



# Is Poverty Making us Sick?

*Shining a Light on Poverty Discussion Series, January 30, 2014*  
Office of Economic Opportunity, Vermont Department for Children  
and Families



Vermont Department of Health

# How do we define poverty?



- 'In the United States, the definition is an idea of absolute poverty. What that means is we're looking at how much money you need to support a particular standard of living, to buy a certain amount of calories, to buy a certain standard of housing' (Harford)
- Poverty is deprivation due to a lack of resources, both material and non-material, e.g. income, housing, **health**, education, knowledge and culture.

# Who lives below the Poverty Level in Vermont?

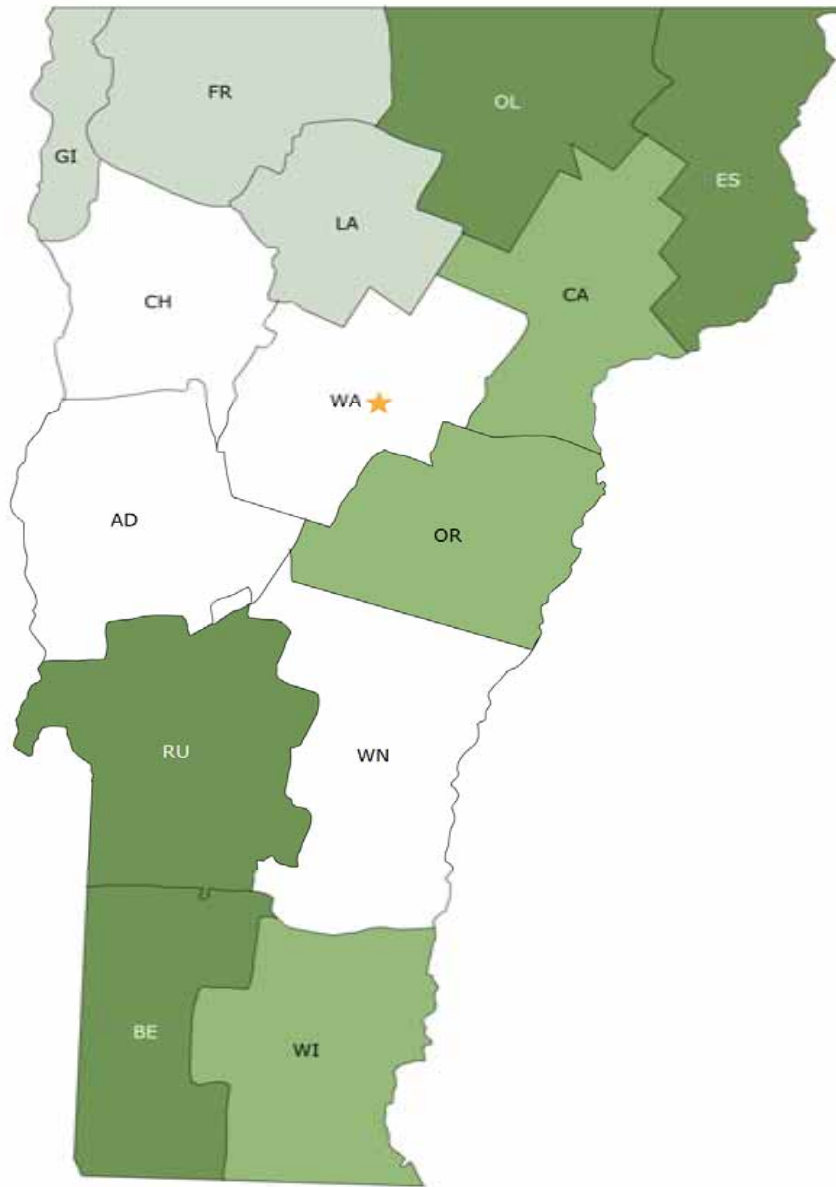


- 11% of all Vermonters
- 21% of all children under 6
- 40% of Vermont families with a single mother and children under age 5

