



# Vermont State Health Assessment • 2018

public  
prevention **Healthy** support  
**Vermonters**  
promote equity Living  
**communities** valued workforce

## Vision

Healthy Vermonters living in healthy communities

## Mission

Protect and promote the best health for all Vermonters

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## Improving Population Health Outcomes

State Health Assessment =

*What do we know about the health of Vermonters?*

State Health Improvement Plan =

*What are we going to do about it?*

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## What does this have to do with GMCB?

- Health System Reform: Triple AIM and Population Health Improvement
- Hospital Budgets: CHNA, System Reform
- ACO and All Payer Model: Goals and measures

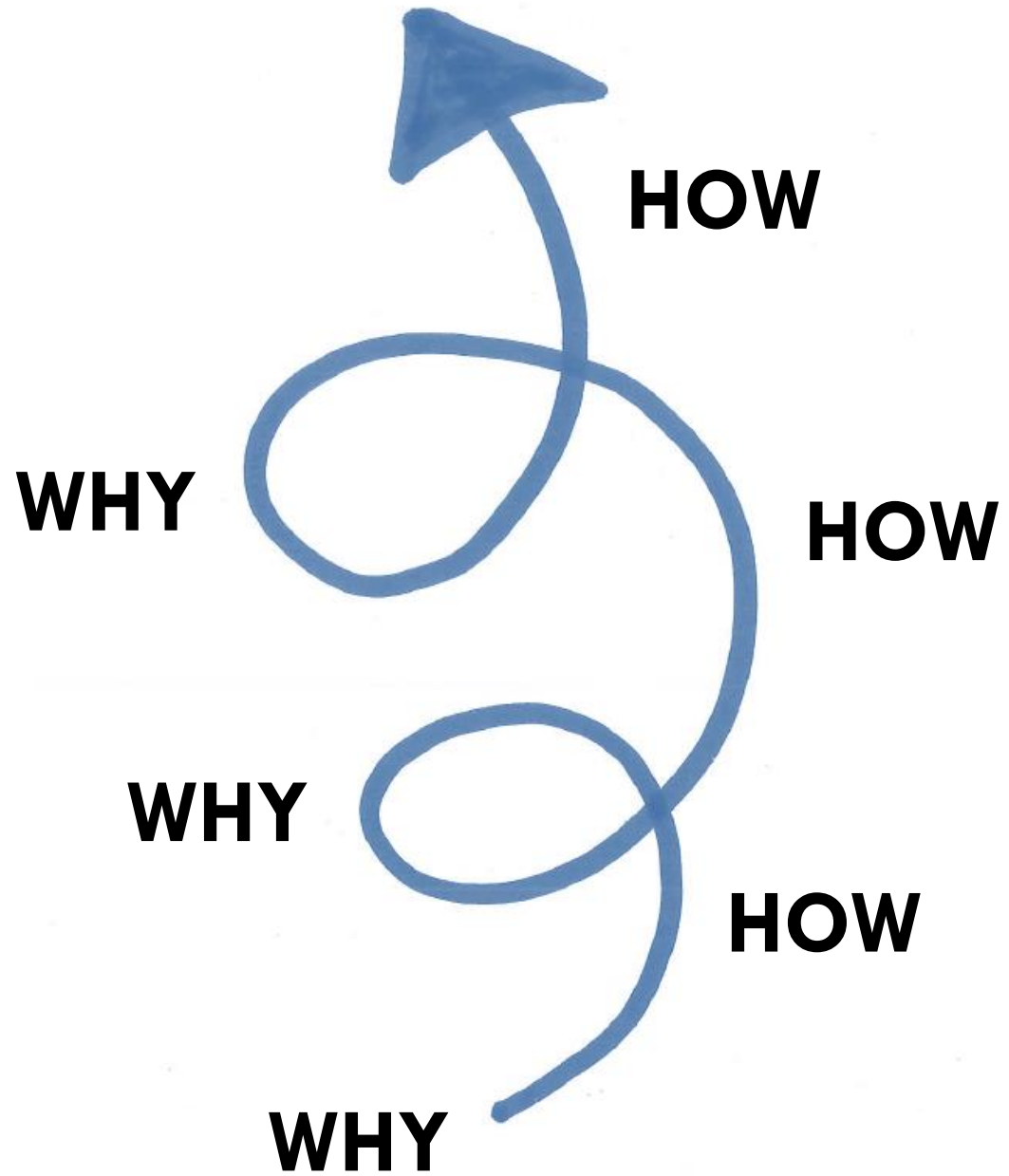
5

## What process did we use?

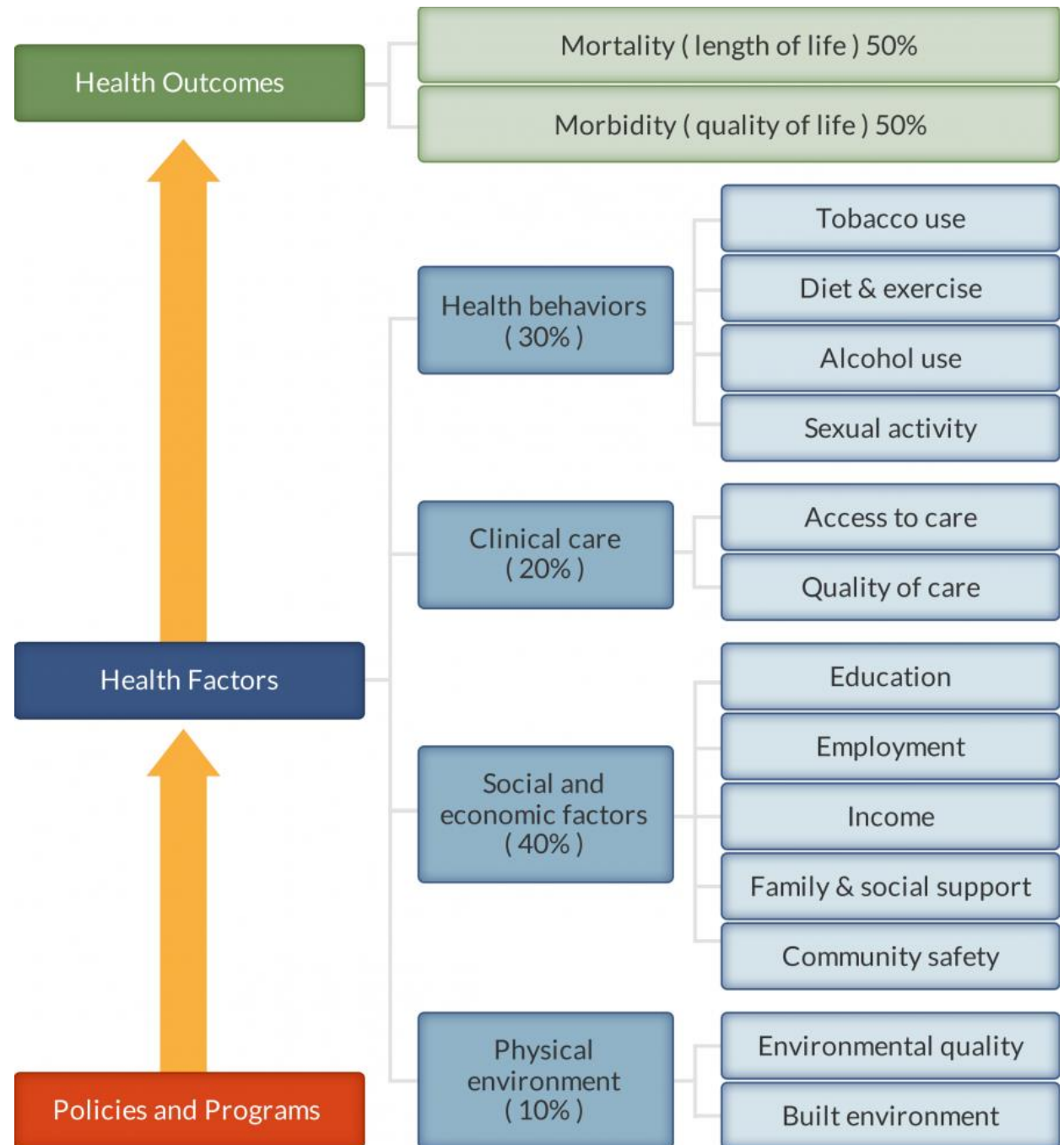
What are the key health challenges in Vermont?

What are the contributing factors?

Which populations are most affected?

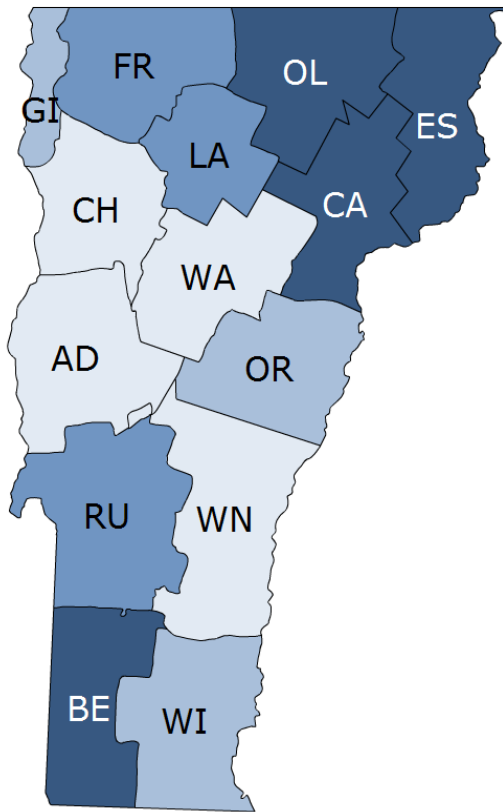


- What are the key health challenges in Vermont?
- What are the contributing factors?



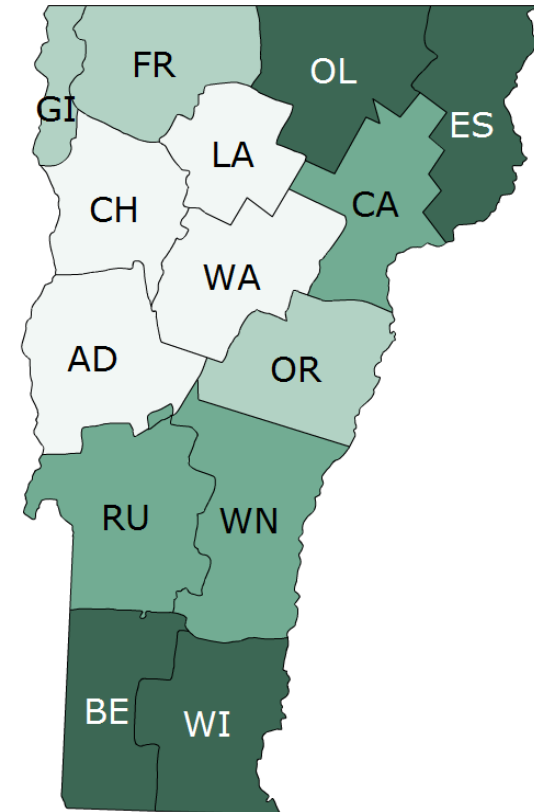
# Ranking by Health Outcomes and Health Factors

