

Vermont Department of Health

Chronic Disease in Vermont: An Overview



Guidance • Support • Prevention • Protection

September, 2011

 **VERMONT**
DEPARTMENT OF HEALTH

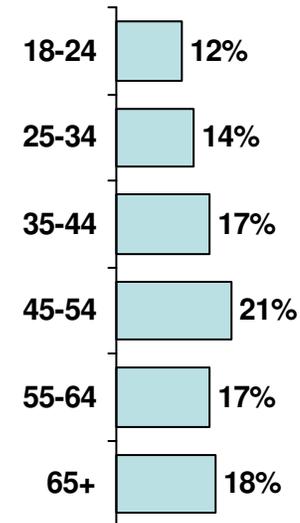
Demographics

Vermont has an aging population. Nearly one-fifth of the population is 65 or older; a third are 55 or older; and a majority are 45 years or older. There is a fairly even gender split in Vermont. Five percent of the population reports being a member of a racial or ethnic minority.

Vermont has a highly educated population. Nearly two out of five Vermonters have at least a four-year college degree. Despite this, a significant proportion of the population do not have any education beyond high school (37%).

There is also a wide range in household income in the state. Half of Vermonters earn less than \$50,000; while half earn more.

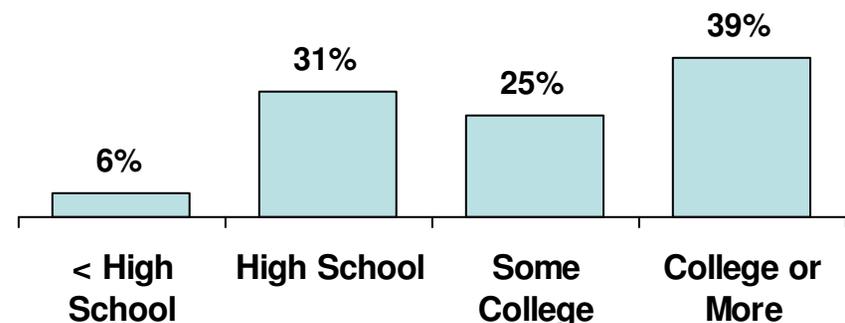
Age



Income



Education

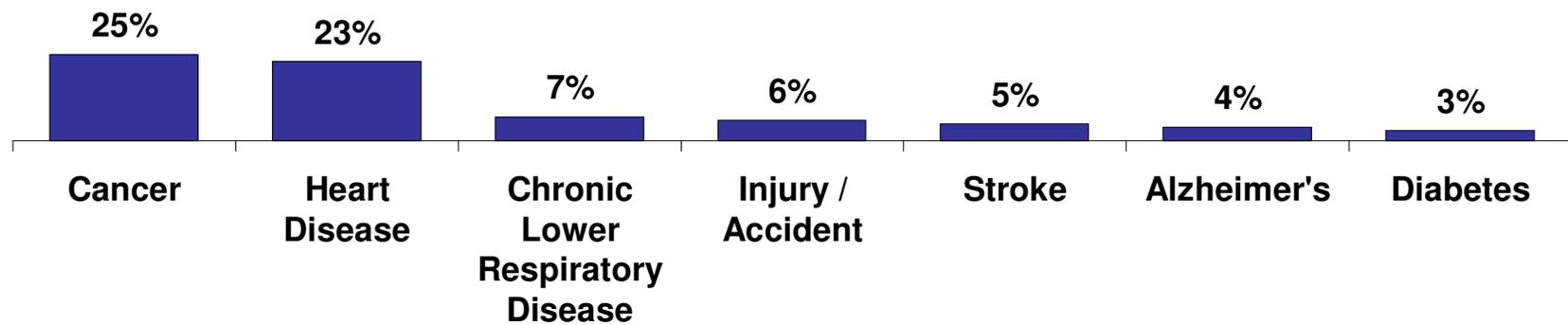


Leading Causes of Death

The three leading causes of death in Vermont are related to chronic disease. Nearly half of all deaths are caused by cancer or heart disease. Chronic lower respiratory disease is the third leading cause of death.

