



The State of Health Equity in Vermont

June 2024

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Introduction

This report focuses on the health outcomes and disparities among subpopulations in Vermont. By measuring, analyzing and sharing results on the diverse health behaviors and outcomes of adults and youth in Vermont by demographic characteristics, we seek to ensure that all Vermonters have a fair and just opportunity to be healthy. In particular, these data focus on those who have experienced socioeconomic disadvantage, historical injustice and other avoidable systemic inequalities that are often associated with social categories of race, gender, ethnicity, social position, sexual orientation and disability. The Vermont Department of Health acknowledges that data presented in this report are driven by complex upstream factors, and we are continually working to further incorporate information highlighting the social determinants of health and informed by the communities and partners we seek to serve. Results in this report represent a starting place for understanding the health of different populations; they do not encompass the whole story of population health.

This report focuses on outcomes of populations identified by race and ethnicity, sexual orientation and gender identity and expression, and disability status. For more information and further reporting on these populations, please see the YRBS Population in Focus reports and BRFSS Population in Focus reports on [the Health Equity Data page](#). For more information on data related to mortality and other vital statistics, [please visit the Annual Vital Statistics Reports page](#).

A selection of results are also included related to the adult population defined by age, income, and educational attainment status. For full results related to age, income, education, and sex, please see the [BRFSS 2022 Statewide Report](#).

Throughout this report, all estimates reported represent percentages. In instances where data for a subpopulation is not included or appears missing, data has been suppressed to protect confidentiality of participants or to ensure statistical reliability of estimates. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently participants responded to an item. All comparisons are made to the overall statewide estimate, and statistically significant differences are noted visually in graphs. Sometimes, when comparing the responses of two or more groups, the overall percentage may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically. **While this report notes statistical differences, we encourage you to consider meaningful differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).**

Methodology

Adult Population

Adult survey results within this report are from the Vermont Behavioral Risk Factor Surveillance System Survey (BRFSS). The Behavioral Risk Factor Surveillance System (BRFSS) is a telephone survey conducted annually among adults aged 18 and older. The Vermont BRFSS is completed by the Vermont Department of Health in collaboration with the Centers for Disease Control and Prevention (CDC). All U.S. states, Washington D.C., and most U.S. territories participate in the BRFSS. BRFSS surveys are completed among around 7,000 adults each year, from across the state. Completion of the BRFSS depends on a participant's ability to independently complete an over-the-phone survey with a personal cellphone or on a landline phone in a private residence. Adults who are incarcerated, living in group housing, without a personal phone, or who have hearing impairments or other physical, emotional, or cognitive disabilities that preclude their ability to independently complete such a survey may not be adequately represented in this data. Results are weighted to be representative of the entire adult population. Estimates in the Race and Ethnicity and Sexual Orientation and Gender Identity sections are based on the combined data years of 2021 and 2022. This ensures statistical reliability and decreases instances of data suppression. Estimates in the Age, Income, and Education and Disability sections are based on 2022 results alone. For more information on the BRFSS please visit the BRFSS site at HealthVermont.gov/BRFSS.

Respondents were asked to provide their ethnicity and race in a [series of questions](#) (see Core Section 8). Their responses are categorized into the following groupings for final reporting: **AIAN**=American Indian or Alaska Native; **ANHPI**= Asian, Native Hawaiian or Other Pacific Islander; **Black**=Black or African American; Another Race; **Multiracial** =Persons who selected more than one race or ethnicity; **White**; and **Hispanic**. All other races are non-Hispanic.

Respondents were asked to provide their sexual orientation and transgender status in a [series of questions](#) (see Optional Module 26). Their responses for sexual orientation are categorized into the following groupings for final reporting: **Gay or Lesbian**, **Bisexual**, **Heterosexual**, or **Another Sexual Orientation**. Another Sexual Orientation is an additional identity which is not gay or lesbian, bisexual, or heterosexual, and may include persons who identify as pansexual, asexual, queer, questioning, moving between identities, or other additional identities. Responses to the question about transgender status are grouped into **Transgender** and **Cisgender**. Cisgender means that one's gender aligns with the gender they were assigned at birth based on their sex. Note that although sexual orientation and gender identity (transgender status) are presented alongside each other in this report, sex, gender, sexual orientation and transgender status are all separate concepts. Often, these identities intersect in meaningful ways; persons of historically non-dominant sexual orientation groups, and gender expansive, gender fluid, non-binary and transgender persons share social, political, and historical commonalities. This report intends to highlight outcomes among subpopulations within this broader LGBTQIA+ community.

Disability status was determined among respondents through a [series of 6 questions](#) (see Core Section 9). Respondents who answered "Yes" to any of the following were categorized as having a **Disability**: serious difficulty walking or climbing stairs, concentrating or making decisions, hearing, seeing, dressing, or bathing, or because of a physical, mental, or emotional condition, having difficulty doing errands alone. Respondents who answered "no" to all of the preceding questions are categorized as having **No Disability**.

Adult mortality data is from 2022 and provided from the Vermont Vital Statistics System. Demographic information on decedents is subject to reporting system limitations. Mortality information on some demographic subpopulations, including by sexual orientation, gender identity and expression, and disability status, is not available.

Methodology Continued

Youth Population

Youth results within this report are from the 2021 High School Youth Risk Behavior Survey (YRBS). The YRBS is a biennial school-based survey. In Vermont, students in all public schools and select independent schools across the state are invited to participate in the YRBS. High School and Middle School students (grades 9-12, and grades 6-8, respectively) are administered different surveys. All students are read a standard set of directions and asked to complete the self-administered survey. Students can decline participation at any time or skip any questions they do not wish to answer. In addition, to protect student's anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way. For more information on the YRBS please visit the Vermont Department of Health YRBS webpage at:

<https://www.HealthVermont.gov/yrbs>

This report includes information on health disparities among students by race and ethnicity. Results are based on two questions:

Are you Hispanic or Latino?

- A. Yes
- B. No

What is your race? (Select one or more responses.)

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White

Throughout this report, you will see race and ethnicity reported in the following ways among youth:

AIAN = American Indian or Alaskan Native; **ANHPI** = Asian, Native Hawaiian or Other Pacific Islander; **Black**= Black or African American; **Multiracial**= Students who selected more than one race or responded “yes” to Hispanic as well as another Race; **White**= White, non-Hispanic; **Hispanic** = all Hispanic students. All other races are non-Hispanic

Methodology Continued

Youth Population

Results based on health outcomes among students according to sexual orientation and gender identity are based on the following questions:

Which of the following best describes you?

- A. Heterosexual (straight)
- B. Gay or lesbian
- C. Bisexual
- D. I describe my sexual identity some other way
- E. I am not sure about my sexual identity (questioning)
- F. I do not know what this question is asking

Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender.

Are you transgender?

- A. No, I am not transgender
- B. Yes, I am transgender
- C. I am not sure if I am transgender
- D. I do not know what this question is asking

Throughout the report, you will see sexual orientation defined by and reported in the following ways among youth:

Gay or Lesbian, Bisexual, Another Orientation= Students who answer D.) “I describe my sexual orientation some other way”; **Questioning**= Students who answer E.) “I am not sure about my sexual identity (questioning)”

Gender Identity will be defined by and reported in the following ways among youth:

Transgender, Cisgender = Students who answer A.) “No, I am not transgender”; **Questioning Gender**= Students who answer C.) “I am not sure if I am transgender.”

Methodology Continued

Youth Population

This report also includes information on the specific health disparities experienced by students with disabilities. It should be noted that completion of the survey depends on a student's ability to read and complete the questionnaire independently or using computer assisted technology. Students with very limited reading skills or significant intellectual or learning disabilities may not be adequately represented in this data.

The 2021 Vermont YRBS included two questions on disabilities:

Do you receive Special Education services through an Individualized Education Plan (IEP) or 504 plan?

- A. Yes, I do
- B. Not anymore, but I used to
- C. No, and I never have
- D. Not sure

Do you have a disability or long-term health problem that keeps you from doing everyday activities such as bathing, getting dressed, doing schoolwork, playing sports, or being with friends?

- A. Yes
- B. No
- C. Not sure

Throughout this report, you will see results from these questions reported in the following ways among youth:

Disability = Students who answer A.) "Yes" to the question "Do you have a disability or long-term health problem that keeps you from doing everyday activities such as bathing, getting dressed, doing schoolwork, playing sports, or being with friends?" **No Disability** = Students to respond B.) "No" to the same question.

Not sure Disability = Students who answer C.) "Not sure" to the same question.

IEP = Students who answer A.) "Yes" to the question "Do you receive Special Education services through an Individualized Education Plan (IEP) or 504 plan?"

Past IEP = Students who answer B.) "Not anymore, but I used to" to the same question. **No IEP** = Students who answer C.) "No, and I never have" to the same question.

Unsure IEP = Students who answer D.) "Not Sure" to the same question.

Executive Summary

Using results from the Behavior Risk Surveillance System (BRFSS), Youth Risk Behavior Survey (YRBS) and Vermont Vital Statistics, health outcomes and disparities are highlighted in this report.

Health Insurance and Access to Care

Statewide, 94% of Vermont adults have health insurance. However, only 82% of Black adults report having health insurance. Similarly, a lot of Vermont adults (90%) have access to a primary care physician. Adults who are Asian or Native Hawaiian or Pacific Islander (81%), Black (80%) or another race (79%) are significantly less likely to have a primary care provider.

Physical and Mental Health

Thirteen percent of Vermonters report "fair or poor health." Disparities are seen across many populations including American Indian or Alaska Native adults (32% report "fair or poor health") and adults 65+ (21%).

Compared to the statewide rate reporting "not good" mental health (16%), adults who are Bisexual (34%), another sexual orientation (38%) and Transgender (55%) report poor mental health at statistically higher rates. All LGBTQ+ student populations report poor mental health and feeling anxious at higher rates than statewide number. Students who are Transgender have the highest rates of these indicators (72% and 75% respectively). Transgender students are also statistically more likely to seriously consider suicide, make a suicide plan and attempt suicide.

Youth Risk Factors

Students with a disability, who are Gay/Lesbian, Bisexual, Transgender, Asian or Native Hawaiian or Pacific Islander, Black and Hispanic are statistically more likely to report they don't get at least an hour of exercise per week.

Two percent of Vermont students report they most of the time/always go hungry due to lack of food at home. Significant disparities are seen among students who are Hispanic (5%), Gay/Lesbian (3%), another sexual orientation (3%), Transgender (6%), questioning their gender (3%) or have any disability indicator.

2022 Mortality Data

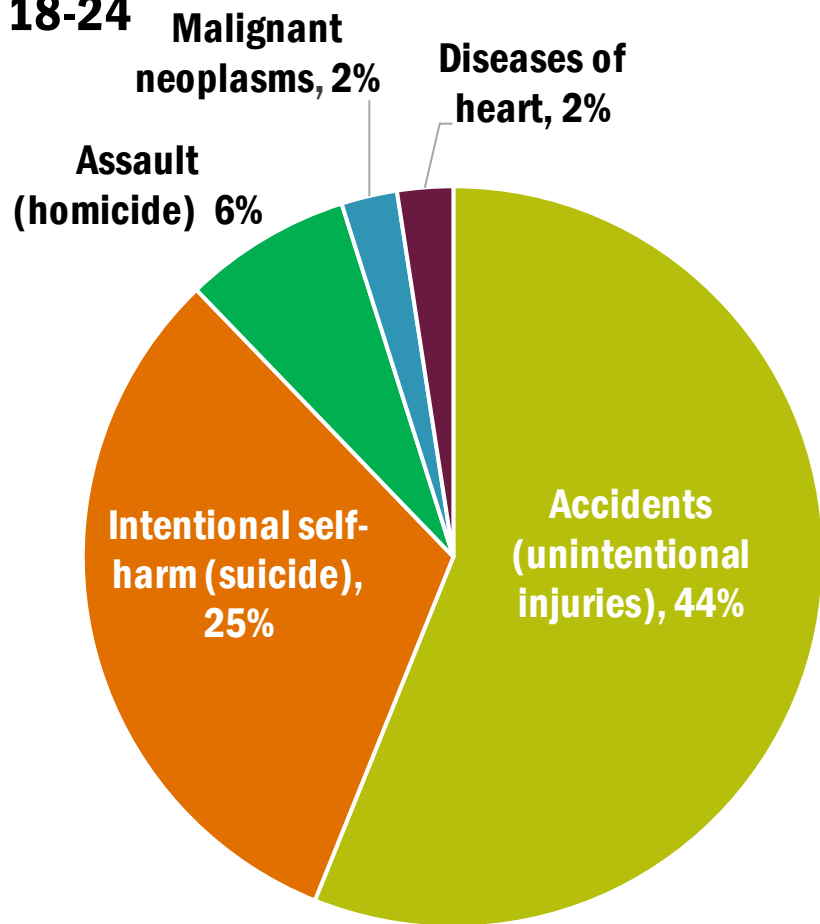


Overall Vermont Resident Deaths in 2022

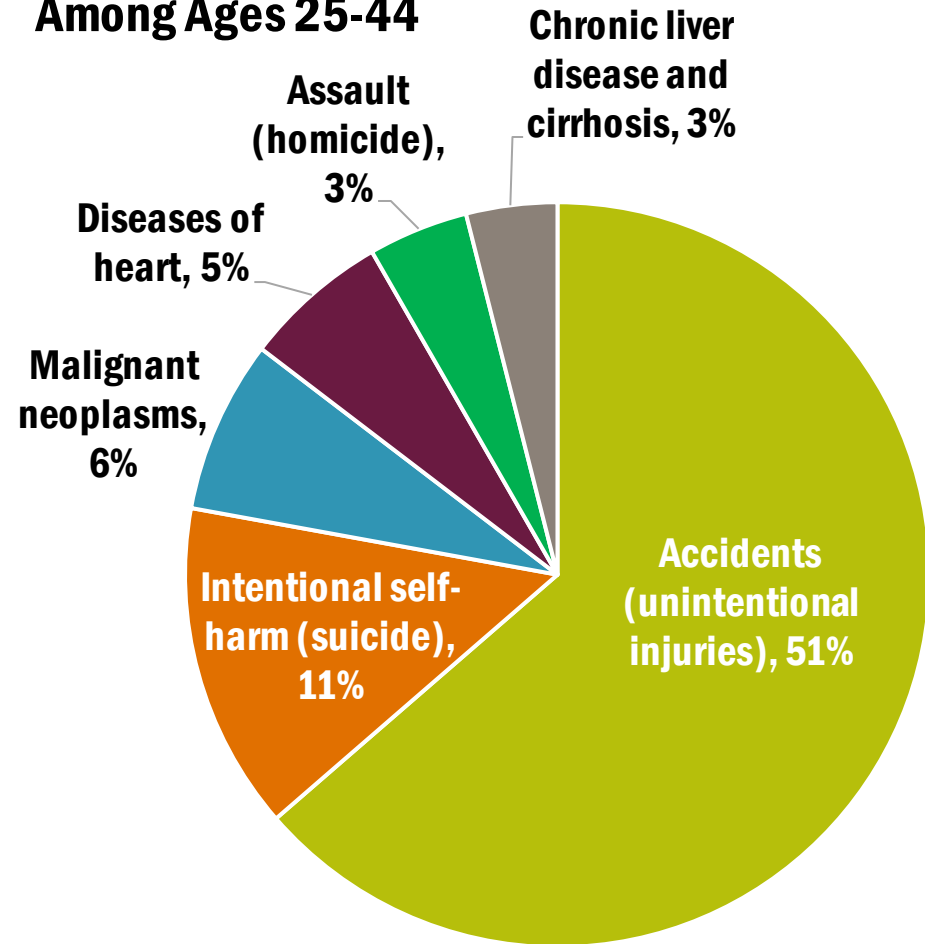
Demographic	Categories	# of Deaths	Percentage of Total	
Age at Death	<=17	47	1%	
	18-24	52	1%	
	25-44	317	5%	
	45-64	1203	17%	
	>=65	5353	77%	
	Total	6972	-	
Sex	Female	3258	47%	
	Male	3714	53%	
	Total	6972	-	
Education	High school or less	4241	61%	
	Some college (less than 4 years)	1141	16%	
	College graduate or more (4+ years)	1526	22%	
	Unknown	64	1%	
	Total	6972	-	
Race/Ethnicity	Black or African American - Non-Hispanic	42	1%	
	Asian, Native Hawaiian, or Pacific Islander - Non-Hispanic	22	0%	
	American Indian or Alaska Native - Non-Hispanic	12	0%	
	Another Race, Not Listed - Non-Hispanic	7	0%	
	Multiracial - Non-Hispanic	24	0%	
	Hispanic	66	1%	
	Unknown	1	0%	
	White, Non-Hispanic	6798	98%	
	Total	6972	-	
	Black, Indigenous or People of Color (BIPOC)	173	2%	
	White, Non-Hispanic	6798	98%	
	Unknown	1	0%	
Total	6972	-		

Leading Causes of Death Among Age Groups

Among Ages 18-24



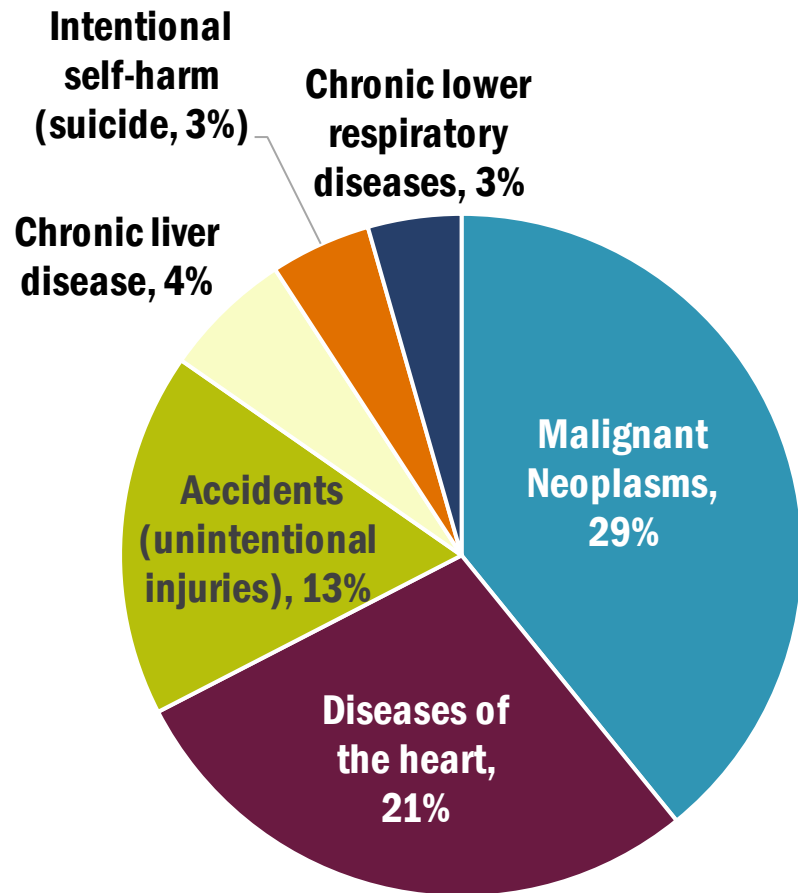
Among Ages 25-44



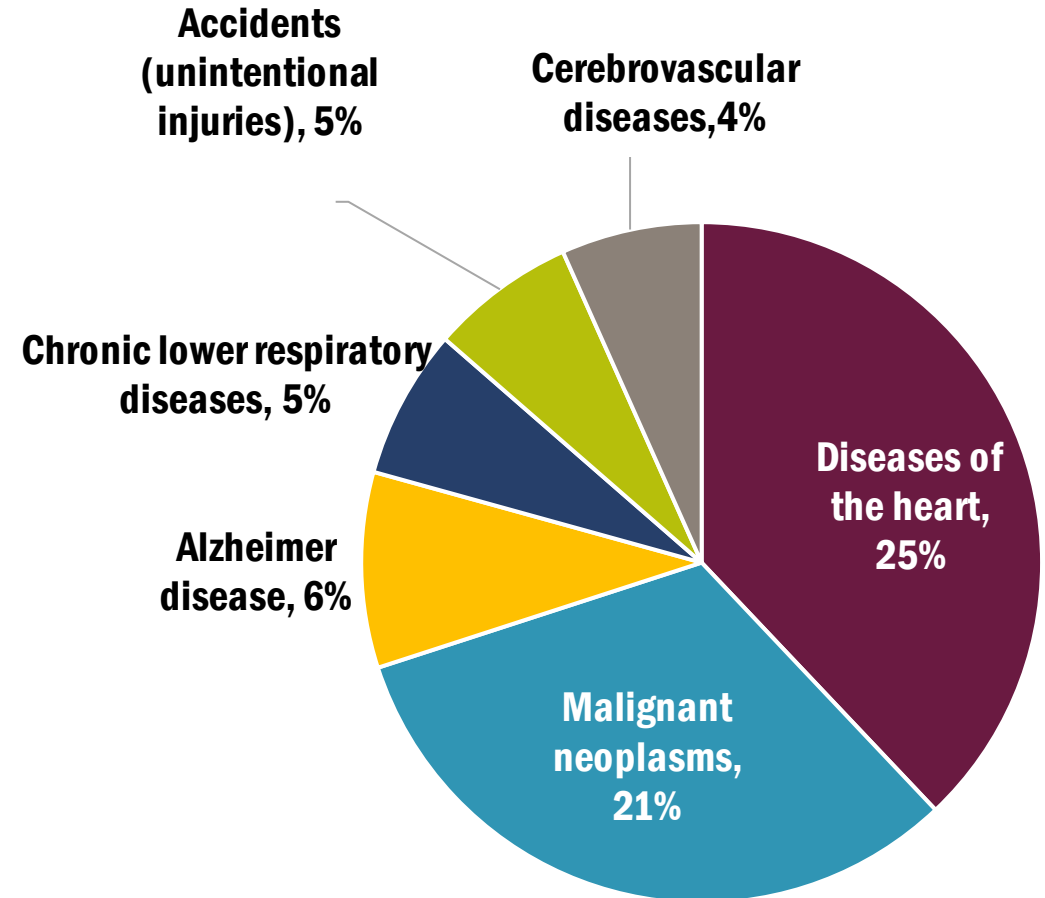
Leading causes of death among Vermont resident subpopulations, excluding non-rankable causes. Note: Ages 18-24 experienced only 5 attributable causes of death. Other groups include top 6 causes among group.

Leading Causes of Death Among Age Groups

Among Ages 45-64



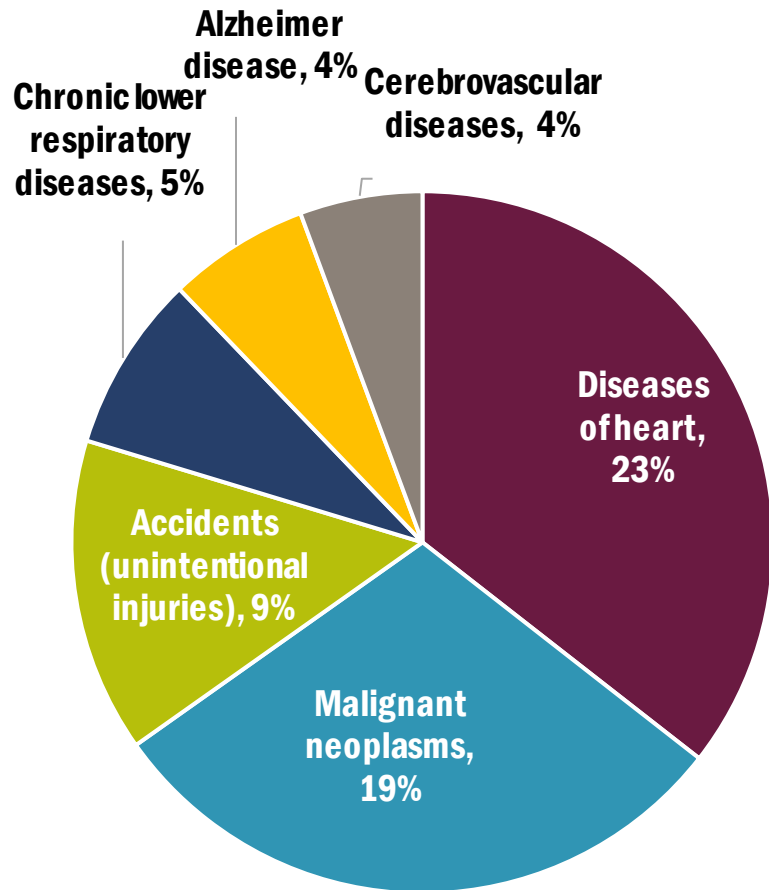
Among Ages 65 and Older



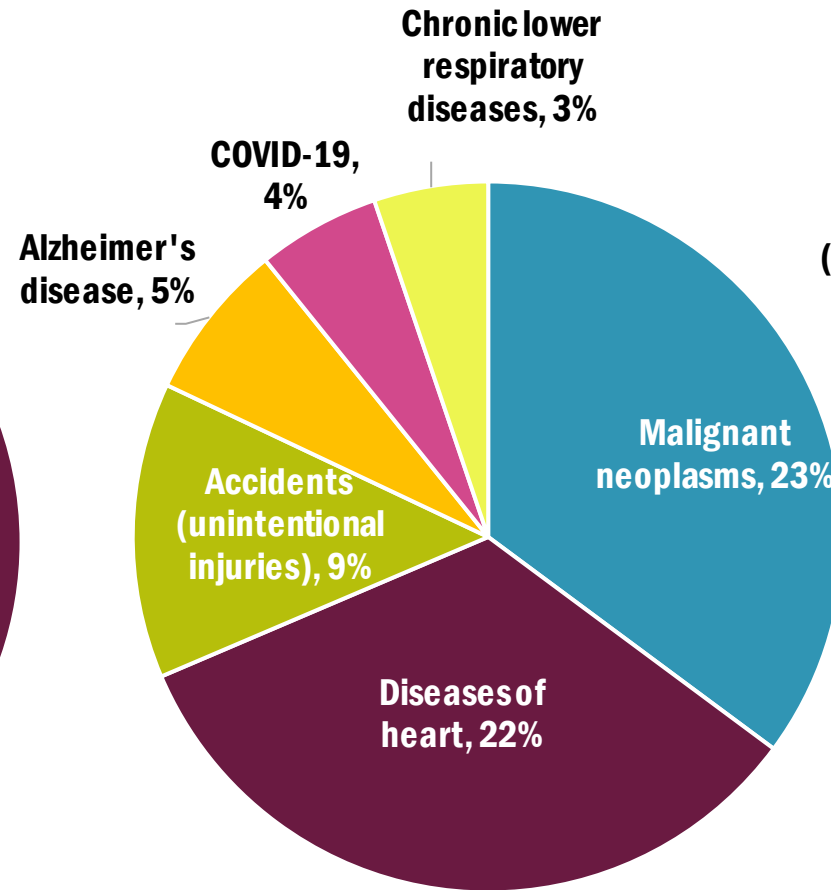
Leading causes of death among Vermont residents in 2022 in each subpopulation, excluding non-rankable causes.