## Health Outcomes



Rank 1-4 Rank 5-7 Rank 8-10 Rank 11-14

## Health Factors



Rank 1-4 Rank 5-7 Rank 8-10 Rank 11-14

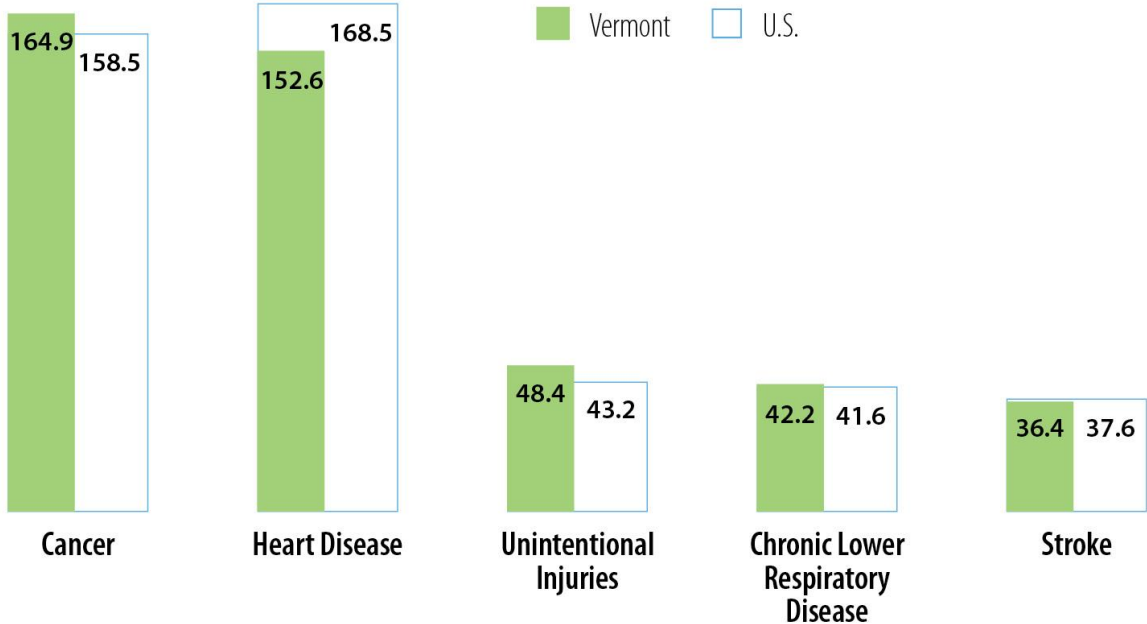


# Overall Health Statistics

## Leading Causes of Death

Vermont Vital Statistics • 2015 / National Center for Health Statistics • 2015

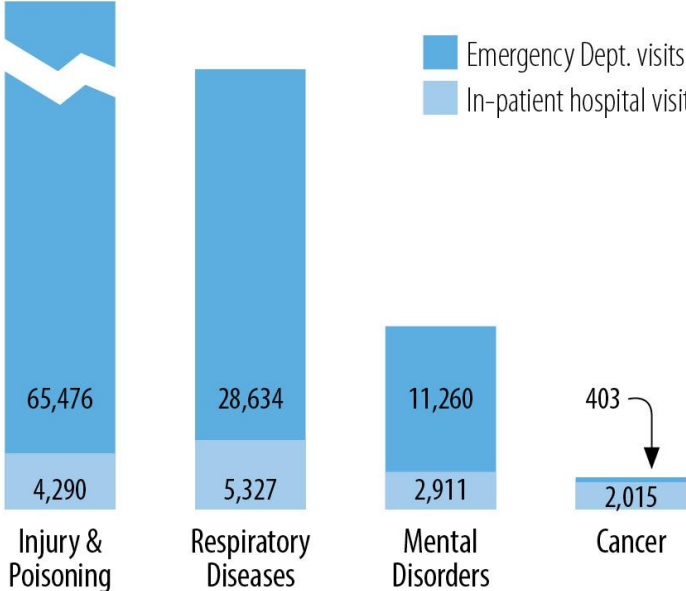
# deaths, per 100,000 people (age-adjusted)



## Leading Causes of Hospitalization

Vermont Uniform Hospital Discharge Data Set • 2015

# of hospital and emergency department visits among Vermont residents at Vermont hospitals in 2015

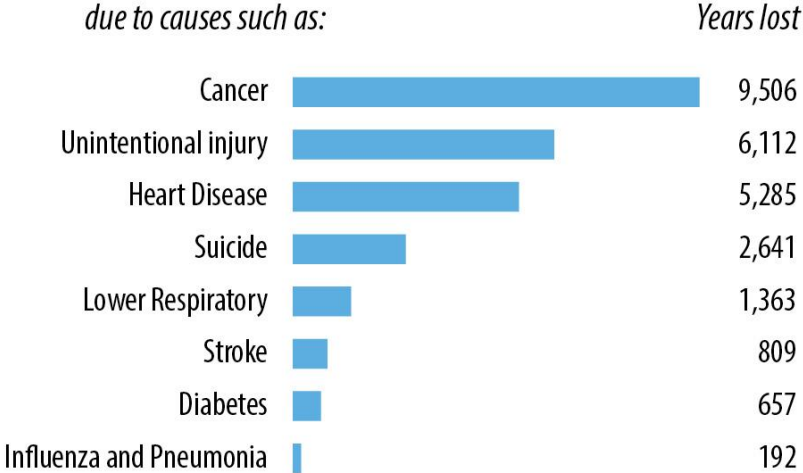


# Overall Health Statistics

## Years of Life Lost to Premature Death

Vermont Vital Statistics • 2015

*In 2015 there were an estimated 35,215 total years of life lost to Vermonters due to causes such as:*

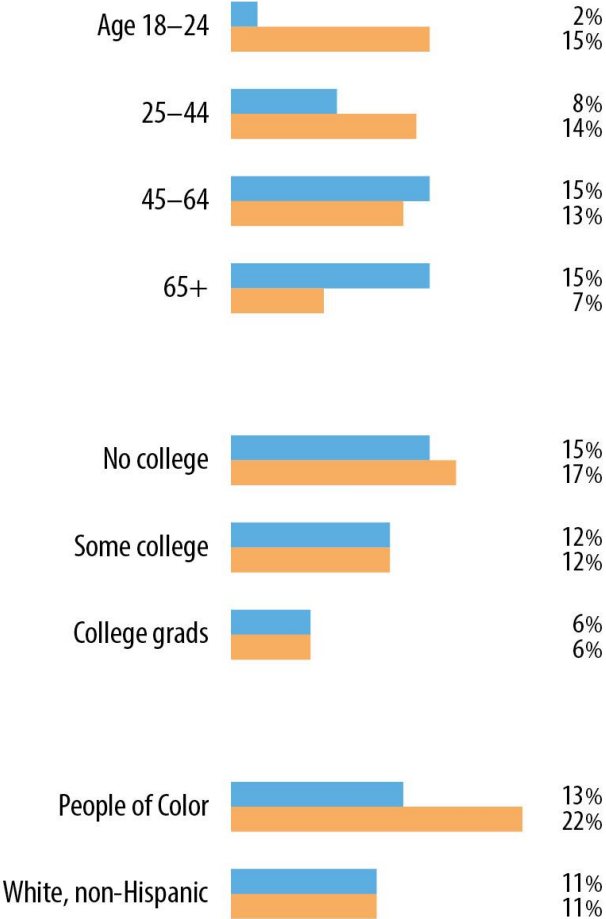


## Quality of Life

Vermont Behavioral Risk Factor Surveillance System • 2016

% of adults who report they are in poor physical or mental health

■ 14 or more poor **physical** health days in the past month  
 ■ 14 or more poor **mental** health days in the past month



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## Which populations are most affected?

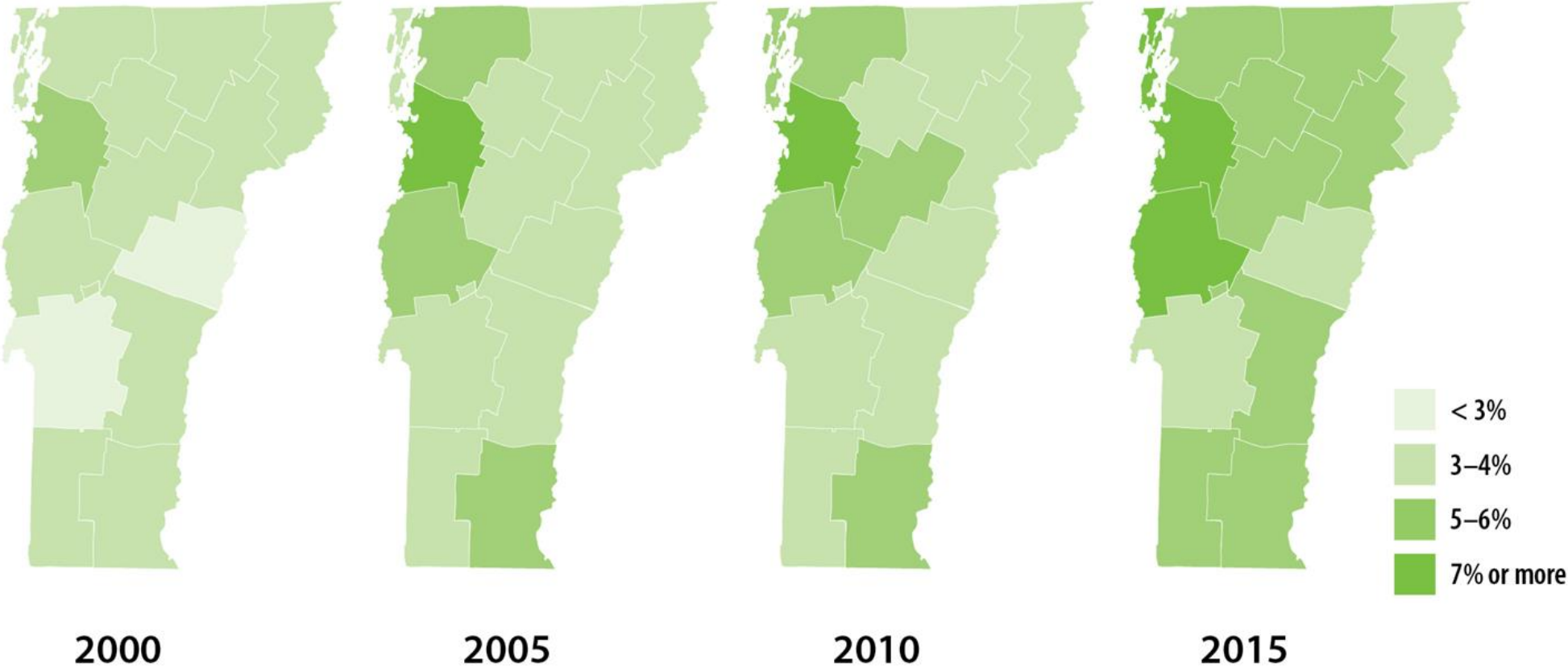
Those who have experienced socioeconomic disadvantage, **historical injustice** and other **avoidable inequalities** that are often associated with social categories of race, gender, ethnicity, social position, sexual orientation and disability.

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# Race, Ethnicity & Culture

# Changing Racial Makeup of Vermont

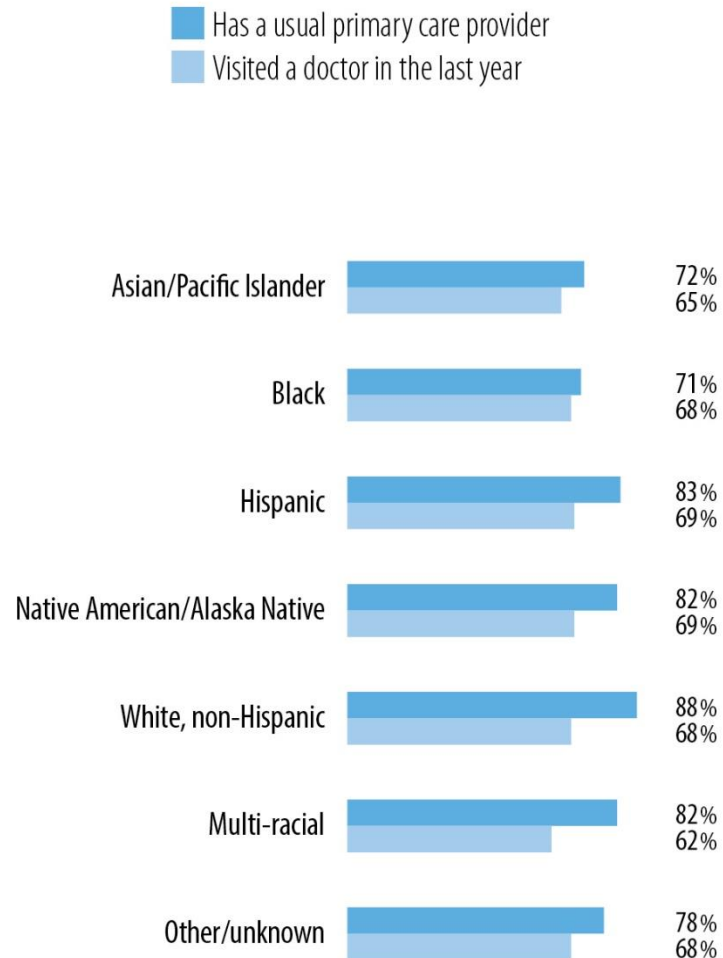
U.S. Census • 2000-2015 – % of county residents who are people of color



## Access to Health Care

Vermont Behavioral Risk Factor Surveillance System • 2012–2016

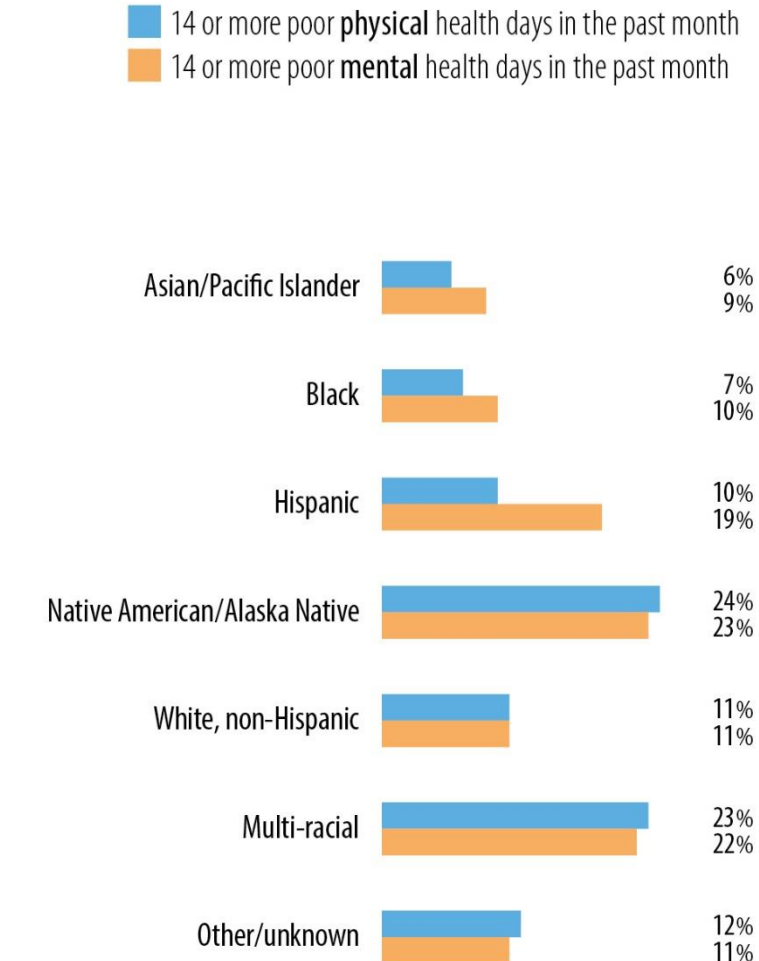
% of adults who report having regular health care