The fourth leading cause of death is not related to chronic disease – accidental injury accounts for about six percent of death in Vermont.

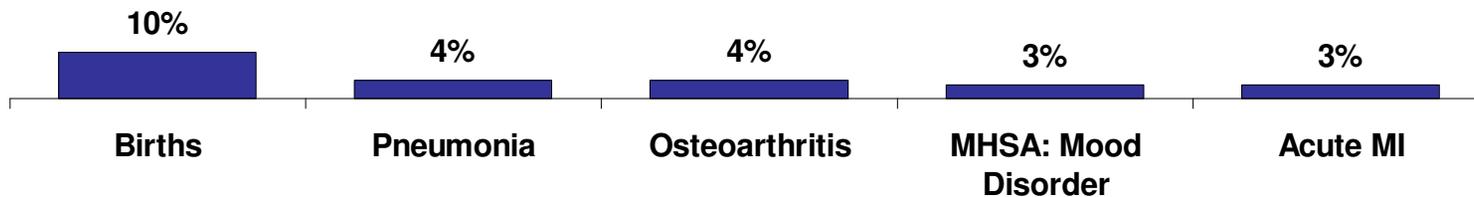
The fifth leading cause of death is stroke. Alzheimer's and diabetes are responsible for slightly fewer deaths in the state.



Leading Causes of Hospitalization

The two leading causes of hospitalization in Vermont are not related to chronic disease. Giving birth is the leading cause of hospitalization; while pneumonia is the second leading cause of hospitalization.

The next slide shows the leading causes of chronic disease hospitalization.

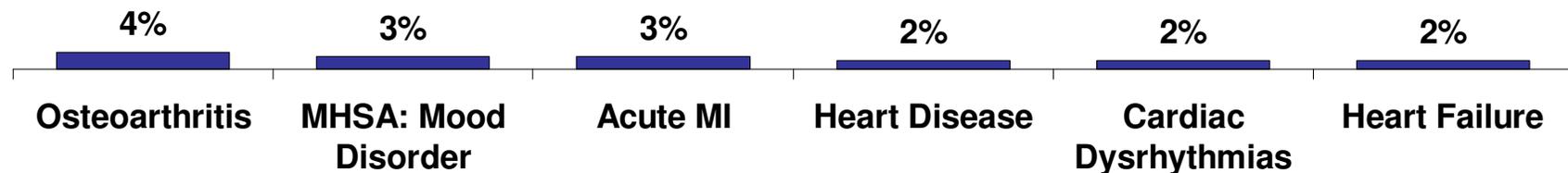


Leading Causes of Hospitalization – For Chronic Disease

The leading causes of chronic disease hospitalization are osteoarthritis, mental health or substance abuse, and cardiovascular disease-related.

Although osteoarthritis accounts for 4% of all hospitalizations in Vermont and, therefore is the 'leading' reason for chronic disease hospitalization, the third through sixth highest ranked reasons for hospitalization are related to cardiovascular disease. Taken together, these four causes make up 9% of all hospitalizations.

Mental health and substance abuse is indicated as the cause of 3% of hospitalizations.

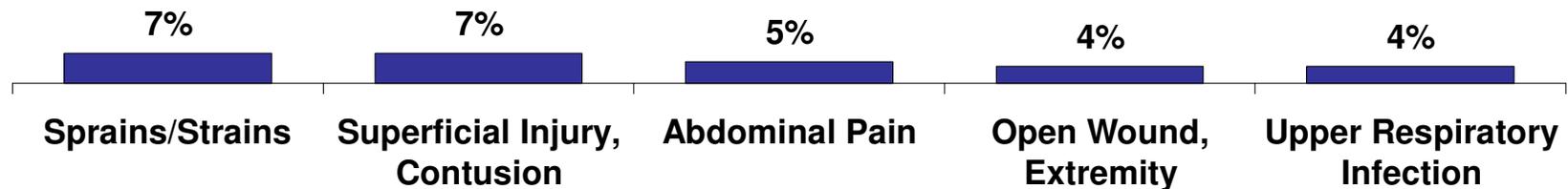


Leading Causes of ED Visits

As with hospitalizations, chronic disease does not account for the leading causes of emergency department visits in Vermont. Injury accounts for three of the top four causes and abdominal pain is the third leading cause of an ED visit.

