

# Vermont County Profiles for Health Professions Students and Residents



**The University of Vermont College of Medicine Office of Primary Care and Area Health Education Centers (AHEC) Program strive to provide the best possible educational experience to health professions students and medical residents who spend time in community-based primary care settings, particularly during clinical rotations in rural areas or working with underserved populations. For many students and medical residents there is a strong link between the quality of their educational experience and their choice of specialty or career path. Our hope is that through exposure to the rewards that can come from working with Vermont communities' most vulnerable and underserved members, UVM health professions students and medical residents will choose to devote some of their future practice to these populations.**

## ABOUT US

The Vermont Area Health Education Centers (AHEC) program mission is the development of the state's healthcare workforce. AHECs across the country work with students from high school through practicing professionals to deliver health career teaching, advising, support, evidence-based continuing education, and quality improvement programs. The VT AHEC network consists of the UVM AHEC Program and three regional centers: the Northeastern VT AHEC (St. Johnsbury); the Southern Vermont AHEC (Springfield); and the Champlain Valley AHEC (St. Albans). For more information and links to each of the centers, visit [www.vtahec.org](http://www.vtahec.org).

## PURPOSE OF THE HANDBOOK

In order to fully understand a population, it is essential to understand the community in which they live. The purpose of this handbook is to provide health professions students and medical residents with a community context for their clinical rotations in practices and projects outside the home base of the academic medical center.

## HOW THE HANDBOOK IS ORGANIZED

This handbook is organized by AHEC region and by county. For each county we have included information on the sociodemographic characteristics of the population and the health of the population. We have also included information on the health care resources that are available in the region, so that you can get a sense of what is locally available to patients.

We have included information on the employment sector in each region so that you can understand where people work and how they earn a living.

Also included is information on the recreational opportunities, not only so that you can understand what people do for fun, but also to encourage you to seek out some of these opportunities while you are there!

See for yourself that Vermont is a great place to live and practice medicine.

## FACTS

State Abbreviation: VT

State Capital: Montpelier

Largest City: Burlington

Area: 9,615 square miles  
(Vermont is the 45th biggest state in the U.S.)  
This includes lakes, ponds, and streams inside its borders.

Population: 626,630  
(Vermont is the 49th most populous state in the U.S.)

Name for Residents:  
Vermonters

Major Industries: maple syrup, farming (dairy), tourism, electronics, forest products, (especially paper)

Origin of Name: Vermont comes from the French words "mont vert" (green mountain).

State Nickname: Green Mountain State

State Motto: Freedom and Unity

## GEOGRAPHY

Major Rivers: Connecticut River, West River, Otter River

Major Lakes: Lake Champlain, Lake Memphremagog

Highest Point: Mt. Mansfield 4,393 feet (1,339 meters) above sea level

Number of Counties: 14

Bordering States: Massachusetts, New Hampshire, New York

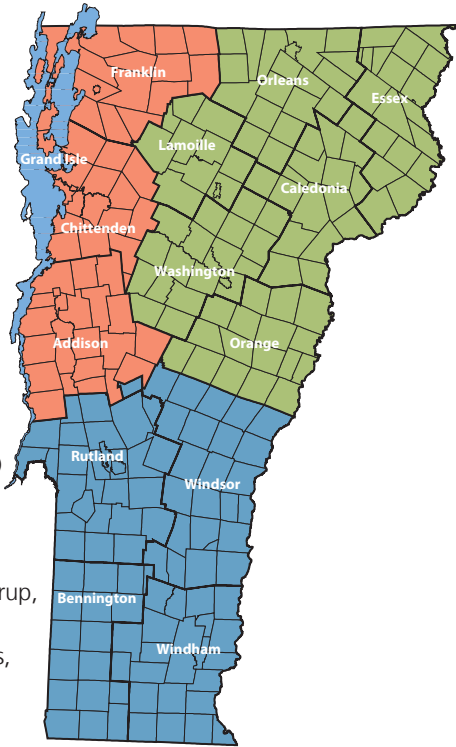
Bordering Country: Canada

Vermont is located in the northeastern part of the United States.

Vermont is a small state; only New Hampshire, New Jersey, Connecticut, Delaware, and Rhode Island are smaller.

Vermont is about 157 miles long from the Canadian border south to Massachusetts. The northern boundary with Canada is about 90 miles in length. This is the widest part of the state. The boundary narrows to about 42 miles in the south along the Massachusetts border.

Vermont is also one of six New England states (Maine, New Hampshire, Connecticut, Massachusetts, and Rhode Island) and is the second largest in terms of area. Maine is by far the largest New England state. Its area is almost as big as Vermont and the other four New England states combined. Vermont's population is the smallest of the six New England states. Vermont is the only New England state without an ocean coastline.



## SOCIOECONOMIC INDICATORS

### Risk Factors/Chronic Conditions

Adult smokers .....	16.5%
Adult obesity .....	24.7%
Binge drinking .....	17.1%
Children under 18 in poverty.....	12.1%

[www.americashealthrankings.org/VT](http://www.americashealthrankings.org/VT)

For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## HEALTH INDICATORS

Vermont is consistently one of the healthiest states in the nation. The United Health Foundation (with other collaborators) ranks states on a wide variety of health indicators and also compiles an overall ranking. The 2014 ranking places Vermont at second on the list, having moved up from 20th place since 1990. The report notes that "Vermont's strengths include its number one position for all health determinants combined which includes top ranking in the percentage of high school graduates, a low violent crime rate, high per capita public health funding, a low rate of uninsured population and ready availability of primary care physicians. Vermont's three challenges are low immunization coverage with 66.9 percent of children ages 19 to 35 months receiving recommended immunizations, a pertussis rate of 103 cases per 100,000 of the population, and a high prevalence of binge drinking at 17.1 percent of the population."

[www.americashealthrankings.org/VT](http://www.americashealthrankings.org/VT)

Vermont has one of the highest percentages of the elderly due to a combination of factors, including low birth rate and out-migration of young adults. Almost 16.4% of the population is over age 65.

Vermont has a medically uninsured rate of about 7.6%, placing it in the top two states for this measure. [www.census.gov/hhes/www/hlthins/data/incpovhlth/2013/tables.html](http://www.census.gov/hhes/www/hlthins/data/incpovhlth/2013/tables.html)

## HOSPITALS

There are 14 hospital service areas in Vermont. They are geographically distinct, with some overlap of region. The hospitals of the state are represented by the Vermont Association of Hospitals and Health Systems. Seven of these hospitals are critical access hospitals, a federal designation that helps maintain emergency and hospital services in rural and remote areas. [www.vahhs.org](http://www.vahhs.org)

The tertiary care for Vermonters on the western side of the state is mostly delivered at The University of Vermont Medical Center, the state's only academic medical center, and on the eastern side of the state, at New Hampshire's Dartmouth-Hitchcock Medical Center, the affiliate of Dartmouth Medical School. A smaller proportion of patients may travel to Albany, NY for their specialty health care needs. For services outside the region, Boston and New York are the most common sources of care.

## HEALTH CARE REFORM IN VERMONT

Vermont has a long history of health care innovation and reform, with a mission of “Making quality and affordable health care available for all Vermonters.” Some of the highlights of reform efforts include:

- The Dr. Dynasaur program provides health insurance coverage for pregnant women and children under the age of 19.
- Among the lowest rates of medically uninsured in the country.
- A statewide health care reform effort began in 2006, with a goal of improving not only the health of the population, but also reforming the way that health care is delivered. The guiding principles of the program are to increase access to health care, to improve quality and, because our current system is not financially sustainable, to contain costs.
- The Vermont Blueprint for Health is an integral part of the health reform efforts in the state. This partnership among public and private stakeholders is establishing Patient-Centered Medical Homes (also known as Advanced Primary Care Practices) across the state. In 2010 Vermont was one of eight states selected to participate in a Medicare-sponsored demonstration project of the impact of this approach on quality and cost.

For more information on Vermont’s health care reform efforts visit [hcr.vermont.gov](http://hcr.vermont.gov).

## PRIMARY CARE IN VERMONT

Health care reform efforts both nationally and regionally have focused on the importance of a robust and effective primary care system. There is an important link between primary care, improved health care quality and lower cost (Phillips 2010 *Health Affairs* 29; 806). It is important to continuously improve and maintain the primary care we have in Vermont. There are many ongoing efforts to train, recruit and retain an adequate number of primary care practitioners needed to assure access for Vermonters. They include educational programs in the UVM College of Medicine and the College of Nursing and Health Sciences, incentives such as educational loan repayment, practice support, insurance coverage for citizens, enhanced payment via programs such as Federally Qualified Health Centers (FQHCs), continuing education, teaching opportunities, the Vermont Academic Detailing Program, and many more.

## WHAT IS AN FQHC?

The federal government through the Health Resources and Services Administration (HRSA) has a formula by which areas in urban or rural settings are designated as medically underserved. This formula takes into account the proportion of the population that is either elderly or below the poverty level, the infant mortality rate, and the number of primary care providers per 1,000 people. Practices in medically underserved areas may apply to become Federally Qualified Health Centers (FQHCs), also known as Community Health Centers (CHCs). CHCs and Rural Health Centers (RHCs) are examples of these federally designated clinics. You can find the FQHCs in a region of Vermont at [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov).

FQHC/CHCs must provide primary care services for all age groups. As an FQHC, a practice receives higher reimbursement for providing medical services from Medicare and Medicaid. In return, these centers must be available to see uninsured patients according to a sliding fee scale based on a patient’s ability to pay. Other requirements that must be provided directly by an FQHC/CHC or via formal arrangement include:

- Dental services
- Mental health and substance abuse services
- Transportation services necessary for adequate patient care

Most states have not-for-profit advocacy organizations that support their FQHCs and help start new clinics where needed, known as Primary Care Associations or PCAs. The PCA that serves Vermont and New Hampshire is Bi-State Primary Care Association.

[www.bistatepca.org](http://www.bistatepca.org)

## VT COALITION OF CLINICS FOR THE UNINSURED (VCCU)

The VCCU is a group of clinics throughout the state of Vermont dedicated to providing access to health care for uninsured and underinsured Vermont residents. [www.vtccu.org](http://www.vtccu.org)

## WHAT IS THE NATIONAL HEALTH SERVICE CORPS?

The National Health Service Corps (NHSC) is a program within HRSA that was established in 1972 to encourage primary care professionals to work in underserved settings ([nhsc.hrsa.gov](http://nhsc.hrsa.gov)). As of September 30, 2014 it was comprised of a network of 8,900 primary health care professionals and 5,100 sites. To support their service, the NHSC provides clinicians with financial support in the form of educational loan repayment and scholarships, in exchange for contractual service obligations [nhsc.hrsa.gov](http://nhsc.hrsa.gov).

The UVM Office of Primary Care and the VT AHEC Program administer educational loan repayment programs and work with students and health professionals to help them understand available options.

## WHAT IS A FREEMAN MEDICAL SCHOLAR?

The Freeman Foundation, based in NYC, with deep roots to Vermont, has been a generous supporter of educational programs throughout the world. Through a gift to the UVM College of Medicine, the Foundation has provided scholarship support to College of Medicine students in return for a commitment to return to Vermont to practice, as well as educational loan repayment to recruit and retain physicians in Vermont of all specialties, including primary care. While there are no new scholarships or educational loan repayment awards, there are more than 200 physicians practicing in Vermont who have benefitted from this support; and many Freeman Medical Scholars are still in training and will begin practice in Vermont in the next decade.

[www.uvm.edu/medicine/ahec/?Page=freemanmedicalsolars.html](http://www.uvm.edu/medicine/ahec/?Page=freemanmedicalsolars.html)



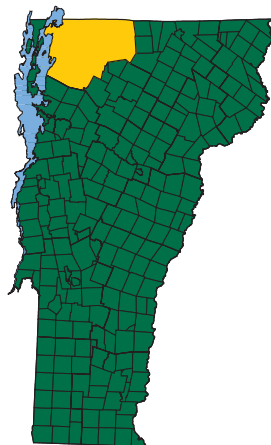
# Franklin County

## POPULATION

Population (2014).....	48,642 <sup>6</sup>
Persons under 5.....	6.1%
Persons 5-18.....	17.2%
Persons 19-64.....	63.3%
Persons 65+.....	13.4%

## Race

White.....	95.6%
Black or African American.....	0.6%
American Indian & Alaska Native.....	1.0%
Asian.....	0.6%
Native Hawaiian/Pacific Islander.....	0%
Two or more races.....	2.2%



## Ethnicity and Language

In 1997, Franklin County had the highest population of residents with French or French Canadian ties, ranging from 32% to 60% per town. Many families continue to speak French.

[www.vt-fcgs.org/images/vtfrench.jpg](http://www.vt-fcgs.org/images/vtfrench.jpg)<sup>7</sup>

The Abenaki Nation of Missisquoi, St. Francis Soloki Band – the largest group of native persons – has been recognized by the state of Vermont and strives for federal recognition. The band has an office in Swanton and holds an annual festival open to the public.

[www.abenakination.org](http://www.abenakination.org)

For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Franklin County	Vermont
Per capita income (2009-13).....	\$27,398	\$29,167
Median household income (2009-13).....	\$56,240	\$54,267
Population below poverty.....	10.2%	11.8%
The wage needed to afford housing in Franklin County is \$21.31 per hour, significantly above the state wage of \$17.57. In contrast, the average actual wage per job is \$29,530 or \$14.19 per hour.		

## PLACE

Franklin County is 637 square miles, with 54.9 square miles under water. Population density is 71.3 persons per square mile (VT 67.9).

## THE ECONOMY

The county's north boundary on the U.S.-Canadian border brought increased jobs and national attention since 9/11. Major employers include customs houses and U.S. Immigration & Naturalization (including Homeland Security).

Franklin County continues to lead Vermont in dairy, maple production, and other agricultural products.<sup>5</sup>

## Education

	Franklin County	Vermont
High school graduation rate.....	88.8%	91.4%
College degree.....	23.7%	34.8%

## Major Employment Sectors<sup>1</sup>

Public Sector.....	24.9%
Services.....	53.8%
Goods.....	21.6%

## HEALTH

### Risk Factors and Chronic Conditions<sup>2</sup>

	Franklin County	Vermont
Adult smokers.....	19%	16%
Adult obesity.....	29%	25%
Excessive drinking.....	20%	19%
Motor vehicle crash death rate.....	16%	12%
Children under 18 in poverty.....	15%	16%

Substance abuse treatment referrals are rising and the county is concerned about opiate use.

## HEALTH INDICATORS

### Access<sup>3</sup>

13% of residents report having no health insurance at all (VT 8%).

There is a shortage of 15 primary care physicians (full-time equivalent).<sup>4</sup>

Only 63% of Franklin County adults received influenza immunization in 2008.

Only 13% of adults do not have a usual primary care physician – among the best outcomes in the state.

Since one internal medicine physician retired in early 2009, the NOTCH Federally Qualified Health Center (FQHC) has opened a new site in St. Albans. NOTCH participates in a Health Resources and Services Administration Rural Health Outreach Grant, awarded to the Bi-State Primary Care Association, to serve migrant farm workers.

### Women & Infants<sup>3</sup>

93% of pregnant women receive prenatal care in the first trimester (VT 90%).

Teen birth rate among 15-17-year-olds is 18.4 per thousand live births (VT 15.8).

Low birth weight rate ( $\leq 5.5$  lbs) is 6.8% (VT 6.5%).

69% of women >40 years old have had a mammogram (VT 70%).

### Disease Rates<sup>3</sup>

Heart disease death rate is 219 per 100,000 population, second highest in the state (VT 138).

29% of adults are obese, the worst county rate in the state (VT 25%)

Stroke death rate is 41 per 100,000 (VT 44 per 100,000).

Diabetes-related deaths of 101 per 100,000 (VT 91 per 100,000).

Asthma hospitalizations among youth <18 are 3.2 per 10,000, (VT 9.1 per 10,000). The asthma rate is higher among Abenaki persons.

