



THE FACTS VERMONT

Speak
for **Health**

AN INITIATIVE OF THE
AMERICAN PUBLIC HEALTH ASSOCIATION

PUBLIC HEALTH FUNDING Strong investments in public health allow a state to carry out programs that improve health. Vermont receives \$206 total per person from the Centers for Disease Control and Prevention (CDC) and the Health Resources Services Administration (HRSA) in public health funding. The Prevention and Public Health Fund awarded the state \$2.45 million in grants for community and clinical prevention efforts and improvements to public health infrastructure in fiscal year 2023.

ACCESS TO CARE 3.4 percent of people in Vermont do not have health insurance coverage, which is well below the national uninsured rate of 7.9 percent. The number of practicing primary care providers is also an important measure of health care availability. Vermont has 336.2 active primary care providers per 100,000 people, which is above the national average of 283.4 practicing primary care providers per 100,000 people.

Notable Health Measures

- **Healthy eating** Vermont ranks first in the nation for fruit and vegetable consumption, with 12.9 percent of adults reporting eating two or more fruits and three or more vegetables daily. The national average is 7.4 percent.
- **Infant mortality** Vermont has the 5th lowest infant mortality rate in the nation with 4.0 deaths per 1,000 live births.
- **Air pollution** The state is ranked 5th lowest in the nation for air pollution with an estimated 5.9 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 17.7 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 6th lowest adult obesity rate in the nation, the rate has more than doubled since 1990 with 28.8 percent of adults now obese. Obesity contributes to poor general health and is a leading factor in preventable diseases.

SOURCES: America's Health Rankings analysis of Trust for America's Health, U.S. HHS, U.S. Census Bureau, Annual Estimates of the Resident Population, United Health Foundation, [AmericasHealthRankings.org](https://americashealthrankings.org), Accessed 2025; Centers for Disease Control and Prevention. Fiscal Year 2023 Grant Funding Profiles Totals, (2023). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. <https://fundingprofiles.cdc.gov/>

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