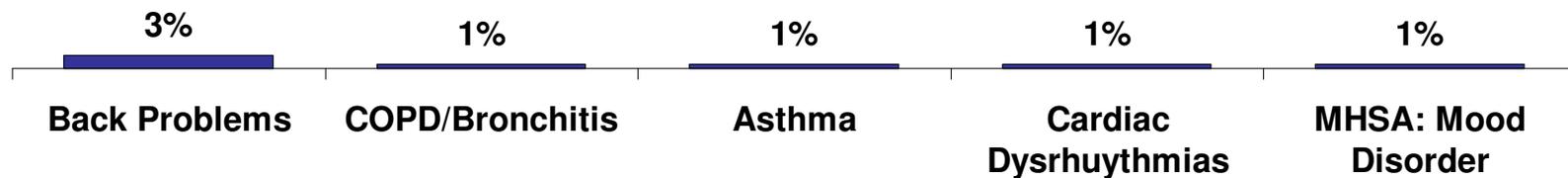
Upper respiratory infections are the fifth leading cause of ED visits.

Chronic disease ED visits are shown on the following slide.



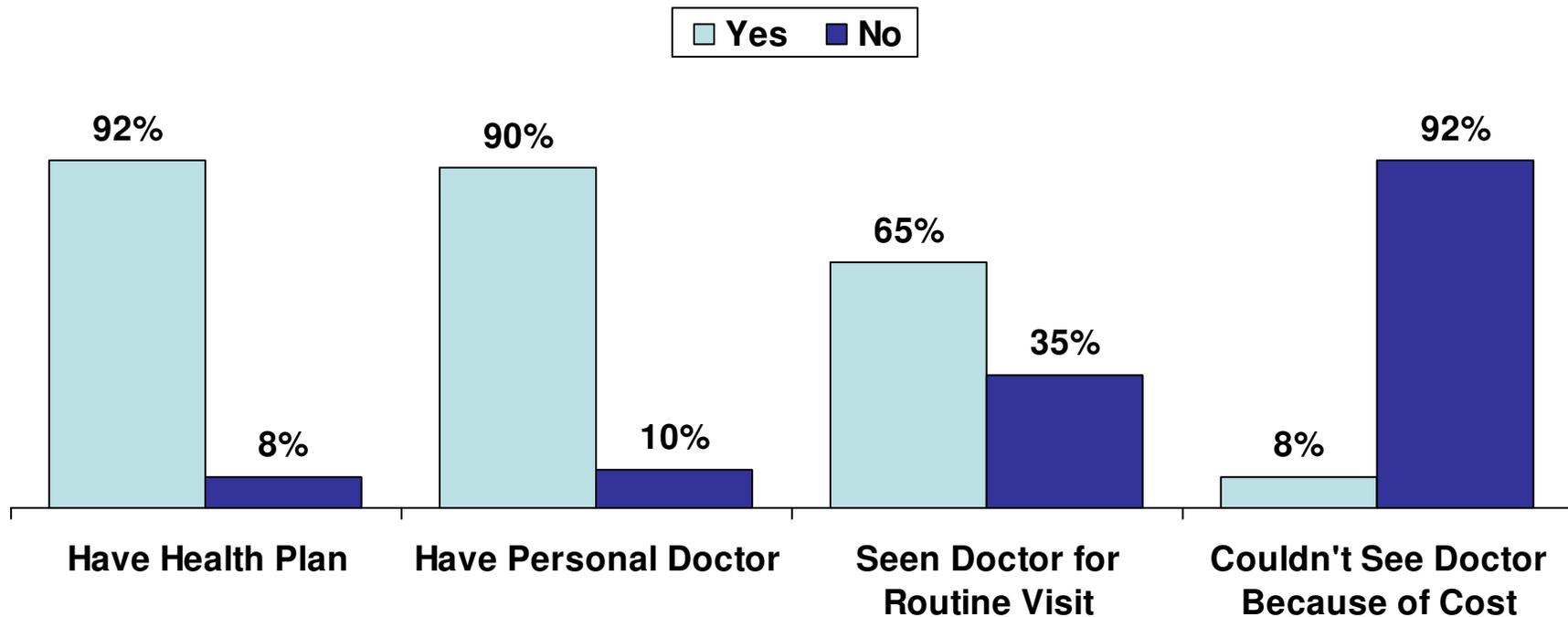
Leading Causes of ED Visits – For Chronic Disease

Chronic disease causes represent less than one percent of the visits to the emergency department. The primary chronic conditions that present the the ED are: back problems, respiratory problems, cardiac events and mental health/substance abuse.