## Quality of Life

Vermont Behavioral Risk Factor Surveillance System • 2012–2016

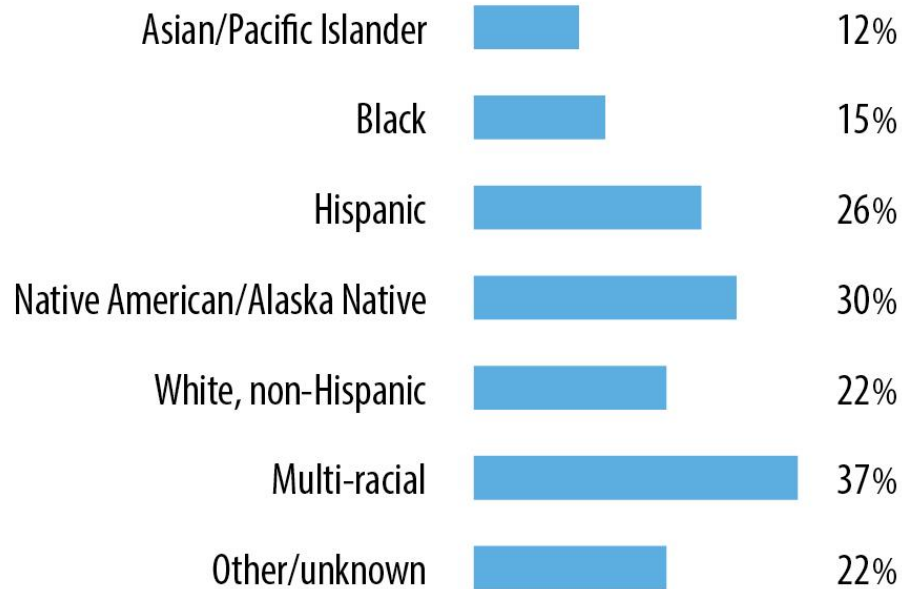
% of adults who report poor physical and mental health



## Depression Among Adults

Vermont Behavioral Risk Factor Surveillance System • 2012-2016

% of adults who have ever been diagnosed with depression



## Protective Factors for Youth

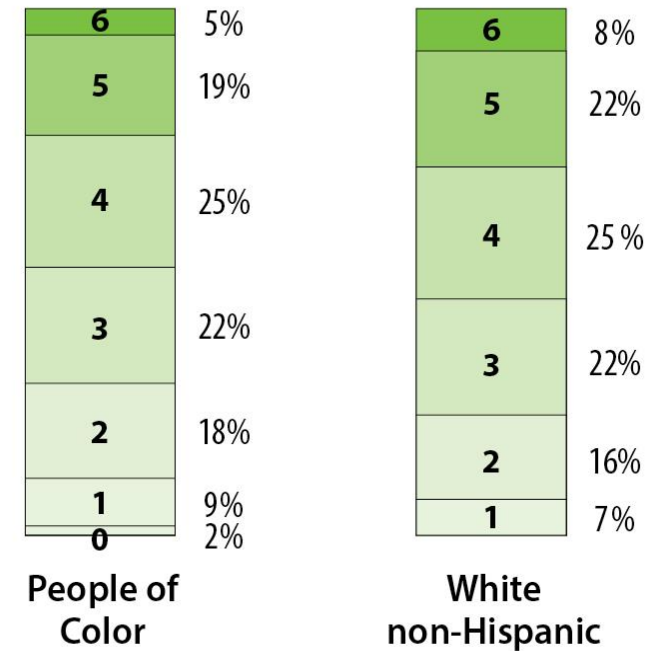
Vermont Youth Risk Behavior Survey • 2015

% of high school students who have 0-6 of these factors:

Talk with parents about school at least weekly • Spend 10+ hours in after-school activities

Have teachers who care about you • Feel valued by your community

Can help decide what happens at school • Feel safe at school



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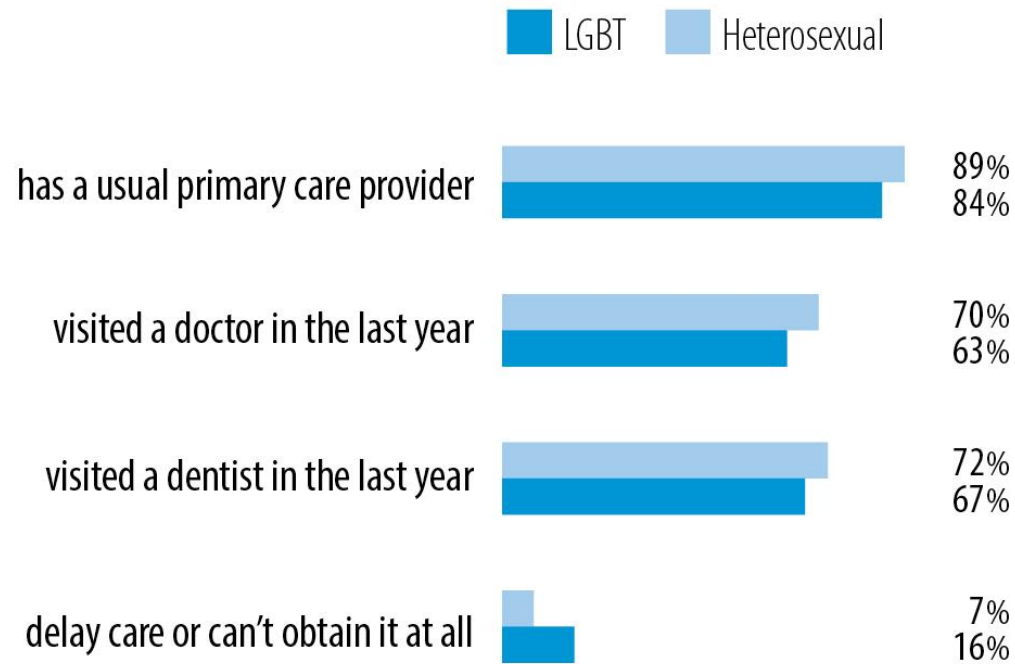
# LGBTQ Identity



## Access to Health Care

Vermont Behavioral Risk Factor Surveillance System • 2016

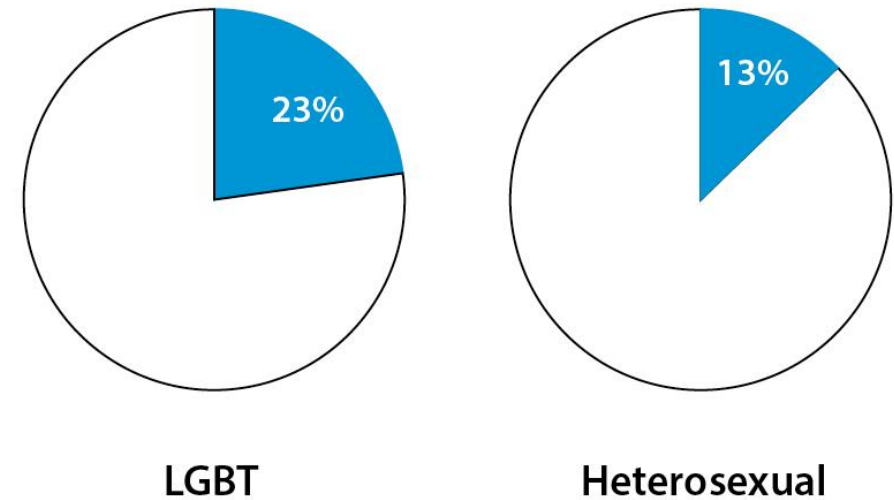
% of adults who report having regular health care



## Quality of Life

Vermont Behavioral Risk Factor Surveillance System • 2016

% of adults who report fair or poor health

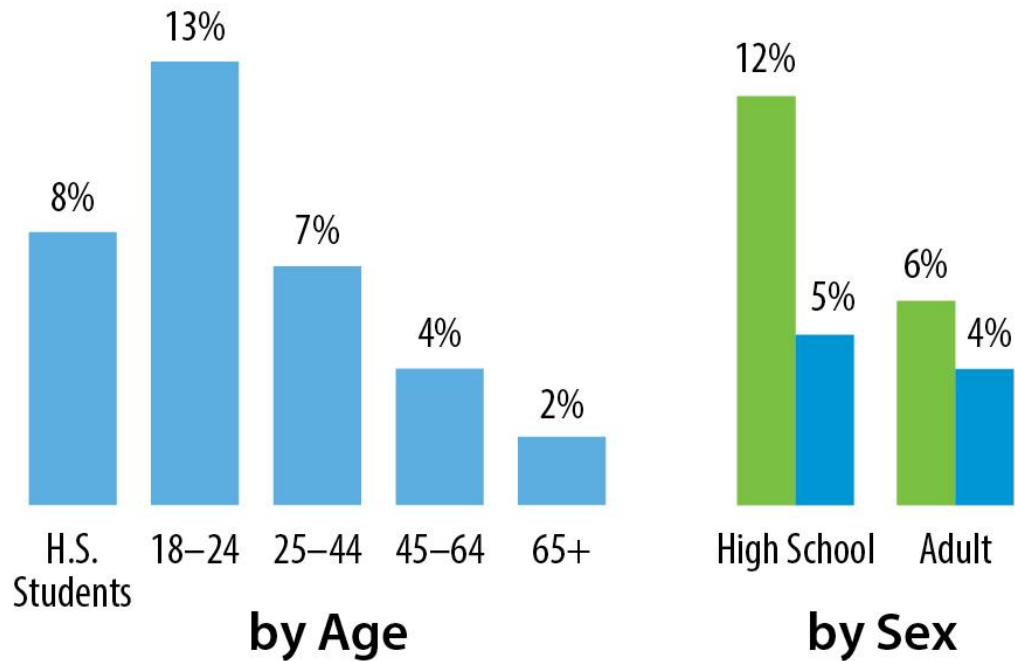


## Gender Orientation

Vermont Youth Risk Behavior Survey • 2015  
 Vermont Behavioral Risk Factor Surveillance System • 2016

% who identify as LGBT

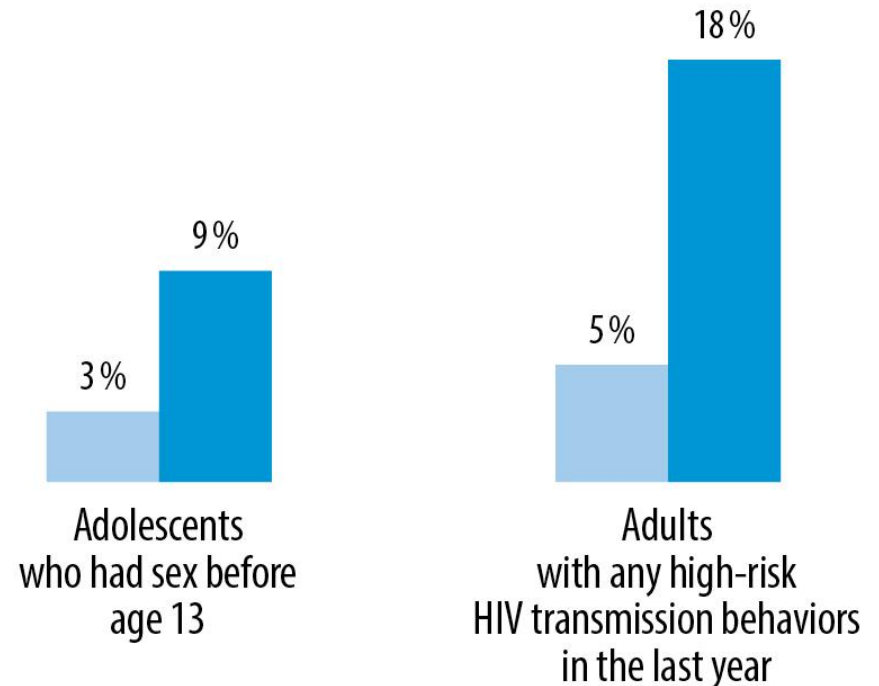
Female Male



## Sexual Health Risk Behaviors

Vermont Youth Risk Behavior Survey • 2015  
 Vermont Behavioral Risk Factor Surveillance System • 2016

