



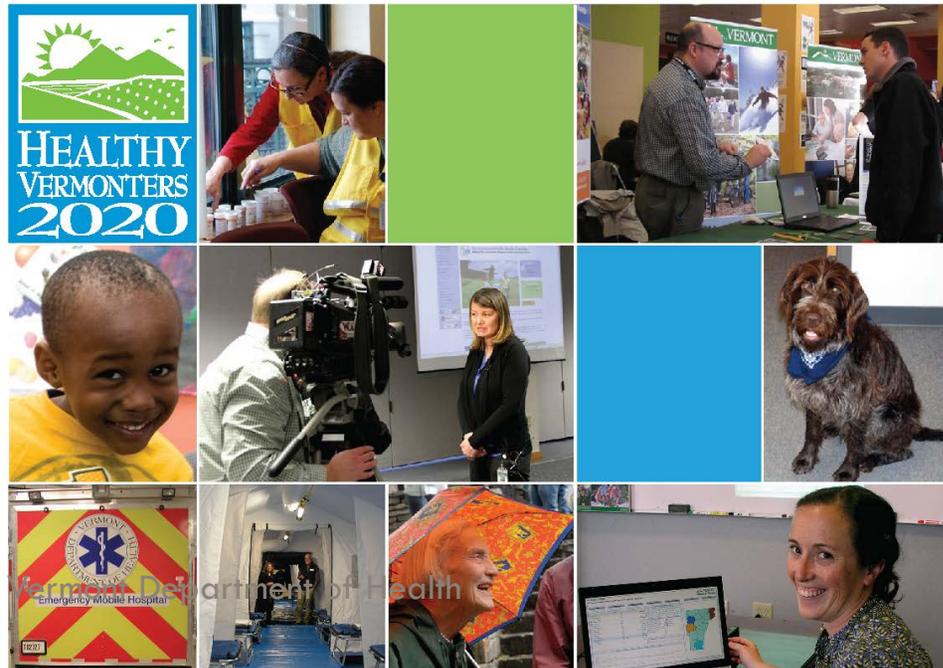
Public Health In Vermont



House Human Services Committee • Jan. 13, 2015
Commissioner of Health Harry Chen, MD

Public Health in Vermont - Agenda

- What is Public Health?
- Vermont Department of Health
- Healthy Vermonters Goals & Priorities
- Monitoring Progress
- Questions



What is Public Health?

What we, as a society do to collectively assure the conditions in which people can be healthy

– Institute of Medicine, 1988

Public Health = Healthy Populations

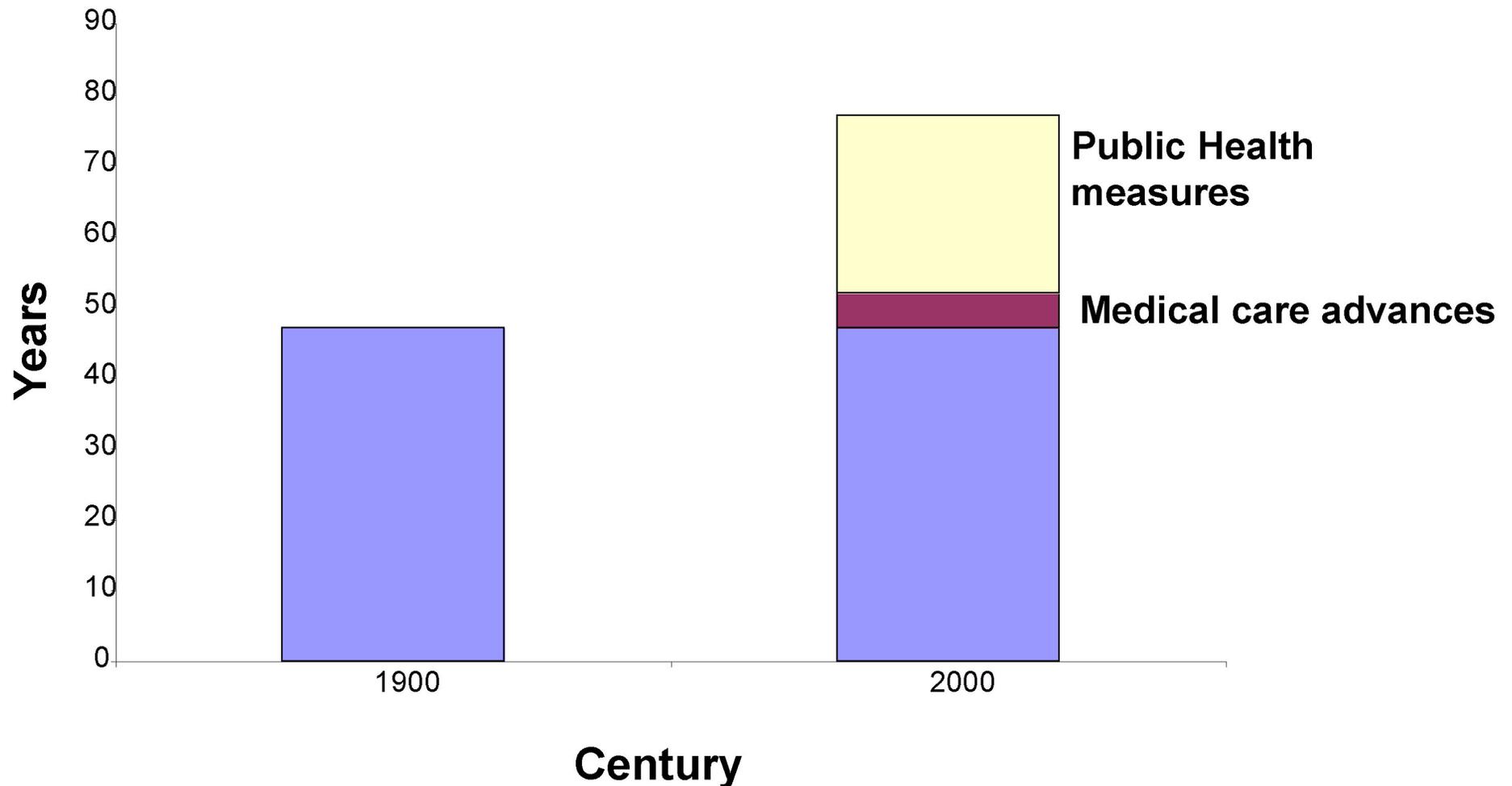
10 Great Public Health Achievements • 1900-1999



- Vaccination
- Motor vehicle safety
- Safer workplaces
- Controlling infectious diseases
- Decline in deaths from heart disease/stroke
- Safer and healthier foods
- Healthier mothers and babies
- Family planning
- Fluoridation of drinking water
- Recognizing tobacco as a public health hazard

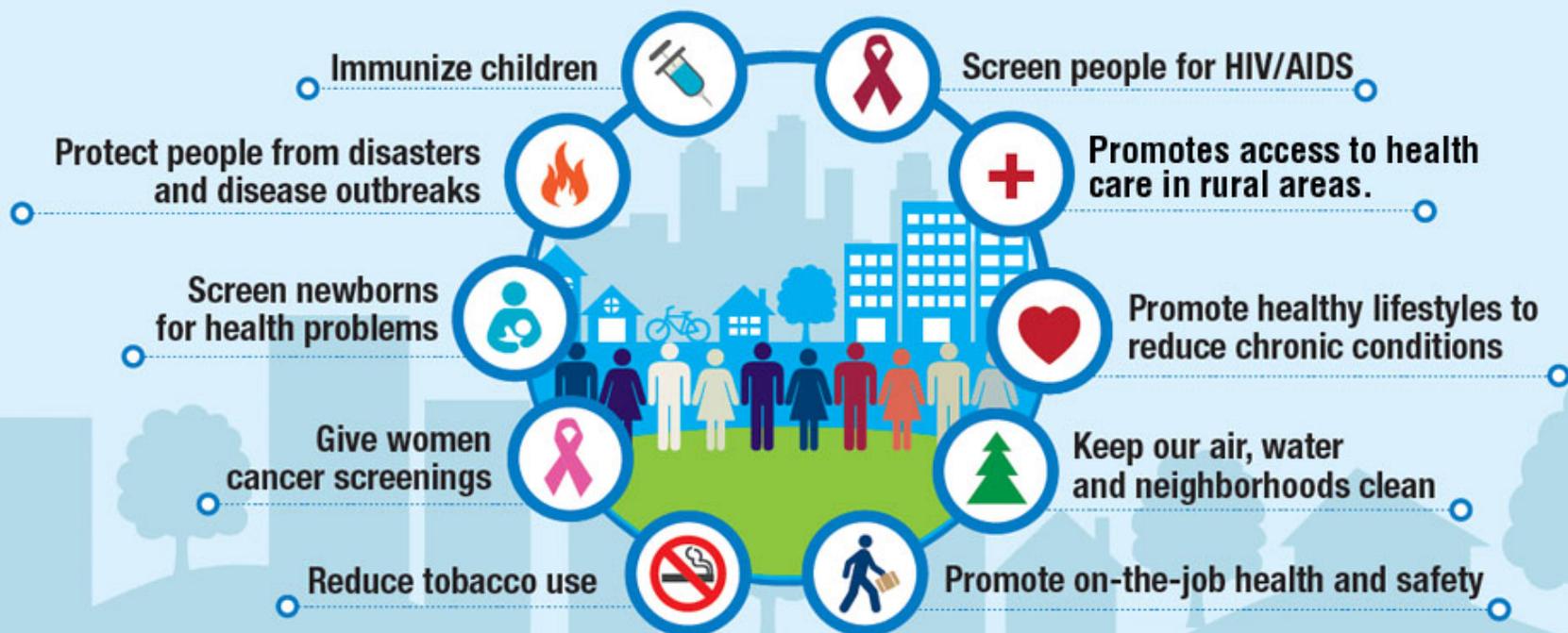
Public Health = More Years of Healthy Life