2011 National Center for children in poverty

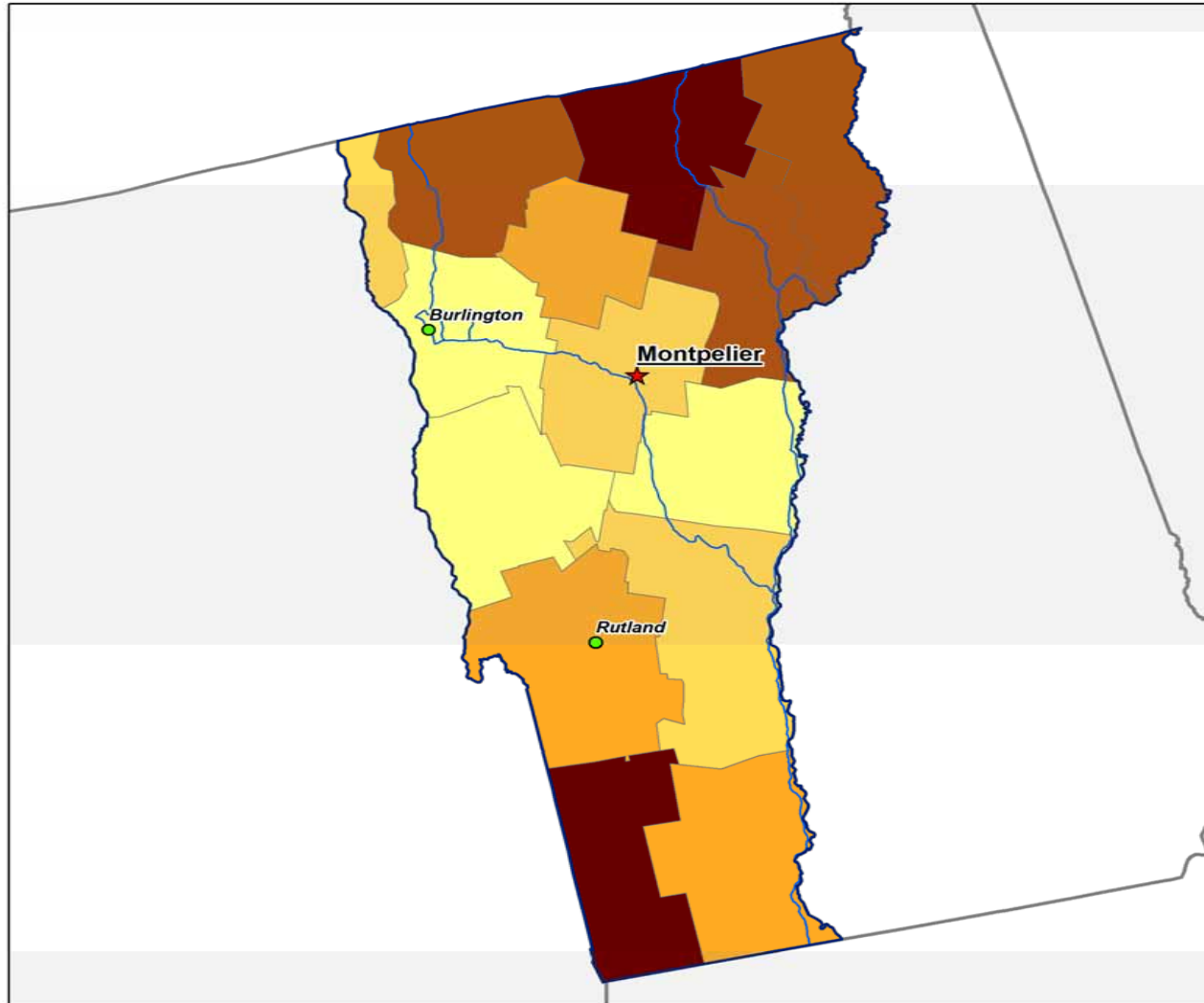
2012 National Census

# 2013 Health Outcomes - Vermont



Rank 1-4   Rank 5-7   Rank 8-10   Rank 11-14

# Prevalence of Current Smoking among Adults Aged $\geq 18$ Years, by County: 2011



## Vermont

Data Source:  
Behavioral Risk Factor Surveillance System  
(BRFSS) 2011, Census 2010, ACS 2007-2011

