

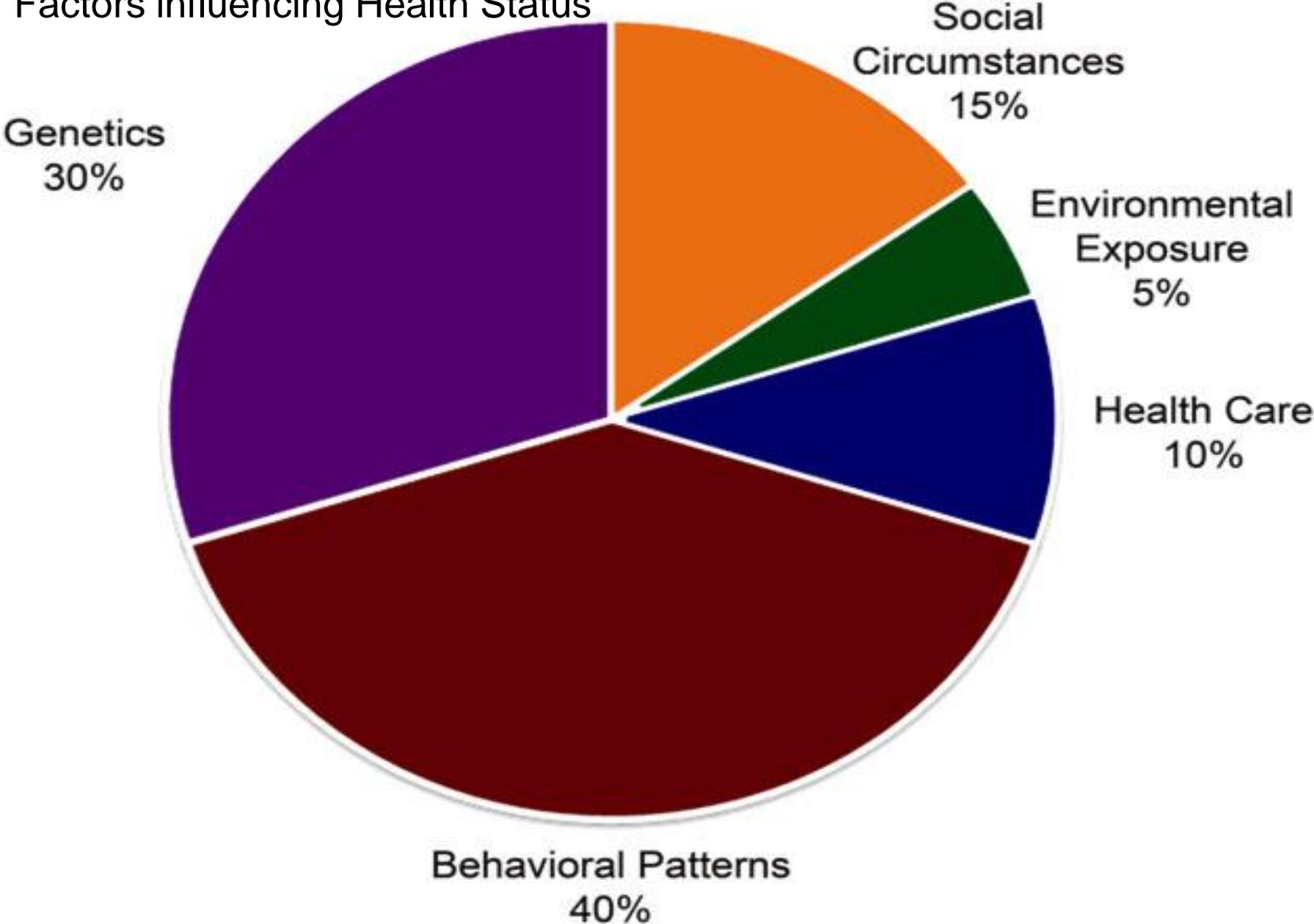
Vermont Department of Health



Government Ops Committee • February 5, 2016
Harry Chen, MD, Commissioner of Health

