

MIDDLEBURY HEALTH DISTRICT – 2013-2014 BRFSS DATA

Health Status Indicators

	Middlebury		Vermont
	Estimated Adults**	%	%
General Health Status is Fair or Poor	3,000	12%	12%
Have Personal Health Care Provider	24,000	90%	87%
Have Health Insurance, Ages 18-64	19,000	92%	92%
Did Not Visit Doctor Due to Cost, in Last Year	2,000	8%	9%
Poor Physical Health ^D	2,000	9%	10%
Poor Mental Health ^D	2,000	8%	10%
Disabled ^D	6,000	23%	24%

Preventative Behaviors and Health Screening

	Middlebury		Vermont
	Estimated Adults**	%	%
Flu Shot in the Last Year, Ages 65+	4,000	70%	63%
Pneumococcal Vaccine, Ever, Ages 65+	4,000	75%	72%
Routine Doctor Visit, in Last Year	18,000	71%	68%
Dental Visit in Last Year*	19,000	72%	72%
Any Teeth Extracted, Ages 45-64	5,000	49%	49%
Cholesterol Screened, in Last Five Years*	20,000	76%	76%
Ever Tested for HIV	7,000	27%	31%
2+ Daily Fruit Servings*	11,000	39%	35%
3+ Daily Vegetable Servings*	6,000	21%	18%
5+ Daily Fruit & Vegetable Servings*	6,000	24%	21%
Met Physical Activity Recommendations ^D	16,000	63%	59%
Met Strength Building Recommendations ^D	7,000	28%	30%
Use Community Resources for Physical Activity	14,000	52%	58%
Breast Cancer Screening, Women 50-74 ^D	5,000	80%	79%
Cervical Cancer Screening, Women 21-65 ^D	8,000	82%	86%
Colorectal Cancer Screening, Ages 50-75 ^D	9,000	72%	71%

MIDDLEBURY HEALTH DISTRICT – 2013-2014 BRFSS DATA

Risk Behaviors

	Middlebury		Vermont
	Estimated Adults**	%	%
Adverse Childhood Experiences (ACE), Four or More ^D	3,000	12%	14%
Binge Drinking, in Last Month ^D	4,000	17%	18%
Heavy Drinking, in Last Month ^D	2,000	7%	9%
Marijuana Use, in Last Month	1,000	6%	7%
Prescription Drug Misuse, Ever ^D	1,000	5%	6%
Smoke Cigarettes, Currently*	3,000	15%	18%
Made Quit Attempt in Last Year*	2,000	59%	59%
Use Smokeless Tobacco, Currently	1,000	3%	3%
No Leisure Time Physical Activity*	5,000	19%	18%
Seldom or Never Use Seatbelt	1,000	4%	4%

Disease Prevalence

	Middlebury		Vermont
	Estimated Adults**	%	%
Arthritis, Ever Diagnosed	7,000	28%	28%
Asthma, Current Diagnosis	3,000	14%	11%
Cancer Diagnosis, Ever			
Skin Cancer	2,000	8%	6%
Non-Skin Cancer	2,000	7%	7%
High Cholesterol, Ever Diagnosed	9,000	38%	35%
Chronic Obstructive Pulmonary Disease, Ever Diagnosed	2,000	6%	6%
Cardiovascular Disease, Ever Diagnosed ^D	2,000	8%	7%
Depressive Disorder, Ever Diagnosed	6,000	21%	22%
Diabetes, Ever Diagnosed	2,000	7%	8%
Hypertension, Ever Diagnosed*	8,000	26%	27%
Overweight, Ages 20+*	8,000	34%	36%
Obese, Ages 20+*	7,000	28%	25%

Key Information

All District Office estimates are based on two years of data, except that for adverse childhood experiences which are based on 2011 data only. All others are 2013-2014, 2012 & 2014, or 2011 & 2013.

*Percent is age adjusted to U.S. 2000 population.

**Estimated counts are rounded to the nearest thousand Vermonters and not age-adjusted. For measures where the percent is calculated using two years of data, the estimated count is divided by two to provide an average number of individuals with the behavior or condition.

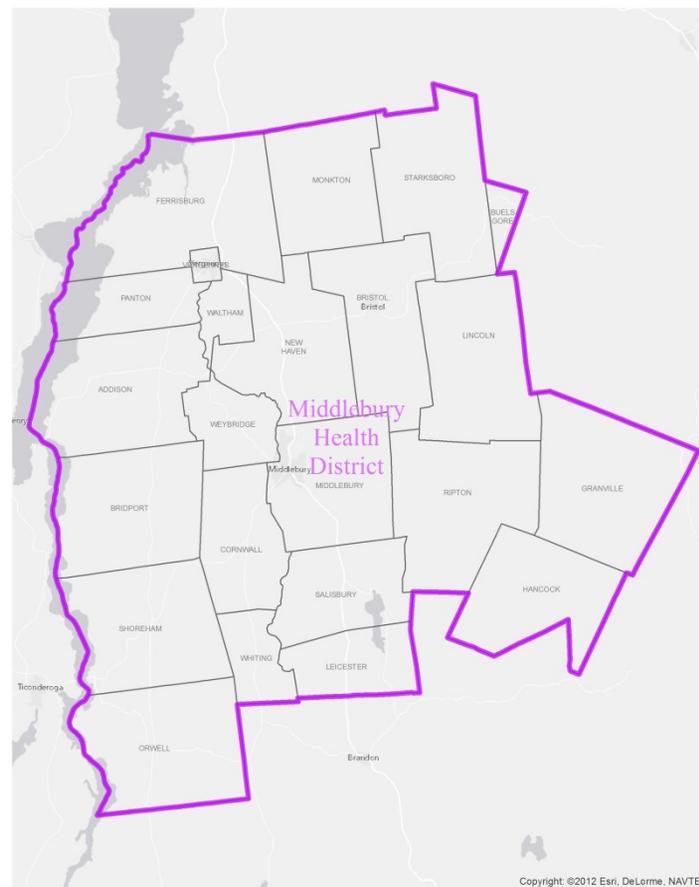
Indicates statistically different from Vermont.

Definitions:

- Poor physical health: 14 or more poor physical health days in last month.
- Poor mental health: 14 or more poor mental health days in last month.
- Disabled: activity limitations due to physical, emotional or mental problems OR any health problem that requires use of special equipment.
- Prescription drug misuse: used a prescription drug without your own prescription.
- Physical activity recommendations: 150 minutes of moderate activity or 75 minutes of vigorous activity per week.
- Strength building recommendations: muscle strengthening activities are recommended at least twice per week.
- Breast cancer screening recommendations are a mammogram in the last two years.
- Cervical cancer screening recommendations are a PAP test in the last three years.
- Colorectal cancer screening recommendations are a fecal occult blood test (FOBT) annually OR sigmoidoscopy every five years and FOBT every three years OR colonoscopy every ten years.
- ACE: for more information see www.cdc.gov/ace.
- Binge drinking: five or more drinks for men and four or more for women.
- Heavy drinking: more than two drinks daily for men and more than one for women.
- Cardiovascular disease: ever had coronary heart disease, a stroke or a myocardial infarction.

For more information about Vermont towns in each health district please go to: <http://healthvermont.gov/gis/#data> and download the file [VDH Geographies Apr2013.xlsx](#)

Middlebury Health District 2013-2014 Behavioral Risk Factor Surveillance System (BRFSS) Data



For more information about the BRFSS, please contact:
Jessie Hammond, MPH
BRFSS Coordinator
Jessie.Hammond@vermont.gov
802-863-7663