Leading Causes of Death Among Educational Attainment Groups

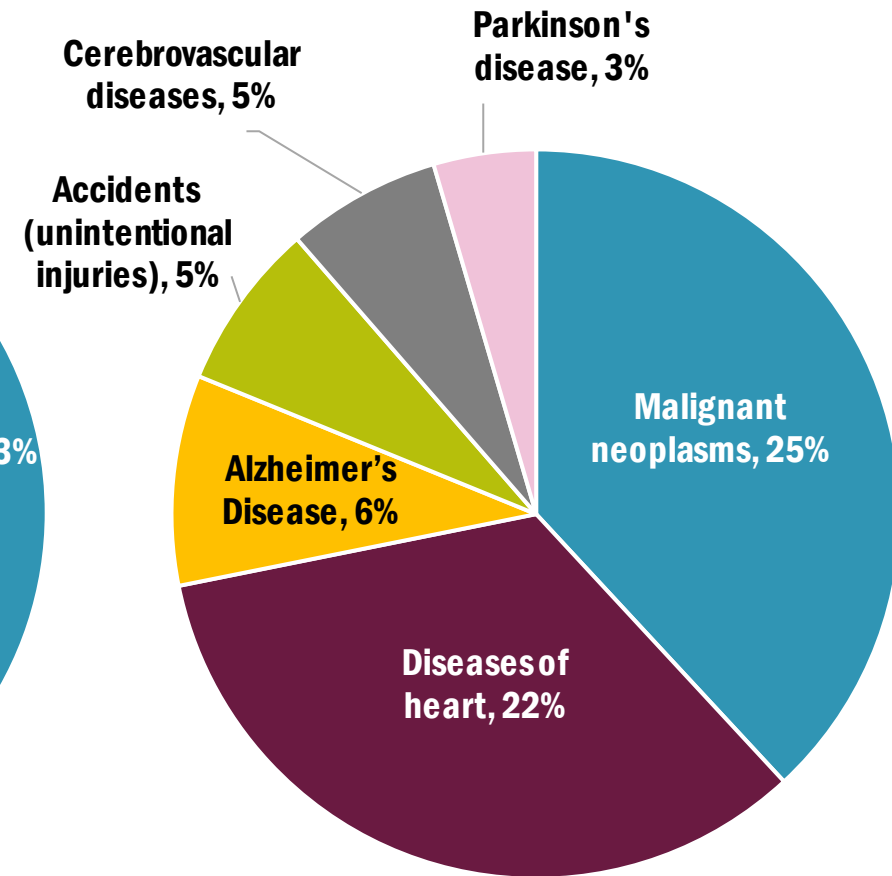
Among High School or Less



Among Some College (less than 4 years)



Among College Graduate (4+ years)

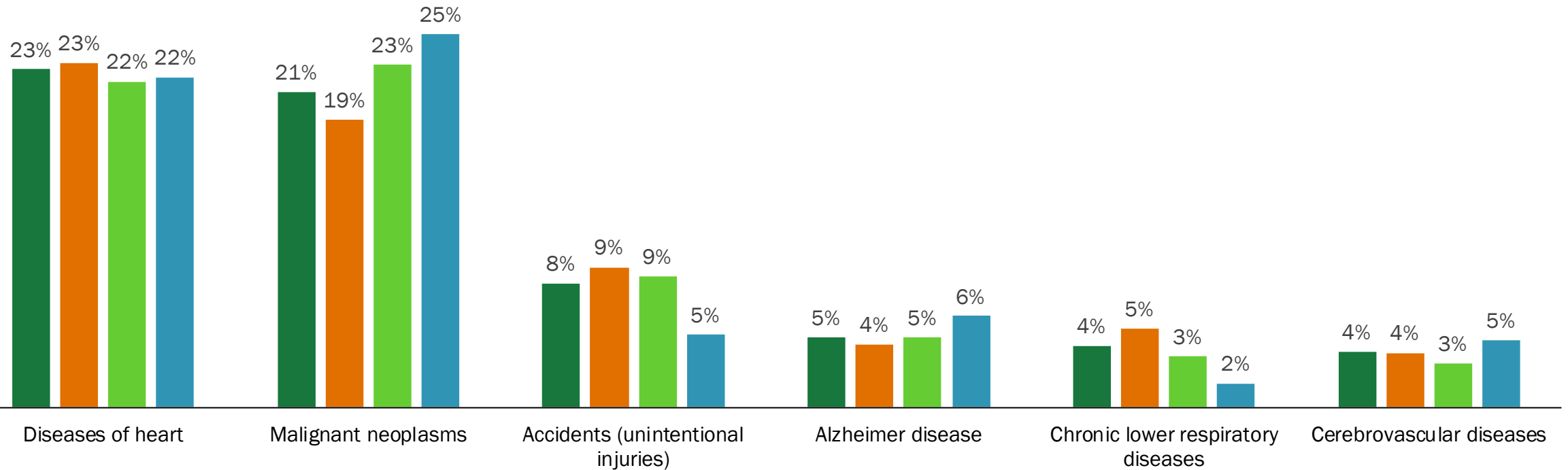


Leading causes of death among Vermont residents in 2022 in each subpopulation, excluding non-rankable causes.

Leading Causes of Death in Vermont

Leading Causes of Death Overall in Vermont Among Educational Attainment Groups

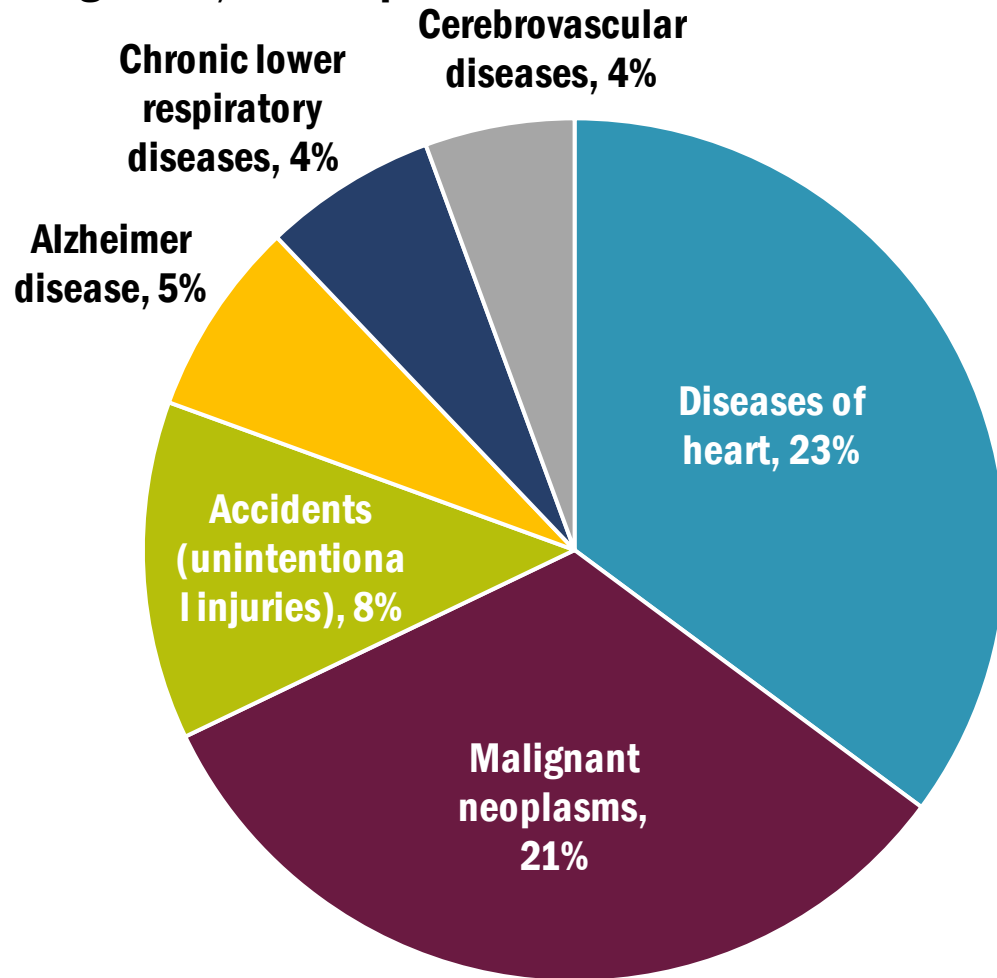
■ VT Overall ■ HS or less ■ Some college ■ College+



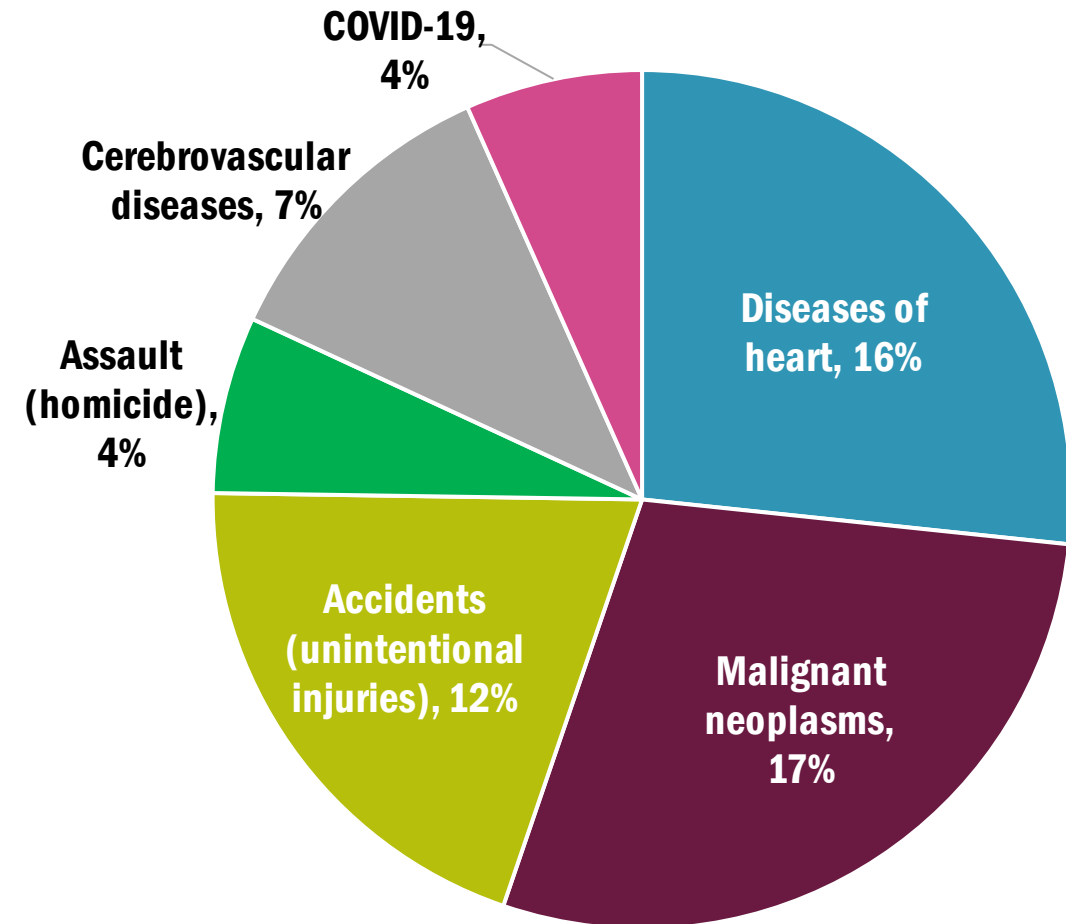
Leading causes of death are the 6 leading causes of death overall among Vermont residents in 2022, excluding non-rankable causes. A missing value indicates that 0 deaths were attributed to that cause among the subpopulation.

Leading Causes of Death Among Racial/Ethnic Groups

Among White, Non-Hispanic



Among Black, Indigenous or People of Color (BIPOC)

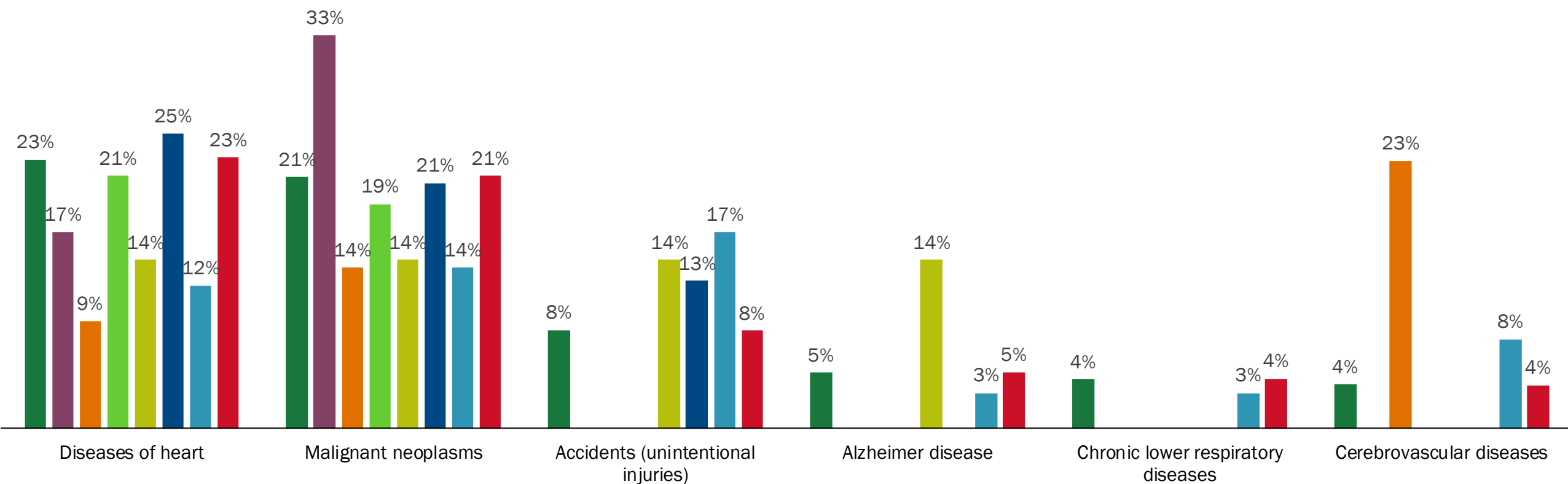


Leading causes of death among Vermont residents in 2022 in each racial/ethnic aggregated subpopulation, excluding non-rankable causes.

Leading Causes of Death in Vermont

Leading Causes of Death Overall in Vermont Among Racial/Ethnic Subpopulations

■ VT Overall
 ■ ANHPI
 ■ Black
 ■ Hispanic
 ■ AIAN
 ■ Multiracial Race
 ■ Another Race
 ■ White



Leading causes of death are the 6 leading causes of death overall among Vermont residents in 2022, excluding non-rankable causes. A missing value indicates that 0 deaths were attributed to that cause among the subpopulation.

Adult Health Survey Results by Age, Education and Income



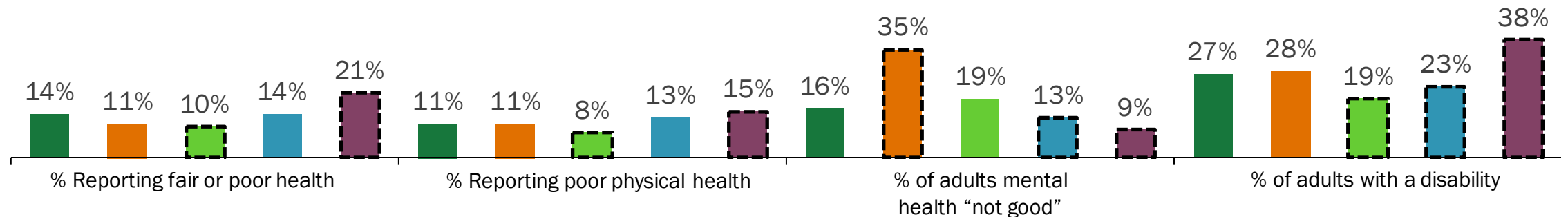
General Health

- **Adults 65+** (21%) report fair or poor health at a statistically higher rate than the statewide rate (14%).
- **Adults 65+** (15%) report poor physical health at a statistically higher rate than the statewide rate (11%).
- **Adults 18-24** (35%) report their mental health is “not good” at more than twice the statewide rate (16%).
- **Adults 65+** (38%) report having a disability at a statistically higher rate than the statewide number (27%).

Poor physical health and poor mental health is defined as 14 or more days during the past 30 days where physical or mental health was "not good."

General Health of Adults

■ VT Overall ■ 18-24 ■ 25-44 ■ 45-64 ■ 65+



Adult Results: BRFSS 2022

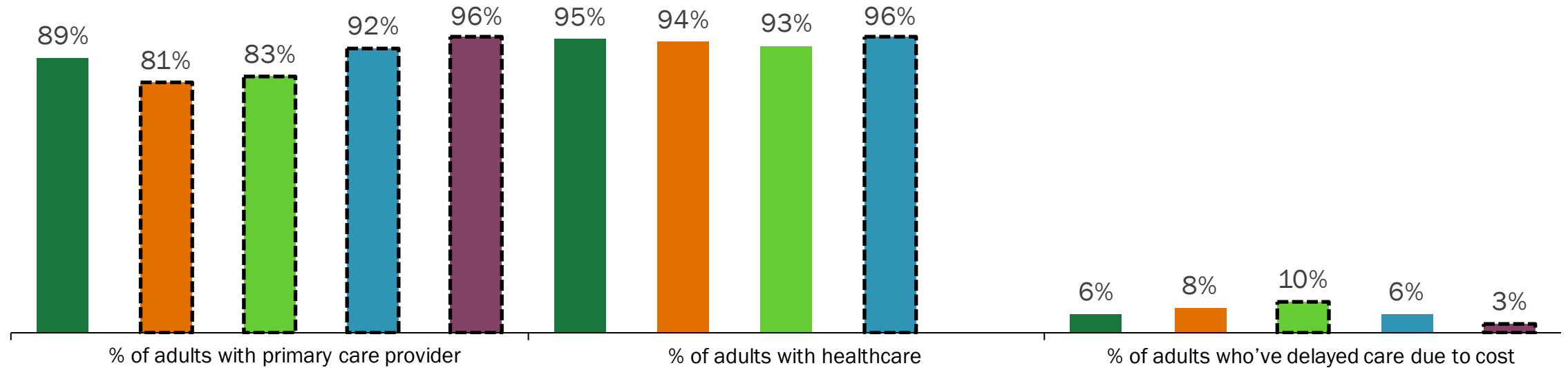
▤ = statistically significant difference to state

Health Insurance and Access to Care

- **Adults 18-24 (81%)** and **25-44 (83%)** are statistically less likely to have a primary care provider compared to the statewide rate (89%).
- **Adults 45-64 (96%)** report having health insurance at a statistically higher rate than the statewide rate (95%).
- When asked if they've ever delayed health care due to cost, **adults 25-44 (10%)** were statistically more likely to answer "yes." **Adults 65+ (3%)** were statistically more likely to answer "no."

Rates of Vermont adults with health insurance, primary care providers and cost barriers.

■ VT Overall ■ 18-24 ■ 25-44 ■ 45-64 ■ 65+



Adult Results: BRFSS 2022

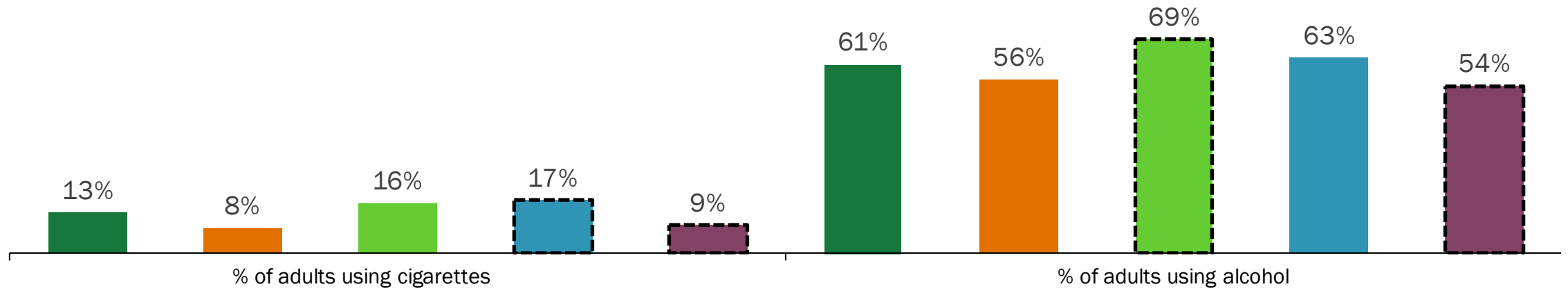
□ = statistically significant difference to state

Substance Use

- **Adults 45-64 (17%)** are statistically more likely to use cigarettes compared to the statewide rate (13%).
- **Adults 25-44 (69%)** report using alcohol at a statistically higher rate than the statewide rate (61%).

Rates of Vermont Adults Using Tobacco and Alcohol

■ VT Overall ■ 18-24 ■ 25-44 ■ 45-64 ■ 65+



Adult Results: BRFSS 2022

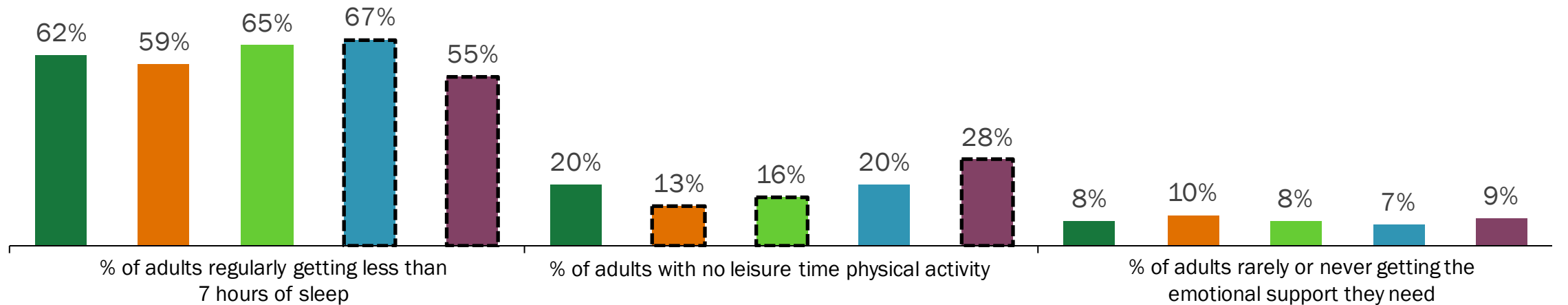
 = statistically significant difference to state

Sleep, Exercise and Support

- **Adults 45-64 (67%)** are statistically more likely to report getting less than seven hours of sleep compared to the statewide rate (62%).
- **Adults 65+ (28%)** report not getting leisure time physical activity at a statistically higher rate than the statewide rate (20%).
- All **adult** populations have similar rates of not getting emotional support, compared to the statewide rate (8%).

Rates of Sleep, Exercise and Support Among Vermont Adults

■ VT Overall ■ 18-24 ■ 25-44 ■ 45-64 ■ 65+



Adult Results: BRFSS 2022

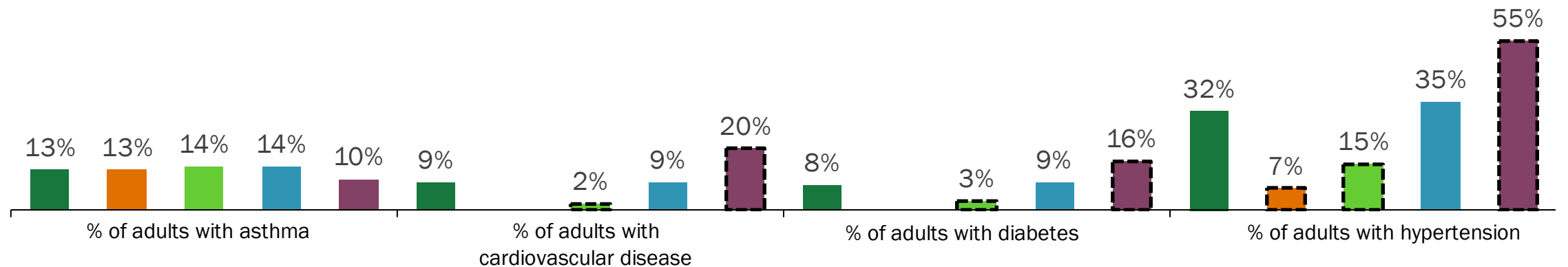
▤ = statistically significant difference to state

Adult Chronic Disease

- All adult populations have similar rates of asthma compared to the statewide rate (13%).
- **Adults 65+** (20%) have cardiovascular disease at a statistically higher rate than the statewide rate (9%).
- **Adults 65+** (16%) have diabetes at twice the statewide rate (8%).
- **Adults 65+** (55%) have hypertension at a statistically higher rate than the statewide rate (32%).

Adult Chronic Disease Rates

■ VT Overall ■ 18-24 ■ 25-44 ■ 45-64 ■ 65+



Adult Results: BRFSS 2022

□ = statistically significant difference to state

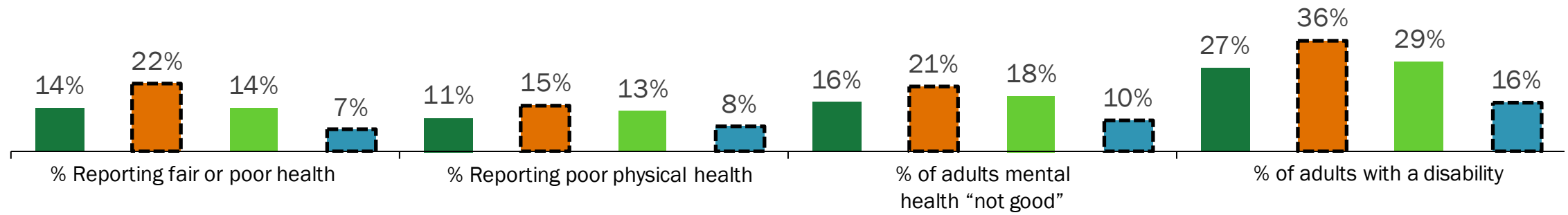
General Health

- **Adults** with a high school education or less (22%) report fair or poor health at a statistically higher rate than the statewide rate (14%).
- **Adults** with a high school education or less (15%) report poor physical health at a statistically higher rate than the statewide rate (11%).
- **Adults** with a high school education or less (21%) report their mental health is “not good” at a statistically higher rate than the statewide rate (16%).
- **Adults** with a high school education or less (36%) report having a disability at a statistically higher rate than the statewide number (27%).

