

The 2024 State Health Assessment is an overview of what we know about the health and well-being of people in Vermont. This data brief reflects findings about the health needs and experiences of People of Color in Vermont. It includes information from publicly available data and focus groups and interviews with community partners and individuals with lived expertise.

## Key Findings

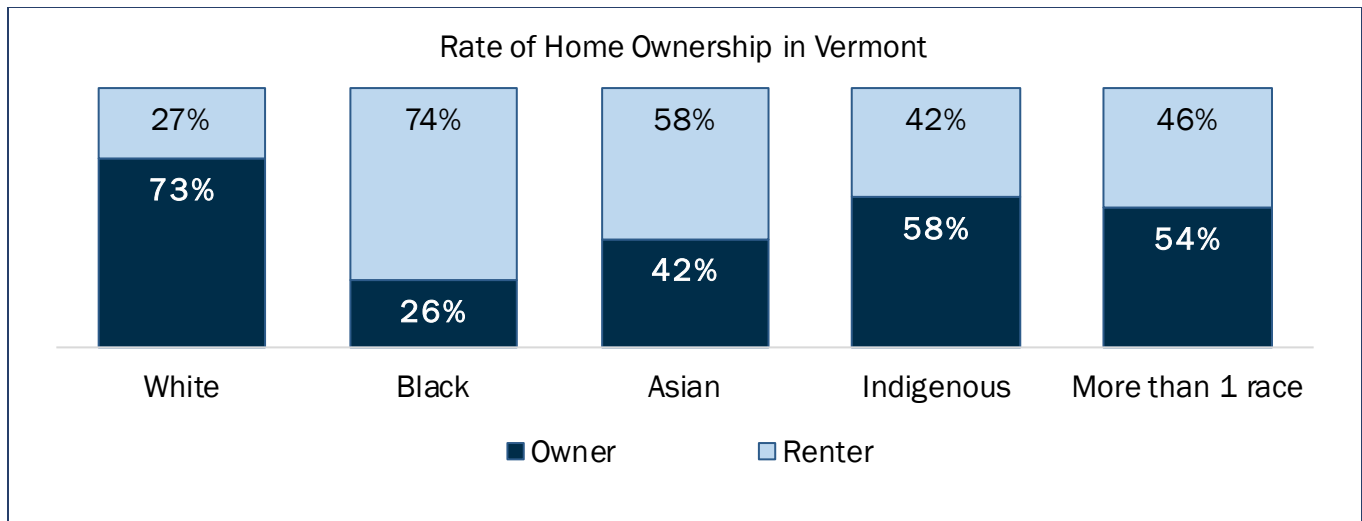
- Even though Vermonters of color make up a relatively small part of the population in Vermont, **the numbers have doubled** in the last 15 years.
- 24.2% of Vermonters who identify as Black **live in poverty**, compared to 10.3% of White Vermonters. **Unemployment** is twice as high for Black Vermonters.

**“There's not an emergency around the fact that people of color are disproportionately being displaced and harmed by the rise in cost of living and the wages barely increased. Think about who are our essential workers who get paid the minimum wage or maybe just a little above minimum wage. I certainly got paid well above minimum wage, and I can't afford to live in Vermont. I can't imagine people who have kids, people who work minimum wage jobs.”**

- Vermonters of color are twice as likely to be **unable to afford fresh food** and three times more likely to **go hungry** than White residents.
- The **rate of unhoused** is much higher among Vermonters of color.

Unhoused by race	White	Black	Asian	Indigenous	Multiple races
VT: People who are unhoused	88%	6%	1%	1%	4%
VT: Total population	89%	1.4%	1.8%	0.4%	5.8%

# Health Needs of People of Color



- 18% of Vermonters of color reported **poor or fair health** in 2022, compared to 12% of all Vermonters and 16% of all Americans.
- Vermonters of color are almost twice as likely to **delay health care access** due to cost (11%) than White, Non-Hispanic residents (6%). Annual doctor visit rates are also lower.
- **Racism directly affects health.** Black youth who experience racial discrimination are more likely to have **elevated depressive symptoms** in adolescence and early adulthood.

**“Trying to explain to a white therapist what being microaggressed about your hair all day is like, is an exercise in futility and probably going to make your mental health worse.”**

- Students of color are **more likely** to feel sad or hopeless, **hurt themselves on purpose**, and attempt suicide in the past year. They also report being **less likely** to have an adult in their school they can talk to and **less likely to get the kind of help they need** when they feel sad, angry, hopeless or anxious.
- Students of color are more likely than White, Non-Hispanic students to ever see someone get **physically attacked, beaten, stabbed, or shot** in their neighborhood (23% vs. 14%).
- In 2021, 74% of **hate crimes** were committed against Vermonters of color.

**“...there's so much that other people just don't have to go through and it does wear on your ability to take care of yourself...It's just so heavy.”**

In collaboration with  


## References:

- [County Health Rankings](#), University of Wisconsin Population Health Institute. Resources include:
  - [VT Department of Health Population Health Surveys and Data](#)
  - [VT Agency of Education Data and Reporting](#)
  - [VT Cancer Registry](#)
  - [VT Crime Information Center](#)
  - [VT Department of Health Environmental Public Health Data Tracking](#)
  - [VT State Highway Safety Office](#)
  - [VT Vaccination coverage](#)
- [CARES database](#), University of Missouri. Data compilation is from many resources, including and not limited to:
  - US Census Bureau
  - American Community Survey (ACS)
  - Centers for Disease Control and Prevention (CDC)
  - United States Department of Agriculture (USDA)
  - Department of Transportation
  - Federal Bureau of Investigation
- [Behavioral Risk Factor Surveillance System \(BRFSS 2021\)](#)
- [Youth Risk Behavior Survey](#)
- [Title V Maternal and Child Health Block Grant FY23 Application/FY21 Annual Report](#)
- [2021 Vermont Household Health Insurance Survey](#)
- [COVID Conversations: Preliminary Findings & Recommendations](#), REJOICE Project, December 2020