

Public health funding: Strong investments in public health allow a state to carry out programs that improve health. Vermont receives \$41.57 per person in funding from CDC (2nd in the nation) and \$54.75 per person from HRSA (3rd in the nation). The Prevention and Public Health Fund has awarded over \$18.7 million in grants to Vermont since 2010 for community and clinical prevention efforts and improvements to public health infrastructure.

Access to care: 3.8 percent of people in Vermont do not have health insurance coverage, which is well below the national uninsured rate of 9.4 percent. The number of practicing primary care physicians is also an important measure of health care availability. Vermont has 173 active primary care physicians per 100,000 people, which is above the national average of 145.3 practicing primary care physicians per 100,000 people.

Notable health measures

- **Violent crime:** Vermont has the lowest violent crime rate in the nation with 118 offenses per 100,000 people.
- **Infant mortality:** Vermont has the 3rd lowest infant mortality rate in the nation with 4.5 deaths per 1,000 live births.
- **Air pollution:** The state is ranked 3rd lowest with an estimated 5.6 micrograms of fine particles per cubic meter. Reduced exposure to air pollution is important to public health as poor air quality leads to reduced lung function, increased risk of asthma complications, heart attacks, heart failure and death, and impacts a large number of people, particularly impacting young children and older adults.

The challenges ahead

- **Excessive drinking:** Vermont has a high rate of excessive drinking with 19.6 percent of adults reporting drinking excessively. Excessive alcohol use can lead to fetal damage, liver diseases, high blood pressure, cardiovascular diseases and other major health problems.
- **Obesity:** While the state has the 8th lowest adult obesity rate in the nation, the rate has more than doubled since 1990 with 25.1 percent of adults now obese. Obesity contributes to poor general health and is a leading factor in preventable diseases.

Sources: Trust for America's Health, Investing in America's Health; Trust for America's Health, Prevention and Public Health Fund at Work in States; U.S. Census Bureau, 2013, 2014, and 2015 1-Year American Community Surveys; United Health Foundation, America's Health Rankings.