



Race and Ethnicity: Population in Focus Report

**Vermont Behavioral Risk Factor Surveillance
System (BRFSS), 2024**

March 2026

Introduction – Race and Ethnicity

The Vermont Department of Health recognizes that many social, economic and environmental inequities made worse by structural oppression, marginalization and racism influence the data we collect and report. We are continuously working to better collect and share data that reflect the lived experiences of all Vermonters. If you have questions or concerns on how this data was sourced or analyzed that are not addressed in the report, please refer to our [BRFSS Webpage](#). For more information on different data sources managed by the Health Department, including what indicators are available and who to contact to find out more, please check our [Data Encyclopedia](#). This report focuses on health-related factors and behaviors experienced by adults who self-reported having any disability and adults who reported having no disability, compared to the overall statewide rate.

Data on the prevalence of certain indicators may be influenced by differences in age distribution across racial and ethnic groups.

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.

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.

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>

Demographics

Race and Ethnicity	N	%
American Indian or Alaska Native (AIAN)	71	1
Asian, Native Hawaiian, Pacific Islander (ANHPI)	274	2
Black or African American	156	1
Hispanic	353	3
Multiracial	257	3
Another race	102	1
White	14,068	89

N = Unweighted number of respondents; % = Weighted percent
BRFSS 2023-2024 results
Vermont Department of Health

Health Status Indicators

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
General health fair or poor ¹	14	33*	11	17	13	22*	.	14
Health insurance coverage (ages 18-64) ¹	94	94	98	88	91	91	99	95
Have a personal health care provider ¹	91	82	90	85	78*	87	93	91
Delayed health care due to cost, past year ¹	8	.	.	.	17*	17*	.	7

All numbers are percentages.

¹BRFSS 2023-2024, ²BRFSS 2022, 2024

AIAN: American Indian or Alaska Native

ANHPI: Asian, Native Hawaiian, Pacific Islander

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

Quality of Life

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
Physical health not good ¹	13	28*	.	.	11	25*	.	12
Mental health not good ¹	15	31*	14	15	21	26*	.	15
Has a disability ¹	27	67*	18	29	26	41*	37	26
Dissatisfied or very dissatisfied with life ²	6	12*	.	5
Rarely or never receives social and emotional support ²	7	28*	13	.	.	9	.	7

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Chronic Conditions

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
Arthritis ¹	30	45	10*	9*	19*	34	30	30
Asthma ¹	12	20	.	9	14	14	.	12
Cancer (non-skin) ¹	10	8	.	10
Cardiovascular disease ¹	9	28*	.	.	.	15*	.	9
Chronic obstructive pulmonary disease (COPD) ¹	6	23*	.	.	.	12*	.	6
Depressive disorder ¹	26	48*	19	19	24	43*	22	26
Diabetes ¹	9	24*	8	.	5	9	.	9
Kidney disease ¹	3	3
Skin cancer ¹	7	8
Subjective cognitive decline (ages 45+) ²	13	.	.	.	14	21*	.	12

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Risk Factors and Behaviors

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
No leisure time physical activity ¹	18	30	22	20	14	17	18	18
Employment insecurity ²	9	.	12	18*	14	11	.	9
Food insecurity ²	8	29*	.	14	14*	13*	.	7
Housing insecurity ²	7	.	.	14*	18*	13	.	7
Transportation insecurity ²	5	.	.	.	11*	17*	.	5
Participated in a high-risk behavior for HIV ^{^2}	5	.	.	.	21*	.	.	5
Considered suicide past year ²	5	8	.	5

[^]High-risk behaviors include any of the following: intravenous drug use, treatment for a sexually transmitted disease, gave or received sex for drugs or money, and anal sex without a condom.

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Substance Use – Alcohol and Cannabis

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
Drink any alcohol, past month ¹	61	32*	54	50	61	49*	65	62
Binge drinking, past month ¹	16	.	12	.	24*	11	.	17
Heavy drinking, past month ¹	8	.	.	.	7	5	.	9

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
Cannabis use, past 30 days ¹	24	24	17	12*	36*	35*	29	24
Driving under the influence of cannabis, past month ¹	19	.	.	.	21	.	.	19

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Substance Use - Tobacco

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
Current cigarette smoking ¹	11	36*	.	.	13	20*	.	10
Current e-cigarette use ¹	5	.	.	.	8	12*	.	5
Current smokeless tobacco use ¹	2	2
Attempted to quit smoking, past year ¹	50	56	66	94*	57	54	85*	48

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Preventative Behaviors and Screenings

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
Routine doctor visit ¹	78	79	79	69	76	69*	84*	78
Had HIV screening, ever ¹	38	46	23*	47	46	50*	52*	37
Had HIV screening, past year ¹	6	6
Colorectal cancer screening (ages 45-75) ²	73	63	47*	49*	62	60*	70	74
Birth control use (females^ ages 18-49) ²	88	.	86	67	92	87	.	88

^Questions were asked among females ages 18-49 who a) were not currently pregnant or did not know or refused to answer if they were pregnant, and b) never had a hysterectomy or did not know or refused to answer if they had a hysterectomy.

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Immunizations

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
Flu shot, past year (ages 65+) ¹	71	59	.	74	70	69	48	72
Pneumonia shot (ages 65+) ¹	71	77	.	.	83	66	56	71

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Oral Health

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	Another race	White
Dentist visit, past year ²	69	43*	66	58	59*	57*	70	70
Had at least 1 tooth extracted (ages 45-64) ²	42	.	54	44	36	50	.	42

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For Questions and More Information

Email: AHS.VDHBRFSS@Vermont.gov

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