

Vermont County Profiles for Medical and Health Sciences Students/Residents

STUDENT AND RESIDENT EXPERIENCES IN COMMUNITY HEALTH

The University of Vermont College of Medicine Office of Primary Care and Area Health Centers (AHEC) Program strives to provide the best possible educational experience to health professions students who spend time in community settings, particularly during rotations working with underserved populations. For many of our students 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 special rewards that can come from working with our communities' most needy members, our students will choose to devote some of their future practice to these populations.

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 with a community context for their rotations in practices outside the home base of the academic medical center.

HOW THE HANDBOOK IS ORGANIZED

This handbook is organized by AHEC region and by county. The AHEC program (Area Health Education Centers) mission is the development of the healthcare workforce pipeline. AHECs across the country work with students from elementary school through practicing professionals to deliver health career teaching, advising, support, continuing education, and much more. The AHEC program in Vermont consists of a central program office at UVM and three regional centers in the Northeast (St. Johnsbury), the South (Springfield) and the Champlain Valley (St. Albans). For more information and links to each of the centers, see www.med.uvm.edu/opc.

For each region 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 county and region, so that you can get a sense of what is available to the patients you will be seeing.

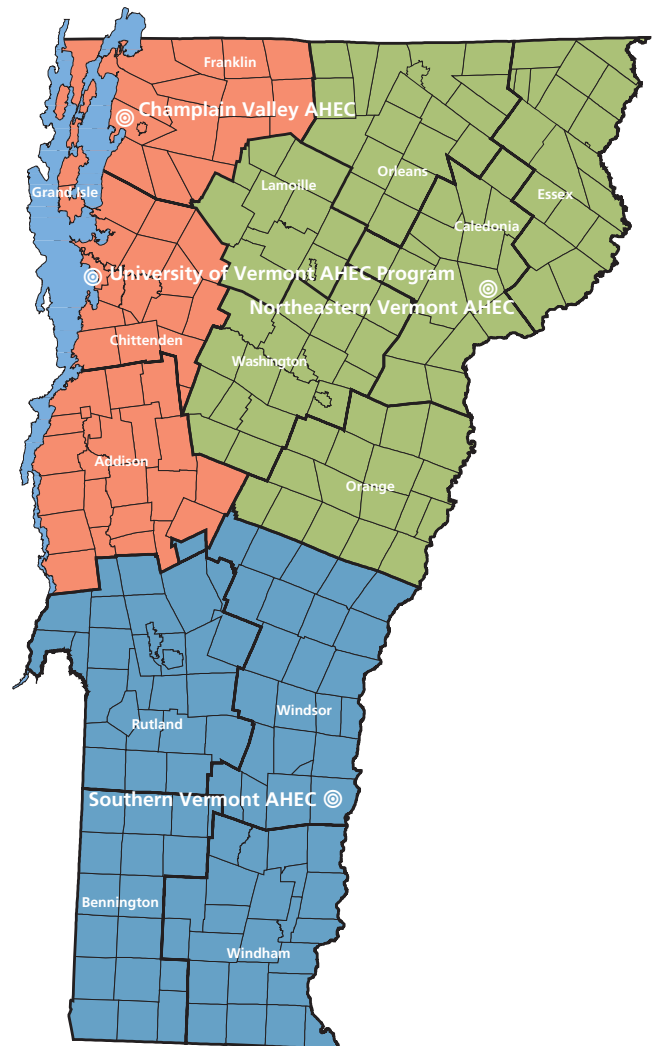
We have included information on the leading employers in each region so that you can understand where people work and how they earn a living.

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!

If you have any suggestions about what to include in this handbook, please don't hesitate to let us know.



Charles D. MacLean
UVM Associate Dean for Primary Care



POPULATION

625,741 (US Census Bureau, 2010)

GEOGRAPHY

Vermont is located in the northeastern part of the United States. Vermont is a small state and ranks 43rd in the United States. Only Delaware, New Jersey, Hawaii, and four New England states are smaller. Vermont's total land area is 9,609 square miles. This includes 333 square miles of water area (lakes, ponds, and streams) inside its borders.

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 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 also the only New England state without an ocean coastline.

SOCIOECONOMIC INDICATORS

Risk Factors/Chronic Conditions

Adult smokers.....	15%
Adult obesity	22%
Binge drinking	17%
Access to healthy foods*	34%
Children under 18 in poverty.....	12%

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. Target value is 46%.

HEALTH INDICATORS

Vermont is consistently one of the healthiest states in the nation. The United Health Foundation along with other collaborators ranks states on a wide variety of health indicators and also compiles an overall ranking. The 2010 edition places Vermont at the top of 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 ranking in the top 10 states for a high rate of high school graduation, a low violent crime rate, a low percentage of children in poverty, high per capita public health funding, a low rate of uninsured population and ready availability of primary care physicians. Vermont's two challenges are low immunization coverage with 89.8 percent of children ages 19 to 35 months receiving recommended immunizations and a high prevalence of binge drinking at 17.3 percent of the population." www.americashealthrankings.org/measure/2010/Overall.aspx

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 14% of the population is over age 65.

Vermont has very good access to care, with an uninsured rate of about 10%, placing it in the top 7 states for this measure.

www.census.gov/hhes/www/hlthins/data/incpovhlth/2009/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

The tertiary care for Vermonters on the western side of the state is mostly delivered at Fletcher Allen Health Care, the academic medical center of the University of Vermont, and at Dartmouth Hitchcock Medical Center, the affiliate of Dartmouth Medical School on the eastern side of the state. A smaller proportion of patients may travel to Albany 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 coverage for pregnant women and all children up to the age of 18.
- Among the lowest rates of 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 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 chosen to participate in a Medicare-sponsored demonstration project of the impact of this approach on quality and cost.
- Vermont is exploring options for additional reform of the health system. The so-called Hsiao Report was delivered to the Legislature in January 2011 and outlines a road map that includes a single-payer option for health care financing.
- Vermont has made great strides in improving the health information technology of the state, with development of a health information exchange, incentives to practices for adoption and meaningful use of electronic medical records, and the development of an all-payer claims dataset to help analyze the health care system.

For more information on Vermont's health care reform efforts visit <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 very important to continuously improve and maintain the excellent primary care we have in Vermont. There are many ongoing efforts to train, recruit and retain the best primary care providers possible. They include educational programs in the UVM College of Medicine and the College of Nursing and Health Sciences, incentives such as loan repayment, practice support, insurance coverage for citizens, enhanced payment via programs such as FQHC, 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 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 1000 people. Practices in medically underserved areas may apply to become Federally Qualified Health Centers (FQHCs). Community Health Centers (CHCs) and Rural Health Centers (RHCs) are examples of these federally designated clinics. You can find the FQHCs in a region of Vermont at http://findahealthcenter.hrsa.gov/Search_HCC.aspx.

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. These are the so-called "safety net" providers that meet the needs of the medically underserved. 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

WHAT IS THE NATIONAL HEALTH SERVICE CORPS?

The National Health Service Corps is a program within HRSA that was established in 1972 to encourage primary care professionals to work in underserved settings (nhsc.hrsa.gov). As of September 30, 2009 it was comprised of a network of 7,000 primary health care professionals and 10,000 sites. To support their service, the NHSC provides clinicians with financial support in the form of loan repayment and scholarships. The NHSC has seen increases in federal funding and is expected to grow from 7,000 to over 10,000 professionals by 2012. <http://nhsc.hrsa.gov>

The UVM Office of Primary Care and the VT AHEC Program help administer loan repayment programs and work with applicants to determine the best program for each individual.

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 practice in Vermont in the next decade.

www.med.uvm.edu/freeman/TB1+RL.asp?SiteAreaID=513

Franklin County

Located in the northwestern corner of Vermont, Franklin County is steeped in rich traditions, a proud agricultural heritage, and natural beauty.

POPULATION

- Franklin is the fifth largest county in Vermont with 47,979 persons.
- Its growth rate of 5.6% for 2000-08 fell between state and national rates of 2% and 8% respectively.
- The age of county residents as a percent of 2008 population was:
<5..... 6.4%
5-18..... 18.3%
19-64..... 63.9%
65+..... 11.4%
- The number of elders grew more than any other age segment from 2000-08:
65+ population..... +6.4%
85+ population..... +18.3%

SOCIOECONOMIC INDICATORS

Race, Ethnicity, and Language

- | | |
|--|-----------|
| White, non-Hispanic | 95.3% |
| American Indian/Alaska Native..... | 1.3% |
| Hispanic or Latino | 1.0% |
| Black (African American)..... | 0.5% |
| Asian | 0.4% |
| Native Hawaiian/Pacific Islander | no result |
- Individuals resided in 16,765 households with an average size of 2.67 persons, above the state average of 2.44 persons. Families were a bit larger.
 - 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
 - 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
 - Hispanic and Latino persons include undocumented persons working on dairy farms. www.vtmigrantfarmworkersolidarity.org
 - 3.7% of residents were born outside of the United States of America, most in Canada or Europe.
 - 6.5% of children over five and adults speak a language other than English at home.

INCOME & BASIC NEEDS

- Income is slightly above statewide figures, but the cost of housing requires even higher wages to make ends meet. Many working families must spend more than 30% of their income on housing and this is considered unaffordable. The cost of housing and utilities affects available funds for food, health care, transportation, higher education and saving. One third of Vermonters cannot become homeowners without subsidy.⁶
- Per capita income (2000) was \$23,501, above Vermont per capita income of \$20,625.
 - Median household income was \$53,032 in 2008, above \$52,111 for Vermont.
 - 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.
 - 9.9% of persons live in poverty, a little better than the state average of 10%.

PLACE

Franklin County is 637 square miles, with 54.9 square miles under water. The population density of 71.3 persons per square mile is slightly higher than the state average of 65.8.

Franklin County	47,949
Bakersfield town	1,402
Berkshire town.....	1,598
Enosburg town	2,698
Fairfax town.....	4,195
Fairfield town.....	1,916
Fletcher town.....	1,301
Franklin town.....	1,300
Georgia town	4,507
Highgate town.....	3,691
Montgomery town.....	1,053
Richford town.....	2,293
St. Albans city.....	7,250
St. Albans town	6,014
Sheldon town	2,303
Swanton town	6,428

THE ECONOMY

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

With Lake Champlain to the west, Burlington to the South and Montreal to the north, the region serves as an important rail, ferry, and highway corridor. However, infrastructure needs outpace funding and limit potential activity.

The number of farms decreased from 770 (2002) to 740 (2007) and hired farm workers dropped by 35% to 1,244 persons. Despite decreases, Franklin County continues to lead Vermont in dairy, maple production, and other agricultural products.

FORECAST FOR GROWTH: Natural resources, proximity to education and transportation, and community spirit combine to make the county a place ripe for growth.

JOBS: In 2007, Franklin was one of only two Vermont counties with net job growth. The economic decline that has followed challenges residents' security and economic wellbeing and brought many layoffs.

EDUCATION: Resident ability to cope with the recession may be affected by education levels. While 85% have graduated high school compared to a state average of 82%, just 19% have a college degree, compared to the state average of 33%.

DISTANCE TO WORK: 51.2% of employed residents work in Franklin County while the rest must commute outside. Three-fourths of jobs at Franklin County employers are held by county residents while just one fourth are held by out of county commuters.¹

EMPLOYMENT SECTORS:¹

Public Sector	26.1% (up .5% over 5 years)
Services.....	27.0% (down 11.7% over 5 years)
Goods	46.8% (down 14.1% over 5 years)

MAJOR EMPLOYERS BY COMMUNITY: Cold Hollow Precision and Franklin Foods (Enosburg); Yankee Corporation (Fairfax); Bertek Systems, Century International Arms, and PBM Products (Georgia); Dexter Products (Highgate); Bum Wraps (Montgomery); and Blue Seal Feed and Kaytec (Richford).

Additional employers include AN Deringer, Barry Callebault USA, Ben & Jerry's, Energizer, Messenger Print & Design, Mylan Technologies, Pyrofax, St. Albans Cooperative Creamery, and Superior Technical Ceramics (St. Albans); Abbey Group, Rock-Tenn, Viacheese, and Vermont Precision Tools (Sheldon); and Biocardel and Cargill Animal Nutrition (Swanton).

HEALTH

88% of Franklin County residents identify themselves as having good or excellent health. The remaining 12% feel they have poor or fair health, slightly higher than the state average of 11%.

