

## ***Vermont Behavioral Health Risks among Race and Ethnic Groups 2000-2003***



### **The BRFSS**

Personal health behaviors such as cigarette smoking, excessive drinking, poor eating habits, or lack of exercise have a major impact on people's health and contribute to the leading causes of disease and premature death. Vermont and 49 other states and three territories track risk behaviors using a telephone survey of adults called the Behavioral Risk Factor Surveillance Survey. Since 1990, Vermont has participated in the BRFSS with other states and the federal Centers for Disease Control and Prevention. The CDC provides the Vermont Department of Health with funding each year to carry out the survey. Currently, Clearwater Research in Boise Idaho is the interviewing contractor for Vermont. In 2003, over 4,200 Vermonters were randomly and anonymously selected and called. An adult (18 or older) in the household is asked a uniform set of questions. The results are weighted by age and gender to represent the adult population of the state. The results are used to plan, support, and evaluate health promotion and disease prevention programs.

For this report, *race* refers primarily to a group of people's shared physical characteristics, while *ethnicity* refers a group of people's shared cultural heritage. Racial categorization is when people are labeled and treated as similar because of some common biological traits, such as skin color, texture of hair, and shape of eyes.<sup>1</sup>

### **Brief History of U.S. Census categories**

- 1860: three categories: white, black, mulatto, person's state or country of birth recorded
- Mulatto split into three (octoroon, quadroon, mulatto) in 1890, recombined in 1900 and dropped after 1920
- American Indian added in 1870, tribal affiliation asked for beginning 1900, changed to American Indian or Alaska Native in 2000; (Aleut 1960, 1980-90)
- Asian: Chinese added 1870; Japanese 1890; Filipino 1920; Korean 1920-1940, 1970-2000; Hindu 1920-1940, Asian Indian 1980-2000; Vietnamese 1980
- Pacific Islander: Hawaiian 1960, Guamanian 1980; Samoan 1980; Pacific Islander category is split from Asian in 2000
- Mexican added 1930, then dropped