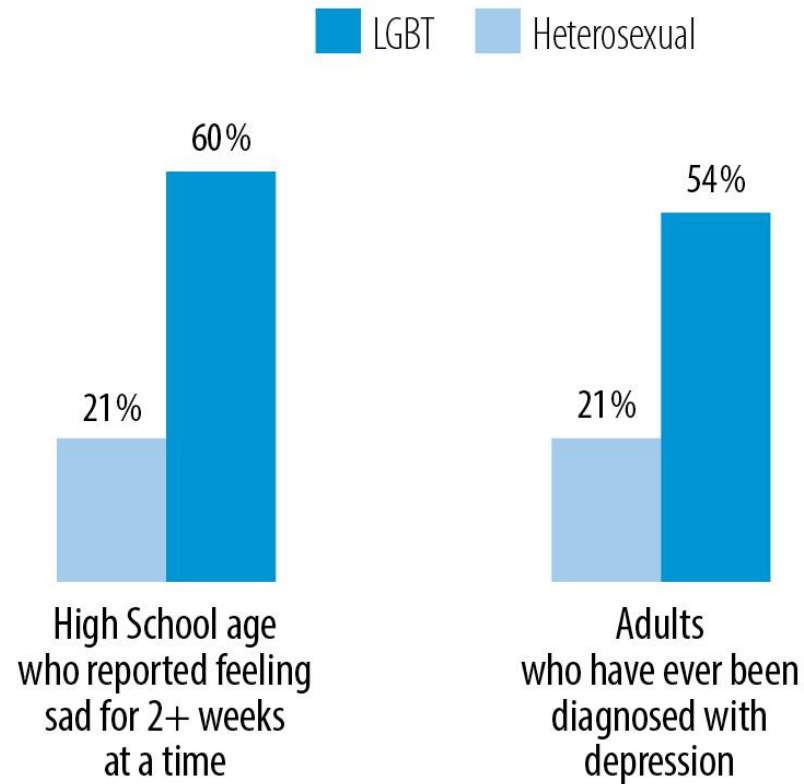
LGBT Heterosexual



## Depression

Vermont Youth Risk Behavior Survey • 2015

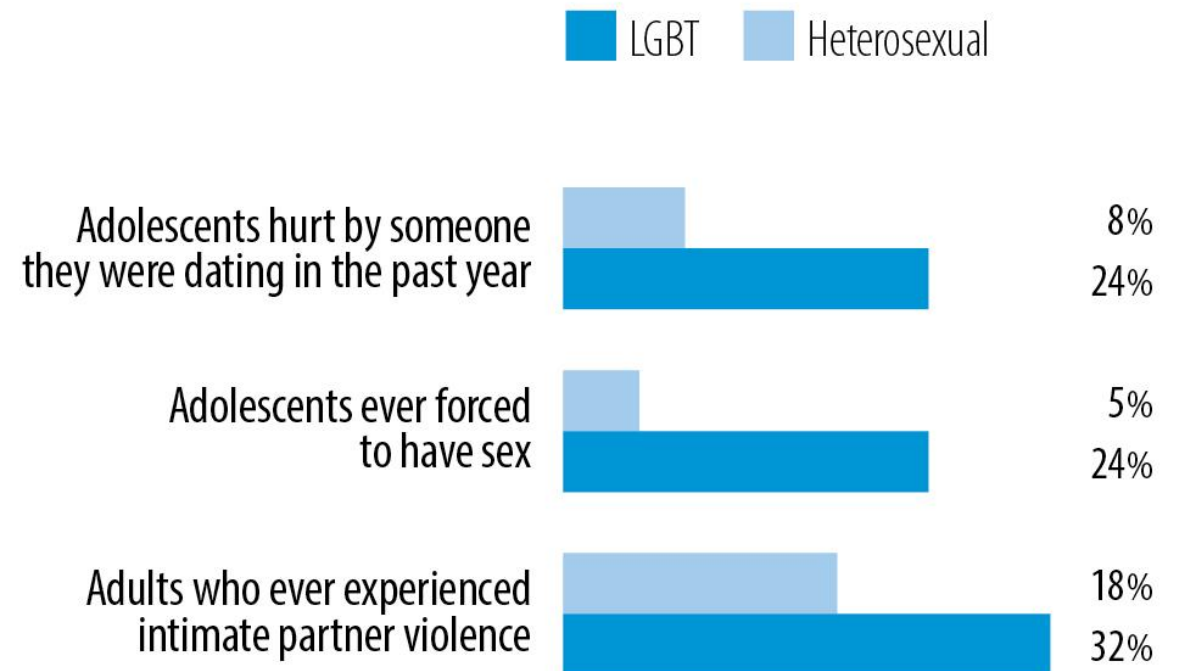
Vermont Behavioral Risk Factor Surveillance System • 2016



## Intimate Partner & Sexual Violence

Vermont Youth Risk Behavior Survey • 2015

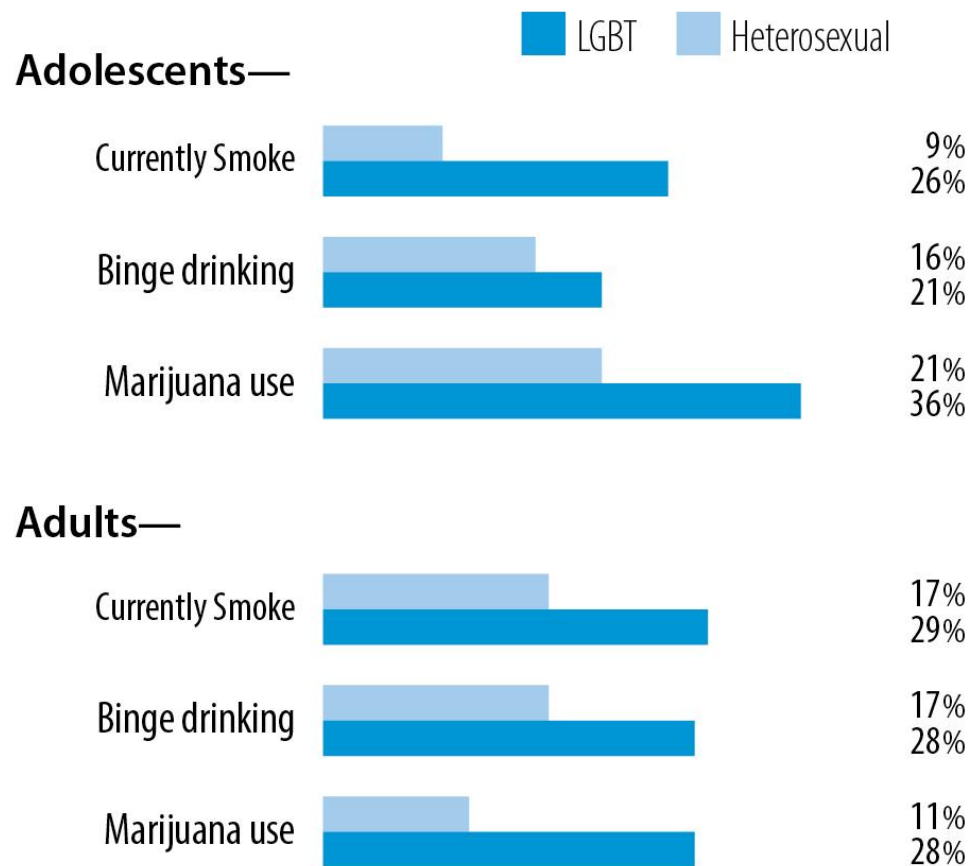
Vermont Behavioral Risk Factor Surveillance System • 2014



## Tobacco, Alcohol & Drug Use

Vermont Youth Risk Behavior Survey • 2015

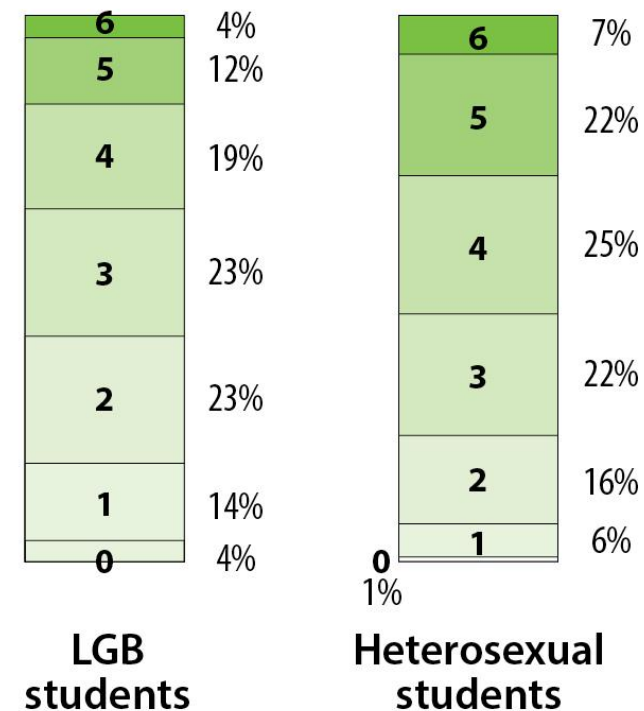
Vermont Behavioral Risk Factor Surveillance System • 2016



## Protective Factors for Youth

Vermont Youth Risk Behavior Survey • 2015

% of high school students who have 0–6 of these factors:  
 Talk with parents about school at least weekly • Spend 10+ hours in after-school activities  
 Have teachers who care about you • Feel valued by your community  
 Can help decide what happens at school • Feel safe at school



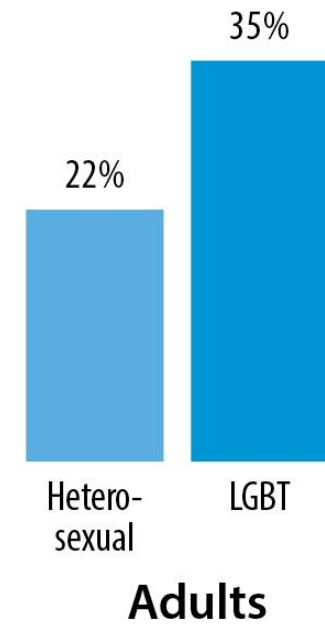
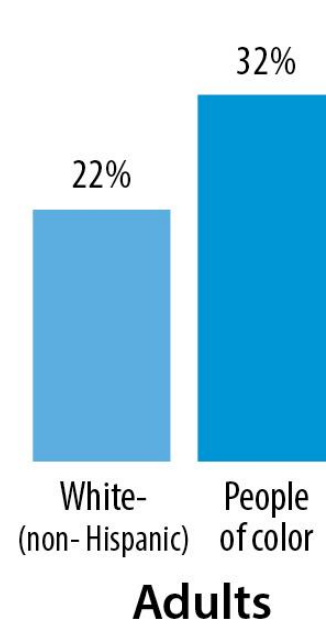
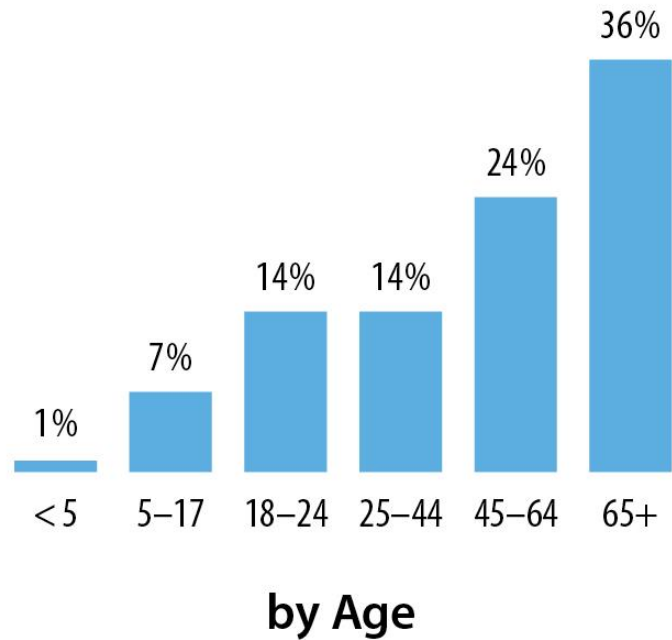
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# People Living with Disabilities