Risk Factors and Chronic Conditions²

	FRANKLIN COUNTY	STATE OF VERMONT
Adult smokers (youth rates declining) ..	22%	15%
Adult obesity	26%	22%
Childhood obesity.....	14%	12%
Binge drinking	19%	17%
Motor vehicle crash death rate	17%	13%
Crime rate per thousand.....	57.5	Second highest in VT ⁸
Access to healthy foods*	35%	34%
Children under 18 in poverty.....	13%	12%
Substance abuse treatment referrals are rising and the community is concerned about opiate use.		

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. National target value is 46%; overall in VT is 34%

HEALTH INDICATORS³

Access

- 12% of residents report having no health insurance at all.
- There is a shortage of 15 primary care physicians (full-time equivalent).
- Only 63% of Franklin County adults received influenza immunization in 2008, the worst rate statewide.
- 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

- 92% of pregnant women receive prenatal care in the first trimester (above the state average of 90%).
- Teen birth rate among 15-17-year-olds is 18.4 per thousand live births, above the state average of 15.8.
- Low birth weight rate (≤5.5 lbs) is 6.9% (VT6.4 %).
- Number of women >40 years old who have had a mammogram is slightly below statewide average (76% vs. 77%).

Disease Rates

- Heart disease death rate is 209 per 100,000 population, second highest in the state (statewide average of 138).
- 24% of adults are obese, above the state average of 20% and the worst in the state.
- Stroke death rate of 41 per 100,000 is below the statewide average of 44 per 100,000.
- Diabetes-related deaths of 101 per 100,000 is above the statewide average of 91 per 100,000.
- Asthma hospitalizations among youth <18 is 3.2 per 10,000, significantly below the statewide rate of 9.1 per 10,000 and is one of the best outcomes in the state. In contrast, asthma rates among Abenaki persons is much higher.
- Chronic Obstructive Pulmonary Disease (COPD) deaths among people 45 and older is 139 per 100,000, significantly above the statewide average of 123 per 100,000.

PRIMARY CARE PRACTICES

Family Practice, Internal Medicine, OB/GYN, Pediatrics and Psychiatry

Enosburg/Enosburg Falls

Cold Hollow Family Practice
Enosburg Health Center
Mousetrap Pediatrics

Fairfax

Fairfax Associates in Medicine
Georgia Health Center

Georgia

Joseph D. Nasca, MD

Richford

Richford Health Center/Richford Dental Clinic of Northern Tier
Center for Health (NOTCH)*

St. Albans

Amy B. Roberts, MD
Franklin County Pediatrics
Green Mountain OB/GYN
H. Taylor Yates, Jr., MD
Healthy First
Maria Vijups, MD, PC
Maryann Yeatts-Peterson, MD
Mid-North Medical Group
Mousetrap Pediatrics
Northwest Counseling & Support Services
Partners in Health Care
St. Albans Health Center of Northern Tier Center for Health (NOTCH)*
St. Albans Primary Care

Swanton

Swanton Health Center*

* Federally Qualified Health Center (FQHC)

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

FLETCHER ALLEN HEALTH CARE: An academic health center with a service area that includes Franklin County and other areas totaling one million persons. FAHC has 458 staffed beds, more than 30 care sites and Vermont's only Level 1 Trauma Center. www.fletcherallen.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

VERMONT DEPARTMENT OF HEALTH: St. Albans office provides information for the public and providers about current health issues online. 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 more than 8,000 households last year. 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

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 just transitioned to 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.

http://dcf.vermont.gov/esd/contact_us

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

MANDATED REPORTING

Vermont mandates licensed and allied health workers, educators, and certain other persons to report suspected abuse, neglect, or exploitation of children, vulnerable adults, and elders. Agencies and/or practices usually have a protocol for coordinating reports. However, Vermont state law holds you individually responsible for making a report if in your judgment you believe there is reason to suspect abuse, neglect, or exploitation.

- To learn about reporting requirements regarding children, visit Vermont Department of Children and Family Services' Child Protection (http://dcf.vermont.gov/fsd/reporting_child_abuse) page. To make a report of suspected abuse or neglect call 1-800-649-5285.
- To learn about reporting requirements regarding vulnerable elder or disabled adults, visit Vermont Department of Disabilities, Aging and Independent Living Adult Protective Services (www.dlp.vermont.gov/protection). To make a report of suspected abuse, neglect, or exploitation call 1-800-564-1612 or 1-802-241-3918.

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

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 less reception options. Cell telephone signal weakens or is spotty in many parts of the county.

News

ST. ALBANS MESSENGER: Daily newspaper includes local news and calendar of community events. www.samesessenger.com

Recreation

BURTON ISLAND STATE PARK: St. Albans

COLLINS-PERLEY SPORTS AND FITNESS CENTER: St. Albans
www.facebook.com/pages/Collins-Perley-Sports-and-Fitness-Center/142579572242

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: Online at Find a State Park.
www.vtstateparks.com/htm/map.htm

Culture and Leisure Attractions

ABENAKI TRIBAL MUSEUM & CULTURAL CENTER: Swanton

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.librarysites.info/states/vt.htm

THE OPERA HOUSE: Enosburg Falls

VERMONT MAPLE FESTIVAL: St. Albans

1 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2009, 2007 data www.vtلمي.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

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

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

5 2007 Census of Agriculture, County Profile: Franklin County, Vermont. www.agcensus.usda.gov/Publications/2007/Online_Highlights/County_Profiles/Vermont/cp50011.pdf

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

7 US Census, Vermont Quick Facts 2008 for Franklin County, Vermont.

8 Community Needs Assessment 2009, Franklin/Grand Isle United Way

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

Chittenden County

Located in the heart of the Champlain Valley in western Vermont, Chittenden County is Vermont's most populous area. Chittenden County hosts the University of Vermont and several institutions of higher learning. Its communities are diverse in size and organization, including gores, villages, towns and Vermont's largest city.

The Champlain Valley Area Health Education Center, located in St. Albans, improves access to quality health care by working with community and academic partners to support healthcare workforce development through recruitment, retention and continuing education of health care professionals. The Champlain Valley AHEC region consists of the four counties of northwestern Vermont: Addison, Chittenden, Franklin, and Grand Isle.

POPULATION

- Chittenden is Vermont's most populous county with 152,782 persons.
- Its growth from 2000-2009 was 3.9%, between the state and national growth rates of 2% and 8%, respectively.
- The age of county residents as a percent of 2008 population was:
<5..... 5.4%
5-18..... 15.8%
19-64..... 68.0%
65+..... 10.8%
- The segment of elders age 85 and older is the fastest growing in Vermont and in the region.
- 18,331 persons live with one or more disabling conditions.

SOCIOECONOMIC INDICATORS

Race, Ethnicity, and Language

Chittenden County has the most ethnically diverse population in Vermont. The greatest proportion of the minority population can be found in Chittenden County. Of Vermont's 19,619 total minority populations of all ages, 7,125 (36.3%) reside in Chittenden County. The majority of Vermont's minority older adults also reside in Chittenden County.

White, non-Hispanic	94.1%
American Indian/Alaska Native.....	<1.0%
Hispanic or Latino	1.8%
Black (African American).....	1.7%
Asian	2.6%
Native Hawaiian/Pacific Islander	<1.0%

- Individuals resided in 50,456 households with an average size of 2.47 persons, virtually the same as the state average of 2.44 persons.
- As of 1990, nearly half the towns in Chittenden County included 40% or more of residents with French or French Canadian ties (www.vt-fcgs.org/images/vtfrench.jpg). Some members of these families continue to speak French.

- Chittenden County is home to initiatives to assure the full participation of minorities and all groups in the community, such as the Social Equity Investment Project (SEIP) at the City of Burlington Community and Economic Development Office (CEDO) (www.cedo.ci.burlington.vt.us/legacy/projects.html#seip). The program is identifying emerging leaders from all backgrounds. Some work in the program through the AmeriCorps initiative. As SEIP reminds all citizens, "We all want the same things." Some minority leaders were interviewed in a *Seven Days* article (www.7dvt.com/2009minority-rule) in 2009.
- The University of Vermont's new Davis Center is home to programs that support the inclusion of students from diverse backgrounds (www.uvm.edu/~diversit) and greater ties between minority communities and the University.
- Chittenden County is now the only county in which refugees are resettled within Vermont. Vermont Refugee Resettlement Program (<http://uscri.refugees.org/site/PageNavigator/Vermont/vermonthome>) is the hub of support for the first months and years of arrival. Community Health Center-Burlington, the International Clinic at UHC Pediatrics, and Maitri Health Care for Women serve the largest numbers of newly arrived refugees in the community.
- For the last two decades, New Americans had told service providers and the state of Vermont that family is the preferred support, and that aging in place means living with or receiving help from family members as an alternative to nursing home. Those preferences still prevail, but service needs are becoming more complex as some families have lived in the region for decades and are beginning to struggle with how to age in place or support a family member given the complexities of employment, commuting, and western lifestyles.
- Other Languages Spoken at Home: 8% of children over five and adults speak a language other than English at home. Burlington School District (<http://hunt.bsdt.org/~lwalsleben/ell/tresources.php>) has a cultural diversity resources page with helpful links and also maintains a vigorous home-school liaison program. The communities of Winooski, South Burlington, and Essex are also more diverse than most Vermont schools.

- Champlain Valley AHEC maintains a Cultural Competency for Health Care Practitioners manual online (www.cvahec.org/CulturalCompetency.htm) in partnership with the Freeman Medical Scholars Program.

Income and Basic Needs

Income is higher in this region, but the cost of housing requires even higher wages to make ends meet. Many working families must spend more than 30% of their income on housing and this is considered unaffordable. The cost of housing and utilities affects available funds for food, transportation, health care, higher education and saving. One third of Vermonters cannot become homeowners without subsidy.

- Per capita income (2000) was \$23,501.
- Median household income was \$61,230 in 2008, above the state-wide median of \$52,111.
- The wage needed to afford housing in Chittenden County is \$21.31 per hour, significantly above the state wage of \$17.57 and reflecting higher home values, one of the tightest housing markets in the country, and the competition for affordable housing between a large student population and permanent residents. About half of Vermont households below median income do not earn a fair housing wage.
- 9.6% of persons live in poverty, just below the state average of 10%.

PLACE

Champlain County is 620 square miles with 539 square miles of land and 80.6 square miles under water. The population density of 282 persons per square mile is far higher than the state average of 65.8. 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.

Chittenden County	152,782
Bolton town.....	1,000
Buels gore.....	12
Burlington city	38,897
Charlotte town	3,761
Colchester town	17,237
Essex town.....	19,649
Hinesburg town	4,629
Huntington town.....	1,951
Jericho town.....	5,190
Milton town.....	10,714
Richmond town	4,160
St. George town	692
Shelburne town	7,146
South Burlington city	17,574
Underhill town.....	3,082
Westford town.....	2,229
Williston town	8,430
Winooski city	6,429

THE ECONOMY

The county’s proximity to interstate highways, rail systems, Lake Champlain, natural resources, and institutions of higher learning make it an area often ranked as one of the most livable places in the nation.

With Lake Champlain to the west, Rutland and Bennington to the South and Montreal to the north, Chittenden County and the Lake Champlain region serve as an important rail, ferry, state highway and interstate highway corridor. Local disagreements about the potential impact of highway and other development on natural and social environments sometimes delay infrastructure projects (especially highways), affordable congregate housing, and business expansions.

FORECAST FOR GROWTH: The Lake Champlain Chamber of Commerce (www.vermont.org/chamber/index.aspx) and other planning groups hold an optimistic growth outlook.

JOBS: In 2007, 85,600 persons were employed and 3.3% unemployed. With the current recession, numbers and trends are changing dramatically.

EDUCATION: The area meets the average high school graduation rate of 82% but lags behind the desired 92% target. 45% have a college degree, compared to the state average of 33%.

DISTANCE TO WORK: The average distance to work is below many other state commutes at 19.7 minutes. A small public transit system that does not serve the entire county limits opportunities for lowest income citizens.¹

EMPLOYMENT SECTORS:¹ 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.

Public Sector	15.6%
Services.....	65.9%
Goods.....	18.5%

MAJOR EMPLOYERS: Include recognizable names such as the State of Vermont, Burton Snowboards, Fletcher Allen Health Care, Gardener’s Supply Company, Green Mountain Coffee Roasters, I.B.M., Martin Marietta, and Seventh Generation.

Ben & Jerry’s began as a micro-enterprise here and the area continues to generate many small and mid-level firms.

The national local-vore movement has strong ties to Vermont and has led to many artisan and small scale agricultural ventures. Many producers sell or display at City Market Co-op or Burlington Farmers Market (Saturday mornings, late spring, summer and early fall).

