# White River Junction District Profile – Adult Health

## March 2020

### Health Status Indicators

<table>
<thead>
<tr>
<th>Indicator</th>
<th>VT 2018</th>
<th>District Trend</th>
<th>Most Recent District %</th>
<th>Estimated # of Adults in District **</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have Personal Health Care Provider</td>
<td>86%</td>
<td></td>
<td>86%</td>
<td>29,000</td>
</tr>
<tr>
<td>Have Health Insurance, Ages 18-64</td>
<td>92%</td>
<td></td>
<td>89%</td>
<td>22,000</td>
</tr>
<tr>
<td>General Health Status is Fair or Poor</td>
<td>14%</td>
<td></td>
<td>12%</td>
<td>4,000</td>
</tr>
<tr>
<td>Poor Physical Health</td>
<td>12%</td>
<td></td>
<td>11%</td>
<td>4,000</td>
</tr>
<tr>
<td>Poor Mental Health</td>
<td>12%</td>
<td></td>
<td>11%</td>
<td>4,000</td>
</tr>
<tr>
<td>Did Not Visit Doctor Due to Cost</td>
<td>8%</td>
<td></td>
<td>9%</td>
<td>3,000</td>
</tr>
</tbody>
</table>

### Preventative Behaviors and Health Screening

<table>
<thead>
<tr>
<th>Behavior</th>
<th>VT 2018</th>
<th>District Trend</th>
<th>Most Recent District %</th>
<th>Estimated # of Adults in District **</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine Doctor Visit, in Last Year</td>
<td>76%</td>
<td></td>
<td>78%</td>
<td>26,000</td>
</tr>
<tr>
<td>Cholesterol Screened, in Last Five Years**</td>
<td>83%</td>
<td></td>
<td>77%</td>
<td>25,000</td>
</tr>
<tr>
<td>Dental Visit in Last Year**</td>
<td>73%</td>
<td></td>
<td>66%</td>
<td>21,000</td>
</tr>
<tr>
<td>Met Physical Activity Recommendations**</td>
<td>60%</td>
<td></td>
<td>61%</td>
<td>18,000</td>
</tr>
<tr>
<td>Ever Tested for HIV</td>
<td>38%</td>
<td></td>
<td>39%</td>
<td>12,000</td>
</tr>
<tr>
<td>Colorectal Cancer Screening, Ages 50-75**</td>
<td>71%</td>
<td></td>
<td>75%</td>
<td>11,000</td>
</tr>
<tr>
<td>Cervical Cancer Screening, Women 21-65**</td>
<td>86%</td>
<td></td>
<td>91%</td>
<td>10,000</td>
</tr>
<tr>
<td>2+ Daily Fruit Servings**</td>
<td>32%</td>
<td></td>
<td>34%</td>
<td>10,000</td>
</tr>
<tr>
<td>Met Strength Building Recommendations^</td>
<td>31%</td>
<td></td>
<td>31%</td>
<td>9,000</td>
</tr>
<tr>
<td>Pneumococcal Vaccine, Ever, Ages 65+</td>
<td>75%</td>
<td></td>
<td>81%</td>
<td>6,000</td>
</tr>
<tr>
<td>Breast Cancer Screening, Women 50-74**</td>
<td>77%</td>
<td></td>
<td>73%</td>
<td>6,000</td>
</tr>
<tr>
<td>Any Teeth Extracted, Ages 45-64^</td>
<td>48%</td>
<td></td>
<td>48%</td>
<td>6,000</td>
</tr>
<tr>
<td>5+ Daily Fruit &amp; Vegetable Servings**^</td>
<td>20%</td>
<td></td>
<td>23%</td>
<td>6,000</td>
</tr>
<tr>
<td>3+ Daily Vegetable Servings^</td>
<td>20%</td>
<td></td>
<td>22%</td>
<td>6,000</td>
</tr>
<tr>
<td>Flu Shot in the Last Year, Ages 65+</td>
<td>54%</td>
<td></td>
<td>59%</td>
<td>5,000</td>
</tr>
<tr>
<td>Feel Community is Not Safe for Walking^</td>
<td>9%</td>
<td></td>
<td>4%</td>
<td>1,000</td>
</tr>
</tbody>
</table>

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*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.