Chronic Obstructive Pulmonary Disease (COPD) deaths among people 45 and older are 139 per 100,000 (VT 123 per 100,000).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTERS

Enosburg Health Center  
Richford Health Center  
St. Albans Health Center  
Swanton Health Center  
[www.notchvt.org](http://www.notchvt.org)

## HOSPITALS

**Northwestern Medical Center:** Located in St. Albans, it is a 70-bed, not-for-profit, acute-care hospital. NMC provides primary and preventive care, surgical and specialty services, inpatient and outpatient care, 24-hour physician-staffed emergency services, and a walk-in clinic. NMC supports a number of primary care affiliates.  
[www.northwesternmedicalcenter.org](http://www.northwesternmedicalcenter.org)

**University of Vermont Medical Center:** An academic medical center with a service area that includes Franklin County and other areas totaling one million persons. UVMHC has 458 staffed beds, more than 30 care sites and Vermont's only Level 1 Trauma Center. [www.uvmhealth.org](http://www.uvmhealth.org)

## KEY STATE & COMMUNITY AGENCIES

**2-1-1:** Free information and referral from the United Ways of Vermont. Community members who need to identify resources for any need can receive information by dialing 2-1-1 toll-free from anywhere in Vermont. 2-1-1 works with TTY and provides interpreted services for limited English-speaking persons. [www.vermont211.org](http://www.vermont211.org)

**Vermont Department of Health:** The St. Albans office provides information for the public and providers about current health issues.  
[www.healthvermont.gov](http://www.healthvermont.gov)

**Champlain Valley Office of Economic Opportunity (CVOEO):** Operating throughout the northwestern region to provide food shelf, home weatherization, tenant support, mobile home assistance, Head Start, housing assistance, emergency fuel assistance, food stamp outreach, community garden and farm-to-family voucher programs, tax filing and other form preparation services, information, and advocacy for low-income persons. The agency served nearly 10,000 households last year. [www.cvoeo.org](http://www.cvoeo.org)

**Champlain Valley Agency on Aging:** Provides information and referral for all seniors and their families/supporters, case management for frail elders and certain younger adults with physical disabilities, and administers other Older American Act programs for the region. Call an Agency on Aging toll free from anywhere in Vermont at 1-800-642-5119. [www.cvaa.org](http://www.cvaa.org)

**The Economic Services Division:** The Vermont Department of Children and Families provides outreach, eligibility determination, and benefits administration for all state and federally funded basic and health needs programs. The Division has a phone-based client services system which can be accessed 24/7 at 1-800-479-4151. Transactions that require a discussion with a staff person must be made between 7:45 am and 4:30 pm Monday through Friday by calling the same number. [www.dcf.vermont.gov/services](http://www.dcf.vermont.gov/services)

**Franklin-Grand Isle United Way:** Serving the islands of Grand Isle County as well as Franklin County it provides information about volunteer opportunities, supports a community health partnership, and provides funding to member agencies and youth-directed programs. [www.fgiunitedway.org](http://www.fgiunitedway.org)

**Northwestern Counseling and Support Services:** Providing treatment and services to children and adults with chronic mental health, developmental disabilities, substance abuse problems, and other mental health and medical psychiatric needs.  
Call (802) 524-6554. [www.ncssinc.org](http://www.ncssinc.org)

## MEDIA, RECREATION & LEISURE

Many radio and television signals originating from outside the county are received in much of Franklin County. The extreme northeast and northwest parts of the county have fewer reception options. Cell telephone signal is limited in many parts of the county.

## NEWS

**St. Albans Messenger:** Daily newspaper includes local news and calendar of community events. [www.samessenger.com](http://www.samessenger.com)

## RECREATION

**Burton Island State Park:** St. Albans

**Collins-Perley Sports and Fitness Center:** St. Albans

**Mississquoi Natural Wildlife Refuge:** Swanton

**Mississquoi Valley Rail Trail:** More than 20 miles of trails for biking, walking, skiing, and more. St. Albans and surrounding area

**Vermont State Parks:** [www.vtstateparks.com](http://www.vtstateparks.com)

## CULTURE AND LEISURE ATTRACTIONS

**Abenaki Tribal Museum & Cultural Center:** Swanton

**The Opera House:** Enosburg Falls, [enosburgoperahouse.org](http://enosburgoperahouse.org)

**Vermont Maple Festival:** St. Albans

**The Free Library System:** Visit the library catalog page for Vermont to click on links to the library nearest you. Vermont libraries have free Internet service and community activities. Hours vary and may be limited to certain days of the week in rural towns.

[www.publiclibraries.com/vermont.htm](http://www.publiclibraries.com/vermont.htm)

## COLLEGES & UNIVERSITIES

**Community College of Vermont:** A public, two-year, open-admissions institution that provides degree, transfer, occupational, and continuing education opportunities. It is a member of the Vermont State Colleges system and has 12 sites around the state, including one in St. Albans. [www.ccv.edu](http://www.ccv.edu)

1 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2013, [www.vtmi.info/profile2013.pdf](http://www.vtmi.info/profile2013.pdf)

2 From County Health Rankings, a project of Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute [www.countyhealthrankings.org/vermont/franklin/county/outcomes/overall/snapshot](http://www.countyhealthrankings.org/vermont/franklin/county/outcomes/overall/snapshot)

3 The Health Status of Vermonters, March 2008, Vermont Department of Health, [http://healthvermont.gov/pubs/documents/HealthStatusRpt2008\\_appendix.pdf](http://healthvermont.gov/pubs/documents/HealthStatusRpt2008_appendix.pdf)

4 Primary Care Survey for the Champlain Valley 2011, Champlain Valley Area Health Education Center.

5 Between a Rock and a Hard Place: Housing and Wages in Vermont, 2009 Vermont Housing Finance Agency

6 U.S. Census, Vermont Quick Facts 2013 for Franklin County, Vermont.

7 French Canadian and French Ancestry by Town, Canadian Studies Program, University of Vermont, 1997

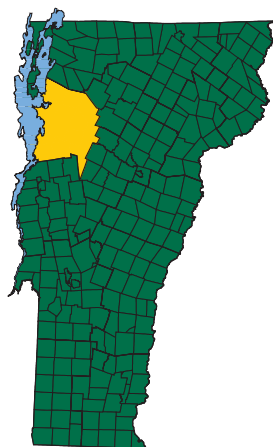
# Chittenden County

## POPULATION<sup>4</sup>

Population (2014).....	160,531
Persons under 5 (2013) .....	4.8%
Persons 5-18 (2013) .....	19.8%
Persons 19-64 (2013) .....	64.0%
Persons 65+ (2013) .....	11.6%

## Race

White .....	92.2%
Black or African American .....	2.3%
American Indian & Alaska Native... ..	0.3%
Asian .....	3.2%
Native Hawaiian/Pacific Islander .....	0%
Two or more races .....	2.0



Of Vermont's 19,619 total minority populations of all ages, 7,125 (36.3%) reside in Chittenden County.

## Ethnicity and Language

Chittenden County has the most ethnically diverse population in Vermont. Chittenden County is now the only county in which refugees are resettled within Vermont. Visit the Vermont Refugee Resettlement Program: [www.refugees.org/about-us/where-we-work/vrrp](http://www.refugees.org/about-us/where-we-work/vrrp)

For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Chittenden County	Vermont
Per capita Income .....	\$33,281	\$29,167
Median household income .....	\$63,989	\$54,267
Population below poverty .....	11.2%	11.8%
Total households countywide.....	62,587	
Persons per household.....	2.37	2.34 <sup>4</sup>

## PLACE

Chittenden County is 538.58 square miles. The population density of 291.7 persons per square mile is far higher than the state average of 67.9. The county includes the only area in Vermont that meets the federal definition of a "Metropolitan Statistical Area," yet is often too small to be able to replicate planning and service solutions that work in other metropolitan areas of much greater scale.

## THE ECONOMY

### Education

	Chittenden County	Vermont
High school graduation rate .....	93.9%	91.4%
College degree .....	47.4%	34.8%

**Major Employment Sectors:** In recent decades, the economy's production of goods has decreased in relation to the production of services as the region continues to become more densely populated.<sup>1</sup>

Public Sector .....	16.4%
Services .....	67.5%
Goods .....	16.1%

## HEALTH

Chittenden County residents are often described as having the best health status and access to health care in the state of Vermont.

### Risk Factors and Chronic Conditions<sup>2</sup>

	Chittenden County	Vermont
Adult smokers .....	11%	16%
Adult obesity .....	21%	25%
Excessive drinking .....	20%	9%
Motor vehicle crash death rate .....	6%	12%
Children under 18 living in poverty .....	11%	16%

## HEALTH INDICATORS

### Access<sup>3</sup>

10% of residents report having no health insurance.

Chittenden County has an undersupply of family medicine and internal medicine primary care physicians.

[www.uvm.edu/ahec/documents/ahec2013pcreport](http://www.uvm.edu/ahec/documents/ahec2013pcreport)

In 2013, more than half of internal medicine physicians were not accepting or were limiting new patients and there are significant and serious waits for primary care for many populations in many parts of the county.

A new Federally Qualified Health Center (FQHC) has been established in northern Addison County close to southern Chittenden County.

### Women & Infants<sup>3</sup>

91% of pregnant women receive prenatal care in the first trimester (VT 90%).

77% women >40 years old have had a mammogram (VT 77%).

### Disease Rates<sup>3</sup>

Heart disease death rate is 159 per 100,000 population (VT 138).

17% of adults are obese, the best status in the state (VT 21%).

Stroke death rate of 42 per 100,000 (VT 44% per 100,000).

Diabetes-related death rate of 92 per 100,000 is above the statewide average (VT 91 per 100,000) and significantly worse than the best performers in the state (at 76 and 81 per 100,000).

Adults screened for diabetes: 89% (VT 87%).

Chronic Obstructive Pulmonary Disease (COPD) death rate among people 45 and older is 126 per 100,000 (VT 123 per 100,000).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTERS

Community Health Centers of Burlington ([www.chcb.org](http://www.chcb.org))  
Mountain Health Center ([www.mountainhealthcenter.com](http://www.mountainhealthcenter.com))

## HOSPITALS

**University of Vermont Medical Center:** An academic medical center located in Chittenden County which has 458 staffed beds, more than 30 care sites and Vermont's only Level I Trauma Center.  
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**Champlain Valley Agency on Aging:** Provides information and referral for all seniors and their families/supporters, case management for frail elders and certain younger adults with physical disabilities, and administers other Older American Act programs for the region. Call an Agency on Aging toll free from anywhere in Vermont at 1-800-642-5119. [www.cvaa.org](http://www.cvaa.org)

**Economic Services Division:** The Vermont Department of Children and Families provides outreach, eligibility determination, and benefits administration for all state and federally funded basic and health needs programs. The Division has a phone-based client services system which can be accessed 24/7 at 1-800-479-4151. Transactions that require a discussion with a staff person must be made between 7:45 am and 4:30 pm Monday through Friday by calling the same number. [www.dcf.vermont.gov/services](http://www.dcf.vermont.gov/services)

**United Way of Chittenden County:** Located in South Burlington, it provides information about volunteer opportunities, supports a community health partnership, and provides funding to member agencies and youth-directed programs. [www.unitedwaycc.org](http://www.unitedwaycc.org)

**Howard Center:** Provides treatment and services to children and adults with chronic mental health, developmental disabilities, substance abuse problems, and other mental health and medical psychiatric needs. [www.howardcenter.org](http://www.howardcenter.org)

## MEDIA, RECREATION & LEISURE

Chittenden County enjoys the best telecommunications access in the state but cell phone transmission challenges can occur in higher elevations.

**Burlington Free Press:** Daily newspaper, including calendar of events. [www.burlingtonfreepress.com](http://www.burlingtonfreepress.com)

**Seven Days:** Weekly newspaper, including an interactive, searchable calendar of events. [www.7dvt.com](http://www.7dvt.com)

**The Cynic:** The weekly student newspaper of the University of Vermont. [www.vermontcynic.com](http://www.vermontcynic.com)

**Center for Media and Democracy:** Includes links to news resources for groups that are underrepresented in mainstream outlets. [www.cctv.org/welcome](http://www.cctv.org/welcome)

**Vermont Public Radio:** Broadcasts at 107.9 FM and streams on the web. [www.vpr.net](http://www.vpr.net)

**Burlington Parks, Recreation & Waterfront:** Maintains many public resources. [enjoyburlington.com](http://enjoyburlington.com)

**The Lake Champlain Bikeway:** Popular in summer months. [www.champlainbikeways.org](http://www.champlainbikeways.org)

**The Vermont Outdoor Guide Association:** Resources for hiking and walking in Chittenden County. [www.voga.org](http://www.voga.org)

**Vermont State Parks:** [www.vtstateparks.com](http://www.vtstateparks.com)

**The Free Library System:** Visit the library catalog page for Vermont to click on links to the library nearest you. Vermont libraries have free Internet service and community activities. Hours vary and may be limited to certain days of the week in rural towns. [www.publiclibraries.com/vermont.htm](http://www.publiclibraries.com/vermont.htm)

**The Flynn Center for the Performing Arts:** Live performances, classes and an art gallery. It also increases public awareness of regional offerings through its regional ticketing service and calendar. [www.flynncenter.org](http://www.flynncenter.org)

## COLLEGES & UNIVERSITIES

**Burlington College:** An independent, progressive liberal arts college located in Burlington that offers 5 majors for two-year Associate and four-year Bachelor of Arts degrees, as well as several professional certificate programs. The non-profit institution serves 180 students. [www.burlington.edu](http://www.burlington.edu)

**Champlain College:** A private college located in Burlington's beautiful Hill section neighborhood. It serves 2,000 students who select from among thirty undergraduate majors and seven graduate programs. [www.champlain.edu](http://www.champlain.edu)

**Community College of Vermont:** A public, two-year, open-admissions institution that provides degree, transfer, occupational, and continuing education opportunities. It is a member of the Vermont State Colleges system and has 12 sites around the state, including one in Winooski. [www.ccv.edu](http://www.ccv.edu)

**Saint Michael's College:** A Catholic liberal arts college located on a 440-acre campus in Colchester, north of Burlington. It has more than 2,000 undergraduates and 500 graduate students in 34 major programs. [www.smcvt.edu](http://www.smcvt.edu)

**The University of Vermont:** A public university with nearly 11,000 undergraduate and more than 2,000 graduate, medical, nursing, and allied health students who choose from among 100 Bachelor's degree programs, 54 Masters and 22 doctoral programs, and an M.D. program. [www.uvm.edu](http://www.uvm.edu)

1 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2009, 2007 data [www.vtlmi.info/profile2009.pdf](http://www.vtlmi.info/profile2009.pdf)

2 From County Health Rankings, a project of Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute [www.countyhealthrankings.org/vermont/chittenden/24](http://www.countyhealthrankings.org/vermont/chittenden/24)

3 The Health Status of Vermonters, March 2008, Vermont Department of Health, <http://healthvermont.gov/research/healthstatusreport.aspx>. See Appendix, county data.

4 U.S. Census Bureau, Vermont Quick Facts 2013 for Chittenden County, Vermont.



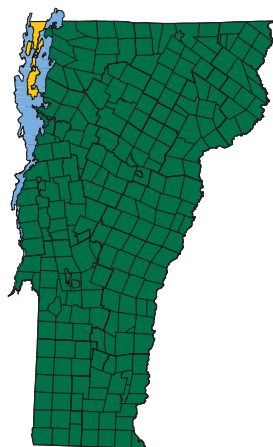
# Grand Isle County

## POPULATION

Population (2013).....	6,982 <sup>4</sup>
Persons under 5.....	4.7%
Persons 5-18.....	14.4%
Persons 19-64.....	64.2%
Persons 65+.....	16.7%

## Race

White.....	95.1%
Black or African American.....	.5%
American Indian & Alaska Native.....	1.1%
Asian.....	0.4%
Two or more races.....	2.7%



## Ethnicity and Language

In 1997, about half the residents of the northern towns of Isle LaMotte and Alburg had French or French Canadian ties. Many families continue to speak French at home.<sup>5</sup>

[www.vt-fcgs.org/images/vtfrench.jpg](http://www.vt-fcgs.org/images/vtfrench.jpg)

The Abenaki Nation of Missisquoi, St. Francis Soloki Band – the largest group of native persons – has been recognized by the state of Vermont and strives for federal recognition. The band has an office in Swanton and holds an annual festival open to the public.

[www.abenakination.org](http://www.abenakination.org)

For a handbook on cultural competency, visit the Champlain Valley AHEC web site at: [www.cvahec.org/CulturalCompetency.htm](http://www.cvahec.org/CulturalCompetency.htm)

## SOCIOECONOMIC INDICATORS

	Grand Isle County	Vermont
Per capita income (2000).....	\$33,159	\$29,167
Median household income (2009-13).....	\$59,509	\$54,267
Population below poverty.....	8.4%	11.8%

The wage needed to afford housing in Grand Isle County is \$21.31 per hour, significantly above the state average affordable housing-wage of \$17.57.

## PLACE

Population Density: 85.2 persons per square mile (VT 67.9).  
Island geography provides unique challenges to accessing services, particularly in winter.

## THE ECONOMY

Grand Isle County has one the state's lowest unemployment rates at 5.9%.

57.2% of workers are employed outside the county. Out-of-county workers spend on average 50% more time commuting to work than other Vermonters. The mean commute time to work is 33.4 minutes.

