VERMONT BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM SURVEY REPORT 2020

POPULATION IN FOCUS

Adults with Disabilities

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Introduction

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. In 2020, BRFSS surveys were completed among 6,540 adults, from across the state. These results are weighted to be representative of the entire adult population.

Adverse health outcomes and behaviors experienced by specific populations are driven by complex upstream factors, including social, economic, and environmental inequities. The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. This report focuses on health-related factors and behaviors experienced by adults who self-reported having any disability compared to adults without any disability. In the 2020 BRFSS, disability indicators included serious difficulty walking or climbing stairs, concentrating or making decisions, hearing, seeing, dressing, or bathing, or because of a physical, mental, or emotional condition, having difficulty doing errands alone.

Overall, in 2020, **23% of Vermonters reported having any disability.** It should be noted that 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.

Throughout this report, all estimates reported represent percentages. Statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. Additional information about the BRFSS can be found on the [Vermont Department of Heath BRFSS](https://www.healthvermont.gov/brfss) webpage.

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2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

Demographics

Sex	Any Disability	No Disability
Female	53	50
Male	47	50

Age	Any Disability	No Disability
18-24	9	15
25-44	20	31
45-64	30	34
65+	41	21

Race	Any Disability	No Disability
White, non-Hispanic	90	94
BIPOC	10	6

Sexual Orientation/Gender Identity	Any Disability	No Disability
Lesbian, Gay, Bisexual, Other Sexual Orientation, Transgender	12	8
Heterosexual and Cisgender	88	92

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https://www.healthvermont.gov/brfss

2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

Demographics

Income	Any Disability	No Disability
Low <$25K	45	14
Middle $25-<$50K	25	23
High $50K-<$75K	15	21
Highest $75K+	16	42

Education	Any Disability	No Disability
High School or Less	54	32
Some College	28	28
College or More	18	40

Veteran Status	Any Disability	No Disability
Veteran	15	9
Non-Veteran	85	91

Marital Status	Any Disability	No Disability
Married	38	54
Unmarried	62	46

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2020 VERMONT ADULT BEHAVIORAL RISK FACTOR SURVEY RESULTS

Health Status Indicators

Health Status	Any Disability	No Disability	Differences
Fair or Poor General Health	35	5	Any Disability > No Disability
Poor Physical Health°	27	4	Any Disability > No Disability
Poor Mental Health°	30	9	Any Disability > No Disability
Rarely/never get social and emotional support needed	16	5	Any Disability > No Disability

Healthcare Access	Any Disability	No Disability	Differences
Have medical health plan coverage, age 18-64	91	92	
Have one or more primary care providers	87	85	
Delay seeking care due to cost, past year	14	6	Any Disability > No Disability

° Poor physical and mental health defined as 14+ days in the last 30 where physical health or mental health self-reported as not good.

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Chronic Health Conditions

Chronic Health Condition	Any Disability	No Disability	Differences
Arthritis	48	19	Any Disability > No Disability
Cardiovascular Disease	22	5	Any Disability > No Disability
Chronic Obstructive Pulmonary Disease	15	3	Any Disability > No Disability
Depressive Disorder	43	18	Any Disability > No Disability
Diabetes	16	6	Any Disability > No Disability
Hypertension~	37	22	Any Disability > No Disability

~ Age-adjusted to U.S. 2000 population

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Health Risk Behaviors and Factors

Health Risk Behaviors/Factors	Any Disability	No Disability	Differences
No leisure time physical activity~, past month	31	13	Any Disability > No Disability
HIV transmission risk behavior o, past year	5	6	
Experienced traumatic brain injury, ever	47	36	Any Disability > No Disability
Binge Drinking, past month	13	19	Any Disability < No Disability
Currently smoke cigarettes	32	11	Any Disability > No Disability
Housing Insecurity	17	6	Any Disability > No Disability
Food Insecurity	13	3	Any Disability > No Disability

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

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Preventative Behaviors and Factors

Preventative Behaviors	Any Disability	No Disability	Differences
Routine doctor's visit, past year	83	69	Any Disability > No Disability
Flu Immunization, 65+, past year	67	71	
Visited dentist, past year~	55	72	Any Disability < No Disability
Any teeth extracted, age 45-64	68	39	Any Disability > No Disability

Cancer Screenings	Any Disability	No Disability	Differences
Breast Cancer Screening, Women Age 50-74~	68	76	
Cervical Cancer Screening, Women Age 21-65~	79	84	
Colorectal Cancer Screening, Adults Age 50-75~	75	77	
Lung Cancer Screening ° *	21	30	

~ Age-adjusted to U.S. 2000 population
° In 2019, lung cancer screening was recommended for adults 55-80 with a 30-pack year history who currently smoke or stopped smoking within the last 15 years.
* Last asked in 2019

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Preventative Behaviors and Factors

Other Health Screenings	Any Disability	No Disability	Differences
Were asked about alcohol use during last routine checkup	74	88	Any Disability < No Disability
Ever tested for HIV	41	36	
Cholesterol checked, past five years~*	81	80	

~ Age-adjusted to U.S. 2000 population
* Last asked in 2019

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