Poor physical health and poor mental health is defined as 14 or more days during the past 30 days where physical or mental health was "not good."

General Health of Adults

■ VT Overall ■ HS or less ■ Some college ■ College+



Adult Results: BRFSS 2022

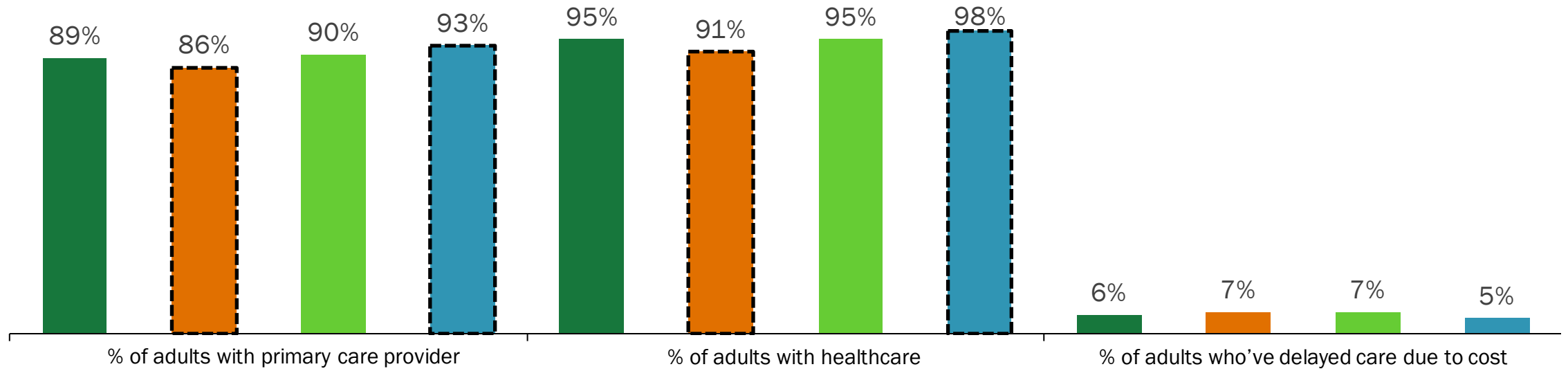
■ = statistically significant difference to state

Health Insurance and Access to Care

- **Adults** with a high school education or less (86%) are statistically less likely to have a primary care provider compared to the statewide rate (89%).
- **Adults** with a high school education or less (91%) report having health insurance at a statistically lower rate than the statewide rate (95%).
- There are no statistical differences between **adult** populations and the statewide rate of delaying health care due to cost (6%).

Rates of Vermont adults with health insurance, primary care providers and cost barriers.

■ VT Overall ■ HS or less ■ Some college ■ College+



Adult Results: BRFSS 2022

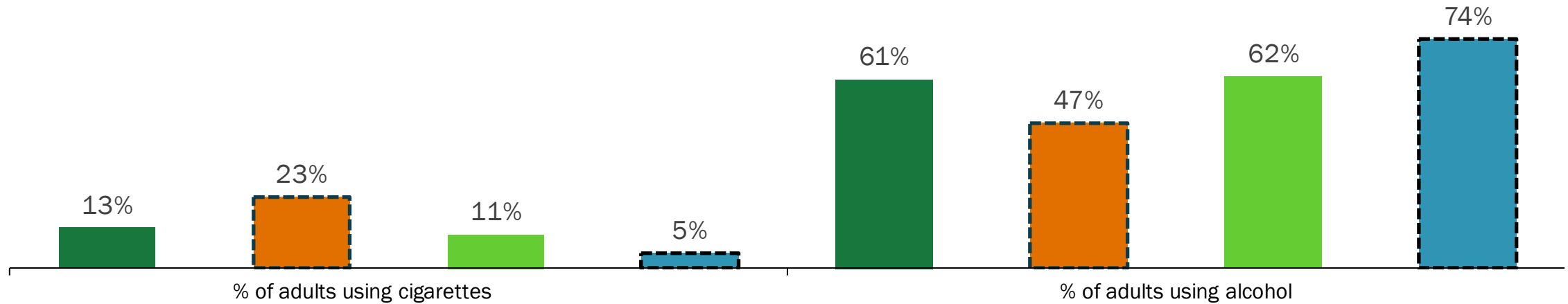
■ = statistically significant difference to state

Substance Use

- **Adults** with a high school education or less (23%) are statistically more likely to use cigarettes compared to the statewide rate (13%).
- **Adults** with a college education or more (74%) report using alcohol at a statistically higher rate than the statewide rate (61%).

Rates of Vermont Adults Using Tobacco and Alcohol

■ VT Overall ■ HS or less ■ Some college ■ College+



Adult Results: BRFSS 2022

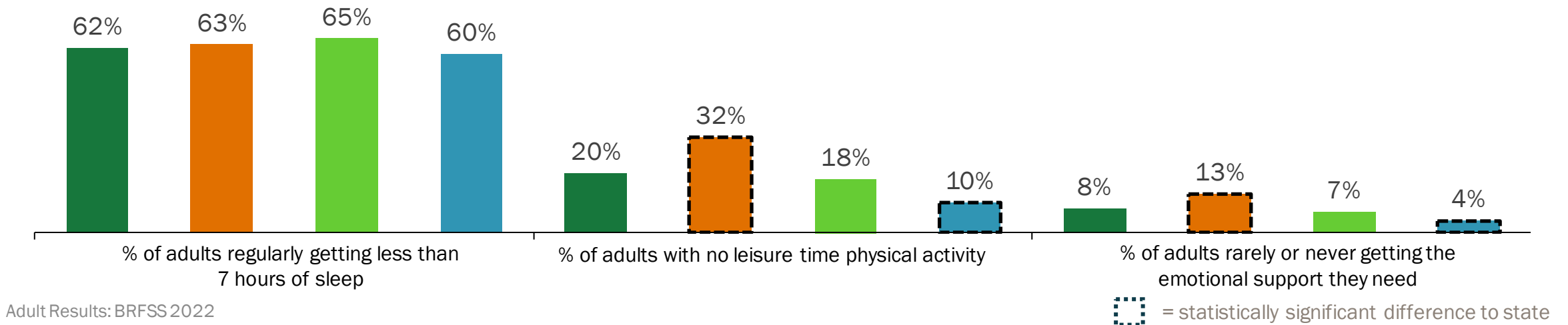
 = statistically significant difference to state

Sleep, Exercise and Support

- All **adult** populations have a similar sleep rate compared to the statewide rate (62%).
- **Adults** with a high school education or less (32%) report not getting leisure time physical activity at a statistically higher rate than the statewide number (20%).
- **Adults** with a high school education or less (13%) report not getting the emotional support they need a statistically higher rate than the statewide number (8%).

Rates of Sleep, Exercise and Support Among Vermont Adults

■ VT Overall ■ HS or less ■ Some college ■ College+

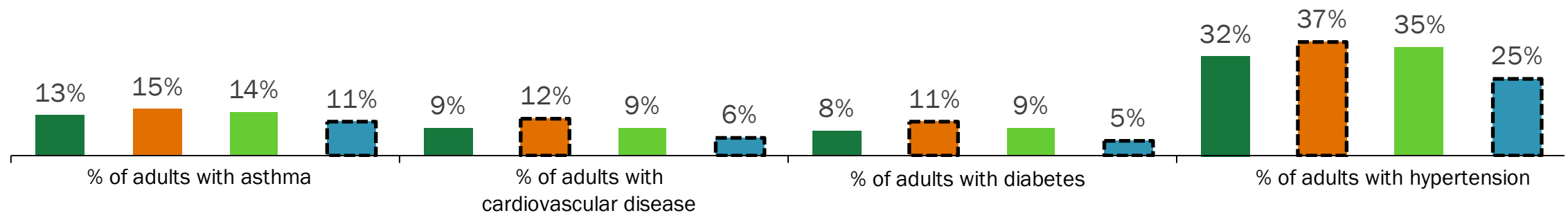


Adult Chronic Disease

- **Adults** with a college education or more (11%) are statistically less likely to have asthma compared to the statewide rate (13%).
- **Adults** with a high school education or less (12%) have cardiovascular disease at a statistically higher rate than the statewide rate (9%).
- **Adults** with a high school education or less (11%) have diabetes at a statistically higher rate than the statewide rate (8%).
- **Adults** with a high school education or less (37%) have hypertension at a statistically higher rate than the statewide rate (32%).

Adult Chronic Disease Rates

■ VT Overall ■ HS or less ■ Some college ■ College+



Adult Results: BRFSS 2022

▤ = statistically significant difference to state

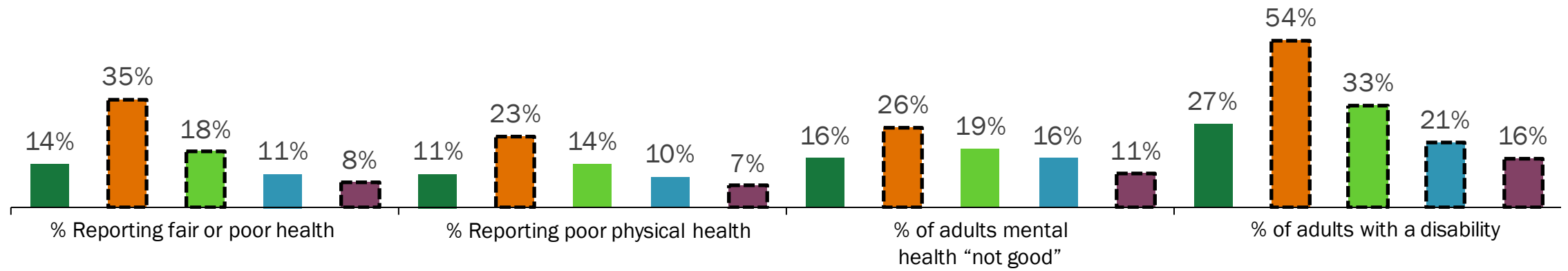
General Health

- **Adults** in homes making less than \$25,000 (35%) report fair or poor health at more than twice the statewide rate (14%). Adults in homes making between \$25,000 and \$50,000 also report this at a statistically higher rate.
- **Adults** in homes making less than \$25,000 (23%) report poor physical health at a statistically higher rate than the statewide rate (11%).
- **Adults** in homes making less than \$25,000 (26%) report their mental health is “not good” at a statistically higher rate than the statewide rate (16%).
- **Adults** in homes making less than \$50,000 report having a disability at a statistically higher rate than the statewide number (27%).

Poor physical health and poor mental health is defined as 14 or more days during the past 30 days where physical or mental health was "not good."

General Health of Adults

■ VT Overall ■ <25k ■ 25k-50k ■ 50k-75K ■ 75k+



Adult Results: BRFSS 2022

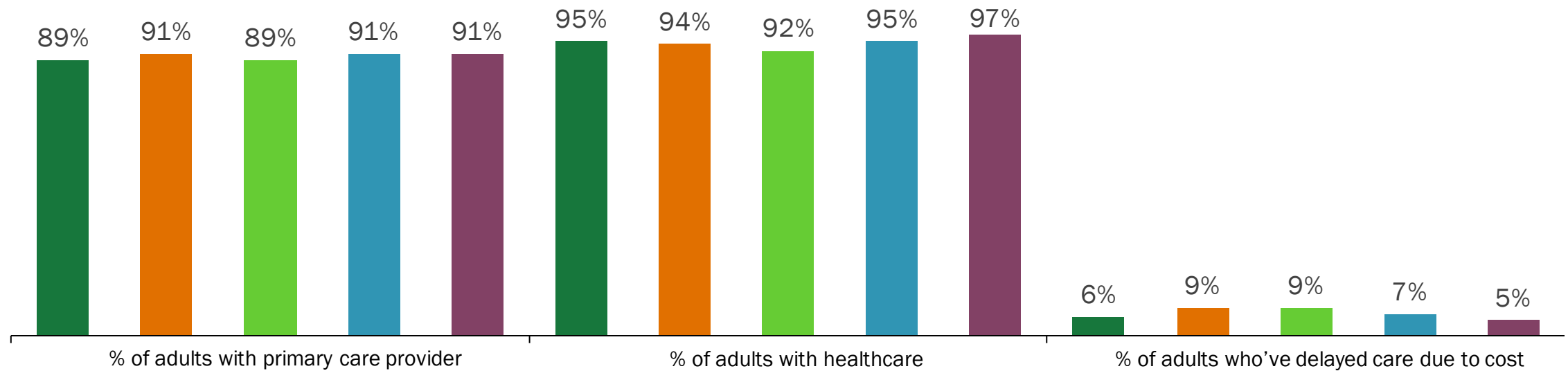
▤ = statistically significant difference to state

Health Insurance and Access to Care

- There is no statistical difference between **adult** populations and the statewide rate for having a primary care provider (89%), health insurance (95%), and delaying care due to cost (6%).

Rates of Vermont adults with health insurance, primary care providers and cost barriers.

■ VT Overall ■ <25k ■ 25k-50k ■ 50k-75K ■ 75k+



Adult Results: BRFSS 2022

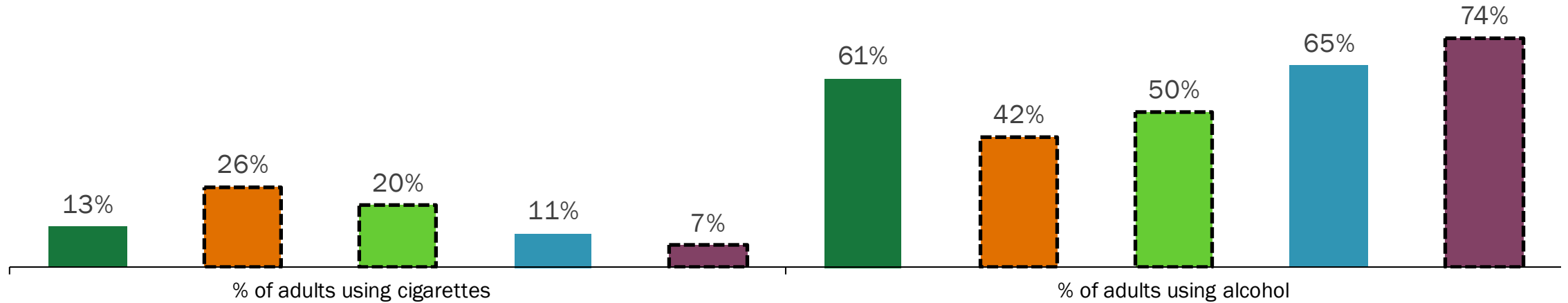
□ = statistically significant difference to state

Substance Use

- **Adults** in homes making less than \$50,000 are statistically more likely to use cigarettes compared to the statewide rate (13%).
- **Adults** in homes making \$75,000 or more (74%) report using alcohol at a statistically higher rate than the statewide rate (61%).

Rates of Vermont Adults Using Tobacco and Alcohol

■ VT Overall ■ <25k ■ 25k-50k ■ 50k-75K ■ 75k+



Adult Results: BRFSS 2022

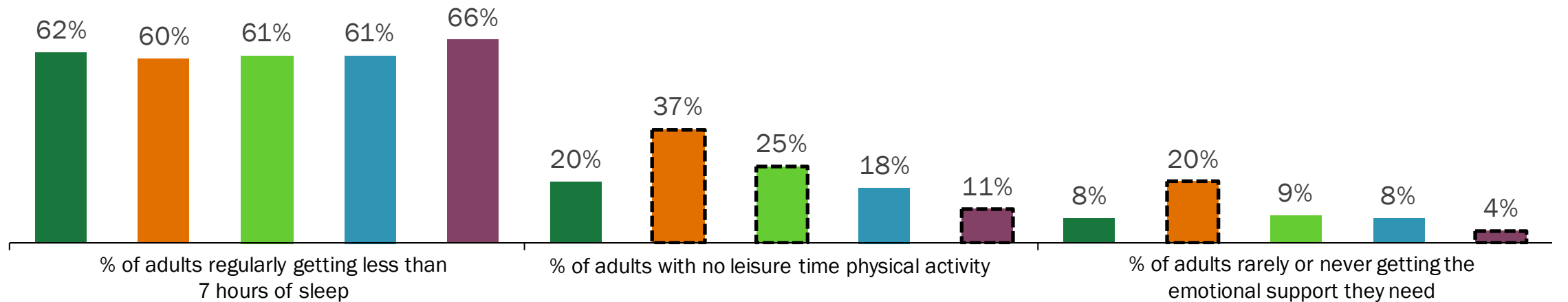
▤ = statistically significant difference to state

Sleep, Exercise and Support

- There are no statistical differences between **adult** populations and the statewide sleep rate (62%).
- **Adults** in homes making less than \$50,000 report not getting leisure time physical activity at statistically higher rates than the statewide rate (20%).
- **Adults** in homes making less than \$25,000 (20%) are statistically more likely to report they do not get the emotional support they need compared to the statewide rate (8%).

Rates of Sleep, Exercise and Support Among Vermont Adults

■ VT Overall ■ <25k ■ 25k-50k ■ 50k-75K ■ 75k+



Adult Results: BRFSS 2022

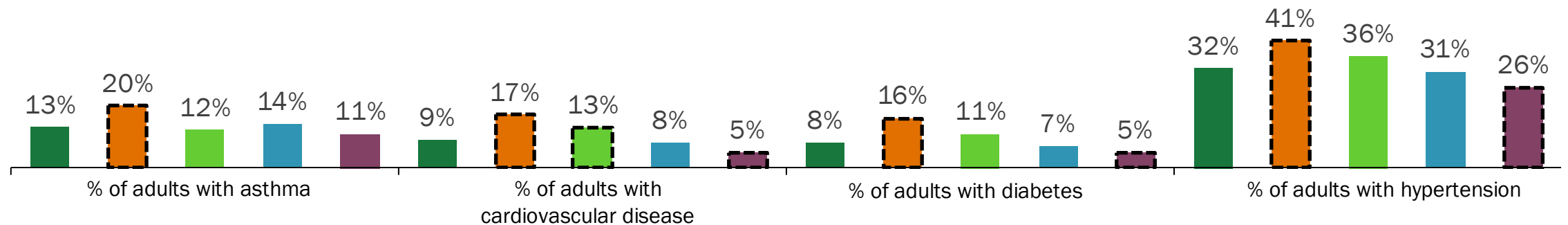
□ = statistically significant difference to state

Adult Chronic Disease

- **Adults** in homes making less than \$25,000 have asthma at a statistically higher rate than the statewide number (13%).
- **Adults** in homes making less than \$50,000 have cardiovascular disease at a statistically higher rate than the statewide rate (9%).
- **Adults** in homes making less than \$25,000 (16%) have diabetes at twice the statewide rate (8%).
- **Adults** in homes making less than \$25,000 (42%) have hypertension at a statistically higher rate than the statewide rate (32%).

Adult Chronic Disease Rates

■ VT Overall ■ <25k ■ 25k-50k ■ 50k-75K ■ 75k+



Adult Results: BRFSS 2022

■ = statistically significant difference to state

Adult and High School Student Survey Results by Race and Ethnicity



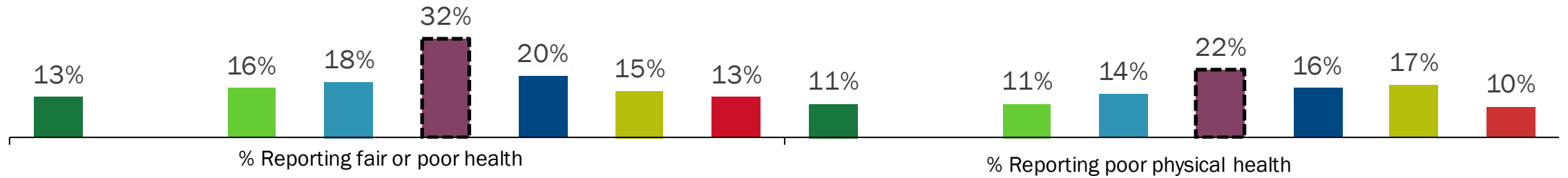
General Health

- American Indian or Alaska Native (32%) **adults** report fair or poor health at a statistically higher rate than the statewide rate (13%).
- American Indian or Alaska Native (22%) **adults** report poor physical health at a statistically higher rate than the statewide rate (11%).

Poor physical health and poor mental health is defined as 14 or more days during the past 30 days where physical or mental health was "not good."

General Health of Adults

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022

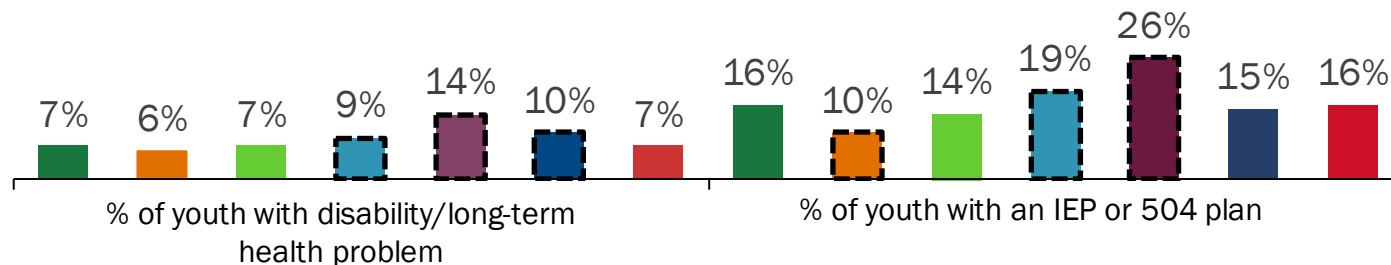
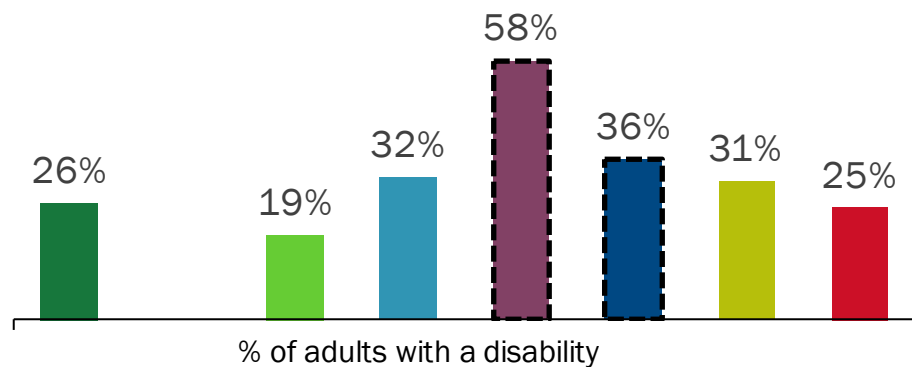
■ = statistically significant difference to state

Disability and Special Education

- American Indian or Alaska Native **adults** report having a disability at more than twice the statewide rate (58% vs. 26%). Multiracial **adults** also have a statistical difference (36%) compared to the rest of the state.
- Among high school **students**, Hispanic (9%), American Indian or Alaska Native (14%), and multiracial students (10%) are statistically more likely to report having a disability or long-term health problem.
- When asked if they have an IEP or 504 plan, Hispanic (19%) and American Indian or Alaska Native (26%) **students** are more likely to have one. Asian or Native Hawaiian or Pacific Islander **students** are statistically less likely to have an IEP or 504 plan (10%).

Adults and Youth with a Disability

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022

Youth Results: High School YRBS 2021

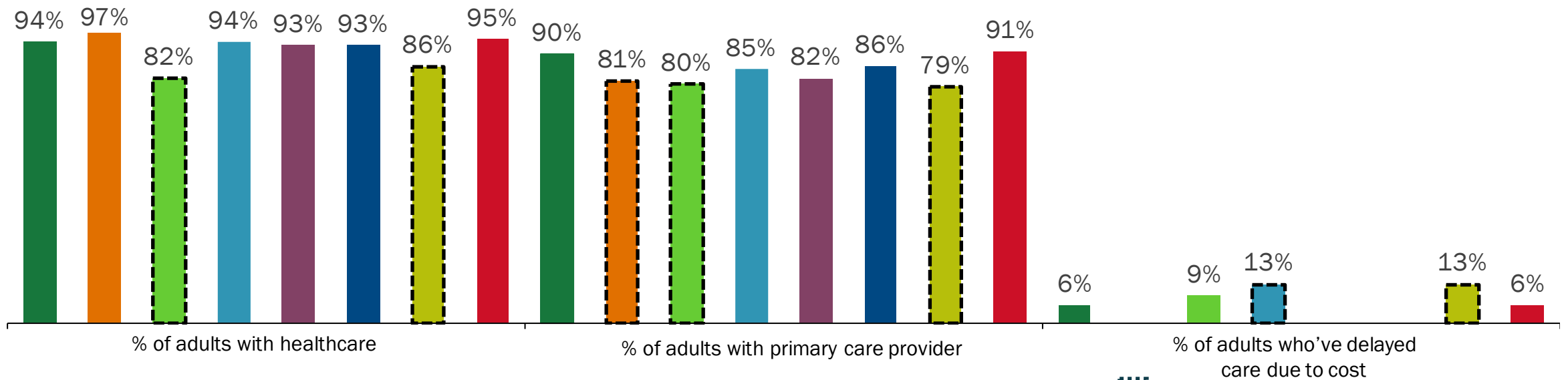
□ = statistically significant difference to state

Health Insurance and Access to Care

- Black (82%) **adults** and those reporting another race (86%) are significantly less likely to have health insurance compared to the overall rate in Vermont (94%).
- **Adults** in Vermont who are Asian or Native Hawaiian or Pacific Islander (81%), Black (80%) or another race (79%) are significantly less likely to have a primary care provider.
- When asked if they've ever delayed health care due to cost, Hispanic (13%) **adults** and those reporting another race (13%) were statistically more likely to answer "yes."

Rates of Vermont adults with health insurance, primary care providers and cost barriers.

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022

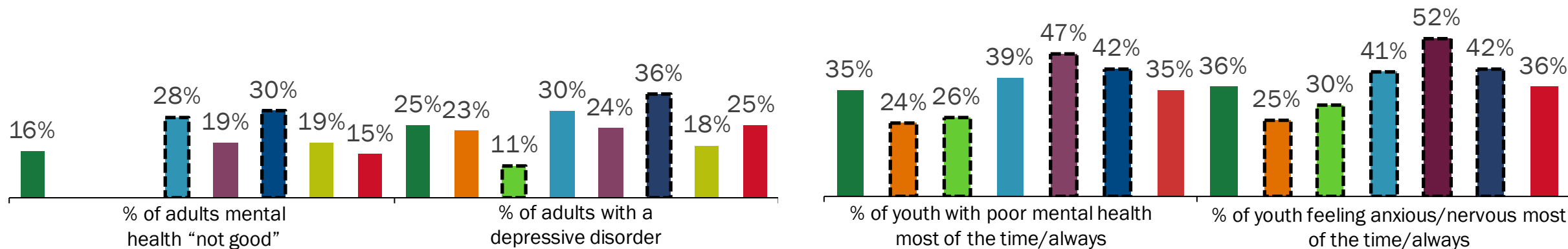
□ = statistically significant difference to state

Mental Health and Depression

- Hispanic (28%) and multiracial (30%) **adults** report their mental health is “not good” at almost twice the statewide rate (16%).
- Black (11%) **adults** are statistically less likely to report having a depressive disorder. Multiracial (36%) **adults** have depressive disorder at a higher rate than Vermont overall (11%).
- American Indian or Alaska Native (47%) and multiracial (42%) **students** report poor mental health most of the time or always at statistical higher rates than the statewide rate.
- All youth populations, except for white students, feel anxious or nervous at statistically different rates than the statewide rate (36%).