Method: Multilevel small area estimation

Classification by Quintiles

Map produced by CDC/NCCDPHP/DPH/ESB-GIS



Date: 7/23/2013

- ★ State Capital
- Cities
- Interstates

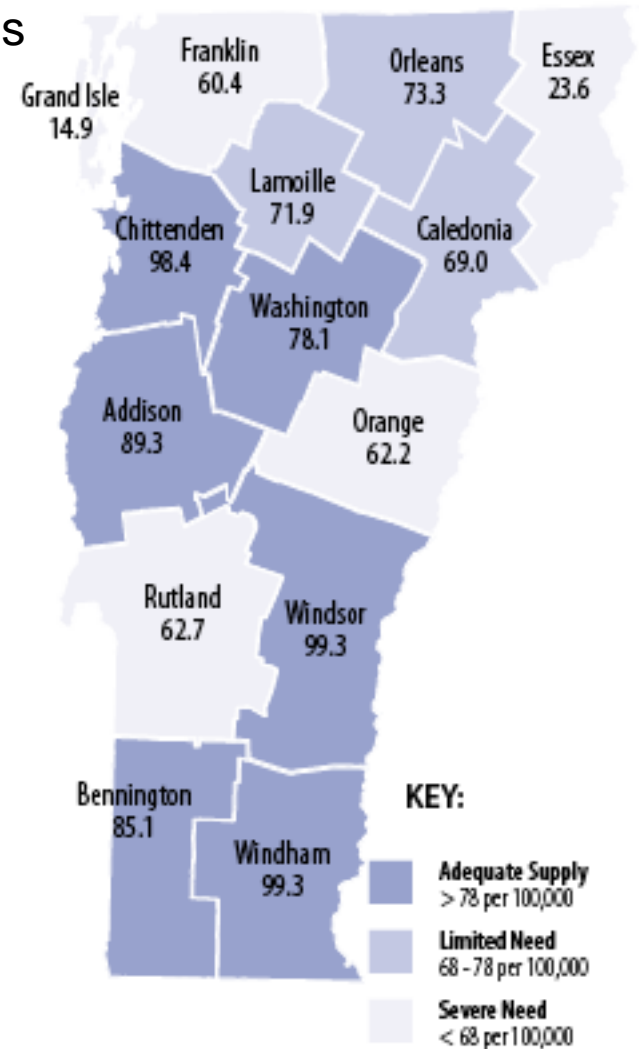


### Percent

|             |
|-------------|
| 13.5 - 16.8 |
| 16.9 - 19.1 |
| 19.2 - 20.7 |
| 20.8 - 23.9 |
| 24.0 - 26.7 |

# Access to Care Varies among Vermonters

# full-time equivalent primary care physicians per 100,000 people, by county



# Education varies among Vermonters

% of Vermonters age 25+ with less than a high school education, by county





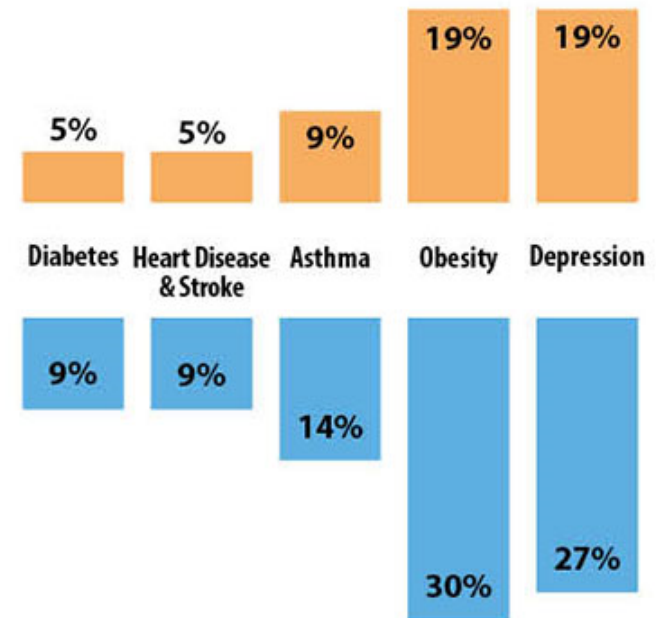
# Vermont adults who report having a chronic health condition, by Federal Poverty Level



