



VERMONT BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM SURVEY (BRFSS)

Race and Ethnicity



Introduction and Methodology

The Behavioral Risk Factor Surveillance System (BRFSS) is a telephone survey conducted annually among adults aged 18 and older. The Vermont BRFSS is completed by the Vermont Department of Health in collaboration with the Centers for Disease Control and Prevention (CDC). All U.S. states, Washington D.C., and most U.S. territories participate in the BRFSS. BRFSS surveys are completed by approximately 7,000 adults each year, from across the state. Completion of the BRFSS depends on a participant's ability to independently complete an over-the-phone survey with a personal cellphone or on a landline phone in a private residence. Adults who are incarcerated, living in group housing, without a personal phone, or who have hearing impairments or other physical, emotional, or cognitive disabilities that preclude their ability to independently complete such a survey may not be adequately represented in this data. Results are weighted to be representative of the entire adult population.

The Vermont Department of Health acknowledges that data presented in this report are driven by complex upstream factors, including social, economic, and environmental inequities. We are continually working to further incorporate information highlighting the social determinants of health and informed by the communities and partners we seek to serve. This report focuses on race and ethnicity to understand disparities in health-related factors, behaviors and outcomes experienced by Vermont adults. Respondents were asked to provide their ethnicity and race in a series of questions. Their responses are categorized into the following groupings for final reporting: American Indian or Alaska Native; Asian, Native Hawaiian or Other Pacific Islander; Black or African American; Hispanic; Another Race; Multi-racial (persons who selected more than one race or ethnicity) and White.

Throughout this report, all estimates reported represent percentages. To ensure statistical reliability and decrease instances of data suppression, estimates represent the average of 2 years of data combined. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently participants responded to an item. All comparisons are made to the overall statewide estimate, and statistically significant differences are noted. Sometimes, when comparing the responses of two or more groups, the overall percentage may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically. While this report notes statistical differences, we encourage you to consider meaningful differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

For more information on the BRFSS and to see other reports, please visit the Vermont Department of Health BRFSS webpage at: <https://www.HealthVermont.gov/BRFSS>

Race and Ethnicity	N	%
White	13935	91
Asian, Native Hawaiian, Pacific Islander	196	2
Hispanic	296	3
American Indian or Alaska Native	116	1
Multiracial, non-Hispanic	219	1
Another race	171	1

*Results represent 2 years of combined data, 2021-2022 N = Unweighted number of respondents % = Weighted percent

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
¹ General health fair or poor	13	32 *	.	16	18	20	15	13
¹ Health insurance coverage (age 18-64)	94	93	97	82 *	94	93	86 *	95
¹ Have a personal health care provider	90	82	81 *	80 *	85	86	79 *	91
¹ Delayed healthcare due to cost	6	.	.	9	13 *	.	13 *	6

¹= Data years 2021,2022; ²=2020,2022; ³=2019,2022;

. = Too few responses to report; * = Statistically different compared to VT overall;

AIAN = American Indian or Alaskan Native; ANHPI = Asian, Native Hawaiian or Other Pacific Islander; Hispanic = all Hispanic respondents. All other races are non-Hispanic.

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
¹ Physical health not good	11	22 *	.	11	14	16	17	10
¹ Mental health not good	16	19	.	.	28 *	30 *	19	15
¹ Have a disability	26	58 *	.	19	32	36 *	31	25

¹= Data years 2021,2022; ²=2020,2022; ³=2019,2022;

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	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
¹ Arthritis	29	38	4 *	8 *	17 *	25	26	30
¹ Asthma	12	22	.	9	16	13	.	12
¹ Cardiovascular disease	8	29 *	.	.	.	10	.	8
¹ Chronic obstructive pulmonary disease	7	19 *	7
¹ Diabetes	8	26 *	8
¹ Hypertension	31	35	.	20	14 *	24	33	31
¹ Kidney disease	3	3
¹ Depressive disorder	25	24	23	11 *	30	36 *	18	25
² Subjective cognitive decline	9	19 *	.	8

1= Data years 2021,2022; 2=2020,2022; 3=2019,2022;

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	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
¹ Drank any alcohol, past month	61	44 *	50	66	62	51	38 *	62
¹ Binge drinking, past month	18	.	22	23	21	16	.	17
¹ Heavy drinking	9	.	.	.	16 *	.	.	9

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
¹ Current cigarette smoking	14	32 *	.	.	19	16	13	14
¹ Attempted to quit smoking, past year	45	53	.	.	.	53	57	45
¹ Current e-cigarette use	5	.	.	.	14 *	.	.	5
¹ Used cannabis, past 30 days	23	26	.	23	38 *	29	14	22

¹= Data years 2021,2022; ²=2020,2022; ³=2019,2022;

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Preventative Behaviors and Screenings

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
¹ Routine doctor visit	74	81	68	66	67	66	72	74
² Screened for breast cancer, (women age 50-74)	75	67	.	.	86	65	67	76
¹ Ever tested for HIV	38	44	38	47	53 *	42	36	38

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
² Visited a dentist, past year	68	34 *	61	51 *	62	59	57	69
² Any teeth extracted (age 45-64)	43	50	36	48	46	60 *	48	43

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	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
¹ Flu shot, past year (age 65+)	74	58	92	.	.	67	74	75
¹ Pneumonia shot, ever (age 65+)	71	63	68	.	.	68	62	72
³ Tetanus shot, past ten years	80	79	69	66 *	80	81	67	81

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	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
¹ No leisure time physical activity	19	29	24	14	21	15	26	18
¹ Sleep less than 7 hours/night	61	60	59	57	63	61	60	61
² At elevated risk for HIV transmission	6	.	.	.	23 *	.	.	5
² Not able to pay mortgage, rent or utility bills, past year	8	22 *	.	23 *	19 *	15 *	.	7
² Rarely or never receive social/emotional support needed	8	.	.	22 *	.	8	.	7
¹ Seriously considered suicide, past year	6	6

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