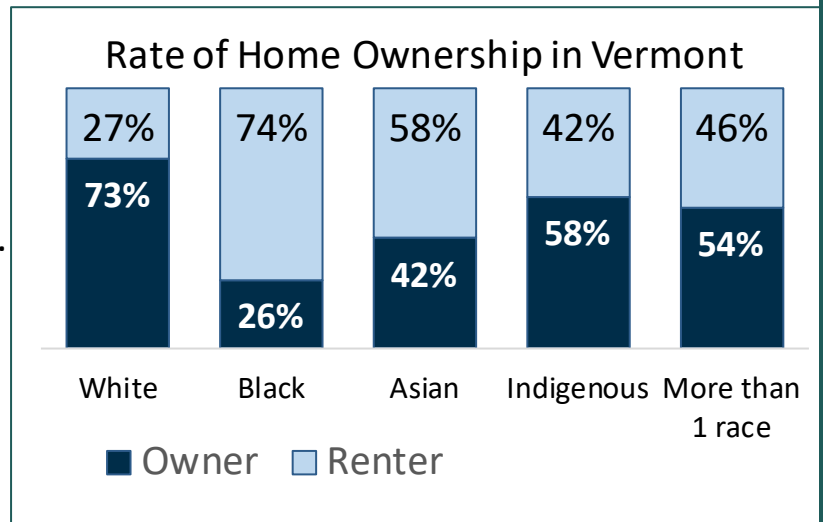


Health drivers

- Even though Vermonters of color make up a relatively small part of the population in Vermont, **the numbers have doubled** in the last 15 years.
- 24.2% of Vermonters who identify as Black **live in poverty**, compared to 10.3% of White Vermonters. **Unemployment** is twice as high for Black Vermonters.
- Vermonters of color are twice as likely to be **unable to afford fresh food** and three times more likely to **go hungry** than White residents.
- The **rate of unhoused** is much higher among Vermonters of color.
- 18% of Vermonters of color reported **poor or fair health** in 2022, compared to 12% of all Vermonters and 16% of all Americans.



Unhoused by race	White	Black	Asian	Indigenous	Multiple races
VT: People who are unhoused	88%	6%	1%	1%	4%
VT: Total population	89%	1.4%	1.8%	0.4%	5.8%

“There's not an emergency around the fact that people of color are disproportionately being displaced and harmed by the rise in cost of living and the wages barely increased. Think about who are our essential workers who get paid the minimum wage or maybe just a little above minimum wage. I certainly got paid well above minimum wage, and I can't afford to live in Vermont. I can't imagine people who have kids, people who work minimum wage jobs.”

Health drivers

- ✔ Vermonters of color are **more likely to have a disability** than White, Non-Hispanic Vermonters, 32% to 25%.
- ✔ Vermonters of color are almost twice as likely to **delay health care access** due to cost (11%) than White, Non-Hispanic residents (6%). Not surprisingly, annual doctor visit rates are also lower.

“Trying to explain to a white therapist what being microaggressed about your hair all day is like, is an exercise in futility and probably going to make your mental health worse.”

- ✔ **Racism directly affects health.** Black youth who experience racial discrimination are more likely to have **elevated depressive symptoms** in adolescence and early adulthood.
- ✔ While students of color are **more likely** to feel sad or hopeless, **hurt themselves on purpose**, and attempt suicide in the past year, they report being **less likely** to have an adult in their school they can talk to and **less likely to get the kind of help they need** when they feel sad, angry, hopeless or anxious.
- ✔ Students of color in Vermont are more likely than White, Non-Hispanic students to ever see someone get **physically attacked, beaten, stabbed, or shot** in their neighborhood. (23% v 14%)
- ✔ In 2021, 74% of **hate crimes** were committed against Vermonters of color.

“...there's so much that other people just don't have to go through and it does wear on your ability to take care of yourself...It's just so heavy.”