## People with Disabilities

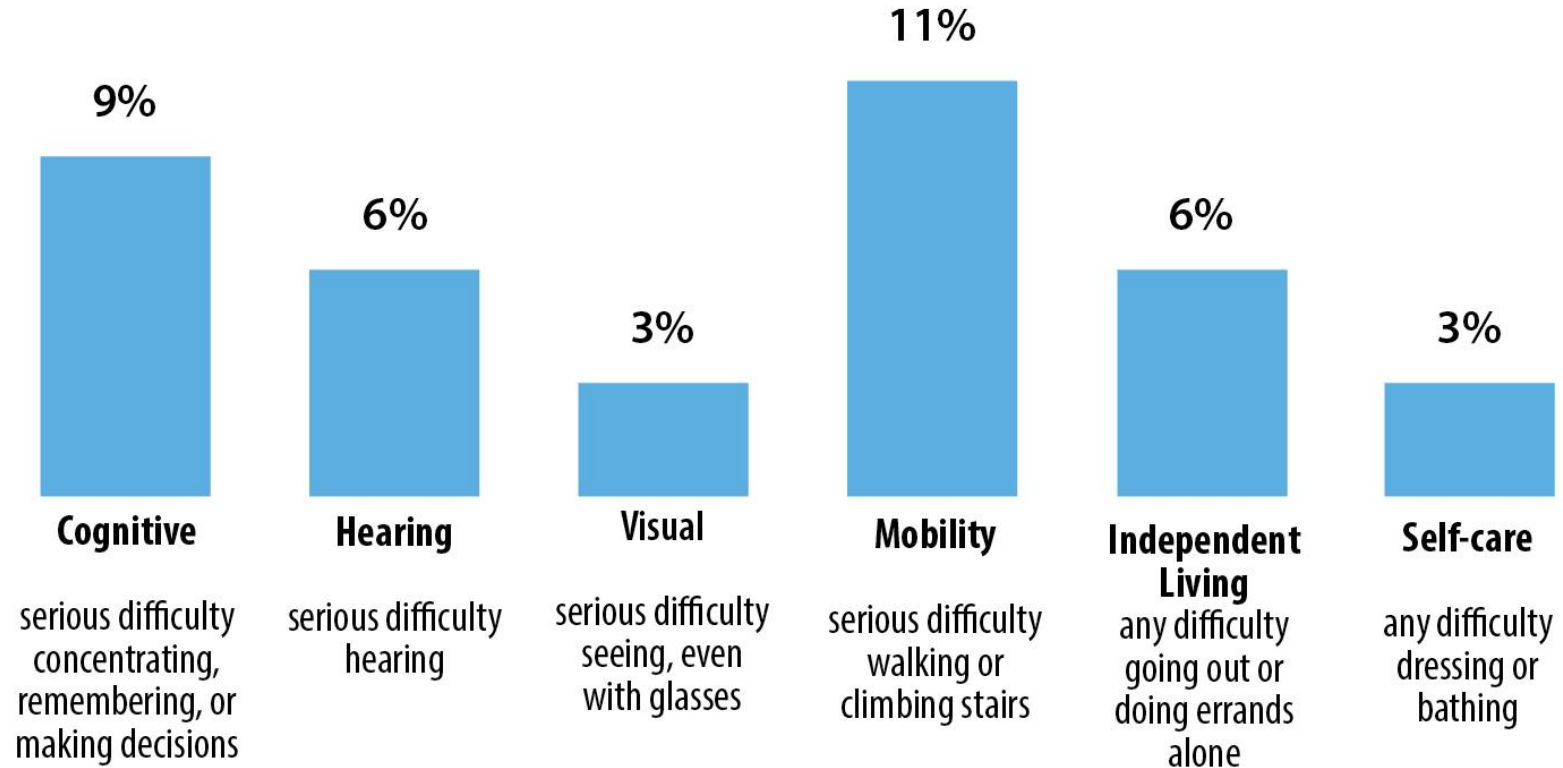
Vermont Behavioral Risk Factor Surveillance System • 2016

American Community Survey • 2016



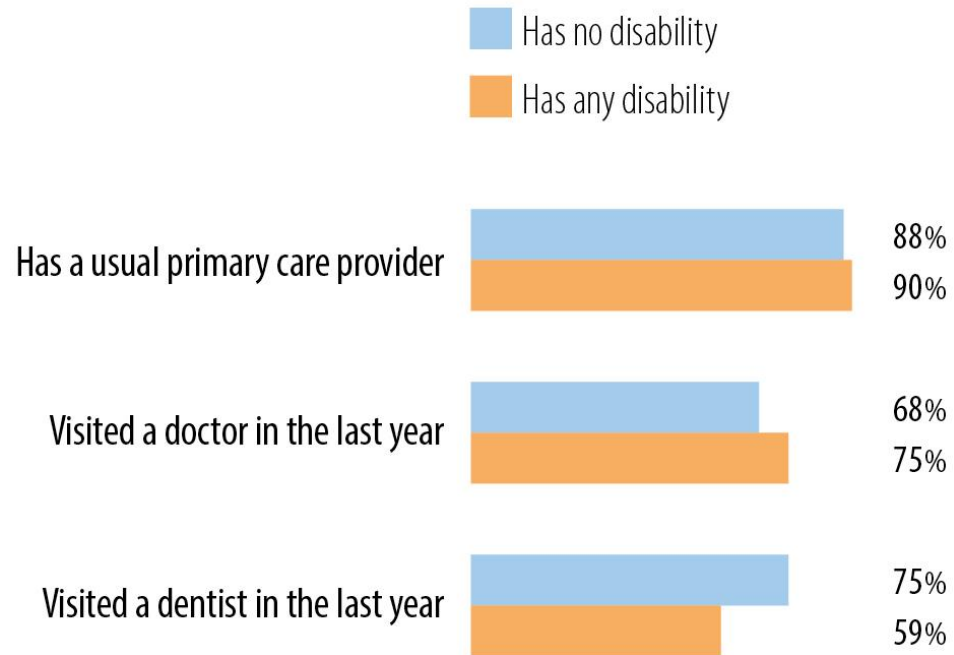
# Type of Disability Among Adults

Vermont Behavioral Risk Factor Surveillance System • 2016



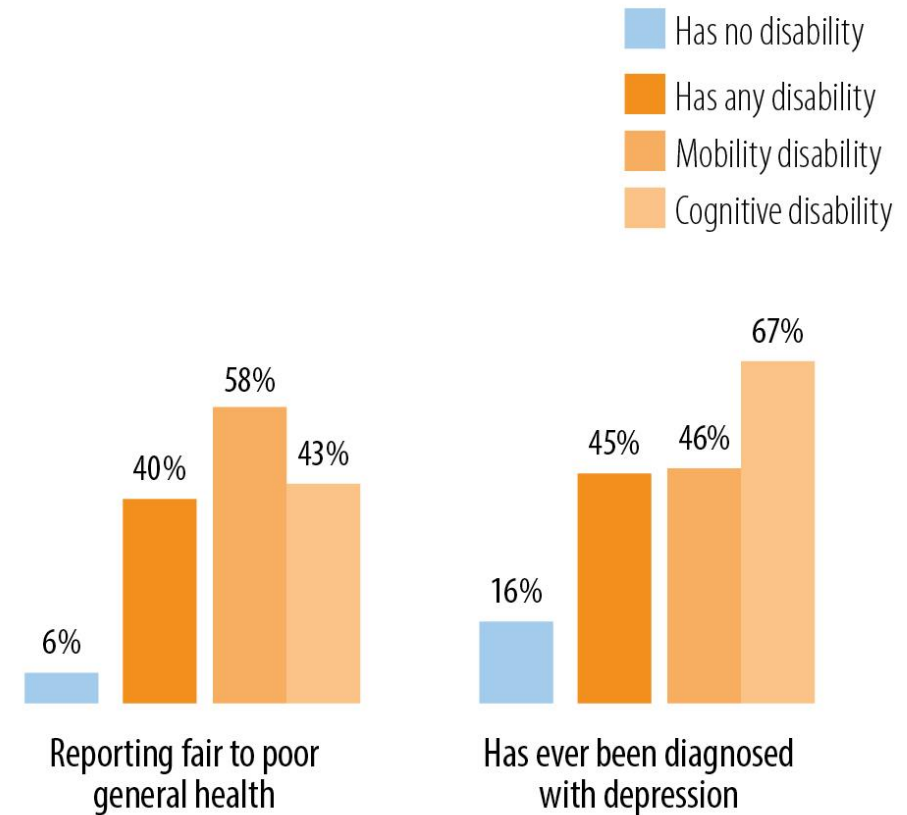
## Access to Health Care

Vermont Behavioral Risk Factor Surveillance System • 2016



## Quality of Life

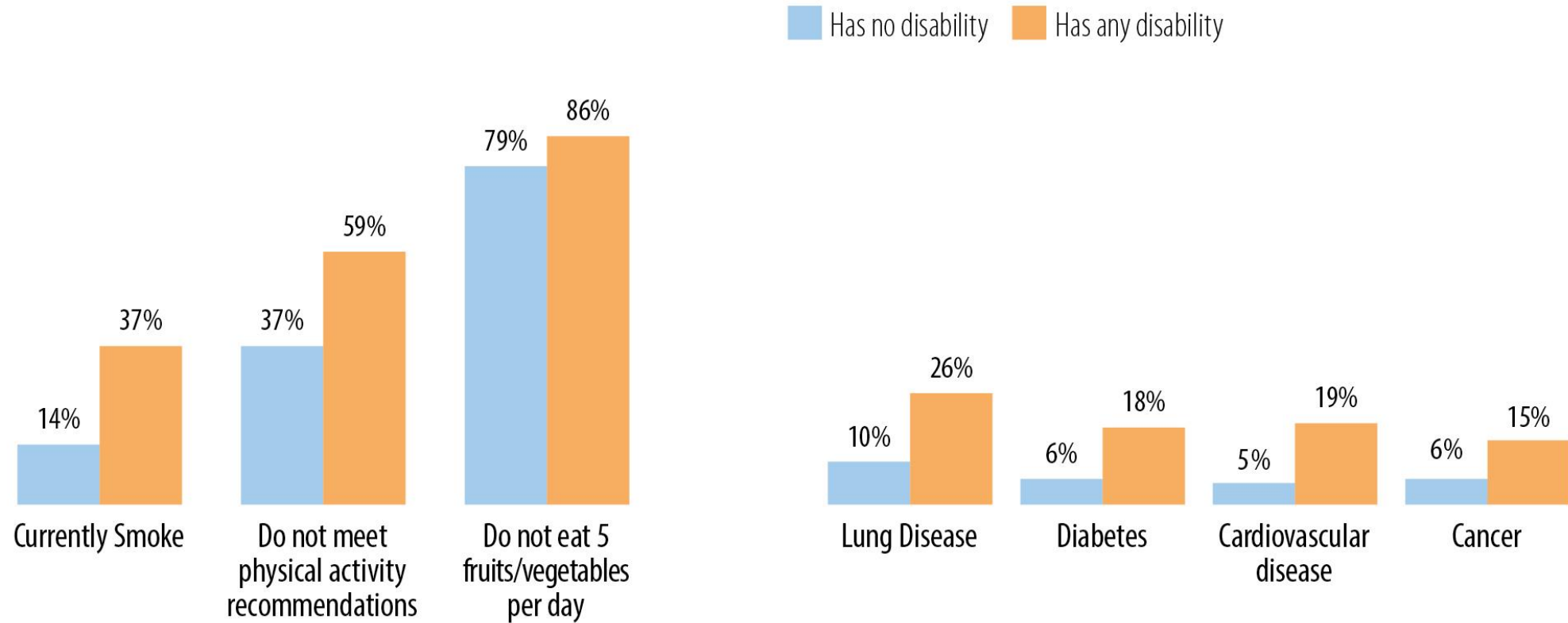
Vermont Behavioral Risk Factor Surveillance System • 2016





## Risk Behaviors & Chronic Disease

Vermont Behavioral Risk Factor Surveillance System • 2015 & 2016



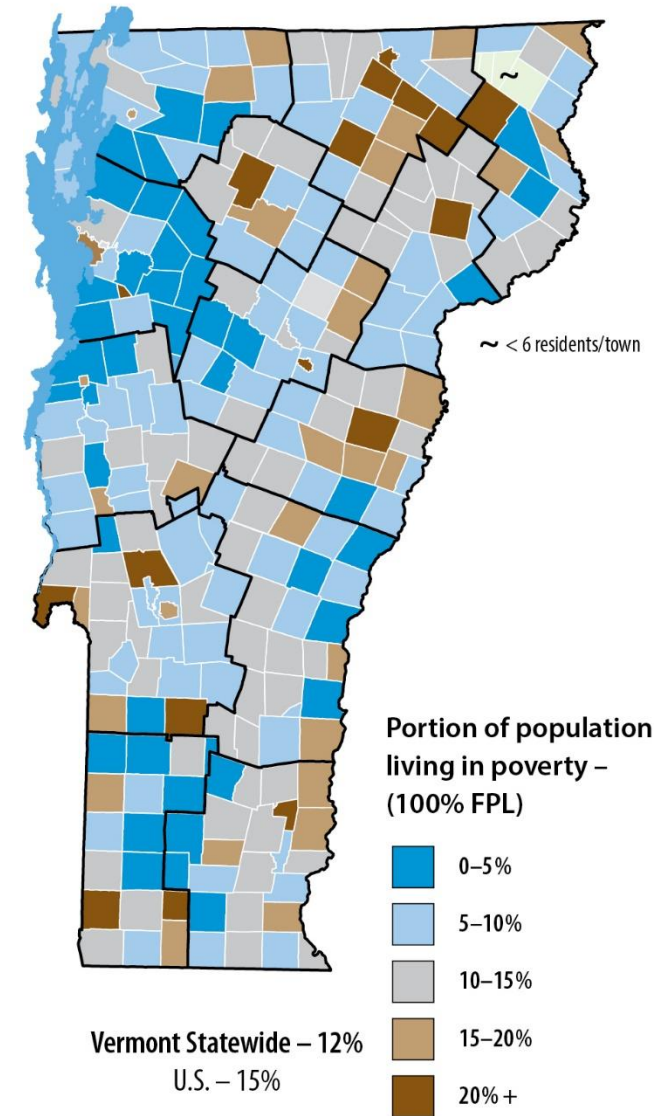
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# Social Class & Socioeconomic Status