## Education

	Grand Isle County	Vermont
High school graduation rate.....	91.6%	91.4%
College degree.....	23.3%	34.8%

## Major Employment Sectors<sup>1</sup>

Manufacturing.....	22%
Service Providing.....	49.8%
Government.....	28.2%

## HEALTH

Elders who need long-term care combined with housing have no local options to move into a residential care home or congregate housing site with a supportive services program. No other county in Vermont is without options to support local aging in place.

## Risk Factors and Chronic Conditions<sup>2</sup>

	Grand Isle County	Vermont
Adult smokers.....	16%	15%
Adult obesity.....	28%	22%
Excessive drinking.....	9%	17%
Motor vehicle crash death rate.....	9%	13%
Children under 18 in poverty.....	14%	12%

## HEALTH INDICATORS

### Access<sup>3</sup>

6% of residents report having no health insurance.

There is a shortage of five (fulltime-equivalent) primary care physicians.

62% of Grand Isle County adults received influenza immunization in 2008 (VT 66%).

16% of adults do not have a primary care provider.

The NOTCH Federally Qualified Health Center (FQHC) participates in a HRSA Rural Health Outreach Grant awarded to the Bi-State Primary Care Association to serve migrant farm workers. In addition to all other services, the Keeler Bay practice offers farm visits in partnership with UVM College of Medicine residents and biweekly clinics.

### Women & Infants<sup>2</sup>

91% of pregnant women receive prenatal care in the first trimester (VT 90%).

Low birth weight rate ( $\leq 5.5$  lbs) is 6.8% (VT 6.5%).

### Disease Rates<sup>3</sup>

Heart disease death rate is 226 per 100,000 population, the highest rate in the state (statewide average of 138).

25% of adults are obese (VT 22%).

Diabetes-related deaths of 78 per 100,000 (VT 91 per 100,000).

Asthma hospitalizations among youth  $<18$  is 3.5 per 10,000, which is significantly below the statewide rate of 9.1 per 10,000. In contrast, the asthma rate among Abenaki persons is much higher.

Chronic Obstructive Pulmonary Disease (COPD) death rate among people 45 and older is 230 per 100,000, the highest rate in the state (VT 23 per 100,000).



## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

Alburt Health Center ..... [www.notchvt.org](http://www.notchvt.org)  
Keeler Bay Health Center..... [www.chcb.org](http://www.chcb.org)

## HOSPITALS

**Northwestern Medical Center:** Located in St. Albans, it is a 70-bed, not-for-profit, acute-care hospital. NMC provides primary and preventive care, surgical and specialty services, inpatient and outpatient care, 24-hour physician-staffed emergency services, and a walk-in clinic. NMC supports a number of primary care affiliates. [www.northwesternmedicalcenter.org](http://www.northwesternmedicalcenter.org)

**University of Vermont Medical Center:** An academic medical center located in Chittenden County. UVMHC has 458 staffed beds, more than 30 care sites and Vermont's only Level 1 Trauma Center. [www.uvmhealth.org](http://www.uvmhealth.org)

## KEY STATE & COMMUNITY AGENCIES

**2-1-1:** Free information and referral from the United Ways of Vermont. Community members who need to identify resources for any need can receive information by dialing 2-1-1 toll-free from anywhere in Vermont. 2-1-1 works with TTY and provides interpreted services for limited English-speaking persons. [www.vermont211.org](http://www.vermont211.org)

**Vermont Department of Health:** The St. Albans office provides information for the public and providers about current health issues. [www.healthvermont.gov](http://www.healthvermont.gov)

**Champlain Valley Office of Economic Opportunity (CVOEO):** Operating throughout the northwestern region to provide food shelf, home weatherization, tenant support, mobile home assistance, Head Start, housing assistance, emergency fuel assistance, food stamp outreach, community garden and farm-to-family voucher programs, tax filing and other form preparation services, information, and advocacy for low-income persons. The agency served nearly 10,000 households last year. [www.cvoeo.org](http://www.cvoeo.org)

**Champlain Valley Agency on Aging:** Provides information and referral for all seniors and their families/supporters, case management for frail elders and certain younger adults with physical disabilities, and administers other Older American Act programs for the region. Call an Agency on Aging toll free from anywhere in Vermont at 1-800-642-5119. [www.cvaa.org](http://www.cvaa.org)

**C.I.D.E.R.:** A private, non-profit membership organization of Champlain Islanders Developing Essential Resources (CIDER), with an emphasis on addressing needs of islanders who are elderly or have a disability. Through innovative direct services and partnerships the group provides information and referral, transportation, meals, housing, reassurance and other supports. The agency is a member of the local United Way. [www.cidervt.org](http://www.cidervt.org)

**The Economic Services Division:** The Vermont Department of Children and Families provides outreach, eligibility determination, and benefits administration for all state and federally funded basic and health needs programs. The Division has a phone-based client services system which can be accessed 24/7 at 1-800-479-4151. Transactions that require a discussion with a staff person must be made between 7:45 am and 4:30 pm Monday through Friday by calling the same number. [www.dcf.vermont.gov/services](http://www.dcf.vermont.gov/services)

**Franklin-Grand Isle United Way:** Serving the islands of Grand Isle County as well as Franklin County it provides information about volunteer opportunities, supports a community health partnership, and provides funding to member agencies and youth-directed programs. [www.fgiunitedway.org](http://www.fgiunitedway.org)

## MEDIA, RECREATION & LEISURE

Cell telephone signal is limited in many parts of the county.

## NEWS

**Burlington Free Press:** Daily newspaper, including calendar of events. [www.burlingtonfreepress.com](http://www.burlingtonfreepress.com)

**The Islander:** [www.lakechamplainislander.com](http://www.lakechamplainislander.com)

## RECREATION

**Vermont State Parks:** The county is home to several state parks: [www.vtstateparks.com](http://www.vtstateparks.com)

Alburt Dunes State Park  
Burton Island State Park  
Grand Isle State Park  
Kill Kare State Park  
Knight Island State Park  
North Hero State Park  
Sand Bar State Park  
Woods Island State Park

**Lake Champlain Bikeways:** [www.champlainbikeways.org](http://www.champlainbikeways.org)

## CULTURE AND LEISURE ATTRACTIONS

**Lake Champlain Islands Events Calendar:** For local events, check [www.champlainislands.com](http://www.champlainislands.com)

**The Free Library System:** Visit the library catalog page for Vermont to click on links to the library nearest you. Vermont libraries have free Internet service and community activities. Hours vary and may be limited to certain days of the week in rural towns.

[www.publiclibraries.com/vermont.htm](http://www.publiclibraries.com/vermont.htm)

**Vermont Shakespeare Festival:** [www.vermontshakespeare.org](http://www.vermontshakespeare.org)

1 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2009, 2007 data [www.vtlmi.info/profile2009.pdf](http://www.vtlmi.info/profile2009.pdf)

2 From County Health Rankings, a project of Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute [www.countyhealthrankings.org/vermont/caledonia/24](http://www.countyhealthrankings.org/vermont/caledonia/24)

3 The Health Status of Vermonters, March 2008, Vermont Department of Health, <http://healthvermont.gov/research/healthstatusreport.aspx> See Appendix, county data.

4 U.S. Census Bureau, Vermont Quick Facts 2013 for Grand Isle County, Vermont.

5 French Canadian and French Ancestry by Town, Canadian Studies Program, University of Vermont, 1997

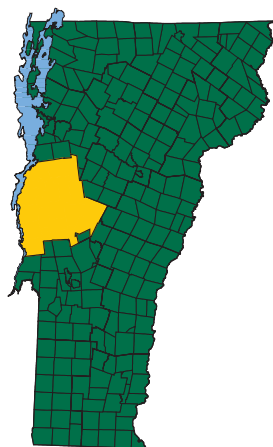
# Addison County

## POPULATION<sup>3</sup>

Population (2013).....	36,760
Persons under 5.....	4.3%
Persons 5-18.....	20.1%
Persons 19-64.....	61.2%
Persons 65+.....	14.3%

## Race

White.....	95.4%
Black or African American.....	1.0%
American Indian & Alaska Native...	0.3%
Asian.....	1.6%
Two or more races.....	1.8%



## Ethnicity and Language

Farming in Addison County depends on a labor force that consists of undocumented persons working on dairy farms ([www.vtmigrantfarmworkersolidarity.org](http://www.vtmigrantfarmworkersolidarity.org)), the majority of whom are Hispanic and Latino persons.

For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Addison County	Vermont
Per capita income (2009-13).....	\$28,722	\$29,167
Median household income (2009-13).....	\$57,565	\$54,267
Population below poverty.....	11.3%	11.8%
Total households countywide (2009-13) .....	14,164	
Persons per household.....	2.4	2.34
Speak language other than English at home...	5.1%	
Residents were born outside of U.S.....	4.1%	

## PLACE

Addison County is 770.18 square miles. The population density of 46.7 persons per square mile is lower than the state average of 67.9

## THE ECONOMY

Grand Isle County has one the state's lowest unemployment rates at 5.9%.

57.2% of workers are employed outside the county. Out-of-county workers spend on average 50% more time commuting to work than other Vermonters. The mean commute time to work is 33.4 minutes.

## Education

	Addison County	Vermont
High school graduation rate .....	91.6%	91.4%
College degree .....	23.3%	34.8%

## Major Employment Sectors<sup>4</sup>

Manufacturing.....	22%
Service Providing.....	49.8%
Government .....	28.2%

## HEALTH

### Risk Factors and Chronic Conditions<sup>1</sup>

	Addison County	Vermont
Adult smokers .....	15%	16%
Adult obesity .....	23%	24%
Excessive drinking.....	19%	19%
Motor vehicle crash death rate.....	12%	12%
Children under 18 in poverty .....	16%	16%

## HEALTH INDICATORS

### Access<sup>2</sup>

9% of residents report having no health insurance.

76% of Addison County adults received influenza immunization in 2008 (VT 66%).

10% of adults do not have a usual primary care physician (VT 15%).

3% of primary care physicians either limit or do not accept new patients.

### Women & Infants<sup>2</sup>

89% of pregnant women receive prenatal care in the first trimester (VT 90%).

Teen birth rate among 15-17 year olds is 11.5 per thousand live births (VT 15.8).

Low birth weight rate ( $\leq 5.5$  lbs) 5.1% (VT 6.4 %).

78% of women >40 years old have had a mammogram (VT 77%).

### Disease Rates<sup>2</sup>

Heart disease death rate is 150 per 100,000 population (VT 138).

22% of adults are obese (VT 20%).

Stroke death rate of 50 per 100,000 (VT 44).

Diabetes-related deaths of 109 per 100,000 (VT 91 per 100,000).

Asthma hospitalizations rate among youth <18 is 3.3 per 10,000 (VT 9.1 per 10,000).

Chronic Obstructive Pulmonary Disease (COPD) death rate among people 45 and older is 108 per 100,000 (VT 123).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

Mountain Health Center..... [www.mountainhealthcenter.com](http://www.mountainhealthcenter.com)

## HOSPITALS

**Porter Hospital:** Located in Middlebury, it is a Critical Access Hospital that offers comprehensive medical care and 24-hour emergency services. The Porter Hospital Medical Staff consists of more than 60 physicians offering primary care and an array of specialty medical care. [www.portermedical.org](http://www.portermedical.org)

**University of Vermont Medical Center:** An academic medical center with a service area that includes Addison County and other areas totaling one million persons. UVMHC has 458 staffed beds, more than 30 care sites and Vermont's only Level 1 Trauma Center. [www.uvmhealth.org](http://www.uvmhealth.org)

## KEY STATE & COMMUNITY AGENCIES

**2-1-1:** Free information and referral from the United Ways of Vermont. Community members who need to identify resources for any need can receive information by dialing 2-1-1 toll-free from anywhere in Vermont. 2-1-1 works with TTY and provides interpreted services for limited English-speaking persons. [www.vermont211.org](http://www.vermont211.org)

**United Way of Addison County:** Provides a one-page list of frequently used local resources. [www.unitedwayaddisoncounty.org](http://www.unitedwayaddisoncounty.org)

**Vermont Department of Health:** District Office in Middlebury provides information for the public and providers about current health issues. [www.healthvermont.org](http://www.healthvermont.org)

**Champlain Valley Office of Economic Opportunity (CVOEO):** Operating throughout the northwestern region to provide food shelf, home weatherization, tenant support, mobile home assistance, Head Start, housing assistance, emergency fuel assistance, food stamp outreach, community garden and farm-to-family voucher programs, tax filing and other form preparation services, information, and advocacy for low-income persons. The agency served nearly 10,000 households last year. [www.cvoeo.org](http://www.cvoeo.org)

**Champlain Valley Agency on Aging:** Provides information and referral for all seniors and their families/supporters, case management for frail elders and certain younger adults with physical disabilities, and administers other Older American Act programs for the region. Call an Agency on Aging toll free from anywhere in Vermont at 1-800-642-5119. [www.cvaa.org](http://www.cvaa.org)

**The Economic Services Division:** The Vermont Department of Children and Families provides outreach, eligibility determination, and benefits administration for all state and federally funded basic and health needs programs. The Division has a phone-based client services system which can be accessed 24/7 at 1-800-479-4151. Transactions that require a discussion with a staff person must be made between 7:45 am and 4:30 pm Monday through Friday by calling the same number. [www.dcf.vermont.gov/services](http://www.dcf.vermont.gov/services)

**The Counseling Service of Addison County:** A non-profit, comprehensive agency serving adults, families and children who may have a diversity of needs, including emotional problems, family issues, substance abuse, serious mental illness, and developmental disabilities. [www.csac-vt.org](http://www.csac-vt.org)

## MEDIA, RECREATION & LEISURE

### NEWS

**Addison County Independent:** Twice-weekly newspaper, including a calendar of community events. [www.addisonindependent.com](http://www.addisonindependent.com)

**Vermont Public Radio:** Broadcasts at 107.9 and streams on the web. [www.vpr.net](http://www.vpr.net)

**WVTK-FM:** Broadcasts at 92.1 and offers local and state news. [www.921wvtf.com](http://www.921wvtf.com)

### RECREATION

**Green Mountain National Forest:** Protects 400,000 acres that reach across nearly two-thirds the length of Vermont. Its mission is to sustain, protect, and enhance forest ecosystems. [www.fs.usda.gov/greenmountain](http://www.fs.usda.gov/greenmountain)

**Trail Around Middlebury (TAM):** A 16-mile footpath that encircles the town of Middlebury. It links several hundred acres of town land, conserved properties, schools, and local landmarks. [www.maltvt.org](http://www.maltvt.org)

**Vermont State Parks:** Online at Find a State Park. There are several popular state parks in Addison County. [www.vtstateparks.com](http://www.vtstateparks.com)

### CULTURE AND LEISURE ATTRACTIONS

**The Free Library System:** Visit the library catalog page for Vermont to click on links to the library nearest you. Vermont libraries have free Internet service and community activities. Hours vary and may be limited to certain days of the week in rural towns. [www.publiclibraries.com/vermont.htm](http://www.publiclibraries.com/vermont.htm)

**Mahaney Center for The Arts:** A visual and performing arts facility that serves Middlebury College and the surrounding communities. Its primary purpose is to provide an environment for the creation of art, and to invite audiences to experience the work of local, national, and international artists. [www.middlebury.edu/arts/mcfa](http://www.middlebury.edu/arts/mcfa)

**Lake Champlain Maritime Museum:** Brings to life the stories of Lake Champlain and its people. Its mission is to preserve and share the rich history of the Lake Champlain region. [www.lcmm.org](http://www.lcmm.org)

**Middlebury College Museum of Art:** Contains the college's permanent collection, traveling exhibitions, antiquities, Asian art, photography, 19th-century European and American painting and sculpture, and contemporary prints. [museum.middlebury.edu](http://museum.middlebury.edu)

**Addison County Chamber of Commerce:** Features information about county attractions, events and activities. [www.addisoncounty.com](http://www.addisoncounty.com)

**Town Hall Theatre:** Located in Middlebury, the beautifully restored 1883 Town Hall offers a variety of performances and exhibits. [www.townhalltheatre.org](http://www.townhalltheatre.org)

1 From County Health Rankings, a project of Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute [www.countyhealthrankings.org/vermont](http://www.countyhealthrankings.org/vermont)

2 The Health Status of Vermonters, March 2008, Vermont Department of Health, <http://healthvermont.gov/research/healthstatusreport.aspx>. See Appendix, county data.