Adult and Youth Mental Health

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022

Youth Results: High School YRBS 2021

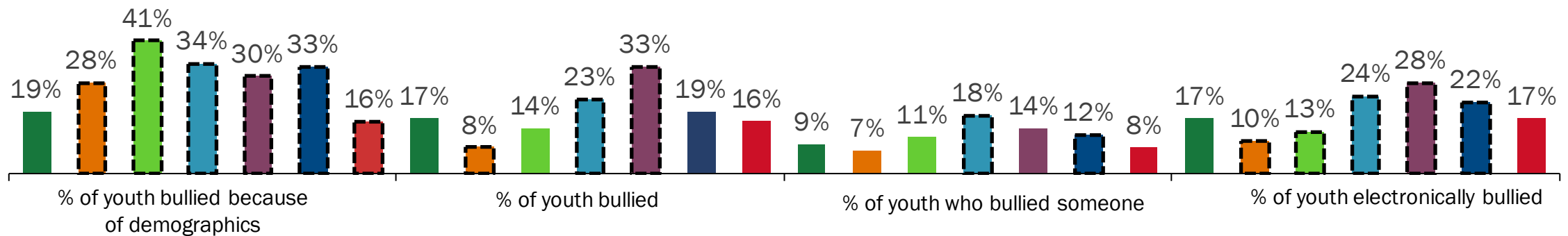
⊠ = statistically significant difference to state

Bullying

- All **student** populations, except for white students, report being bullied because of their race, ethnicity, sexual orientation, gender identity, or age at higher rates than the statewide rate (19%).
- American Indian or Alaska Native (33%) **students** experience bullying at almost twice the statewide rate (17%). Asian or Native Hawaiian or Pacific Islander (8%) **students** report getting bullied statically less than the rest of the state.
- Hispanic (18%) and Multiracial (12%) **students** report bullying others at a statistically higher rate than the statewide number (9%).
- All **student** populations, except for white students, report being electronically bullied at different rates than the statewide rate (17%).

Rates of Youth Bullying

■ VT Overall
 ■ ANHPI
 ■ Black
 ■ Hispanic
 ■ AIAN
 ■ Multiracial Race
 ■ Another Race
 ■ White



Youth Results: High School YRBS 2021

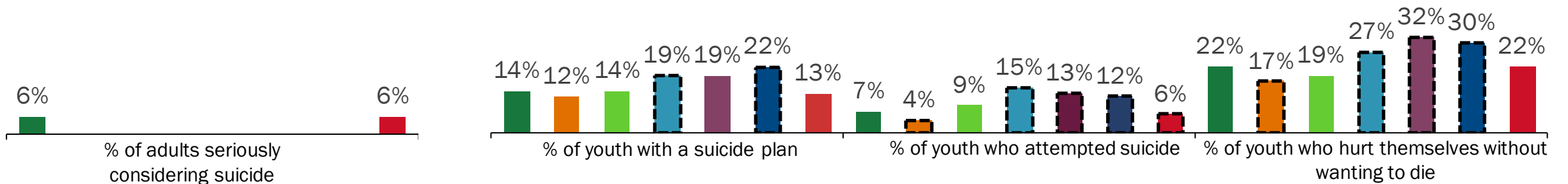
■ = statistically significant difference to state

Suicide and Self Harm

- Disaggregated estimates by race and ethnicity for **adults** have been suppressed due to a small number of respondents.
- Hispanic (19%) and Multiracial (22%) **students** are statistically more likely to report having made a suicide plan than the statewide rate (14%).
- Hispanic (15%) **students** are more than two times the statewide rate (7%) to have attempted suicide. American Indian or Alaska Native and Multiracial students also report attempting suicide and statistically higher rates.
- All youth populations, except for Black and white students, report hurting themselves at rates that are statistically different than the state rate.

Adults and Youth Suicide

■ VT Overall
 ■ ANHPI
 ■ Black
 ■ Hispanic
 ■ AIAN
 ■ Multiracial Race
 ■ Another Race
 ■ White



Adult Results: BRFSS 2021, 2022

Youth Results: High School YRBS 2021

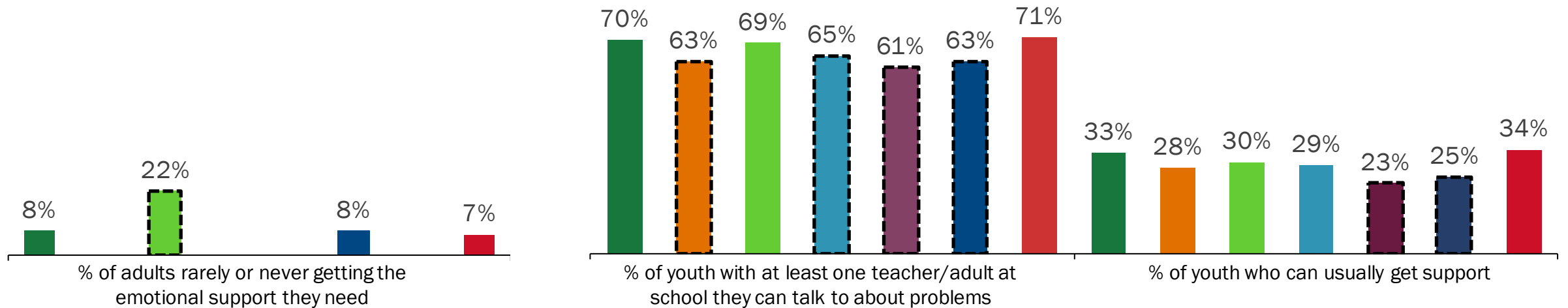
 = statistically significant difference to state

Getting Support

- Compared to the statewide rate (8%), Black (22%) **adults** are more than two times likely to report not getting the emotional support they need.
- Asian or Native Hawaiian or Pacific Islander (63%), Hispanic (65%), American Indian or Alaska Native (61%) and Multiracial (63%) **students** are statistically less likely to have a teacher or adult at school who they can talk to if they're having an issue.
- American Indian or Alaska Native (23%) and Multiracial (25%) **students** are statistically less likely to get the emotional support they need compared to the statewide rate (33%).

Adults and Youth Access to Support

■ VT Overall
 ■ ANHPI
 ■ Black
 ■ Hispanic
 ■ AIAN
 ■ Multiracial Race
 ■ Another Race
 ■ White



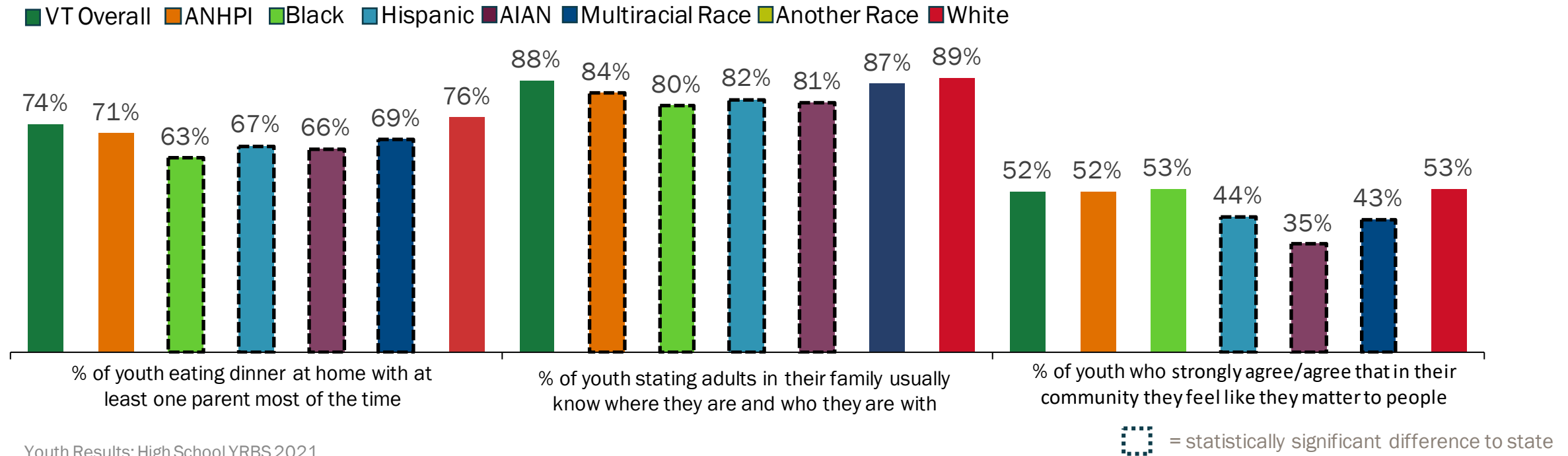
Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

 = statistically significant difference to state

Family & Community

- Black (63%), Hispanic (67%), American Indian or Alaska Native (66%) and Multiracial (69%) **students** report eating dinner with family at least four times a week at a statistically lower rate than the statewide number (74%).
- Asian or Native Hawaiian or Pacific Islander (84%), Black (80%), Hispanic (82%) and American Indian or Alaska Native (81%) **students** report an adult family member usually or always knows where they are and who they are with at a statistically lower rates than the statewide number (88%).
- Hispanic (44%), American Indian or Alaska Native (35%) and Multiracial (43%) **students** agree or strongly agree that they matter to their community at statistically lower rates than the statewide number (52%).

Rates of Family and Community Support



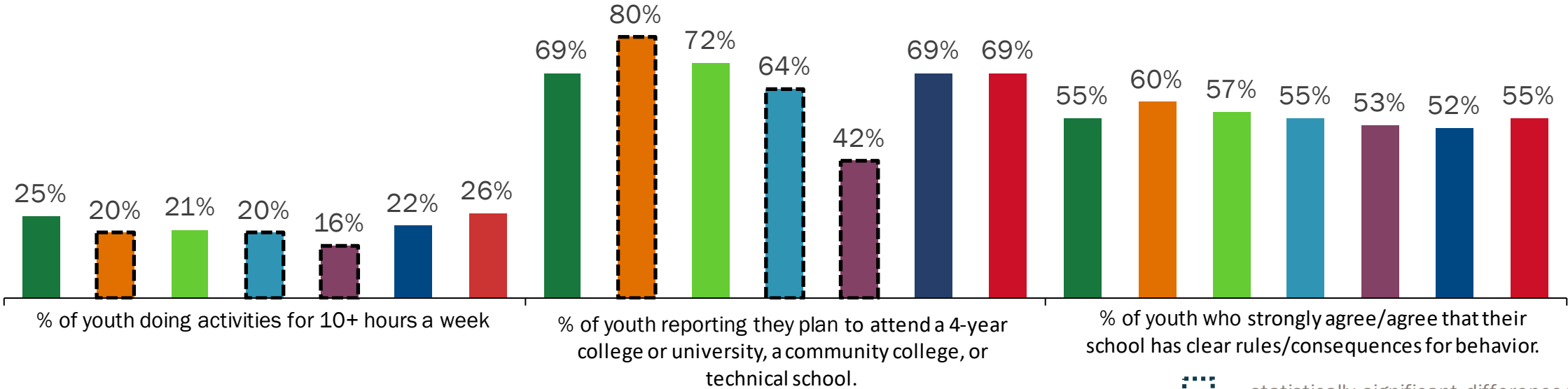
Youth Results: High School YRBS 2021

Activities

- Asian or Native Hawaiian or Pacific Islander (20%), Hispanic (20%), and American Indian or Alaska Native (16%) **students** report doing activities for 10 or more hours a week at a statistically lower rate than the statewide number (25%).
- Hispanic (64%) and American Indian or Alaska Native (42%) **students** are statistically less likely to report they plan to continue education after high school. Alternatively, Asian or Native Hawaiian or Pacific Islander (80%) **students** report they plan to continue education at a statistically higher level than the statewide rate (69%).
- There are no statistical differences between **student** populations and the statewide rate on agreeing schools have clear rules for behavior.

Participation in Activities, Planning Their Future and Understanding School Rules

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



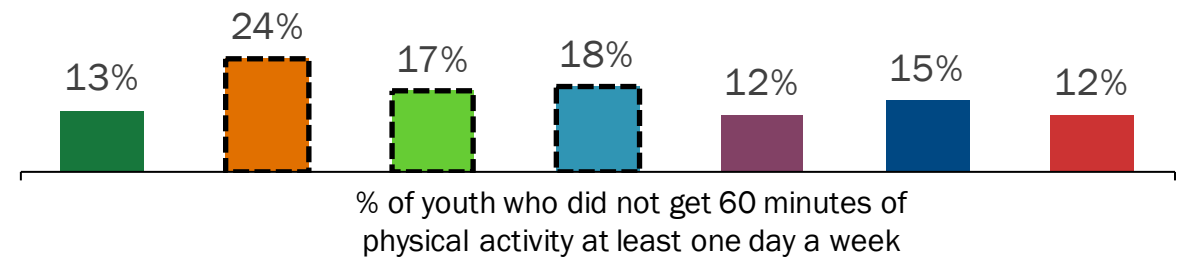
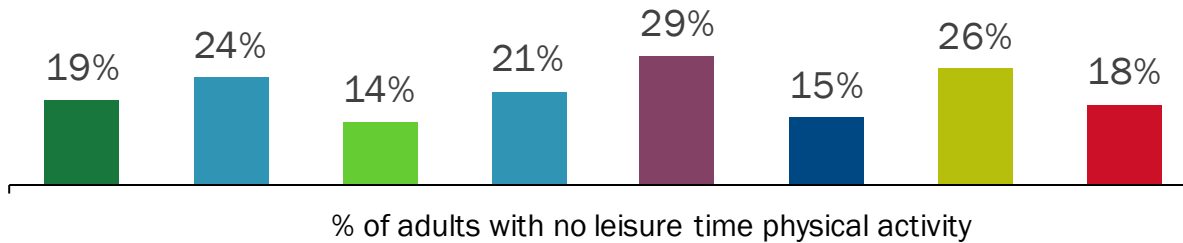
⊠ = statistically significant difference to state

Physical Activity

- There are no statistical differences between **adult** populations and the statewide rate of no leisure time physical activity (19%).
- Asian or Native Hawaiian or Pacific Islander (24%), Black (17%) and Hispanic (18%) **students** report not getting 60 minutes of exercise at least once a week at a higher rate than the statewide number (13%).

Adult and Youth Physical Activity

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

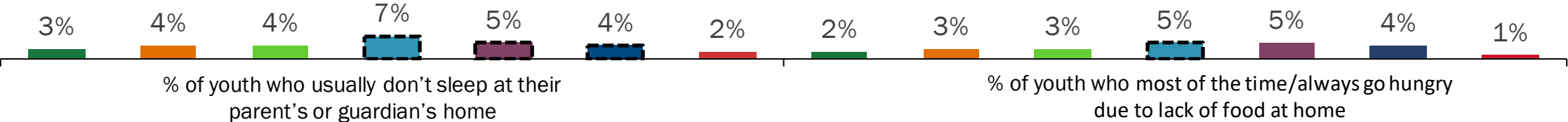
⊞ = statistically significant difference to state

Youth Risk Factors

- Hispanic (7%), American Indian or Alaska Native (5%) and Multiracial (4%) **students** are statistically more likely to report they usually do not sleep at their parent’s or guardian’s home.
- Compared to the statewide rate (2%), Hispanic (5%) **students** are statistically more likely to report they are hungry most of the time or always due to a lack of food at home.

Students Sleeping at Home, Food Insecurity

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



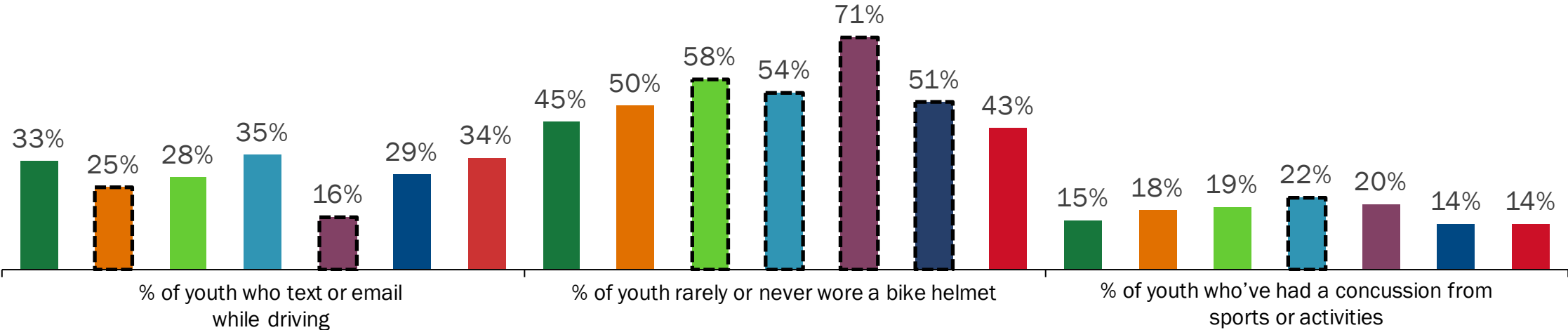
= statistically significant difference to state

Youth Risk Factors Continued

- Asian or Native Hawaiian or Pacific Islander (25%) and American Indian or Alaska Native (16%) **students** are statistically less likely to text or email while driving compared to the statewide rate (33%).
- Black (58%), Hispanic (54%), American Indian or Alaska Native (71%) and Multiracial (51%) **students** are statistically more likely to report they rarely or never wear a bike helmet.
- Compared to the statewide rate (15%), Hispanic (22%) **students** are statistically more likely to report having had a concussion due to sports or other activities.

Rates of Youth Safety Concerns

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



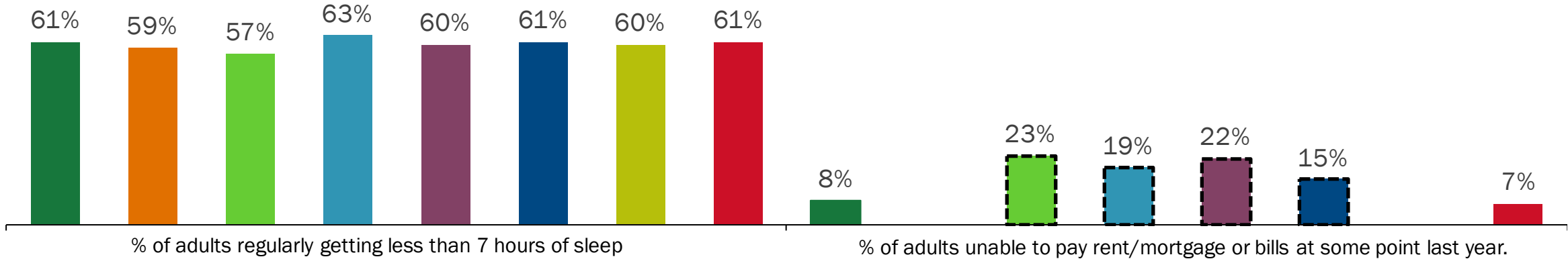
□ = statistically significant difference to state

Adult Risk Factors

- There are no statistical differences between **adult** populations and the statewide rate of getting less than seven hours of sleep (61%).
- **Adults** in Vermont who are Black (23%), Hispanic (19%), American Indian or Alaska Native (22%) or Multiracial (15%) are statistically more likely to report they were unable to pay rent/mortgage or other bills at some point in the last year.

Rates of Adult Sleep Habits, Economic Security

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022

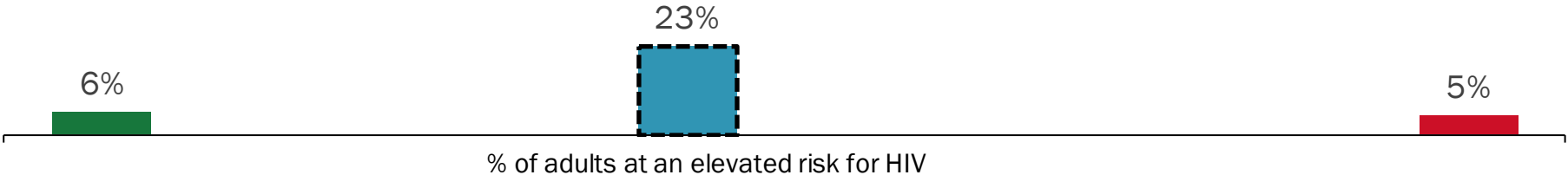
⊞ = statistically significant difference to state

Adult Risk Factors Continued

- Compared to the statewide rate (6%), Hispanic **adults** (23%) have a significantly higher risk of HIV. Data for other populations is suppressed due to a small number of respondents.

Rates of Adults at Elevated Risk for HIV

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022

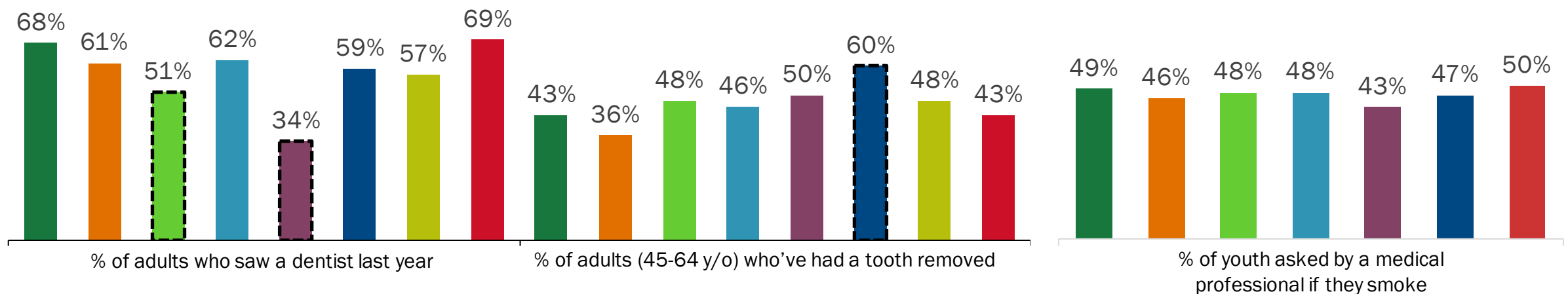
 = statistically significant difference to state

Preventative Care and Screening

- American Indian or Alaska Native (34%) **adults** are half as likely than the statewide rate (68%) to have visited a dentist in the last year. Black (51%) **adults** are also statistically less likely to report going to the dentist.
- Multiracial (60%) **adults** aged 45-64 are statistically more likely to report having a tooth removed than the statewide rate (43%).
- There are no statistical differences between **student** populations and the statewide rate of getting asked if they smoke by a doctor, dentist or nurse.

Rates of Adult and Youth Receiving Preventative Care/Screenings

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

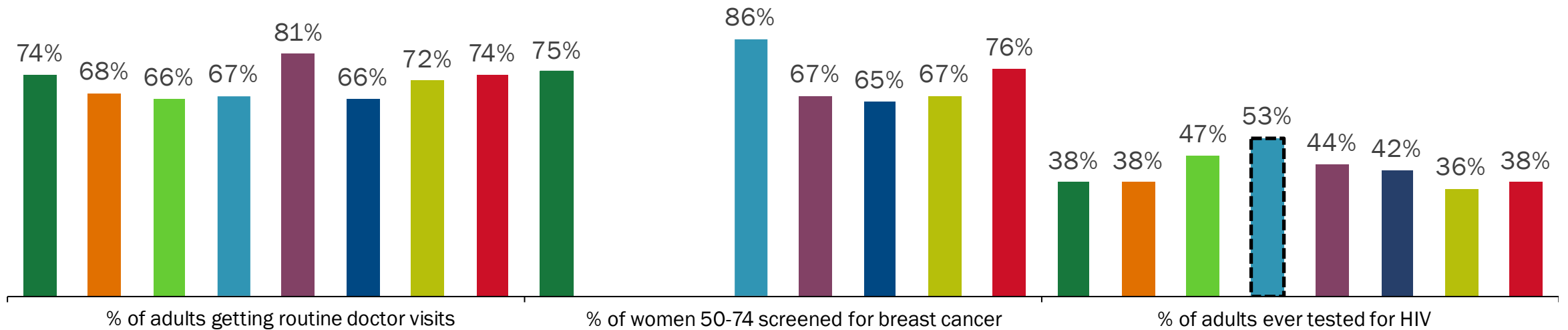
⊞ = statistically significant difference to state

Preventative Care and Screening Continued

- There are no statistical differences between **adult** populations and the statewide rate for routine doctor visits (74%).
- There are no statistical differences between **adult** populations and the statewide rate for breast cancer screening (75%).
- Hispanic (53%) **adults** are statistically more likely to have ever been tested for HIV compared to the rest of Vermont (38%).

Rates of Vermont Adults Getting Regular Medical Care and Screenings

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022

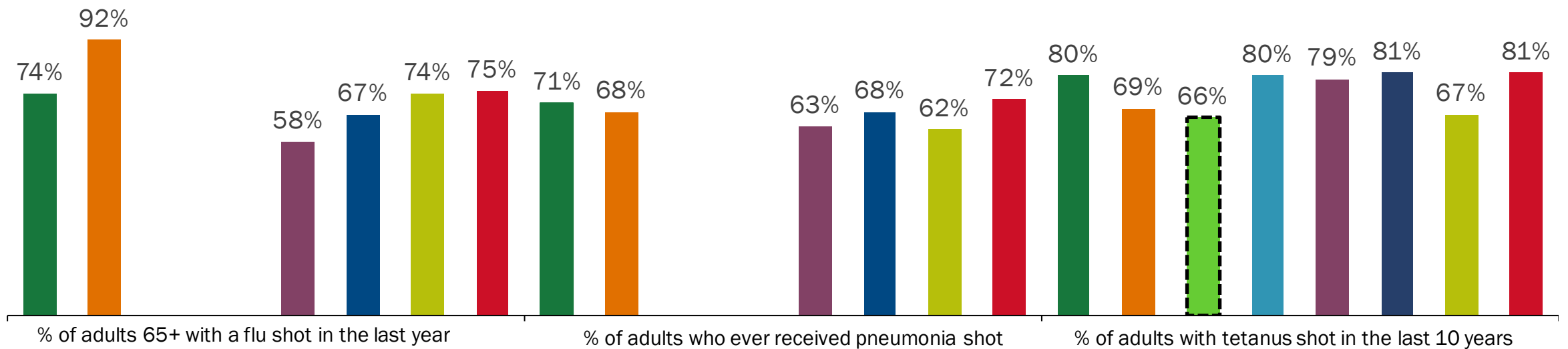
⊠ = statistically significant difference to state

Preventative Care and Screening Continued

- There are no statistical differences between **adult** populations and the statewide rate of getting a flu shot in the last year (74%).
- There are no statistical differences between **adult** populations and the statewide pneumonia vaccination rate (75%).
- Black (66%) **adults** are statistically less likely to have received a tetanus shot in the last 10 years compared to the statewide rate (80%).