## Census categories for 2000

**Races:** American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander, White.

**Ethnicity:** Spanish/Hispanic/Latino or Not

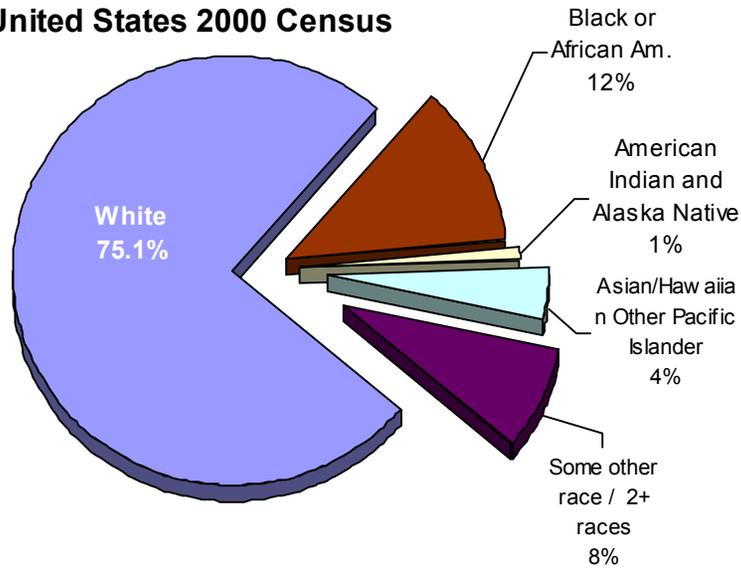
<p>5. Is this person Spanish/Hispanic/Latino? Mark <input checked="" type="checkbox"/> the "No" box if not Spanish/Hispanic/Latino.</p> <table><tr><td><input type="checkbox"/> No, not Spanish/Hispanic/Latino</td><td><input type="checkbox"/> Yes, Puerto Rican</td></tr><tr><td><input type="checkbox"/> Yes, Mexican, Mexican Am., Chicano</td><td><input type="checkbox"/> Yes, Cuban</td></tr><tr><td colspan="2"><input type="checkbox"/> Yes, other Spanish/Hispanic/Latino — Print group. <input type="text"/></td></tr></table>	<input type="checkbox"/> No, not Spanish/Hispanic/Latino	<input type="checkbox"/> Yes, Puerto Rican	<input type="checkbox"/> Yes, Mexican, Mexican Am., Chicano	<input type="checkbox"/> Yes, Cuban	<input type="checkbox"/> Yes, other Spanish/Hispanic/Latino — Print group. <input type="text"/>		<p>6. What is this person's race? Mark <input checked="" type="checkbox"/> one or more races to indicate what this person considers himself/herself to be.</p> <table><tr><td><input type="checkbox"/> White</td><td></td></tr><tr><td><input type="checkbox"/> Black, African Am., or Negro</td><td></td></tr><tr><td><input type="checkbox"/> American Indian or Alaska Native — Print name of enrolled or principal tribe. <input type="text"/></td><td></td></tr><tr><td><input type="checkbox"/> Asian Indian</td><td><input type="checkbox"/> Japanese</td><td><input type="checkbox"/> Native Hawaiian</td></tr><tr><td><input type="checkbox"/> Chinese</td><td><input type="checkbox"/> Korean</td><td><input type="checkbox"/> Guamanian or Chamorro</td></tr><tr><td><input type="checkbox"/> Filipino</td><td><input type="checkbox"/> Vietnamese</td><td><input type="checkbox"/> Samoan</td></tr><tr><td><input type="checkbox"/> Other Asian — Print race. <input type="text"/></td><td><input type="checkbox"/> Other Pacific Islander — Print race. <input type="text"/></td><td></td></tr><tr><td colspan="3"><input type="checkbox"/> Some other race — Print race. <input type="text"/></td></tr></table>	<input type="checkbox"/> White		<input type="checkbox"/> Black, African Am., or Negro		<input type="checkbox"/> American Indian or Alaska Native — Print name of enrolled or principal tribe. <input type="text"/>		<input type="checkbox"/> Asian Indian	<input type="checkbox"/> Japanese	<input type="checkbox"/> Native Hawaiian	<input type="checkbox"/> Chinese	<input type="checkbox"/> Korean	<input type="checkbox"/> Guamanian or Chamorro	<input type="checkbox"/> Filipino	<input type="checkbox"/> Vietnamese	<input type="checkbox"/> Samoan	<input type="checkbox"/> Other Asian — Print race. <input type="text"/>	<input type="checkbox"/> Other Pacific Islander — Print race. <input type="text"/>		<input type="checkbox"/> Some other race — Print race. <input type="text"/>		
<input type="checkbox"/> No, not Spanish/Hispanic/Latino	<input type="checkbox"/> Yes, Puerto Rican																											
<input type="checkbox"/> Yes, Mexican, Mexican Am., Chicano	<input type="checkbox"/> Yes, Cuban																											
<input type="checkbox"/> Yes, other Spanish/Hispanic/Latino — Print group. <input type="text"/>																												
<input type="checkbox"/> White																												
<input type="checkbox"/> Black, African Am., or Negro																												
<input type="checkbox"/> American Indian or Alaska Native — Print name of enrolled or principal tribe. <input type="text"/>																												
<input type="checkbox"/> Asian Indian	<input type="checkbox"/> Japanese	<input type="checkbox"/> Native Hawaiian																										
<input type="checkbox"/> Chinese	<input type="checkbox"/> Korean	<input type="checkbox"/> Guamanian or Chamorro																										
<input type="checkbox"/> Filipino	<input type="checkbox"/> Vietnamese	<input type="checkbox"/> Samoan																										
<input type="checkbox"/> Other Asian — Print race. <input type="text"/>	<input type="checkbox"/> Other Pacific Islander — Print race. <input type="text"/>																											
<input type="checkbox"/> Some other race — Print race. <input type="text"/>																												

A person may be of Hispanic ethnicity and at the same time be any race.