3 U.S. Census Bureau QuickFacts

4 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2009, 2007 data [www.vtmi.info/profile2009.pdf](http://www.vtmi.info/profile2009.pdf),

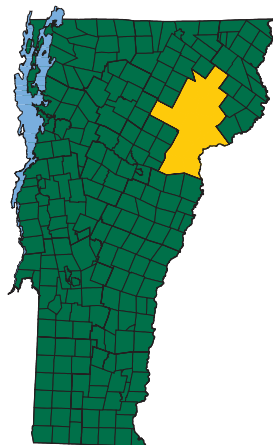
# Caledonia County

## POPULATION

Population (2013).....	31,157 <sup>1</sup>
Persons under 5.....	4.9%
Persons 5-18.....	15.9%
Persons 19-64 .....	62.1%
Persons 65 years+.....	17.1%

## Race

White .....	96.5%
Black or African American .....	0.7%
American Indian & Alaska Native... ..	0.5%
Asian .....	0.8%
Two or more races .....	1.4%



## Ethnicity and Language

For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Caledonia County	Vermont
Per capita income (2012).....	\$36,208 <sup>2</sup>	\$29,167
Median household income (2008-12).....	\$44,435 <sup>1</sup>	\$54,267
Population below poverty (2012).....	14.4%	11.8% <sup>3</sup>
Total households countywide (2008-12) ...	12,525 <sup>1</sup>	
Persons per household (2008-12) .....	2.4	2.34

## THE ECONOMY

### Major Employment Sectors<sup>2</sup>

Government .....	17.2%
Service Providing.....	59.9%
Manufacturing.....	22.9%

## HEALTH

### Risk Factors and Chronic Conditions<sup>4</sup>

	Caledonia County	Vermont
Adult smokers .....	18%	16% <sup>4</sup>
Adult obesity .....	28%	24%
Excessive drinking.....	15%	19%
Children under 18 in poverty .....	20.9%	16% <sup>3</sup>
Limited access to healthy foods* .....	2%	

\* Measured as proportion of the population who are low income ( $\leq 200\%$  federal poverty threshold) and do not live close (10 miles rural, 1 mile nonrural) to a grocery store.

## HEALTH INDICATORS

### Access

9% of residents report having no health insurance (VT 8%).<sup>4</sup>

The population is older – 17.1% of residents are over 65 (VT 16.4%).<sup>1</sup>

There is a shortfall in the number (FTE) of primary care physicians for adults, combining family medicine and internal medicine.

15% of adults do not have a regular primary care provider.<sup>7</sup>

41.4% of primary care physicians are limiting or not accepting new patients.<sup>5</sup>

The county has an adequate number of primary care dentists for its population (1 FTE per 2,554 people),<sup>6</sup> but a future shortage is projected as many of these dentists near retirement.

## Women & Infants<sup>7</sup>

89% of pregnant women receive prenatal care in the first three months of pregnancy (VT 90%).

Teen birth rate ages 15-17 is 13.9 per 1,000 live births (VT 15.8 per 1,000).

Low birth weight rate ( $\leq 5.5$  lbs) is 6.1% (VT 6.4%).

Breast cancer screening of women 40+ is 73% (VT 77%).

## Disease Rates<sup>7</sup>

Heart disease death rate is 169 per 100,000 (VT 138 per 100,000).

Stroke death rate is 48 per 10,000 (VT 44 per 10,000).

Diabetes-related deaths of 105 per 100,000 (VT 91 per 100,000).

Asthma hospitalizations among people under 18 is 17 per 10,000 (VT 9.1 per 10,000).

COPD death rate among people 45 and older is 138 per 100,000 (VT 123 per 100,000).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

**Northern Counties Health Care:** Serves Caledonia, Essex and Orleans Counties with offices in St. Johnsbury and Hardwick. The Hardwick Area Health Center features a primary care dental office. The Caledonia Home Health Care and Hospice agency is the first Medicare and Medicaid certified home care and hospice provider in their service area. [www.nchcvt.org](http://www.nchcvt.org)

## HOSPITALS

**Northeastern Vermont Regional Hospital:** Located in Vermont's historic Northeast Kingdom, it is a not-for-profit, acute care, critical access hospital and the only Vermont hospital designated as a Baby Friendly hospital by the United Nations. NVRH provides primary and preventive care, surgical and specialty services, inpatient and outpatient care and 24 hour, physician-staffed emergency services. [www.nvrh.org](http://www.nvrh.org)

## KEY STATE & COMMUNITY AGENCIES

**Vermont Department of Health:** Regional office is located in St. Johnsbury and serves the municipalities of Barnet, Burke, Concord, Danville, East Haven, Granby, Groton, Guildhall, Kirby, Lunenburg, Lyndon, Maidstone, Newberry, Newark, Peacham, Ryegate, St. Johnsbury, Sheffield, Sutton, Topsham, Victory, Walden, Waterford, Wheelock. [www.healthvermont.gov](http://www.healthvermont.gov)

**Northeast Kingdom Community Action:** A private nonprofit organization serving the Northeast Kingdom. Programs include youth prevention and support, Head Start, food shelf and many others. [www.nekcavt.org](http://www.nekcavt.org)



**Area Agency on Aging for Northeastern Vermont:** A private, nonprofit with the mission to help people age with independence and dignity. Programs provide coordinated services for older persons in the region. Their service area includes Essex, Caledonia and Orleans counties. [www.nevaaa.org](http://www.nevaaa.org)

**Green Mountain United Way:** Serves all of Caledonia County and Essex, Orleans, Orange and Washington Counties. [www.gmunitedway.org](http://www.gmunitedway.org)

**Northeast Kingdom Human Services:** Provides services to children and adults with chronic mental health conditions, developmental disabilities, substance abuse problems and other medical psychiatric needs. [www.nkhs.org](http://www.nkhs.org)

## TRANSPORTATION

**Rural Community Transportation, Inc.:** A transportation brokerage that uses all modes of transportation including cars, taxis, vans, volunteer drivers and van pools to serve a wide range of passengers through several programs, and the general public. RCT's service area includes Essex, Caledonia, Orleans and Lamoille Counties of Vermont. RCT operates the Jay-Lyn shuttle between St. Johnsbury and Lyndonville and the new U.S. 2 Commuter between St. Johnsbury and Montpelier. [www.rideRCT.org](http://www.rideRCT.org)

## RECREATION & LEISURE

**St. Johnsbury Athenaeum:** A private, nonprofit public library and art gallery located in St. Johnsbury. The Athenaeum was founded by the Fairbanks family of St. Johnsbury, inventors and manufacturers of the world's first platform scale in 1871. [www.stjathenaeum.org](http://www.stjathenaeum.org)

**Burke Mountain:** Located in East Burke, it offers winter skiing as well as summer camping with lots of nearby hiking and snowshoeing through the Kingdom Trails. [www.skiburke.com](http://www.skiburke.com)

**Catamount Arts:** Founded in 1975, it is located in St. Johnsbury. The Catamount Arts mission is to enhance the cultural climate of the area by integrating arts into the community through a diversified schedule of film, music, theater, dance and visual arts. [www.catamountarts.org](http://www.catamountarts.org)

**Fairbanks Museum & Planetarium:** Located in St. Johnsbury, it holds over 175,000 objects from natural science specimens, historical artifacts, archival photographs, rotating exhibits, and weather exhibits. It is the only public planetarium in Vermont. [www.fairbanksmuseum.org](http://www.fairbanksmuseum.org)

**Kingdom Trails:** Located in East Burke, it is a multiple-use trail system unlike any other and voted the Best Trail Network in North America by *Bike Magazine* in their annual reader's poll. The trail is open during summer and winter season offering mountain biking, hiking, trail running, Nordic skiing and snowshoeing. [www.kingdomtrails.org](http://www.kingdomtrails.org)

**St. Johnsbury Parks and Recreation Department:** Offering a variety of classes, fitness and sports activities for youth and adults to stay active. For more information go to: [www.stjrec.com](http://www.stjrec.com)

1 U.S. Census Bureau, State and County Quick Facts: [quickfacts.census.gov](http://quickfacts.census.gov)

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2014, 2012 data. Available at [vtlmi.info](http://vtlmi.info)

3 U.S. Census Bureau, Small Area Income and Poverty Estimates, State and County Estimates for 2012. Available at [census.gov](http://census.gov)

4 County Health Rankings, a Robert Wood Johnson Foundation program in collaboration with the University of Wisconsin Population Health Institute. Available at [countyhealthrankings.org](http://countyhealthrankings.org)

5 Northeastern Vermont AHEC 2014 Primary Care Data Report, Northeastern Vermont Area Health Education Center, 347 Emerson Falls Road, Suite 3, St. Johnsbury, VT 05819, (802) 748-2506, [www.nevahec.org](http://www.nevahec.org)

6 Vermont Department of Health 2011 Dentist Survey Summary Report. Available at [healthvermont.gov/research/HlthCarePrvSrvys](http://healthvermont.gov/research/HlthCarePrvSrvys)

7 The Health Status of Vermonters, March 2008, Vermont Department of Health. Available at [healthvermont.gov/pubs/documents/HealthStatusRpt2008](http://healthvermont.gov/pubs/documents/HealthStatusRpt2008)

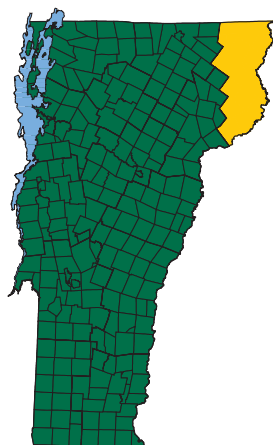
# Essex County

## POPULATION

Population (2013).....	6,211 <sup>1</sup>
Persons under 5.....	4.4%
Persons 5-18.....	13.2%
Persons 19-64 .....	60.1%
Persons 65 years+.....	22.3%

## Race (2013<sup>1</sup>)

White .....	96%
Black or African American .....	0.4%
American Indian & Alaska Native...	0.6%
Asian .....	0.4%
Two or more races.....	1.5%



For a handbook on cultural competency, visit the Champlain Valley AHEC web site:

[www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Essex County	Vermont
Per capita income (2012).....	\$29,624 <sup>2</sup>	\$29,167
Median household income (2008-12).....	\$37,214 <sup>1</sup>	\$54,267
Population below poverty (2012).....	16.4%	11.8% <sup>3</sup>
Total households countywide (2008-12) .....	2,831 <sup>1</sup>	
Persons per household (2008-12) .....	2.22	2.34

## THE ECONOMY

### Major Employment Sectors<sup>2</sup>

Government .....	29.1%
Service Providing.....	26.4%
Manufacturing.....	44.5%

## HEALTH

### Risk Factors and Chronic Conditions

	Essex County	Vermont
Adult smokers .....	26%	16% <sup>4</sup>
Adult obesity .....	28%	24%
Excessive drinking.....	21%	19%
Children under 18 in poverty .....	26.6%	16% <sup>3</sup>
Limited access to healthy foods* .....	12%	

\* Measured as proportion of the population who are low income ( $\leq 200\%$  federal poverty threshold) and do not live close (10 miles rural, 1 mile nonrural) to a grocery store.

## HEALTH INDICATORS

### Access

11% of residents report having no health insurance (VT 8%).<sup>4</sup>

The population is older – 22.3% of residents are over 65 (VT 16.4%).<sup>1</sup>

Shortage of primary care providers: actual primary care physician FTEs is 2.35, versus recommended FTEs 5.015.

21% of adults do not have a regular physician.<sup>7</sup>

Only three providers in the county for 6,211 patients; two physicians are limiting new patients.<sup>5</sup>

Primary care dentist shortage: 1 FTE per 6,211 people<sup>6</sup> (shortage area by federal definition: 1 dentist per 4,000 people).

### Women & Infants<sup>7</sup>

88% of pregnant women receive prenatal care in the first three months of pregnancy (VT 90%).

Low birth weight rate ( $\leq 5.5$  lbs) is 7.7% (VT 6.4%).

Breast cancer screening of women 40+ is 71% (VT 77%).

### Disease Rates<sup>7</sup>

Heart disease death rate is 191 per 100,000 (VT 138 per 100,000).

Diabetes-related death rate is 102 per 100,000 (VT 91 per 100,000).

Asthma hospitalizations among people under 18 are 5.2 per 10,000 (VT 9.1 per 10,000).

COPD death rate among people 45 and older is 186 per 100,000 (VT 123 per 100,000).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

**Northern Counties Health Care:** Serves Caledonia, Essex and Orleans Counties with offices in St. Johnsbury and Hardwick. The Hardwick Area Health Center features a primary care dental office. The Caledonia Home Health Care and Hospice agency is the first Medicare and Medicaid certified home care and hospice provider in their service area. [www.nchcvt.org](http://www.nchcvt.org)

## HOSPITALS

There are no hospitals in Essex County. Residents travel to Orleans County to the North Country Hospital in Newport ([nchsi.org](http://nchsi.org)) or to Upper Connecticut Valley Hospital in Colebrook, New Hampshire

## KEY STATE & COMMUNITY AGENCIES

**Vermont Department of Health:** There is no district office in Essex County. The southern towns in Essex County are covered by the St. Johnsbury office and the northern towns are covered by the Newport district office. [www.healthvermont.gov](http://www.healthvermont.gov)

**Northeast Kingdom Community Action:** A private nonprofit organization serving the Northeast Kingdom. Programs include youth prevention and support, Head Start, food shelf and many others. [www.nekcavt.org](http://www.nekcavt.org)

**Area Agency on Aging for Northeastern Vermont:** A private, nonprofit with the mission to help people age with independence and dignity carrying out programs that provide coordinated services for older persons in the region. Their service area includes Essex, Caledonia and Orleans Counties with offices in St. Johnsbury, Newport and Hardwick. [www.nevaaa.org](http://www.nevaaa.org)

**Green Mountain United Way:** Serves all of Essex County and Caledonia, Orleans, Orange and Washington Counties. [www.gmunitedway.org](http://www.gmunitedway.org)

**Northeast Kingdom Human Services:** Provides services to children and adults with chronic mental health conditions, developmental disabilities, substance abuse problems and other medical psychiatric needs. [www.nkhs.org](http://www.nkhs.org)

## TRANSPORTATION

**Rural Community Transportation, Inc.:** A transportation brokerage that uses all modes of transportation including cars, taxis, vans, volunteer drivers and van pools to serve a wide range of passengers through several programs, and the general public. RCT's service area includes Essex, Caledonia, Orleans and Lamoille counties of Vermont. RCT operates the Island Pond shuttle between Island Pond and Newport. [www.rideRCT.org](http://www.rideRCT.org)

## RECREATION & LEISURE

**Essex County:** Nearly 200 miles of hiking, skiing, trekking, and mountain bike trails connect to other area trails, and to the Vermont Association of Snow Travelers (VAST) regional snowmobile trail system – shared by various outdoors enthusiasts throughout the year. [www.vtvast.org](http://www.vtvast.org)

One of Vermont's northernmost lakes is Island Pond which the Abenaki first called Menanbawk (after the 20-acre island on the lake). It was not long before the townsfolk adopted the English version of the name.

**Nulhegean Basin Division:** Part of the Silvio O. Conte National Wildlife Refuge spanning NH, VT and MA. Exhibits include information about the cultural history of the basin, Refuge partners, Refuge research, geology and geography, habitat management, the watershed and northern forest habitats and species. [www.fws.gov](http://www.fws.gov)

**Brighton and Maidstone State Parks:** Part of the Vermont State Park system. Known as two of the more remote parks in Vermont, Brighton and Maidstone feature beautiful views of the mountains and clear lakes for recreation. Loons inhabit the ponds and can be heard singing at night. [www.vtstateparks.com](http://www.vtstateparks.com)

1 U.S. Census Bureau, State and County Quick Facts: [quickfacts.census.gov](http://quickfacts.census.gov)

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2014, 2012; [vtlmi.info](http://vtlmi.info)

3 U.S. Census Bureau, Small Area Income and Poverty Estimates, State and County Estimates for 2012. Available at [census.gov](http://census.gov)

4 County Health Rankings, a Robert Wood Johnson Foundation program in collaboration with the University of Wisconsin Population Health Institute. Available at [countyhealthrankings.org](http://countyhealthrankings.org)

5 Northeastern Vermont AHEC 2014 Primary Care Data Report, Northeastern Vermont Area Health Education Center, 347 Emerson Falls Road, Suite 3, St. Johnsbury, VT 05819, (802) 748-2506, [www.nevahec.org](http://www.nevahec.org)

6 Vermont Department of Health 2011 Dentist Survey Summary Report. Available at [healthvermont.gov/research/HlthCarePrvSrvys](http://healthvermont.gov/research/HlthCarePrvSrvys)

7 The Health Status of Vermonters, March 2008, Vermont Department of Health. Available at [healthvermont.gov/pubs/documents/HealthStatusRpt2008](http://healthvermont.gov/pubs/documents/HealthStatusRpt2008)

# Lamoille County

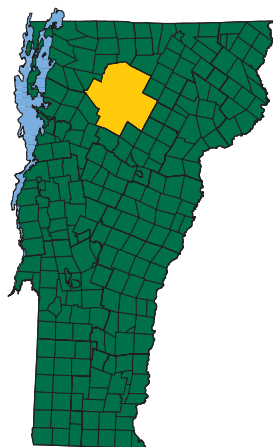
## POPULATION

Population (2013).....	25,067 <sup>1</sup>
Persons under 5.....	5.4%
Persons 5-18.....	16%
Persons 18-64 .....	63.9%
Persons 65 years+.....	14.7%

Population Density (2010):  
53.3 per square mile (VT 67.9)<sup>1</sup>

## Race (2013<sup>1</sup>)

White .....	96.4%
Black or African American .....	0.8%
American Indian & Alaska Native ...	0.5%
Asian .....	0.6%
Two or more races .....	1.7%



For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Lamoille County	Vermont
Per capita income (2012).....	\$43,020 <sup>2</sup>	\$29,167
Median household income (2008-12).....	\$54,064 <sup>1</sup>	\$54,267
Population below poverty (2012).....	11.4%	11.8% <sup>3</sup>
Total households countywide (2008-12) .....	9,975 <sup>1</sup>	
Persons per household (2008-12) .....	2.38	2.34

## THE ECONOMY

### Major Employment Sectors<sup>2</sup>

Government .....	15.1%
Service Providing.....	71.1%
Manufacturing.....	4.2%

## HEALTH

### Risk Factors and Chronic Conditions

	Lamoille County	Vermont
Adult smokers .....	18%	16% <sup>4</sup>
Adult obesity .....	26%	24%
Excessive drinking.....	22%	19%
Children under 18 in poverty .....	15.3%	16% <sup>3</sup>
Limited access to healthy foods* .....	8%	

\* Measured as proportion of the population who are low income ( $\leq 200\%$  federal poverty threshold) and do not live close (10 miles rural, 1 mile nonrural) to a grocery store.