Adult Vaccination Rates

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022

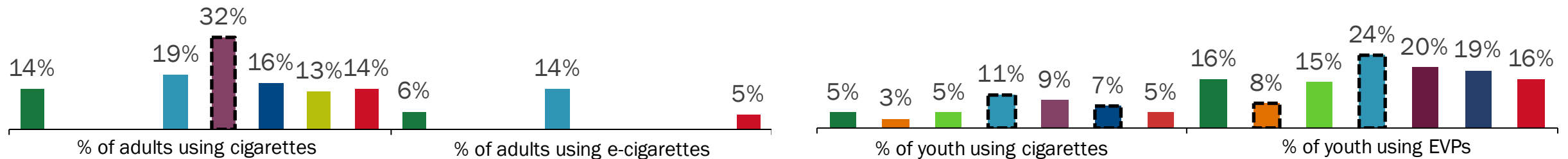
= statistically significant difference to state

Tobacco Use

- American Indian or Alaska Native (32%) **adults** report using cigarettes at more than twice the statewide rate (14%).
- There are no statistical differences between **adult** populations and the statewide rate of e-cigarette use (6%).
- Hispanic (11%) **students** report using cigarettes at more than twice the statewide rate (5%).
- Asian or Native Hawaiian or Pacific Islander (8%) **students** are half as likely than the statewide rate (16%) to use electronic vapor products (EVPs). Alternatively, Hispanic (24%) **students** report using EVP at a statistically higher rate than the statewide number.

Adult and Youth Tobacco Use

■ VT Overall
 ■ ANHPI
 ■ Black
 ■ Hispanic
 ■ AIAN
 ■ Multiracial Race
 ■ Another Race
 ■ White



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

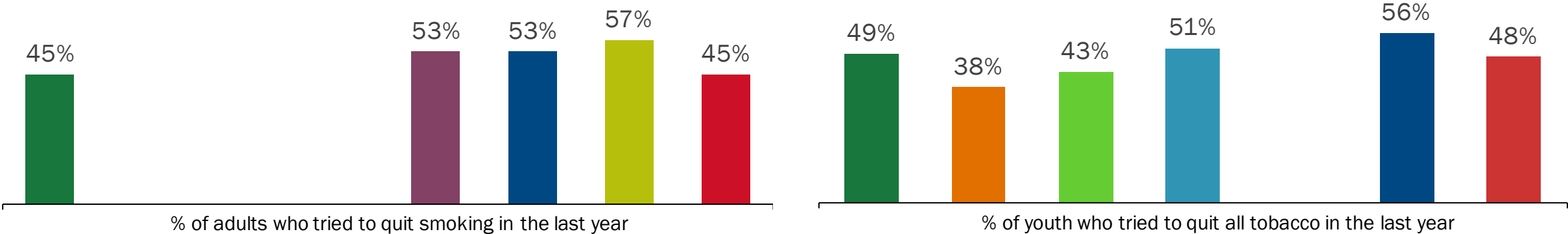
 = statistically significant difference to state

Tobacco Use Continued

- There are no statistical differences between **adult** populations and the statewide quit attempt rate (45%).
- There are no statistical differences between **student** populations and the statewide quit attempt rate (49%).

Adult and Youth Quit Attempts

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

⊠ = statistically significant difference to state

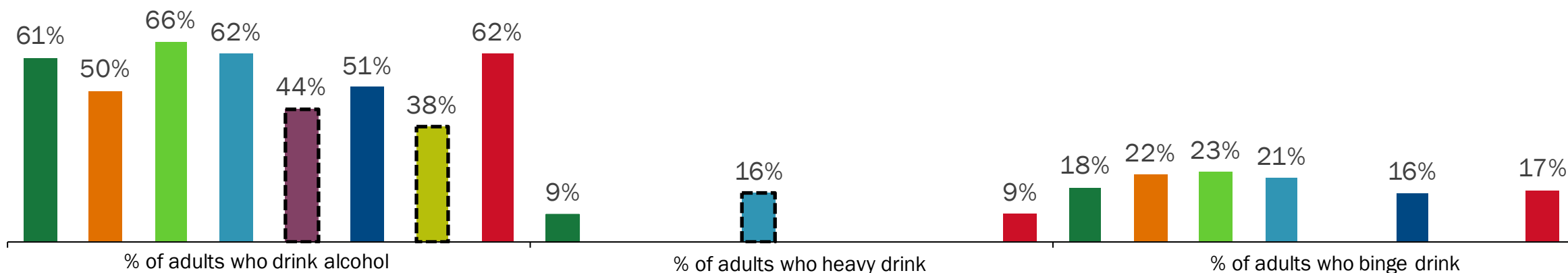
Adult Alcohol Use

- American Indian or Alaska Native (44%) **adults** and **adults** reporting another or different race (38%) are statistically less likely to drink alcohol compared to the statewide rate (61%).
- Hispanic (16%) **adults** are statistically more likely to drink heavily compared to the statewide rate (9%).
- There are no statistical differences between **adult** populations and the statewide binge drinking rate (9%).

Binge drinking is defined as five or more drinks on an occasion for males and four or more for females. Heavy drinking is defined as more than two drinks per day for males and more than one drink for females.

Adult Drinking Rates

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022

⊞ = statistically significant difference to state

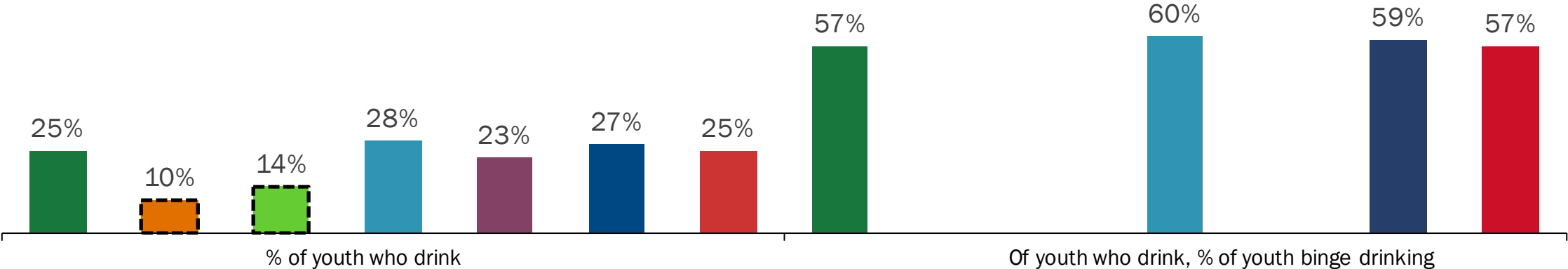
Youth Alcohol Use

- Asian or Native Hawaiian or Pacific Islander (10%) and Hispanic (14%) **students** report drinking alcohol at statistically lower rates than the statewide number (25%)
- There are no statistical differences between **student** populations and the statewide youth binge drinking rate (57%).

Binge drinking is defined as five or more drinks on an occasion for males and four or more for females.

Youth Drinking Rates

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



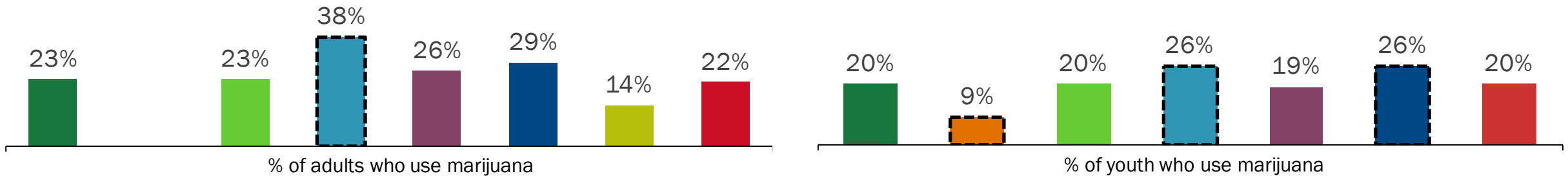
■ = statistically significant difference to state

Marijuana Use

- Hispanic (38%) **adults** are statistically more likely to use marijuana compared to the statewide rate (23%).
- Asian or Native Hawaiian or Pacific Islander (9%) **students** are half as likely than the statewide rate (20%) to use marijuana. Alternatively, Hispanic (26%) and Multiracial (26%) **students** reporting using marijuana at a statistically higher rate.

Adult and Youth Marijuana Use Rates

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

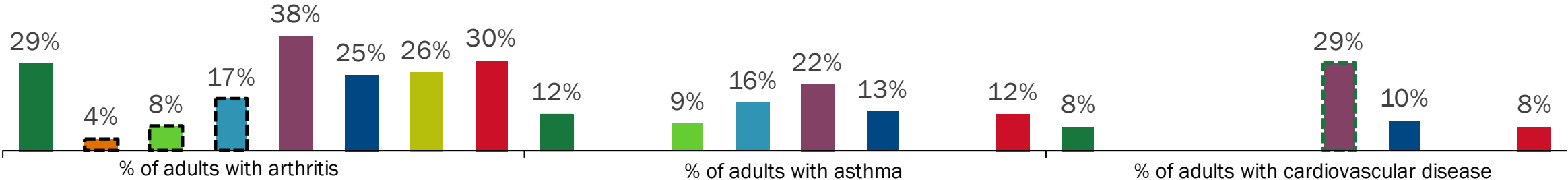
■ = statistically significant difference to state

Adult Chronic Disease

- Asian or Native Hawaiian or Pacific Islander (4%), Black (8%) and Hispanic (17%) **adults** are significantly less likely to report arthritis compared to the statewide rate (29%).
- There are no statistical differences between **adult** populations and the statewide asthma rate (9%).
- American Indian or Alaska Native (29%) **adults** are statistically more likely to have cardiovascular disease than the statewide rate (8%).

Adult Chronic Disease Rates

■ VT Overall
 ■ ANHPI
 ■ Black
 ■ Hispanic
 ■ AIAN
 ■ Multiracial Race
 ■ Another Race
 ■ White



Adult Results: BRFSS 2021, 2022

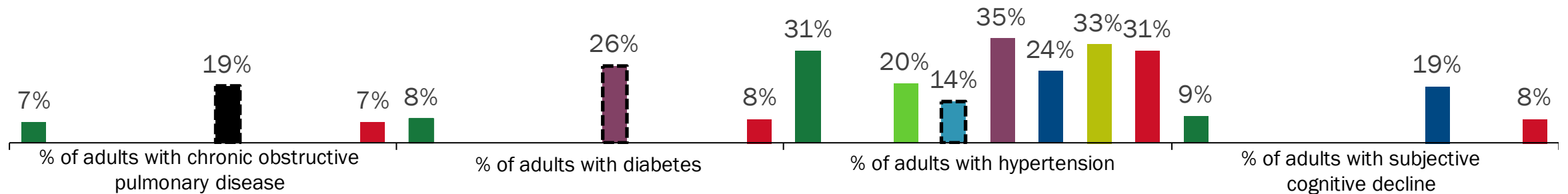
 = statistically significant difference to state

Adult Chronic Disease Continued

- American Indian or Alaska Native (19%) **adults** are statistically more likely to have chronic obstructive pulmonary disease than the statewide rate (7%).
- American Indian or Alaska Native (26%) **adults** are statistically more likely to have diabetes than the statewide rate (8%).
- Hispanic (14%) **adults** are significantly less likely to report arthritis compared to the state rate (31%).
- Multiracial (19%) **adults** are significantly more likely to report subjective cognitive decline compared to the state rate (9%).

Adult Chronic Disease Rates

■ VT Overall ■ ANHPI ■ Black ■ Hispanic ■ AIAN ■ Multiracial Race ■ Another Race ■ White



Adult Results: BRFSS 2021, 2022

⊞ = statistically significant difference to state

Adult and High School Student Survey Results by Sexual Orientation and Gender Identity



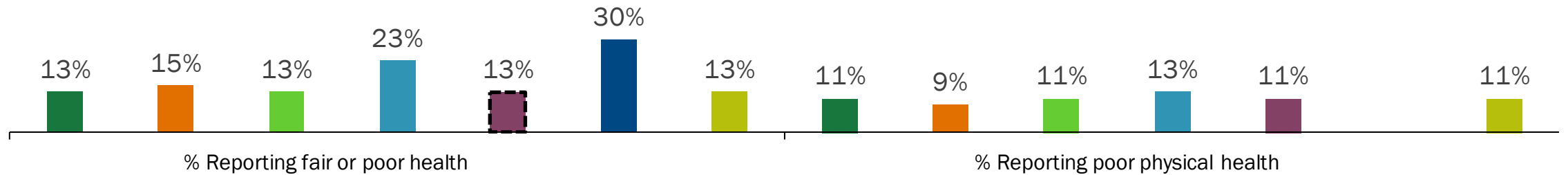
General Health

- There are no statistical differences between **adult** populations and the statewide rate of fair or poor health (13%).
- There are no statistical differences between **adult** populations and the statewide rate of poor physical health (11%).

Poor physical health is defined as 14 or more days during the past 30 days where physical health was "not good."

General Health of Adults

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022

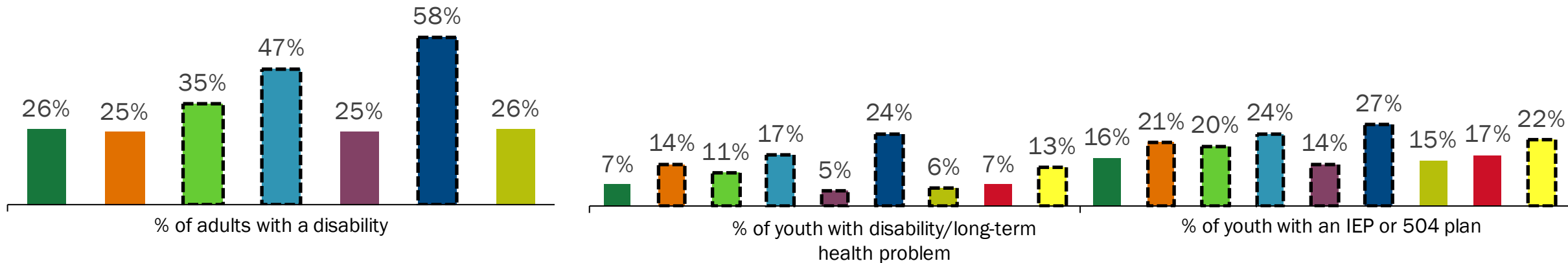
 = statistically significant difference to state

Disability and Special Education

- Transgender (58%) **adults** report having a disability at more than twice the statewide rate (26%). **Adults** who are Bisexual (35%) and report another sexual orientation (47%) also have a statistical difference compared to the rest of the state.
- All youth populations, except for **students** questioning their sexual orientation, report having a disability or long-term health problem at statistically different rates than the statewide rate (7%).
- All youth populations, except for **students** who are cisgender or questioning their sexual orientation, report having an IEP at statistically different rates than the statewide rate (16%).

Adults and Youth with a Disability

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

 = statistically significant difference to state

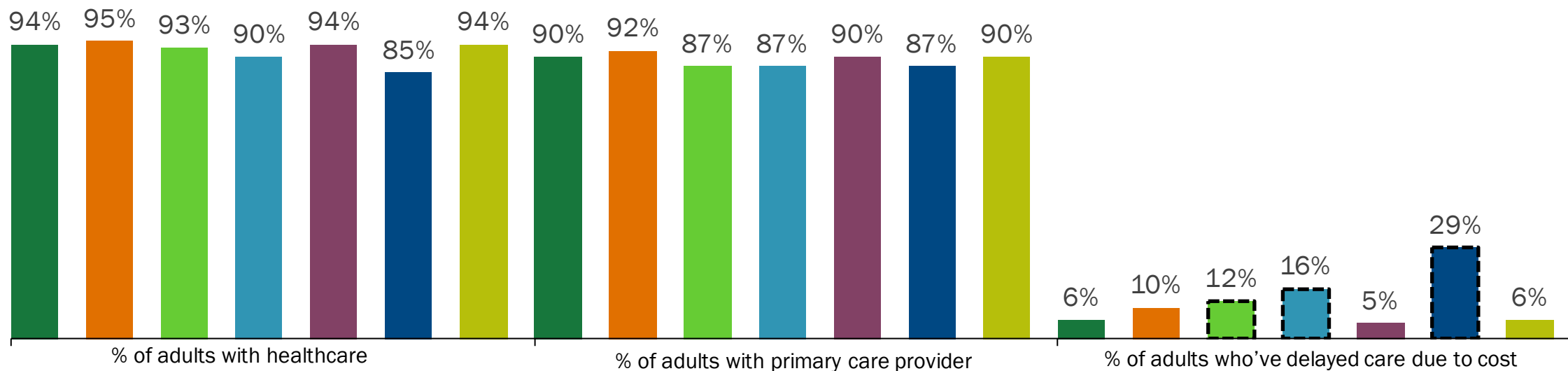
Health Insurance and Access to Care

- There are no statistical differences between **adult** populations and the statewide rate of having health insurance (94%).
- There are no statistical differences between **adult** populations and the statewide rate of having a primary care provider (90%).
- Bisexual (12%), those reporting another orientation (16%) and Transgender (29%) **adults** are statistically more likely to delay care due to cost compared to the statewide rate (6%).

Rates of Vermont adults with health insurance, primary care providers and cost barriers

■ VT Overall ■ Gay/Lesbian ■ Bisexual ■ Another Orientation

■ Heterosexual ■ Transgender ■ Cisgender ■ Questioning Orientation ■ Questioning Gender



Adult Results: BRFSS 2021, 2022

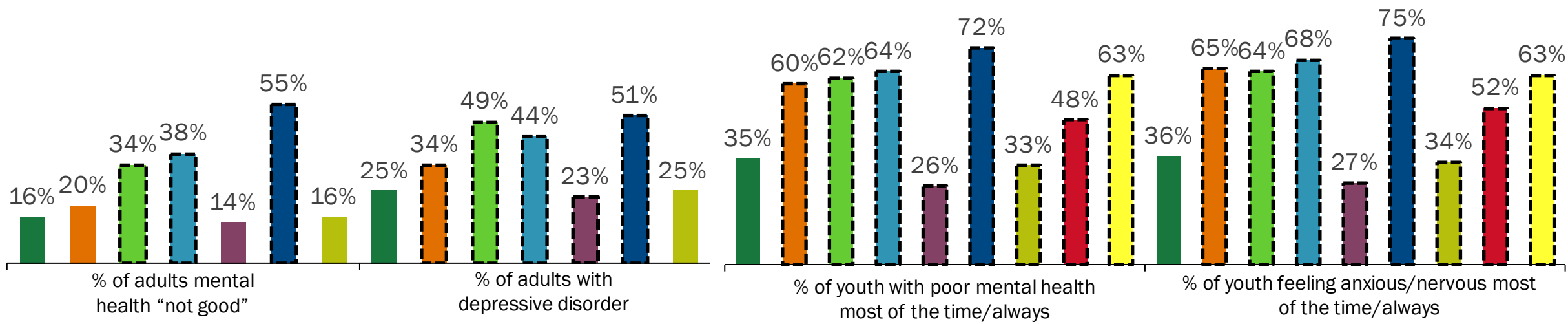
□ = statistically significant difference to state

Mental Health and Depression

- **Adults** who are Bisexual (34%), another orientation (38%) and Transgender (55%) are statistically more likely to report poor mental health compared to the statewide rate (16%). Poor mental health among adults is defined as 14 or more days during the past 30 when mental health was not good.
- Gay/Lesbian (34%), Bisexual (49%), another orientation (44%) and Transgender (51%) **adults** are statistically more likely to have depressive disorder compared to the statewide rate (25%).
- Heterosexual and cisgender **students** are statistically less likely to report mental health issues in both measures. However, all other **student** groups were statistically more likely to report poor mental health or feeling anxious all the time.

Adult and Youth Mental Health

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022

Youth Results: High School YRBS 2021

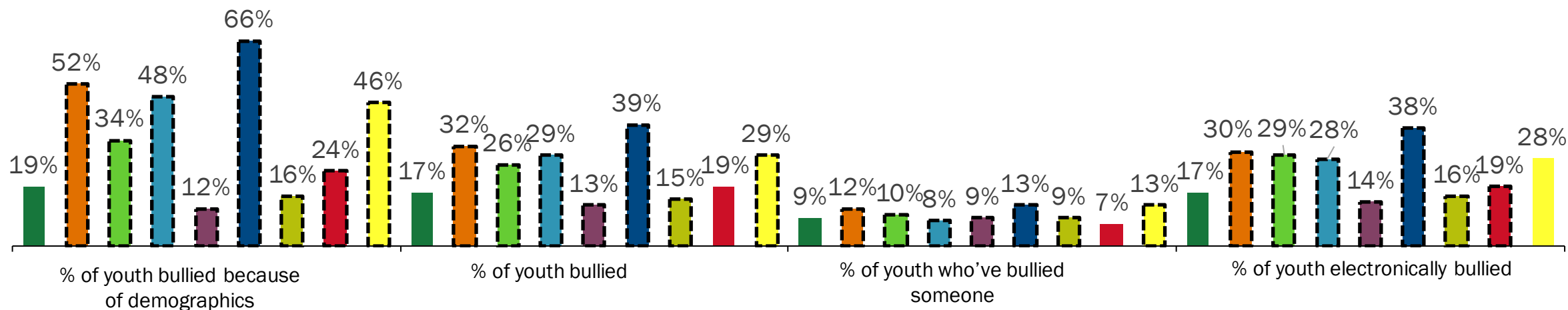
 = statistically significant difference to state

Bullying

- When asked about bullying due to demographics, heterosexual and cisgender **students** are less likely to report being bullied. However, all other **student** groups are statistically more likely to report being bullied due to demographics.
- **Students** who are Gay/Lesbian (32%), Bisexual (26%), another orientation (29%), Transgender (39%) and questioning their gender (29%) are statistically more likely to be bullied than the statewide rate (17%).
- Compared to the statewide rate (9%), **students** who are Gay/Lesbian (12%), Bisexual (10%), Transgender (13%) and questioning their gender (13%) are statistically more likely to say they've bullied someone.
- Gay/Lesbian (30%), Bisexual (29%), another orientation (28%) and Transgender (38%) **students** are statistically more likely to be bullied online

Rates of Youth Bullying

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Youth Results: High School YRBS 2021

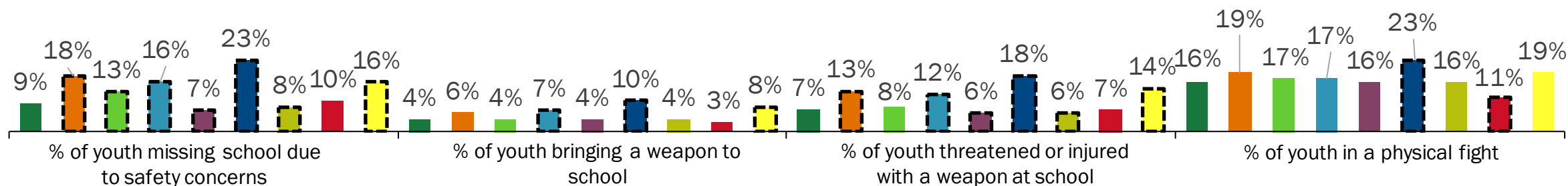
 = statistically significant difference to state

Personal Safety

- **Students** who are Gay/Lesbian (18%), Bisexual (13%), another orientation (16%), Transgender (23%) and questioning their gender (16%) are statistically more likely to miss school due to safety concerns compared to the statewide number (9%).
- **Students** who are Transgender (10%), another orientation (7%) and questioning their gender (8%) are statistically more likely to bring a weapon to school compared to the statewide rate (4%).
- Compared to the statewide rate (7%), **students** who are Gay/Lesbian (12%), another orientation (12%), Transgender (18%) and questioning their gender (14%) are statistically more likely to say they've been threatened or injured at school with a weapon.
- Transgender (23%) **students** are statistically more likely to be in a physical fight compared to the statewide number (16%).

Rates of Youth Personal Safety

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Youth Results: High School YRBS 2021

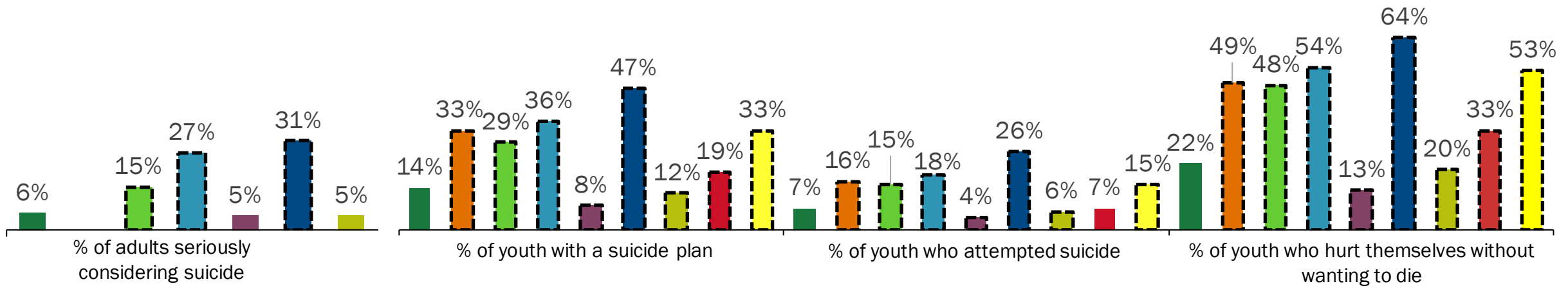
 = statistically significant difference to state

Suicide and Self Harm

- **Adults** who are Bisexual (15%), another orientation (27%) and Transgender (31%) seriously consider suicide at more than twice the statewide rate (6%).
- When asked about making a suicide plan, all **student** populations report at a significant difference compared to the statewide rate (14%), However, non-heterosexual, non-cis-gender students report suicide plans at twice or more the statewide rate.
- Seven percent of **students** in Vermont have attempted suicide. Students who are Gay/Lesbian (16%), Bisexual (15%), another orientation (18%), Transgender (26%) and questioning their gender (15%) report attempting suicide significantly higher rates.
- Compared to the statewide rate (22%), all LGBTQ+ **students** report hurting themselves with out wanting to die at statistically higher rates – Transgender being the highest rate at 64%.

