

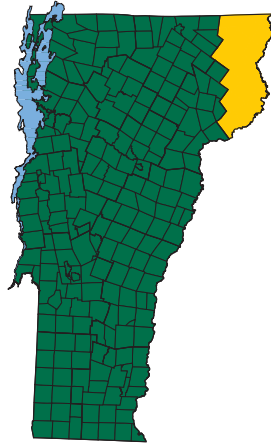
Essex County

POPULATION

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

Race (2013¹)

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



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

www.cvahec.org/resources/cultural-competency

SOCIOECONOMIC INDICATORS

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

THE ECONOMY

Major Employment Sectors²

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

HEALTH

Risk Factors and Chronic Conditions

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

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

HEALTH INDICATORS

Access

11% of residents report having no health insurance (VT 8%).⁴
 The population is older – 22.3% of residents are over 65 (VT 16.4%).¹
 Shortage of primary care providers: actual primary care physician FTEs is 2.35, versus recommended FTEs 5.015.
 21% of adults do not have a regular physician.⁷
 Only three providers in the county for 6,211 patients; two physicians are limiting new patients.⁵
 Primary care dentist shortage: 1 FTE per 6,211 people⁶ (shortage area by federal definition: 1 dentist per 4,000 people).

Women & Infants⁷

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 71% (VT 77%).

Disease Rates⁷

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

PRIMARY CARE FEDERALLY QUALIFIED HEALTH CENTER

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

HOSPITALS

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. Programs include youth prevention and support, Head Start, food shelf and many others. www.nekcavt.org

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

Green Mountain United Way: Serves all of Essex County and Caledonia, 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 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 Vermont Association of Snow Travelers (VAST) regional snowmobile trail system – shared by various outdoors enthusiasts throughout the year. www.vtvast.org

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

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

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

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

2 Vermont Department of Labor, Vermont Economic and Demographic Profile Series 2014, 2012; vtlmi.info

3 U.S. Census Bureau, Small Area Income and Poverty Estimates, State and County Estimates for 2012. Available at census.gov

4 County Health Rankings, a Robert Wood Johnson Foundation program in collaboration with the University of Wisconsin Population Health Institute. Available at countyhealthrankings.org

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

6 Vermont Department of Health 2011 Dentist Survey Summary Report. Available at healthvermont.gov/research/HlthCarePrvSrvys

7 The Health Status of Vermonters, March 2008, Vermont Department of Health. Available at healthvermont.gov/pubs/documents/HealthStatusRpt2008