

## INDICATORS/GOALS

★ statistically better than US ✗ statistically worse than US

### Increase % of pregnancies that are planned

2020 Goal	65%
VT 2008	54%
US data not comparable	

### Increase % of youth who used contraception at most recent sexual intercourse \*

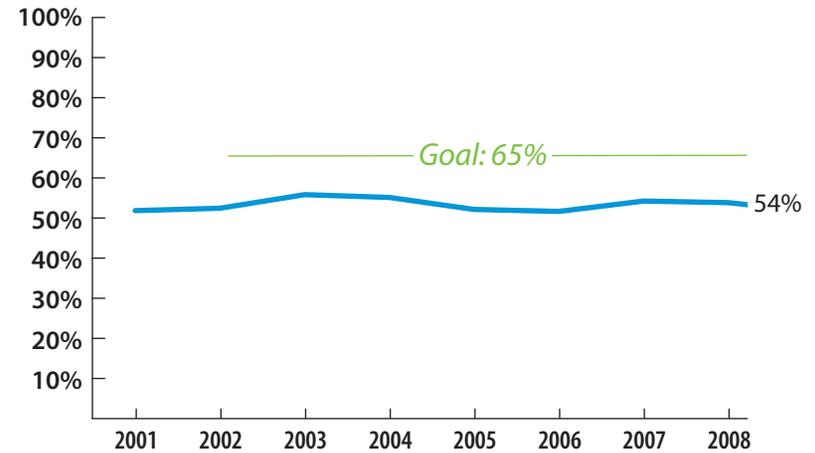
• 9th-12th graders	2020 Goal	95%
	VT 2011	86%★
	US 2011	71%

### Increase % of youth who receive education on sexually transmitted diseases

• females	2020 Goal	***
	VT data not available	
	US 2006-08	93%
• males	2020 Goal	***
	VT data not available	
	US 2006-08	92%

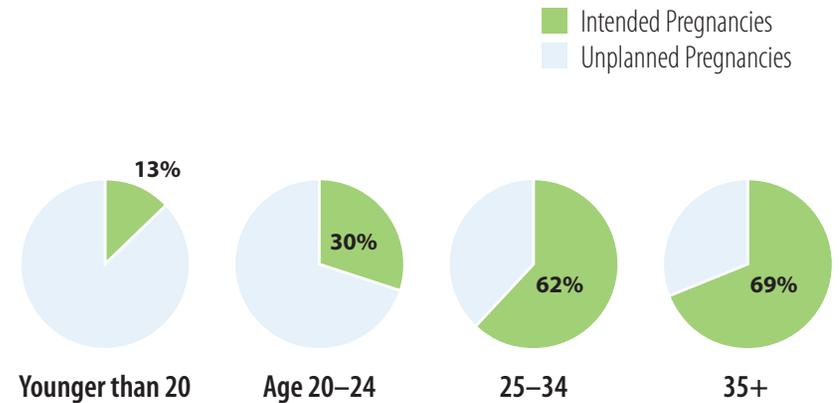
## Intended Pregnancy

% of pregnancies that women report are planned



## Intended Pregnancy & Age of Mother

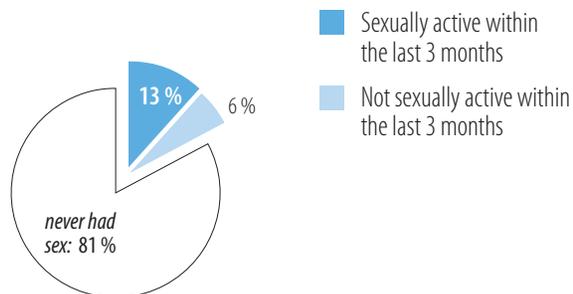
% of pregnancies that women report are intended • 2009



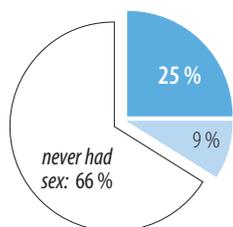
\* represents % of males and females who used contraception to avoid pregnancy  
 \*\*\* goal to be developed