Adults and Youth Suicide

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

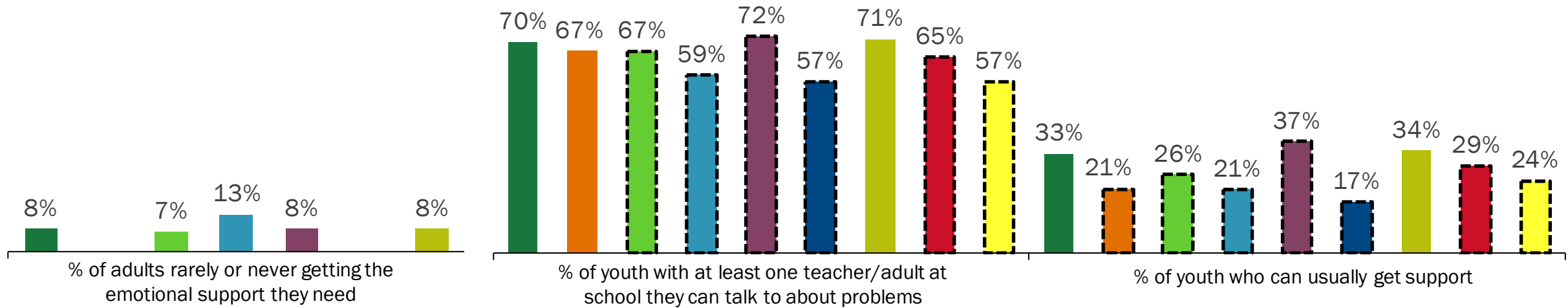
 = statistically significant difference to state

Getting Support

- There are no statistical differences between **adult** populations rarely or never getting the support they need.
- **Students** who are Bisexual (67%), another orientation (59%), Transgender (57%), questioning their sexual orientation (65%) and questioning their gender (57%) are statistically less likely to have an adult at school they can talk to about problems compared to the statewide rate (70%).
- Compared to the statewide rate (33%), all LGBTQ+ populations report getting the support they need at statistically lower rates — with only 17% of Transgender students saying the regularly get the support they need.

Adults and Youth Access to Support

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

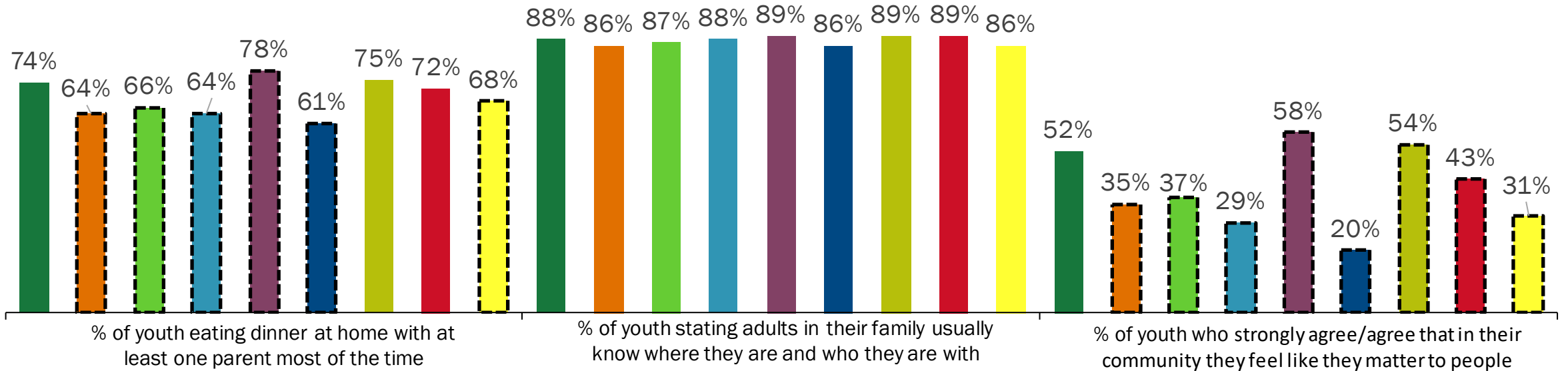
 = statistically significant difference to state

Family & Community

- Compared to the state rate (74%) **students** who are Gay/Lesbian (64%), Bisexual (66%), another orientation (64%), Transgender (61%) and questioning their gender (68%) are statistically less likely to report they eat dinner at home with a parent most of the time.
- When asked about an adult family member usually or always knowing where they are and who they are with, there were no statistical differences among **student** populations and the statewide rate (88%).
- Compared to the statewide rate (52%), all LGBTQ+ populations report feeling like they matter to their community at statistically lower rates – with only 20% of Transgender students saying they strongly agree they matter.

Rates of Family and Community Support

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Youth Results: High School YRBS 2021

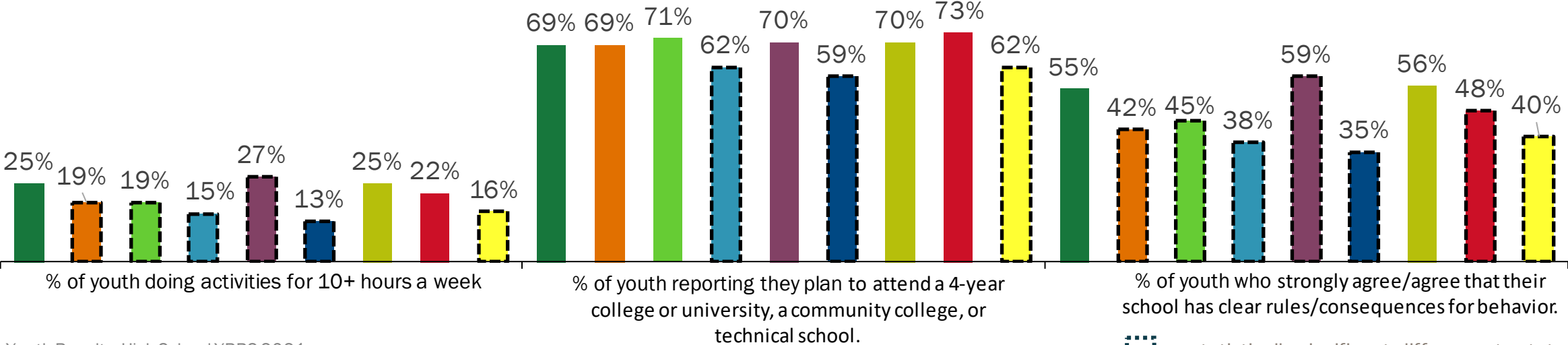
 = statistically significant difference to state

Activities

- Compared to the state rate (25%) **students** who are Gay/Lesbian (19%), Bisexual (19%), another orientation (15%), Transgender (13%) and questioning their gender (16%) are statistically less likely to report they participate in activities for 10+ hours a week.
- **Students** who are Transgender (59%), another orientation (62%) and questioning their gender (62%) are statistically less likely to report they plan to attend a four-year college, university, or technical school.
- Compared to the statewide rate (55%), all LGBTQ+ populations strongly agree/agree their school has clear rules/consequences for behavior at statistically lower rates.

Participation in activities, planning their future, understanding school rules

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



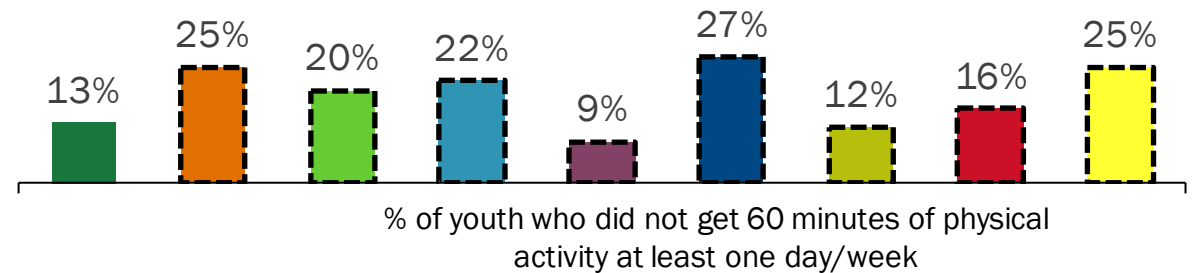
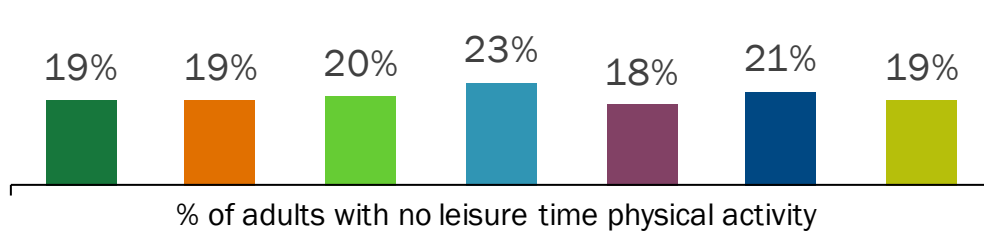
= statistically significant difference to state

Physical Activity

- There are no statistical differences between **adult** populations and the statewide rate of no leisure time physical activity (19%).
- All LGBTQ+ **student** populations report not getting 60 minutes of exercise at least once a week at a higher rate than the statewide number (13%). Students who are Lesbian/Gay (25%), Transgender (27%) and questioning their gender are the most likely not to get 60 minutes of movement

Adults and Youth Physical Activity

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

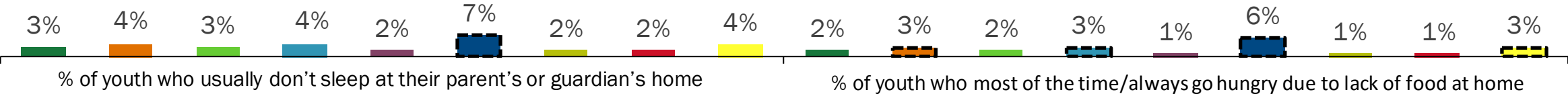
 = statistically significant difference to state

Youth Risk Factors

- Compared to the statewide rate (3%), Transgender (7%) **students** are statistically more likely to report they don't usually sleep at their parent's or guardian's home.
- Transgender (6%) **students** are three times more likely to most of time/always go hungry due to lack of food at home compared to the statewide rate (2%). **Students** who are Lesbian/Gay (3%), another orientation (3%) and questioning their gender (3%) also report this at statistically higher rates.

Rates of Students Sleeping Away from Home, Food Insecurity

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



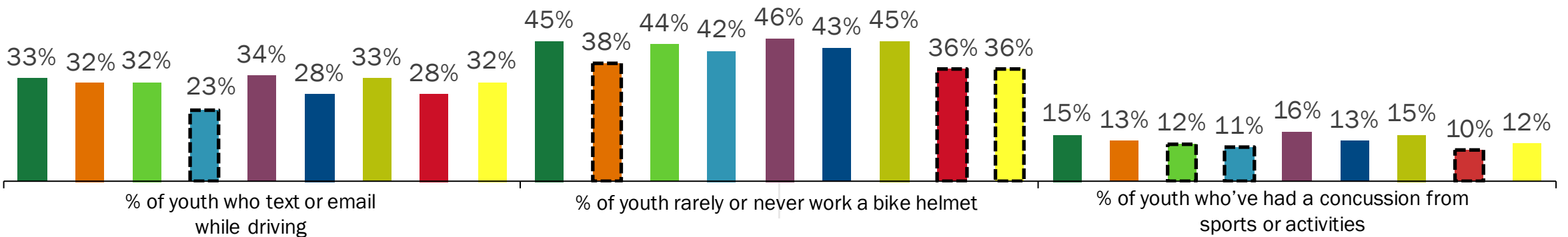
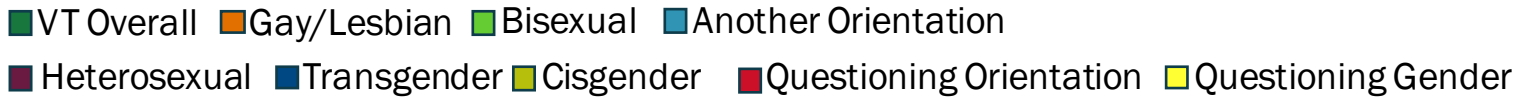
Youth Results: High School YRBS 2021

 = statistically significant difference to state

Youth Risk Factors Continued

- **Students** who reported another orientation (23%) are statistically less likely to text or email while driving compared to the statewide rate (33%).
- **Students** who are Gay/Lesbian (38%), questioning their sexual orientation (36%) and questioning their gender (36%) are statistically less likely to wear a bike helmet compared to the statewide rate (45%).
- **Students** who are Bisexual (12%), another orientation (11%) and questioning their sexual orientation (12%) are less likely to have had a concussion from sport or activities compared to the statewide rate (15%).

Rates of Youth Safety Concerns



Youth Results: High School YRBS 2021

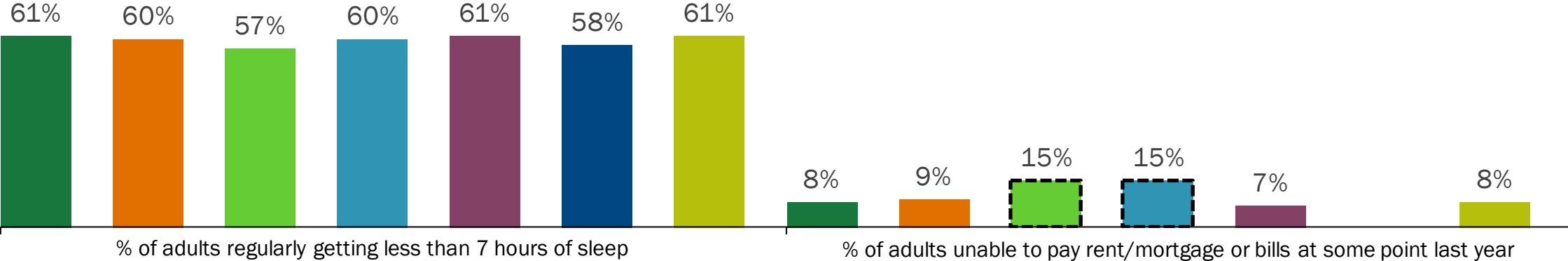
□ = statistically significant difference to state

Adult Risk Factors

- There are no statistical differences between **adult** populations and the statewide rate of getting less than seven hours of sleep (61%)
- **Adults** who are Bisexual (15%) and another orientation (15%) are statistically more likely to report being unable to pay rent/mortgage or other bills in the last year.

Rates of Adults Sleep Habits, Economic Security

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022

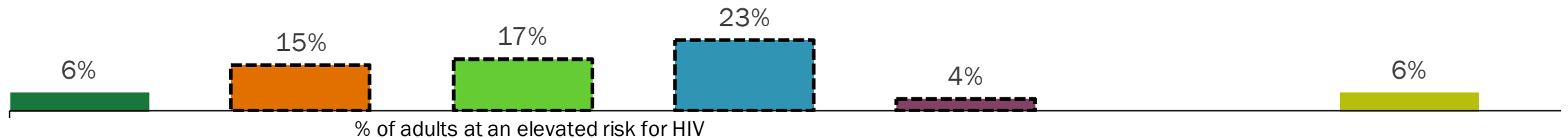
□ = statistically significant difference to state

Adult Risk Factors Continued

- **Adults** who are Gay/Lesbian (15%), Bisexual (17%) and those reporting another orientation (23%) have a significantly higher risk of HIV compared to the statewide rate (6%).

Rates of Adults at Elevated Risk for HIV

■ VT Overall ■ Gay/Lesbian ■ Bisexual ■ Another Orientation
■ Heterosexual ■ Transgender ■ Cisgender ■ Questioning Orientation ■ Questioning Gender



Adult Results: BRFSS 2021, 2022

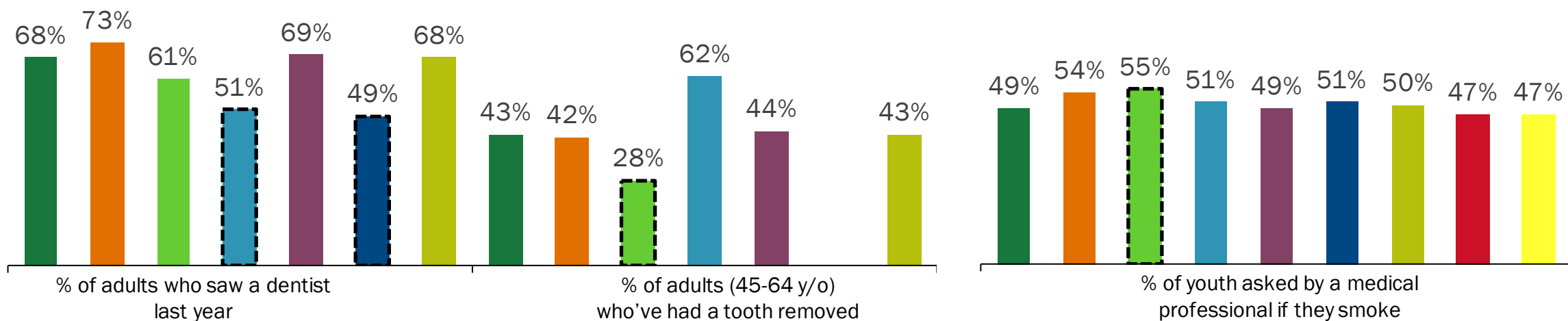
 = statistically significant difference to state

Preventative Care & Screening

- **Adults** who are Transgender (49%) and another orientation (51%) are statistically less likely to report going to the dentist in the last year compared to the statewide rate (68%).
- Bisexual (28%) **adults** aged 45-64 are statistically less likely to report having a tooth removed than the statewide rate (43%).
- Compared to the statewide rate (49%), **Bisexual** students (55%) are statistically more likely to get asked if they smoke by a doctor, dentist or nurse.

Rates of Adult and Youth Receiving Preventative Care/Screenings

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

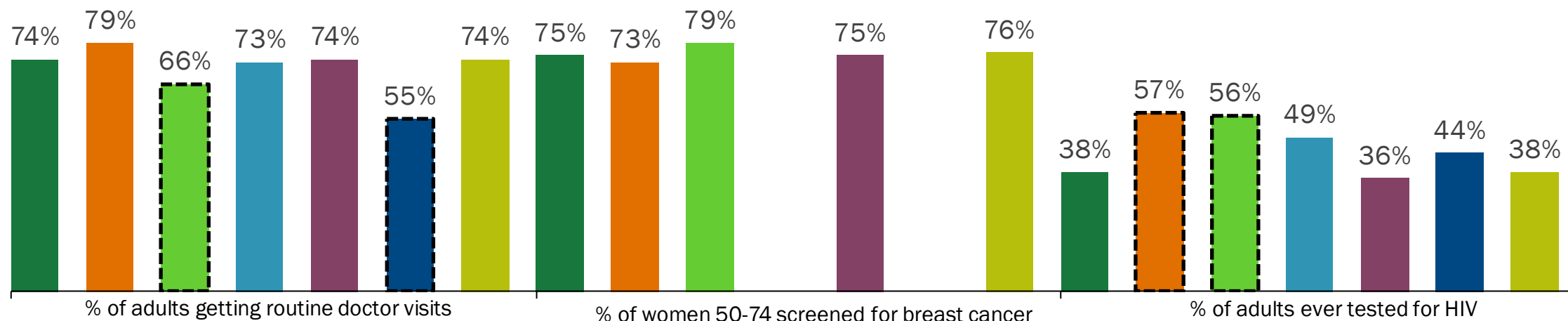
 = statistically significant difference to state

Preventative Care and Screening Continued

- Compared to the statewide rate (74%), Bisexual (66%) and Transgender (55%) **adults** are statistically less likely to see a doctor regularly.
- There are no statistical differences between **adult** populations and the statewide rate for getting screened for breast cancer (75%).
- Gay/Lesbian (57%) and Bisexual (56%) **adults** are statistically more likely to have ever been tested for HIV compared to the statewide rate (38%).

Rates of Vermont Adults Getting Regular Medical Care and Screenings

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



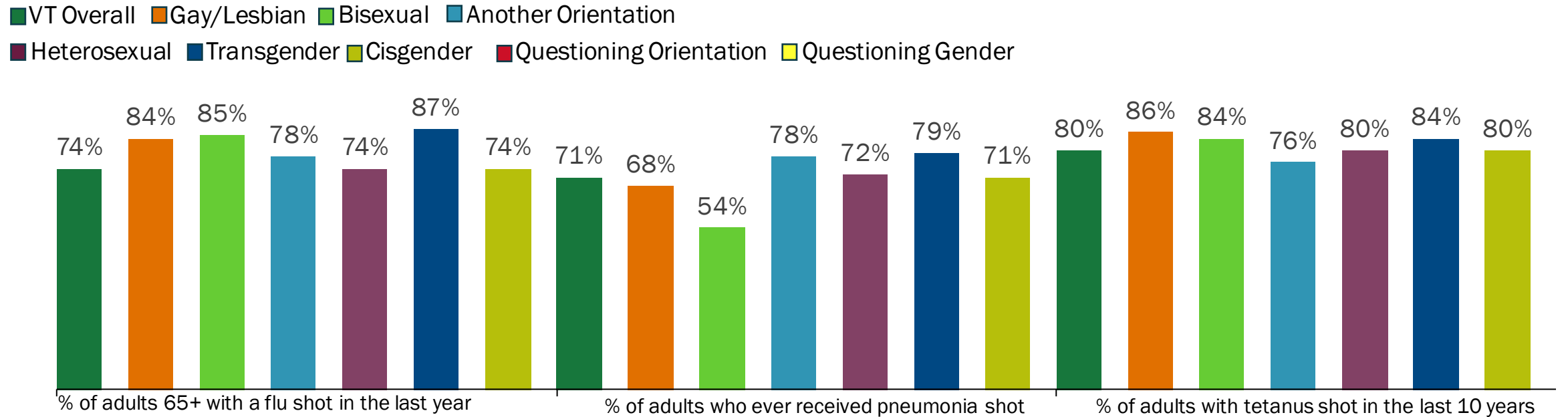
Adult Results: BRFSS 2021, 2022

 = statistically significant difference to state

Preventative Care and Screening Continued

- There are no statistical differences between **adult** populations and the statewide rate of getting a flu shot in the last year (74%).
- There are no statistical differences between **adult** populations and the statewide pneumonia vaccination rate (71%).
- There are no statistical differences between **adult** populations and the statewide tetanus vaccination rate (80%).

Adult Vaccination Rates



Adult Results: BRFSS 2021, 2022

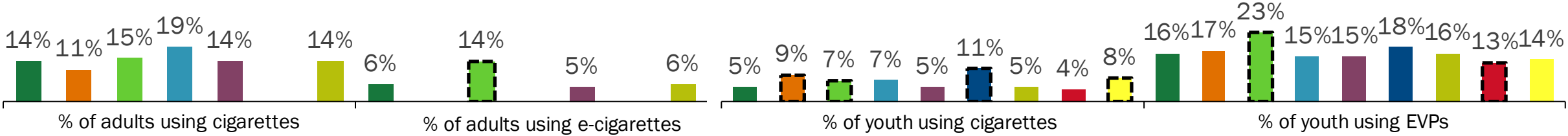
= statistically significant difference to state

Tobacco Use

- There are no statistical differences between **adult** populations and the statewide cigarette use rate (14%).
- Bisexual (14%) **adults** are statistically more likely to use e-cigarettes compared to the statewide rate (6%).
- **Students** who are Gay/Lesbian (9%), Bisexual (7%), Transgender (11%) and questioning their gender are statistically more likely to use cigarettes compared to the statewide rate (5%).
- Bisexual (23%) **students** are statistically more likely to smoke electronic vapor products (EVPs) compared to the statewide rate (16%).

Adult and Youth Tobacco Use

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

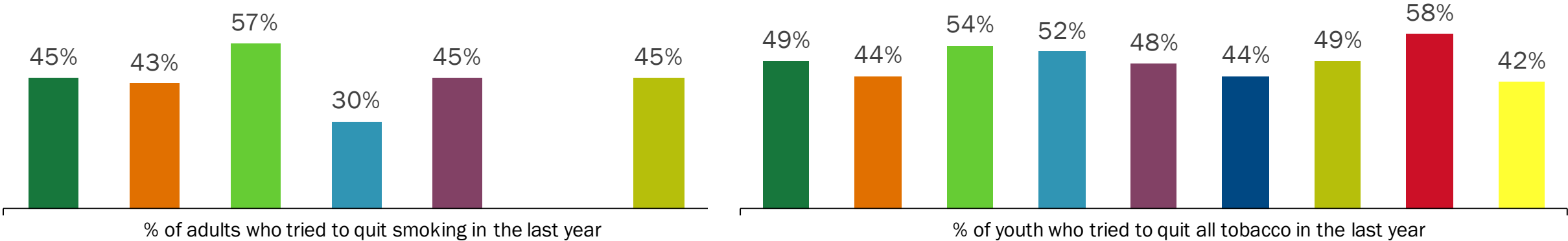
 = statistically significant difference to state

Tobacco Use Continued

- There are no statistical differences between **adult** populations and the statewide quit attempt rate (45%).
- There are no statistical differences between **student** populations and the statewide quit attempt rate (49%).

Adult and Youth Quit Attempts

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022 Youth Results: High School YRBS 2021

 = statistically significant difference to state

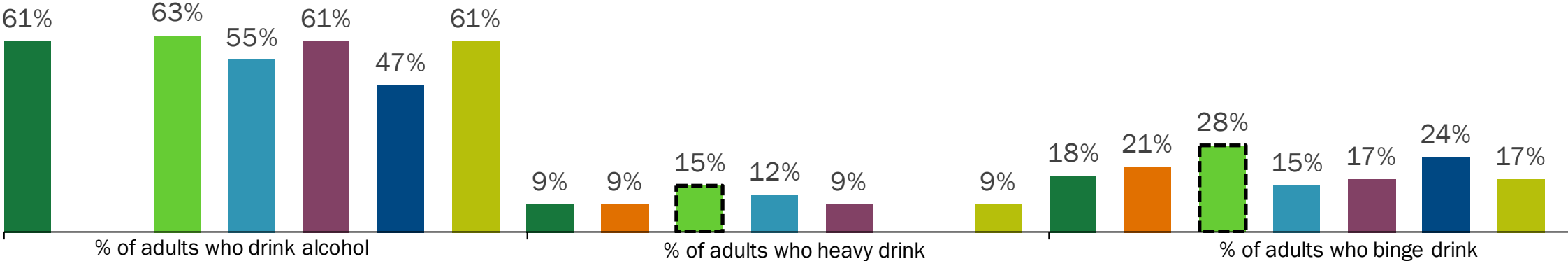
Adult Alcohol Use

- There are no statistical differences between **adult** populations and the statewide alcohol drinking rate (61%).
- Bisexual (15%) **adults** are statistically more likely to heavy drink compared to the statewide rate (9%).
- Bisexual (28%) **adults** are statistically more likely to binge drink compared to the statewide rate (18%).