HEALTH

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

In the big picture, consumers/patients seem to agree: just 8% describe themselves as in poor or fair health, compared to an average of 11% of Vermonters.

For details about Vermonters' health and wellbeing against state goals, visit the Vermont Department of Health annual health status update. <http://healthvermont.gov/pubs>

Additional perspectives about challenges to elder health and wellbeing are also included in the Vermont Department of Disabilities, Aging & Independent Living State Plan on Aging. www.ddas.vermont.gov/ddas-publications

Risk Factors and Chronic Conditions²

	CHITTENDEN COUNTY	STATE OF VERMONT
Adult smokers (youth rates declining) ..	15%	15%
Adult obesity	19%	22%
Childhood obesity	8%	12%
Binge drinking	18%	17%
Motor vehicle crash death rate	9%	3%
Crime rate per thousand.....	189 ⁸	
Access to healthy foods*	54%	34%
Children under 18 in poverty	8%	12%

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. The national target value is 46% and Vermont averages 34%. For Chittenden County, many providers note that many health food outlets are expensive and lower cost options are adequately served by public transportation systems. This had led to significant local controversies about the placement of affordable grocery stores and transit routes, and led to changes in food offerings at City Market Cooperative in Burlington.

HEALTH INDICATORS³

Access

- 10% of residents report having no health insurance at all.³
- In aggregate, Chittenden County is considered to be in oversupply of primary care physicians. www.med.uvm.edu/ahec/TB8+BL+I.asp?SiteAreaID=301
- However, 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.
- Efforts continue toward establishment of a Federally Qualified Health Center (FQHC) for southern Chittenden County/northern Addison County.

Women & Infants

- 91% of pregnant women receive prenatal care in the first trimester – about the same as the state average of 90%.
- Number of women >40 years old who have had a mammogram is the same as the state average of 77%.

Disease Rates

- Heart disease death rate is 159 per 100,000 population, which is above the statewide average of 138.
- 17% of adults are obese, below the state average of 20% and the best status in the state.
- Stroke death rate of 42 per 100,000 is below the statewide average of 44.
- Diabetes-related death rate of 92 per 100,000 is above the statewide average of 91 per 100,000 and significantly worse than the best performers in the state (at 69 and 80 per 100,000).
- More adults than average are screened for diabetes at 89%, compared to the state average of 87%.
- Chronic Obstructive Pulmonary Disease (COPD) deaths among people 45 and older is 126 per 100,000, slightly above the statewide average of 123.

PRIMARY CARE PRACTICES

Family Practice, Internal Medicine, OB/GYN, Pediatrics and Psychiatry

- Chittenden County includes forty-seven primary care practice sites but just one federally qualified health center in the Community Health Center of Burlington.
- While the county has the highest number of primary care providers per capita in the state, access remains a problem for many.
- Shortages of geriatricians and internal medicine physicians mean less care for adults, especially seniors.
- Frequent restrictions on practices accepting new patients or new patients with Medicaid/Medicare mean that finding a new doctor can be a problem, especially if you pay with public programs.
- Vermont has a network of elder care clinicians providing mental health support out of Vermont's Community Mental Health Centers.
- Chittenden County is served by the **HOWARD CENTER**, which provides care for acute and chronic mental illness for people of all ages, substance abuse treatment services, and services for individuals with developmental disabilities. www.howardcenter.org

HOSPITALS

FLETCHER ALLEN HEALTH CARE: is an academic health center based in Burlington with satellites in many communities. Its service area extends beyond Vermont to reach a population totaling one million persons. FAHC has 458 staffed beds, more than 30 care sites and Vermont's only Level I Trauma Center. www.fletcherallen.org

Chittenden County includes a Champlain Long Term Care Community Coalition comprised of consumers, service providers and local leaders that works to identify needs and improve service options available to seniors, people with disabilities and their allies. Students and the public are welcome at its meetings. Contact Champlain Valley AHEC for current coalition contact information. www.cvahec.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

VERMONT DEPARTMENT OF HEALTH: Offices in Burlington, provides information for the public and providers about current health issues online. www.healthvermont.org

CHAMPLAIN VALLEY OFFICE OF ECONOMIC OPPORTUNITY (CVOEO): operates 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. 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

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 just transitioned to 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.

http://dcf.vermont.gov/esd/contact_us

UNITED WAY OF CHITTENDEN COUNTY: Provides information about volunteer opportunities, supports a community health partnership, and provides funding to member agencies and youth-directed programs.

NORTHWESTERN COUNSELING AND SUPPORT SERVICES: 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.ncssinc.org

MANDATED REPORTING

Vermont mandates licensed and allied health workers, educators, and certain other persons to report suspected abuse, neglect, or exploitation of children, vulnerable adults, and elders. Agencies and/or practices usually have a protocol for coordinating reports. However, Vermont state law holds you individually responsible for making a report if in your judgment you believe there is reason to suspect abuse, neglect, or exploitation.

To learn about reporting requirements regarding children, visit Vermont Department of Children and Family Services' Child Protection page. To make a report of suspected abuse or neglect call 800-649-5285.

To learn about reporting requirements regarding vulnerable elder or disabled adults, visit the Vermont Department of Disabilities, Aging, and Independent Living, Adult Protective Services at www.dlp.vermont.gov/protection. To make a report of suspected abuse, neglect, or exploitation call 1-800-564-1612 or 1-802-241-3918.

MEDIA, RECREATION & LEISURE

The county enjoys the best telecommunications access in the state. Cell phone transmission challenges can occur in higher elevations, particular in areas of Camel's Hump.

News

BURLINGTON FREE PRESS: Daily newspaper, including calendar of events. www.burlingtonfreepress.com

SEVEN DAYS: Weekly newspaper, including an interactive, searchable calendar of events. www.7dvt.com

THE CYNIC: The weekly student newspaper of the University of Vermont. 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

VERMONT PUBLIC RADIO: Broadcasts at 107.9 FM and streams on the web. www.vpr.net

Recreation

THE CITY OF BURLINGTON PARKS AND RECREATION DEPARTMENT: Maintains many public resources. <http://enjoyburlington.com>

Most other Chittenden County towns also have local departments or programs. Contact the Champlain Valley AHEC office for referrals.

THE LAKE CHAMPLAIN BIKEWAY: Popular in summer months. www.champlainbikeways.org/directions/index.htm

THE VERMONT OUTDOOR GUIDE ASSOCIATION: Resources for hiking and walking in Chittenden County. www.voga.org/Vermont_Recreation_Trails.htm

VERMONT STATE PARKS: Online at Find a State Park www.vtstateparks.com/htm/map.htm

CULTURE & LEISURE ATTRACTIONS

SEVEN DAYS: the most comprehensive listing of cultural resources and current events in the region. www.7dvt.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.librarysites.info/states/vt.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

COLLEGES & UNIVERSITIES

BURLINGTON COLLEGE is 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

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

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

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

THE UNIVERSITY OF VERMONT: A public university located on an historic Burlington campus. Founded in 1791 – the same year Vermont became a state – it is the fifth college established in New England. It has 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

1 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2009, 2007 data www.vtmi.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

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

4 Primary Care Survey for the Champlain Valley 2009, Champlain Valley Area Health Education Center.

Grand Isle County

Located in northwest Vermont on Lake Champlain, Grand Isle County is steeped in proud island culture and natural beauty.

POPULATION

- Grand Isle County is the smallest county in Vermont with 7,560 persons.
- Its growth rate of 9.5% for 2000-08 is significantly above the state and national rates of 2% and 8% respectively.
- The age of county residents in 2008 was:
<5..... 4.8%
5-18..... 15.3%
19-64..... 65.9%
65+..... 14.0%
- The county is the fastest growing of any in Vermont. The 40-to-59-year-old segment had an 83% growth rate between 2000 and 2008, followed by those ages 60-74 at 34%. While working to address critical needs for current elders, local planners are also focused on how to meet the demands of future elders.

SOCIOECONOMIC INDICATORS

Race, Ethnicity, and Language

Census data shows the following racial or ethnic heritage of residents:

White, non-Hispanic	96.4%
American Indian/Alaska Native.....	.7%
Hispanic or Latino8%
Black (African American).....	.2%
Asian6%

- In 1997, about half the residents of the northern towns of Isle LaMotte and Alburg had French or French Canadian ties (www.vt-fcgs.org/images/vtfrench.jpg). Many families continue to speak French at home.
- The Abenaki Nation of Missisquoi, St. Francis Soloki Band (www.abenakination.org) – 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.
- Hispanic and Latino persons include undocumented persons working on dairy farms (www.vtmigrantfarmworkersolidarity.org) and migrant workers who work at apple and other orchards on a seasonal basis.
- 4.2% of residents were born outside of the United States of America. The most common European ancestral ties include French, English, Irish, German, and Scottish identification.
- 5.7% of children over five and adults speak a language other than English at home.

INCOME & BASIC NEEDS

While some economic indicators are better than state averages, half the county's residents struggle to afford housing. The cost of housing and utilities affects available funds for food, transportation, health care, transportation, higher education and saving.⁶

Island geography provides unique challenges to accessing services, particularly in winter.

- Per capita income (2000) was \$22,207, above Vermont per capita income of \$20,625.
- Median household income was \$57,435 in 2008, above \$52,111 for Vermont.
- 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.
- 8.4% of persons live in poverty, fewer than the state average of 10%.

PLACE

Franklin County is 637 square miles, with 54.9 square miles under water. The population density of 71.3 persons per square mile is slightly higher than the state average of 65.8.

Grand Isle County.....	7,560
Alburg town	1,402
Grand Isle town	1,598
Isle LaMotte town.....	2,698
North Hero town	4,195
South Hero	1,916

THE ECONOMY

The welfare of the region is uniquely tied to Lake Champlain. The region has important investments in agriculture and tourism.

FORECAST FOR GROWTH: Natural resources, proximity to education and transportation, and community spirit combine to make the county a place ripe for growth. The county is experiencing a growth in the number of people establishing home-based professional businesses.

UNEMPLOYMENT: Grand Isle County has one the state's lowest unemployment rates at 6.2%.

EDUCATION: 34% have graduated high school compared to a state average of 32%; 24% have a college degree.

DISTANCE TO WORK: 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.

MAJOR EMPLOYMENT SECTORS:

Education, Health, & Social Services.....	20.2%
Manufacturing.....	15%
Construction.....	11.5%
Retail Trade.....	10.2%

HEALTH

Most Grand Isle County residents identify themselves as having good or excellent health. Just 8% feel they have poor or fair health, which is below the statewide average of 11%.

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 Conditions¹

	GRAND ISLE COUNTY	STATE OF VERMONT
Adult smokers (youth rates declining) ..	17%	15%
Adult obesity	25%	22%
Childhood obesity.....	16%	12%
Binge drinking	9%	17%
Motor vehicle crash death rate	9%	13%
Crime rate per thousand.....	144 ⁸	
Access to healthy foods*	40%	34%
Children under 18 in poverty.....	12%	12%

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. National target value is 46%; overall in VT is 34%

HEALTH INDICATORS

Access

- 16% of residents report having no health insurance at all³
- There is a shortage of five (full-time-equivalent) primary care physicians
- Only 62% of Grand Isle County adults received influenza immunization in 2008. (The state average was 66%.)
- 16% of adults do not have a usual primary care physician.
- All primary care sites accept new patients, including those participating in Medicaid or Medicare new patients.
- 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, Keeler Bay practice offers farm visits in partnership with UVM College of Medicine residents and biweekly clinics.

Women & Infants²

- 91% of pregnant women receive prenatal care in the first trimester. (Statewide average is 90%)
- Low birth weight rate (≤5.5 lbs) is 8.1% (VT 6.4%)

Disease Rates

- 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 (Statewide average of 22%)
- Diabetes-related deaths of 78 per 100,000 (Statewide average of 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 and is one of the best outcomes in the state. 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. (Statewide average is 123 per 100,000).