**Population Living in Poverty, by Town**  
 American Community Survey 5-year Estimates • 2012-2016

2017 Federal Poverty Levels					
Family Size	100%	133%	185%	200%	250%
1	\$12,060	\$16,040	\$22,311	\$24,120	\$30,150
2	\$16,240	\$21,599	\$30,044	\$32,480	\$40,600
3	\$20,420	\$27,159	\$37,777	\$40,840	\$51,050
4	\$24,600	\$32,718	\$45,510	\$49,200	\$61,500
5	\$28,780	\$38,277	\$53,243	\$57,560	\$71,950
6	\$32,960	\$43,837	\$60,976	\$65,920	\$82,400
7	\$37,140	\$49,396	\$68,709	\$74,280	\$92,850
8	\$41,320	\$54,956	\$76,442	\$82,640	\$103,300

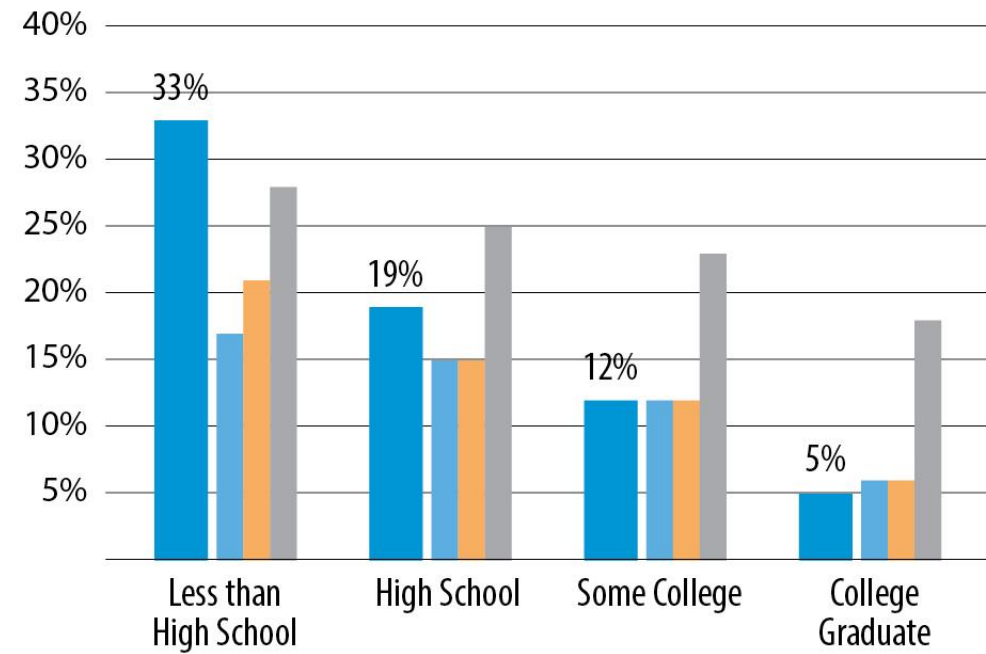
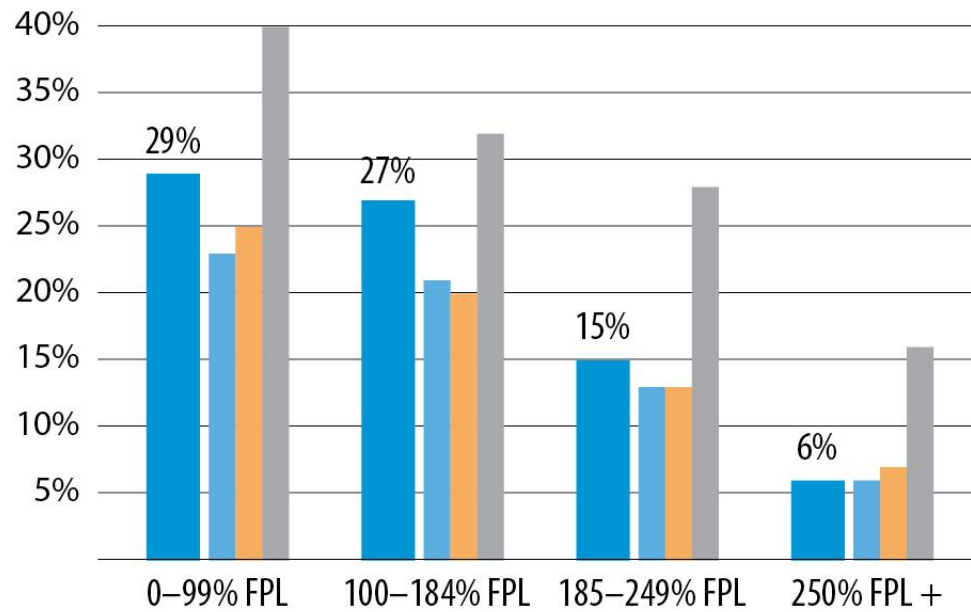
For larger families/households, add \$4,180 for each additional person.



## Quality of Life, by Federal Poverty Level & Education

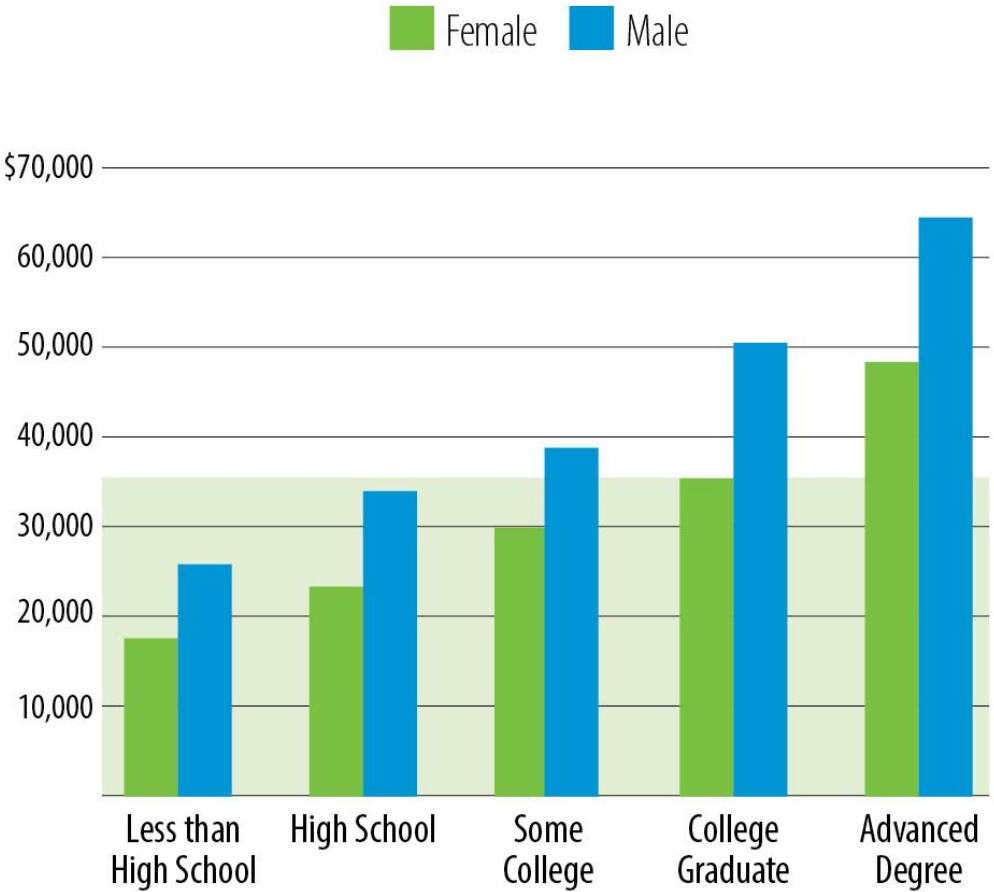
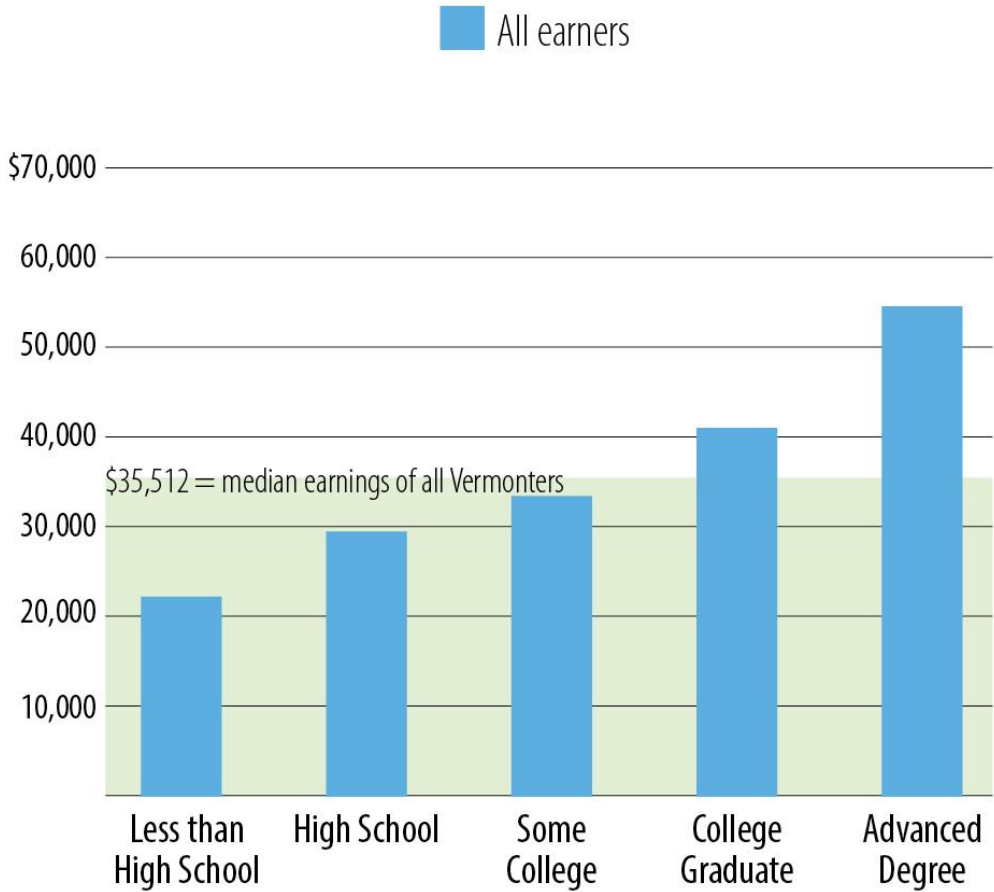
Vermont Behavioral Risk Factor Surveillance System • 2016

- General health is fair or poor
- 14 or more poor physical health days in last month
- 14 or more poor mental health days in last month
- Depression



