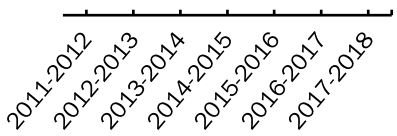
VERMONT
DEPARTMENT OF HEALTH

St. Albans District Profile – Adult Health

March 2020

Health Status Indicators	VT 2018	District Trend	Most Recent District %^	Estimated # of Adults in District**
Have Personal Health Care Provider	86%		88%	36,000
Have Health Insurance, Ages 18-64	92%		92%	30,000
General Health Status is Fair or Poor	14%		17%	7,000
Poor Mental Health	12%		15%	6,000
Poor Physical Health	12%		12%	5,000
Did Not Visit Doctor Due to Cost	8%		10%	4,000
Preventative Behaviors and Health Screening				
Cholesterol Screened, in Last Five Years*^	83%		83%	31,000
Routine Doctor Visit, in Last Year	76%		75%	30,000
Dental Visit in Last Year*^	73%		72%	28,000
Met Physical Activity Recommendations*^	60%		55%	19,000
Ever Tested for HIV	38%		34%	12,000
2+ Daily Fruit Servings*^	32%		33%	12,000
Cervical Cancer Screening, Women 21-65*^	86%		87%	11,000
Colorectal Cancer Screening, Ages 50-75*^	71%		72%	11,000
Met Strength Building Recommendations^	31%		25%	9,000
Any Teeth Extracted, Ages 45-64^	48%		54%	8,000
Pneumococcal Vaccine, Ever, Ages 65+	75%		80%	6,000
Breast Cancer Screening, Women 50-74*^	77%		73%	6,000
5+ Daily Fruit & Vegetable Servings*^	20%		17%	6,000
3+ Daily Vegetable Servings*^	20%		17%	6,000
Feel Community is Not Safe for Walking^	9%		12%	5,000
Flu Shot in the Last Year, Ages 65+	54%		58%	4,000



■ Statistically different from Vermont ♦ No Change ● Measure moving in right direction ● Measure moving in wrong direction

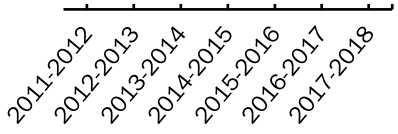
*Percent is age-adjusted to the U.S. 2000 population.

**Estimated counts are rounded to the nearest thousand and not age-adjusted.

^ Measures with data years other than 2017-2018. See District Profile – Methodology for details.

St. Albans District Profile – Adult Health

Risk Behaviors	VT 2018	District Trend	Most Recent District %^	Estimated # of Adults in District**
No Leisure Time Physical Activity*	18%		26%	11,000
Binge Drinking	17%		18%	7,000
Cigarette Smoking*	15%		17%	7,000
Made Quit Attempt in Last Year*	57%		66%	4,000
Adverse Childhood Experiences, Four or More^	14%		13%	6,000
Marijuana Use	17%		14%	5,000
Heavy Drinking	8%		8%	3,000
Prescription Drug Misuse, Ever^	8%		8%	3,000
E-Cigarette Use^	3%		3%	1,000
Smokeless Tobacco Use	3%		2%	1,000
Disease Prevalence				
Obese, Ages 20+*	29%		38%	14,000
Arthritis	28%		32%	13,000
Overweight, Ages 20+*	33%		31%	12,000
Hypertension*^	25%		28%	12,000
High Cholesterol^	28%		29%	10,000
Depressive Disorder	21%		21%	9,000
Asthma, Current Diagnosis	12%		14%	6,000
Diabetes	9%		9%	4,000
Falls in Last Year, Ages 65+^	33%		35%	3,000
Non-Skin Cancer Diagnosis	8%		8%	3,000
Cardiovascular Disease	8%		7%	3,000
Skin Cancer Diagnosis	7%		7%	3,000
Chronic Obstructive Pulmonary Disease	6%		7%	3,000
Select Demographics				
Any Disability	24%		27%	11,000
Ages 65+	24%		20%	8,000
LGBT^	9%		6%	2,000



Data points in the trend line are aggregated with two years of data.

For more information on methodology, and data years for specific measures, see District Profile – Methodology.

For more information about Vermont towns in St. Albans Health District, please visit www.healthvermont.gov/local/st-albans.