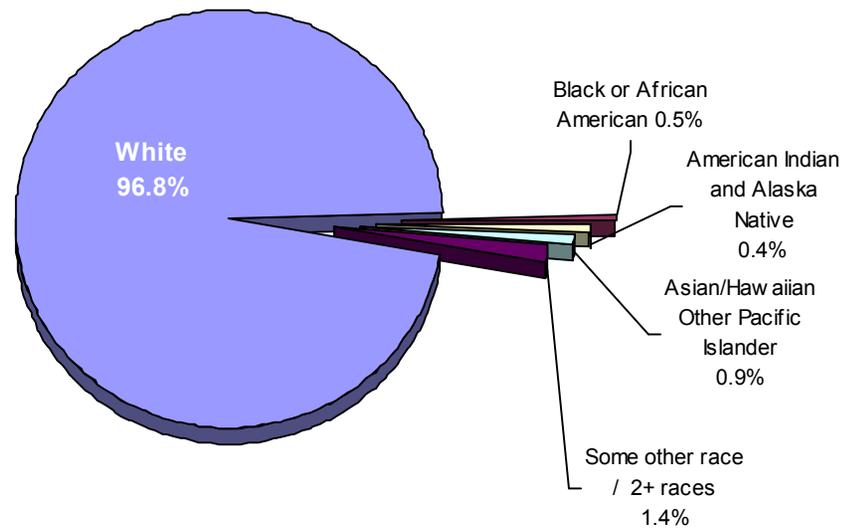
## Racial & Ethnic Composition

	Census 2000				Vermont BRFSS		
	U.S.		Vermont		2000-2003		
					Weighted	Un-weighted	# Interviews
<b>Total pop.</b>	<b>281,421,906</b>	<b>100.0%</b>	<b>608,827</b>	<b>100%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>16272</b>
One race	274,595,678	97.6%	601,492	98.8%			
White	211,460,626	75.1%	589,208	96.8%	96.6%	97.3%	15839
Black or African American	34,658,190	12.3%	3,063	0.5%	0.6%	0.4%	68
American Indian and Alaska Native	2,475,956	0.9%	2,420	0.4%	0.6%	0.9%	146
Asian/Hawaiian/Other Pacific Islander	10,641,833	3.8%	5,358	0.9%	0.8%	0.5%	89
Some other race / 2+ races	22,185,301	7.9%	8,778	1.4%	1.5%	0.8%	130
<b>Ethnicity</b>							
Hispanic	35,305,818	12.5%	5,504	0.9%	1.3%	1.3%	206

**United States 2000 Census**



**Vermont 2000 Census**



Note: A person may be of Hispanic ethnicity and at the same time be any race.

## **Analysis Issues of Vermont BRFSS Racial & Ethnic Groups**

While the 2000 Census split off Pacific Islanders from Asians in 2000, the BRFSS did not do that until 2001, and while Vermont gets relatively few interviews with Pacific Islanders, it was decided to keep Asians and Pacific Islanders in the same category for this analysis.

During the four year period 2000 through 2003, only 68 interviews were done with persons that described themselves as Black or African American. To obtain a prevalence estimate (percentages) with a sampling error of less than five percent, the rule of thumb is to obtain about 400 interviews. However, in computing estimates of averages, smaller samples are required to obtain the same sort of sampling error. The BRFSS has several questions that can be analyzed based on averages rather than percentages. In situations where percentages are needed, confidence intervals are computed, and differences are noted, even though the sampling error may be quite large. The CDC uses a rule of thumb that a percentage based on a denominator less than 50 should not be reported. Typically, the sampling error would be so large that there would be little utility in reporting such numbers, however, in particular instances the sampling error resulted in usable estimations and were used.

## Demographic Comparisons

### *Vermont Versus United States*

The Vermont BRFSS sample, even after weighting, has some significant demographic differences from the US 2002 BRFSS. Vermont American Indian respondents tend to be predominately male, living in households with lower average number of children. Vermont Blacks in the sample are predominately male. Vermont Hispanics tend to be better educated and higher average income, while living in households with both lower average number of adults and children. Vermont Whites, compared to US Whites, are better educated, have lower average income, live in households with lower average number of children.

95% Confidence Interval		% High School +	% Income \$35,000 +	% Female	Age	# Children	# Adults
White/Euro Am	VT 2000-3	<b>(91.8-92.9)</b>	<b>(57.1, 59.0)</b>	(51.3, 53.1)	(45.6, 46.2)	<b>(0.68, 0.72)</b>	(2.1, 2.2)
	US 2002	<b>(88.5, 89.1)</b>	<b>(59.3, 60.2)</b>	(51.5, 52.3)	(46.2, 46.4)	<b>(0.73, 0.75)</b>	(2.2, 2.2)
Black/African Am	VT 2000-3	(73.2, 96.3)	(39.1, 66.2)	<b>(22.1, 46.2)</b>	(36.0, 43.1)	(0.61, 1.34)	(1.9, 2.3)
	US 2002	(82.3, 84.1)	(37.7, 40.2)	<b>(54.8, 57.2)</b>	(41.5, 42.3)	(0.96, 1.03)	(2.2, 2.2)
Asian/Hawaii/PI	VT 2000-3	(86.9, 99.1)	(39.8, 71.7)	(31.4, 57.9)	(29.8, 38.7)	(0.35, 1.23)	(1.3, 5.1)
	US 2002	(93.9, 97.4)	(64.4, 70.7)	(44.9, 50.6)	(37.8, 39.8)	(0.78, 0.90)	(2.5, 2.7)
Am Ind/Alaska Native	VT 2000-3	(75.3, 89.0)	(23.6, 42.0)	<b>(22.7, 38.3)</b>	(40.0, 46.1)	<b>(0.51, 0.92)</b>	(1.9, 2.4)
	US 2002	(74.1, 80.2)	(34.4, 41.4)	<b>(40.4, 47.0)</b>	(40.3, 42.5)	<b>(0.93, 1.14)</b>	(2.3, 2.5)
Other	VT 2000-3	<b>(83.4, 95.1)</b>	<b>(39.2, 61.3)</b>	(32.9, 51.9)	(36.3, 43.4)	<b>(0.32, 0.65)</b>	(2.0, 2.5)
	US 2002	<b>(68.1, 71.7)</b>	<b>(32.3, 36.3)</b>	(45.6, 49.4)	(38.1, 39.3)	<b>(1.05, 1.16)</b>	(2.5, 2.6)
Hispanic	VT 2000-3	<b>(86.7, 96.7)</b>	<b>(43.9, 60.9)</b>	(49.2, 65.2)	(36.8, 42.4)	<b>(0.47, 0.81)</b>	<b>(1.9, 2.3)</b>
	US 2002	<b>(64.7, 67.5)</b>	<b>(30.5, 33.4)</b>	(49.1, 52.0)	(38.4, 39.3)	<b>(1.17, 1.25)</b>	<b>(2.6, 2.7)</b>