N/A = Value suppressed because sample size is too small or relative standard error (RSE) is >30.
## White River Junction District Profile – Adult Health

### Risk Behaviors

<table>
<thead>
<tr>
<th>Risk Behaviors</th>
<th>VT 2018</th>
<th>District Trend</th>
<th>Most Recent District %</th>
<th>Estimated # of Adults in District **</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Leisure Time Physical Activity*</td>
<td>18%</td>
<td></td>
<td>21%</td>
<td>7,000</td>
</tr>
<tr>
<td>Binge Drinking</td>
<td>17%</td>
<td></td>
<td>18%</td>
<td>6,000</td>
</tr>
<tr>
<td>Marijuana Use</td>
<td>17%</td>
<td></td>
<td>16%</td>
<td>5,000</td>
</tr>
<tr>
<td>Cigarette Smoking*</td>
<td>15%</td>
<td></td>
<td>15%</td>
<td>5,000</td>
</tr>
<tr>
<td>Made Quit Attempt in Last Year*</td>
<td>57%</td>
<td></td>
<td>65%</td>
<td>3,000</td>
</tr>
<tr>
<td>Adverse Childhood Experiences, Four or More^</td>
<td>14%</td>
<td></td>
<td>14%</td>
<td>5,000</td>
</tr>
<tr>
<td>Heavy Drinking</td>
<td>8%</td>
<td></td>
<td>9%</td>
<td>3,000</td>
</tr>
<tr>
<td>Prescription Drug Misuse, Ever^</td>
<td>8%</td>
<td></td>
<td>7%</td>
<td>2,000</td>
</tr>
<tr>
<td>Smokeless Tobacco Use</td>
<td>3%</td>
<td></td>
<td>3%</td>
<td>1,000</td>
</tr>
<tr>
<td>E-Cigarette Use^</td>
<td>3%</td>
<td></td>
<td>3%</td>
<td>'16-'17: N/A</td>
</tr>
</tbody>
</table>

### Disease Prevalence

<table>
<thead>
<tr>
<th>Disease</th>
<th>VT 2018</th>
<th>District Trend</th>
<th>Most Recent District %</th>
<th>Estimated # of Adults in District **</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Cholesterol^</td>
<td>28%</td>
<td></td>
<td>35%</td>
<td>10,000</td>
</tr>
<tr>
<td>Arthritis</td>
<td>28%</td>
<td></td>
<td>31%</td>
<td>10,000</td>
</tr>
<tr>
<td>Overweight, Ages 20+**</td>
<td>33%</td>
<td></td>
<td>30%</td>
<td>10,000</td>
</tr>
<tr>
<td>Hypertension^</td>
<td>25%</td>
<td></td>
<td>23%</td>
<td>10,000</td>
</tr>
<tr>
<td>Obese, Ages 20+*</td>
<td>29%</td>
<td></td>
<td>25%</td>
<td>8,000</td>
</tr>
<tr>
<td>Depressive Disorder</td>
<td>21%</td>
<td></td>
<td>21%</td>
<td>7,000</td>
</tr>
<tr>
<td>Asthma, Current Diagnosis</td>
<td>12%</td>
<td></td>
<td>12%</td>
<td>4,000</td>
</tr>
<tr>
<td>Falls in Last Year, Ages 65+^</td>
<td>33%</td>
<td></td>
<td>33%</td>
<td>3,000</td>
</tr>
<tr>
<td>Non-Skin Cancer Diagnosis</td>
<td>8%</td>
<td></td>
<td>9%</td>
<td>3,000</td>
</tr>
<tr>
<td>Diabetes</td>
<td>9%</td>
<td></td>
<td>8%</td>
<td>3,000</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>8%</td>
<td></td>
<td>8%</td>
<td>3,000</td>
</tr>
<tr>
<td>Skin Cancer Diagnosis</td>
<td>7%</td>
<td></td>
<td>8%</td>
<td>3,000</td>
</tr>
<tr>
<td>Chronic Obstructive Pulmonary Disease</td>
<td>6%</td>
<td></td>
<td>6%</td>
<td>2,000</td>
</tr>
</tbody>
</table>

### Select Demographics

<table>
<thead>
<tr>
<th>Demographic</th>
<th>VT 2018</th>
<th>District Trend</th>
<th>Most Recent District %</th>
<th>Estimated # of Adults in District **</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 65+</td>
<td>24%</td>
<td></td>
<td>25%</td>
<td>9,000</td>
</tr>
<tr>
<td>Any Disability</td>
<td>24%</td>
<td></td>
<td>21%</td>
<td>7,000</td>
</tr>
<tr>
<td>LGBT^</td>
<td>9%</td>
<td></td>
<td>7%</td>
<td>2,000</td>
</tr>
</tbody>
</table>

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 White River Junction Health District, please visit [www.healthvermont.gov/local/white-river-junction](#).

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