Binge drinking is defined as five or more drinks on an occasion for males and four or more for females. Heavy drinking is defined as more than two drinks per day for males and more than one drink for females.

Adult Drinking Rates

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022

 = statistically significant difference to state

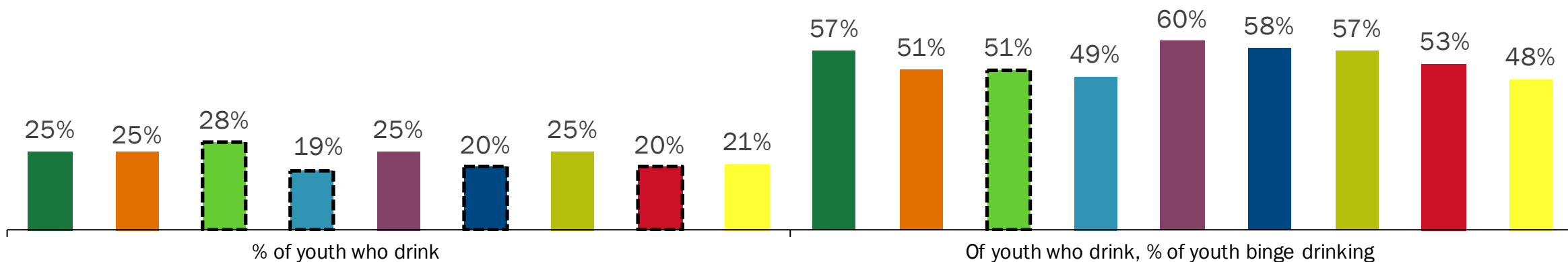
Youth Alcohol Use

- Bisexual **students** (28%) are statistically more likely to drink alcohol compared to the statewide rate (25%). Students who are another orientation (19%), Transgender (20%) and questioning their sexual orientation (20%) are statistically less likely to drink.
- Our of those who drink, Bisexual **students** (51%) are statistically less likely to binge drink compared to the statewide rate (57%).

Binge drinking is defined as five or more drinks on an occasion for males and four or more for females.

Youth Drinking Rates

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Youth Results: High School YRBS 2021

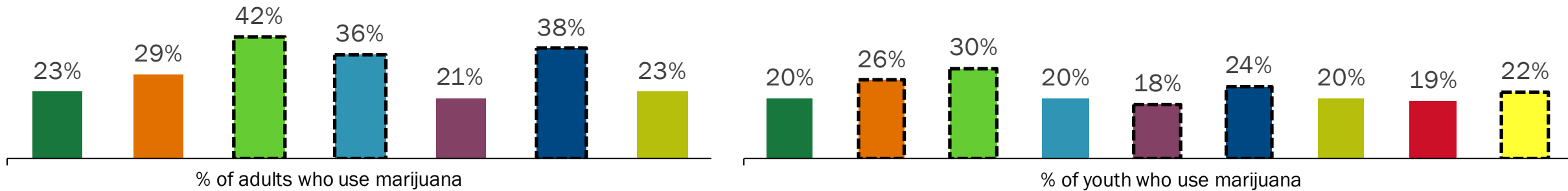
□ = statistically significant difference to state

Marijuana Use

- **Adults** who are Bisexual (43%), another orientation (36%) and Transgender (38%) use marijuana at statistically higher rates than the statewide number (23%).
- **Students** who are Gay/Lesbian (26%), Bisexual (30%), Transgender (24%) and questioning their gender are statistically more likely to use marijuana compared to the statewide rate (20%). Heterosexual (18%) **students** are statistically less likely to use marijuana.

Adult and Youth Marijuana Use Rates

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022

Youth Results: High School YRBS 2021

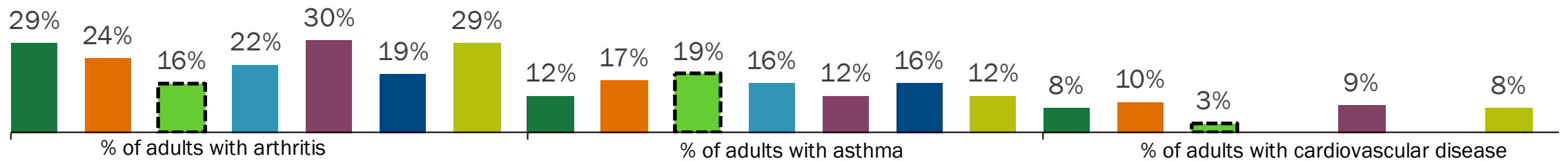
= statistically significant difference to state

Adult Chronic Disease

- Bisexual (16%) **adults** are statistically less likely to have arthritis compared to the statewide rate (29%).
- Bisexual (19%) **adults** are statistically more likely to have asthma compared to the statewide rate (12%).
- Bisexual (3%) **adults** are statistically less likely to have cardiovascular disease compared to the statewide rate (8%).

Adult Chronic Disease Rates

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



Adult Results: BRFSS 2021, 2022

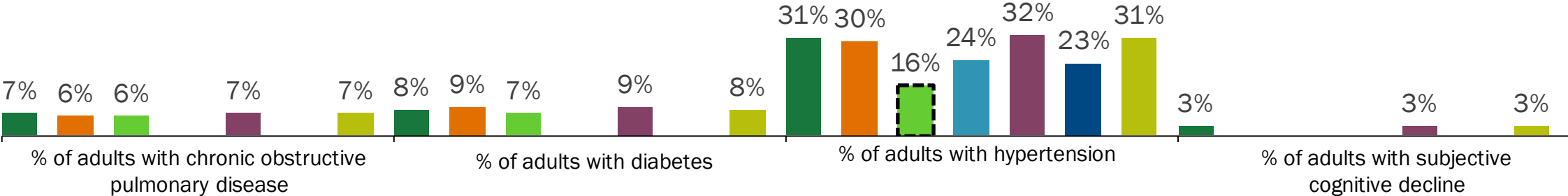
□ = statistically significant difference to state

Adult Chronic Disease Continued

- There are no statistical differences between **adult** populations and the statewide alcohol chronic obstructive pulmonary disease rate (7%).
- There are no statistical differences between **adult** populations and the statewide diabetes rate (8%).
- Bisexual (16%) **adults** are statistically less likely to have hypertension compared to the statewide rate (31%).
- There are no statistical differences between **adult** populations and the statewide subjective cognitive decline rate (3%).

Adult Chronic Disease Rates

■ VT Overall
 ■ Gay/Lesbian
 ■ Bisexual
 ■ Another Orientation
■ Heterosexual
 ■ Transgender
 ■ Cisgender
 ■ Questioning Orientation
 ■ Questioning Gender



 = statistically significant difference to state

Adult Results: BRFSS 2021, 2022

Adult and High School Student Survey Results by Disability



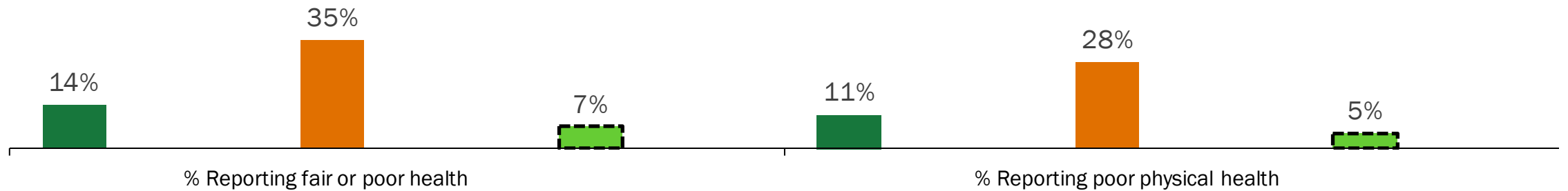
General Health

- **Adults** with a disability (35%) report fair or poor health at more than twice the statewide rate (14%). However, this is not a statistical difference.
- **Adults** with a disability (28%) report poor physical health at more than twice the statewide rate (11%). However, this is not a statistical difference.

Poor physical health is defined as 14 or more days during the past 30 days where physical health was "not good."

General Health of Adults

■ VT Overall ■ Disability ■ No Disability ■ Not Sure Disability
■ IEP ■ No IEP ■ Past IEP ■ Unsure IEP



Adult Results: BRFSS 2022

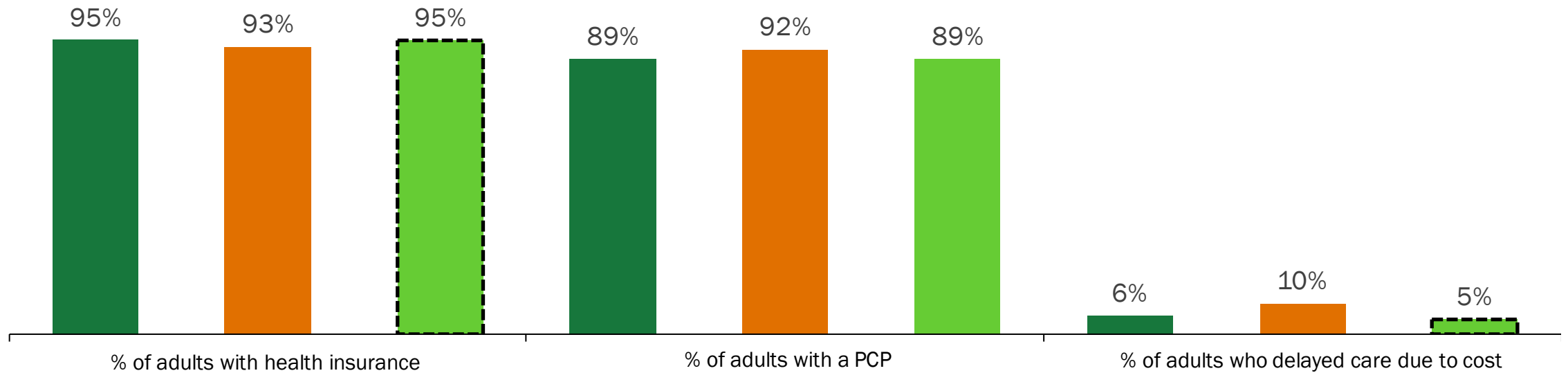
□ = statistically significant difference to state

Health Insurance and Access to Care

- **Adults** without a disability (95%) are statistically less likely to have health insurance compared to the statewide rate (6%).
- There are no statistical differences between **adult** populations and the rate of having a primary care physician (89%).
- **Adults** with a disability (10%) are more likely to delay healthcare due to cost compared to the rest of the state (6%). However, this is not a statistical difference.

Rates of Vermont adults with health insurance, primary care providers and cost barriers.

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022

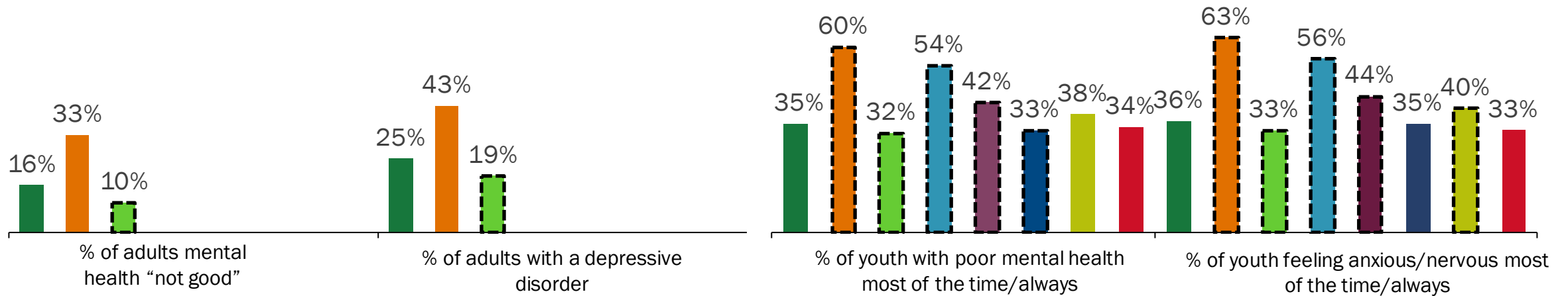
 = statistically significant difference to state

Mental Health and Depression

- **Adults** with a disability (33%) report poor mental health is at a higher rate than the rest of the state (16%), however this difference is not statistically significant. Poor mental health among adults is defined as 14 or more days during the past 30 when mental health was "not good."
- **Adults** with a disability (43%) report a depressive disorder at higher rate than Vermont overall (25%). However, this is not a statistical difference.
- **Students** with a disability (60%), unsure if they have a disability (54%) and those with an IEP (42%) report poor mental health at statistically higher rates than the state number (35%).
- Compared to the statewide rate (36%), **students** with a disability (63%), unsure if they have a disability (56%) and those with an IEP (44%) are more likely to feel anxious/nervous most of the time/always.

Adult and Youth Mental Health

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022 Youth Results: High School YRBS 2021

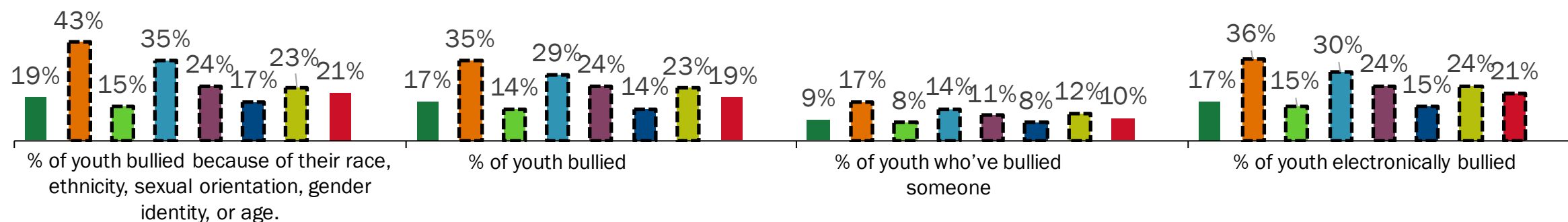
 = statistically significant difference to state

Bullying

- When asked about bullying due to demographics, **students** with a disability (43%), unsure if they have a disability (35%), with an IEP (24%) and who've had an IEP in the past (23%) were more likely to report being bullied.
- **Students** with a disability (35%), unsure if they have a disability (29%), with an IEP (24%) and who've had an IEP in the past (23%) are statistically more likely to be bullied compared to the statewide rate (17%).
- Compared to the statewide rate (9%), **students** with a disability (17%), unsure if they have a disability (14%), with an IEP (11%) and who've had an IEP in the past (12%) are statistically more likely to say they've bullied someone.
- **Students** with any disability indicator are statistically more likely to be bullied online compared to the statewide rate (17%). Students with a disability (36%) and who are unsure if they have a disability (30%) have the highest rates of electronic bullying.

Rates of Youth Bullying

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Youth Results: High School YRBS 2021

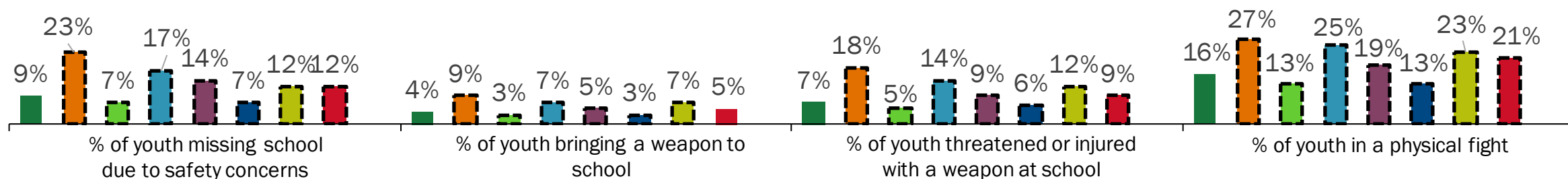
 = statistically significant difference to state

Personal Safety

- **Students** with any disability indicator are statistically more likely to miss school due to safety concerns compared to the statewide rate (9%). Students with a disability (23%) have the highest rate, which is more than two times the statewide number.
- **Students** with a disability (9%), unsure if they have a disability (7%), with an IEP (7%) and who've had an IEP in the past (7%) are statistically more likely to bring a weapon to school compared to the statewide rate (4%).
- Compared to the statewide rate (7%), **students** with a disability (18%), unsure if they have a disability (14%), with an IEP (9%), who've had an IEP in the past (12%) and are unsure if they have an IEP (9%) are statistically more likely to say they've been threatened or injured at school with a weapon.
- **Students** with a disability (27%), unsure if they have a disability (25%), with an IEP (19%), who've had an IEP in the past (23%) and are unsure if they have an IEP (21%) are statistically more likely to be in a physical fight compared to the statewide number (16%).

Rates of Youth Personal Safety

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Youth Results: High School YRBS 2021

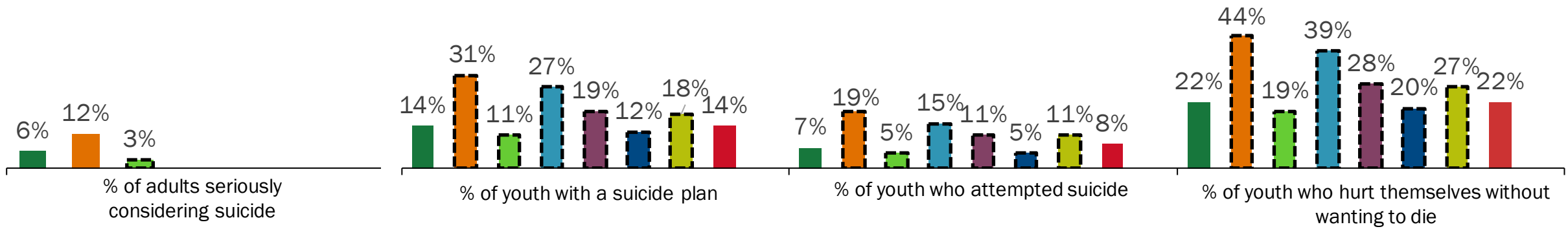
 = statistically significant difference to state

Suicide and Self Harm

- **Adults** with a disability (12%) seriously consider suicide at more than twice the statewide rate (6%). However, this is not a statistical difference.
- When asked about making a suicide plan, **students** with a disability (31%), unsure if they have a disability (27%), with an IEP (19%) and who've had an IEP in the past (18%) and are more likely to say they've made a plan.
- **Students** with a disability (19%), unsure if they have a disability (15%), with an IEP (11%) and who've had an IEP in the past (11%) report attempting suicide at significantly higher rates.
- Compared to the statewide rate (22%), **students** with a disability (44%), unsure if they have a disability (39%), with an IEP (28%) and who've had an IEP in the past (27%) report hurting themselves with out wanting to die at statistically higher rates.

Adults and Youth Suicide

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022 Youth Results: High School YRBS 2021

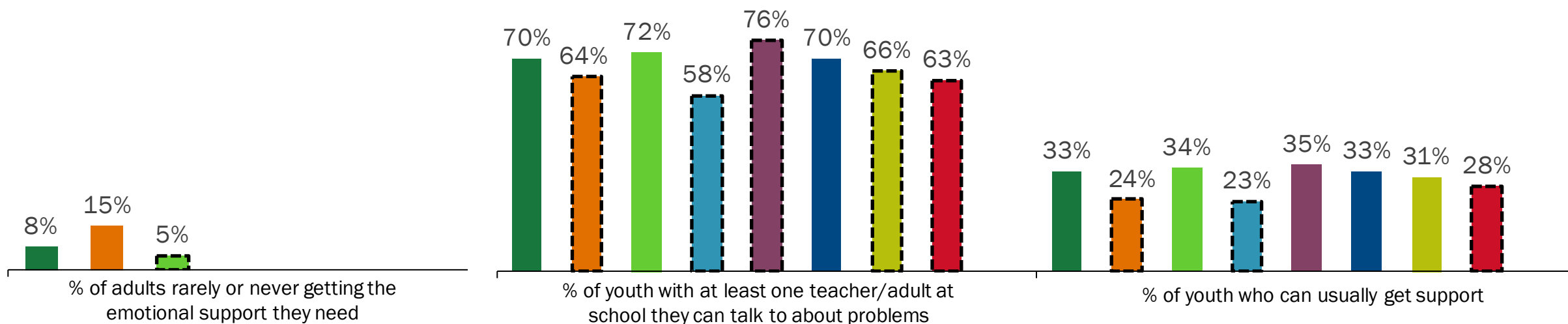
 = statistically significant difference to state

Getting Support

- **Adults** with a disability (15%) are more likely to rarely or never get the emotional support they need compared to the rest of the state (8%). However, this is not a statistical difference.
- **Students** with a disability (64%), unsure if they have a disability (58%), who've had an IEP in the past (76%) and are unsure if they have an IEP (63%) are statistically less likely to have an adult at school they can talk to about problems compared to the statewide rate (70%). **Students** with an IEP (76%) are statistically more likely to have this kind of support.
- **Students** with a disability (24%), unsure if they have a disability (23%) and who are unsure if they have an IEP report getting the support they need at statistically lower rates compared to the statewide number (33%).

Adults and Youth Access to Support

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022 Youth Results: High School YRBS 2021

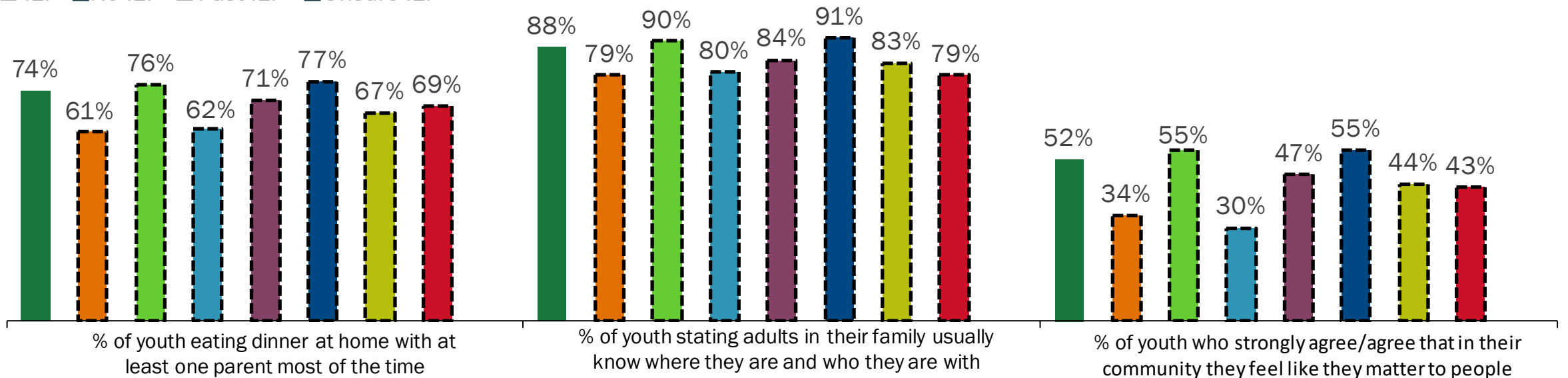
□ = statistically significant difference to state

Family & Community

- Compared to the state rate (74%), **students** with disability indicators are statistically less likely to report they eat dinner at home with a parent most of the time. Students with a disability (61%) report this at the lowest rate.
- All **students** with disability indicators are statistically less likely to report an adult family member usually or always knows where they are and who they are with compared to the statewide rate (88%).
- Compared to the statewide rate (52%), **students** without a disability (55%) and those without an IEP (55%) report feeling they matter to their community at statistically higher rates. **Students** with a disability (34%) and who are unsure if they have a disability (30%) report this at the lowest rates.

Rates of Family and Community Support

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Youth Results: High School YRBS 2021

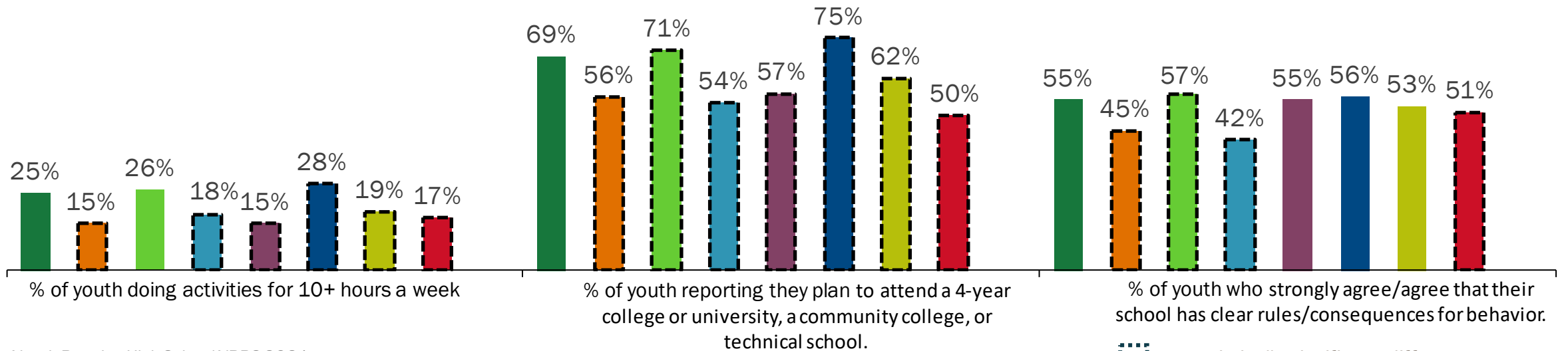
 = statistically significant difference to state

Activities

- Compared to the state rate (25%) **students** with any disability indicators are statistically less likely to report participating in activities for 10+ hours a week. Students with a disability (15%) and with an IEP (15%) report this at the lowest rates.
- **Students** with any disability indicators are statistically less likely to report they plan to attend a four-year college, university or technical school. **Students** who are unsure if they have a disability (54%) and unsure if they have an IEP (50%) report this at the lowest rates.
- Compared to the statewide rate (55%), **students** with a disability (45%), who unsure if they have a disability (42%) and are unsure if they have an IEP (51%) strongly agree/agree that their school has clear rules/consequences for behavior at statistically lower rates.