Improvements in Longevity
100 years of Progress



Public health keeps kids healthy and communities strong

Public health and prevention programs in your community:



We all benefit

Public health saves lives

For each 10 percent increase in local public health spending:

Infant deaths decrease

6.9%

Cardiovascular deaths decrease

3.2%

Diabetes deaths decrease

1.4%

Cancer deaths decrease

1.1%



Seatbelt use reduces serious injuries and death in car crashes by **50%**

In the 20th century, the U.S. reduced the rate of adults who smoke from 42% in 1965 to 25% in 1997.

42%



1965

Rates continue to drop — in 2010, 19% of adults smoked.

19%

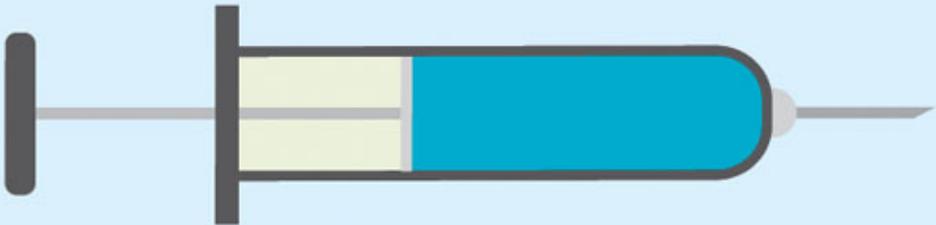


2010

Public health saves money



Every \$1 spent on prevention saves \$5.60 in health spending.



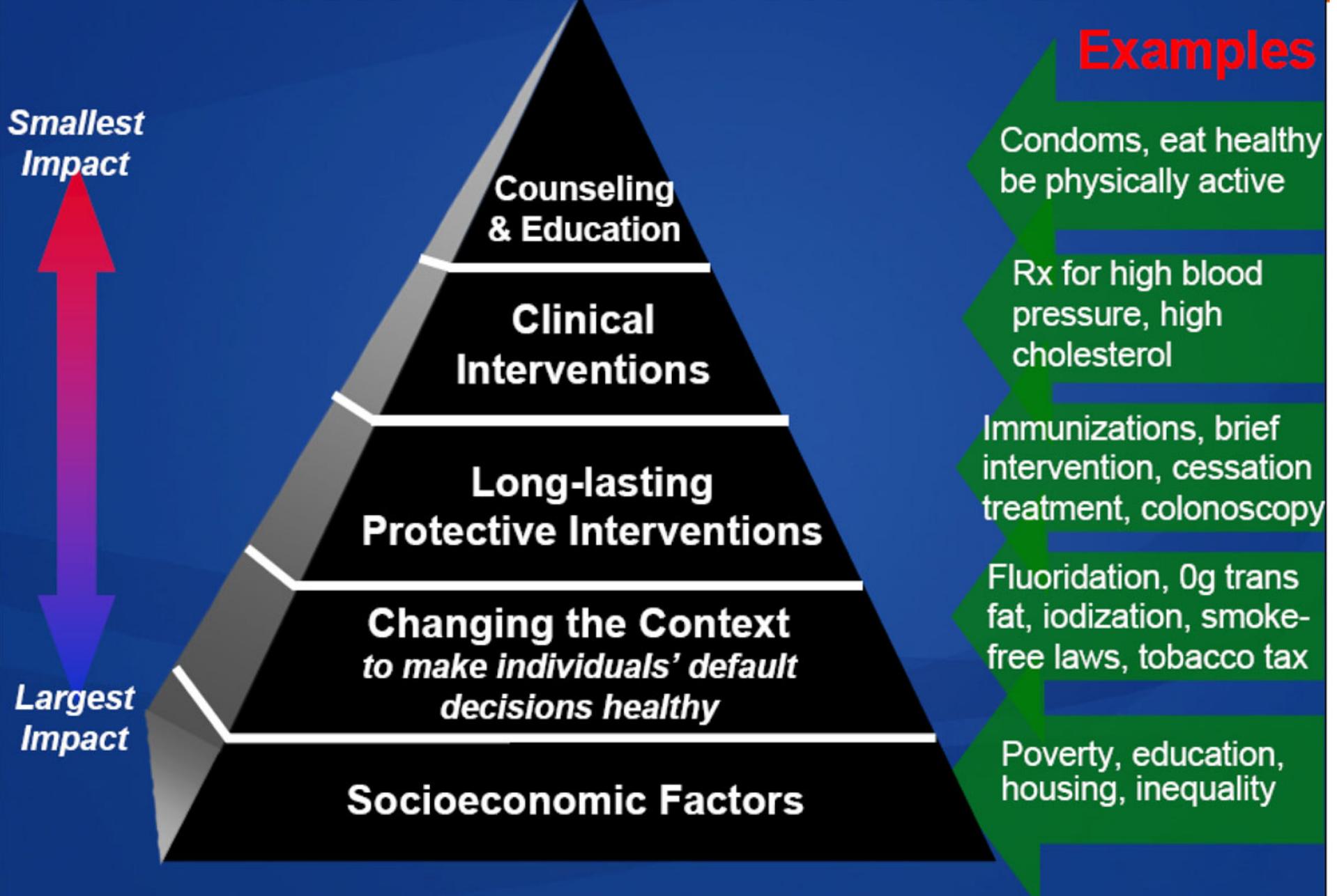
Every \$1 spent on childhood vaccines saves \$16.50 in future health care costs.