## Sexual Activity

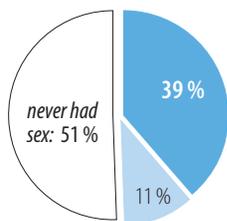
Among 9th-12th graders • 2011



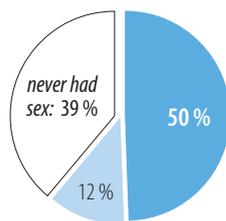
### Grade 9



### Grade 10



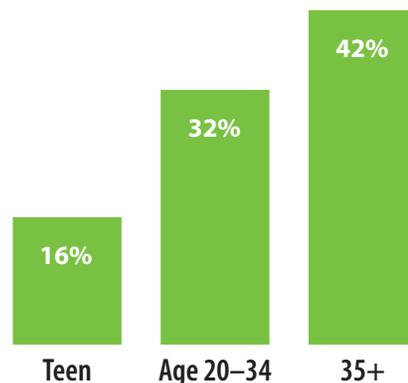
### Grade 11



### Grade 12

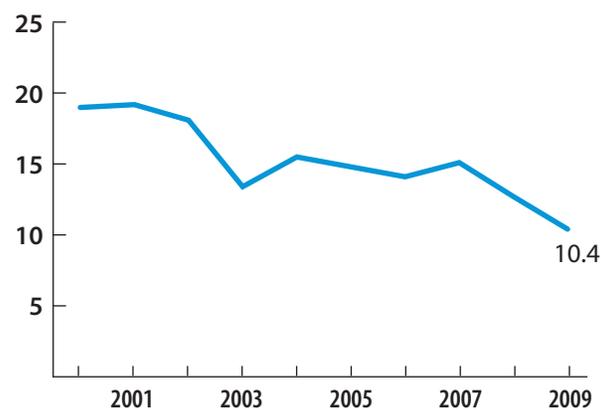
## Preconception Health Counseling

% of women who talked with a health care worker about healthy pregnancy before conception, by age • 2008



## Teen Pregnancy

# of pregnancies per 1,000 females age 15-17



## • Planning is Good for Family Health

Family planning is one of the 10 great public health achievements of the 20th century, helping men and women to be more intentional about timing of pregnancy, birth spacing and family size. Family planning contributes to healthier outcomes for everyone – babies, children, women, families and communities.

## • Intended vs. Unplanned Pregnancy

Women who prepare for childbearing are more likely to have good health habits before they become pregnant – to eat nutritious foods, take folic acid, be physically active, not smoke and not drink, get into prenatal care early – and their babies are more likely to be born healthy. Unplanned pregnancies can be costly, both in health and social terms. This is especially true for younger parents, who may be less educated, have lower incomes and greater dependence on welfare, have more physical and mental stresses, and a worse outlook for the future.

## • The Power of Reproductive Health Ed

Reproductive health education in schools can empower teens to make informed decisions about abstinence, sexual activity, contraception and protection. Teens who have complete information and who are aware of their choices are better equipped to avoid pregnancy and sexually transmitted diseases, and have a better basis for healthy lifestyles and relationships as they enter adulthood.

In Vermont, white teens have a higher rate of pregnancy (13.6 per 1,000) than teens of racial or ethnic minority groups (8.7 per 1,000).

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### Reduce sudden, unexpected infant deaths

(# per 1,000 live births)

