Health Status Indicators

	VT 2018	District Trend	Most Recent District %^	Estimated # of Adults in District**
Have Personal Health Care Provider	86%		86%	37,000
Have Health Insurance, Ages 18-64	92%		91%	28,000
General Health Status is Fair or Poor	14%		19%	8,000
Poor Mental Health	12%		17%	7,000
Poor Physical Health	12%		16%	7,000
Did Not Visit Doctor Due to Cost	8%		11%	5,000

Preventative Behaviors and Health Screening

	VT 2018	District Trend	Most Recent District %^	Estimated # of Adults in District**
Cholesterol Screened, in Last Five Years*^	83%		79%	33,000
Routine Doctor Visit, in Last Year	76%		74%	31,000
Dental Visit in Last Year*^	73%		75%	29,000
Met Physical Activity Recommendations*^	60%		56%	21,000
Cervical Cancer Screening, Women 21-65*^	86%		87%	13,000
Colorectal Cancer Screening, Ages 50-75*^	71%		72%	13,000
2+ Daily Fruit Servings*^	32%		32%	13,000
Ever Tested for HIV	38%		33%	12,000
Met Strength Building Recommendations^	31%		24%	9,000
Any Teeth Extracted, Ages 45-64^	48%		54%	8,000
3+ Daily Vegetable Servings*^	20%		16%	8,000
Breast Cancer Screening, Women 50-74*^	77%		77%	7,000
Pneumococcal Vaccine, Ever, Ages 65+	75%		72%	7,000
5+ Daily Fruit & Vegetable Servings*^	20%		18%	7,000
Flu Shot in the Last Year, Ages 65+	54%		50%	5,000
Feel Community is Not Safe for Walking^	9%		13%	5,000

Trend x-axis labels: 2011-2012, 2012-2013, 2013-2014, 2014-2015, 2015-2016, 2016-2017, 2017-2018
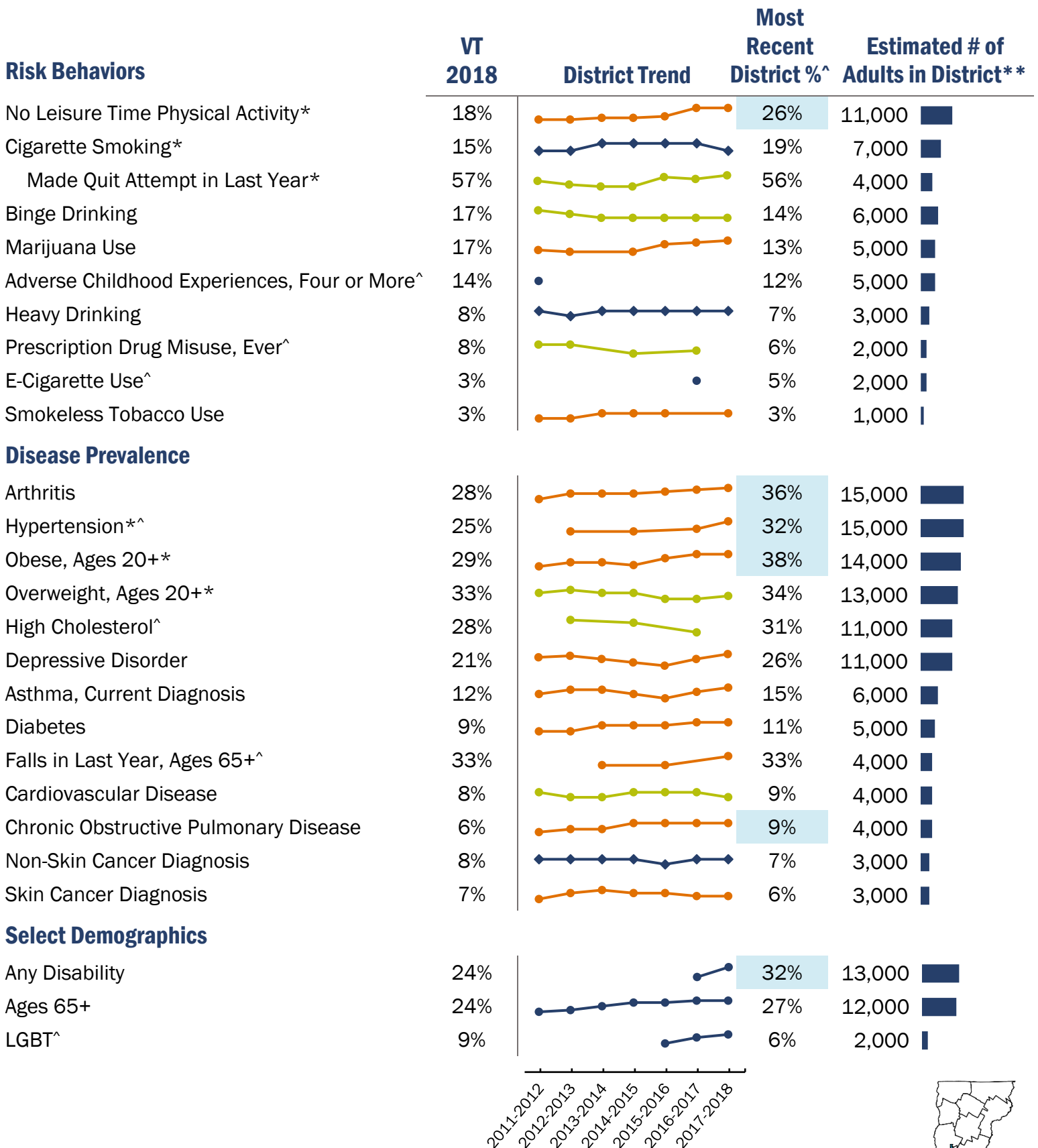
Legend:
- ■ Statistically different from Vermont
- ◆ No Change
- ● Measure moving in right direction
- ● Measure moving in wrong direction