75%

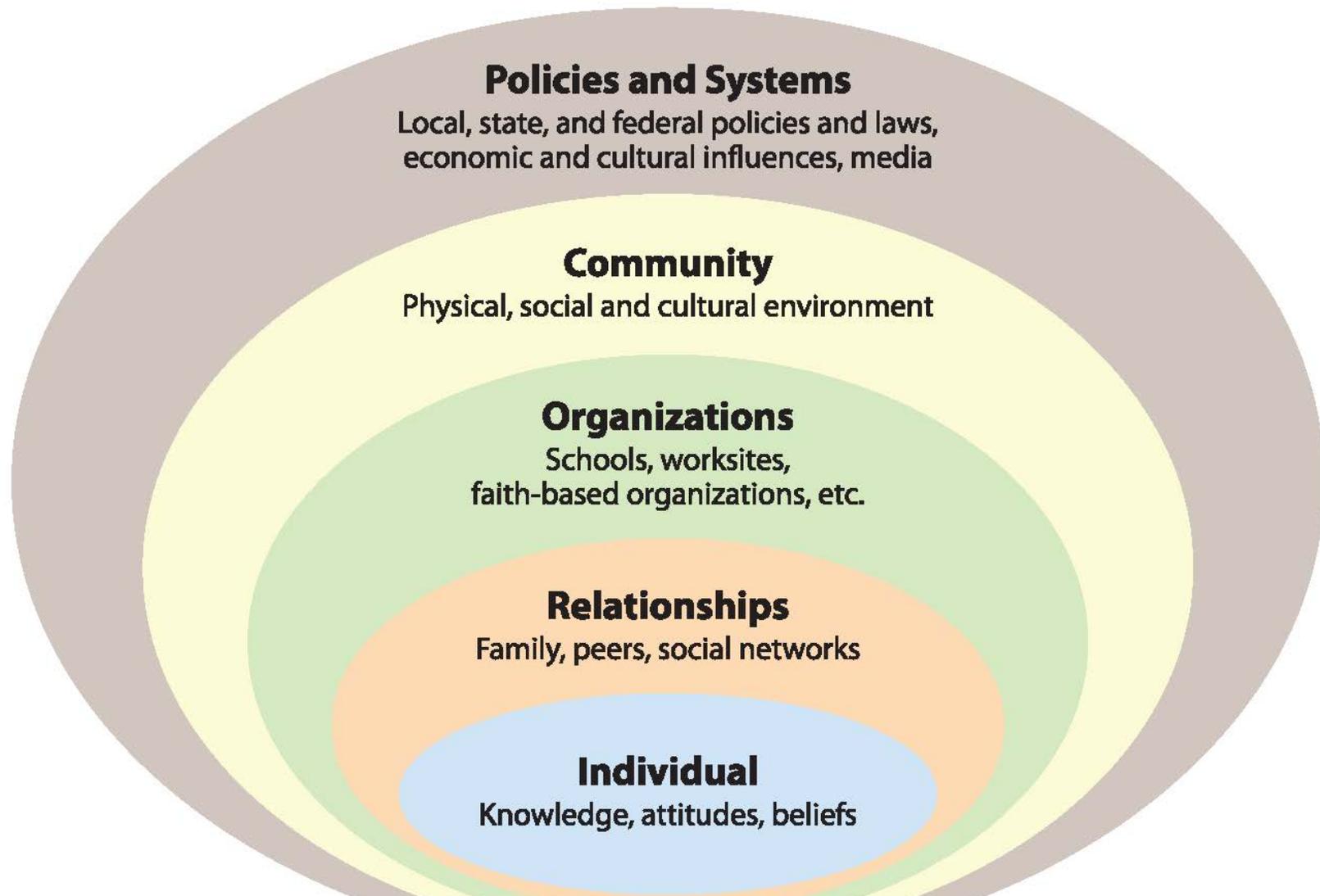
of U.S. health spending is on preventable chronic conditions such as obesity, heart disease and diabetes, but only **3 cents of every \$1 spent** on health care goes toward public health and prevention.



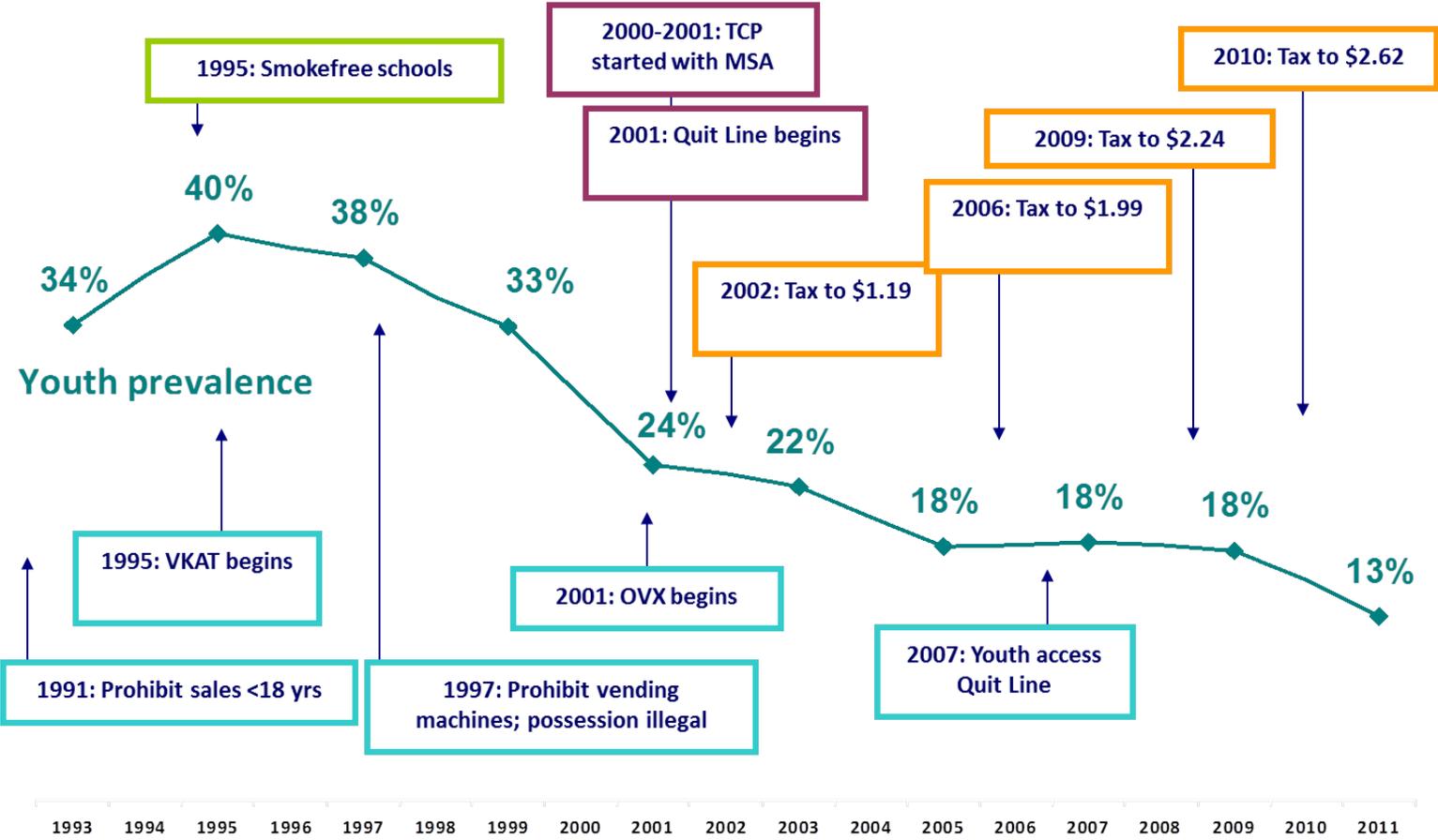
Factors that Affect Health



Vermont Prevention Model



Example: Youth Smoking Downward Trend



Vermont Department of Health

public
prevention **Healthy** support
Vermonters
promote equity **Living**
communities valued workforce