Note: A person may be of Hispanic ethnicity and at the same time be any race.

## Healthy Days Comparisons

### *Vermont Versus United States*

The Vermont BRFSS survey includes questions estimating the number of days out of the last 30 that either **mental** or **physical** health was “not good.” Also, two questions were asked about the number of days out of the last 30 that activities were limited due to poor health or **pain**.

White, Black and Non-Hispanic Vermonters have fewer “not good” days due to mental health, while Asian Vermonters have fewer days limited due to pain. Vermont American Indians have significantly more days limited to poor health than the US 2002 American Indians. Vermont American Indians report more days of “not good” health or days limited than other racial or ethnic groups in Vermont.

95% Confidence Interval		Days Health “Not Good”		Days Activities Limited	
		Mental	Physical	Poor	Pain
White/Euro Am	VT 2000-3	<b>(2.9, 3.0)</b>	(3.0, 3.3)	(3.1, 3.5)	(2.7, 3.2)
	US 2002	<b>(3.1, 3.2)</b>	(3.2, 3.4)	(3.3, 3.6)	(3.0, 3.2)
Black/African Am	VT 2000-3	<b>(0.4, 2.4)</b>	(0.7, 4.6)	(0.3, 8.3)	(0, 5.9)
	US 2002	<b>(3.5, 3.9)</b>	(3.2, 3.8)	(3.7, 4.6)	(2.4, 3.1)
Asian/Hawaii/PI	VT 2000-3	(1.6, 3.7)	(0.3, 2.6)	(0.2, 2.0)	<b>(0, 0.2)</b>
	US 2002	(2.0, 2.4)	(1.5, 2.0)	(2.0, 3.5)	<b>(1.0, 1.7)</b>
Am Indian/Alaska Native	VT 2000-3	(3.9, 5.9)	(5.7, 12.0)	<b>(8.3, 16.8)</b>	(4.2, 15.1)
	US 2002	(3.1, 4.0)	(3.8, 5.8)	<b>(3.5, 6.3)</b>	(3.7, 6.1)
Other	VT 2000-3	(2.5, 4.1)	(1.7, 4.7)	(1.7, 5.5)	(0, 10.3)
	US 2002	(2.8, 3.3)	(2.7, 3.6)	(2.6, 3.9)	(2.2, 3.2)
Hispanic	VT 2000-3	(2.2, 3.5)	(1.7, 3.9)	(1.6, 4.3)	(1.7, 7.1)
	US 2002	(3.1, 3.4)	(3.1, 3.8)	(3.1, 4.0)	(2.1, 2.8)
Not Hispanic	VT 2000-3	<b>(2.9, 3.0)</b>	(3.0, 3.3)	(3.2, 3.6)	(2.7, 3.2)
	US 2002	<b>(3.1, 3.2)</b>	(3.1, 3.3)	(3.4, 3.6)	(3.0, 3.2)

Note: A person may be of Hispanic ethnicity and at the same time be any race.