## HEALTH INDICATORS

### Access

9% of residents report having no health insurance (VT 8%).<sup>4</sup>

The population is older – 14.7% of residents are over 65 (VT 16.4%).<sup>1</sup>

Supply of primary care physicians meets the recommended full time equivalents for the population (actual: 20.39, recommended: 20.09).<sup>5</sup>

12% of adults do not have a regular physician.<sup>7</sup>

52.4% of primary care physicians are limiting or not accepting new patients.<sup>5</sup>

The county has an adequate number of primary care dentists for its population (1 FTE per 2,785 people<sup>6</sup>), but a future shortage is projected as many of these dentists near retirement.

## Women & Infants<sup>7</sup>

89% of pregnant women receive prenatal care in the first three months of pregnancy (VT 90%).

Low birth weight rate ( $\leq 5.5$  lbs) is 6.9% (VT 6.4%).

Breast cancer screening of women 40+ is 77% (VT 77%).

## Disease Rates<sup>7</sup>

Heart disease death rate is 151 per 100,000 (VT 138 per 100,000).

Stroke death rate is 47 per 10,000 (VT 44 per 10,000).

Diabetes-related death rate is 106 per 100,000 (VT 91 per 100,000).

Asthma hospitalizations among people under 18 are 3.9 per 10,000 (VT 9.1 per 10,000).

COPD death rate among people 45 and older is 114 per 100,000 (VT 123 per 100,000).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

**Community Health Services of Lamoille Valley:** Five medical practices at three sites: Stowe Family Practice, Morrisville Family Health Care, The Women's Center, the Behavioral Health & Wellness Center, and the Neurological Clinic. Services include a new community dental clinic in Morrisville. [www.chslv.org](http://www.chslv.org)

## HOSPITALS

**Copley Hospital:** Located in Morrisville. Since 1932, Copley has been a community hospital for residents and visitors of the Lamoille Valley. [www.chsi.org](http://www.chsi.org)

## KEY STATE & COMMUNITY AGENCIES

**Vermont Department of Health:** The regional office is located in Morrisville. [www.healthvermont.gov](http://www.healthvermont.gov)

**Capstone Community Action:** Serving all of Lamoille County. Programs include youth prevention and support services, Head Start, food shelf and many others. [www.capstonevt.org](http://www.capstonevt.org)

**Central Vermont Council on Aging:** A private, nonprofit with the mission to help people age with independence and dignity, carrying out programs that provide coordinated services for older persons in the region. Their service area includes all of Lamoille County. [www.cvcoa.org](http://www.cvcoa.org)

**United Way of Lamoille County:** Serving all of Lamoille County. [www.uwlamoille.org](http://www.uwlamoille.org)



## TRANSPORTATION

**Rural Community Transportation, Inc.:** A transportation brokerage that uses all modes of transportation including cars, taxis, vans, volunteer drivers, and van pools to serve a wide range of passengers through several programs, and the general public. RCT's service area includes Essex, Caledonia, Orleans and Lamoille counties of Vermont. RCT operates the Ridgerunner shuttle between Morrisville and Craftsbury Common. [www.RCT.org](http://www.RCT.org)

## RECREATION & LEISURE

**Smugglers Notch:** A year round family resort for skiing, hiking, canoeing, golf, water slides, shops and more. [www.smuggs.com](http://www.smuggs.com)

**Stowe Mountain Resort:** A year round family resort for winter and summer activities. [www.summer.stowe.com](http://www.summer.stowe.com)

**Go Stowe:** A web site highlighting indoor and outdoor activities and adventures, culture and the arts, and an events calendar for the Stowe area. Sponsored by the Stowe Chamber of Commerce. [www.gostowe.com](http://www.gostowe.com)

**Underhill State Park:** Located within Vermont's 34,000-acre Mt. Mansfield State Forest. On the headwaters of the Brown's River, at about a 2,000 foot elevation, the park lies on the west slope of 4,300 foot Mt. Mansfield, the state's highest peak. Just over the summit ridge is the Stowe ski area, one of North America's original ski resorts. [www.vtstateparks.com](http://www.vtstateparks.com)

1 U.S. Census Bureau, State and County Quick Facts: [quickfacts.census.gov](http://quickfacts.census.gov)

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2014, 2012; [vtlmi.info](http://vtlmi.info)

3 U.S. Census Bureau, Small Area Income and Poverty Estimates, State and County Estimates for 2012. Available at [census.gov](http://census.gov)

4 County Health Rankings, a Robert Wood Johnson Foundation program in collaboration with the University of Wisconsin Population Health Institute. Available at [countyhealthrankings.org](http://countyhealthrankings.org)

5 Northeastern Vermont AHEC 2014 Primary Care Data Report, Northeastern Vermont Area Health Education Center, 347 Emerson Falls Road, Suite 3, St. Johnsbury, VT 05819, (802) 748-2506, [www.nevahec.org](http://www.nevahec.org)

6 Vermont Department of Health 2011 Dentist Survey Summary Report. Available at [healthvermont.gov/research/HlthCarePrvSrvys](http://healthvermont.gov/research/HlthCarePrvSrvys)

7 The Health Status of Vermonters, March 2008, Vermont Department of Health. Available at [healthvermont.gov/pubs/documents/HealthStatusRpt2008](http://healthvermont.gov/pubs/documents/HealthStatusRpt2008)

# Orange County

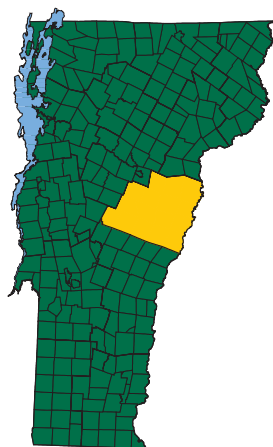
## POPULATION

Population (2013).....	28,915 <sup>1</sup>
Persons under 5.....	4.9%
Persons 5-18.....	15%
Persons 18-64 .....	63.1%
Persons 65 years+.....	17%

Population Density (2010):  
42.1 per square mile (VT 67.9)<sup>1</sup>

## Race (2013<sup>1</sup>)

White .....	96.9%
Black or African American .....	.0.6%
American Indian & Alaska Native... ..	0.5%
Asian .....	0.3%
Two or more races .....	1.6%



For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Orange County	Vermont
Per capita income (2012).....	\$39,005 <sup>2</sup>	\$29,167
Median household income (2008-12).....	\$53,627 <sup>1</sup>	\$54,267
Population below poverty (2012).....	13.1%	11.8% <sup>3</sup>
Total households countywide (2008-12) ...	11,824 <sup>1</sup>	
Persons per household (2008-12) .....	2.39	2.34

## THE ECONOMY

### Major Employment Sectors<sup>2</sup>

Government .....	25.3%
Service Providing.....	55.1%
Manufacturing.....	19.7%

## HEALTH

### Risk Factors and Chronic Conditions

	Orange County	Vermont
Adult smokers .....	19%	16% <sup>4</sup>
Adult obesity .....	28%	24%
Excessive drinking.....	21%	19%
Children under 18 in poverty .....	18.6%	16% <sup>3</sup>
Limited access to healthy foods* .....	4%	

\* Measured as proportion of the population who are low income (≤200% federal poverty threshold) and do not live close (10 miles rural, 1 mile nonrural) to a grocery store.

## HEALTH INDICATORS

### Access

8% of residents report having no health insurance (VT 8%).<sup>4</sup>

The population is older – 17% of residents are over 65 (VT 16.4%).<sup>1</sup>

Shortage of primary care providers: actual primary care physician FTEs is 22, versus recommended FTEs 23.285.<sup>5</sup>

18% of adults do not have a regular primary care provider.<sup>7</sup>

11% of primary care physicians are limiting or not accepting new patients.<sup>5</sup>

## Women & Infants<sup>7</sup>

92% of pregnant women receive prenatal care in the first three months of pregnancy (VT 90%).

Teen birth rate (ages 15-17) is 13.1 per 1,000 live births (VT 15.8 per 1,000).

Low birth weight rate (≤5.5 lbs) is 6.8% (VT 6.4%).

Breast cancer screening of women 40+ is 80% (VT 77%).

## Disease Rates<sup>7</sup>

Heart disease death rate is 169 per 100,000 population (VT 138 per 100,000).

Stroke death rate is 49 per 10,000 (VT 44 per 10,000).

Diabetes-related deaths of 86 per 100,000 (VT 91 per 100,000).

Asthma hospitalizations among people under 18 are 6.4 per 10,000 (VT 9.1 per 10,000).

COPD deaths among people 45 and older are 164 per 100,000 (VT 123 per 100,000).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

**Little Rivers Health Care:** A federally qualified health center with offices in Wells River, East Corinth and Bradford.

[www.littlerivers.org](http://www.littlerivers.org)

## HOSPITALS

**Gifford Medical Center:** Located in Randolph, it was started in 1903 by Dr. John Gifford. In addition to the main campus with an attached 30 bed nursing home, there are outlying family health centers and specialty clinics. [www.giffordmed.org](http://www.giffordmed.org)

## KEY STATE & COMMUNITY AGENCIES

**Vermont Department of Health:** The district office serving Orange County is located in White River Junction. [www.healthvermont.gov](http://www.healthvermont.gov)

**Capstone Community Action:** Serving all of Lamoille County. Programs include youth prevention and support services, Head Start, food shelf and many others. [www.capstonevt.org](http://www.capstonevt.org)

**Central Vermont Council on Aging:** A private, nonprofit with the mission to help people age with independence and dignity carrying out programs that provide coordinated services for older persons in the region. Their service area includes 54 towns in Orange (except Thetford), Lamoille, and Washington Counties. [www.cvcoa.org](http://www.cvcoa.org)

**Upper Valley United Way** Serving 28 towns in the upper valley of Vermont and New Hampshire including Orange County. [www.uvuw.org](http://www.uvuw.org)

**Clara Martin Center:** A community mental health center located in Randolph provides adult, child and family, school corrections and substance abuse services. [www.claramartin.org](http://www.claramartin.org)

## TRANSPORTATION

**Rural Community Transportation, Inc.:** A transportation brokerage that uses all modes of transportation including cars, taxis, vans, volunteer drivers, and van pools to serve a wide range of passengers through several programs, and the general public. RCT's service area includes Essex, Caledonia, Orleans and Lamoille counties of Vermont. RCT operates the Green Leaf shuttle between Danville and the Wal-Mart in Woodsville NH. [www.rideRCT.org](http://www.rideRCT.org)

## RECREATION & LEISURE

**The Montshire Museum Of Science:** Located in Norwich, it is a hands-on museum offering dozens of exhibits relating to the natural and physical sciences, ecology and technology. [www.montshire.org](http://www.montshire.org)

**The Porter Music Box Museum:** Located in Randolph, it has an exquisite collection of music boxes and offers guided tours to take you back in time to the era of the music box. [www.portermusicbox.com](http://www.portermusicbox.com)

**King Arthur Flour:** Located in Norwich. In 2010 it was voted one of the best places to work in Vermont. It is a great destination for home baking enthusiasts looking for new and classic baking products, resources and tools. [www.kingarthurfLOUR.com](http://www.kingarthurfLOUR.com)

**Thetford Hill State Park:** A hidden gem, tucked away in the quiet confines of Thetford Hill State Forest. It includes a small campground and a world-class cross-country running trail. [www.vtstateparks.com](http://www.vtstateparks.com)

**Karmê Chöling:** One of the first meditation centers established in North America, offering meditation retreats, Buddhist study seminars, and training in contemplative arts and body practices on 700 acres of wooded hills. [www.karmecholing.org](http://www.karmecholing.org)

1 U.S. Census Bureau, State and County Quick Facts: [quickfacts.census.gov](http://quickfacts.census.gov)

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2014, 2012 data; .available at [vtlmi.info](http://vtlmi.info)

3 U.S. Census Bureau, Small Area Income and Poverty Estimates, State and County Estimates for 2012. Available at [census.gov](http://census.gov)

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7 The Health Status of Vermonters, March 2008, Vermont Department of Health. Available at [healthvermont.gov/pubs/documents/HealthStatusRpt2008](http://healthvermont.gov/pubs/documents/HealthStatusRpt2008)

# Orleans County

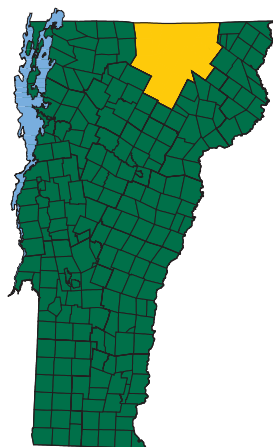
## POPULATION

Population (2013).....	27,169 <sup>1</sup>
Persons under 5.....	4.9%
Persons 5-18.....	15.6%
Persons 18-64 .....	59.8%
Persons 65 years+.....	19.7%

Population Density (2010):  
39.3 per square mile (VT 67.9)<sup>1</sup>

## Race (2013<sup>1</sup>)

White .....	96.7%
Black or African American .....	.0.8%
American Indian & Alaska Native ...	0.5%
Asian .....	0.4%
Two or more races .....	1.5%



For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Orleans County	Vermont
Per capita income (2012).....	\$38,194 <sup>2</sup>	\$29,167
Median household income (2008-12).....	\$41,618 <sup>1</sup>	\$54,267
Population below poverty (2012).....	15.8%	11.8% <sup>3</sup>
Total households countywide (2008-12) ...	10,991 <sup>1</sup>	
Persons per household (2008-12) .....	2.4 <sup>1</sup>	2.34

## THE ECONOMY

### Major Employment Sectors<sup>2</sup>

Government .....	21.5%
Service Providing.....	56.47%
Manufacturing.....	22.1%

## HEALTH

### Risk Factors and Chronic Conditions

	Orleans County	Vermont
Adult smokers .....	22%	16% <sup>4</sup>
Adult obesity .....	30%	24%
Excessive drinking.....	19%	19%
Children under 18 in poverty .....	22.8%	16% <sup>3</sup>
Limited access to healthy foods* .....	5%	

\* Measured as proportion of the population who are low income (≤200% federal poverty threshold) and do not live close (10 miles rural, 1 mile nonrural) to a grocery store.

## HEALTH INDICATORS

### Access

10% of residents report having no health insurance (VT 8%)<sup>4</sup>

The population is older – 19.7 of residents are over 65 (VT 16.4).<sup>1</sup>

Supply of overall primary care physicians meets the recommended full time equivalents for the population (actual: 22.4, recommended: 21.82)<sup>5</sup>, but there is a shortage of primary care physicians who care for adult patients.

17% of adults do not have a regular primary care provider.<sup>7</sup>

31.8% of primary care physicians are limiting or not accepting new patients.<sup>5</sup>

Primary care dentist shortage: 1 FTE per 5,031 people<sup>6</sup> (shortage area by federal definition: 1 dentist per 4,000 people).

### Women & Infants<sup>7</sup>

90% of pregnant women receive prenatal care in the first three months of pregnancy (VT 90%).

Teen birth rate (ages 15-17) is 17.6 per 1,000 live births (VT 15.8 per 1,000).

Low birth weight rate (≤5.5 lbs) is 5.2% (VT 6.4%).

Breast cancer screening of women 40+ is 79% (VT 77%).