# Median Earnings, by Education

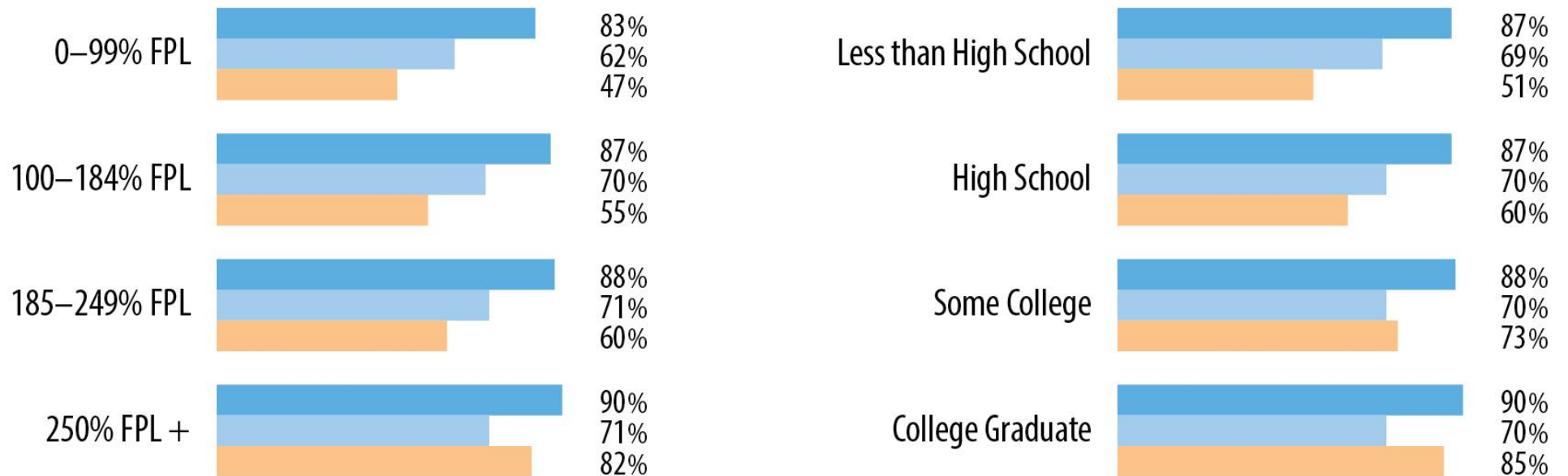
American Community Survey • 2011-2015



# Access to Health Care, by Federal Poverty Level & Education

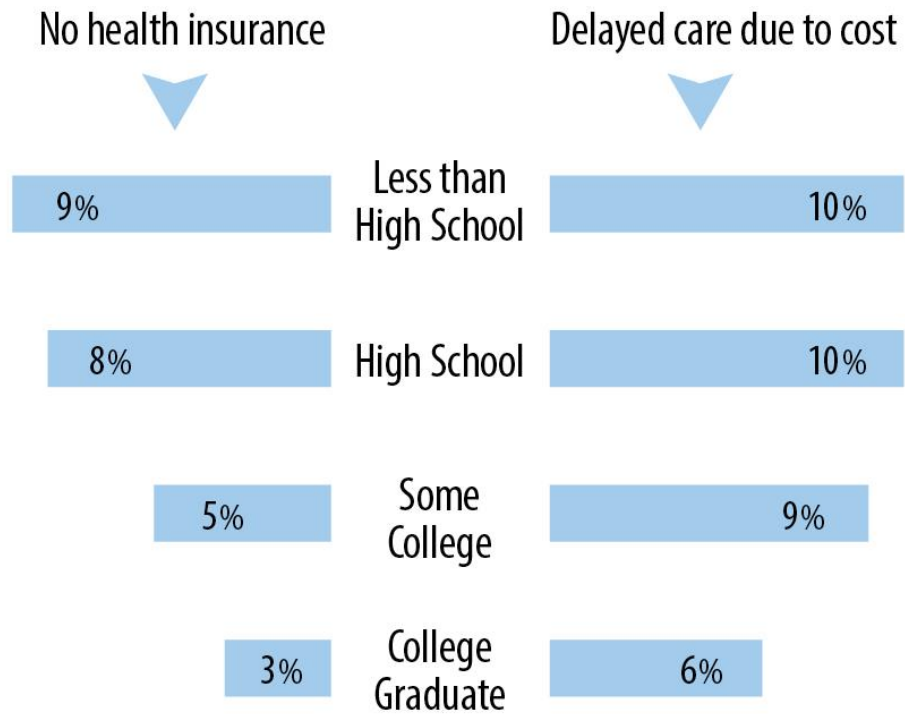
Vermont Behavioral Risk Factor Surveillance System • 2016

- Has a usual primary care provider
- Visited a doctor in the last year
- Visited a dentist in the last year



## Costs Associated with Health Care

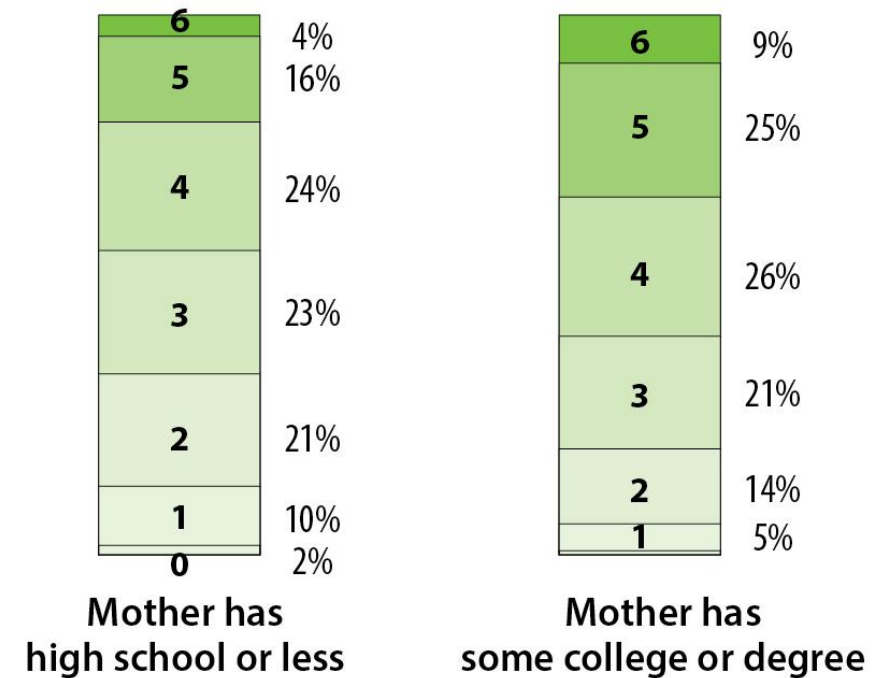
Vermont Behavioral Risk Factor Surveillance System • 2016



## Protective Factors for Youth

Vermont Youth Risk Behavior Survey • 2015

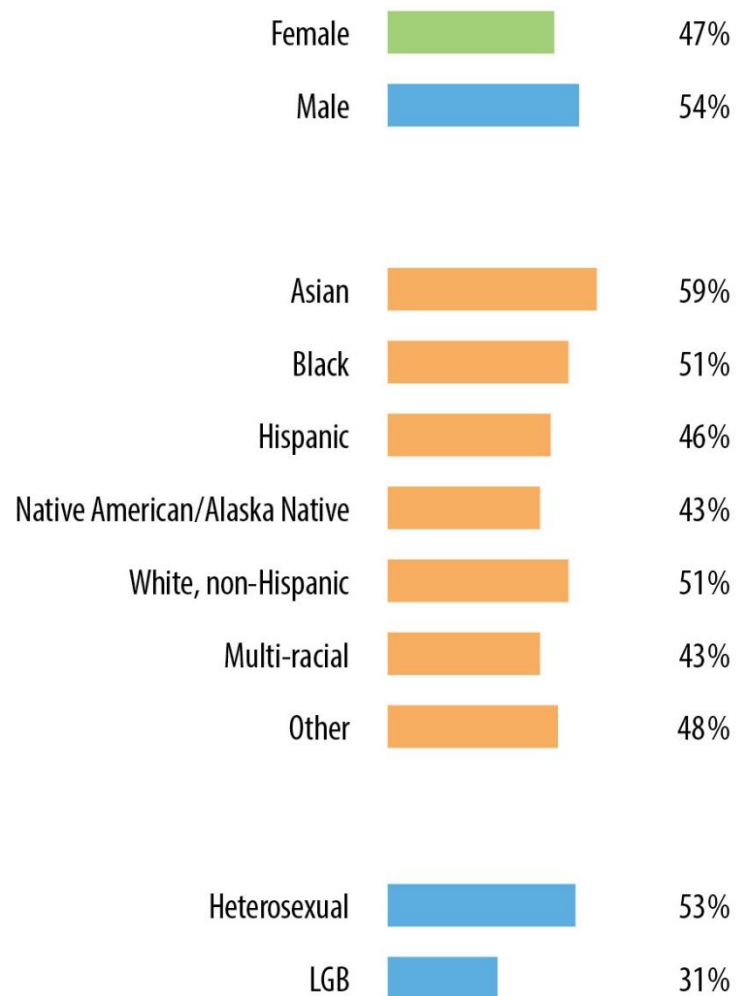
% of high school students who have 0–6 of these factors:  
 Talk with parents about school at least weekly • Spend 10 + hours in after-school activities  
 Have teachers who care about you • Feel valued by your community  
 Can help decide what happens at school • Feel safe at school



## Student Connectedness

Vermont Youth Risk Behavior Survey • 2015

% of students in grades 9–12 who feel they matter to their community

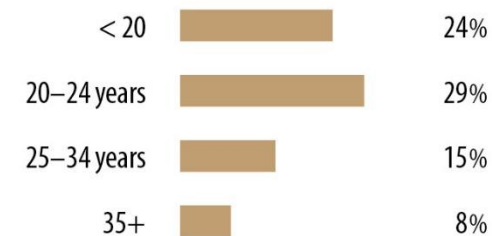


## Smoking During Pregnancy

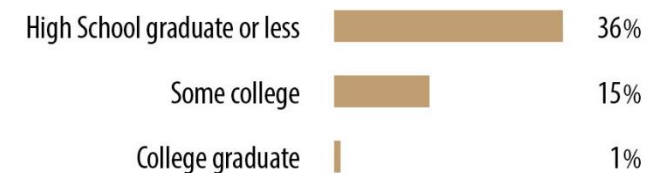
Vermont Vital Statistics • 2015

% of women who smoked during pregnancy

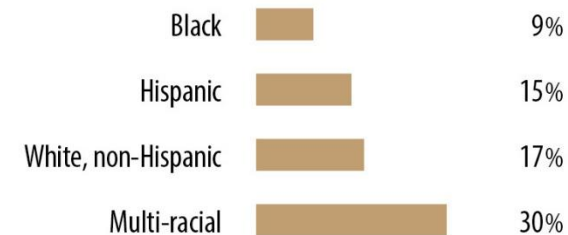
### by Age –



### by Education –



### by Race –





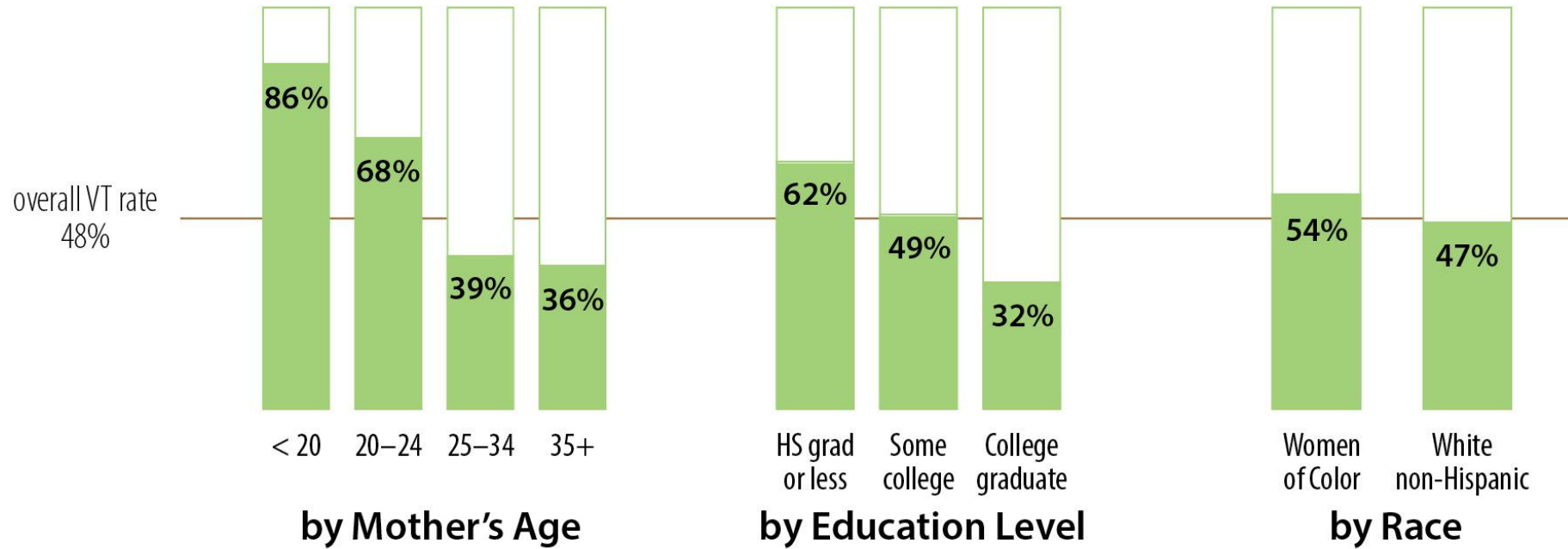
34

## Some interesting data

# Unintended Pregnancy

Vermont Vital Statistics • 2015

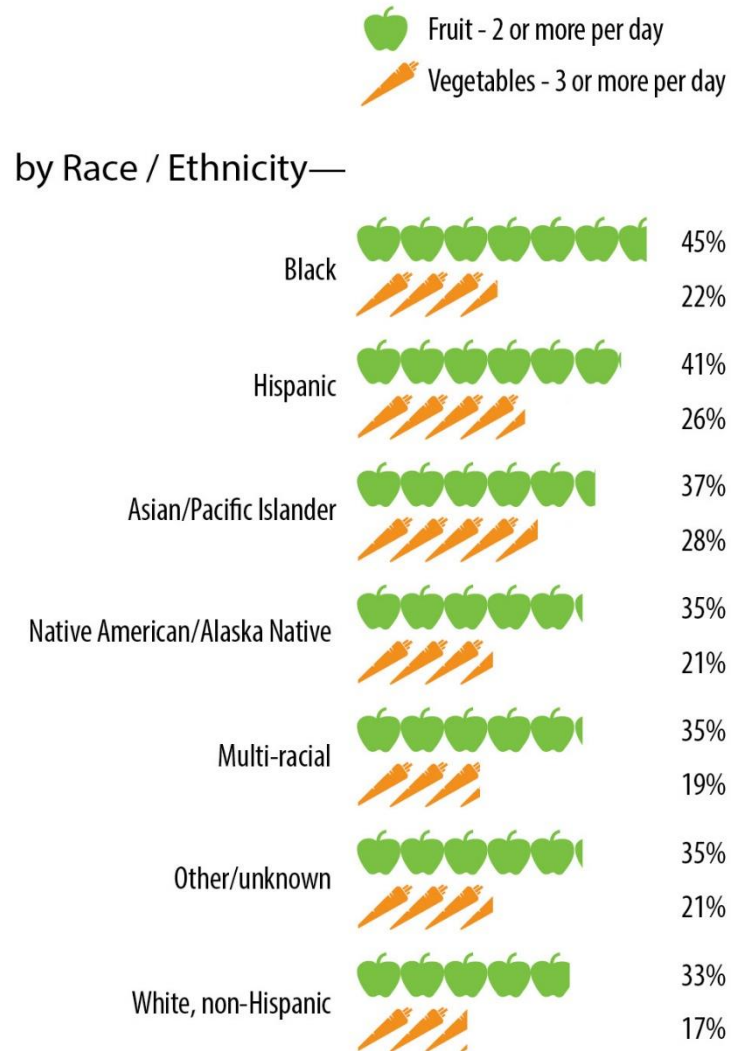
% of pregnancies that were unintended in 2014