PRIMARY CARE PRACTICES

Family Practice, Internal Medicine, OB/GYN, Pediatrics and Psychiatry

Alburg

Alburg Health Center*

South Hero

Keeler Bay Family Practice

* Federally Qualified Health Center (FQHC)

HOSPITALS

NORTHWESTERN MEDICAL CENTER: A 70-bed, not-for-profit, acute-care hospital in St. Albans. 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. Its St. Albans hub is the primary hospital for the northern Grand Isle County towns of Alburg, Grand Isle, and Isle LaMotte.

www.northwesternmedicalcenter.org

FLETCHER ALLEN HEALTH CARE: An academic health center with a service area that includes portions of Grand Isle and Franklin counties, as well as other areas totaling 1 million persons. FAHC has 458 staffed beds, more than 30 care sites and Vermont's only Level I Trauma Center. Its Burlington hub is the primary hospital service area for the southern Grand Isle County communities of North Hero and South Hero. www.fletcherallen.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

THE VERMONT DEPARTMENT OF HEALTH: A district office in St. Albans serves Grand Isle County residents. Online information about current health issues and resources is available for the general public and for providers. 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 more than 8,000 households last year. 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 by dialing 1-800-642-5119. www.cvaa.org

C.I.D.E.R.: A private, non-profit membership organization of Champlain Islanders Developing Essential Resources, 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.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 just transitioned to 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.

http://dcf.vermont.gov/esd/contact_us

FRANKLIN-GRAND ISLE UNITED WAY: Serves the islands of Grand Isle County as well as Franklin County and provides information about volunteer opportunities, supports a community health partnership, and provides funding to member agencies and youth-directed programs. www.fgiunitedway.org

MANDATED REPORTING

Vermont mandates licensed and allied health workers, educators, and certain other persons to report suspected abuse, neglect, or exploitation of children, vulnerable adults, and elders. Agencies and/or practices usually have a protocol for coordinating reports. However, Vermont state law holds you individually responsible for making a report if in your judgment you believe there is reason to suspect abuse, neglect, or exploitation.

VERMONT DEPARTMENT OF CHILDREN AND FAMILY SERVICES' CHILD PROTECTION: Learn about reporting requirements regarding children. To make a report of suspected abuse or neglect call 1-800-649-5285. http://dcf.vermont.gov/fsd/reporting_child_abuse

VERMONT DEPARTMENT OF DISABILITIES, AGING AND INDEPENDENT LIVING ADULT PROTECTIVE SERVICES: Learn about reporting requirements regarding vulnerable elder or disabled adults, visit. To make a report of suspected abuse, neglect, or exploitation call 1-800-564-1612 or 1-802-241-3918. www.dlp.vermont.gov/protection

NORTHWESTERN COUNSELING AND SUPPORT SERVICES: 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. Call (802) 524-6554. www.ncssinc.org

MEDIA, RECREATION & LEISURE

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

News

BURLINGTON FREE PRESS
www.burlingtonfreepress.com

THE ISLANDER
www.lakechamplainislander.com

Recreation

The county is home to several state parks:

Alburg 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

Culture & Leisure Attractions

LAKE CHAMPLAIN ISLANDS EVENTS CALENDAR: For local events.
www.champlainislands.com/cgi-bin/admin_view_calendar.cgi

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.librarysites.info/states/vt.htm

VERMONT SHAKESPEARE FESTIVAL
www.vermontshakespeare.org

Addison County

Located in the southern Champlain Valley of Vermont, Addison County is known for open rolling farmlands, mountain towns, the smallest city in America and an inclusive community spirit.

POPULATION

- Addison is the eighth largest of fourteen counties in Vermont with 36,760 persons.
- Its growth rate is 2.2% for 2000-08, just higher than the state growth rate of 2% and below the national growth rate of 8%.
 - <5..... 5%
 - 5-18..... 21%
 - 19-64..... 64%
 - 65+..... 11% (VT average 13.9%)
- The segment of elders age 85 and older is the fastest growing in Vermont and in the region.
- 18,331 persons live with one or more disabling conditions.

SOCIOECONOMIC INDICATORS

Race, Ethnicity, and Language

Census data shows the following racial or ethnic heritage of residents:

White, non-Hispanic	95.4%
American Indian/Alaska Native.....	0.3%
Hispanic or Latino	1.5%
Black (African American).....	0.7%
Asian	0.9%

- Individuals resided in 16,654 households with an average size of 2.55 persons, compared to the state average of 2.44 persons.
- Nestled in the lower Champlain Valley and bordered by the Adirondack Mountains in the west and the Green Mountains to east, Addison County is a close knit community of agricultural heritage
- Farming in Addison County has recently come to depend on a labor force that consists of undocumented persons working on dairy farms (www.vtmigrantfarmworkersolidarity.org), the majority of whom are Hispanic and Latino persons.
- 3.5% of residents were born outside of the United States of America.

INCOME & BASIC NEEDS

- Income in Addison County is higher than the state average, but buying a home in Addison County is difficult for many households as the gap between median house price and median household income is the fourth highest in the state.
- Per capita income in 2007 was \$34,771, below the Vermont per capita income of \$37,483.
- Median household income was \$56,584 in 2008, (above the state-wide median of \$52,111).
- The wage needed to afford housing in Addison County is \$16.65 per hour, slightly below the state wage of \$17.57.
- 9.9% of persons live in poverty, slightly below the state average of 10%.

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 65.8.

Addison County.....	36,760
Addison	1,431
Bridport	1,248
Bristol	3,770
Cornwall	1,226
Ferrisburgh.....	2,692
Goshen	218
Granville	287
Hancock.....	363
Leicester.....	1,010
Lincoln	1,270
Middlebury	8,205
Monkton.....	1,981
New Haven	1,820
Orwell.....	1,222
Panton.....	687
Ripton.....	588
Salisbury	1,105
Shoreham	1,295
Starksboro	1,924
Vergennes City.....	2,696
Waltham	485
Weybridge	829
Whiting.....	408

HEALTH

90% of Addison County residents identify themselves as having good or excellent health. The remaining 10% feel they have poor or fair health, slightly lower than the state average of 11%.

Risk Factors and Chronic Conditions¹

	ADDISON COUNTY	STATE OF VERMONT
Adult smokers.....	19%	19%
Adult obesity	22%	22%
Binge drinking	25%	17%
Motor vehicle crash death rate	11%	13%
Access to healthy foods*	33%	34%
Children under 18 in poverty.....	10%	12%

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. National target value is 46%; overall in VT is 34%.

HEALTH INDICATORS²

Access

- 12% of residents report having no health insurance at all.
- 76% of Addison County adults received influenza immunization in 2008, better than the state rate of 66%.
- Only 10% of adults do not have a usual primary care physician. (Statewide is 15%.)
- 3% of primary care physicians either limit or do not accept new patients.

Women & Infants

- 89% of pregnant women receive prenatal care in the first trimester. (state average is 90%).
- Teen birth rate among 15-17 year olds is 11.5 per thousand live births, better than the state average of 15.8.
- Low birth weight rate (≤ 5.5 lbs) 5.1%. (VT 6.4 %)
- 78% of women >40 years old have had a mammogram, slightly above the statewide average of 77%.

Disease Rates

- Heart disease death rate is 150 per 100,000 population, higher than the statewide average of 138.
- 22% of adults are obese, one of the higher rates in the state, which averages 20%.
- Stroke death rate of 50 per 100,000 is above the statewide average of 44.
- Diabetes-related deaths of 109 per 100,000 is one of the highest in the state and well above the statewide average of 91 per 100,000.
- Asthma hospitalizations among youth <18 is 3.3 per 10,000 is significantly below the statewide rate of 9.1 per 10,000 and is one of the best outcomes in the state.
- Chronic Obstructive Pulmonary Disease (COPD) death rate among people 45 and older is 108 per 100,000, below the statewide average of 123.

PRIMARY CARE PRACTICES

Family Practice, Internal Medicine, OB/GYN, Pediatrics and Psychiatry

Bristol

Bristol Internal Medicine
Mountain Health Center

Shoreham

Shorewell Clinic

Vergennes

Little City Family Practice
Tapestry Midwifery

Middlebury

Addison Associates in OB/GYN
Addison Family Practice
Counseling Services of Addison County
Middlebury Family Health
Middlebury Pediatric & Adolescent Medicine
Open Door Clinic
Parton Health and Counseling Center
Planned Parenthood of Northern New England
Porter Internal Medicine
Rainbow Pediatrics

HOSPITALS

PORTER HOSPITAL: Middlebury is a Critical Access Hospital founded in 1925, and 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

FLETCHER ALLEN HEALTH CARE: An academic health center with a service area that includes Franklin County and other areas totaling one million persons. FAHC has 458 staffed beds, more than 30 care sites and Vermont's only Level I Trauma Center. www.fletcherallen.org

STATE & COMMUNITY AGENCIES

Information & Referral

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

UNITED WAY OF ADDISON COUNTY: Provides a one-page list of frequently used numbers. www.unitedwayaddisoncounty.org

CHAMPLAIN VALLEY OFFICE OF ECONOMIC OPPORTUNITY (CVOEO):

Operates throughout the northwestern region providing 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 more than 8,000 households last year. 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

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 just transitioned to 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. http://dcf.vermont.gov/esd/contact_us

VERMONT DEPARTMENT OF HEALTH: Offices in Middlebury and provides information for the public and providers about current health issues online. www.healthvermont.org

MANDATED REPORTING

Vermont mandates licensed and allied health workers, educators, and certain other persons to report suspected abuse, neglect, or exploitation of children, vulnerable adults, and elders. Agencies and/or practices usually have a protocol for coordinating reports. However, Vermont state law holds you individually responsible for making a report if in your judgment you believe there is reason to suspect abuse, neglect, or exploitation.

- To learn about reporting requirements regarding children, consult the Vermont Department of Children and Family Services' Child Protection (http://dcf.vermont.gov/fsd/reporting_child_abuse). To make a report of suspected abuse or neglect call 800-649-5285.
- To learn about reporting requirements regarding vulnerable elder or disabled adults, consult the Vermont Department of Disabilities, Aging and Independent Living Adult Protective Services (www.dlp.vermont.gov/protection). To make a report of suspected abuse, neglect, or exploitation call 1-800-564-1612 or 1-802-241-3918.

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

MEDIA, RECREATION & LEISURE

News

ADDISON COUNTY INDEPENDENT: Twice-weekly newspaper, including a calendar of community events. www.addisonindependent.com

VERMONT PUBLIC RADIO: Broadcasts at 107.9 and streams on the web. www.vpr.net

WVTK-FM: Broadcasts at 92.1 and offers local and state news. www.921wvtk.com

RECREATION

GREEN MOUNTAIN NATIONAL FOREST: www.fs.fed.us/r9/forests/greenmountain/htm/greenmountain/g_home.htm protects 400,000 acres that reach across nearly two-thirds the length of Vermont. Its mission is to sustain, protect, and enhance forest ecosystems.

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

VERMONT STATE PARKS: Online at *Find a State Park*. There are several popular state parks in Addison County. www.vtstateparks.com/htm/map.htm

Culture & 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.librariansites.info/states/vt.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

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

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. <http://museum.middlebury.edu>

ADDISON COUNTY CHAMBER OF COMMERCE: Features information about county attractions, events and activities. www.addisoncounty.com

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/caledonia/24

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

Caledonia County

POPULATION

Population (2009).....	30,252 ¹
Persons under 5	5.1%
Persons under 18	21.6%
Persons 19-64	72.9%
Persons 65 years and older	15.3%

Population Density (2000)..... 45.6 per square mile
VT average 65.8 per mile² ¹

Race (2009)

White, non-Hispanic	96.3%
Black	0.5%
Asian	0.5%
Native American	0.6%
Hispanic or Latino	1.1%
Reporting 2 or more races	1.2% ¹

Population by Largest Cities/Towns²

St. Johnsbury	7,421
Lyndon.....	5,679
Hardwick	3,207

SOCIOECONOMIC INDICATORS

Per Capita Income (2008)	\$32,512 ²
Median household Income (2008)	\$42,097 ¹
Population below poverty (2008) ¹	11.8% (VT 10.4%)
Total households countywide (2000) ¹	11,663
Persons per household:.....	2.46

Major Employment Industries²

Public/government sector.....	18%
Retail trades	14.2%
Health care & social assistance	14.1%
Manufacturing	15.8%

Risk Factors and Chronic Conditions

	CALEDONIA COUNTY	STATE OF VERMONT
Adult smokers.....	19%	17.5% ³
Adult obesity	26%	22% ³
Binge drinking	16%	17% ³
Access to healthy foods*	18%	34% ⁴
Children under 18 in poverty	17.1%	12.8% ⁵

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. Target value is 46%; overall in VT is 34%

HEALTH INDICATORS

Access to care

- 14% of residents report having no health insurance at all (VT 11%)³
- The population is older – 15.2% of residents are over 65 (VT 14.5%)¹
- Supply of primary care physicians meets the recommended full time equivalents for the population⁶
- 15% of adults do not have a regular physician
- 55% of primary care physicians are limiting or not accepting new patients⁶
- The county has an adequate number of primary care dentists for its population⁷