### Disease Rates<sup>7</sup>

Heart disease death rate is 189 per 100,000 (VT 138 per 100,000).

Stroke death rate is 44 per 10,000 (VT 44 per 10,000).

Diabetes-related deaths of 110 per 100,000 (VT 91 per 100,000).

Asthma hospitalizations among people under 18 are 14.4 per 10,000 (VT 9.1 per 10,000).

COPD deaths among people 45 and older are 140 per 100,000 (VT 123 per 100,000).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

**Northern Counties Health Care:** Serving Caledonia, Essex and Orleans Counties. The Caledonia Home Health Care and Hospice agency is the first Medicare and Medicaid certified home care and hospice provider in their service area. [www.nchcvt.org](http://www.nchcvt.org)

## HOSPITALS

### North Country Hospital and North Country Health System:

Serving Orleans and Essex Counties. The system includes an acute care hospital and outpatient physician practices and a dialysis unit.

[www.nchsi.org](http://www.nchsi.org)



## KEY STATE & COMMUNITY AGENCIES

**Vermont Department of Health:** The regional office located in Newport serves the Orleans area and Northeast Kingdom.

**[www.healthvermont.gov](http://www.healthvermont.gov)**

**Northeast Kingdom Community Action:** A private nonprofit organization serving the Northeast Kingdom with offices in St. Johnsbury, Newport, Canaan & Island Pond. Programs include youth prevention and support services, Head Start, food shelf and many others. **[www.nekcvt.org](http://www.nekcvt.org)**

**Area Agency on Aging for Northeastern Vermont:** A private, nonprofit with the mission to help people age with independence and dignity. Programs provide coordinated services for older persons in the region. Their service area includes Essex, Caledonia and Orleans counties with offices in St. Johnsbury, Newport and Hardwick.

**[www.nevaaa.org](http://www.nevaaa.org)**

**Green Mountain United Way:** Serving all of Caledonia County and Essex, Orleans, Orange and Washington Counties.

**[www.gmunitedway.org](http://www.gmunitedway.org)**

**Northeast Kingdom Human Services:** Provides services to children and adults with chronic mental health conditions, developmental disabilities, substance abuse problems and other medical psychiatric needs. **[www.nkhs.org](http://www.nkhs.org)**

## TRANSPORTATION

**Rural Community Transportation, Inc.:** A transportation brokerage that uses all modes of transportation including cars, taxis, vans, volunteer drivers, and van pools to serve a wide range of passengers through several programs, and the general public. RCT's service area includes Essex, Caledonia, Orleans and Lamoille counties of Vermont. RCT operates the Highlander shuttle serving the communities of Newport, Derby and Derby Line. RCT also runs three of its 'Green Express' shuttle services in Orleans County; The Lowell Mountain Shopper runs between Lowell and Newport, The Northern Lights shuttle runs between Troy and Newport, and the Island Pond shuttle runs between Island Pond and Newport. **[www.rideRCT.org](http://www.rideRCT.org)**

## RECREATION & LEISURE

**Jay Peak Resort:** Offers seasonal outdoor adventure in Jay, including skiing and riding on 76 trails, slopes and glades, the Jay Peak Championship Golf Course and the NHL-sized Ice Haus Arena.

**[www.jaypeakresort.com](http://www.jaypeakresort.com)**

**Crystal Lake:** Located in Barton, it is part of the Vermont State Parks system. This glacial lake has almost a mile of sandy beaches with boat rentals, and picnic area. **[www.vtstateparks.com](http://www.vtstateparks.com)**

**Lake Willoughby:** Located in Westmore, it is a wonderful example of glacial scouring in the Northeast. It is the deepest lake in the state with depths in excess of 300 feet and is listed as a National Natural Landmark. This 1,600 acre lake offers great fishing, free public access beaches for swimming and boating, nearby hiking (Mt. Pisgah and Mt. Hor) and some of Vermont's best ice climbing.

**[www.vtstateparks.com](http://www.vtstateparks.com)**

**Lake Memphremagog:** Located in Newport it crosses the border into Canada. Ice skating paths run along the shoreline in the winter. In the summer, there are a variety of public access points for boating, fishing and swimming. Visit the North Country Chamber web site for more information. **[www.vtnorthcountry.org](http://www.vtnorthcountry.org)**

**Bread and Puppet Museum:** Located in Glover, it has one of the largest collections of some of the biggest puppets in the world. It is open daily from 10 am-6 pm until November 1st, and after that, by appointment. Free admission. Donations welcome.

**[www.breadandpuppet.org](http://www.breadandpuppet.org)**

1 U.S. Census Bureau, State and County Quick Facts: [quickfacts.census.gov](http://quickfacts.census.gov)

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2014, 2012 data; available at [vtlmi.info](http://vtlmi.info)

3 U.S. Census Bureau, Small Area Income and Poverty Estimates, State and County Estimates for 2012. Available at [census.gov](http://census.gov)

4 County Health Rankings, a Robert Wood Johnson Foundation program in collaboration with the University of Wisconsin Population Health Institute. Available at [countyhealthrankings.org](http://countyhealthrankings.org)

5 Northeastern Vermont AHEC 2014 Primary Care Data Report, Northeastern Vermont Area Health Education Center, 347 Emerson Falls Road, Suite 3, St. Johnsbury, VT 05819, (802) 748-2506, [www.nevahec.org](http://www.nevahec.org)

6 Vermont Department of Health 2011 Dentist Survey Summary Report. Available at [healthvermont.gov/research/HlthCarePrvSrvys](http://healthvermont.gov/research/HlthCarePrvSrvys)

7 The Health Status of Vermonters, March 2008, Vermont Department of Health. Available at [healthvermont.gov/pubs/documents/HealthStatusRpt2008](http://healthvermont.gov/pubs/documents/HealthStatusRpt2008)

# Washington County

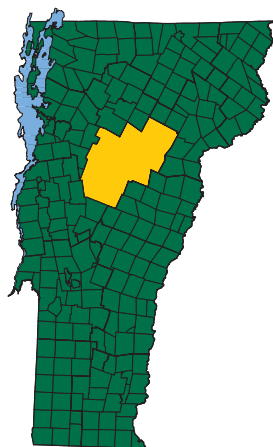
## POPULATION

Population (2013).....	59,319 <sup>1</sup>
Persons under 5.....	5%
Persons 5-18.....	14.8%
Persons 18-64 .....	63.8%
Persons 65 years+.....	16.4%

Population Density (2010):  
86.6 per square mile (VT 67.9)<sup>1</sup>

## Race (2013<sup>1</sup>)

White .....	96.7%
Black or African American .....	.0.9%
American Indian & Alaska Native ...	0.3%
Asian .....	0.4%
Two or more races .....	1.8%



For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Washington County	Vermont
Per capita income (2012).....	\$47,726 <sup>2</sup>	\$29,167
Median household income (2008-12).....	\$57,276 <sup>1</sup>	\$54,267
Population below poverty (2012).....	9.5%	11.8% <sup>3</sup>
Total households countywide (2008-12) ...	24,706 <sup>1</sup>	
Persons per household (2008-12) .....	2.3 <sup>1</sup>	2.34

## THE ECONOMY

### Major Employment Sectors<sup>2</sup>

Government .....	24.4%
Service Providing.....	62.8%
Manufacturing.....	12.8%

## HEALTH

### Risk Factors and Chronic Conditions

	Washington County	Vermont
Adult smokers .....	16%	16% <sup>4</sup>
Adult obesity .....	22%	24%
Excessive drinking.....	20%	19%
Children under 18 in poverty .....	12.5%	16% <sup>3</sup>
Limited access to healthy foods* .....	2%	

\* Measured as proportion of the population who are low income (≤200% federal poverty threshold) and do not live close (10 miles rural, 1 mile nonrural) to a grocery store.

## HEALTH INDICATORS

### Access

7% of residents report having no health insurance (VT 8%).<sup>4</sup>

Supply of primary care physicians meets the recommended full time equivalents for the population (actual: 48.72, recommended: 47.87).<sup>5</sup>

14% of adults do not have a regular primary care provider.<sup>7</sup>

62% of primary care physicians are limiting or not accepting new patients.<sup>5</sup>

The county has an adequate number of primary care dentists for its population (1 FTE per 2,880 people)<sup>6</sup>, but a future shortage is projected as many of these dentists near retirement.

### Women & Infants<sup>7</sup>

90% of pregnant women receive prenatal care in the first three months of pregnancy (VT 90%).

Teen birth rate (ages 15-17) is 18.4 per 1,000 live births (VT 15.8 per 1,000).

Low birth weight rate (≤5.5 lbs) is 6.1% (VT 6.4%).

Breast cancer screening of women 40+ is 83% (VT 77%).

### Disease Rates<sup>7</sup>

Heart disease death rate is 147 per 100,000 (VT 138 per 100,000).

Stroke death rate is 61 per 10,000 (VT 44 per 10,000).

Diabetes related deaths of 97 per 100,000; (VT 91 per 100,000).

Asthma hospitalizations among people under 18: 3.0 per 10,000 (VT 9.1 per 10,000).

COPD deaths among people 45 and older are 108 per 100,000 (VT 123 per 100,000).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

**The Health Center:** Located in Plainfield.

[www.the-health-center.org](http://www.the-health-center.org)

## HOSPITALS

**Central Vermont Medical Center:** A 122-bed medical center, part of the University of Vermont Health Network; its campus includes Woodridge Nursing Home and medical practices. [www.cvmc.org](http://www.cvmc.org)

## KEY STATE & COMMUNITY AGENCIES

**Vermont Department of Health:** The regional office located in Barre serves the Washington and Central Vermont area. [www.healthvermont.gov](http://www.healthvermont.gov)

**Capstone Community Action:** Serving Washington County. Programs include youth prevention and support services, Head Start, food shelf and many others. [www.capstonevt.org](http://www.capstonevt.org)

**Central Vermont Council on Aging:** Serving 54 towns including those within the Washington County. [www.cvcoa.org](http://www.cvcoa.org)

**Green Mountain United Way:** Serving all of Washington as well as Caledonia, Essex, Orange and Orleans Counties. [www.gmunitedway.org](http://www.gmunitedway.org)

**Washington County Mental Health:** A comprehensive community mental health center designated by Vermont Statute to assure that a comprehensive range of services is available for: adults with mental illnesses, children and adolescents with serious emotional disturbances and people with developmental disabilities. Available to residents of Washington County. [www.wcmhs.org](http://www.wcmhs.org)

## TRANSPORTATION

**Rural Community Transportation, Inc.:** A transportation brokerage that uses all modes of transportation including cars, taxis, vans, volunteer drivers, and van pools to serve a wide range of passengers through several programs, and the general public. RCT's service area includes Essex, Caledonia, Orleans and Lamoille counties of Vermont. RCT operates the new U.S. 2 Commuter between St. Johnsbury and Montpelier. [www.rideRCT.org](http://www.rideRCT.org)

## RECREATION & LEISURE

**Rock of Ages:** Located in Graniteville, this is one of the largest producers of granite in North America. The visitor center offers tours of the quarry, as well as demonstrations from artisans cutting and polishing the rock. [www.rockofages.com](http://www.rockofages.com)

**Montpelier:** The smallest state capital in the United States with a population of just over 8,000. But there is plenty to see, do and enjoy from cuisine to culture and history. Tour the State House, visit the Vermont Historical Museum, sample the savories at the New England Culinary Institute. [www.montpelier-vt.org](http://www.montpelier-vt.org)

**Ben and Jerry's Ice Cream Waterbury Factory Tours:** Washington County is home to the Ben and Jerry's factory. Take a tour and try new flavor samples. [www.benjerry.com](http://www.benjerry.com)

**Little River State Park:** One of the most popular parks in central Vermont. Waterbury Reservoir is particularly favored for boating, with a portion of the reservoir devoted to quieter uses. Angling for bass and trout is as popular here as water-skiing. Enjoy swimming beaches, play areas, boat rentals and a launch, and miles of hiking and mountain bike trails in the adjacent Mount Mansfield State Forest. Self-guided history and nature trails are located close to the camping area. [www.vtstateparks.com](http://www.vtstateparks.com)

## COLLEGES

**Community College of Vermont:** A public, two-year, open-admissions institution that provides degree, transfer, occupational, and continuing education opportunities. It is a member of the Vermont State Colleges system and has 12 sites around the state, including one in Montpelier. [www.ccv.edu](http://www.ccv.edu)

**Goddard College:** A private, liberal arts college that offers undergraduate and graduate degrees through individualized programs. [www.goddard.edu](http://www.goddard.edu)

**New England Culinary Institute:** A culinary college established in 1980 that offers certificate, associate and bachelor degree programs. [www.neci.edu](http://www.neci.edu)

**Norwich University:** America's oldest private military colleges, established in 1819. It offers certificate, undergraduate and graduate degree programs to military and non-military students. [www.norwich.edu](http://www.norwich.edu)

**Vermont College of Fine Arts:** A private college devoted to graduate fine arts education. [www.vcfa.edu](http://www.vcfa.edu)

1 U.S. Census Bureau, State and County Quick Facts: [quickfacts.census.gov](http://quickfacts.census.gov)

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2014, 2012 data; available at [vtlmi.info](http://vtlmi.info)

3 U.S. Census Bureau, Small Area Income and Poverty Estimates, State and County Estimates for 2012. Available at [census.gov](http://census.gov)

4 County Health Rankings, a Robert Wood Johnson Foundation program in collaboration with the University of Wisconsin Population Health Institute. Available at [countyhealthrankings.org](http://countyhealthrankings.org)

5 Northeastern Vermont AHEC 2014 Primary Care Data Report, Northeastern Vermont Area Health Education Center, 347 Emerson Falls Road, Suite 3, St. Johnsbury, VT 05819, (802) 748-2506, [www.nevahec.org](http://www.nevahec.org)

6 Vermont Department of Health 2011 Dentist Survey Summary Report. Available at [healthvermont.gov/research/HlthCarePrvSrvys](http://healthvermont.gov/research/HlthCarePrvSrvys)

7 The Health Status of Vermonters, March 2008, Vermont Department of Health. Available at [healthvermont.gov/pubs/documents/HealthStatusRpt2008](http://healthvermont.gov/pubs/documents/HealthStatusRpt2008)

# Bennington County

## POPULATION

Population (2014).....36,445<sup>1</sup>  
Area .....676 square miles

Persons under 5.....4.8%  
Persons 5-18.....14.7%  
Persons 18-64 .....59.9%  
Persons 65 years+ (2013) .....20.6%  
Average household size .....2.29  
College graduates .....32.3%

## Race (2013<sup>1</sup>)

White .....96.5%  
Black or African American .....0.1%  
American Indian & Alaska Native...0.3%  
Asian .....0.9%  
Two or more races .....1.3%

For a handbook on cultural competency, visit the Champlain Valley  
AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Bennington County	Vermont
Per capita income (2009-13).....	\$29,196 <sup>2</sup>	\$29,167
Median household income (2008-12).....	\$50,221 <sup>1</sup>	\$54,267
Population below poverty (2012).....	13.9%	11.8% <sup>3</sup>
Total households countywide (2009-13) .....	15,442	
Persons per household (2008-12) .....	2.3 <sup>1</sup>	2.34
Speak language other than English at home...	4.2%	
Annual Wage (2009-13).....	\$37,401	
Population below poverty line (2009-13)....	13.9%	

## Education

	Bennington County	Vermont
High school graduation rate .....	%	91.4%
College degree .....	32.3%	34.8%

## THE ECONOMY

### Major Employment Sectors<sup>4</sup>

Government .....	20.7%
Service Providing.....	67.6%
Manufacturing.....	11.7%

## HEALTH

### Risk Factors and Chronic Conditions

	Bennington County	Vermont
Adult smokers .....	19%	16% <sup>2</sup>
Adult obesity .....	24%	24%
Excessive drinking.....	19%	19%
Children under 18 in poverty .....	21%	16% <sup>3</sup>

## HEALTHCARE WORKFORCE<sup>5</sup>

Primary care practices .....18  
Physicians reported practices closed to new patients in 2013 .....24%

Physicians by Specialty	Number of Physicians	Recommended FTE	Actual FTE	Differences in FTE
Family Practice	7	11.9	15.1	3.2
Internal Medicine	4	10.2	6	-4.2
OB/GYN	4	3.3	3	-0.03
Pediatrics	8	3.9	4	0.01
TOTAL	33	29.3	28.1	-1.2

FTE= Full-time equivalent

## HEALTH INDICATORS

### Access

Bennington County falls 1.2 FTEs below the recommended level for all primary care practitioners. However, the recommended FTE for Internal Medicine (Adult Medicine) is short 4 FTEs of the recommended amount of 10 FTEs.<sup>5</sup>

61% of providers report they are accepting new patients.<sup>5</sup>

81% of primary care physicians accept Medicaid/Medicare patients.<sup>5</sup>

84% of adults have health insurance (VT 86%).<sup>2</sup>

### Women & Infants<sup>3</sup>

91% of pregnant women receive prenatal care in the first trimester (VT 90%).