## Disparities in Overweight and Obesity

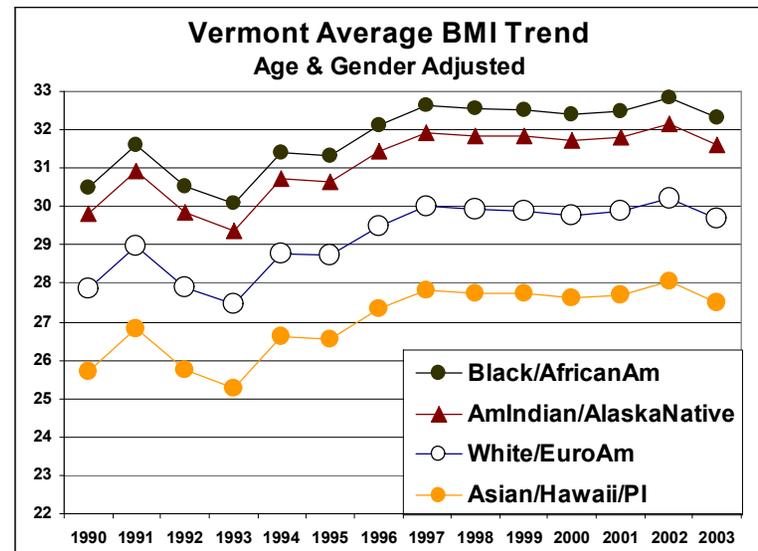
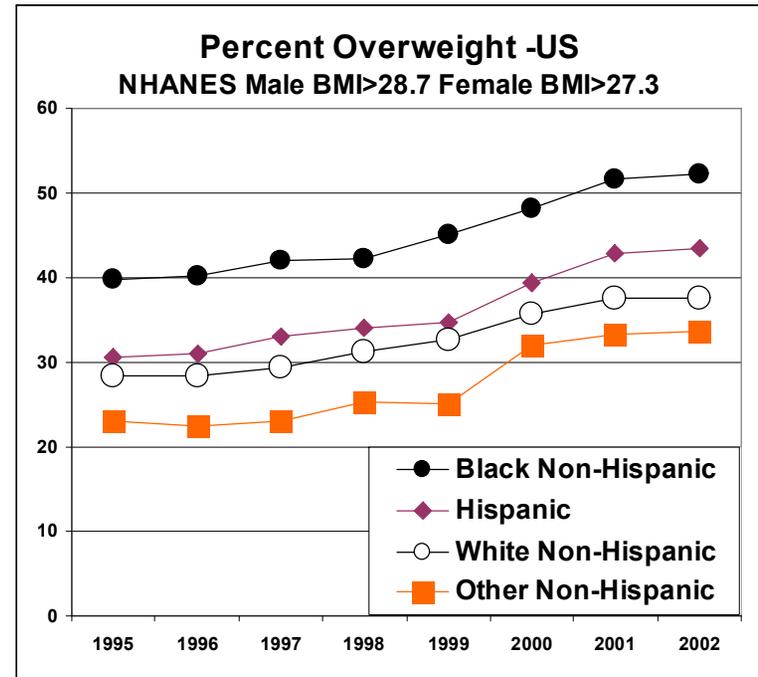
Since its inception, BRFSS has asked race, Hispanic origin, height and weight questions. At the national level, the CDC BRFSS has tracked the percent by racial/ethnic groups for their NHANES definition of being overweight. This is a BMI of 28.7 for males and 27.3 for females. Recently, a BMI of 25 or more was defined as being overweight, and 30 or more is obese. Because of the small samples a corresponding comparison in Vermont is not possible. Because of the small number of interviews among Vermont minorities looking at trends in average body mass index (BMI see note below) is the statistic with the smallest error of estimation.

Both nationally and in Vermont the trend since the early 1990s has been increasing BMI across all groups. In the US, Black Non-Hispanics appear to be the most overweight of the groups.

In Vermont, adjusting for the age and gender distribution differences between the racial groups of interest, BMI trended upwards for all groups until 1997 and leveled off. The increasing obesity rates on the national level can be attributed to the two effects of the aging of the population and people of all ages simply getting heavier.

American Indians and African-Americans have the highest risks of weight-related health problems, while Asian & Pacific Islanders have the least. However since the age-sex-adjusted average BMI is in the overweight or obese categories for all groups, the weight related health risks are high for all groups.

Note: BMI is calculated by taking a person's height in inches and multiplying that by itself, then dividing that product into the person's weight in pounds. Finally multiply that quotient by 703 to yield the BMI.