2020 Goal	0.62
VT 2005-09	0.69
US 2006	0.93

### Increase % of pregnant women who –

- drink no alcohol
 

2020 Goal	100%
VT 2008	88%
US data	not comparable
- do not smoke
 

2020 Goal	90%
VT 2009	81% ✗
US 2007	90%
- do not use illicit drugs
 

2020 Goal	100%
VT 2009	95%
US data	not comparable

### Increase % of women delivering a live birth who –

- discussed preconception health before pregnancy
 

2020 Goal	40%
VT 2008	29%
US data	not available
- had a healthy weight before pregnancy
 

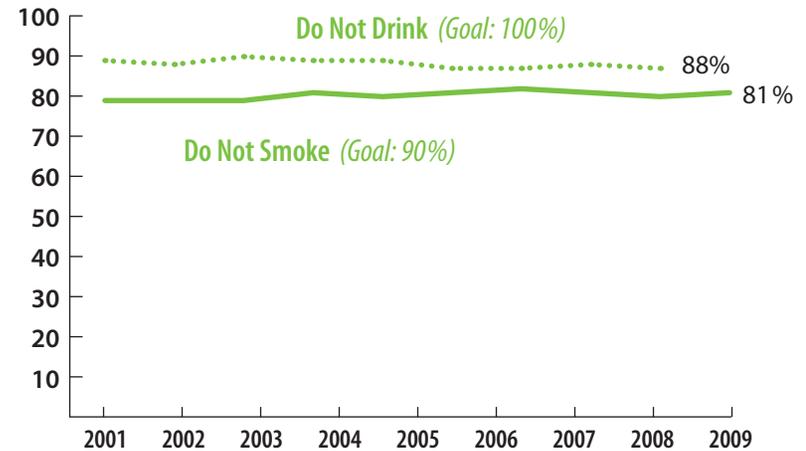
2020 Goal	65%
VT 2008	52%
US data	not comparable

### Increase % of infants who are breastfed exclusively through 6 months

2020 Goal	40%
VT 2007	22% ★
US 2007	14%

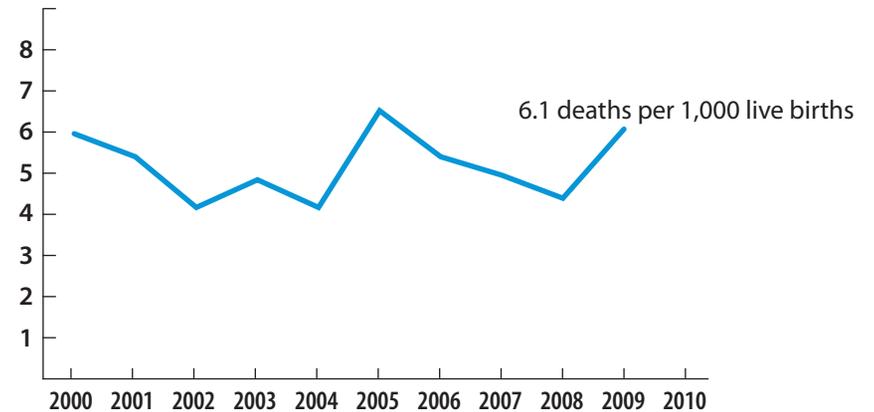
## Healthy Behaviors During Pregnancy

% of pregnant women who –



## Infant Mortality

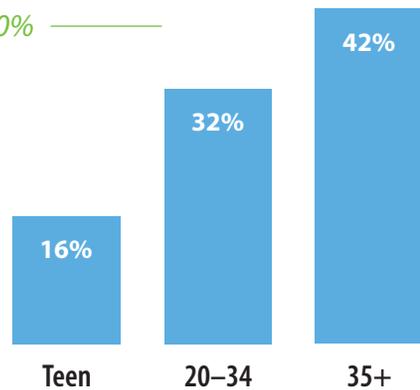
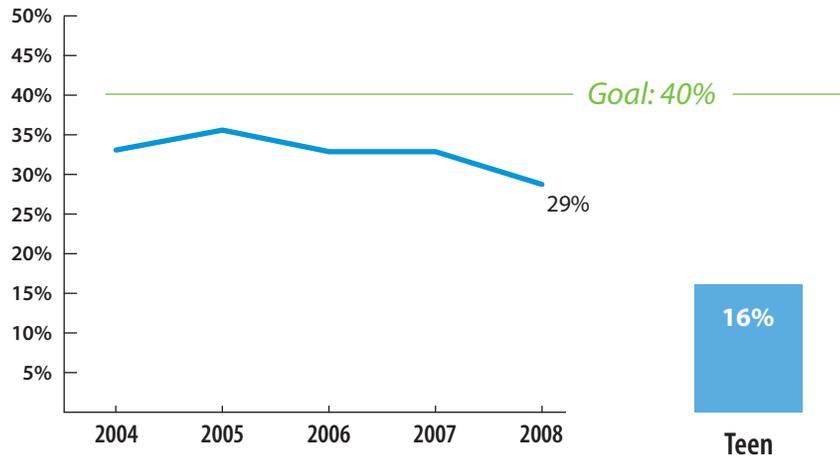
# of deaths within the first 12 months of life, per 1,000 live births



