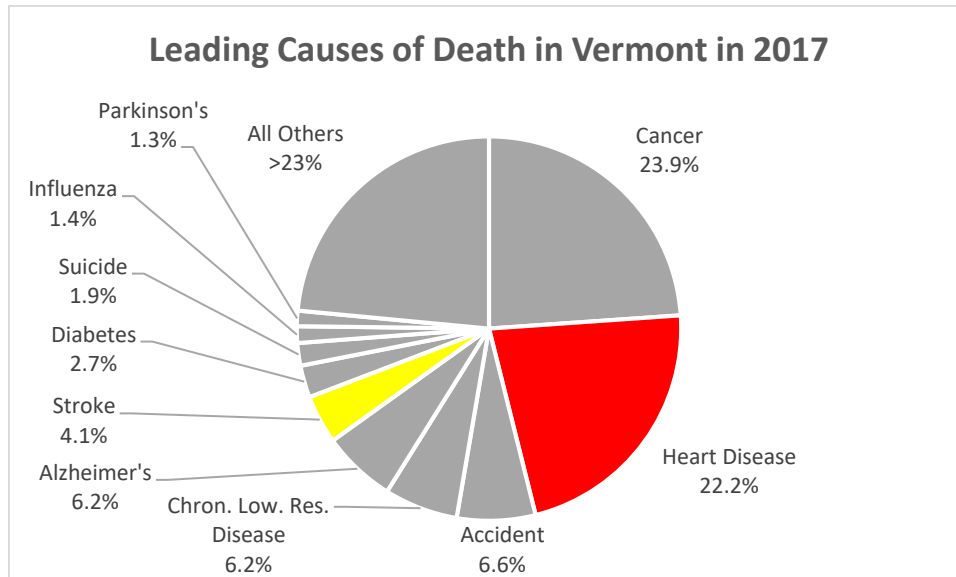


Vermont Fact Sheet



Vermont has the 21st lowest death rate from cardiovascular disease in the country.**

- Heart disease is the no. 2 killer in Vermont*
- 1,332 people in Vermont died of heart disease in 2017*
- Stroke is the no. 5 killer in Vermont*
- 249 in Vermont died of stroke in 2017*

Heart Disease and Stroke Risk Factors in Vermont***

| | <u>Vermont</u> | <u>US</u> |
|---|----------------|-----------|
| Adults who are current smokers | 15.8% | 17.1% |
| Adults who participate in 150+ min of aerobic physical activity per week | 59.7% | 50.6% |
| Adults who are overweight or obese+ | 62.3% | 66.6% |
| Adults who have been told that they have had a heart attack | 5% | 4.2% |
| Adults who have been told that they have had a stroke | 2.6% | 3% |
| Adults who have been told that they have angina or coronary heart disease | 4% | 3.9% |
| Population of adults (18-64) who have some kind of health care coverage | 93.9% | 89.5% |
| High school Students who are obese++ | 12.6% | 14.8% |
| Percentage of population covered by Medicaid/Chip+++ | 20% | 20% |

* List includes Puerto Rico and D.C. Based on total number of deaths in 2015. Centers for Disease Control and Prevention. WISQARS Leading Cause of Death Reports, 2017
 ^ Also known as COPD (Chronic Obstructive Pulmonary Disorder): COPD and allied conditions (including asthma); the term in the ICD/10 is "chronic lower respiratory diseases."
 ** Based on 2014-2016 age-adjusted death rates. American Heart Association. Heart Disease and Stroke Statistics: 2019 Update. A Report from the American Heart Association. Circulation.
 ***Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey, 2017.
 + Includes only cigarette smoking
 ++ Overweight is defined as having a body mass index (BMI) of 25.0-29.9. Obese is defined as having a body mass index of 30.0 or more.
 +++ Students who were ≥ 95th percentile for body mass index, by age and sex. Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System, 2017
 ++++ Kaiser Family Foundation US and State Medicaid Fact Sheets, 2017