Women & Infants⁸

- 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 (≤5.5 lbs) is 6.1% (VT 6.4%)
- Breast cancer screening of women 40+ is below statewide average: 73% vs. 77%

Disease Rates⁸

- 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 18-17 per 10,000 (VT 9.1 per 10,000)
- COPD deaths among people 45 and older is 138 per 100,000 (VT 123 per 100,000)

PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER (FQHC)

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

HOSPITAL

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

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

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.nekca.org

Area Agency on Aging for Northeastern Vermont is 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.nevaa.org

GREEN MOUNTAIN UNITED WAY: Serves all of Caledonia County and Essex, Orleans, Orange and Washington Counties. 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

TRANSPORTATION

RURAL COMMUNITY TRANSPORTATION, INC.: 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 US 2 Commuter between St. Johnsbury and Montpelier. 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

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

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

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

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

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 got to: www.stjrec.com

1 U.S. Census Bureau, State and County Quick Facts: quickfacts.census.gov

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, 2008 data vtlmi.info

3 2008 VT Behavioral Risk Factor Surveillance System. Available at: healthvermont.gov/research/brfss

4 From County Health Rankings, a project of Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute. Available at: countyhealthrankings.org/vermont/caledonia

5 U.S. Census Bureau, Small Area Income and Poverty Estimates, 2008. Available at: census.gov

6 Northeastern Vermont AHEC 2010 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

7 Vermont Department of Health 2009 Dentist Survey Statistical Report. Available at: healthvermont.gov/family/dental

8 The Health Status of Vermonters, March 2008, Vermont Department of Health, healthvermont.gov/research/healthstatusreport

Essex County

POPULATION

Population (2009).....	6,500 ¹
Persons under 5.....	3.7%
Persons under 18.....	18.5%
Persons 19-64.....	63.4%
Persons 65 years and older.....	18.1%
Population Density (2000).....	9.7 per square mile
.....(VT average 65.8 per mile ²) ¹	

Race (2009)

White, non-Hispanic.....	96.0%
Black.....	0.3%
Asian.....	0.3%
Native American.....	0.0%
Hispanic or Latino.....	0.7%
Reporting 2 or more races.....	2.0% ¹

Population by Largest Cities/Towns²

Brighton.....	1,313
Lunenburg.....	1,285
Concord.....	1,210
Guildhall (county seat).....	268

SOCIOECONOMIC INDICATORS

Per Capita Income (2008).....	\$23,256 ²
Median household Income (2008).....	\$38,799 ¹
Population below poverty (2008) ¹	14.8% (VT 10.4%)
Total households countywide (2000) ¹	2,602
Persons per household.....	2.47

Major Employment Industries²

Public/government sector.....	27.9%
Service industries.....	27.9%

Risk Factors and Chronic Conditions

	ESSEX COUNTY	STATE OF VERMONT
Adult smokers.....	30%	17.5% ³
Adult obesity.....	24%	22% ³
Binge drinking.....	20%	17% ³
Access to healthy foods*.....	8%	34% ⁴
Children under 18 in poverty.....	23.8%	12.8% ⁵

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. Target value is 46%, overall in VT is 34%

HEALTH INDICATORS

Access to care

- 18% of residents report having no health insurance at all (VT 11%)³
- The county has the highest percent of residents over 65 – 18% (VT 14.5%)¹
- Shortage of primary care providers: actual primary care physician FTEs is 1.74, versus recommended FTEs 5.15⁶
- Only two providers in the county for 6,400 patients; one physician is not taking new patients.⁶
- 24% of adults do not have a regular physician (VT 12%)³
- Primary care dentist shortage: 1 FTE per 7,522 people (Shortage area by federal definition: 1 dentist to 4,000 people)⁷

Women & Infants⁸

- 88% of pregnant women receive prenatal care in the first three months of pregnancy (VT 90%)
- Low birth weight rate (≤ 5.5 lbs) is 7.7% (VT 6.4%)
- Breast cancer screening of women 40+ is below statewide average (71% vs. 77%)

Disease Rates⁸

- Heart disease death rate is 191 per 100,000 (VT 138 per 100,000)
- Diabetes-related deaths of 102 per 100,000 (VT 91 per 100,000)
- Asthma hospitalizations among people under 18 - 5.2 per 10,000 (VT 9.1 per 10,000)
- COPD deaths among people 45 and older is 186 per 100,000 (VT 123 per 100,000)

PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER (FQHC)

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. nchcvt.org

HOSPITAL

There are no hospitals in Essex County. Residents travel to Orleans County to the North Country Hospital in Newport (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

NORTHEAST KINGDOM COMMUNITY ACTION: A private nonprofit organization serving the Northeast Kingdom with offices in St. Johnsbury, Newport, Canaan and Island Pond. Programs include youth prevention and support, Head Start, food shelf and many others. www.nekca.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

GREEN MOUNTAIN UNITED WAY: Serving Essex County. www.gmunityway.org

NORTHEAST KINGDOM HUMAN SERVICES: Providing services to children and adults with chronic mental health conditions, developmental disabilities, substance abuse problems and other medical psychiatric needs. 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

RECREATION & LEISURE

ESSEX COUNTY: Nearly 200 miles of hiking, skiing, trekking, and mountain bike trails connect to other area trails, and to the VAST regional snowmobile trail system – shared by various outdoors enthusiasts throughout the year. 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

BRIGHTON & 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

1 U.S. Census Bureau, State and County Quick Facts: quickfacts.census.gov

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, 2008 data vtlmi.info

3 2008 VT Behavioral Risk Factor Surveillance System. Available at: healthvermont.gov/research/brfss

4 From County Health Rankings, a project of Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute. Available at: countyhealthrankings.org/vermont/essex

5 U.S. Census Bureau, Small Area Income and Poverty Estimates, 2008. Available at: census.gov

6 Northeastern Vermont AHEC 2010 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

7 Vermont Department of Health 2009 Dentist Survey Statistical Report. Available at: healthvermont.gov/family/dental

8 The Health Status of Vermonters, March 2008, Vermont Department of Health, healthvermont.gov/research/healthstatusreport

Lamoille County

POPULATION

Population (2009).....	25,958 ¹
Persons under 5.....	5.6%
Persons under 18.....	19.7%
Persons 19-64.....	62.2%
Persons 65 years and older.....	17.7%

Population Density (2000).....	50.4 per square mile
.....	VT average 65.8 per mile ² ¹

Race (2009)	
White, non-Hispanic.....	94.9%
Black.....	0.6%
Asian.....	0.6%
Native American.....	0.4%
Hispanic or Latino.....	1.1%
Reporting 2 or more races.....	1.3% ¹

Population by Largest Cities/Towns (2008) ²	
Morristown.....	5,561
Stowe.....	4,919
Hyde Park (county seat).....	3,299

SOCIOECONOMIC INDICATORS

Per Capita Income (2008).....	\$36,765 ¹
Median household Income (2008).....	\$50,375 ¹
Population below poverty (2008) ¹	10.1% (VT 10.4%)
Total households countywide (2000) ¹	9,221
Persons per household:.....	2.45

Major Employment Industries ²	
Accommodation & food service.....	26.5%
Public/government sector.....	15.2%
Retail trades.....	13.1%
Health care & social assistance.....	12.2%

Risk Factors and Chronic Conditions

	LAMOILLE COUNTY	STATE OF VERMONT
Adult smokers.....	20%	17.5% ³
Adult obesity.....	22%	22% ³
Binge drinking.....	20.5%	17% ³
Access to healthy foods*.....	46%	34% ⁴
Children under 18 in poverty.....	13.1%	12.8% ⁵

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. Target value is 46%; overall in VT is 34%

HEALTH INDICATORS

Access to care

- 14% of residents report having no health insurance at all (VT 11%)³
- Shortage of primary care providers – the number of practicing physicians falls short of the recommended FTEs for the population (actual, 18.4; recommended, 20.9)⁶
- 62% of physicians are not accepting or limiting new patients⁶
- Primary care dentistry concern: 1 FTE per 3,782 people (Shortage area by federal definition: 1 dentist to 4,000 people)⁷

Women & Infants⁸

- 88% of pregnant women receive prenatal care in the first three months of pregnancy (VT 90%)
- Teen birth rate (ages 15-17) is 17.5 per 1,000 live births (VT 15.8 per 1,000)
- Low birth weight rate (≤5.5 lbs) is 6.9% (VT 6.4 %)
- Breast cancer screening of women 40+ is equivalent to the statewide average of 77%

Disease Rates⁸

- 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 deaths of 106 per 100,000 (VT 91 per 100,000)
- Asthma hospitalizations among people under 18 is 3.9 per 10,000 (VT 9.1 per 10,000)
- COPD deaths among people 45 and older are 114 per 100,000 (VT 123 per 100,000)

PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER (FQHC)

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. chslv.org

HOSPITAL

COPLEY HOSPITAL: Located in Morrisville. Since 1932, Copley has been a community hospital for residents and visitors of the Lamoille Valley. chsi.org

KEY STATE & COMMUNITY AGENCIES

VERMONT DEPARTMENT OF HEALTH: The regional office is located in Morrisville. www.healthvermont.gov

CENTRAL VERMONT COMMUNITY ACTION COUNCIL: Serving all of Lamoille County. Programs include youth prevention and support services, Head Start, food shelf and many others. www.cvcac.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.

UNITED WAY OF LAMOILLE COUNTY: Serving all of Lamoille County. 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

RECREATION & LEISURE

SMUGGLERS NOTCH: A year round family resort for skiing, hiking, canoeing, golf, water slides, shops and more. www.smuggs.com

STOWE MOUNTAIN RESORT: A year round family resort for winter and summer activities. 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

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

1 U.S. Census Bureau, State and County Quick Facts: quickfacts.census.gov

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, 2008 data vtlmi.info

3 2008 VT Behavioral Risk Factor Surveillance System. Available at: healthvermont.gov/research/brfss

4 From County Health Rankings, a project of Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute. Available at: countyhealthrankings.org/vermont/lamoille

5 U.S. Census Bureau, Small Area Income and Poverty Estimates, 2008. Available at: census.gov

6 Northeastern Vermont AHEC 2010 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

7 Vermont Department of Health 2009 Dentist Survey Statistical Report. Available at: healthvermont.gov/family/dental

8 The Health Status of Vermonters, March 2008, Vermont Department of Health, healthvermont.gov/research/healthstatusreport

Orange County

POPULATION

Population (2009).....	28,896 ¹
Persons under 5.....	5.6%
Persons under 18.....	9.7%
Persons 19-64.....	72.6%
Persons 65 years and older.....	17.7%

Population Density (2000).....	41 per square mile
.....	VT average 65.8 per mile ² ¹

Race (2009)	
White, non-Hispanic.....	97%
Black.....	0.6%
Asian.....	0.6%
Native American.....	0.4%
Hispanic or Latino.....	1.1%
Reporting 2 or more races.....	1.3% ¹

Population by Largest Cities/Towns (2008) ²	
Randolph.....	5,037
Williamstown.....	3,209
Thetford.....	2,780
Chelsea (county seat).....	1,229

SOCIOECONOMIC INDICATORS

Per Capita Income (2008).....	\$32,930 ²
Median household Income (2008).....	\$49,458 ¹
Population below poverty (2008) ¹	10.1% (VT 10.4%)
Total households countywide (2000) ¹	10,936
Persons per household:.....	2.45

Major Employment Industries²

Public/government sector.....	25.4%
Retail trades.....	11.8%
Health care & social assistance.....	15.5%

Risk Factors and Chronic Conditions

	ORANGE COUNTY	STATE OF VERMONT
Adult smokers.....	20.5%	17.5% ³
Adult obesity.....	25.5%	22% ³
Binge drinking.....	19.6%	17% ³
Access to healthy foods*.....	15%	34% ⁴
Children under 18 in poverty.....	15.3%	12.8% ⁵

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. Target value is 46%; overall in VT is 34%

HEALTH INDICATORS

Access to care

- 13% of residents report having no health insurance at all (VT 11%)³
- Shortage of primary care providers – the number of practicing physicians falls short of the recommended FTEs for the population (actual, 18.4; recommended, 20.9)⁶
- Shortage of primary care providers – Actual primary care physician FTEs is 18.02, versus recommended FTEs 23.266⁶
- Primary care dentistry shortage: 1 FTE per 4,170 people (Shortage area by federal definition: 1 dentist to 4,000 people)⁷