## Chronic Conditions & Income

Vermont adults who report having a chronic condition,  
by Federal Poverty Level • 2010

HIGHER INCOME % with income more than 2½ times poverty level

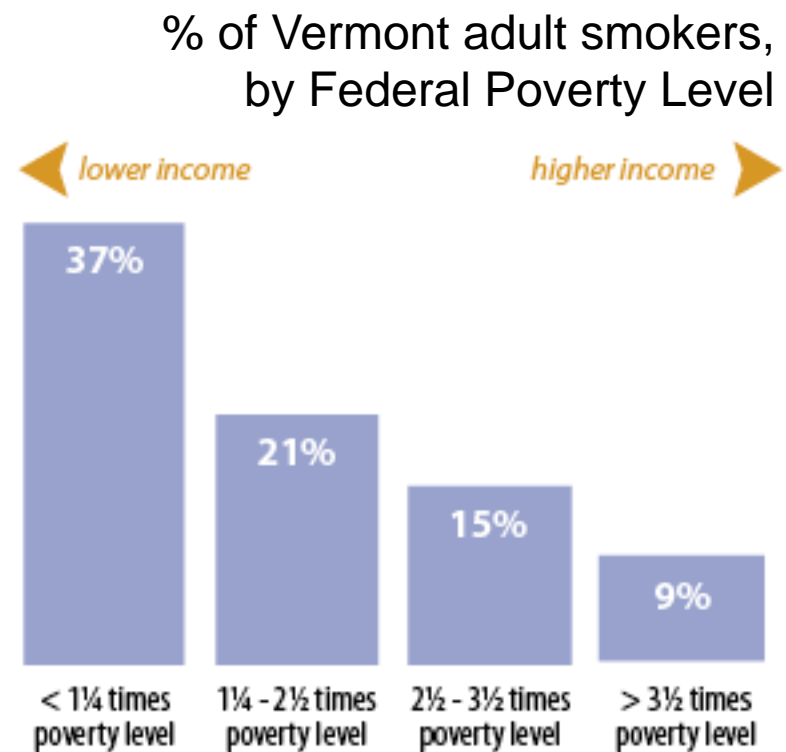


LOWER INCOME % with income less than 2½ times poverty level

# Health Costs of Lower Incomes

Low income Vermonters are more likely to:

- Eat less than they feel they should
- Compromise quality for quantity
- NOT get enough physical activity
- Smoke



# Health Costs of Lower Incomes

Low income Vermont mothers are more likely to:

- Have inadequate prenatal care
- Smoke during pregnancy
- Have low birthweight babies

And less likely to:

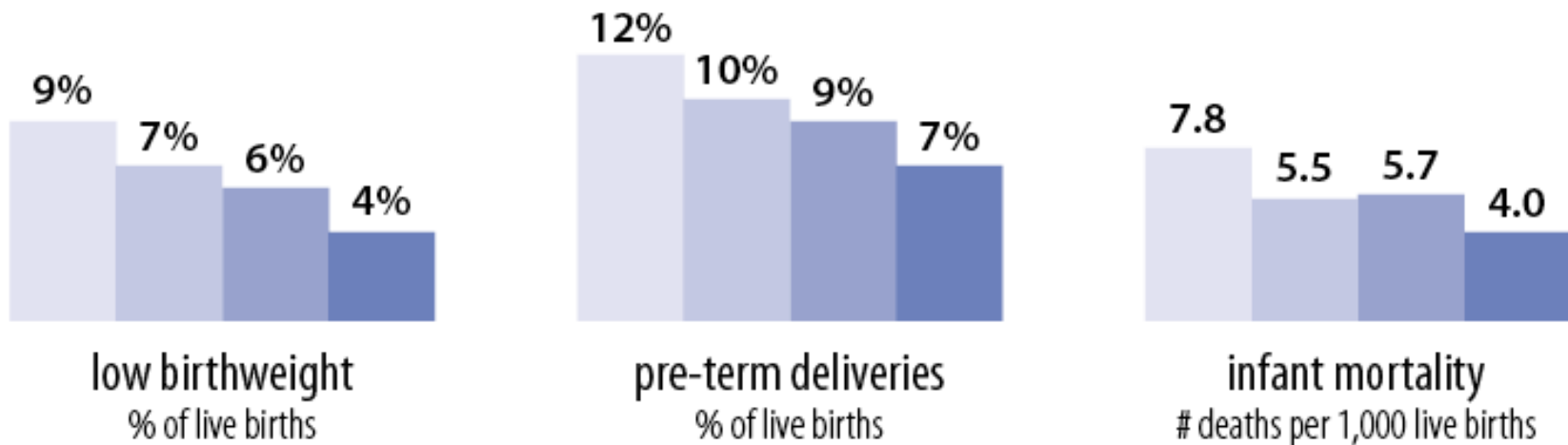
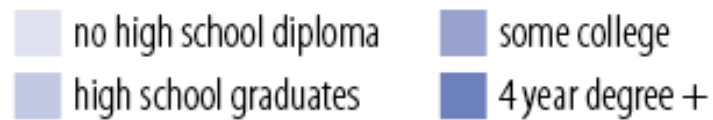
- Breastfeed