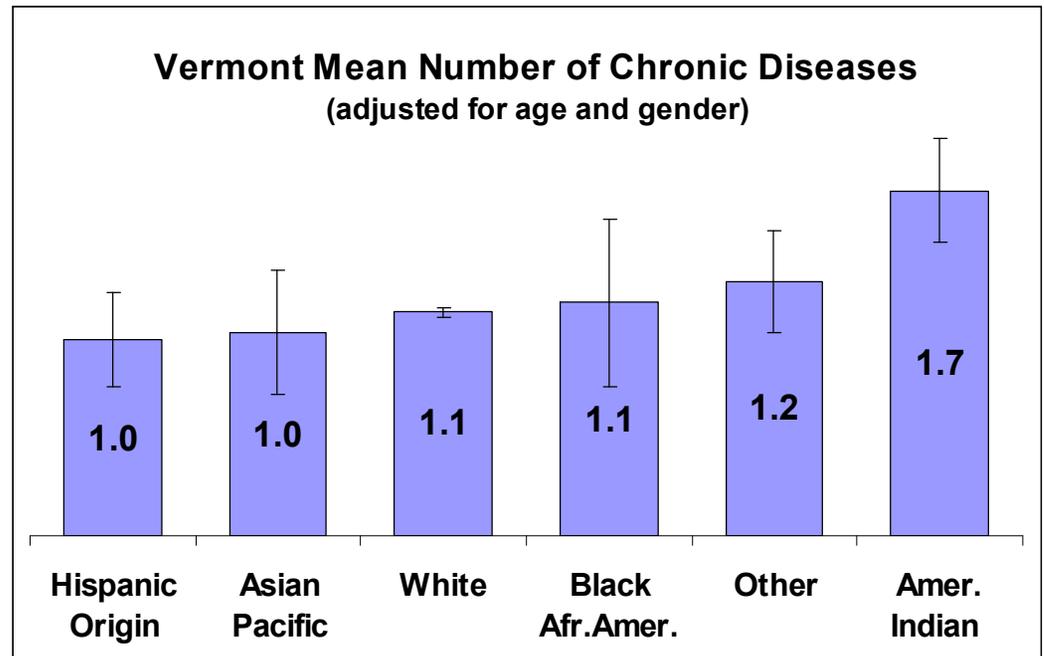


## Chronic Health Problems

The BRFSS asks a series of questions pertaining to chronic diseases. Using only 2001 and 2003 data, it is possible to obtain sufficient sample to consider the burden of chronic disease among racial and ethnic groups of interest.

For these two years there are eleven questions concerning the following chronic diseases:

- 1 Parkinson's Disease
- 2 Multiple Sclerosis
- 3 Osteoporosis
- 4 Diabetes
- 5 Diagnosed Arthritis
- 6 Myocardial Infarction
- 7 Coronary Heart Disease
- 8 Stroke
- 9 High Blood Cholesterol
- 10 High Blood Pressure
- 11 Currently Has Asthma



From among this list, the total number of chronic conditions is computed for each respondent and average number is computed for each group. These averages are statistically adjusted for age and gender differences among the racial and ethnic groups of interest.

American Indians in Vermont have significantly higher average number of chronic conditions than other groups.

## Healthy People/Vermonter 2010 Goals: Vermont Race and Ethnic Groups Versus Respective United States Groups.

Age Adjusted to Standard Year 2000, Using US 2002 and Vermont 2000-2003.

95% Confidence Interval for Vermont. Vermont groups which are significantly different from corresponding US groups are printed in **BOLD**