Women & Infants⁸

- 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 above statewide average (80% vs. 77%)

Disease Rates⁸

- Heart disease death rate is 169 per 100,000 population (VT is 138 per 100,000)
- Stroke death rate is 49 per 10,000 (VT is 44 per 10,000)
- Diabetes-related deaths of 86 per 100,000 (VT 91 per 100,000)
- Asthma hospitalizations among people under 18 is 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 (FQHC)

LITTLE RIVERS HEALTH CARE: A federally qualified health center with offices in Wells River, East Corinth and Bradford. littlerivers.org

HOSPITAL

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

KEY STATE & COMMUNITY AGENCIES

VERMONT DEPARTMENT OF HEALTH: The district office serving Orange County is located in White River Junction, to the south. www.healthvermont.gov

CENTRAL VERMONT COMMUNITY ACTION COUNCIL: A private non-profit organization serving central Vermont including Orange County. Programs include youth prevention and support services, Head Start, food shelf and many others. www.cvcac.org

CENTRAL VERMONT AREA AGENCY 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

UPPER VALLEY UNITED WAY: Serving 28 towns in the upper valley of Vermont and New Hampshire including Orange County. 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

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

RECREATION & LEISURE

THE MONTSHIRE MUSEUM OF SCIENCE: Located in Norwich, is a hands-on museum offering dozens of exhibits relating to the natural and physical sciences, ecology and technology. 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

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

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/htm/thetford

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

1 U.S. Census Bureau, State and County Quick Facts: quickfacts.census.gov

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, 2008 data vtlmi.info

3 2008 VT Behavioral Risk Factor Surveillance System. Available at: healthvermont.gov/research/brfss

4 From County Health Rankings, a project of Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute. Available at: countyhealthrankings.org/vermont/orange

5 U.S. Census Bureau, Small Area Income and Poverty Estimates, 2008. Available at: census.gov

6 Northeastern Vermont AHEC 2010 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

7 Vermont Department of Health 2009 Dentist Survey Statistical Report. Available at: healthvermont.gov/family/dental

8 The Health Status of Vermonters, March 2008, Vermont Department of Health, healthvermont.gov/research/healthstatusreport

Orleans County

POPULATION

Population (2009).....	27,301 ¹
Persons under 5.....	5.2%
Persons under 18.....	20.8%
Persons 19-64.....	62%
Persons 65 years and older.....	17.2%

Population Density (2000).....	37.6 per square mile
.....	VT average 65.8 per mile ² ¹

Race (2009)	
White, non-Hispanic.....	96.1%
Black.....	0.5%
Asian.....	0.4%
Native American.....	0.6%
Hispanic or Latino.....	1.1%
Reporting 2 or more races.....	1.3% ¹

Population by Largest Cities/Towns (2008) ²	
Newport City (county seat).....	5,148
Derby.....	4,791
Barton.....	2,788

SOCIOECONOMIC INDICATORS

Per Capita Income (2008).....	\$32,350 ²
Median household Income (2008).....	\$39,184 ¹
Population below poverty (2008) ¹	14.3% (VT 10.4%)
Total households countywide (2000) ¹	10,446
Persons per household.....	2.45

Major Employment Industries ²	
Public/government sector.....	20.9%
Retail trades.....	14.3%
Health care & social assistance.....	16.7%
Manufacturing of durable goods.....	11.6%

Risk Factors and Chronic Conditions

	ORLEANS COUNTY	STATE OF VERMONT
Adult smokers.....	21%	17.5% ³
Adult obesity.....	26%	22% ³
Binge drinking.....	18%	17% ³
Access to healthy foods*.....	26%	34% ⁴
Children under 18 in poverty.....	19.3%	12.8% ⁵

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. Target value is 46%, overall in VT is 34%

HEALTH INDICATORS

Access to care

- 15% of residents report having no health insurance at all (VT 11%)³
- Shortage of primary care providers – actual primary care physician FTEs are five FTEs under the recommendation for the county⁶
- 47% of physicians report they cannot accept new patients or are only accepting with limitations⁶
- Primary care dentistry shortage: 1 FTE per 5,870 people (Shortage area by federal definition: 1 dentist to 4,000 people⁷)

Women & Infants⁸

- 88% 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 above statewide average (79% vs. 77%)

Disease Rates⁸

- 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 is 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 (FQHC)

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. nchcvt.org

HOSPITAL

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. 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

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.nekca.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.nevaa.org

GREEN MOUNTAIN UNITED WAY: Serving all of Caledonia County and Essex, Orleans, Orange and Washington Counties. www.gmunityway.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

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

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

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

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 1600 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.

LAKE MEMPHREMAGOG: Located in Newport and 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.

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

1 U.S. Census Bureau, State and County Quick Facts: quickfacts.census.gov

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, 2008 data vtlmi.info

3 2008 VT Behavioral Risk Factor Surveillance System. Available at: healthvermont.gov/research/brfss

4 From County Health Rankings, a project of Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute. Available at: countyhealthrankings.org/vermont/orleans

5 U.S. Census Bureau, Small Area Income and Poverty Estimates, 2008. Available at: census.gov

6 Northeastern Vermont AHEC 2010 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

7 Vermont Department of Health 2009 Dentist Survey Statistical Report. Available at: healthvermont.gov/family/dental

8 The Health Status of Vermonters, March 2008, Vermont Department of Health, healthvermont.gov/research/healthstatusreport

Washington County

POPULATION

Population (2009).....	58,696 ¹
Persons under 5.....	5.1%
Persons under 18.....	19.8%
Persons 19-64.....	65.6%
Persons 65 years and older.....	14.6%

Population Density (2000).....	84.2 per square mile
.....	VT average 65.8 per mile ² ¹

Race (2009)	
White, non-Hispanic.....	95.4%
Black.....	0.7%
Asian.....	0.8%
Native American.....	0.3%
Hispanic or Latino.....	1.6%
Reporting 2 or more races.....	1.2% ¹

Population by Largest Cities/Towns (2008) ²	
Barre City (county seat).....	8,837
Barre Town.....	8,005
Montpelier City.....	7,760

SOCIOECONOMIC INDICATORS

Per Capita Income (2008).....	\$41,329 ²
Median household Income (2008).....	\$52,832 ¹
Population below poverty (2008) ¹	14.3% (VT 10.4%)
Total households countywide (2000) ¹	23,659
Persons per household:.....	2.36

Major Employment Industries ²	
Public/government sector.....	24.7%
Retail trades.....	12.5%
Health care & social assistance.....	12.1%

Risk Factors and Chronic Conditions

	WASHINGTON COUNTY	STATE OF VERMONT
Adult smokers.....	17.5%	17.5% ³
Adult obesity.....	21.5%	22% ³
Binge drinking.....	17.5%	17% ³
Access to healthy foods*.....	43%	34% ⁴
Children under 18 in poverty.....	11.4%	12.8% ⁵

* Measured as a percentage of zip codes in the county with a healthy food outlet in the form of a grocery store, produce stand or farmer's market. Target value is 46%; overall in VT is 34%

HEALTH INDICATORS

Access to care

- 10% of residents report having no health insurance at all (VT 11%)³
- Shortage of primary care providers – actual primary care physician FTEs are one FTE under the recommendation for the county⁶
- 71% of physicians are not accepting or are limiting new patients⁶

Women & Infants⁸

- 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 above statewide average (83% vs. 77%)

Disease Rates⁸

- 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 is 108 per 100,000 (VT 123 per 100,000)

PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER (FQHC)

THE HEALTH CENTER OF PLAINFIELD: Serving Washington County. Services include medical, dental, psychological, lab, pharmacy and health education. the-health-center.org

HOSPITAL

CENTRAL VERMONT MEDICAL CENTER: Located in Berlin, includes the Woodridge Nursing Home, the National Life Cancer Treatment Center and medical group practices. cvmc.org

KEY STATE & COMMUNITY AGENCIES

VERMONT DEPARTMENT OF HEALTH: Regional office located in Barre serves the Washington and Central Vermont area. www.healthvermont.gov

CENTRAL VERMONT COMMUNITY ACTION COUNCIL: Serving Washington County. Programs include youth prevention and support services, Head Start, food shelf and many others. www.cvcac.org

CENTRAL VERMONT COUNCIL ON AGING: Serving 54 towns including those within the Washington County. www.cvcoa.org

GREEN MOUNTAIN UNITED WAY serves all of Washington as well as Caledonia, Essex, Orange and Orleans Counties. www.gmunityway.org

WASHINGTON COUNTY MENTAL HEALTH: A comprehensive community mental health center designated by Vermont Statue 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

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 US 2 Commuter between St. Johnsbury and Montpelier. 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

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

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

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

1 U.S. Census Bureau, State and County Quick Facts: quickfacts.census.gov

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, 2008 data vtlmi.info

3 2008 VT Behavioral Risk Factor Surveillance System. Available at: healthvermont.gov/research/brfss

4 From County Health Rankings, a project of Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute. Available at: countyhealthrankings.org/vermont/washington

5 U.S. Census Bureau, Small Area Income and Poverty Estimates, 2008. Available at: census.gov

6 Northeastern Vermont AHEC 2010 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

7 Vermont Department of Health 2009 Dentist Survey Statistical Report. Available at: healthvermont.gov/family/dental

8 The Health Status of Vermonters, March 2008, Vermont Department of Health, healthvermont.gov/research/healthstatusreport

Bennington County

Bennington County is located in southwestern Vermont, and has the distinction of being Vermont's oldest county, formed by a vote in the first general assembly in 1778. Rutland County is adjacent to the north, while Berkshire County in Massachusetts lies due south. No Interstate runs through the County. State routes 7, 9, 100 and 30 and 11 are the main state roads through the region.

POPULATION

Population (2009).....	36,411
Area	676 square miles
Population Density (2000).....	54.7 per square mile VT average of 65.8)
Population by Largest Cities/Towns (2008)	
Bennington.....	5,082
Manchester.....	4,267

Counties by town

Bennington County (2009).....	36,411
Arlington town.....	2,424
Bennington town.....	15,082
Dorset town.....	2,111
Glastenbury.....	15
Landgrove town.....	37
Manchester town.....	4,267
Peru town.....	424
Pownal town.....	3,465
Rupert town.....	704
Sandgate town.....	354
Searsburg town.....	90
Shaftsbury town.....	3,697
Stamford town.....	788
Sunderland town.....	913
Winhall town.....	788
Woodford town.....	389

AGING POPULATION: Like the rest of Vermont, Bennington County is aging rapidly. For 2007, 18.1% of the population is 65 years or older, one of the highest percentages in southern Vermont.²

SOCIOECONOMIC INDICATORS

Race, Ethnicity, and Language

Census data shows the following racial or ethnic heritage of residents:¹

White, non-Hispanic.....	97.1%
Black (African American).....	0.8%
Asian.....	1.0%
American Indian/Alaska Native.....	0.2%
Hispanic or Latino.....	1.6%
Reporting 2 or more races.....	.9%

Language other than English spoken at home (2000).....	4.4%
Per Capita Income (2007).....	\$40,758 ²
Median Household Income (2008).....	\$45,029 ¹
Annual Wage (2007).....	\$34,204 ²
Population Below Poverty Line (2008).....	12.2% ¹

For information on cultural competency, visit the Champlain Valley AHEC web site for a complete handbook at:
www.cvahec.org/CulturalCompetency.htm

HOUSEHOLDS

Total countywide households (2000).....	14,846 ³
Average household size.....	2.41
Median household income (2008).....	\$45,029
Persons under 5 years old (2008).....	5.3% (VT 5.3%)
Persons under 18 years old (2008).....	20.1% (VT 20.8%)
Persons 65 years and older (2008).....	19.1% (VT 13.9%)
Language other than English spoken at home (2000).....	4.4% (VT 5.9%)
College graduate.....	27% (VT 33%)
Retail Trade.....	17.7%

Major Employment Industries

Health care & social assistance.....	15.8%
Manufacturing.....	15.8%

Risk Factors and Chronic Conditions

	BENNINGTON COUNTY	STATE OF VERMONT
Adult smokers.....	18%	17.5%
Adult obesity.....	23%	22%
Binge drinking.....	14%	17%
Uninsured adults.....	2%	12%
Primary care provider rate.....	152	180
Preventable hospital stays.....	75	57
Hospice use.....	2%	20%
Children under 18 in poverty.....	16%	12%
Single parent households.....	8%	9%

HEALTH INDICATORS

Access to care

Bennington County falls just 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.⁴

- 68% of providers report they are accepting new patients
- 81% of primary care physicians accept Medicaid/Medicare patients
- 84% of adults have health insurance (VT 86%)

Disease Rates

- Heart disease death rate is 126 per 100,000 population (VT 138)
- Stroke death rate is 58 per 10,000 (VT 44)
- Adults with high blood pressure rate is 24 per 100,000 (VT 23)
- 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%)
- 19% of adults are obese (VT 21%)

PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER (FQHC)

There are no Federally Qualified Health Centers in Bennington County at this time. Rutland County, just north of Bennington, hosts the Community Health Care Centers of the Rutland Region which include: Castleton Family Medical Center, Mettowee Valley Medical Center, Brandon Medical Center and Rutland Community Health Center.