Health Care Access

Nine out of ten Vermonters have access to health insurance, have someone they consider their personal doctor and did not find “cost” to be a barrier to seeing a doctor in the past year. Two-thirds have been to see their doctor for a routine care visit in the past year.



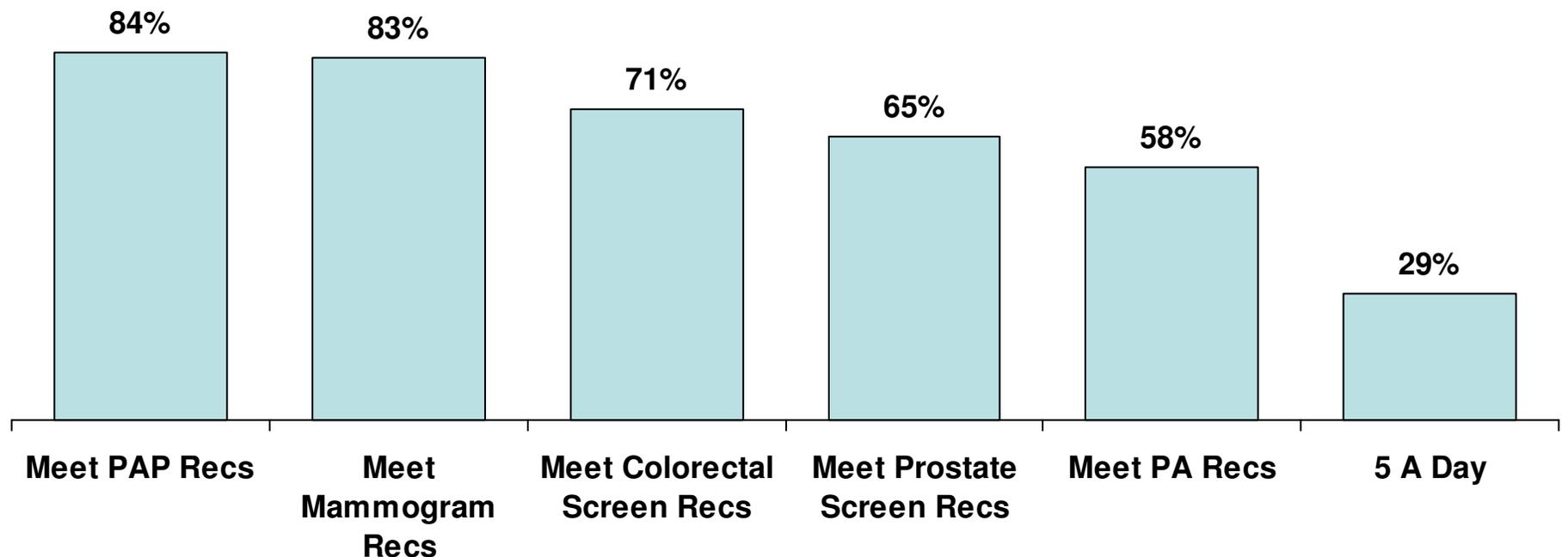
Health Care Access Trend

None of the health care access measures have changed significantly since 2000.

	Do Not Have Health Plan	Do Not Have Personal Physician	Could Not See Doctor Due To Cost	Not Seen Doc in 12 Months
2000	10%	--	9%	28%
2001	11%	16%	--	--
2002	12%	15%	--	--
2003	10%	12%	9%	--
2004	12%	14%	11%	--
2005	12%	12%	10%	38%
2006	11%	12%	10%	36%
2007	11%	14%	10%	35%
2008	11%	11%	10%	34%
2009	10%	13%	11%	36%
2010	8%	10%	8%	35%

Preventative Behaviors

Of those persons recommended to have specific cancer screenings, many have indeed had the recommended screenings in the recommended time frame. Just more than half of Vermonters meet the CDC's recommended guidelines for physical activity; just less than a third eat the recommended 5 servings of fruits and/or vegetables.