# Parent's education matters

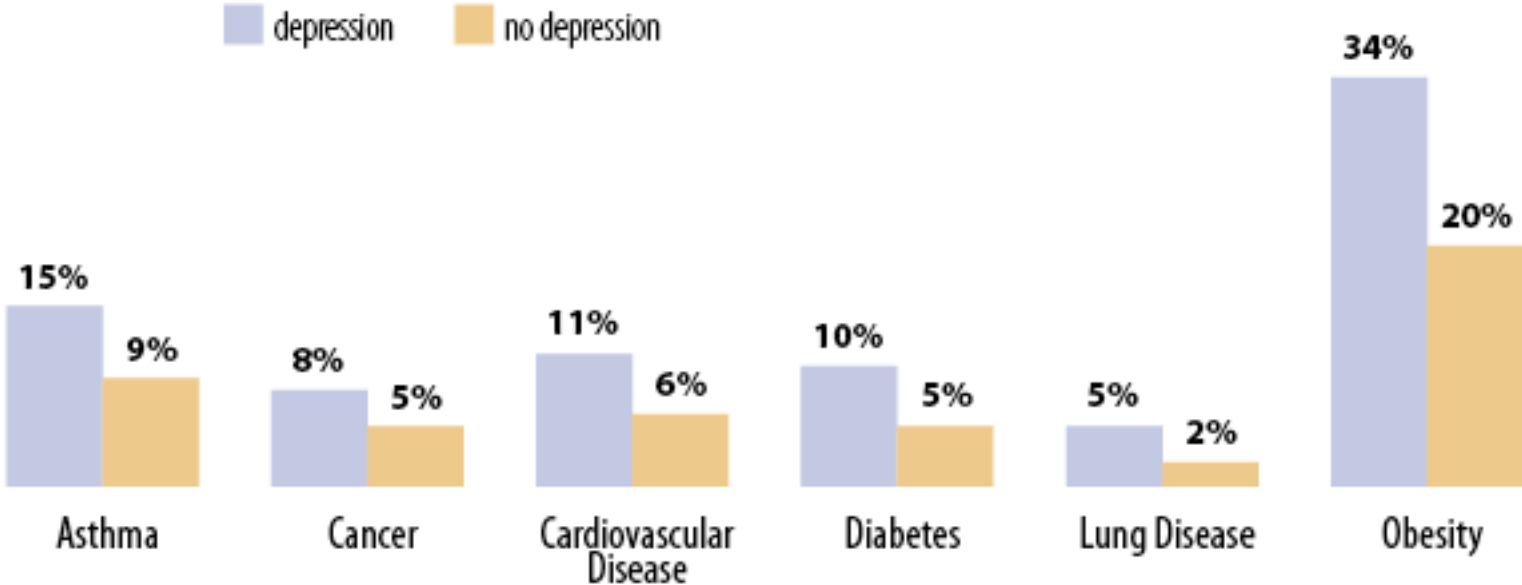
## Childbirth & Education

### Mother's educational level –



# Beyond their Depression –

% Vermonters age 18+ who have a chronic disease among those who have –



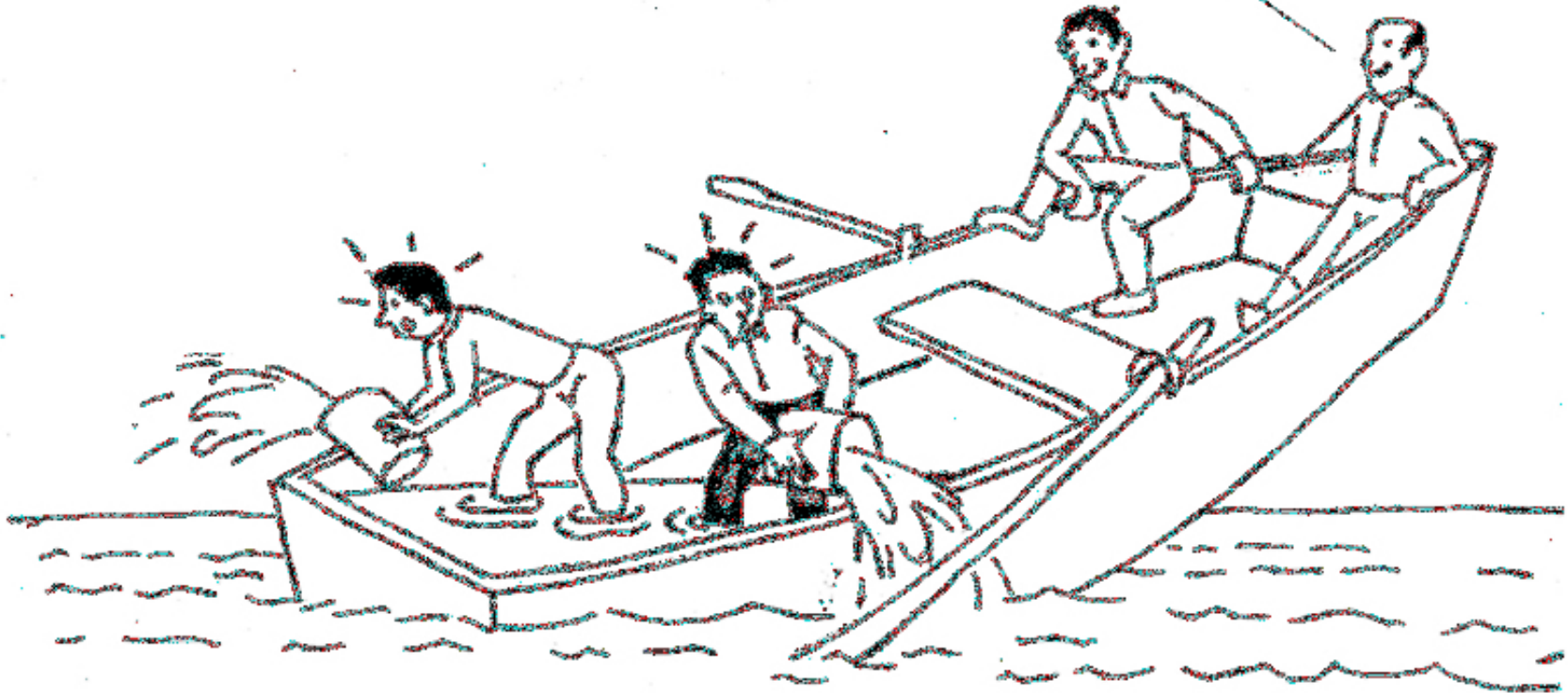
# Whose fault is it?




Vermont Department of Health

# Does it matter?

Sure glad the hole isn't at our end.





'cause I know the biggest crime  
is just to throw up your hands  
say this has nothing to do with me  
I just want to live as comfortably as I can  
you got to look outside your eyes  
you got to think outside your brain  
you got to walk outside your life  
to where the neighborhood changes

*Ani DiFranco, Willing to Fight*

Vermont Department of Health