## Preconception Health Care

% of women who talked with a health care worker about having a healthy pregnancy before conception

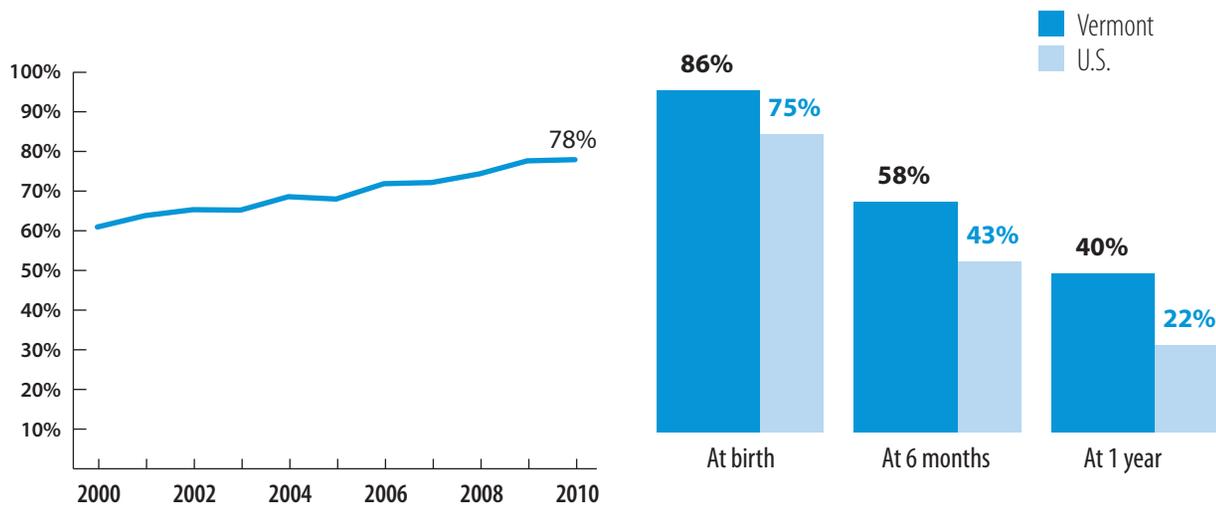
by age of woman • 2008



## Breastfeeding

% of women who breastfed their babies at any point during the first year of life

by age of baby • 2007



## • Sudden Unexpected Infant Death

Recent public health and forensic research has shown that what had been called SIDS (Sudden Infant Death Syndrome) can be attributed to causes such as sudden infection, maltreatment, unsafe sleep environment or rare diseases. Keeping health care providers and families accurately informed about infant care and safety can help prevent sudden unexpected deaths.

## • No Smoking, Alcohol, Drugs

Smoking is the most preventable cause of low birth weight in babies, and low birth weight is closely linked to infant mortality. A mother's use of even small amounts of alcohol or drugs can cause developmental, neurological and physical health problems for her baby.

## • Importance of Preconception Care

Preconception care promotes the health of women of reproductive age by promoting health behaviors, screening and interventions to reduce risk factors and control conditions (such as high blood pressure, diabetes or asthma) that might negatively affect a future pregnancy.

## • Breastfeeding is Best

Scientific evidence is clear that breastfeeding for the first six months of life helps prevent obesity and Type 2 diabetes. Breastfeeding mothers are also at lower risk of breast and ovarian cancer, diabetes, hypertension and cardiovascular disease. Among WIC participants in Vermont, 82% of mothers of racial or ethnic minority groups breastfeed their babies, compared to 77% of white non-Hispanic mothers.