Preventative Behavior Trend

None of the preventative care measures have changed significantly since 2000.

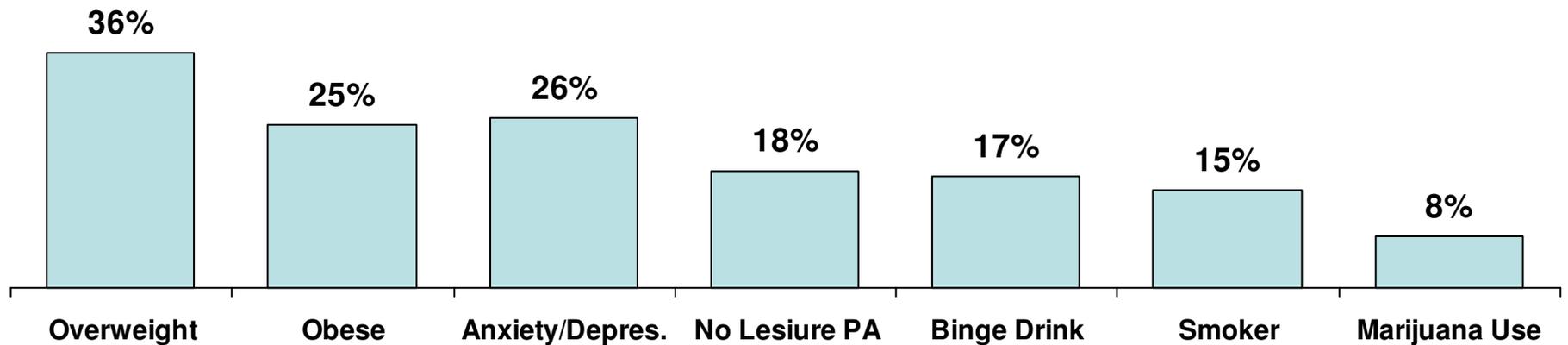
	Mammogram	PAP	Colorectal	Prostate	5 A Day	Meets PA Recs
2000	84%	89%	--	--	29%	--
2001	--	--	--	65%	--	55%
2002	84%	89%	--	67%	29%	--
2003	84%	89%	--	--	33%	55%
2004	80%	88%	--	61%	--	--
2005	84%	88%	--	--	31%	58%
2006	84%	88%	--	64%	--	58%
2007	--	--	--	--	30%	58%
2008	83%	87%	68%	67%	--	--
2009	--	--	--	--	29%	58%
2010	83%	84%	71%	65%	--	--

Risk Behaviors

More than a third of Vermonters are overweight, and another quarter are considered obese. Taken together, that is more than three out of five Vermonters who are over a healthy weight.

