

Recommendations

To reduce health disparities

Income

A healthy standard of living for all

- Tailor efforts to address obesity, smoking and inadequate prenatal care among people with lower incomes.
- Increase use of preventive health services among people with lower incomes.
- Make state/federal assistance programs more accessible to low-income Vermonters.
- Raise the state's minimum wage to more closely match the Vermont Liveable Wage

Education & Occupation

Well educated citizens with opportunities to earn a living wage

- Focus on improving education as a means of reducing health disparities.
- Continue to expand access to higher education.
- Make health materials easier to comprehend.
- Provide job-seeking assistance for Vermonters looking for work.
- Promote safety in the workplace.

Housing & the Built Environment

Everyone has a safe, healthy place to live

- Develop affordable housing for low-income Vermonters.
- Expand access to affordable fresh fruit and vegetables.
- Raise awareness about health effects related to living in substandard housing.
- Help families improve indoor air quality and reduce exposure to lead.
- Expand support for communities to develop safe bike and walking paths.

Access to Care

Equal access to quality health care

- Continue the upward trend in Vermonters with health insurance.
- Ensure an adequate supply of primary care doctors and dentists across the state.
- Improve transportation systems for accessing health care.
- Raise awareness about the importance of culturally appropriate health care.
- Increase use of cultural and linguistic translators in the health care setting.

Race, Ethnicity & Cultural Identity

Better health for *all* Vermonters

- Improve reporting of racial and ethnic data by federally defined categories, and by more distinct populations.
- Make schools safer for students who belong to a racial or ethnic minority.
- Address factors that contribute to suicide attempts by young Vermonters who belong to a racial or ethnic minority.
- Increase the number of Vermonters who belong to an ethnic or racial minority who have access to health insurance and who have a primary care provider.
- Increase efforts to prevent chronic disease and sexually transmitted diseases among racial and ethnic minority groups.

Stress, Disability & Depression

Overcome the health toll of chronic stress

- Improve recognition of chronic stress and depression.
- Promote screening and treatment for depression among all Vermonters, especially young adults, people living with a disability, and people who have chronic diseases.



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