Healthy People/Vermonter 2010 Goals	Age/ Gender	Goal	VT Years Used		Race Total	White/ Euro Am	Black/ African Am	Asian/ Hawaii/PI	Am Indian/ AK Native	Other	Ethnicity Hispanic
Health Insurance Coverage	18-64	100	2000, 2001, 2002, 2003	VT	86.6, 88.0	86.7, 88.1	66.9, 92.2	<b>91.7, 99.8</b>	65.4, 83.6	<b>79.0, 93.0</b>	<b>79.3, 90.2</b>
				US	82.3	84.1	77.8	<b>87.4</b>	70.0	<b>64.9</b>	<b>66.5</b>
Specific Source of Ongoing Primary Care	18+	96	2001, 2002, 2003	VT	84.7, 86.2	85.0, 86.5	63.3, 86.5	73.2, 91.0	71.7, 88.2	<b>67.0, 82.5</b>	<b>78.8, 90.7</b>
				US	79.4	80.5	78.3	77.9	72.5	<b>66.1</b>	<b>65.7</b>
Limitation in Activities Due to Arthritis/ Joint pain	18+	21	2002, 2003	VT	23.8, 27.3	23.4, 26.8	19.7, 43.4	14.7, 41.0	35.1, 65.9	7.6, 30.8	6.9, 26.2
				US	23.7	23.1	26.5	18.5	36.4	25.2	24.7
Ever Had Pap Smear, Women	Women	97	2000, 2002, 2003	VT	94.9, 96.2	95.1, 96.5	84.6, 100	80.4, 95.7	83.7, 98.2	85.1, 100	83.9, 95.7
	18+			US	94.2	95.0	94.6	82.5	93.8	89.7	89.5
Pap Smear, Within Past Three Years	Women	90	2000, 2002, 2003	VT	85.3, 87.1	85.5, 87.4	73.4, 99.1	70.2, 93.3	54.9, 81.5	68.6, 85.9	71.1, 87.0
	18+			US	83.3	83.6	87.4	73.0	79.1	79.9	80.6
Fecal Occult Blood Test	50+	50	2001, 2002	VT	37.2, 42.2	37.3, 42.4	-	-	18.3, 50.3	0, 34.5	2.6, 34.7
				US	28.5	29.4	27.2	18.2	21.6	14.7	14.4
Ever Had Sigmoidoscopy or Colonoscopy	50+	50	2001, 2002	VT	47.8, 52.9	47.9, 53.0	-	9.7, 67.3	19.7, 75.3	26.1, 85.2	17.4, 51.3
				US	46.2	47.0	42.8	36.8	46.9	36.2	36.0
Mammogram, Within Past Two Years	40+	70	2000, 2002, 2003	VT	73.7, 76.6	73.9, 76.9	-	58.3, 96.5	39.8, 76.4	43.4, 78.3	57.8, 82.4
	Women			US	74.2	74.4	76.5	66.4	68.9	69.3	70.3
Persons with diabetes & diabetes education.	18+	60	2000, 2001, 2002, 2003	VT	42.7, 57.5	41.5, 56.8	-	-	25.7, 83.7	-	50.4, 78.1
				US	53.1	52.2	55.5	51.9	57.3	48.8	48.1
Prevalence of Diabetes	18+	2.5	2000, 2001, 2002, 2003	VT	4.8, 5.5	4.7, 5.4	<b>0.3, 12.1</b>	4.9, 9.9	4.3, 13.7	3.2, 11.4	<b>2.0, 8.2</b>
				US	7.0	6.2	<b>12.5</b>	8.6	11.3	8.6	<b>10.5</b>
Persons with diabetes & A1C test twice a year	18+	80	2000, 2001, 2002, 2003	VT	77.2, 89.7	77.1, 89.7	-	-	58.0, 100	-	-
				US	82.0	82.3	83.3	84.9	77.8	65.3	68.5
Persons with diabetes & annual eye exams	18+	75	2000, 2001, 2002, 2003	VT	55.8, 70.6	55.5, 70.4	-	-	17.4, 61.1	-	-
				US	61.8	60.8	66.0	47.2	56.8	64.4	53.5
Persons with diabetes & annual foot exam	18+	80	2000, 2001, 2002, 2003	VT	58.6, 74.0	58.7, 74.4	-	-	14.4, 73.9	78.9, 99.4	-
				US	65.5	61.9	76.4	54.5	74.4	61.9	55.5
Persons with diabetes & daily glucose test	18+		2000, 2001, 2002, 2003	VT	52.2, 64.4	51.8, 64.1	-	-	52.8, 97.9	50.2, 69.9	61.6, 100
				US	54.8	56.1	56.9	42.3	52.4	40.5	44.5
Persons with disabilities & sufficient emotional support	<18+	79	2001, 2002, 2003	VT	66.2, 71.4	66.9, 72.1	24.0, 83.5	-	34.8, 60.6	63.9, 90.7	54.5, 87.6
				US	na	na	na	na	na	na	na

