

Cold Weather-Related Illness and Injury in Bennington County, VT

January 2025

Cold weather poses serious health risks, especially in Bennington County, Vermont, where winters can be harsh. Frostbite, hypothermia and other cold-weather related injuries can affect anyone, but with the right knowledge and preparation they are preventable.

If you need help accessing or understanding this information, contact AHS.VDHBennington@vermont.gov



Below 31°F: Don't stay outside too long. These temperatures can cause frostbite and hypothermia, especially if you're not dressed warmly.

Below 13°F: Avoid going outside if possible. In extreme cold, your body loses heat quickly, and even a short time outside can be dangerous.



Older Adults and Young Children: Their bodies lose heat quickly, making them more likely to get sick or hurt in the cold.

People Without Proper Clothing: Without enough warm layers, like coats, hats, and gloves, frostbite and hypothermia can happen quickly.

People Without Shelter or Heat: Those without a warm place to stay or who can't afford heat are at a higher risk of cold-related injuries and illnesses.

Cold-Related Illness in Bennington County



Highest Rates in Vermont: Bennington County has the highest rate of cold-related illnesses in the state, with more cases of frostbite, hypothermia, and other cold-weather injuries than any other county.

Why it Matters: Long, harsh winters, limited resources, and financial challenges may contribute to these higher rates, making it especially important to stay informed and prepared.



HealthVermont.gov
802-863-7200

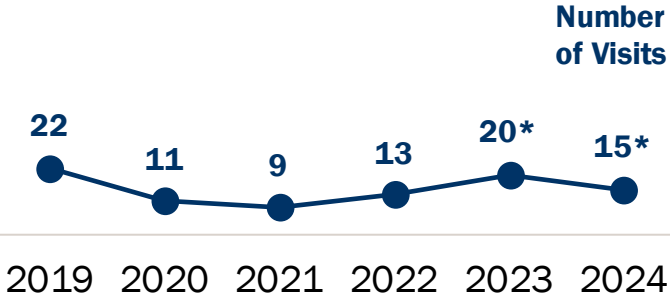


Cold Weather Impact: Key Data and Charts

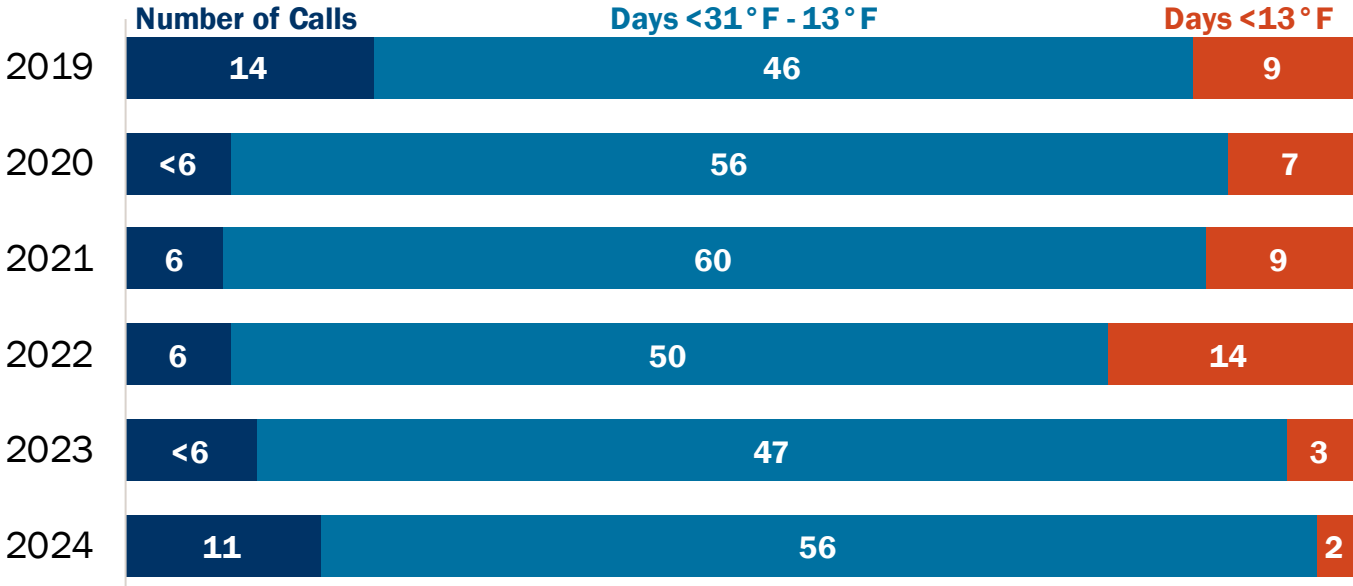
Understanding the Data

- These charts show key information about cold weather illnesses in Bennington County.
- From 2020 to 2023 people who were unhoused received hotel vouchers during the COVID-19 pandemic.
- These vouchers kept more people safe from the cold weather during that time.

Number of emergency room visits



Number of EMS calls for hypothermia or frostbite in Bennington County

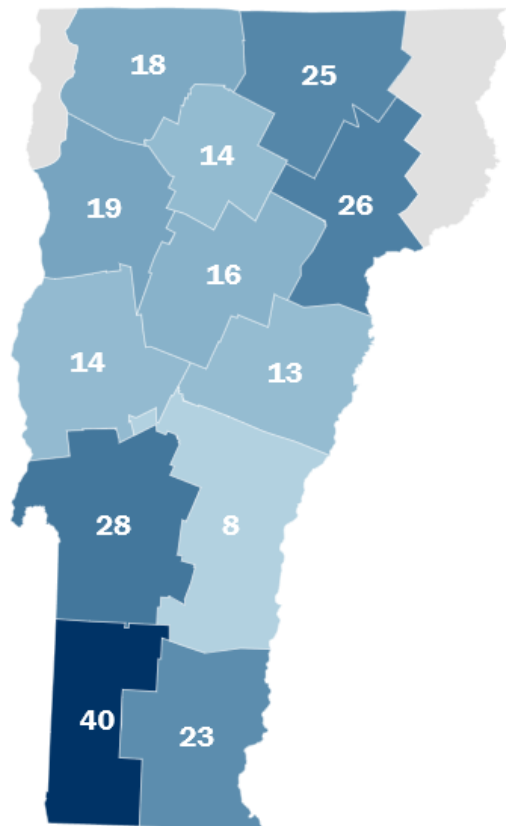


Source: Vermont Statewide Incident Reporting Network (SIREN) 2019-2024.

Rates of Cold-Related Illness per County

- The map below shows cold-related illnesses rates per 100,000 residents in Vermont counties from 2018 to 2022.
- Bennington County stands out with the highest rate in the state.
- This highlights the need to help people in this area stay safe in cold weather.

Bennington County had the highest rate of cold-related emergency department visits per 100,000 residents.
2018-2022



~Data for Grand Isle and Essex counties are suppressed due to small numbers.
Source: Vermont Uniform Hospital Discharge Dataset, 2022.