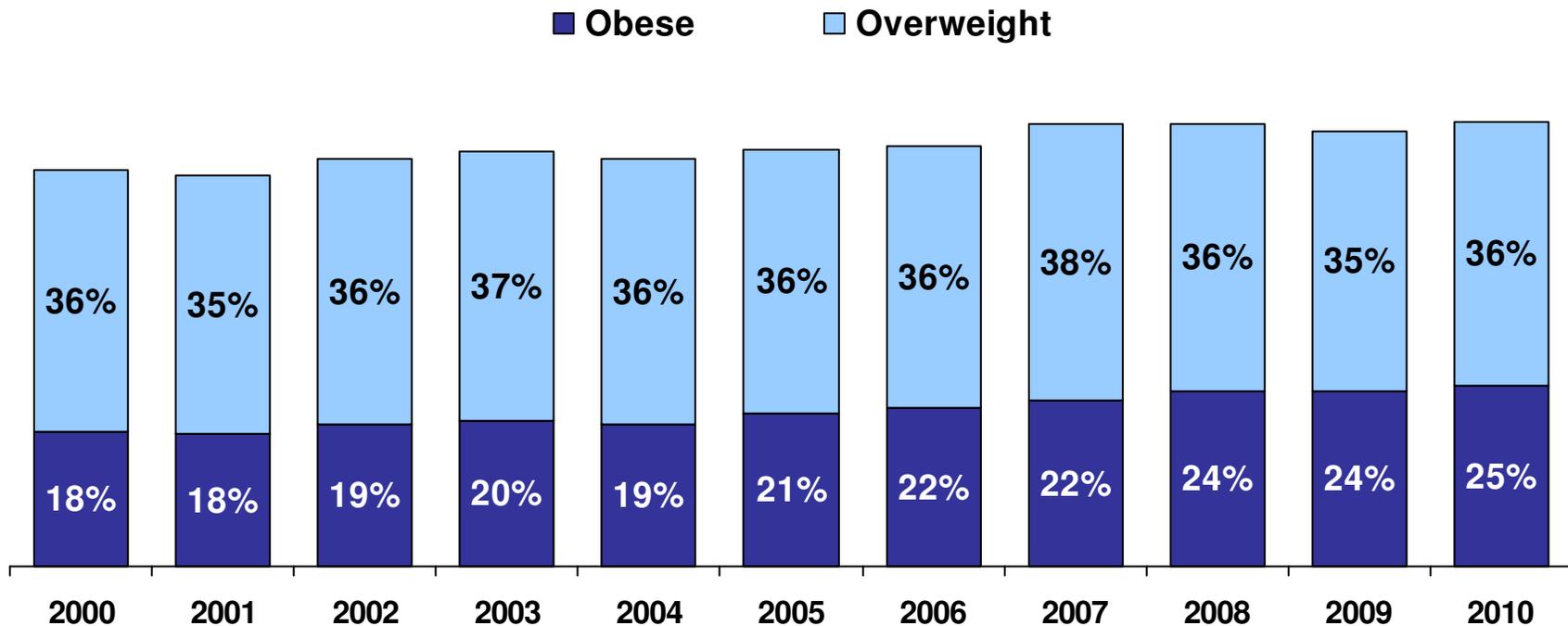
One quarter have anxiety and/or depression issues.

Just fewer than one in five do not get any physical activity in their leisure time, binge drink or smoke. Just less than one in ten report marijuana use.



Obesity and Overweight

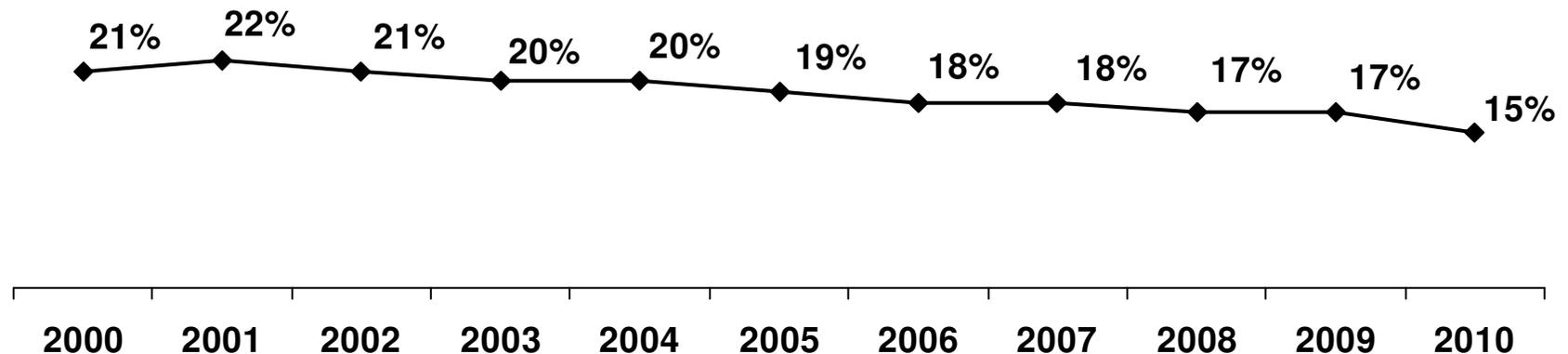
Obesity has increased significantly since 2000; while the overweight rate remains statistically unchanged.