Low birth weight rate (<5.5 lbs) is 6.7% (VT 6.4%).

### Disease Rates<sup>3</sup>

Heart disease death rate is 126 per 100,000 population (VT 138 per 100,000).

Stroke death rate is 58 per 10,000 (VT 44 per 100,000).

Adults with high blood pressure rate is 24 per 100,000 (VT 23 per 100,000).

19% of adults are obese (VT 21%).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

**Battenkill Valley Health Center** in Arlington, VT  
[www.battenkillvalleyhealthcenter.org](http://www.battenkillvalleyhealthcenter.org)



## HOSPITALS

**Southwestern Vermont Medical Center:** A 99-bed community hospital located in Bennington, Vermont. Services include: the Center for Minimally Invasive Surgery, the Birth Place, Sleep Testing, Orthopedic Surgery, Sports Rehabilitation, Imaging and X-Ray, Emergency Department, Laboratory, Hospitalists, Intensive Care, Renal Dialysis. [svhealthcare.org](http://svhealthcare.org)

### **United Counseling Service of Bennington County:**

Mental Health Services, 100 Ledge Hill Drive, Bennington, VT 05201  
Northshire UCS, 5312 Main Street, Manchester, VT 05255  
[www.ucsvt.org](http://www.ucsvt.org)

### **Veterans Affairs Community-Based Outpatient Clinic (CBOC):**

Services provided and arranged for through the Clinic: primary care physicians; electrocardiograms; laboratory tests; X-rays  
186 North Street, Bennington, VT 05201  
(802) 447-6913

## KEY STATE & COMMUNITY AGENCIES

**Vermont 2-1-1:** Database contains information about available community resources for people throughout Vermont, including detailed data on health and human services. The Vermont 2-1-1 Database currently contains over 900 agencies, with more than 2,700 programs and 9,200 services. To contact them, simply dial 2-1-1 (a local call from anywhere in Vermont), 1-866-652-4636 (toll free in Vermont) or call 1-802-652-4636 (from outside Vermont). Available 24 hours a day, seven days a week.

**Vermont Department of Health:** Regional office located in Bennington. [www.healthvermont.gov](http://www.healthvermont.gov)

### **BROC – Community Action in Southwestern Vermont:**

Services for the homeless.  
Rutland: 60 Center Street, 1-800-717-BROC or 802-775-0878  
Bennington: 332 Orchard Road, 802-447-7515  
[www.broc.org](http://www.broc.org)

**Southwestern Vermont Council on Aging:** A community organization which provides Older Americans Act services to elders and their families in Rutland and Bennington Counties. Coordinated services include: Senior Help-Line, Meals on Wheels, Case Management, Congregate Dinners, Advocacy, Transportation, Senior Companion Program, Health Insurance Counseling and Assistance and Caregiver Resources. Their offices are located in Rutland and Bennington. [www.svcoa.org](http://www.svcoa.org)

### **United Way of Bennington County:**

58 Bonnet Street, Manchester Center, VT 05255-1430  
(802) 367-1155

### **Vermont Palliative and End-of-Life Care Resource Connections:**

Resources available by county. Provides information about decisions and choices available to patients and their families when confronted with a life-threatening illness. [www.starttheconversationvt.org](http://www.starttheconversationvt.org)

## RECREATION & LEISURE

**Bennington Banner** ..... [www.benningtonbanner.com](http://www.benningtonbanner.com)  
**The Manchester Journal**..... [www.manchesterjournal.com](http://www.manchesterjournal.com)  
**Public Libraries**..... [www.publiclibraries.com/vermont.htm](http://www.publiclibraries.com/vermont.htm)  
**Vermont State Parks**..... [www.vtstateparks.com](http://www.vtstateparks.com)

## COLLEGES

**Bennington College:** Private liberal arts college located in Bennington. Major bachelor degree programs: visual and performing arts, interdisciplinary studies, social sciences, English, languages, five master's degree programs and a post baccalaureate certificate of completion in premedical and allied health science.  
[www.bennington.edu](http://www.bennington.edu)

**Community College of Vermont (CCV):** Vermont's second largest college, serving over 7,000 students each semester. With twelve locations and extensive online learning options, it offers twenty degree and six certificate programs, workforce, secondary and continuing education opportunities, and academic and veterans support services. Part of the Vermont State Colleges, it has 12 Centers around the state, including one in Bennington.  
[www.ccv.edu](http://www.ccv.edu)

**Southern Vermont College:** Private college located in Bennington. Offers 15 bachelor degree programs including: business, protective services, conservation, communications, public administration, and nursing. [www.svc.edu](http://www.svc.edu)

1 <http://quickfacts.census.gov/qfd/states>

2 County Health Rankings: [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

3 Health Status Report 2008 Appendix, 2000 Census Data, Vermont Department of Health, <http://healthvermont.gov/pubs>

4 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2013, [www.vtlni.info](http://www.vtlni.info)

5 The Vermont Primary Care Workforce 2013 Snapshot, [www.med.uvm.edu/ahec](http://www.med.uvm.edu/ahec)

# Rutland County

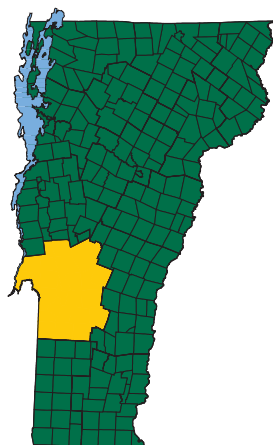
## POPULATION

Population (2014) ..... 60,086<sup>1</sup>  
Area ..... 929.82 square miles

Persons under 5 (2013) ..... 4.6%  
Persons 5-18 (2013) ..... 13.8%  
Persons 18-64 (2013) ..... 63.3%  
Persons 65 years+ (2013) ..... 18.7%  
Average household size ..... 2.29

College graduates ..... 28%

Population Density (2010):  
66.3 per square mile (VT 67.9)



## Race<sup>1</sup>

White ..... 97.1%  
Black or African American ..... 0.6%  
American Indian & Alaska Native ..... 0.3%  
Asian ..... 0.7%  
Two or more races ..... 1.4%

In 2000, the median age of Rutland County residents was 39.23 years, one of the highest in New England.<sup>2</sup>

Compared to Vermont, in 2013, Rutland County residents were older, with a lower proportion of youth less than 18 years of age (18.4% versus 19.6% for VT); a lower proportion of younger adults 18-44 years of age (36% versus 38%); a higher proportion of older adults 45-65 years (26% vs. 25%); and a higher proportion of elderly 65 years and older (17% versus 14.6%).<sup>1</sup>

Rutland County's elderly population will increase in numbers and continue to be proportionately older than other areas in Vermont. From 2000 to 2016, the total number of over 65-year-old residents in Rutland County is projected to increase by 3,715 elders, a 39.2% increase in the number of elders. By 2016, it is estimated that the elderly in Rutland County will comprise 20.4% of the County's total population, higher than the 18.1% estimated for Vermont as a whole.

For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Rutland County	Vermont
Per capita income (2013).....	\$44,190 <sup>4</sup>	\$29,167
Median household income (2013).....	\$49,271	\$54,267
Population below poverty (2012).....	13.9%	11.8% <sup>3</sup>
Total households countywide (2009-13) .....	25,754	
Persons per household.....	2.29	2.34
Speak language other than English at home... ..	4.1%	
Annual Wage (2013) .....	\$42,023 <sup>4</sup>	
Population below poverty line (2013) .....	12.9%	

## Education

	Rutland County	Vermont
High school graduation rate .....	92%	91.4%
College degree .....	28%	34.8%

## THE ECONOMY

### Major Employment Sectors<sup>3</sup>

Government .....	14.9%
Service Providing.....	65.1%
Manufacturing.....	20%

## HEALTH

### Risk Factors and Chronic Conditions<sup>5</sup>

	Rutland County	Vermont
Adult smokers .....	22%	16% <sup>4</sup>
Adult obesity .....	24%	24%
Excessive drinking.....	16%	19%
Children under 18 in poverty .....	16%	16% <sup>3</sup>
Uninsured adults .....	12%	12%
Single parent households .....	9%	9%

## HEALTHCARE WORKFORCE

Primary care practices ..... 18<sup>6</sup>

Physicians by Specialty	Number of Physicians	Recommended FTE	Actual FTE	Differences in FTE
Family Practice.....	20	20.6	23.1	2.5
Internal Medicine .....	9.5	17.8	7.4	-10.4
OB/GYN .....	5	5.8	5	-.9
Pediatrics .....	6.6	6.8	6.4	-.4
TOTAL .....	41	51	41.9	-9.2

FTE= Full-time equivalent

## HEALTH INDICATORS

### Access

Rutland County falls short of the recommended FTE for total primary care practitioners in 2013. The county is 9.2 short of the recommended FTEs for all primary care. The recommended FTE based on the county population is 51; Rutland County reported only 41.9 FTEs.<sup>6</sup> [www.med.uvm.edu/ahec](http://www.med.uvm.edu/ahec).

56% of providers report they are accepting new patients.<sup>6</sup>

86% of primary care physicians accept Medicaid/Medicare patients.<sup>6</sup>

85% of adults have health insurance (VT 86%).<sup>7</sup>

### Women & Infants<sup>5</sup>

86% of pregnant women receive prenatal care in the first trimester (VT 90%).

Low birth weight rate (<5.5 lbs) is 6.8% (VT 6.4%).

### Disease Rates<sup>5</sup>

Heart disease death rate is 165 per 100,000 population (VT 138 per 100,000).

Stroke death rate is 60 per 10,000 (VT 44 per 100,000).

Adults with high blood pressure rate is 22 per 100,000 (VT 23 per 100,000).

19% of adults are obese (VT 21%).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

The Community Health Care Centers of the Rutland Region (CHCRR) comprise a Federally Qualified Health Center. These FQHC sites include: Castleton Family Medical Center, Mettowee Valley Medical Center, Brandon Medical Center, Rutland Community Health Center, Community Dental, Shorewell Community Health Center, and CHCRR Pediatrics. [www.chcrr.org](http://www.chcrr.org)

## HOSPITALS

**Rutland Regional Medical Center:** Vermont's second-largest health care facility with 144 beds. It has 1,373 employees and a medical staff of nearly 227 physicians trained in 36 specialty areas. It provides preventive, diagnostic, acute and rehabilitative services, and serves Rutland County, portions of southern and central Vermont and communities in eastern New York State. Rutland Regional Medical Center was established as Rutland Hospital on September 6, 1896. It is an affiliate of Rutland Regional Health Services, along with Vermont Orthopedic Clinic, Killington Medical Clinic, Vermont Sports Medicine Center, The Meadows, The Gables, Kids on the Move, James T. Bowse Community Health Trust, The Vermont Health Plan and Rutland Health Foundation. [www.rrmc.org](http://www.rrmc.org)

**Rutland Free Clinic:** Park Street Healthshare, Inc. is a free clinic that offers medical and dental care at 145 State Street, Rutland, VT, 802-775-1360. [www.vccu.net/rfc.htm](http://www.vccu.net/rfc.htm)

## KEY STATE & COMMUNITY AGENCIES

**Vermont Department of Health:** Regional office located in Rutland. [www.healthvermont.gov/local/district/Rutland](http://www.healthvermont.gov/local/district/Rutland)

**Rutland Mental Health Services:** Part of the Community Care Network (CCN). CCN is the parent corporation of the Rutland Mental Health Services (RMHS) and Rutland Community Programs (RCP). RMHS is organized to maintain and operate a community mental health and developmental disabilities system providing medical, clinical and supportive services to promote health, and to further other benevolent, scientific and educational activities. [www.rmhsccn.org](http://www.rmhsccn.org)

**Southwestern Vermont Council on Aging:** A community organization which provides Older Americans Act services to elders and their families in Rutland and Bennington Counties. Coordinated services include Senior Help-Line, Meals on Wheels, Case Management, Congregate Dinners, Advocacy, Transportation, Senior Companion Program, Health Insurance Counseling and Assistance and Caregiver Resources. Their offices are located in Rutland and Bennington. [www.svcoa.org](http://www.svcoa.org)

**United Way of Rutland County:** [www.uwrutlandcounty.org](http://www.uwrutlandcounty.org)

**Rutland Region Chamber of Commerce:**  
[www.rutlandvermont.com](http://www.rutlandvermont.com)

**Vermont 2-1-1:** Database contains information about available community resources for people throughout Vermont, including detailed data on health and human services. The Vermont 2-1-1 Database currently contains over 900 agencies, with more than 2,700 programs and 9,200 services. To contact them, simply dial 2-1-1 (a local call from anywhere in Vermont), 1-866-652-4636 (toll free in Vermont) or call 1-802-652-4636 (from outside Vermont). Available 24 hours a day, seven days a week.

[www.vermont211.org](http://www.vermont211.org)

**Vermont Palliative and End-of-Life Care Resource Connections:** Resources available by county. Provides information about decisions and choices available to patients and their families when confronted with a life-threatening illness. [www.starttheconversation.org](http://www.starttheconversation.org)

**BROC – Community Action in Southwestern Vermont:** Provides services for the homeless and poverty populations. [www.broc.org](http://www.broc.org)

## RECREATION & LEISURE

See a complete listing of recreation, entertainment, and food options. [www.rutlandvermont.com](http://www.rutlandvermont.com)

**Rutland Free Library:** Serves residents of Rutland, Ira, Rutland Town, Mendon, and Tinmouth. It offers free wireless Internet services and cultural programs. [www.rutlandfree.org](http://www.rutlandfree.org)

**Paramount Theatre:** An arts, cultural, and educational venue restored to its 1912-13 origin. [www.paramountvt.org](http://www.paramountvt.org)

**Vermont State Parks:** [www.vtstateparks.com](http://www.vtstateparks.com)

## COLLEGES

**Castleton State College:** A public, four-year college, largest residential college in the Vermont State Colleges system, and oldest college in Vermont, founded in 1787. Offers 30 undergraduate programs and eight graduate programs for over 2,000 students from 19 countries. [www.castleton.edu](http://www.castleton.edu)

**College of St. Joseph:** A non-profit, private college in Rutland that offers 30 programs leading to associate, bachelor and master's degrees. Founded in 1956 by the Sisters of St. Joseph, it serves 350 students. [www.csj.edu](http://www.csj.edu)

**Community College of Vermont (CCV):** Vermont's second largest college, serving over 7,000 students each semester. It offers twenty degree and six certificate programs, workforce, secondary and continuing education opportunities, and academic and veterans support services. Part of the Vermont State Colleges it has 12 Centers around the state, including one in Rutland. [www.ccv.edu](http://www.ccv.edu)

**Green Mountain College:** A private, liberal arts college founded in 1834 in Poultney, VT, it offers 20 majors, four master's degree programs and four certificate programs to 826 students. [www.greenmtn.edu](http://www.greenmtn.edu)

1 <http://quickfacts.census.gov/qfd/states>

2 Rutland Regional Plan, Draft for Public Hearing, 3-18-08

3 [www.vtmi.info/profile2009.pdf](http://www.vtmi.info/profile2009.pdf)

4 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, [vtmi.info](http://vtmi.info)

5 Health Status Report 2008 Appendix, 2000 Census Data, VT Department of Health; <http://healthvermont.gov/pubs>

6 The Vermont Primary Care Workforce 2013 Snapshot. [www.med.uvm.edu/ahc](http://www.med.uvm.edu/ahc)

7 County Health Rankings: [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

# Windham County

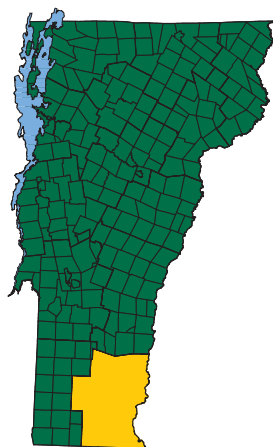
## POPULATION

Population (2014).....43,714<sup>1</sup>  
Area .....785 square miles

Persons under 5 (2013) ..... 4.5%  
Persons 5-18 (2013) ..... 14.4%  
Persons 18-64 (2013) ..... 62.7%  
Persons 65 years+ ..... 18.4%  
Average household size ..... 2.29

College graduates ..... 33.5%

Population Density (2010):  
56.7 per square mile (VT 67.9)



Windham County is becoming older than Vermont and the U.S., as the “graying” of America continues. The proportion of elderly 65 years and older in Windham County is estimated to increase to 21.1% of the population by 2016. More than one in five Windham County residents will be elderly by 2016.