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.

<http://svhealthcare.org/services/medical-center>

UNITED COUNSELING SERVICE OF BENNINGTON COUNTY:

Mental Health Services
100 Ledge Hill Drive
Bennington, VT 05201
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
Tel: (802) 447-6913
Fax: (802) 442-2137

HEALTHCARE WORKFORCE

Physicians by Specialty	Number of Physicians	Recommended FTE per population	Actual FTE	Differences in FTE
Family Practice	18	11.9	15.1	3.2
Internal Medicine	6	10.2	6	-4.2
OB/GYN	3	3.3	3	-.03
Pediatrics	4	3.9	4	.01
TOTAL	31	29.3	28.1	-1.2

There are 18 primary care practices.

36% of physicians reported practices closed to new patients in 2009.⁵

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 730 agencies, with more than 2,278 programs and 6,890 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.

BI-STATE PRIMARY CARE ASSOCIATION (BI-STATE): A private, 501(c)(3) nonprofit organization with a broad membership of thirty-three organizations in Vermont and New Hampshire that provide and/or support community-based primary health care services. A “voice” for the medically underserved, Bi-State members include community health centers, rural health clinics, private and hospital-supported primary care practices, community action programs, health care for the homeless programs, area health education centers, clinics for the uninsured, and social service agencies. www.bistatepca.org

VERMONT DEPARTMENT OF HEALTH: Regional office located in Bennington. Communities served are: Arlington, Bennington, Dorset, Glastenbury, Landgrove, Manchester, Peru, Pownal, Readsboro, Rupert, Sandgate, Searsburg, Shaftsbury, Stamford, Sunderland, Winhall, Woodford. Services include Breastfeeding Mother to Mother Support, Children’s Integrated Services, Early and Periodic Screening, Diagnosis and Treatment (EPSDT), Eligibility Screening, Ladies First, and Vermont WIC.

<http://healthvermont.gov/local/district/Bennington.aspx>

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

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

UNITED WAY OF BENNINGTON COUNTY

58 Bonnet Street

Manchester Center, VT 05255-1430

(802) 367-1155

Fax: 367-1156

uwbenncounty@yahoo.com

www.unitedwayofbenningtoncounty.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.vtpccr.org/index

COLLEGES

BENNINGTON COLLEGE: Private liberal arts college located in Bennington. Major bachelor degree programs: visual and performing arts, interdisciplinary studies, social sciences, English, languages.

www.bennington.edu

COMMUNITY COLLEGE OF VERMONT: A public, two-year, open admission institution providing degree, transfer, occupation, and continuing education opportunities. It is a member of the Vermont State Colleges, and has 12 sites around the state, including one in Bennington. www.ccv.edu

SOUTHERN VERMONT COLLEGE: Private college located in Bennington. Major bachelor degree programs: business, protective services, conservation, communications, public administration.

www.svc.edu

MEDIA, RECREATION & LEISURE

BENNINGTON BANNER: www.benningtonbanner.com

THE MANCHESTER JOURNAL: www.manchesterjournal.com

PUBLIC LIBRARIES: www.publiclibraries.com/vermont.htm

VERMONT STATE PARKS: www.vtstateparks.com/index.htm

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

2 www.vtmi.info/profile2009_main.pdf

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 2010, www.vtmi.info*

5 *The Vermont Primary Care Workforce 2010 Snapshot, www.med.uvm.edu/ahc*

Rutland County

Rutland County is located in central Vermont, adjacent to New York State and a narrow ribbon of Lake Champlain. Killington and Pico Mountains dominate the geographical features. There are no major interstates in Rutland County and the north-south highway is State Route 7 which runs from Burlington through Rutland County to Massachusetts. State Routes 4, 103, 100, 30 and 22A are the main roads through the regions.

POPULATION

Population (2009)..... 63,014
Area 933 square miles

Population Density (2000)..... 68.0 per square mile
 (VT average of 65.8)

Population by Largest Cities/Towns (2008)

Rutland City..... 16,742
 Castleton..... 4,618¹

- In 2000, the median age of Rutland County residents was 39.23 years, one of the highest in New England.²
- Compared to Vermont, in 2000, Rutland County residents were older, with a lower proportion of youth less than 18 years of age (23% versus 24% 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 (15% versus 13%).¹
- Rutland County's elderly population will increase in numbers and continue to be proportionately older than 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 more than 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. The aging of the baby boomers and the age 65 and older age group will have a major impact on health services needed.

SOCIOECONOMIC INDICATORS

Race, Ethnicity, and Language

Census data shows the following racial or ethnic heritage of residents:

White, non-Hispanic 97.7%
 Black (African American)..... 0.7%
 Asian 0.6%
 American Indian/Alaska Native..... 0.2%
 Hispanic or Latino 1.2%
 Reporting 2 or more races8%

Language other than English spoken at home (2000) 4.6%¹

Per Capita Income (2007) \$37,166³
 Vermont economic and demographic profiles series 2009³

Median Household Income (2008)..... \$47,147¹

Annual Wage (2007) \$35,195³
 Vermont economic and demographic profiles series 2009³

Population Below Poverty Line (2008)..... 11.6%
 52% of single female households, with children under 5 years¹

For information on cultural competency, visit the Champlain Valley AHEC web site for a complete handbook at: www.cvahec.org/CulturalCompetency.htm

HOUSEHOLDS

Total countywide households (2000) 25,678
 Average household size 2.39
 Median household income (2008)..... \$47,147
 Persons under 5 years old (2008)..... 4.7% (VT 5.3%)
 Persons under 18 years old (2008)..... 19.0% (VT 20.8%)
 Persons 65 years and older (2008)..... 16.9% (VT 13.9%)
 Language other than English spoken at home (2000)...4.4% (VT 5.9%)
 College graduate..... 27% (VT 33%)⁴

Major Employment Industries

Health care & social assistance 14%
 Retail trade 15%
 Government ownership 14.9%
 Accommodation & food services..... 11.9%

Risk Factors and Chronic Conditions ⁵

	BENNINGTON COUNTY	STATE OF VERMONT
Adult smokers.....	22%	17.5%
Adult obesity	24%	22%
Binge drinking	16%	17%
Uninsured adults.....	12%	12%
Primary care provider rate	137	180
Preventable hospital stays	77	57
Hospice use	24%	20%
Children under 18 in poverty	16%	12%
Single parent households.....	9%	9%
High School graduation rate	92%	82%
College degrees	26%	39%

HEALTH INDICATORS

Access to care ⁶

Rutland County falls short of the recommended FTE for total primary care practitioners in 2009. 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. www.med.uvm.edu/ahec/HP-DEPT.ASP?SiteAreaID=286

- 76% of providers report they are accepting new patients
- 86% of primary care physicians accept Medicaid/Medicare patients
- 85% of adults have health insurance (VT 86%)

Disease Rates

- Heart disease death rate is 165 per 100,000 population (VT 138)
- Stroke death rate of 60 per 10,000 (VT 44)
- Adults with high blood pressure is 22 per 100,000 (VT 23)
- 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%)
- 19% of adults are obese (VT 21%)

PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER (FQHC)

The Community Health Care Centers of the Rutland Region 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, Commons Street Health Center, and CHCRR Pediatrics. Primary care, preventive health services, mental health, and dental services are available on a sliding fee scale.

HOSPITALS

RUTLAND REGIONAL MEDICAL CENTER: Vermont's second-largest health care facility with 188 beds. It has 1,396 employees and a medical staff of nearly 210 physicians trained in 38 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

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

HEALTHCARE WORKFORCE

Physicians by Specialty	Number of Physicians	Recommended FTE per population	Actual FTE	Differences in FTE
Family Practice	24	20.6	23.1	2.5
Internal Medicine	8	17.8	7.4	-10.4
OB/GYN	5	5.8	5	-.9
Pediatrics	6.5	6.8	6.4	-.4
TOTALS	43	51	41.9	-9.2

21 Primary Care Practices⁶

KEY STATE & COMMUNITY AGENCIES

VERMONT DEPARTMENT OF HEALTH: Regional office located in Rutland serves the municipalities of Benson, Brandon, Castleton, Chittenden, Clarendon, Danby, Fair Haven, Goshen, Hubbardton, Ira, Killington (Sherburne), Mendon, Middletown Springs, Mt. Holly, Mount Tabor, Pawlet, Pittsfield, Pittsford, Poultney, Proctor, Rutland City, Rutland Town, Shrewsbury, Sudbury, Tinmouth, Wallingford, Wells, West Haven, and West Rutland. Services include Eligibility screening for programs such as Breastfeeding Information & Mother to Mother Support, Children's Integrated Services; Ladies First, Early and Periodic Screening Diagnosis and Treatment, Eligibility Screening, and WIC.

<http://healthvermont.gov/local/district/Rutland.aspx>

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

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

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

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

3 www.vtmi.info/profile2009.pdf

4 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, 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 2010 Snapshot. www.med.uvm.edu/ahec

UNITED WAY OF RUTLAND COUNTY
www.uwrutlandcounty.org/index.php

RUTLAND REGION CHAMBER OF COMMERCE
www.rutlandvermont.com

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.vtpcrc.org/index

BROC – COMMUNITY ACTION IN SOUTHWESTERN VERMONT
Provides services for the homeless and poverty populations.
www.broc.org

RECREATION & LEISURE

See a complete listing of recreation, entertainment, and food options.
www.rutlandvermont.com

RUTLAND FREE LIBRARY: Services residents of Rutland, Ira, Rutland Town, Mendon, and Tinmouth. It offers free wireless Internet services and cultural programs.
www.rutlandlibrary.org

PARAMOUNT THEATRE: An arts, cultural, and educational venue restored to its 1912-13 origin.
www.paramountlive.org

VERMONT STATE PARKS
www.vtstateparks.com/index.htm

Windham County

Windham County is the southernmost county, reaching down to Massachusetts in the south, and bordered by New Hampshire and the Connecticut River in the east. Interstate 91 runs along the eastern side; state routes 100, 30, 9 and 11 are the main roads through the region.

Windham County has four Distinct Regions: Central, Northeast, Southwest and Southeast. These defined regions have different populations with different needs, different services available locally, and different levels of transportation to access services. The Central area includes Londonderry, Jamaica, Townshend, and Stratton as part of 10 towns. The northeast is the Rockingham area; Southwest is Wilmington area, and the Southeast is Brattleboro, the largest town in the county.

POPULATION

Population (2008)..... 43,176
Area 796 square miles

Population Density (2000)..... 56.0 per square mile
 VT average of 65.8

Population by Largest Cities/Towns (2008)

Brattleboro 11,491
 Bellows Falls/Rockingham 4,949

Counties by town

Windham County (2008)..... 43,176
 Athens town 323
 Brattleboro town 11,491
 Brookline town 442
 Dover town 1,432
 Dummerston town 1,937
 Grafton town 612
 Guilford town 1,939
 Halifax town 818
 Jamaica town 897
 Londonderry town 1,793
 Marlboro town 969
 Newfane town 1,702
 Putney town 2,600
 Rockingham town 4,949
 Somerset town 5
 Stratton town 167
 Townshend town 1,085
 Vernon town 2,035
 Wardsboro town 906
 Westminster town 3,192
 Whitingham town 1,198
 Wilmington town 2,340
 Windham town 344

AGING POPULATION: Windham County is becoming older than Vermont and the US, 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.