## Youth Healthy Eating Habits

Vermont Youth Risk Behavior Survey • 2015

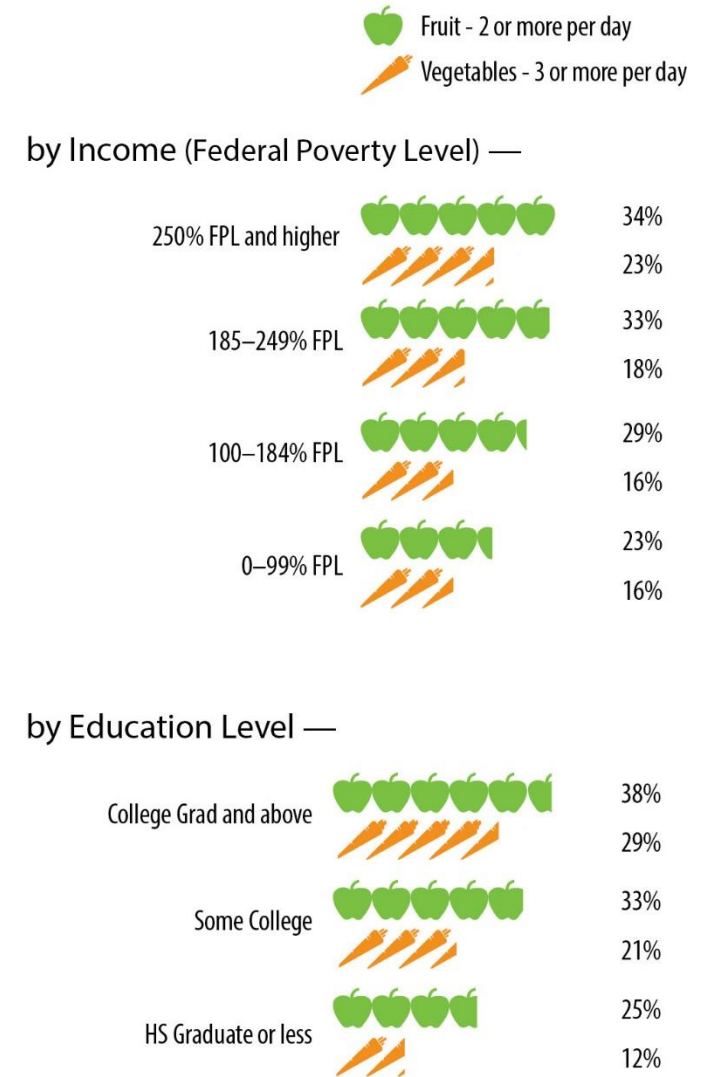
% of students in grades 9–12 who meet recommendations



## Adult Healthy Eating Habits

Vermont Behavioral Risk Factor Surveillance System • 2016

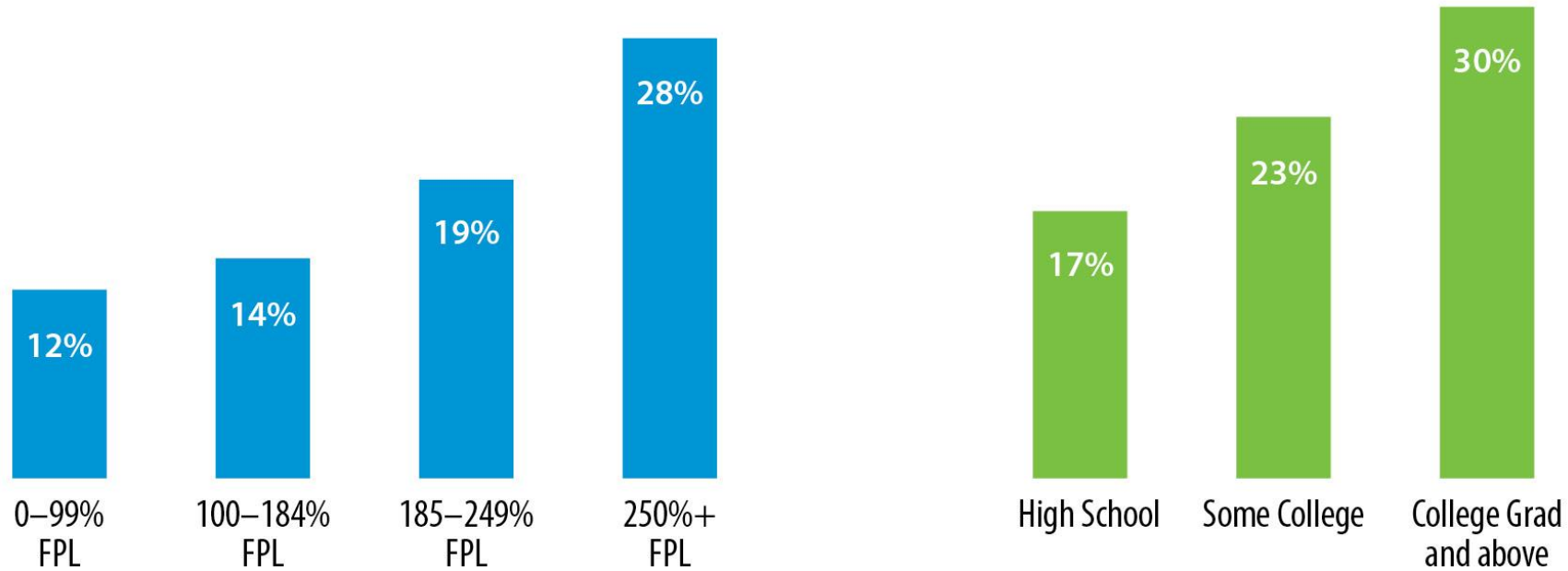
% of adults who meet recommendations



## High Risk Drinking Among Older Adults

Vermont Behavioral Risk Factor Surveillance System • 2016

% of adults age 65+ who drink at a level of risk = 2+ drinks for females/3+ drinks for males on one occasion in the past month:



By percentage of Federal Poverty Level

By education level attained

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# State Health Improvement Plan

Outcomes

Indicators

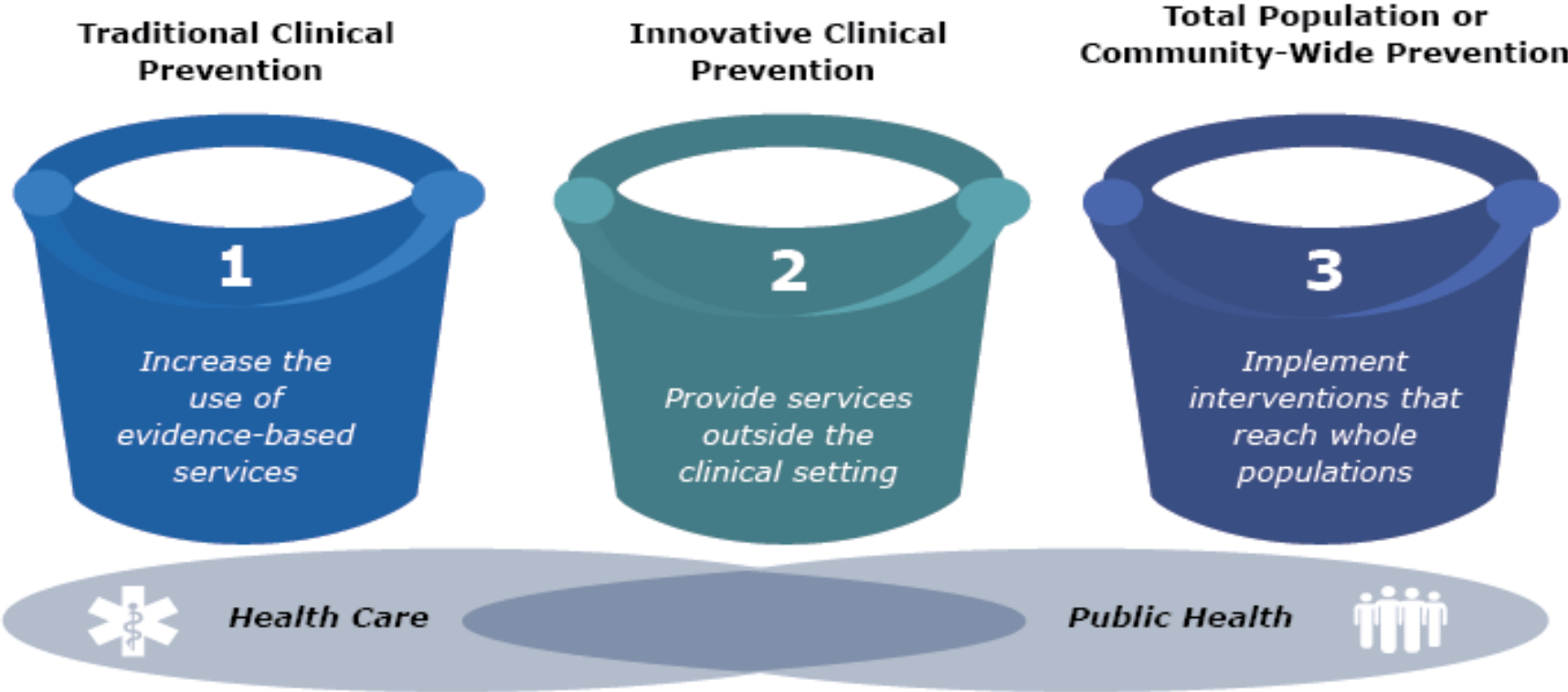
Strategies

# Priority Outcomes



- Chronic Disease
- Mental Health
- Substance Use Disorder
- Oral Health
- Early Childhood Development

# Framework for Strategies



To read more: <http://journal.lww.com/jphmp/toc/publishahead>



*In five years, if we have successfully worked towards achieving health equity, what would we have accomplished?*

**Vision:** All people in Vermont have a fair and just opportunity to be healthy and live in healthy communities

- Everyone feels respected, valued, included, and safe to pursue healthy and meaningful lives;
- All ages, all abilities, and all Vermonters have equitable access to the conditions that create health;
- Investments are focused on prevention and the conditions that create positive health outcomes; and
- Services are available, accessible, affordable, coordinated, culturally and linguistically appropriate and offered with cultural humility.

Core Values: Equity • Affordability • Access



Affordable, Healthy, Local Food



Health and Prevention Services



Recreation, Parks and Natural Resources



Safe and Efficient Transportation



Safe, Quality Housing



Safe and Supported Community  
Early Childhood Development



Economic Prosperity, Equitable  
Law and Justice System



Family Wage Jobs and  
Job Opportunities



Clean and Sustainable  
Natural Environments



Quality Education



Strong, Vibrant Communities



Civic Engagement and  
Community Connections



# For More Information

For the full report: [2018 State Health Assessment](#)

<http://www.healthvermont.gov/about/reports/state-health-assessment-2018>

For data beyond the report:

□ [Scorecard for State Health Improvement Plan 2013-2017](#)

<http://www.healthvermont.gov/about/performance/state-health-improvement-plan-2013-2017>

□ [Community Health Needs Assessment by HSA](#)

<http://www.healthvermont.gov/ia/CHNA/District/atlas.html>

□ [Data Encyclopedia](#)

[http://www.healthvermont.gov/sites/default/files/documents/pdf/Data\\_Encyclopedia.pdf](http://www.healthvermont.gov/sites/default/files/documents/pdf/Data_Encyclopedia.pdf)



Heidi M. Klein, MSPH  
Public Health Director of Planning and Healthcare Quality  
Vermont Department of Health  
108 Cherry Street / Burlington, VT 05401  
802.652.2051

[Heidi.Klein@vermont.gov](mailto:Heidi.Klein@vermont.gov)