Determinants of Health

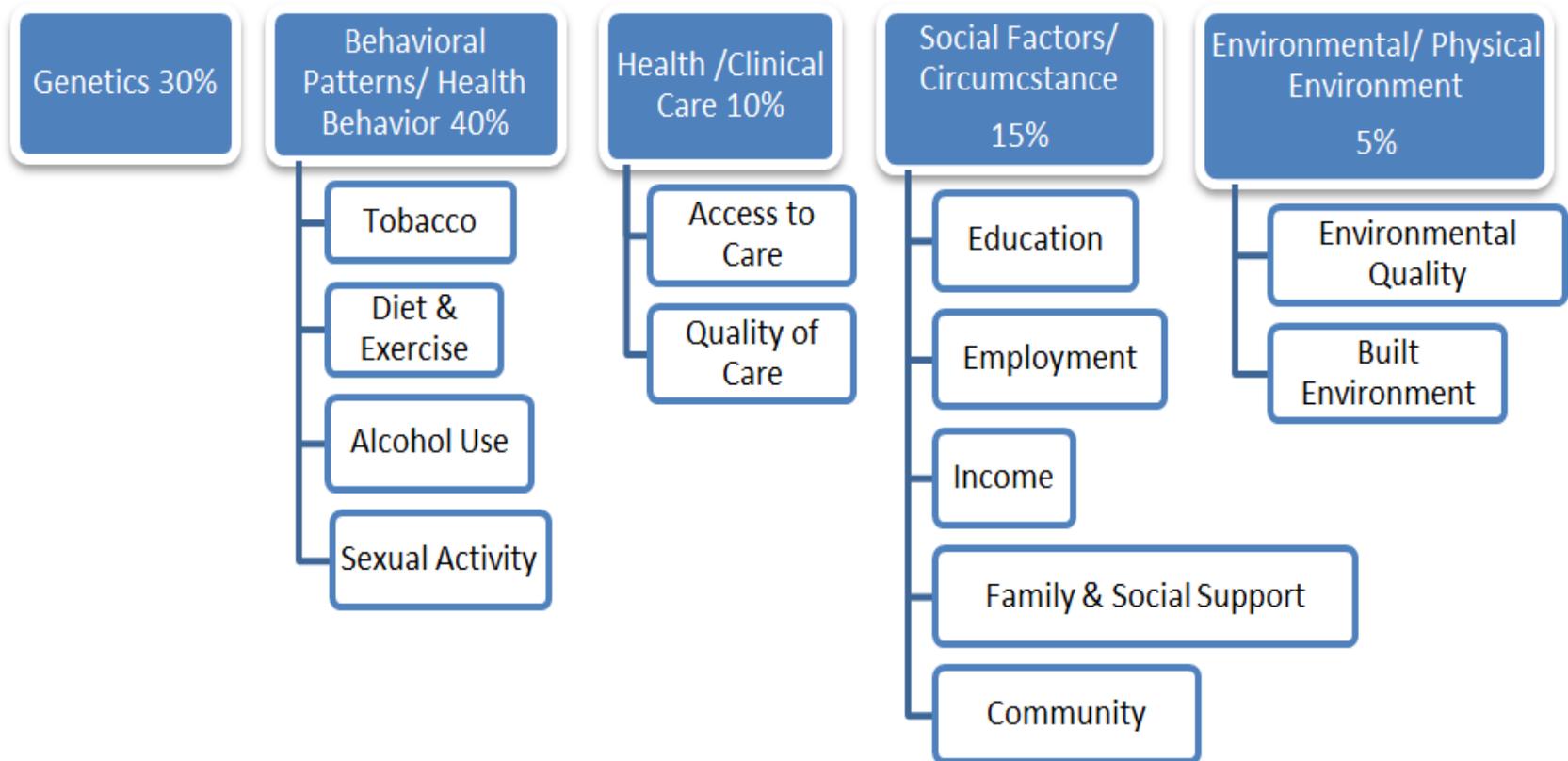
Factors influencing Health Status



Determinants of Health

Factors influencing health status

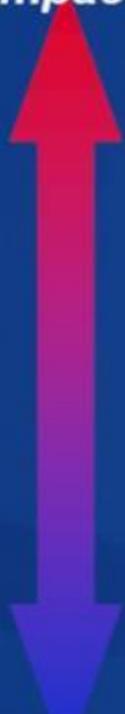
Figure 2. Factors Affecting Health Outcomes



Adapted to include genetics and McGinnis weighting of factors approach

Factors that Affect Health

*Smallest
Impact*



**Counseling
& Education**

**Clinical
Interventions**

**Long-lasting
Protective Interventions**

**Changing the Context
*to make individuals' default
decisions healthy***

Socioeconomic Factors

Examples

Condoms, eat healthy
be physically active

Rx for high blood
pressure, high
cholesterol

Immunizations, brief
intervention, cessation
treatment, colonoscopy

Fluoridation, 0g trans
fat, iodization, smoke-
free laws, tobacco tax

Poverty, education,
housing, inequality



Core Measures



**Health
Outcomes**

Core Measures



Behaviors

- Smoking
- Excessive Drinking
- Drug Deaths
- Obesity
- Physical Inactivity
- High School Graduation

Policies

- Lack of Health Insurance
- Public Health Funding
- Immunization Coverage

Community & Environment

- Violent Crime
- Occupational Fatalities
- Children in Poverty
- Air Pollution
- Infectious Disease

Clinical Care

- Low Birthweight Infants
- Primary Care Physicians
- Dentists
- Preventable Hospitalizations

Health Outcomes

- Diabetes
- Poor Mental Health Days
- Poor Physical Health Days
- Disparities in Health Status
- Infant Mortality
- Cardiovascular Deaths
- Cancer Deaths
- Premature Death

Vermont is still the
2nd healthiest state.