*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.

Risk Behaviors

	VT 2018	District Trend	Most Recent District %^	Estimated # of Adults in District**
No Leisure Time Physical Activity*	18%		26%	11,000
Cigarette Smoking*	15%		19%	7,000
Made Quit Attempt in Last Year*	57%		56%	4,000
Binge Drinking	17%		14%	6,000
Marijuana Use	17%		13%	5,000
Adverse Childhood Experiences, Four or More^	14%		12%	5,000
Heavy Drinking	8%		7%	3,000
Prescription Drug Misuse, Ever^	8%		6%	2,000
E-Cigarette Use^	3%		5%	2,000
Smokeless Tobacco Use	3%		3%	1,000

Disease Prevalence

	VT 2018	District Trend	Most Recent District %^	Estimated # of Adults in District**
Arthritis	28%		36%	15,000
Hypertension*^	25%		32%	15,000
Obese, Ages 20+*	29%		38%	14,000
Overweight, Ages 20+*	33%		34%	13,000
High Cholesterol^	28%		31%	11,000
Depressive Disorder	21%		26%	11,000
Asthma, Current Diagnosis	12%		15%	6,000
Diabetes	9%		11%	5,000
Falls in Last Year, Ages 65+^	33%		33%	4,000
Cardiovascular Disease	8%		9%	4,000
Chronic Obstructive Pulmonary Disease	6%		9%	4,000
Non-Skin Cancer Diagnosis	8%		7%	3,000
Skin Cancer Diagnosis	7%		6%	3,000

Select Demographics

	VT 2018	District Trend	Most Recent District %^	Estimated # of Adults in District**
Any Disability	24%		32%	13,000
Ages 65+	24%		27%	12,000
LGBT^	9%		6%	2,000

Trend years: 2011-2012, 2012-2013, 2013-2014, 2014-2015, 2015-2016, 2016-2017, 2017-2018

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 Rutland Health District, please visit www.healthvermont.gov/local/rutland.