

# Vermont

	2016		No 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	5.8	2	4.5
Excessive Drinking (% of adults aged 65+)	8.5	42	2.9
Obesity (% of adults aged 65+)	25.5	10	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.5	20	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	27.7	11	22.7
Dental Visit (% of adults aged 65+)	71.9	6	78.1
Pain Management (% of adults aged 65+ with joint pain)	45.2	28	53.2
<b>Behaviors Total</b>	0.139	3	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.1	6	4.3
Volunteering (% of adults aged 65+)	33.6	8	46.3
Nursing Home Quality (% of 4- & 5-star beds)	44.1	29	62.9
<b>Community &amp; Environment—Macro Total</b>	0.087	10	
Home-Delivered Meals (% of adults aged 65+ in poverty)	55.0	4	101.3
Food Insecurity (% of adults aged 60+)	15.3	28	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$2,060	5	\$6,701
<b>Community &amp; Environment—Micro Total</b>	0.096	6	
<b>Community &amp; Environment Total</b>	0.183	6	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	7.6	10	4.1
SNAP Reach (% of adults aged 60+ in poverty)	124.4	1	124.4
Prescription Drug Coverage (% of adults aged 65+)	84.0	31	88.0
Geriatrician Shortfall (% of needed geriatricians)	61.2	15	25.8
<b>Policy Total</b>	0.107	5	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	96.1	6	96.9
Flu Vaccine (% of adults aged 65+)	62.8	20	70.7
Health Screenings (% of adults aged 65 to 74)	85.2	27	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.0	37	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	76.5	37	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	172.3	6	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	43.2	11	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.4	18	12.4
Hospice Care (% of decedents aged 65+)	34.4	47	65.5
Hospital Deaths (% of decedents aged 65+)	22.9	37	15.3
<b>Clinical Care Total</b>	-0.004	30	
<b>All Determinants</b>	0.426	2	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	4.7	2	4.4
Falls (% of adults aged 65+)	31.7	41	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.2	9	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	49.7	3	50.7
Able-bodied (% of adults aged 65+)	65.5	17	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,555	8	1,394
Teeth Extractions (% of adults aged 65+)	16.9	33	6.4
Frequent Mental Distress (% of adults aged 65+)	4.8	3	4.7
<b>All Outcomes</b>	0.192	8	
<b>Overall</b>	0.618	2	

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<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	31.8	3	34.0
Overuse—Mammography (% women aged 75+)	27.3	41	18.6
Overuse—PSA Test (% men aged 75+)	12.1	3	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	25.7	4	22.0
Cognition (% of adults aged 65+)	8.6	24	6.3
Depression (% of adults aged 65+)	15.5	27	8.2
Suicide (deaths per 100,000 adults aged 65+)	19.9	41	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	63.1	49.5



## Overall Rank: 2

Change: ▼ 1  
 Determinants Rank: 2  
 Outcomes Rank: 8

### Strengths:

- Low prevalence of smoking
- High SNAP enrollment
- High health status

### Challenges:

- Low hospice care use
- High prevalence of excessive drinking
- High prevalence of falls

### Highlights:

- In the past year, smoking decreased 22% from 7.4% to 5.8% of adults aged 65+.
- In the past year, food insecurity increased 24% from 12.3% to 15.3% of adults aged 60+.
- In the past 2 years, geriatrician shortfall increased 40% from 43.6% to 61.2% of needed geriatricians.
- In the past 2 years, hip fractures decreased 25% from 6.9 to 5.2 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, hospice care use increased 46% from 23.5% to 34.4% of decedents aged 65+.

### Ranking:

Vermont ranks 2nd in *America's Health Rankings® Senior Report*; it was 1st last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 2nd.

**State Health Department Website:**  
[www.healthvermont.gov](http://www.healthvermont.gov)