Healthy People/Vermont 2010 Goals	Age/ Gender	Goal	VT Years Used		Race Total	White/ Euro Am	Black/ African Am	Asian/ Hawaii/PI	Am Indian/ AK Native	Other	Ethnicity Hispanic
Folic acid (available 2005)	18-44 Women	80		VT	na	na	na	na	na	na	na
				US	52.8	53.1	52.0	48.6	53.0	53.8	52.0
Always use safety belts while driving	18+	92	2002	VT	74.6, 77.6	74.7, 77.7	72.4, 94.8	75.4, 93.2	<b>46.0, 70.8</b>	61.0, 89.6	67.0, 87.8
				US	80.3	79.9	79.1	90.3	<b>79.5</b>	82.2	87.4
Homes with loaded & unlocked firearms	18+		2002	VT	6.7, 9.9	6.5, 9.7	25.9, 81.8	-	<b>0, 24.1</b>	0, 34.7	4.0, 37.3
				US	22.1	21.3	31.2	23.4	<b>28.1</b>	25.4	25.9
Cholesterol Screening	18+	80	2001, 2003	VT	74.2, 76.4	74.4, 76.6	<b>50.8, 71.5</b>	63.5, 84.8	55.7, 74.5	55.6, 77.4	66.9, 83.8
				US	72.3	72.4	<b>73.0</b>	68.2	72.1	65.5	67.2
Influenza Immunization	65+	90	2001, 2002, 2003	VT	71.9, 76.3	72.1, 76.5	-	-	<b>59.8, 100</b>	20.1, 68.0	57.2, 94.0
				US	67.1	68.9	51.1	73.1	<b>55.3</b>	50.8	54.2
Ever Had Pneumonia Vaccination	65+	90	2001, 2002, 2003	VT	64.1, 69.0	64.3, 69.2	-	-	<b>59.8, 100</b>	12.7, 58.9	63.2, 100
				US	62.6	64.7	44.3	61.4	<b>58.7</b>	38.0	44.6
Obesity	20+	15	2000, 2001, 2002, 2003	VT	17.7, 19.1	17.6, 19.1	18.9, 37.9	9.0, 19.8	12.7, 28.7	14.8, 30.0	14.6, 26.6
				US	21.8	20.6	33.2	7.9	26.4	24.7	24.7
No Permanent Teeth Extracted	18+	42	2000, 2002	VT	54.3, 57.2	54.7, 57.6	5.1, 31.2	-	19.5, 39.9	44.0, 63.6	43.5, 66.5
				US	52.2	54.8	36.7	51.3	41.6	48.1	45.1
Extraction of All Natural Teeth	65+	20	2000, 2002	VT	72.2, 78.8	72.2, 78.8	-	-	54.5, 98.2	47.8, 100	<b>29.7, 64.9</b>
				US	81.3	80.3	92.0	85.0	87.3	80.3	<b>80.5</b>
No physical activity	18+	20	2000, 2001, 2002, 2003	VT	19.5, 20.8	19.3, 20.7	19.2, 43.4	16.9, 31.2	16.6, 30.8	<b>10.0, 22.9</b>	<b>15.9, 28.2</b>
				US	25.3	23.2	34.4	24.8	29.7	<b>38.1</b>	<b>38.9</b>
Recommended physical activity (US not all states 2002)	18+	30	2001, 2003	VT	53.9, 56.3	54.1, 56.6	16.9, 41.7	29.4, 58.3	44.0, 68.7	<b>43.5, 66.4</b>	<b>41.5, 60.2</b>
				US	43.2	44.9	34.3	34.2	44.3	<b>39.9</b>	<b>14.9</b>
Binge Drinking, During the Past Month	18+	6	2001, 2002, 2003	VT	17.0, 18.4	17.0, 18.4	5.5, 22.8	7.5, 18.7	9.6, 25.8	8.6, 21.3	9.1, 19.0
				US	15.6	16.9	10.0	8.9	18.1	15.1	14.9
Cigarette Smoking	18+	12	2000, 2001, 2002, 2003	VT	20.4, 21.9	20.1, 21.6	15.1, 39.2	<b>16.9, 35.1</b>	34.3, 51.7	15.0, 30.8	13.5, 24.3
				US	22.5	23.1	21.2	<b>13.0</b>	35.5	20.8	17.4
Smoking cessation attempts	18+	75	2001, 2002, 2003	VT	43.1, 48.1	42.8, 47.9	33.7, 76.9	55.2, 98.6	37.9, 63.6	33.3, 70.2	30.6, 79.2
				US	50.5	48.8	61.8	58.2	57.9	55.3	58.3
Food Security	18+	94	2000, 2001, 2002, 2003	VT	92.3, 93.3	92.5, 93.5	73.7, 91.2	87.9, 98.0	73.4, 88.8	83.6, 94.4	86.5, 94.6
				US	na	na	na	na	na	na	na
Sexually at risk persons who use condoms	<50	75	2000, 2001, 2002, 2003	VT	39.7, 46.4	38.9, 45.6	47.9, 95.9	63.8, 71.2	49.3, 83.6	38.2, 70.1	43.9, 73.0
				US	na	na	na	na	na	na	na
Fruits & Vegetables (Average 5 fruits & veggies per day)	18+		2000, 2002, 2003	VT	29.1, 31.0	29.0, 30.9	9.1, 30.3	29.3, 53.6	17.9, 37.5	23.2, 43.1	23.9, 39.3
				US	na	na	na	na	na	na	na

## Reference

---

<sup>i</sup> Ref. Sociology 4<sup>th</sup> Ed. By David Newman 2002 Pine Forge Press, Thousand Oaks, CA