Vision

Healthy Vermonters living in healthy communities

Mission

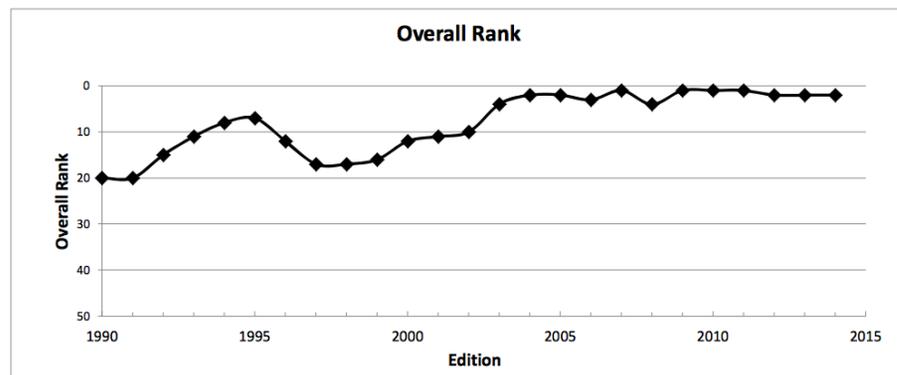
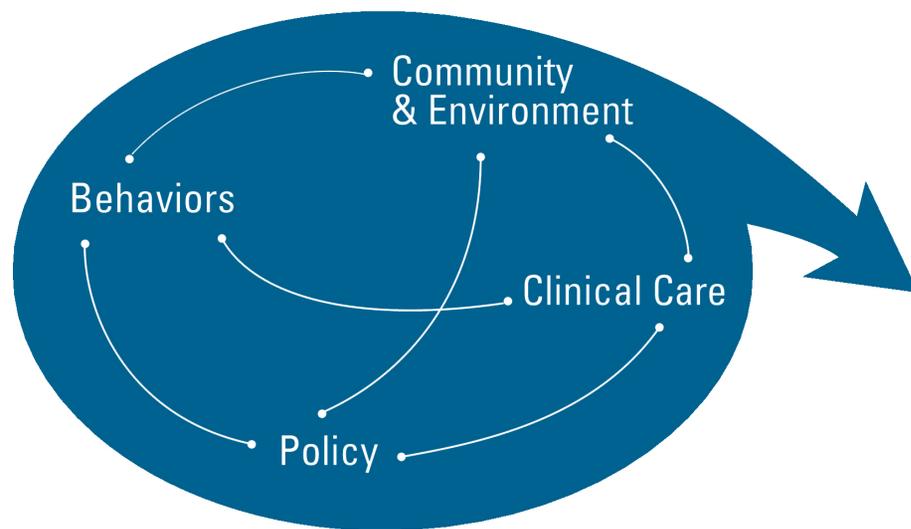
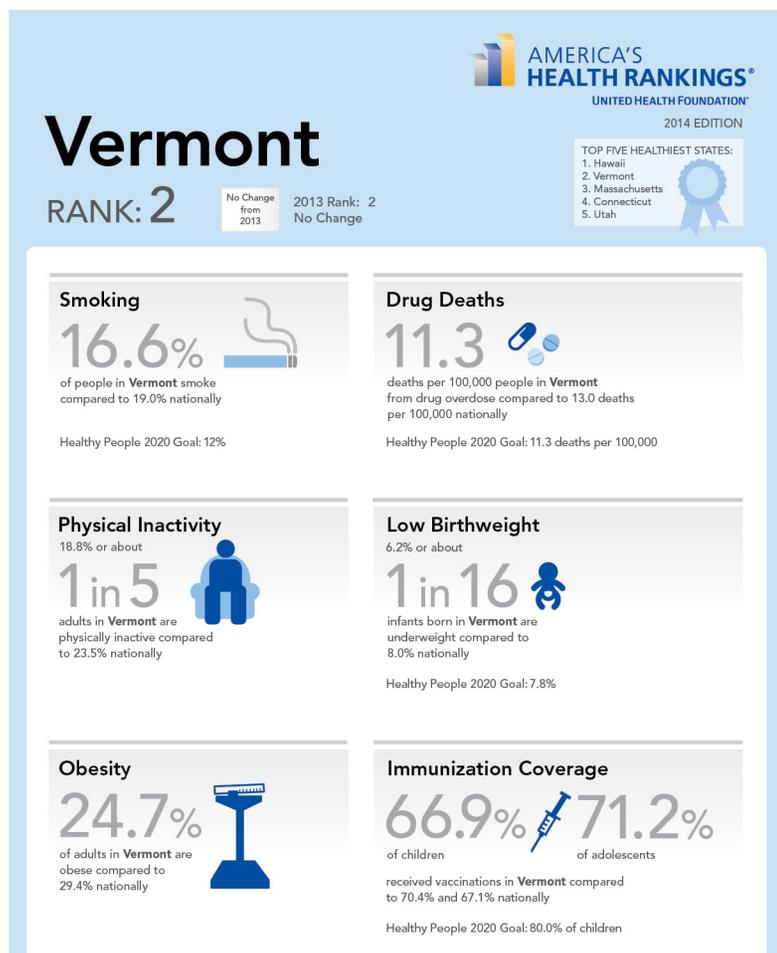
Protect and promote the best health for all Vermonters



Since 2010, Vermont Ranked #1 or #2 Healthiest

Vermont-Health-Infographic-2014.jpg 1,275x1,651 pixels

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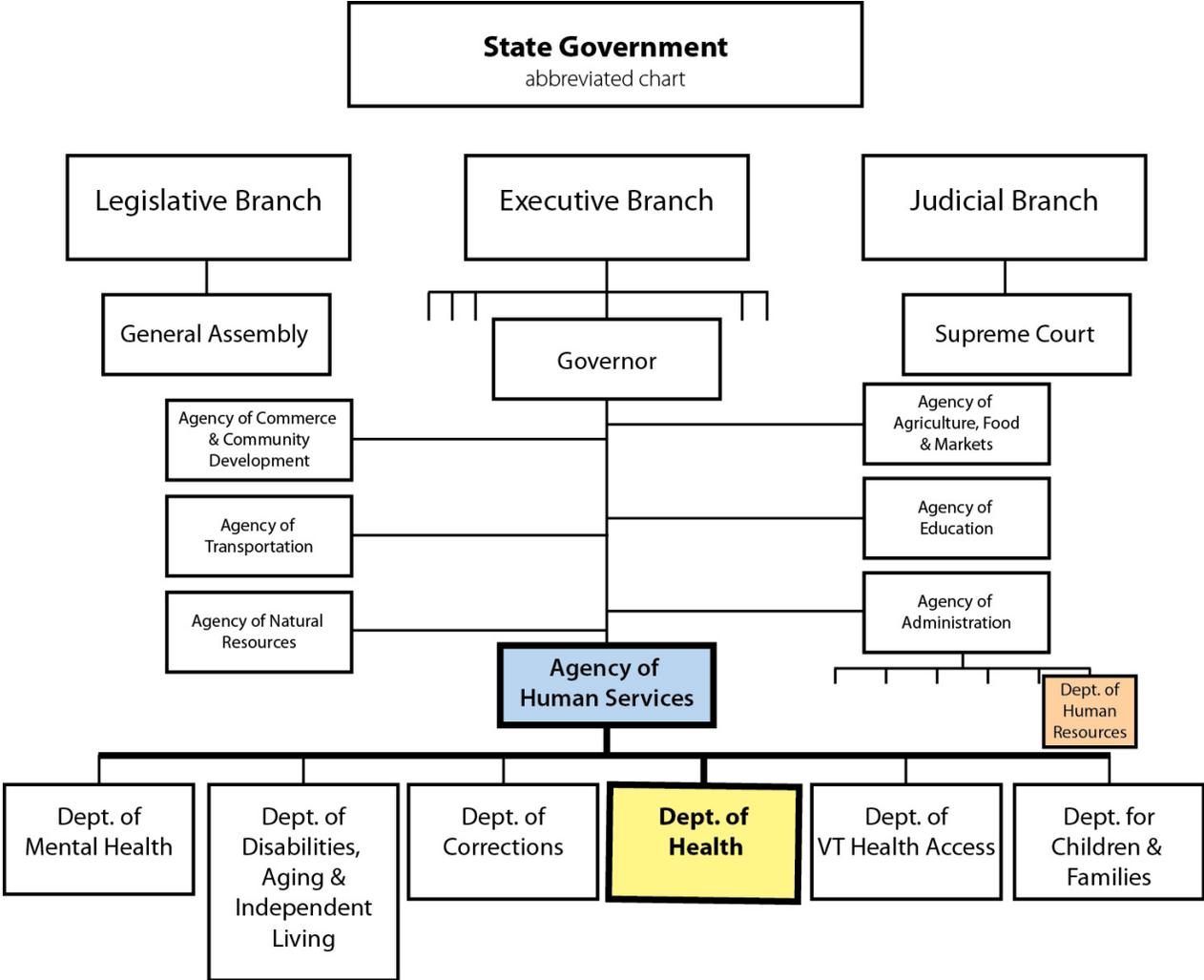
<http://cdnfiles.americashealthrankings.org/SiteFiles/Infographics/Vermont-Health-Infographic-2014.jpg>