## Race<sup>1</sup>

White ..... 95.4%  
Black or African American ..... 1.2%  
American Indian & Alaska Native ..... 0.3%  
Asian ..... 1.1%  
Two or more races ..... 1.9%

## Ethnicity and Language

Speak language other than English at home ..... 4.3%<sup>1</sup>

For a handbook on cultural competency, visit the Champlain Valley AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Windham County	Vermont
Per capita income (2007).....	\$43,279 <sup>4</sup>	\$29,167
Median household income (2013).....	\$50,234	\$54,267
Population below poverty (2012).....	13.9%	11.8%
Total households countywide (2009-13) .....	19,417	
Persons per household.....	2.19	2.34
Annual Wage (2007) .....	\$37,876 <sup>4</sup>	
Population below poverty line (2011) .....	10.8% <sup>1</sup>	

## Education

	Windham County	Vermont
High school graduation rate .....	92%	91.4%
College degree .....	28%	34.8%

## THE ECONOMY

### Major Employment Sectors<sup>4</sup>

Government ..... 13%  
Service Providing..... 69.8%  
Manufacturing..... 17.2%

## HEALTH

### Risk Factors and Chronic Conditions<sup>2</sup>

	Windham County	Vermont
Adult smokers .....	19%	16%
Adult obesity .....	23%	24%
Excessive drinking.....	19%	19%
Children under 18 in poverty .....	14%	16%
Uninsured adults .....	12%	12%

## HEALTH INDICATORS

### Access

Windham County meets the recommended FTE (Full time equivalent) for total primary care practitioners, but is 1.3 short of the recommended FTE for Internal Medicine (Adult Medicine).<sup>6</sup>

83.3% of providers report they are accepting new patients.<sup>6</sup>

89% of primary care physicians accept Medicaid/Medicare patients.<sup>6</sup>

84% of adults have health insurance (VT 86%).<sup>2</sup>

### Women & Infants<sup>5</sup>

87% of pregnant women receive prenatal care in the first trimester (VT 90%).

Low birth weight rate (<5.5 lbs) is 5.7% (VT 6.4%).

### Disease Rates<sup>5</sup>

Heart disease death rate is 153 per 100,000 population (VT 138 per 100,000).

Stroke death rate is 42 per 10,000 (VT 44 per 100,000).

Adults with high blood pressure rate is 20 per 100,000 (VT 23 per 100,000).

19% of adults are obese (VT 21%).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

**Springfield Medical Care Systems (SMCS):** A not-for-profit, community-based health care system that includes a network of seven federally-qualified health center locations, and Springfield Hospital, serving southeastern Vermont. In Windham County, walk-in care is available at the Bellows Falls location; primary care services are at the Rockingham site. [www.springfieldmed.org](http://www.springfieldmed.org)

**VCCU – Valley Health Connections:** The county is also served by the VCCU, a non-profit clinic for the uninsured and under-insured in Putney. [www.vccu.net](http://www.vccu.net)

## HOSPITALS

**Brattleboro Memorial Hospital:** A 61-bed not-for-profit hospital in Brattleboro, serving Brattleboro and the tri-state region. [www.bmhvt.org](http://www.bmhvt.org)

**Grace Cottage Hospital:** A 19-bed critical access inpatient facility for acute and rehabilitative care located in Townshend. [www.gracecottage.org](http://www.gracecottage.org)

**Brattleboro Retreat:** A not-for-profit, regional specialty mental health and addictions treatment center that was founded in 1834. They provide a full range of diagnostic, therapeutic and rehabilitation services for individuals of all ages and their families. [www.brattlebororetreat.org](http://www.brattlebororetreat.org)

## KEY STATE & COMMUNITY AGENCIES

**Vermont Department of Health:** Regional office located in Brattleboro. [www.healthvermont.gov](http://www.healthvermont.gov)

**Council on Aging for Southeastern Vermont, Inc.:** A community organization in Springfield which provides Older Americans Act services to elders and their families in Windham and Windsor Counties. Coordinated services include Senior Help-Line, Meals on Wheels, Case Management, Congregate Dinners, Advocacy, Transportation, Senior Companion Program, Health Insurance Counseling and Assistance and Caregiver Resources. [www.coasevt.org](http://www.coasevt.org)

**Vermont 2-1-1:** Database contains information about available community resources for people throughout Vermont, including detailed data on health and human services. The Vermont 2-1-1 Database currently contains over 900 agencies, with more than 2,700 programs and 9,200 services. To contact them, simply dial 2-1-1 (a local call from anywhere in Vermont), 1-866-652-4636 (toll free in Vermont) or call 1-802-652-4636 (from outside Vermont). Available 24 hours a day, seven days a week. [www.vermont211.org](http://www.vermont211.org)

**Windham County United Way:** Community Needs Assessment is available on their web site. [www.unitedwaywindham.org](http://www.unitedwaywindham.org)

**Brattleboro Area Chamber of Commerce:** [www.brattleborochamber.org/chamber](http://www.brattleborochamber.org/chamber)

**Vermont Palliative and End-of-Life Care Resource Connections:** Resources available by county. Provides information about decisions and choices available to patients and their families when confronted with a life-threatening illness. [www.starttheconversation.org](http://www.starttheconversation.org)

## RECREATION & LEISURE

**Brooks Memorial Library:** Located on Main Street in Brattleboro, replaced the library built in 1887 by native son George Brooks. [www.brookslib.vt.us](http://www.brookslib.vt.us)

**Brattleboro Museum & Art Center:** Opened in 1972, it is housed in the former Union Rail Station. The museum features art exhibits, family activities, and a fun gift shop. [www.brattleboromuseum.org](http://www.brattleboromuseum.org)

**The Latchis Hotel and Theater:** A restored Art Deco theater built in 1938, this downtown Brattleboro landmark hosts live music and theatrical events, movies, art, and more. [www.latchis.com](http://www.latchis.com)

**Vermont State Parks:** [www.vtstateparks.com](http://www.vtstateparks.com)

## COLLEGES

**Community College of Vermont (CCV):** Vermont's second largest college, it has extensive online learning options, offers twenty degree and six certificate programs, workforce, secondary and continuing education opportunities, and academic and veterans support services. Part of the Vermont State Colleges it has 12 Centers around the state, including one in Brattleboro. [www.ccv.edu](http://www.ccv.edu)

**Landmark College:** Located in Putney, it is the premier college for students with learning disabilities and/or ADHD. It combines intensive, individualized teaching methods with a rigorous curriculum to create a learning environment where students can achieve the independence they need to be successful in other academic settings. It offers four associate programs and a bachelor of arts in Liberal Studies. Students come from 40 states and 13 foreign countries. [www.landmark.edu](http://www.landmark.edu)

**Marlboro College:** Located in Marlboro, it is a small, coed liberal arts college located in the foothills of the Green Mountains of southern Vermont. Marlboro offers a range of liberal arts study in over 30 academic areas and in international studies – from theater to physics, psychology to painting, creative writing to biochemistry. [www.marlboro.edu](http://www.marlboro.edu)

**SIT Graduate Institute:** Located in Brattleboro, the Institute is part of World Learning, Inc. and prepares graduates and professionals to address global issues with master's degree and certificate programs. Formerly known as the School for International Training, the SIT Graduate Institute offers graduate students a widened view of the world and opportunities for in-depth study of the most critical global issues of our times. [www.worldlearning.org](http://www.worldlearning.org)

1 <http://quickfacts.census.gov/qfd/states>, 2009-13

2 County Health Rankings: [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

4 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, [vtlmi.info](http://vtlmi.info)

5 Health Status Report 2008 Appendix, 2000 Census Data, Vermont Department of Health, <http://healthyvermont.gov/pubs>

6 The Vermont Primary Care Workforce 2013 Snapshot. [www.med.uvm.edu/ahec](http://www.med.uvm.edu/ahec)



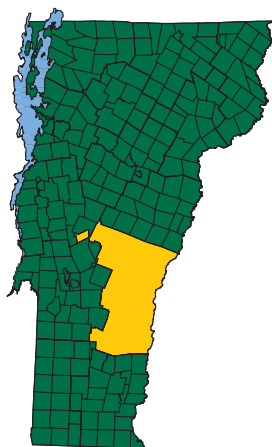
# Windsor County

## POPULATION

Population (2013).....56,173<sup>1</sup>  
Area .....970 square miles

Persons under 5 (2013) ..... 4.6%  
Persons 5-18 (2013) ..... 14.3%  
Persons 18-64 (2013) ..... 65.7%  
Persons 65 years+ (2103)<sup>2</sup> ..... 20%  
Average household size .....2.21  
College graduates ..... 34%

Population Density (2000):  
59.1 per square mile (VT 67.9)



## Race<sup>1</sup>

White ..... 96.5%  
Black or African American ..... 0.8%  
American Indian & Alaska Native ..... 0.3%  
Asian ..... 0.9%  
Two or more races ..... 1.5%<sup>1</sup>

## Ethnicity and Language

Speak language other than English at home .....4.3%<sup>1</sup>

For a handbook on cultural competency, visit the Champlain Valley  
AHEC web site: [www.cvahec.org/resources/cultural-competency](http://www.cvahec.org/resources/cultural-competency)

## SOCIOECONOMIC INDICATORS

	Windsor County	Vermont
Per capita income (2012).....	\$47,194 <sup>2</sup>	\$29,167
Median household income (2013).....	\$52,460 <sup>1</sup>	\$54,267
Population below poverty (2012).....	13.9%	11.8%
Total households countywide (2009-13) .....	25,024	
Persons per household.....	2.19	2.34
Annual Wage (2007) .....	\$38,969 <sup>2</sup>	
Population below poverty line (2011) .....	11.1% <sup>1</sup>	

## Education

	Windsor County	Vermont
High school graduation rate .....	92%	91.4%
College degree .....	28%	34.8%

## THE ECONOMY

### Major Employment Sectors<sup>2</sup>

Government ..... 20.5%  
Service Providing..... 62.5%  
Manufacturing..... 17%

## HEALTH

### Risk Factors and Chronic Conditions<sup>5</sup>

	Windsor County	Vermont
Adult smokers .....	18%	16%
Adult obesity .....	23%	24%
Excessive drinking.....	16%	19%
Children under 18 in poverty .....	12%	16%
Uninsured adults .....	12%	12%
Primary care provider rate.....	173	180
Preventable hospital stays.....	51	57
Hospice use.....	15%	20%
Single parent households .....	10%	9%

## HEALTH INDICATORS

### Access

Windsor County falls 6 FTEs (Full time equivalents) below the recommended level for total primary care practitioners, showing a total of 5.8 short of the recommended FTE for Internal Medicine (Adult Medicine) and OB/GYN.<sup>3</sup> [www.vtahec.org](http://www.vtahec.org)

74.4% of providers report they are accepting new patients.<sup>3</sup>

91% of primary care physicians accept Medicaid/Medicare patients.<sup>3</sup>

88% of adults have health insurance (VT 86%).<sup>4</sup>

### Women & Infants<sup>5</sup>

88% of pregnant women receive prenatal care in the first trimester (VT 90%).

Low birth weight rate (<5.5 lbs) is 7% (VT 6.4%).

### Disease Rates<sup>5</sup>

Heart disease death rate is 135 per 100,000 population (VT 138 per 100,000).

Stroke death rate is 53 per 10,000 (VT 44 per 100,000).

Adults with high blood pressure rate is 22 per 100,000 (VT 23 per 100,000).

23% of adults are obese (VT 21%).

## PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

**Springfield Medical Care Systems (SMCS):** A not-for-profit, community-based health care system that includes a network of seven federally-qualified health center locations, and Springfield Hospital, serving southeastern Vermont. Walk-in care is available at the Ludlow, and Springfield locations; primary care services are at those sites and the Centers in Chester, Rockingham and Charlestown, NH; dental services are located in Ludlow.

[www.springfieldmed.org](http://www.springfieldmed.org)

**VCCU – Valley Health Connections:** The county is also served by the VCCU, a non-profit clinic for the uninsured and under-insured in Putney. [www.vccu.net](http://www.vccu.net)

## HOSPITALS

**Springfield Hospital:** A not-for-profit, certified critical access community hospital located in Springfield, it is a subsidiary of Springfield Medical Care Systems. [www.springfieldhospital.org](http://www.springfieldhospital.org)

**The Windham Center:** Located in Bellows Falls, it offers a comprehensive program of inpatient and outpatient mental health services to residents of Windham and Windsor Counties. [www.springfieldhospital.org](http://www.springfieldhospital.org)

**Mt. Ascutney Hospital & Health Center:** A 68-bed community critical access hospital located in historic Windsor. Services available include primary care, acute care, rehabilitation, emergency medicine, complementary and alternative medicine and oncology, to name a few. Mt. Ascutney Hospital also has a 25-bed nursing home on its campus. [www.mtascutneyhospital.org](http://www.mtascutneyhospital.org)

## KEY STATE & COMMUNITY AGENCIES

**Vermont Department of Health:** There are two regional offices in Windsor County, in Springfield and White River Junction. [www.healthvermont.gov/local/district/Brattleboro](http://www.healthvermont.gov/local/district/Brattleboro)

**Council on Aging for Southeastern Vermont, Inc.:** A community organization in Springfield which provides Older Americans Act services to elders and their families in Windham and Windsor Counties. Coordinated services include Senior Help-Line, Meals on Wheels, Case Management, Congregate Dinners, Advocacy, Transportation, Senior Companion Program, Health Insurance Counseling and Assistance and Caregiver Resources. [www.coasevt.org](http://www.coasevt.org)

**Vermont 2-1-1:** Database contains information about available community resources for people throughout Vermont, including detailed data on health and human services. The Vermont 2-1-1 Database currently contains over 900 agencies, with more than 2,700 programs and 9,200 services. To contact them, simply dial 2-1-1 (a local call from anywhere in Vermont), 1-866-652-4636 (toll free in Vermont) or call 1-802-652-4636 (from outside Vermont). Available 24 hours a day, seven days a week. [www.vermont211.org](http://www.vermont211.org)

**Southeastern Vermont Community Action (SEVCA):** Provides help for families and individuals experiencing life-changing emergencies through crisis resolution programs that provide financial assistance, case management, service linkage, and advocacy. Low-income households facing lack of heat, eviction, foreclosure, illness, vehicle breakdown and other emergencies may access staff. Offices are located in Westminster, Brattleboro, Springfield, Hartford, White River Junction, Windsor, and Wilmington. [www.sevca.org](http://www.sevca.org)

**Upper Valley United Way:** Serves 28 communities in Grafton and Sullivan counties in New Hampshire and Orange and Windsor Counties in Vermont. [www.uwuv.org](http://www.uwuv.org)

**Vermont Palliative and End-of-Life Care Resource Connections:** Resources available by county. Provides information about decisions and choices available to patients and their families when confronted with a life-threatening illness. [www.starttheconversation.org](http://www.starttheconversation.org)

## MEDIA, RECREATION & LEISURE

**Valley News:** Serves Upper Windsor County and Grafton County in New Hampshire. [www.vnews.com](http://www.vnews.com)

**Simon Pearce:** Glass blowing and retail store in Windsor, Vermont. [www.simonpearce.com](http://www.simonpearce.com)

**Public Libraries:** [www.publiclibraries.com/vermont.htm](http://www.publiclibraries.com/vermont.htm)

**Vermont State Parks:** [www.vtstateparks.com](http://www.vtstateparks.com)

## COLLEGES

**Community College of Vermont (CCV):** Vermont's second largest college, it offers online learning options, it offers twenty degree and six certificate programs, workforce, secondary and continuing education opportunities, and academic and veterans support services. Part of the Vermont State Colleges it has 12 Centers around the state, including ones in Springfield and White River Junction. [www.ccv.edu](http://www.ccv.edu)

**Vermont Law School:** Located in the village of South Royalton along the banks of the White River, Vermont Law School is one of a handful of independent, private law schools in the US. It has a student body of 600 full-time students in five degree programs including JD, MELP, joint JD and MELP, LLM, and the LLM in American Legal Studies for international studies. [www.vermontlaw.edu](http://www.vermontlaw.edu)

**The Center for Cartoon Studies:** Located in White River Junction, it offers a two-year course of study on the creation and dissemination of comics, graphic novels and other manifestations of the visual narrative, taught by recognized cartoonists, writers and designers. It offers a Master of Fine Arts degree as well as one-and two-year certificates. [www.cartoonstudies.org](http://www.cartoonstudies.org)

1 <http://quickfacts.census.gov/qfd/states>

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, [vtlmi.info](http://vtlmi.info)

3 The Vermont Primary Care Workforce 2013 Snapshot. [www.vtahec.org](http://www.vtahec.org)

4 County Health Rankings: [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

5 Health Status Report 2008 Appendix, 2000 Census Data, Vermont Department of Health, <http://healthyvermont.gov/pubs>