Participation in activities, planning their future, understanding school rules

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Youth Results: High School YRBS 2021

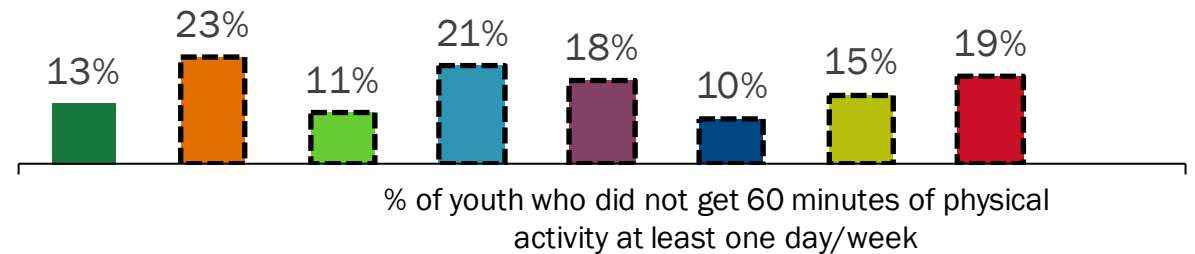
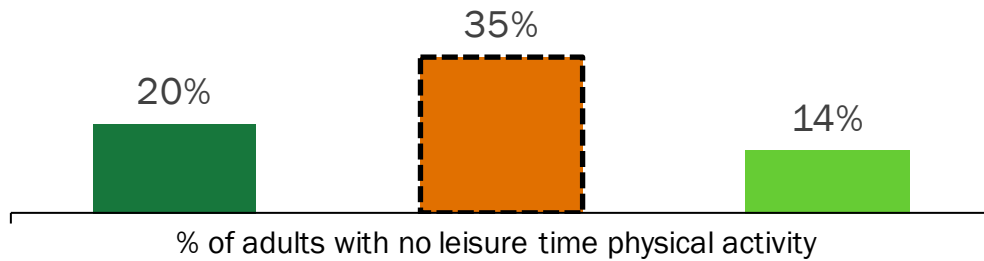
 = statistically significant difference to state

Physical Activity

- Adults with a **disability** (35%) are statistically more likely to not get leisure time physical activity compared to the statewide rate (20%).
- **Students** with any disability indicator are statistically more likely to report they don't get 60 minutes of exercise at least once a week. **Students** with a disability (23%) and those unsure if they have a disability (21%) report this at the highest rates.

Adults and Youth Physical Activity

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022 Youth Results: High School YRBS 2021

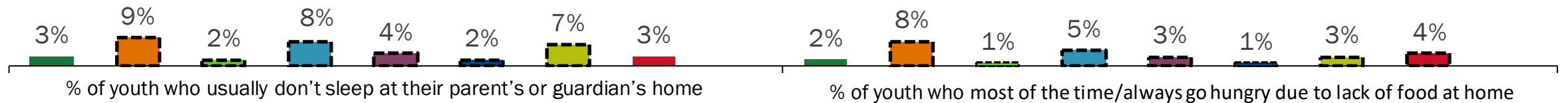
= statistically significant difference to state

Youth Risk Factors

- Compared to the statewide rate (3%), **students** with a disability (9%), unsure if they have a disability (8%), have an IEP (4%) and had an IEP in the past (7%) are statistically more likely to report they don't usually sleep at their parent's or guardian's home.
- Students** with any disability indicators are statistically more likely to most of time/always go hungry due to lack of food at home compared to the statewide rate (2%). **Students** with a disability (8%) and who are unsure if they have a disability (5%) report this at the highest rates.

Rates of Students Sleeping Away from Home, Food Insecurity

■ VT Overall ■ Disability ■ No Disability ■ Not Sure Disability
■ IEP ■ No IEP ■ Past IEP ■ Unsure IEP



Youth Results: High School YRBS 2021

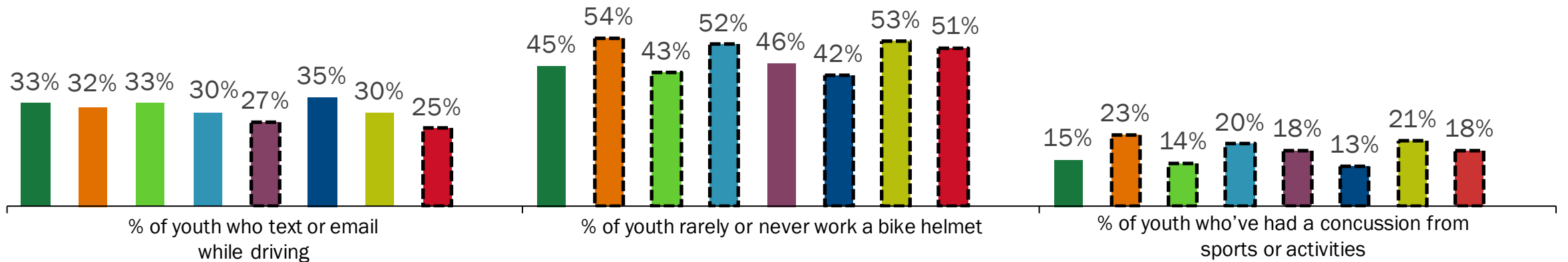
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Youth Risk Factors Continued

- **Students** with an IEP (27%) and who are unsure if they have an IEP (25%) are statistically less likely to text or email while driving compared to the statewide rate (33%).
- **Students** with a disability (54%), not sure if they have a disability (52%), had an IEP in the past (53%) and who are unsure if they have an IEP (51%) are statistically less likely to wear a bike helmet compared to the statewide rate (45%).
- All **students** with disability indicators are statistically more likely to report getting a concussion from sports or activities.

Rates of Youth Safety Concerns

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Youth Results: High School YRBS 2021

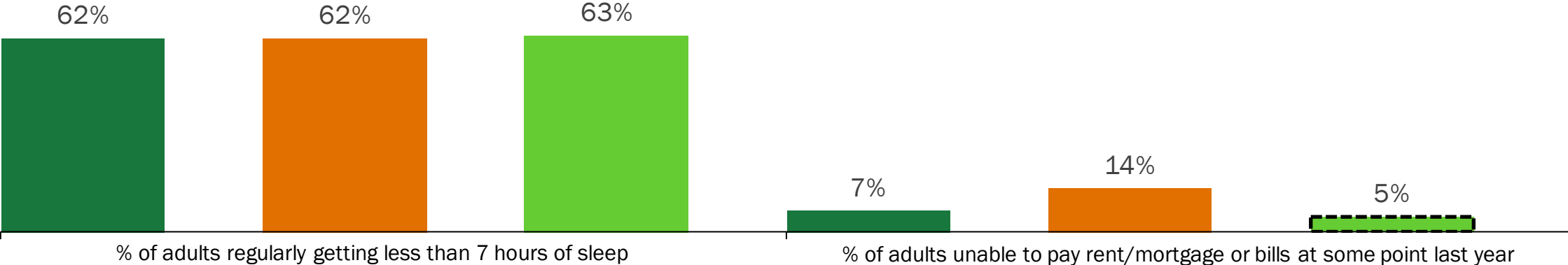
 = statistically significant difference to state

Adult Risk Factors

- There are no statistical differences between **adult** populations and the statewide rate of getting less than 7 hours of sleep (62%)
- **Adults** with a disability (14%) are twice as likely to report being unable to pay rent/mortgage or other bills in the last year compared to the statewide rate (7%). However, this is not a statistical difference.

Rates of Adult Sleep Habits, Economic Security

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022

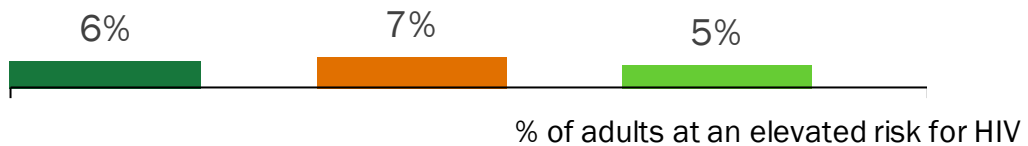
 = statistically significant difference to state

Adult Risk Factors Continued

- There are no statistical differences between **adult** populations and the statewide rate of elevated HIV risk (6%).

Rates of Adults at Elevated Risk for HIV

■ VT Overall ■ Disability ■ No Disability ■ Not Sure Disability
■ IEP ■ No IEP ■ Past IEP ■ Unsure IEP



Adult Results: BRFSS 2022

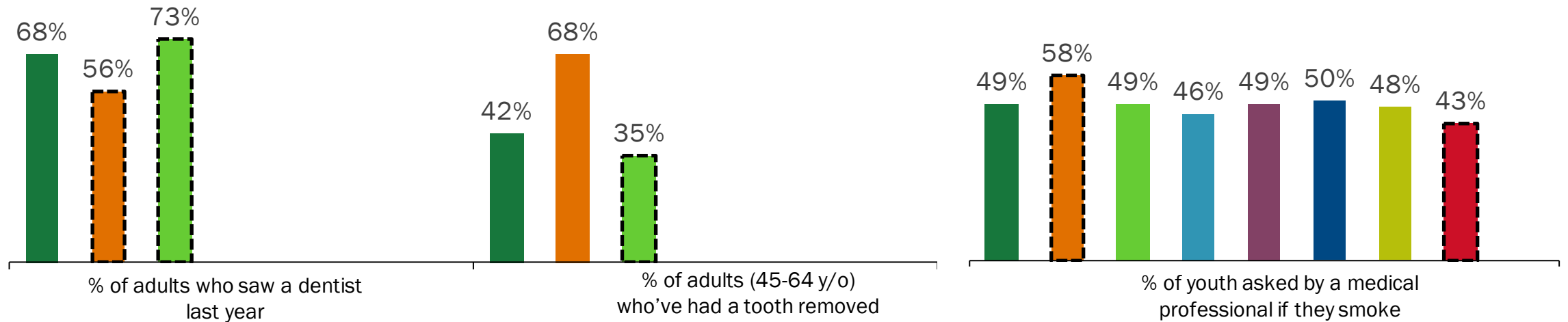
 = statistically significant difference to state

Preventative Care & Screening

- **Adults** with a disability (56%) are statistically less likely to report going to the dentist in the last year compared to the statewide rate (68%).
- **Adults** with a disability aged 45-64 (68%) are more likely to report having a tooth removed than the statewide rate (43%). This is not a statistical difference.
- Compared to the statewide rate (49%), **students** with a disability (58%) are statistically more likely to get asked if they smoke by a doctor, dentist or nurse.

Rates of Adult and Youth Receiving Preventative Care/Screenings

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022 Youth Results: High School YRBS 2021

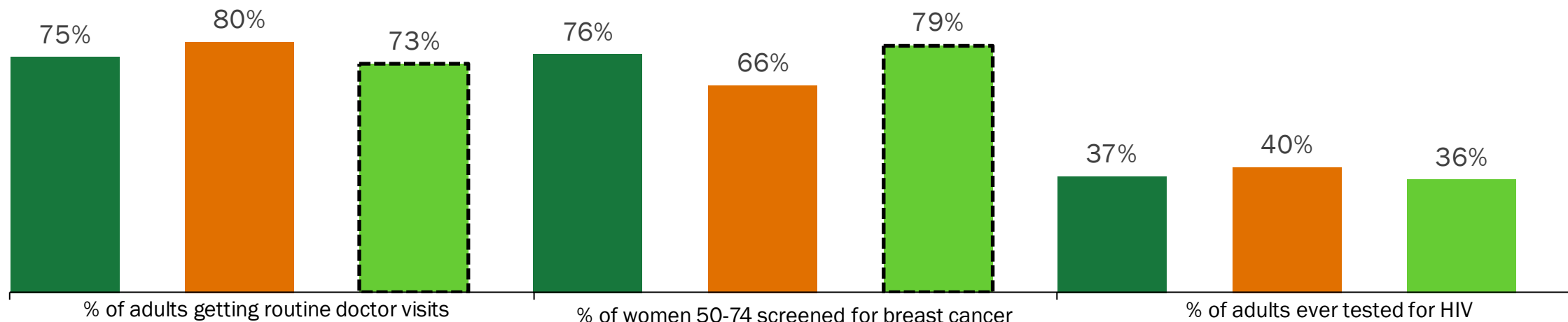
 = statistically significant difference to state

Preventative Care and Screening Continued

- Compared to the statewide rate (74%), **adults** with a disability (80%) are more likely to go to routine doctor visits. However, this is not a statistical difference.
- **Adult** women who are 50-74 with a disability (66%) are less likely to get screened for breast cancer compared to the statewide rate (75%). However, this is not a statistical difference.
- There are no statistical differences between **adult** populations and the statewide HIV test rate (37%).

Rates of Vermont Adults Getting Regular Medical Care and Screenings

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022

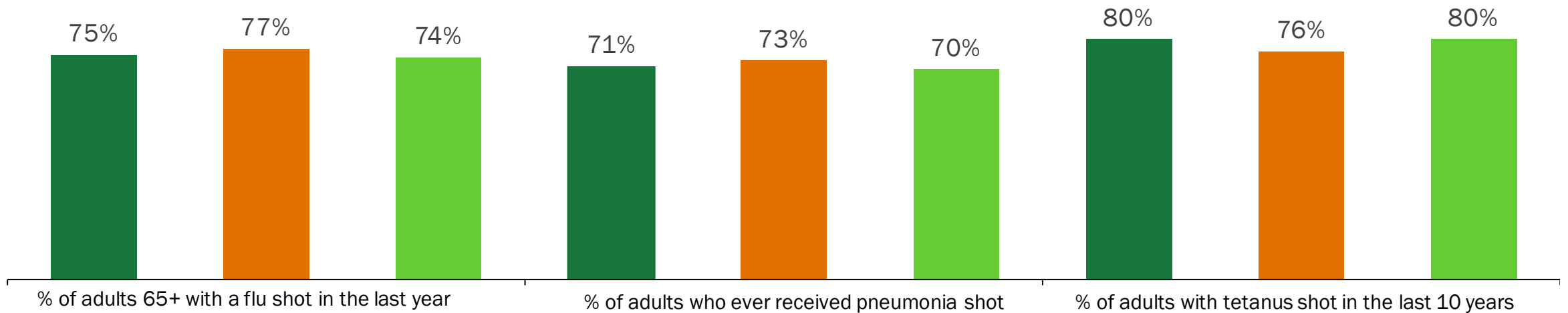
 = statistically significant difference to state

Preventative Care & Screening Continued

- There are no statistical differences between **adult** populations and the statewide rates of getting a flu shot in the last year (75%), pneumonia vaccination rate (71%), and tetanus vaccination rate (80%)?

Adult Vaccination Rates

■ VT Overall ■ Disability ■ No Disability ■ Not Sure Disability
■ IEP ■ No IEP ■ Past IEP ■ Unsure IEP



Adult Results: BRFSS 2022

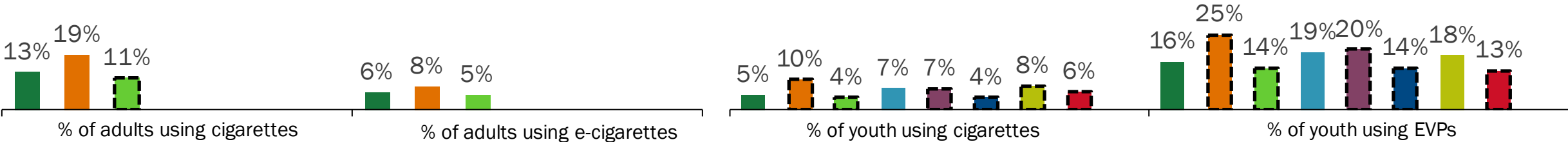
⊠ = statistically significant difference to state

Tobacco Use

- Compared to the statewide rate (13%), adults with a disability (19%) are more likely to use cigarettes. However, this is not a statistical difference.
- There are no statistical differences between **adult** populations and the statewide e-cigarette rate (6%).
- **Students** with a disability (10%) are two times more likely to report using cigarettes compared to the statewide rate (5%).
- Students with a disability (25%) and with an IEP (20%) are statistically more likely to smoke electronic vapor products (EVPs) compared to the statewide rate (16%).

Adult and Youth Tobacco Use

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022 Youth Results: High School YRBS 2021

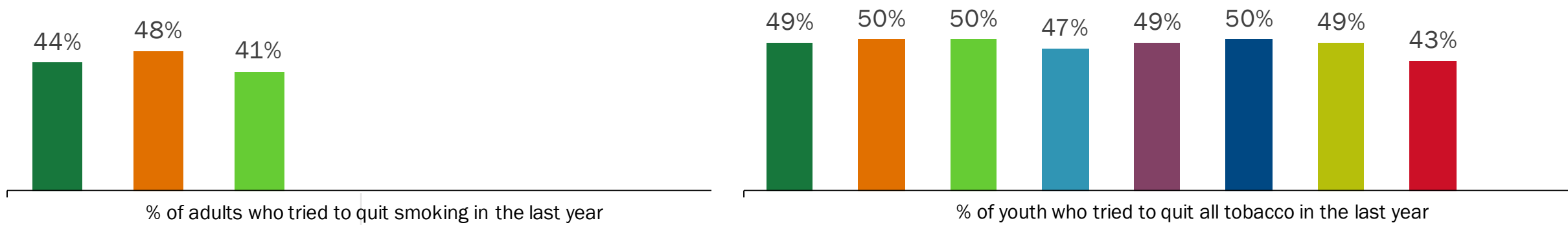
 = statistically significant difference to state

Tobacco Use Continued

- There are no statistical differences between **adult** populations and the statewide quit attempt rate (44%).
- There are no statistical differences between **student** populations and the statewide quit attempt rate (49%).

Adult and Youth Quit Attempts

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022 Youth Results: High School YRBS 2021

= statistically significant difference to state

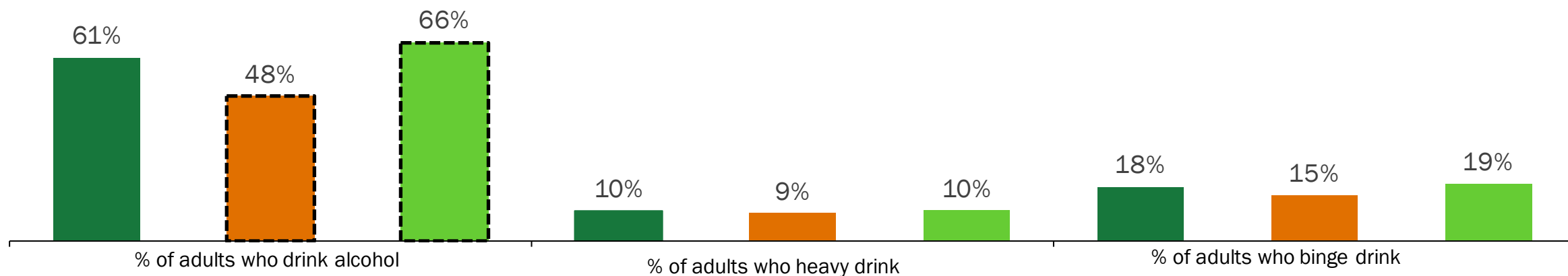
Adult Alcohol Use

- **Adults** with a disability (48%) are statistically less likely to drink alcohol compared to the statewide rate (61%). **Adults** without a disability (66%) are statistically more likely to drink alcohol.
- There are no statistical differences between **adult** populations and the statewide heavy drinking rate (10%).
- There are no statistical differences between **adult** populations and the statewide binge drinking rate (18%).

Binge drinking is defined as five or more drinks on an occasion for males and four or more for females. Heavy drinking is defined as more than two drinks per day for males and more than one drink for females.

Adult Drinking Rates

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022

 = statistically significant difference to state

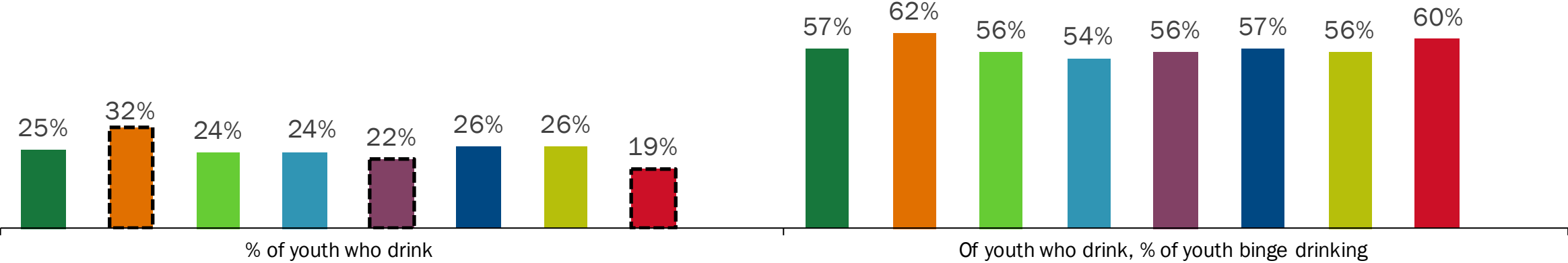
Youth Alcohol Use

- **Students** with a disability (32%) are statistically more likely to drink alcohol compared to the statewide rate (25%). **Students** with an IEP (22%) and who are unsure if they have an IEP (19%) are statistically less likely to drink.
- There are no statistical differences between **student** populations and the statewide binge drinking rate (57%).

Binge drinking is defined as five or more drinks on an occasion for males and four or more for females.

Youth Drinking Rates

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Youth Results: High School YRBS 2021

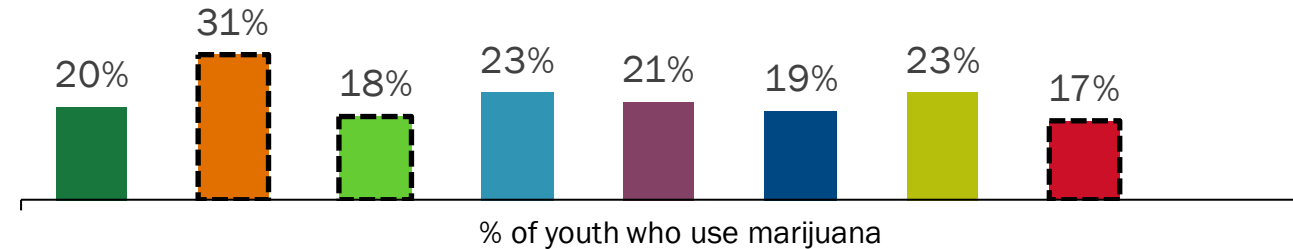
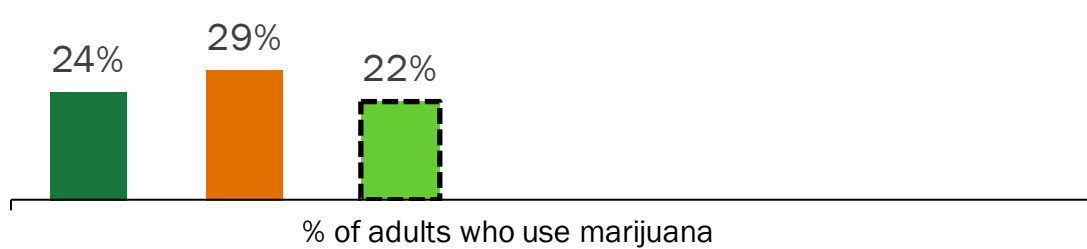
 = statistically significant difference to state

Marijuana Use

- **Adults** with a disability (29%) use marijuana at higher rates than the statewide number (24%). However, this is not a statistical difference.
- **Students** with a disability (31%) are statistically more likely to use marijuana compared to the statewide rate (20%).

Adult and Youth Marijuana Use Rates

■ VT Overall ■ Disability ■ No Disability ■ Not Sure Disability
■ IEP ■ No IEP ■ Past IEP ■ Unsure IEP



Adult Results: BRFSS 2022 Youth Results: High School YRBS 2021

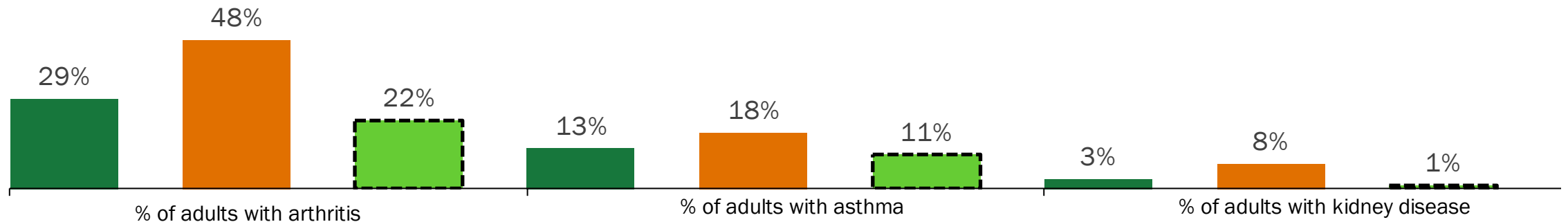
■ = statistically significant difference to state

Adult Chronic Disease

- **Adults** with a disability (48%) are more likely to have arthritis compared to the statewide rate (29%). However, this is not a statistical difference.
- **Adults** with a disability (18%) are more likely to have asthma compared to the statewide rate (13%). However, this is not a statistical difference.
- **Adults** with a disability (8%) are more likely to have kidney disease compared to the statewide rate (3%). However, this is not a statistical difference.

Adult Chronic Disease Rates

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022

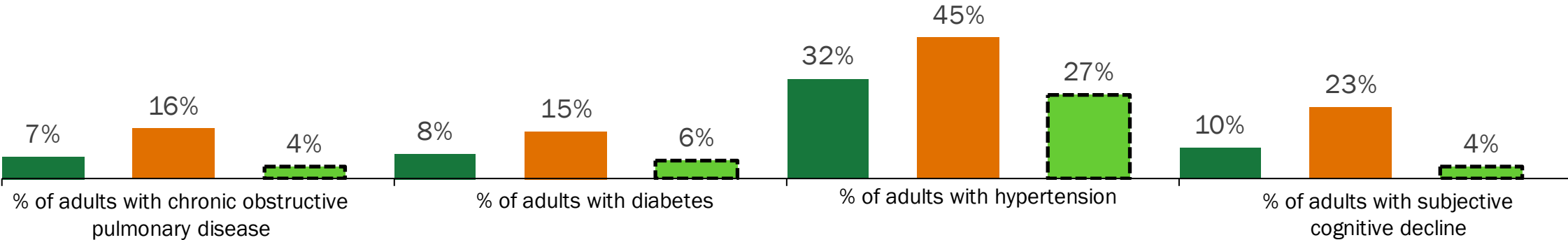
 = statistically significant difference to state

Adult Chronic Disease Continued

- **Adults** with a disability (16%) are more likely to have chronic obstructive pulmonary disease than the statewide rate (7%). However, this is not a statistical difference.
- **Adults** with a disability (15%) are more likely to have diabetes compared to the statewide rate (8%). However, this is not a statistical difference.
- **Adults** with a disability (45%) are more likely to have hypertension compared to the statewide rate (32%). However, this is not a statistical difference.
- **Adults** with a disability (23%) are more likely to report subjective cognitive decline compared to the statewide rate (10%). However, this is not a statistical significance.

Adult Chronic Disease Rates

■ VT Overall
 ■ Disability
 ■ No Disability
 ■ Not Sure Disability
■ IEP
 ■ No IEP
 ■ Past IEP
 ■ Unsure IEP



Adult Results: BRFSS 2022

 = statistically significant difference to state



The State of Health Equity in Vermont

June 2024

Let's Stay in Touch

Email: Emily.Belanger@Vermont.gov

Web: HealthVermont.gov

Social: [@HealthVermont](https://www.instagram.com/HealthVermont)