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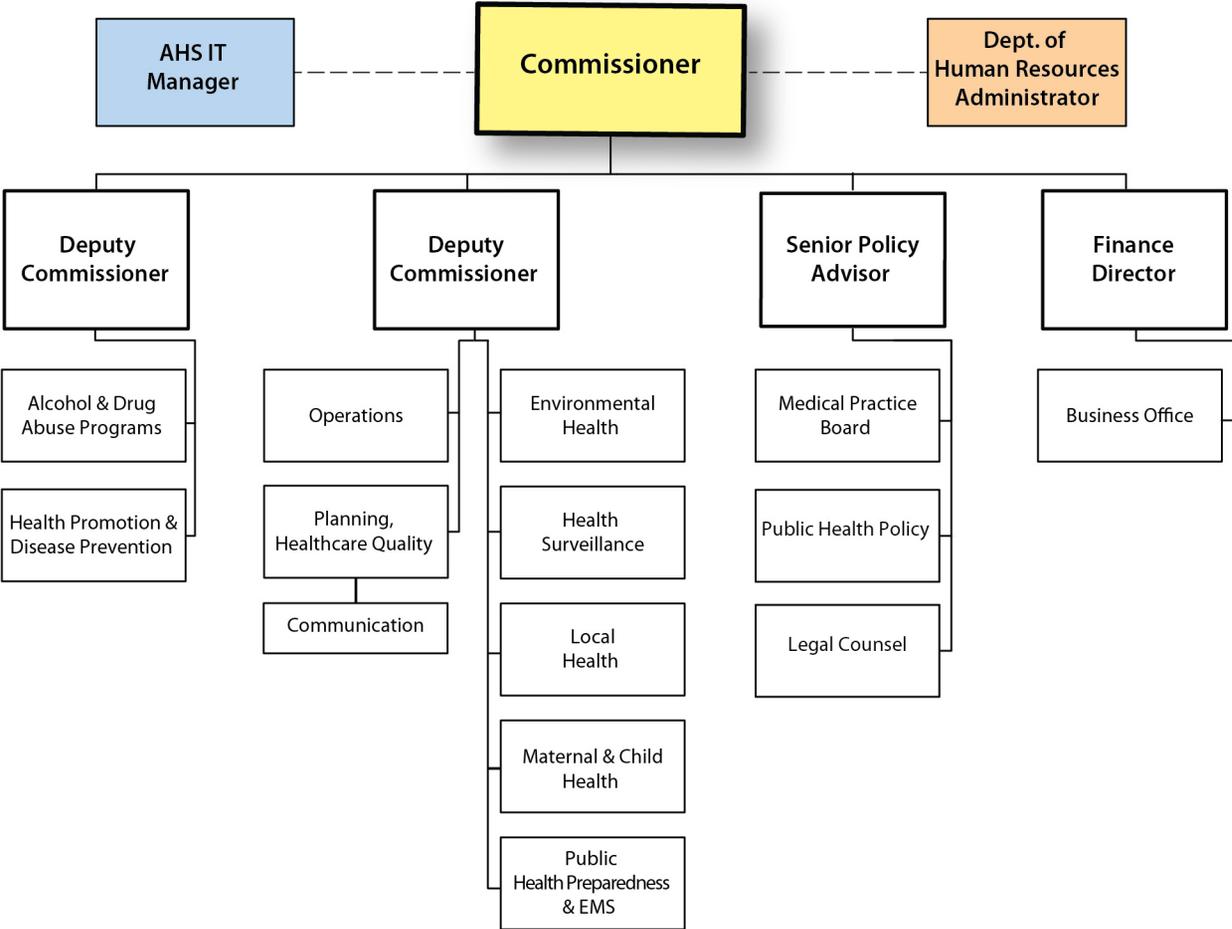
Health Department Functions: What do we do?

- Work to **prevent** health problems
- **Educate, inform, empower** people to be healthy
- **Promote** healthy behavior change
- **Investigate** diseases, hazards, deaths
- **Track** health status, behaviors & risks
- **Identify** public health trends, gaps, needs
- Prepare for/**respond** to health emergencies
- Set/promote sound **health policy & goals**

Where does Health fit in state government?



Where does Health fit in AHS?



Where is the Health Department?



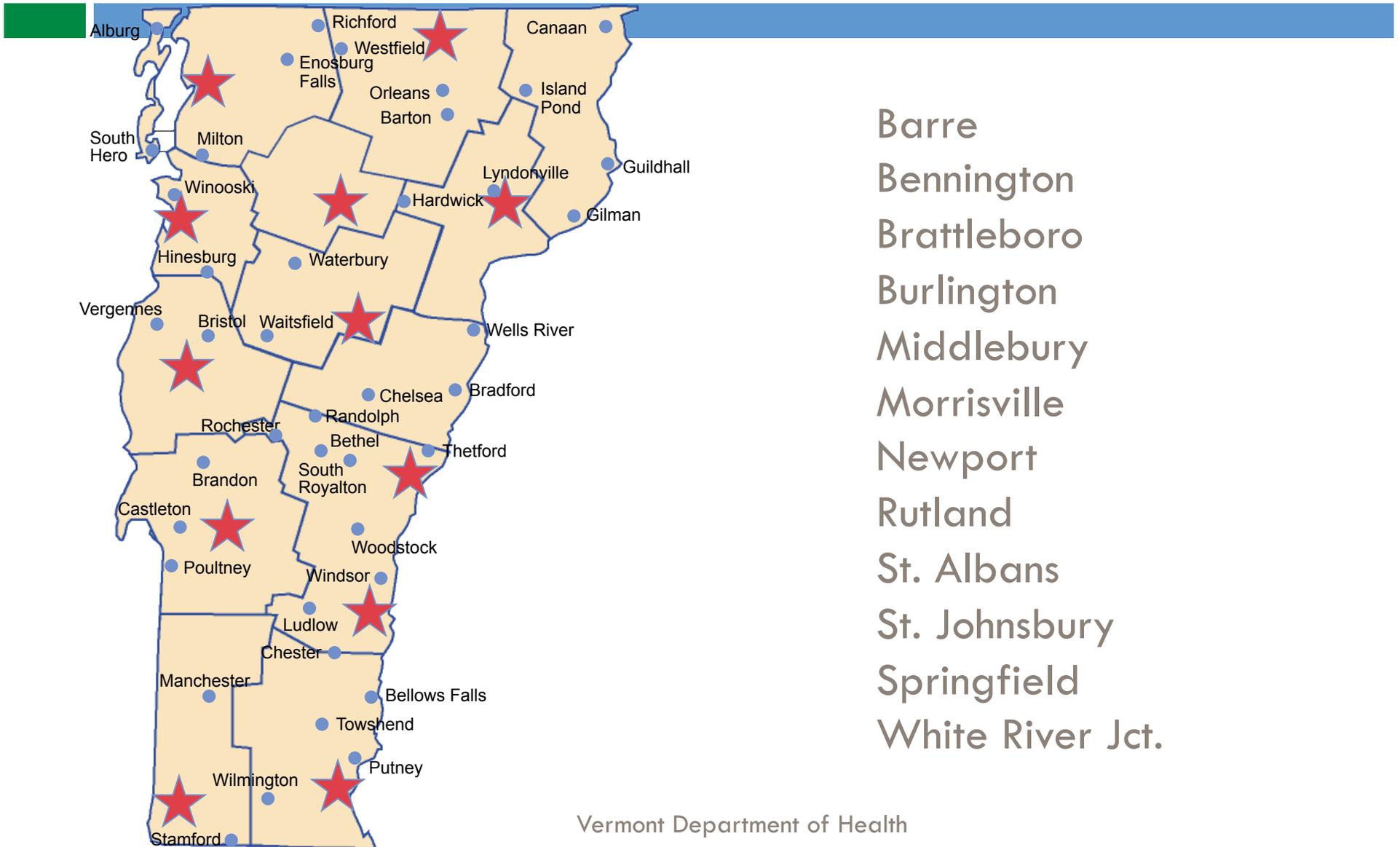
Burlington Headquarters
108 Cherry Street

Chief Medical Examiner
111 Colchester Avenue

Public Health Laboratory
195 Colchester Avenue
Moving to – Colchester
Business & Technology Park



★ 12 Health Department District Offices



- Barre
- Bennington
- Brattleboro
- Burlington
- Middlebury
- Morrisville
- Newport
- Rutland
- St. Albans
- St. Johnsbury
- Springfield
- White River Jct.

Alcohol & Drug Abuse Programs

- Works to prevent, intervene, and treat alcohol, opiate and other drug use, misuse, and addiction. In partnership with other public and private organizations, plans, supports and evaluates a comprehensive system to deliver a continuum of services:
 - Community Coalitions
 - Prevention
 - Intervention
 - Treatment
 - Recovery

**PARENT
UP**

sbirt
Screening, Brief Intervention
& Referral to Treatment **vt**

Care Alliance
for Opioid Addiction

Health Promotion & Disease Prevention

- Promotes healthy behaviors, reduction of risky behaviors, and improvement of chronic disease self-management.
 - Asthma
 - Cancer
 - Cardiovascular Disease
 - Diabetes
 - Ladies First
 - Nutrition & Physical Activity
 - Oral Health
 - Tobacco Control



Environmental Health

- Works to assess or minimize human exposure to health and safety hazards at home, school and in the environment:
 - Environmental Public Health Tracking
 - Asbestos, Lead & Radon
 - Drinking Water
 - Food & Lodging
 - Radiological & Toxicological Sciences



Health Surveillance

- Provides information about the health status of Vermonters. Takes actions to limit the spread of disease. Determines the cause of non-natural deaths. Provides quality laboratory services.