Vermont

RANK: 2

No Change
from
2014

2014 Rank: 2
No Change

TOP FIVE HEALTHIEST STATES:

1. Hawaii
2. Vermont
3. Massachusetts
4. Minnesota
5. New Hampshire



Smoking

16.4%



of people in Vermont smoke
compared with 18.1% nationally

Healthy People 2020 Goal: 12.0% of adults

Drug Deaths

12.9



deaths per 100,000 people in Vermont
from drug overdose compared with 13.5 deaths
per 100,000 nationally

Healthy People 2020 Goal: 11.3 deaths per 100,000

Physical Inactivity

19.0% or about

1 in 5



adults in Vermont are
physically inactive compared
with 22.6% nationally

Infant Mortality

4.3



deaths per 1,000 live births in Vermont
compared with 6.0 deaths per 1,000 nationally

Healthy People 2020 Goal: 6.0 infant deaths per
1,000 live births

Obesity/Diabetes

24.8%

of adults in Vermont are obese



7.9%

of adults in Vermont have diabetes

Nationally, 29.6% of adults are obese,
and 10.0% have diabetes.

Immunizations—Children

71.8%



of children in Vermont received vaccinations
compared with 71.6% nationally

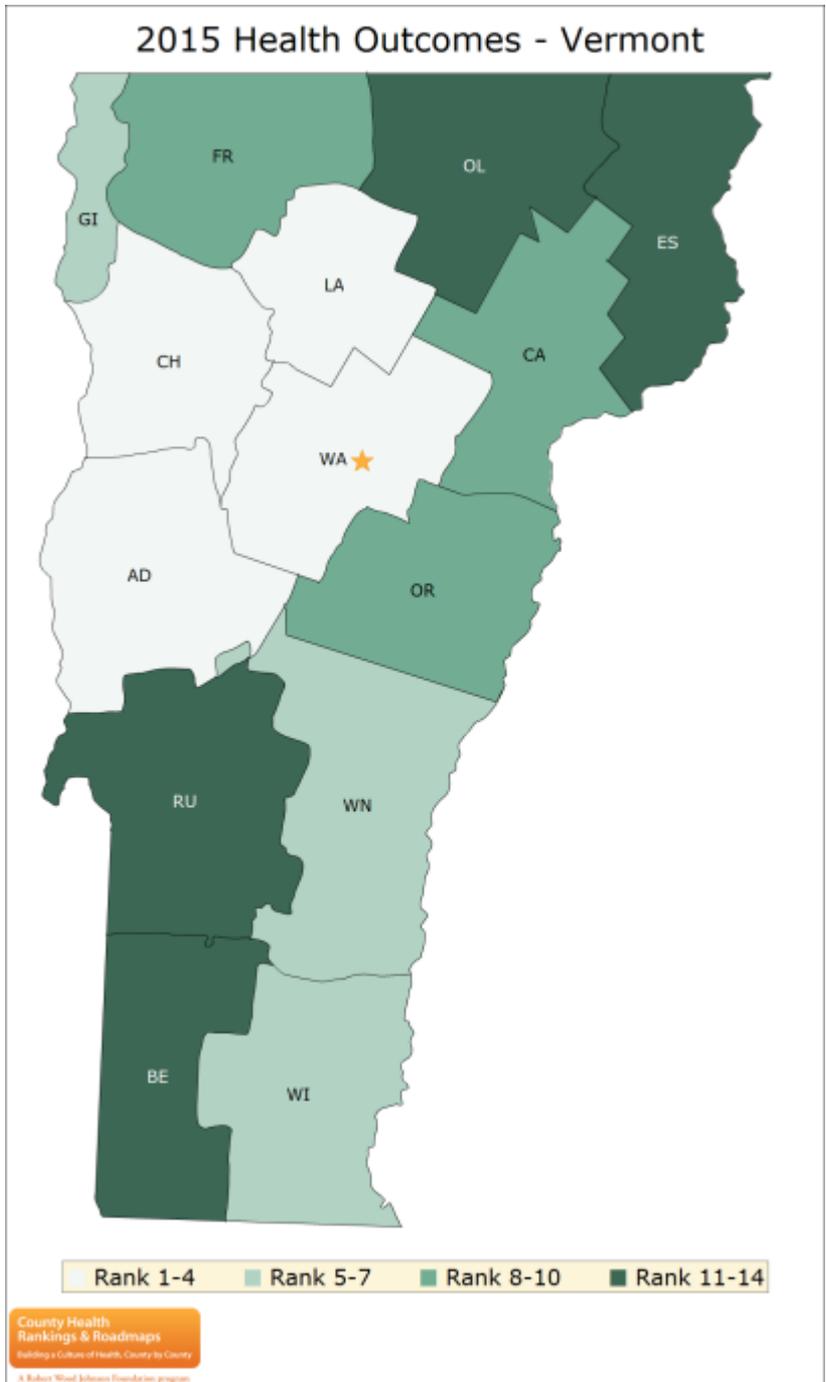
Healthy People 2020 Goal: 80.0% of children

Vermonters are not equally healthy

The overall rankings in health outcomes represent how healthy counties are within the state. The healthiest county in the state is ranked #1.

The ranks are based on 2 types of measures:

- how long people live
- how healthy people feel while alive



Mismatch in Spending

What **Makes**
Us Healthy



What We **Spend**
On Being Healthy