Smoking Prevalence

Smoking has significantly declined since 2000. However, the an upcoming change in the BRFSS weighting methodology will impact the smoking prevalence.

Smoking Prevalence, 2000-2010



Other Risk Behavior Trend

None of the other risk behavior measures have changed significantly since 2000.

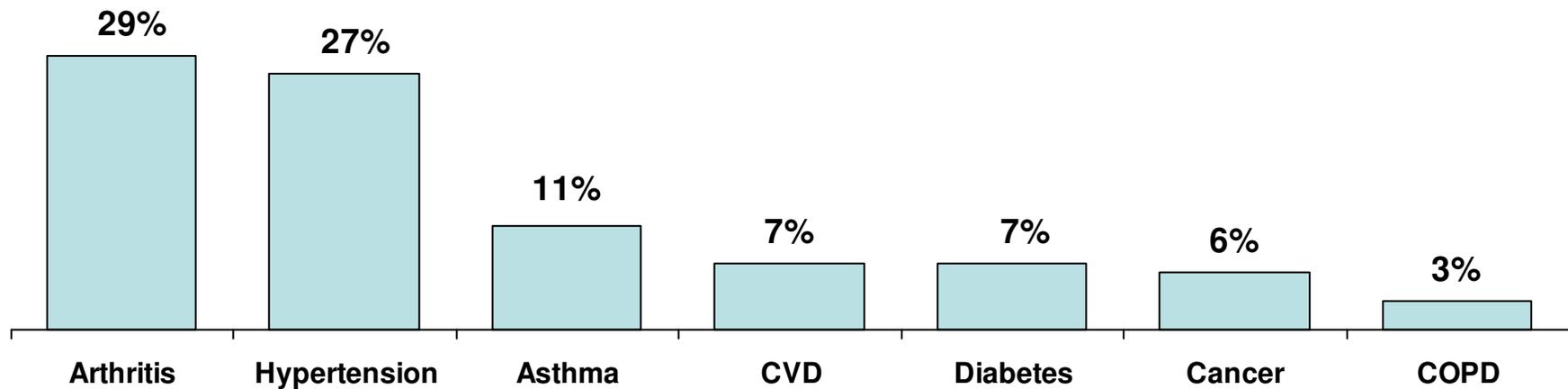
	Anxiety and Depression	No Leisure Time PA	Binge Drink	Marijuana Use
2000	--	23%	--	--
2001	--	20%	16%	--
2002	--	18%	17%	--
2003	--	19%	17%	--
2004	--	18%	16%	--
2005	--	19%	16%	--
2006	25%	18%	17%	--
2007	--	18%	18%	8%
2008	27%	19%	17%	7%
2009	--	20%	17%	8%
2010	26%	18%	17%	8%

Chronic Disease Prevalence

Arthritis is the most common chronic disease in Vermont, followed closely by hypertension.

Asthma impacts approximately one in ten adult Vermonters.

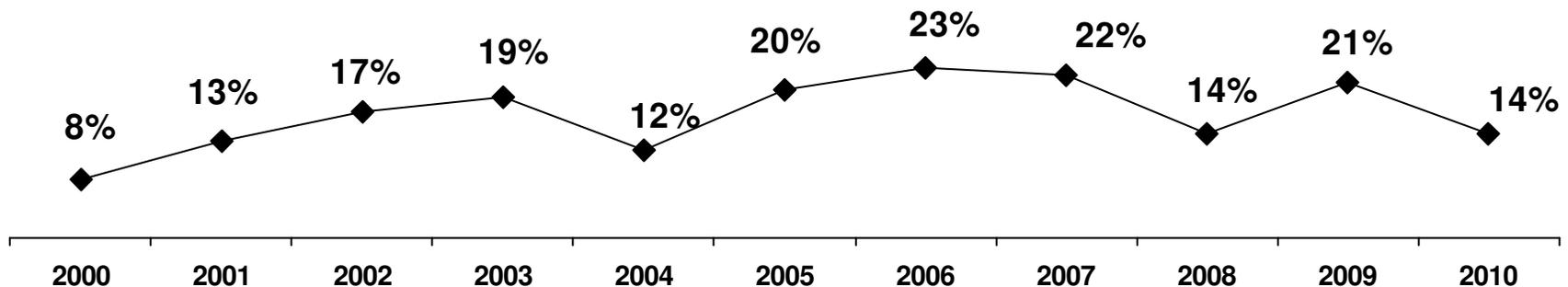
Slightly fewer Vermonters have CVD, diabetes, or cancer. COPD affects 3% of the adult population.