- Public Health Research & Statistics
- Vital Records
- Cancer Registry
- Immunization/OK to Ask
- Infectious Disease Epidemiology
- Office of the Chief Medical Examiner
- Public Health Laboratory



Public Health Preparedness & Response

- Coordinates, develops and manages preparedness and response capabilities within the department. Works with external partners to manage emergency health/medical preparedness and response.
 - Emergency Medical Services
 - Injury Prevention
 - Health Alert Network
 - Health Care and Hospital Preparedness
 - HOC/Incident Command
 - Strategic National Stockpile
 - Community Volunteers – On Call



**Protect the health of your community.
Join. Train. Respond.**

Maternal & Child Health

- Works to assure delivery of core public health services to improve the health of mothers and children.
 - Children with Special Health Needs
 - WIC: Supplemental Nutrition Program for Women, Infants & Children
 - Breastfeeding Promotion
 - Nurse Home Visiting
 - Early Childhood/Race to the Top
 - School Health



Together, we can develop a lifetime of healthy habits for your family through nutrition counseling, breastfeeding help, healthy foods, and more. You may be surprised at who can join.

JOIN TODAY.
1.800.649.4357

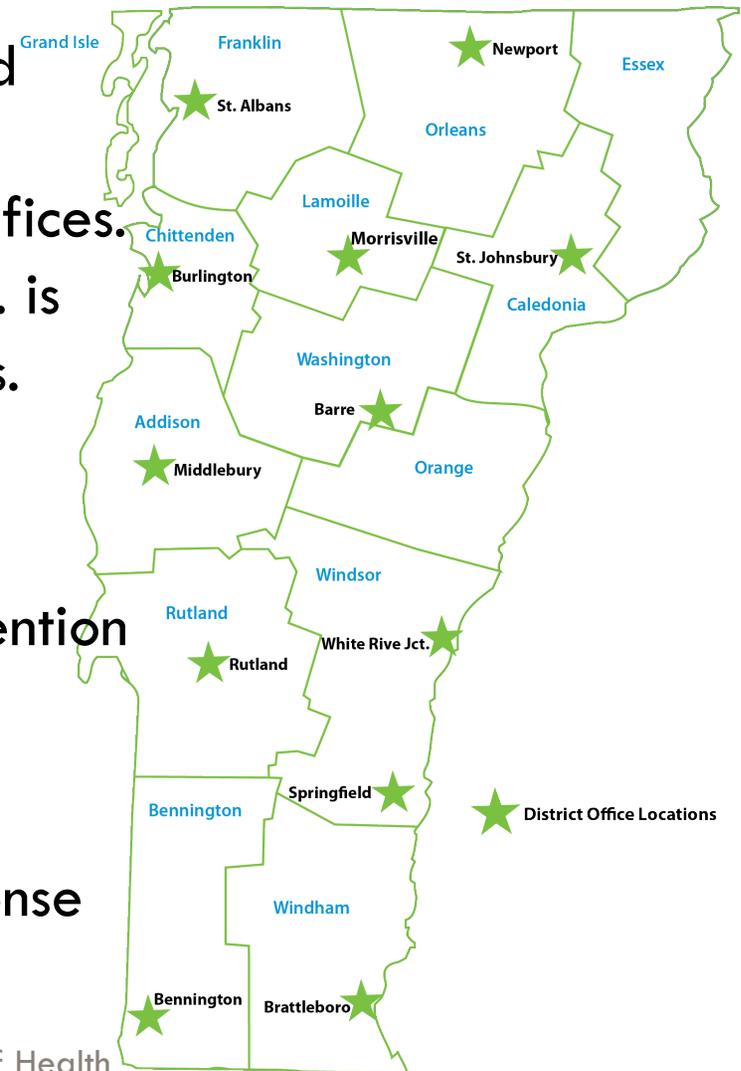
WIC WOMEN
INFANTS
CHILDREN
VERMONT DEPARTMENT OF HEALTH

Local Health/District Offices

- Provides public health leadership and direct services to Vermonters in their communities through the 12 district offices. Much of the work of the Health Dept. is carried out through the district offices.

Examples:

- WIC food & nutrition education
- Health promotion/disease prevention
- Disease investigation
- Community coalitions
- Emergency preparedness/response

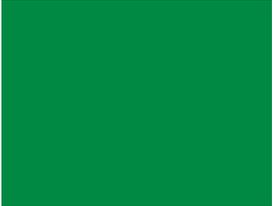


Administration • Commissioner's Office

Leadership • Public Health Policy

- **Business Office** – provides business management services to the department in accordance with Agency of Administration policies and procedures.
- **Information Technology** – provides reliable quality software that supports the diverse programs of the department.
- **Operations** – develops, coordinates, manages and facilitates the operational and business practices for the department.
- **Planning & Health Care Quality** – facilitates planning and integration of work in the department and with partners, to improve population health outcomes and systems.
- **Communication** – provides useful, accurate, credible and timely public health information and messages to Vermonters.

Human Resources • Legal • Board of Medical Practice

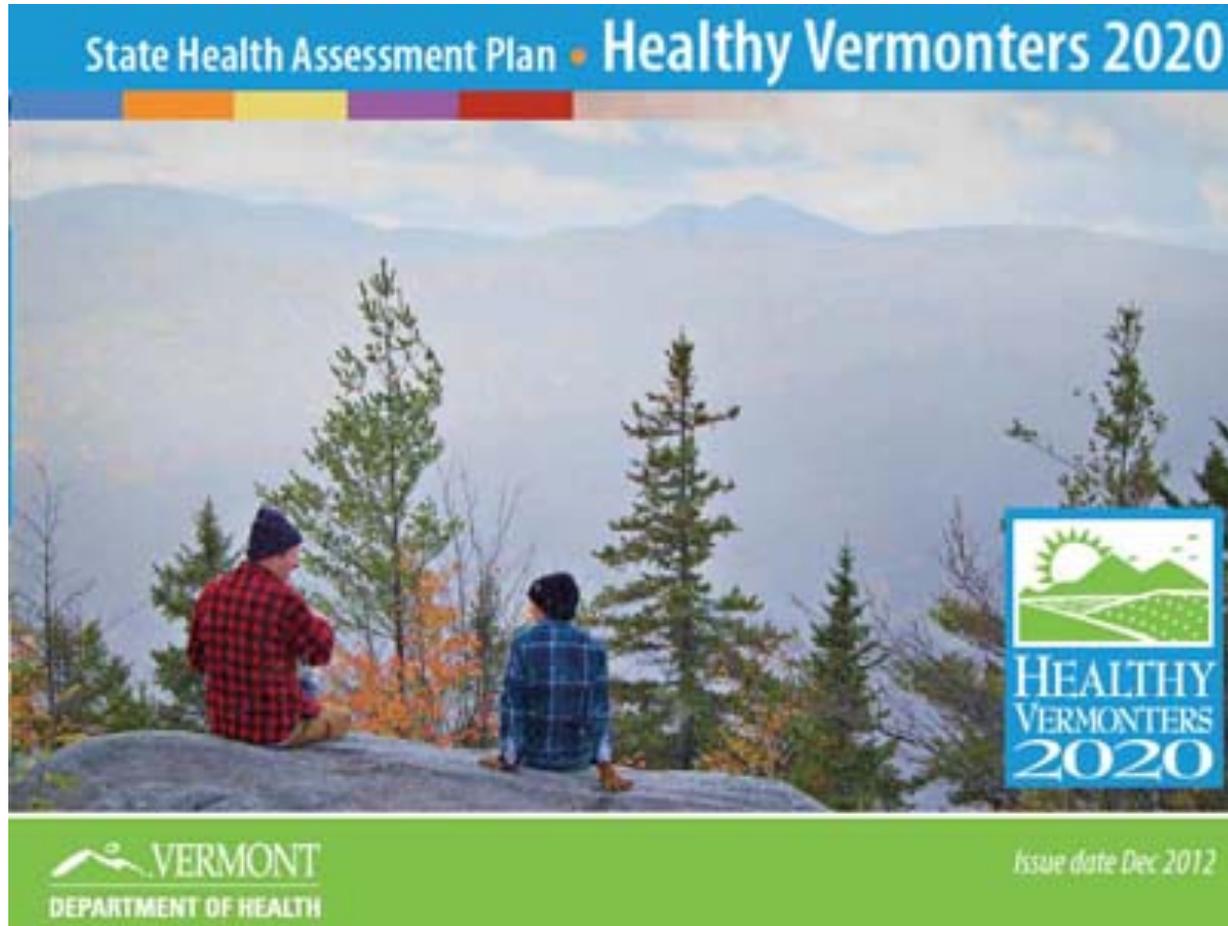


Healthy Vermonters 2020

Priorities & Goals

Vermont Department of Health

Public Health Goals – 10 years



Vermont Department of Health

Example: Obesity-related Goals

Nutrition & Weight

INDICATORS/GOALS

★ statistically better than US ✗ statistically worse than US

Reduce % of adults age 20+ who are obese (as measured by BMI *)