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### Increase % of babies –

• who are screened for hearing loss by 1 month of age	2020 Goal	100%
	VT 2009	95% ★
	US 2007	82%
• who need and receive an audiological evaluation by 3 months of age	2020 Goal	55%
	VT 2009	48% ✗
	US 2007	66%
• with hearing loss who receive intervention services by 6 months of age	2020 Goal	55%
	VT 2009	50%
	US 2007	50%

### Increase % of children –

• who are screened for Autism Spectrum Disorder and other developmental delays by 24 months of age	VT/2020 Goal	***
	US 2007	20%
• with Autism Spectrum Disorder diagnosis who have first evaluation by 36 months of age	VT/2020 Goal	***
	US 2006	39%
• who are ready for school in five domains of healthy development	2020 Goal	65%
	VT 2010	56%
	US data not available	
• age 10-17 who have had a wellness exam in the past 12 months	2020 Goal	65%
	VT 2010-11	57%
	US data not comparable	

### Decrease % of students absent from school due to illness/injury

VT/2020 Goal	***
US 2008	5%

### Increase % of middle schools that require newly hired staff who teach Health Education to be State licensed or endorsed

VT/2020 Goal	***
US 2006	51%

### • Newborn Screening for Hearing

At least one in six Americans has a sensory or communication impairment or disorder. Even when temporary and mild, such disorders can affect health. Any barrier to physical balance and communication with others can make a person feel socially isolated, have unmet health needs, and limited success in school or on the job. Very early screening and intervention for hearing loss improves physical development, language, learning and literacy for these children.

### • Well Child Ready for School

Social and emotional development in early childhood is strongly connected with later academic achievement. Early and continuous developmental screening results in timely identification and referral. This is important so that children arrive at Kindergarten competent in all five developmental domains.

### • Wellness Check-ups for Adolescents

High quality preventive services for school-age youth include annual well exams, with assessments of physical activity, nutrition, sexual behavior, substance abuse and behaviors that can result in injuries.

### • Quality Early Health Education

Health education by qualified teachers builds the knowledge, attitudes and skills that students need to make healthy decisions, become health literate, and look out for the health of others. Curricula should address tobacco/alcohol/drug use, nutrition, mental and emotional health, physical activity, safety and injury prevention, sexual health and violence prevention.

## Five Domains of Healthy Development:

- Social-Emotional Development
- Approaches to Learning
- Communication
- Cognitive Development
- Wellness

Well children demonstrate age-appropriate self-help skills, and seldom or never appear to be inhibited by illness, fatigue or hunger.

*Vermont's Statewide Report on Kindergarten Readiness 2011-2012*

\*\*\* Vermont data not available and goal to be developed

**INDICATORS/GOALS**

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**Increase % of older adults who use the Welcome to Medicare benefit**

2020 Goal	25%
VT data not available	
US 2008	7%

**Increase % of older adults who are up to date on recommended preventive services**

• females	2020 Goal	55%
	VT 2010	47%
	US 2008	48%
• males	2020 Goal	55%
	VT 2010	50%
	US 2008	46%

**Welcome to Medicare Wellness Exam**

- Covers:
- Medical/Family History
  - Health Conditions
  - Prescriptions
  - Blood Pressure
  - Vision
  - Weight/Height
  - Vaccinations
  - Preventive Health Screenings

• **Welcome to Medicare**

Medicare covers all the costs for a one-time, comprehensive “Welcome to Medicare” preventive visit during the first 12 months of having ‘Part B.’ After 12 months, a yearly wellness visit to develop or update a personalized plan to prevent disease based on current health and risk factors is covered. Anyone with Medicare is eligible for this benefit, and there is no cost if the doctor or other health care provider accepts assignment. This is a valuable health benefit, yet few people take advantage of it.

• **The Wellness Visit**

During the visit, the health care provider will complete a comprehensive physical exam, evaluate the patient’s medical history, and:

- record and evaluate medical and family history, current health conditions, and prescriptions
- check blood pressure, vision, weight and height to get a baseline for care
- make sure clinical preventive services such as cancer screenings and vaccinations are up to date
- order further tests, depending on patient’s general health and medical history

• **The Wellness Plan**

Following the visit, the health care provider will provide a plan or checklist with free screenings and preventive services needed.