Multiple Chronic Conditions

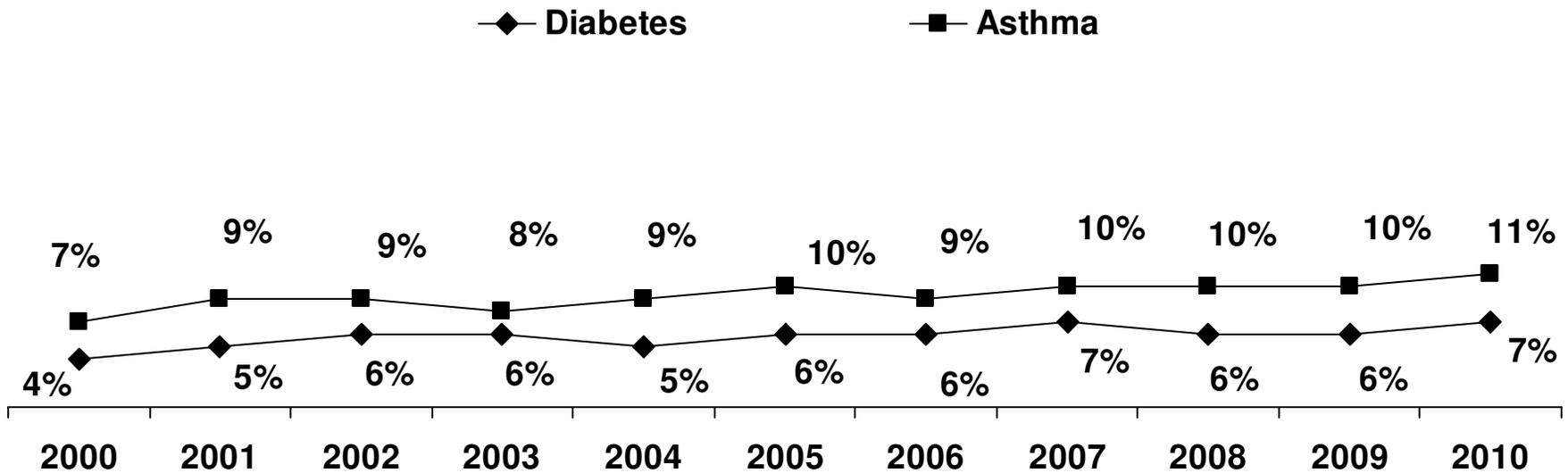
In 2000, just 8% of Vermonters reported having two or more chronic diseases; in 2010, nearly twice as many reported multiple conditions (14%).

Due to the inconsistencies of the questions (ie, types of diseases) inquired about on the BRFSS, it is not possible to indicate whether or not there has been a statistically significant shift in Vermonters suffering from multiple conditions. These numbers are a approximation of the burden of multiple chronic diseases.



Diabetes and Asthma

Asthma and diabetes prevalence have increased significantly since 2000.



Diabetes and Asthma

No other chronic disease has seen prevalence have increased significantly since 2000.

	Arthritis	Cancer	COPD	CVD	Hypertension
2000	22%	--	--	--	--
2001	22%	--	--	8%	21%
2002	25%	--	4%	--	--
2003	27%	--	4%	8%	23%
2004	--	--	4%	8%	--
2005	27%	--	5%	7%	24%
2006	25%	--	--	7%	--
2007	28%	--	2%	7%	25%
2008	--	6%	3%	8%	--
2009	29%	7%	--	7%	27%
2010	--	6%	--	7%	--