2020 Goal	20%
VT 2010	25% ★
US 2010	28%

Reduce % of children and youth who are obese (as measured by age-specific BMI *)

• children age 2-5 **	• youth grades 9-12
2020 Goal 10%	2020 Goal 8%
VT 2010 12%	VT 2011 10%
US data not comparable	US 2011 13%

Reduce % of households with food insecurity

2020 Goal	5%
VT 2006	8%
US data not comparable	

Increase % of people who eat 2+ servings of fruit/day

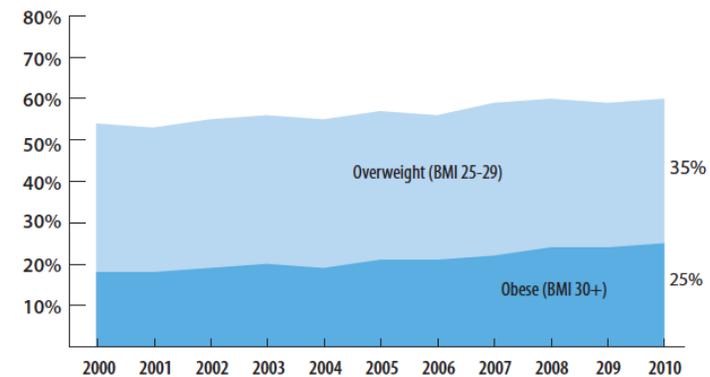
• youth grades 9-12	• adults age 18+
2020 Goal 40%	2020 Goal 45%
VT 2011 36%	VT 2009 38% ★
US 2011 34%	US 2009 32%

Increase % of people who eat 3+ servings of vegetables/day

• youth grades 9-12	• adults age 18+
2020 Goal 20%	2020 Goal 35%
VT 2011 17%	VT 2009 30% ★
US 2011 15%	US 2009 26%

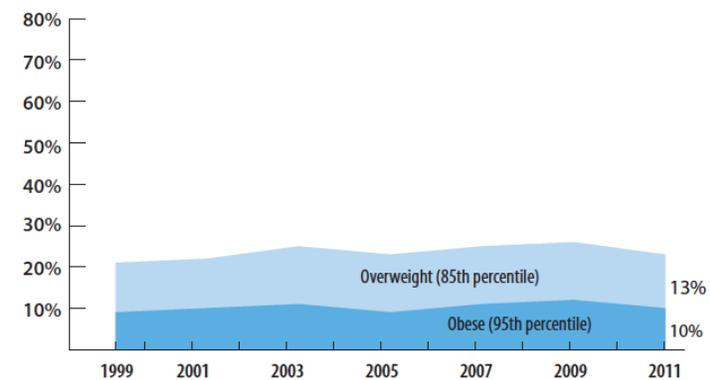
Prevalence of Overweight & Obesity in Adults

% of adults age 20+



Prevalence of Overweight & Obesity in Youth

% of youth in grades 9-12



* To calculate Body Mass Index (BMI) for adults: go to healthvermont.gov, then select Fit & Healthy Vermonters. ** among children enrolled in WIC

Public Health Priorities – 5 years

State Health Improvement Plan • 2013-2017



Prioritizing: State Health Improvement Plan



□ **GOAL 1:**

Reduce prevalence of chronic disease

(smoking & obesity = nutrition, physical activity)

□ **GOAL 2:**

Reduce prevalence of individuals with, or at risk for, substance abuse and/or mental illness

(alcohol, suicide)

□ **GOAL 3:**

Improve childhood immunization rates

Monitoring Progress healthvermont.gov/hv2020

Healthy Environment

Local Health

News Room

Substance Abuse

STATE OF VERMONT

Jobs

Internships

Directory



VDH Intranet
AHS Intranet

Secure Information

How Are We Doing: The Healthy Vermonters Toolkit

The Health Department works to improve the health of Vermonters by regularly reporting on and applying data to make decisions.

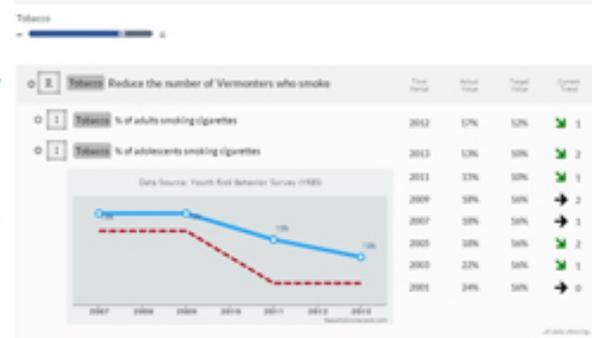
Use the Toolkit below to access the data and information that guide our efforts:

Performance Dashboard

"How we are doing" - The Performance Dashboard is built on the concepts of *Results Based Accountability*™ and displays current information to show:

- **Population Indicators** (such as smoking prevalence) are measures for which the Health Department, with state government and community partners, share responsibility for making change. All Healthy Vermonters 2020 indicators are displayed.
- **Performance Measures** (such as the percentage of smokers registered with

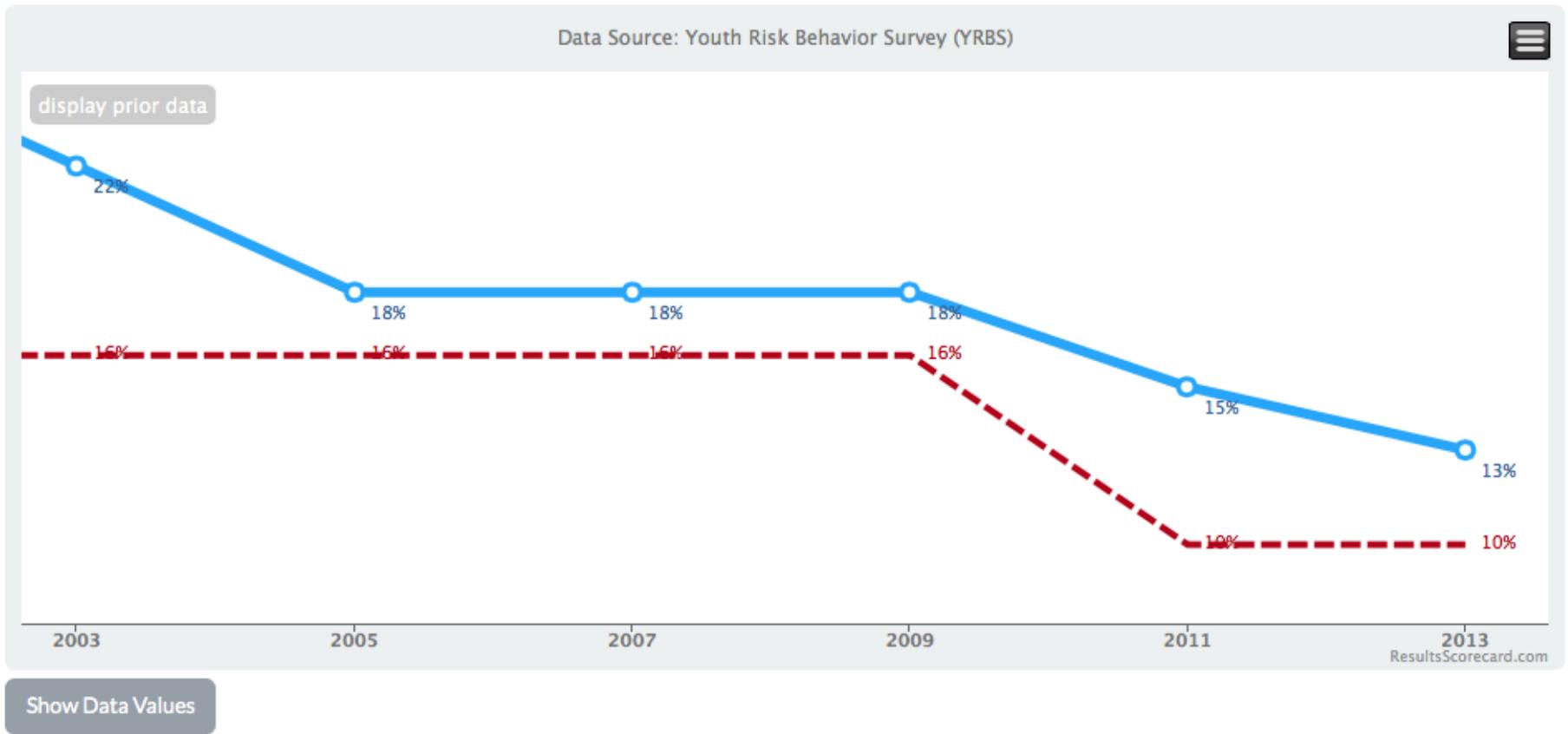
Tobacco



Example: Youth Smoking Trend

O Reduce the number of Vermonters who smoke and 5 more...

