

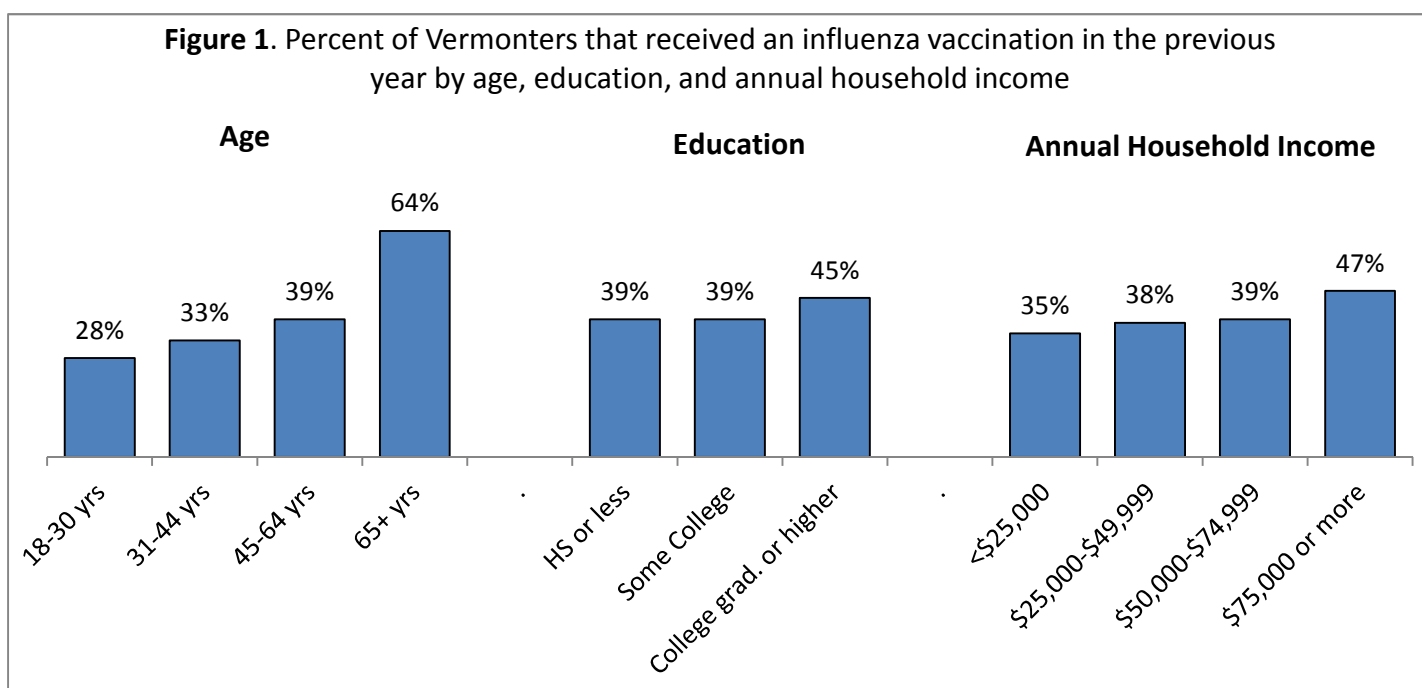
2012 Vermont Adult Behavioral Risk Factor Survey

Data Brief – Adult Immunizations

Influenza, or the flu, is a serious contagious disease that can lead to hospitalization and even death. The Centers for Disease Control (CDC) recommends that everyone over the age of 6 months get the seasonal influenza immunization every year. In addition to an annual influenza vaccine, it is recommended that older adults (age 65 and older) obtain a pneumococcal vaccine at least once in their lifetime.

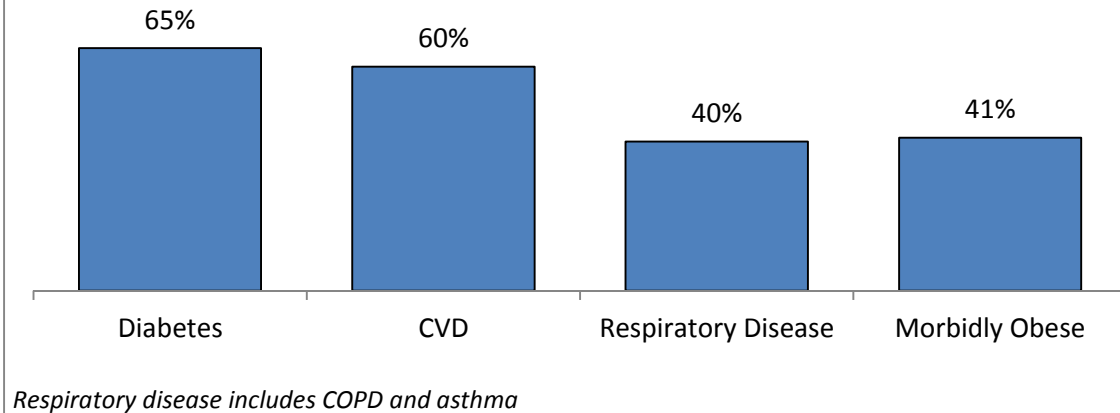
Influenza vaccination in all adults:

