

Healthy Vermonters 2010 • Report Card

Following are Healthy Vermonters goals that were set in 2000 for the decade ahead, with a report on progress made by 2010 denoted by:

✓ met goal ⭐ statistically better than US ✗ statistically worse than US

Behaviors, Environment & Health

INCREASE % OF –

- ✓⭐ youth who engage in regular physical activity
- ✓⭐ adults who engage in regular physical activity
- youth who eat 2+ servings of fruit/day
- ⭐ adults who eat 2+ servings of fruit/day
- youth who eat 3+ servings of vegetables/day
- ⭐ adults who eat 3+ servings of vegetables/day
- adults who have food security
- ⭐ adults who attempt to quit smoking
- pregnant women who quit smoking during first trimester
- ✓ smokers with children who don't allow smoking at home
- ✓ smokers with children who don't allow smoking in their car
- adults who always use safety belts
- youth who always use safety belts
- 1-year-olds who have had a blood lead test
- 2-year-olds who have had a blood lead test
- population on systems that meet safe drinking water standards
- adults who live in homes that have been tested for radon

DECREASE % OF –

- ✓⭐ adults who have NO leisure time physical activity
- youth who watch TV or use a computer 5+ hours/day
- ⭐ adults who are obese
- youth who are obese or overweight
- WIC participants age 2-5 who are overweight

DECREASE % OF –

- ⭐ adults who smoke cigarettes
- ⭐ youth who smoke cigarettes
- youth who use spit tobacco
- youth who smoke cigars, cigarillos, little cigars
- youth who binge drink
- ✗ youth who use marijuana
- youth who used alcohol before age 13

REDUCE RATE OF –

- ✓ alcohol-related motor vehicle deaths
- work-related injuries resulting in medical treatment, lost time from work, or restricted work activity
- residential fire deaths
- child abuse substantiated cases
- ✓⭐ physical assaults by intimate partners
- eliminate elevated blood lead levels in children age 1-5

Providing for Better Public Health

INCREASE % OF –

- ✓⭐ adults with a usual primary care provider
- people who have health insurance
- ⭐ pregnant women who receive prenatal care in first trimester
- ⭐ pregnant women who receive early and adequate prenatal care
- children who receive universally recommended vaccines
- ✗ children who receive varicella vaccine
- adults who receive annual influenza immunizations
- ⭐ adults who have ever been vaccinated against pneumococcal disease
- ✓⭐ adults who use the dental health system each year
- ✓ children who get dental sealants
- population served by fluoridated community public water systems
- dentists who counsel patients to quit smoking

DECREASE % OF –

- ★ low birth weight births
- ★ very low birth weight births
- ✓ children who have ever had decay
- ✓ children who had untreated decay
- ★ suicide attempts by youth

REDUCE RATE OF –

- infant deaths
- ✓ ★ pregnancies among girls age 15-17
- ✓ pneumonia/influenza hospitalizations among adults age 65+
- ✓ reduce or eliminate vaccine-preventable diseases: Hib B, Measles, Rubella, Hepatitis B
- reduce or eliminate vaccine-preventable diseases: Pertussis
- suicide deaths

Chronic Diseases & Health Conditions

INCREASE % OF –

- adults who have had their cholesterol checked within the past 5 years
- ✓ ★ women age 40+ who have had a mammogram in the past 2 years
- women age 18+ who have had a Pap test in the past 3 years
- ✗ adults who have had a FOBT in the past 2 years
- ✓ ★ adults age 50+ who have ever had a sigmoidoscopy or colonoscopy
- adults who take protective measures to reduce risk of skin cancer
- adults with disabilities who have sufficient emotional support
- sexually active unmarried people age 18-44 who use condoms
- youth who have never had sexual intercourse
- ✓ sexually experienced youth who are not currently sexually active
- sexually active youth who used a condom the last time they had sex

INCREASE % OF people with diabetes who –

- receive diabetes education
- have an annual dilated eye exam
- ✓ have A1C test at least twice a year
- ★ have a foot exam at least once a year
- had a flu shot in past 12 months
- ✓ ★ have ever had a pneumonia vaccination
- ✓ ★ have had cholesterol measured at least once in past year

INCREASE % OF people with asthma who receive –

- patient education with info about community/self-help resources
- written asthma management plans from their health care provider

INCREASE % OF people with chronic joint symptoms –

- ✓ who have seen a health care provider for their symptoms

INCREASE % OF adults with doctor-diagnosed arthritis who have –

- received effective, evidence-based arthritis education
- received counseling on weight reduction (for overweight/obese adults)
- counseling on physical activity

DECREASE % OF –

- adults with high blood pressure
- ✓ children who are regularly exposed to tobacco smoke at home
- adults exposed to tobacco smoke at home during past 7 days
- adults with arthritis who are limited in their ability to work

REDUCE RATE OF –

- ✓ ★ coronary heart disease deaths
- ✓ ★ stroke deaths
- ✗ diabetes deaths
- ✓ ★ hospitalizations for uncontrolled diabetes among adults
- ✗ COPD deaths among people age 45+
- ✓ asthma hospitalizations among people under age 18