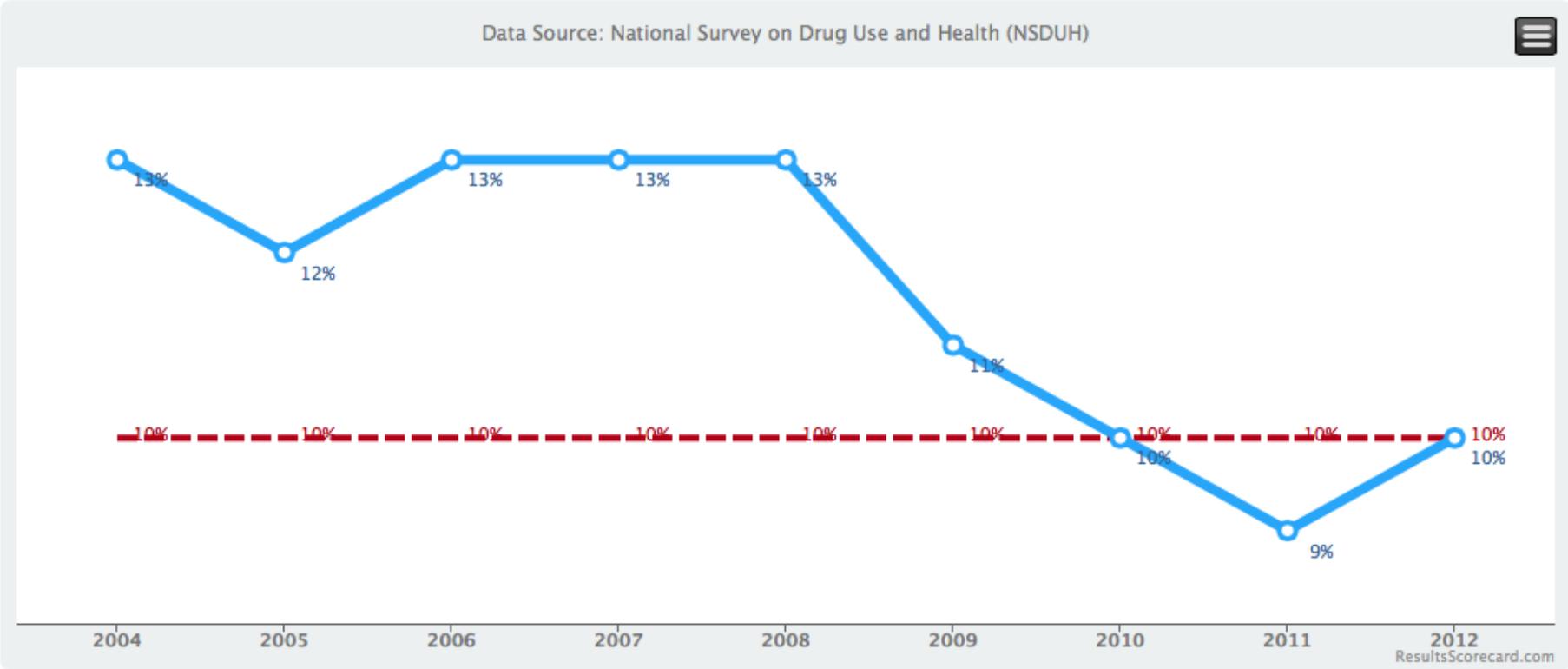
I % of adolescents in grades 9-12 smoking cigarettes [Go Back](#)



Example: Youth Drinking Trend

O All Vermonters are healthy and safe and 5 more...

I % of adolescents age 12-17 binge drinking in the past 30 days [Go Back](#)



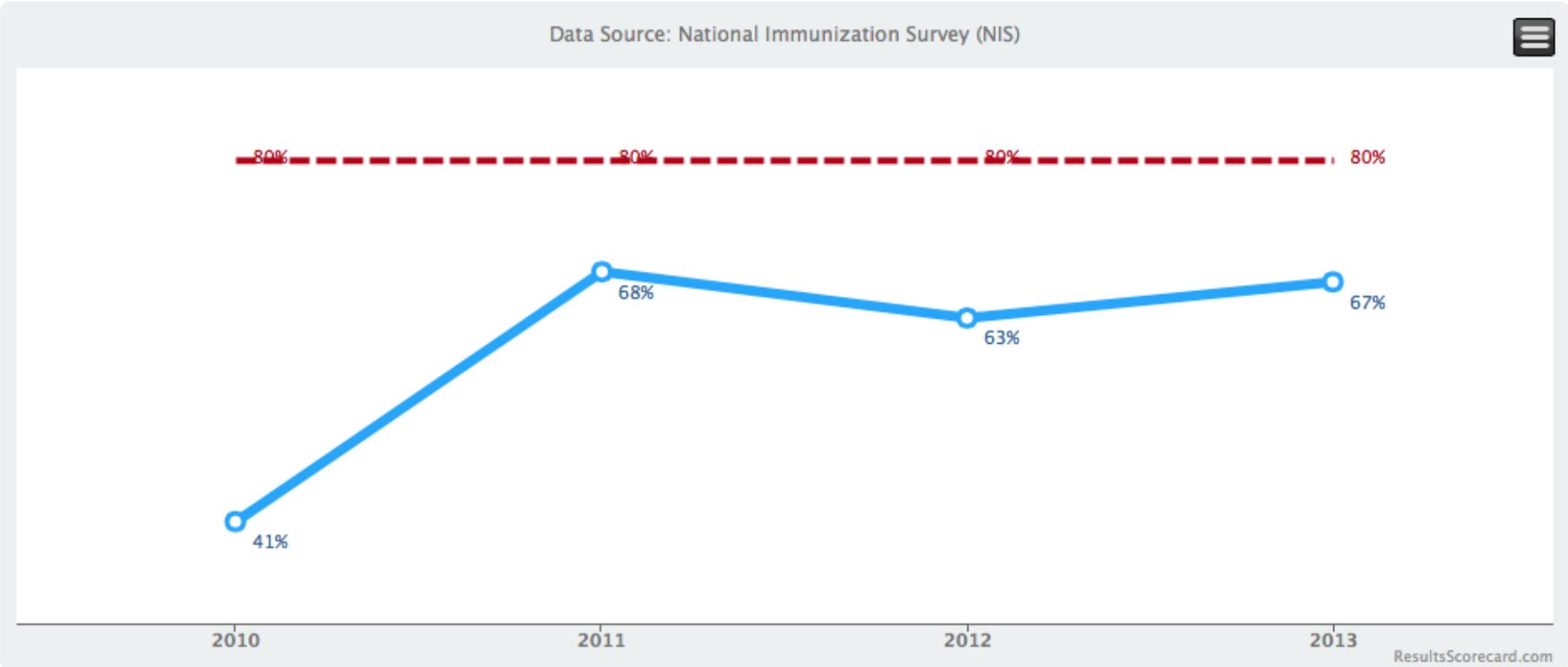
Show Data Values

Example: Childhood Immunization Trend

O All Vermonters are healthy and safe and 2 more...

I % of children 19-35 months receiving recommended vaccines
(4:3:1:4:3:1:4)

Go Back



Show Data Values

A Day in Your Life, Thanks to Public Health – p.4



Public Health in Vermont



Questions ?

Web: healthvermont.gov

Twitter: [@healthvermont](https://twitter.com/healthvermont)

Facebook: [healthvermont](https://www.facebook.com/healthvermont)

Vermont Department of Health

