Vermonters with diabetes adhere to recommended standards of care, and
3. Ensure that Vermonters with diabetes engage in appropriate diabetes self-management with support from their families and caregivers

1. Diabetes Care from Health Care Professionals

	Baseline (2010)	Current (2016) (2015)	Goal (2020)
Increase the percentage of Vermont adults with diabetes who have at least two A1Cs performed in the past 12 months ¹	78%	75% (2015)	80%
Increase the percentage of Vermont adults with diabetes who have their feet examined by a health care professional at least one time in the past 12 months ¹	82%	81% (2015)	85%
Increase the percentage of Vermont adults with diabetes who have had at least one dilated eye examination in the past 12 months ^{1^HV}	51%	67% (2015)	70%*
Increase the percentage of Vermont adults with diabetes who have been properly vaccinated (seasonal flu vaccine and ever been vaccinated for pneumonia) ^{1□}	58%	46%	70%
Increase the percentage of Vermont adults with diabetes who have controlled blood pressure	n/a	n/a	-
Decrease the percentage of Vermont adults with diabetes who have A1Cs greater than 9%	n/a	n/a	-

Notes: n/a = data not yet available

[^] Data are age-adjusted to the US 2000 standard population

^{HV} Healthy Vermonters 2020 Measures

* Healthy Vermonters goal of 60% was exceeded, a new goal was therefore set.

□ Individual vaccination rates can be found at:

http://healthvermont.gov/research/chronic/documents/1305_data_pages.pdf (p. 25).

2. Diabetes Self-Management

	Baseline (2010)	Current (2016) (2015)	Goal (2020)
Increase the percentage of Vermont adults with diabetes who have taken a diabetes education class in their lifetime ^{1^HV}	51%	46% (2015)	60%
Increase the percentage of Vermont adults with diabetes who self-monitor their blood glucose at least three times a week ¹	70%	69% (2015)	75%
Increase the percentage of Vermont adults with diabetes who say their general health is "good" or better ¹	61%	61%	70%
Increase the number of Vermonters with diabetes who took a Healthier Living Workshop for diabetes (HLW-D) ²	0 (2012)	115 (2015)	200
Increase the percentage of Vermont adults with diabetes who meet aerobic physical activity guidelines ^{1^A}	50% (2011)	48% (2015)	60%
Increase the percentage of adult Vermonters with diabetes who consume two or more fruits a day ^{1^A}	44% (2011)	23% (2015)	50%
Increase the percentage of adult Vermonters with diabetes who consume three or more vegetables a day ^{1^A}	9% (2011)	13% (2015)	20%

3. Health Outcomes

	Baseline (2010)	Current (2015)	Goal (2020)
Decrease the hospitalization rate for any mention of diabetes (rate per 10,000 Vermonters) ³	159.9	174.5	152.1
Decrease the rate of any mention of diabetes as a cause for an ED visit (rate per 10,000 Vermonters) ³	201.2	213.4	197.4
Decrease hospitalizations for cardiovascular disease among Vermonters with diabetes (rate per 10,000) ³	27.2	25.4	24.3
Decrease the number of encounters for lower extremity amputations among Vermonters with diabetes ³	84	185	80
Decrease the percentage of Vermont births to women with gestational diabetes ⁴	4.6%	3.7%	3.0%
Decrease the death rate due to diabetes (rate per 100,000 Vermonters) ⁴	24.3	25.4	20.0

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Data Sources:

1. **Vermont Behavioral Risk Factor Surveillance System (BRFSS) 2010, 2011, & 2015 Data**
The BRFSS survey methodology changed in 2011. As a result, use caution when comparing data from before 2011 and 2011 onward.
 2. **Greater Burlington YMCA, 2012 & 2014**
 3. **Vermont Uniform Hospital Discharge Data Set (VUHDDS 2010 & 2014)**
In 2009, the New Hampshire Department of Health and Human Services (DHHS), in partnership with the Department of Information Technology (DoIT), changed the process used to create their hospital discharge data set. This change may contribute to differences in New Hampshire data provided to Vermont and subsequently any Vermont VUHDDS data reported after 2009.
 4. **Vermont Vital Statistics 2010, 2012, & 2014**
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