Windham County has a higher percent of older adults than Vermont:
 Persons 45-64 years old..... 33.1% (VT 30%)
 Persons 65 years and older..... 14.5% (VT 13.6%)

The result will be an increased demand for disease prevention and treatment, including inpatient and outpatient hospital care, physician care, and community based elder services, such as assisted living, adult day care, and home care.^{2,3}

SOCIOECONOMIC INDICATORS

Race, Ethnicity, and Language

Census data shows the following racial or ethnic heritage of residents:

White, non-Hispanic 96.6%
 Black (African American) 0.8%
 Asian 0.9%
 American Indian/Alaska Native 0.3%
 Hispanic or Latino 1.2%
 Reporting 2 or more races 1.3%

Language other than English spoken at home (2000) 4.7%¹

Per Capita Income (2007) \$37,105⁴
 Vermont economic and demographic profiles series 2009

Median Household Income (2008)..... \$46,546¹

Annual Wage (2007) \$35,219⁴
 Vermont economic and demographic profiles series 2009

Population Below Poverty Line (2008)..... 9.8%¹
 52% of single female households, with children under 5 years

For information on cultural competency, visit the Champlain Valley AHEC web site for a complete handbook at:

www.cvahec.org/CulturalCompetency.htm

HOUSEHOLDS

Total countywide households (2000)	18,375
Average household size	2.35
Median household income (2008)	\$46,546
Persons under 5 years old (2008).....	5.0% (VT 5.3%)
Persons under 18 years old (2008).....	20% (VT 20.8%)
Persons 65 years and older (2008).....	14.8% (VT 13.9%)
College graduate.....	27% (VT 33%)

Major Employment Industries⁴

Health care & social assistance	11.6%
Retail trade	12.4%
Accommodations & food services	13.5%
Government ownership	13%

Risk Factors and Chronic Conditions⁵

	BENNINGTON COUNTY	STATE OF VERMONT
Adult smokers.....	19%	17.5%
Adult obesity	23%	22%
Binge drinking	15%	17%
Uninsured adults.....	12%	12%
Primary care provider rate	182	180
Preventable hospital stays	56	57
Hospice use	11%	20%
Children under 18 in poverty.....	14%	12%

HEALTH INDICATORS

Access to care

Windham County meets the recommended FTE for total primary care practitioners, but is 1.3 short of the recommended FTE for Internal Medicine (Adult Medicine).

- 68% of providers report they are accepting new patients
- 89% of primary care physicians accept Medicaid/Medicare patients
- 84% of adults have health insurance (VT 86%)⁶

Disease Rates

- Heart disease death rate is 153 per 100,000 population (VT 138)
- Stroke death rate of 42 per 10,000 (VT 44)
- Adults with high blood pressure is 20 per 100,000 (VT 23)
- 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%)

PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER (FQHC)

There are no FQHCs in Windham County at this time. Rutland and Windsor Counties host The Health Centers of the Rutland Region and Springfield Medical Group; they are the only Federally Qualified Health Centers in southern Vermont.

HOSPITALS

BATTLEBORO MEMORIAL HOSPITAL: A 61-bed hospital in historic downtown Brattleboro, serving Brattleboro and the tri-state region. www.bmhvt.org

GRACE COTTAGE HOSPITAL: A 19-bed inpatient facility for acute and rehabilitative care located in Townshend. www.gracecottage.org

BATTLEBORO 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.retreathealthcare.org

KEY STATE & COMMUNITY AGENCIES

VERMONT DEPARTMENT OF HEALTH: The regional office located in Brattleboro serves the municipalities of Athens, Brattleboro, Brookline, Dover, Dummerston, Guilford, Halifax, Jamaica, Marlboro, Newfane, Putney, Somerset, Stratton, Townshend, Vernon, Wardsboro, Westminster, Whitingham, Wilmington. Services include eligibility screening for programs such as food stamps, Reach Up (formerly known as ANFC) and Medicaid programs. The Early Periodic Screening, Diagnosis and Treatment (EPSDT) for Dr. Dynasaur, Healthy Babies, Kids and Families, Breastfeeding Information & Mother to Mother Support, Ladies First, The Potassium Iodide Distribution Program, and Vermont WIC. healthvermont.gov/local/district/Brattleboro.aspx

COUNCIL ON AGING FOR SOUTHEASTERN VERMONT, INC.:

A community organization 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. Their office is located in Springfield. www.coasevt.org

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

2 Shaping the Future of Long Term Care and Independent Living, Vermont Agency of Human Services, 2007. www.unitedwaywindham.org

3 Successful Aging Community Study, 2007, www.coasevt.org

4 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, 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 2010 Snapshot. www.med.uvm.edu/ahec

WINDHAM COUNTY UNITED WAY: The mission of the Windham County United Way is “To improve lives by mobilizing the caring power of the community.” Through relationships with volunteers, donors, service providers, the business community and other community stakeholders, United Way ensures that quality solutions are available for people when they need them. The 2009 Community Needs Assessment is available on their web site. www.unitedwaywindham.org/index.shtml

BRATTLEBORO AREA CHAMBER OF COMMERCE:
www.brattleborochamber.org/chamber/index.html

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.vtprc.org/index

COLLEGES

COMMUNITY COLLEGE OF VERMONT (CCV): A public, two-year, open admissions institution providing degree, transfer, occupational, and continuing education opportunities. It is a member of the Vermont State Colleges, and has 12 sites around the state, including one in Brattleboro.

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 an Associate of Arts Degree in General Studies (60 credits). Students come from 40 states and 13 foreign countries. 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 complete 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. What sets Marlboro apart from most schools is the individualized course of study each student creates, culminating in intensive one-to-one tutorials with faculty, research and the development of independent projects within the plan of concentration. www.marlboro.edu

SIT GRADUATE INSTITUTE: Located in Brattleboro, the Institute 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

RECREATION & LEISURE

BROOKS MEMORIAL LIBRARY
www.brookslib.vt.us

BRATTLEBORO MUSEUM & ART CENTER: The museum features art exhibits, family activities, and a fun gift shop. 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

VERMONT STATE PARKS
www.vtstateparks.com/index.htm

Windsor County

Windsor County is located in southeastern Vermont, bordered by New Hampshire and the Connecticut River in the east. Interstates 91 and I-89 run through the County. State routes 100, 4, 106, 103, and 11 are several of the state roads through the region.

POPULATION

Population (2009)..... 56,552
Area..... 970 square miles

Population Density (2000)..... 59.1 per square mile
 VT average of 65.8

Population by Largest Cities/Towns (2008)

Hartford Town 10,696
 Springfield Town..... 8,602¹

AGING POPULATION: Like the rest of Vermont, Windsor County is aging rapidly. 16.8% of the population is 65 years or older.²

SOCIOECONOMIC INDICATORS

Race, Ethnicity, and Language

Census data shows the following racial or ethnic heritage of residents:

White, non-Hispanic 97.1%
 Black (African American)..... 0.7%
 Asian 1.0%
 American Indian/Alaska Native..... 0.3%
 Hispanic or Latino 1.3%
 Reporting 2 or more races 1.0%

SOCIOECONOMIC INDICATORS

Race, Ethnicity, and Language

Census data shows the following racial or ethnic heritage of residents:

White, non-Hispanic 96.6%
 Black (African American)..... 0.8%
 Asian 0.9%
 American Indian/Alaska Native..... 0.3%
 Hispanic or Latino 1.2%
 Reporting 2 or more races 1.3%

Language other than English spoken at home (2000) 4.3%¹

Per Capita Income (2007)..... \$40,881²
 Vermont economic and demographic profiles series 2009

Median Household Income (2008)..... \$52,611¹

Annual Wage (2007) \$36,431²

Population Below Poverty Line (2008)..... 9.3%¹

For information on cultural competency, visit the Champlain Valley AHEC web site for a complete handbook at:

www.cvahec.org/CulturalCompetency.htm

HOUSEHOLDS

Total countywide households (2000) 24,162
 Average household size 2.35
 Median household income (2008)..... \$52,611
 Persons under 5 years old (2008)..... 4.9% (VT 5.3%)
 Persons under 18 years old (2008)..... 19.4% (VT 20.8%)
 Persons 65 years and older (2008)..... 17.5% (VT 13.9%)
 College graduate..... 30% (VT 33%)

Major Employment Industries⁴

Health care & social assistance 11.7%
 Retail trade 10.9%
 Government ownership 20.5%
 Accommodation & food services..... 13.0%

Risk Factors and Chronic Conditions

	WINDSOR COUNTY	STATE OF VERMONT
Adult smokers.....	18%	17.5%
Adult obesity	23%	22%
Binge drinking	16%	17%
Uninsured adults.....	12%	12%
Primary care provider rate	173	180
Preventable hospital stays	51	57
Hospice use	15%	20%
Children under 18 in poverty	12%	12%
Single parent households.....	10%	9%

HEALTH INDICATORS

Access to care

Windsor County falls 6 FTEs 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. www.med.uvm.edu/ahec/HP-DEPT.ASP?SiteAreaID=286

- 80% of providers report they are accepting new patients
- 91% of primary care physicians accept Medicaid/Medicare patients
- 88% of adults have health insurance (VT 86%)³

There are 18 primary care practices.

Disease Rates

- Heart disease death rate is 135 per 100,000 population (VT 138)
- Stroke death rate of 53 per 10,000 (VT 44)
- Adults with high blood pressure is 22 per 100,000 (VT 23)
- 88% of pregnant women receive prenatal care in the first trimester (VT 90%)
- Low birth weight rate (<5.5 lbs) is 7.0% (VT 6.4%)
- 23% of adults are obese (VT 22%)

PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER (FQHC)

Springfield and Rockingham towns host the FQHC for Windsor County. Springfield Medical Care Systems (SMCS) is a not-for-profit, community-based health care system that includes a nine-site community health center network and Springfield Hospital. SMCS provides an integrated system of care that is patient-centered, and emphasizes quality, access, and affordability for all regardless of ability to pay, based on a sliding fee schedule.

HOSPITALS

SPRINGFIELD HOSPITAL: A not-for-profit community hospital located in Springfield. A subsidiary of Springfield Medical Care Systems, which also operates a network of nine community health centers, Springfield Hospital is a certified critical access hospital serving communities in southeastern Vermont and southwestern New Hampshire. 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

MT. ASCUTNEY HOSPITAL & HEALTH CENTER: A 68-bed community 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

COLLEGES

COMMUNITY COLLEGE OF VERMONT: A public, two-year, open admission institution that provides degree, transfer, occupational, and continuing education opportunities. It is a member of the Vermont State Colleges, and has 12 sites around the state, including those in Springfield and White River Junction. 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

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

KEY STATE & COMMUNITY AGENCIES

VERMONT DEPARTMENT OF HEALTH: There are two regional offices in Windsor County. One is located in Springfield serving the municipalities of: Andover, Baltimore, Cavendish, Chester, Grafton, Londonderry, Ludlow, Plymouth, Reading, Rockingham (including Bellows Falls), Springfield, Weathersfield, Weston, West Windsor, Windham, and Windsor. Services include eligibility screening for programs such as Breastfeeding Mother to Mother Support, Children's Integrated Services, Early and Periodic Screening, Diagnosis and Treatment (EPSDT), Ladies First, and Vermont WIC.

The northern Windsor County office is located in White River Junction and serves: Barnard, Bethel, Bradford, Bridgewater, Chelsea, Corinth, Fairlee, Hartford (including Quechee, White River Junction, Wilder), Hartland, Norwich, Pomfret, Randolph, Rochester, Royalton, Sharon, Stockbridge, Strafford, Thetford, Turnbridge, Vershire, West Fairlee, Woodstock. Services include Breastfeeding Mother to Mother Support, Children's Integrated Services, Early and Periodic Screening, Diagnosis and Treatment (EPSDT), Eligibility Screening, Ladies First, and Vermont WIC. healthvermont.gov/local/district/Springfield.aspx

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 our staff. Offices are located in Westminster, Brattleboro, Springfield, Hartford, Windsor, and Wilmington. www.sevca.org

COUNCIL ON AGING FOR SOUTHEASTERN VERMONT, INC.: A community organization 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. Their office is located in Springfield. www.coasevt.org

UPPER VALLEY UNITED WAY: Serves 28 communities in Grafton and Sullivan counties in New Hampshire and Orange and Windsor Counties in Vermont.

www.uvuw.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.vtpcrc.org/index

MEDIA, RECREATION & LEISURE

VALLEY NEWS: Serves Upper Windsor County and Grafton County in New Hampshire. www.vnews.com

SIMON PEARCE: Glass blowing and retail store in Windsor, Vermont.

www.simonpearce.com

PUBLIC LIBRARIES

www.publiclibraries.com/vermont

VERMONT STATE PARKS

www.vtstateparks.com

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

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, vtlmi.info

3 The Vermont Primary Care Workforce 2010 Snapshot. www.med.uvm.edu/ahec

4 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2010, vtlmi.info