Though the CDC recommends flu vaccination for all adults of all ages, only 41% of adult Vermonters were vaccinated in the previous year. Certain adult sub-populations are significantly more likely to obtain their annual influenza vaccination—women compared to men (44% versus 38%), those age 45-64 years and those over the age of 65 years compared to those under the age of 45 years, those with college degrees compared to those without, and those living in households with an income above \$75,000 a year compared to those with household incomes equal or less than \$75,000 (figure 1).



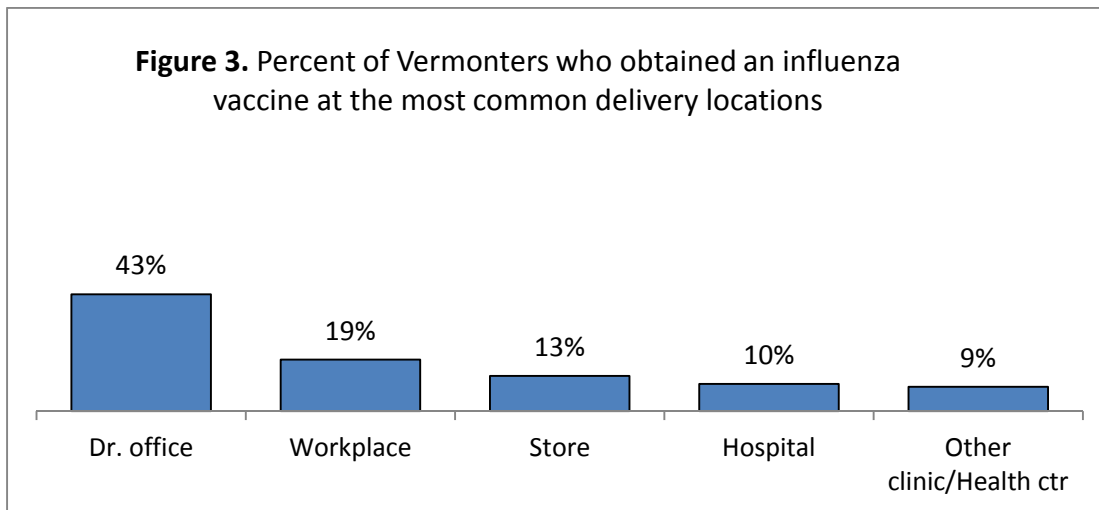
Individuals with certain chronic conditions are considered high risk and are highly encouraged to get immunized for influenza every year. Furthermore, they have priority in cases where influenza vaccine supplies are limited. This includes those with chronic respiratory disease (including asthma and COPD), diabetes, cardiovascular disease (CVD), or those considered morbidly obese (BMI ≥ 35). Those with chronic respiratory disease, diabetes, and cardiovascular disease were all significantly more likely to get vaccinated than those without the given chronic condition (*data not shown*). Those who were considered morbidly obese were equally as likely to get vaccinated as those who were not morbidly obese (*data not shown*). Of concern, fewer than three quarters of adult Vermonters with any of these chronic conditions received a flu shot in the preceding year (figure 2).

Figure 2. Percent of Vermonters that received an influenza vaccination in the past 12 months who are considered high-risk due to the presence of certain chronic conditions



Nearly half of individuals received their annual influenza vaccine at their doctor's office or their HMO (figure 3). Almost a fifth of individuals were vaccinated at their workplace followed by a store, like a grocery store or pharmacy, a hospital or another type of clinic. Less than 1% of individuals were vaccinated at a school or health department (*data not shown*).

Figure 3. Percent of Vermonters who obtained an influenza vaccine at the most common delivery locations



Influenza and Pneumococcal vaccination in adults age 65 and older:

In addition to an annual flu vaccination, the CDC recommends adults age 65 and older also receive the pneumococcal vaccine, which one should receive at least once. Nearly half of adult Vermonters (52%), age 65 and older, received a pneumococcal vaccine in their lifetime *and* annual influenza vaccination in 2012. Less than one in five adults (18%) over the age of 65 had never received a pneumococcal vaccine nor had they received an annual influenza vaccination in the previous year. In 2012, 71% of adult Vermonters, age 65 and older, received a pneumococcal vaccination at some point in their lifetime.

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