



Sexual Orientation and Gender Identity: Population in Focus Report

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

March 2026

Introduction – Sexual Orientation and Gender Identity

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 sexual orientation and gender identity (transgender status) to understand disparities in health-related factors, behaviors and outcomes experienced by Vermont adults. Data on the prevalence of certain indicators may be influenced by differences in age distribution across sexual orientation and gender identity groups. Respondents were asked to provide their sexual orientation and transgender status in a series of questions. Their responses for sexual orientation are categorized into the following groupings for final reporting:

- Gay or Lesbian,
- Bisexual,
- Heterosexual, or
- Another Sexual Orientation.

Another Sexual Orientation is an additional identity which is not gay or lesbian, bisexual, or heterosexual, and may include people who identify as pansexual, asexual, queer, questioning, moving between identities, or other additional identities.

Responses to the question about transgender status are grouped into transgender and not transgender.

Note that although sexual orientation and gender identity (transgender status) are presented alongside each other, sex, gender, sexual orientation and transgender status are all separate concepts. Often, these identities intersect in meaningful ways; persons of historically non-dominant sexual orientation groups, and gender expansive, gender fluid, non-binary and transgender persons share social, political, and historical commonalities. This report intends to highlight outcomes among subpopulations within this broader LGBTQIA+ community.

Data Notes

Please note that the methodology for collecting sexual orientation and gender identity data changed from 2023-2024. In 2023, respondents were asked if they identified as lesbian or gay, bisexual, another sexual identity, or heterosexual. In 2024, respondents were asked if they identified as lesbian or gay, bisexual or pansexual, another sexual identity, heterosexual, queer, asexual, or questioning.

To be comparable to 2023, respondents in 2024 who identify as another sexual identity, queer, asexual, or questioning were grouped into the category “another sexual identity”.

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

Sexual Orientation	N	%
Gay/Lesbian	386	2
Bisexual	639	6
Another sexual Identity	378	4
Heterosexual	13,389	88

Gender Identity	N	%
Transgender	127	2
Not Transgender	15,091	98

All numbers are percentages.

Source: VT Behavioral Risk Factor Surveillance System 2023-2024

N = Unweighted number of respondents; % = Weighted percent

Health Status Indicators

	VT	Gay/Lesbian	Bisexual	Another Sexual Identity	Heterosexual	Transgender	Not Transgender
General health fair or poor ¹	14	17	15	22*	13	31*	14
Health insurance coverage (ages 18-64) ¹	94	95	96	95	94	98	94
Have a personal health care provider ¹	91	92	88	88	91	89	91
Delayed health care due to cost, past year ¹	8	15*	12*	12*	7	18*	7

All numbers are percentages.

¹BRFSS 2023-2024, ²BRFSS 2022, 2024

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

Quality of Life

	VT	Gay/Lesbian	Bisexual	Another Sexual Identity	Heterosexual	Transgender	Not Transgender
Physical health not good ¹	13	16	13	13	12	26*	12
Mental health not good ¹	15	23*	33*	35*	13*	56*	15
Has a disability ¹	27	31	38*	45*	24*	63*	26
Dissatisfied or very dissatisfied with life ²	6	8	14*	11*	5	34*	5
Rarely or never receives social and emotional support ²	7	.	8	9	7	19*	7

All numbers are percentages.

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Chronic Conditions

	VT	Gay/Lesbian	Bisexual	Another Sexual Identity	Heterosexual	Transgender	Not Transgender
Arthritis ¹	30	29	17*	26	30	20	30
Asthma ¹	12	14	13	13	11	14	12
Cancer (non-skin) ¹	10	10	6*	6*	10	.	10
Cardiovascular disease ¹	9	4*	3*	7	9	.	9
Chronic obstructive pulmonary disease (COPD) ¹	6	.	4	.	6	.	6
Depressive disorder ¹	26	47*	49*	49*	23*	64*	25
Diabetes ¹	9	8	5*	6	9	.	9
Kidney disease ¹	3	.	3	.	3	.	3
Skin cancer ¹	7	5	2*	.	8	.	7
Subjective cognitive decline (ages 45+) ²	13	13	18	18	13	.	13

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Risk Factors and Behaviors

	VT	Gay/Lesbian	Bisexual	Another Sexual Identity	Heterosexual	Transgender	Not Transgender
No leisure time physical activity ¹	18	19	15	21	18	19	18
Employment insecurity ²	9	7	18*	20*	8	25*	9
Food insecurity ²	8	9	10	12	7	17*	7
Housing insecurity ²	7	8	12*	10	7	18*	7
Transportation insecurity ²	5	9	13*	13*	4	25*	5
Participated in a high-risk behavior for HIV ²	5	18*	17*	15*	4*	18*	5
Considered suicide past year ²	5	12*	15*	23*	4*	32*	5

¹High-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	Gay/Lesbian	Bisexual	Another Sexual Identity	Heterosexual	Transgender	Not Transgender
Drink any alcohol, past month ¹	61	67	62	53*	62	49*	61
Binge drinking, past month ¹	16	16	21	17	16	14	16
Heavy drinking, past month ¹	8	7	9	8	8	.	8

	VT	Gay/Lesbian	Bisexual	Another Sexual Identity	Heterosexual	Transgender	Not Transgender
Cannabis use, past 30 days ¹	24	39*	45*	35*	22	41*	24
Driving under the influence of cannabis, past month ¹	19	.	18	17	21	.	20

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Substance Use - Tobacco

	VT	Gay/Lesbian	Bisexual	Another Sexual Identity	Heterosexual	Transgender	Not Transgender
Current cigarette smoking ¹	11	10	10	10	11	.	11
Current e-cigarette use ¹	5	7	13*	10*	4	.	5
Current smokeless tobacco use ¹	2	.	.	.	2	.	2
Attempted to quit smoking, past year ¹	50	64	64	57	48	98*	49

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Preventative Behaviors and Screenings

	VT	Gay/Lesbian	Bisexual	Another Sexual Identity	Heterosexual	Transgender	Not Transgender
Routine doctor visit ¹	78	79	75	76	78	72	78
Had HIV screening, ever ¹	38	64*	50*	41	37	40	38
Had HIV screening, past year ¹	6	16*	14*	.	6	.	6
Colorectal cancer screening (ages 45-75) ²	73	83*	70	65	73	67	73
Birth control use (females^ ages 18-49) ²	88	90	92	83	88	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	Gay/Lesbian	Bisexual	Another Sexual Identity	Heterosexual	Transgender	Not Transgender
Flu shot, past year (ages 65+) ¹	71	79	84*	47*	72	.	72
Pneumonia shot (ages 65+) ¹	71	83	77	57	70	87	70

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Oral Health

	VT	Gay/Lesbian	Bisexual	Another Sexual Identity	Heterosexual	Transgender	Not Transgender
Dentist visit, past year ²	69	70	62*	56*	71	44*	70*
Had at least 1 tooth extracted (ages 45-64) ²	42	42	40	49	42	.	42

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For Questions and More Information

Email: AHS.VDHBREFSS@Vermont.gov

Web: www.healthvermont.gov/brfss

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