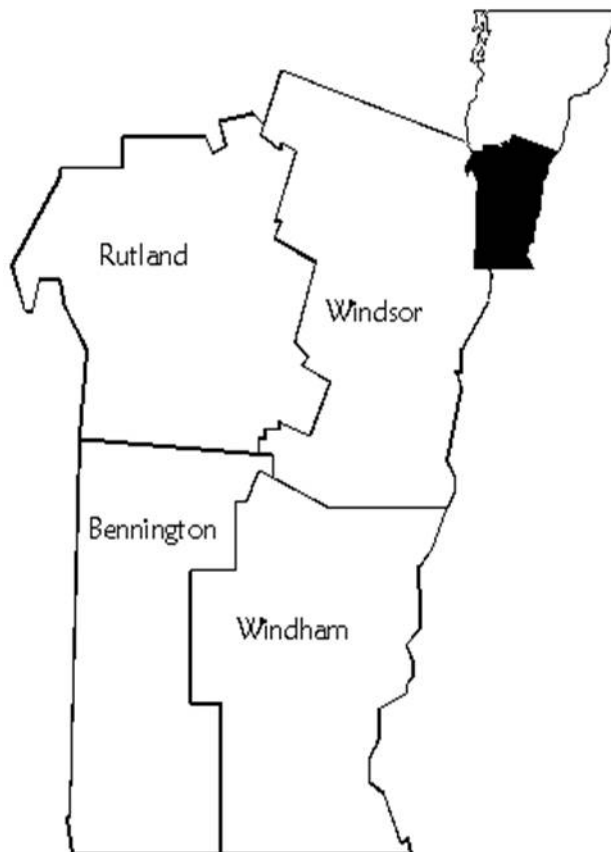


Southern Vermont Area Health Education Center

The Southern Vermont AHEC region consists of the four southern counties of Bennington, Rutland, Windham and Windsor counties. This region is bordered by three states – New Hampshire, Massachusetts and New York.

Total 2009 population for the four-county region is 199,455, slightly down from 2008's census count of 200,077.



Southern Vermont AHEC is a non-profit organization that focuses on rural health care workforce development to meet the needs of health care professionals and communities in southern Vermont.

365 Summer Street, Suite 151, Springfield, VT 05156

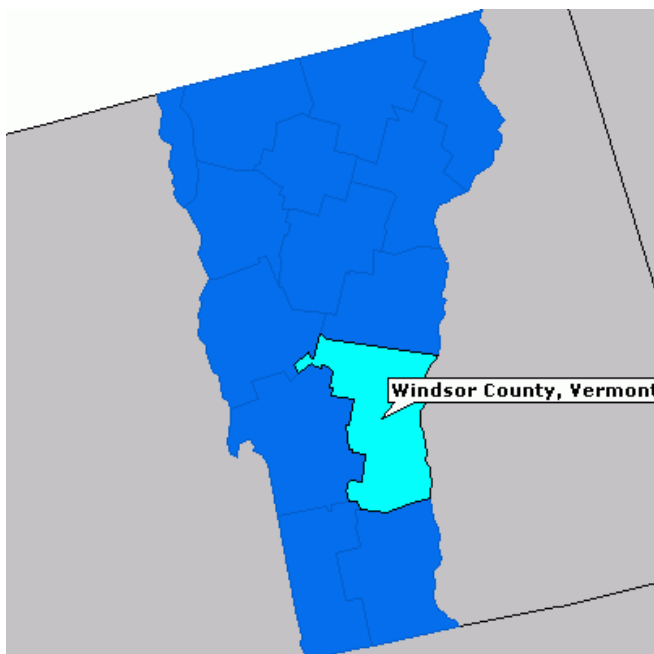
802-885-2126 888-758-0676 www.svahec.org

Windsor County Snapshot

Overview

Windsor County is located in southeastern Vermont, bordered by New Hampshire and the Connecticut River in the east. Interstates 91 and I-89 run through the County. State routes #100, #4, #106, #103 and #11 are several of the state roads through the region.

Windsor County



Overview

Population (2009 est): 56,552 (<http://quickfacts.census.gov>)

Area: 970 square miles

Population Density (2000): 59.1 per square mile (compared to VT average of 65.8)

Largest Cities/Towns (2008 est):

- Hartford Town, 10,696
- Springfield Town, 8,602

The Upper Valley United Way prepared a community assessment of the Upper Windsor County. [2008 Assessment of Community Needs and Assets in the Upper Valley Region of Vermont and New Hampshire](#)

<http://www.uvuw.org/Documents/Full%20draft%20version%201%20-%20May%2018.pdf>

Aging Population



Like the rest of Vermont, Windsor County is aging rapidly. 16.8% of the population is 65 years or older. http://www.vtlmi.info/profile2009_main.pdf

Socioeconomic Indicators



Race (2009): <http://quickfacts.census.gov/>)

- White, 97.1%
- Black, 0.7%
- Asian, 1.0%
- Native American, 0.3%
- Hispanic or Latino, 1.3%
- * Persons reporting two or more races, 1.0%

Language other than English spoken at home: 4.3% (2000)

<http://quickfacts.census.gov/>)

Per Capita Income (2008): \$40,881 (Vermont economic and demographic profiles series 2010)

<http://www.vtlmi.info/profile2010.pdf>

Median Household Income (2008): \$52,611 (<http://quickfacts.census.gov/>)

Annual Wage (2008): \$36,431 (Vermont economic and demographic profiles series 2010)
<http://www.vtmi.info/profile2010.pdf>

Population Below Poverty Line (2008):

<http://quickfacts.census.gov>

- 9.3%

Cultural Competency: For information on cultural competency, visit the Champlain Valley AHEC web site for a complete handbook at:

<http://www.cvahec.org/CulturalCompetency.htm>



Households (2000): <http://.quickfacts.census.gov/>)



- 24,162 households total countywide
- Average household size: 2.35
- Median household income (2008): \$52,611
- Persons under 5 years old, percent, 2009, 4.9% (VT 5.2%)
- Persons under 18 years old, percent, 2009: 19.4% (VT 20.3%)
- Persons 65 years and older, percent, 2009: 17.5% (VT 14.5%)
- Language other than English spoken at home, 2000: 4.3% (VT 5.9%)
- 30% of the population graduated from college (State average 26%)

Major Employment Industries, (2007 Economic Census)

[http://factfinder.census.gov/servlet/IBQTable?_bm=y&-geo_id=05000US50025&-filter=OPTAX;in:A&-ds_name=EC0700A1&-dataitem=GEO_ID\\$|NAICS2007|NAICS2007\\$|ESTAB|RCPTOT|PAYANT|EMP&-NAICS2007=21|22|23|31-33|42|44-45|48-49|51|52|53|54|55|56|61|62|71|72|81](http://factfinder.census.gov/servlet/IBQTable?_bm=y&-geo_id=05000US50025&-filter=OPTAX;in:A&-ds_name=EC0700A1&-dataitem=GEO_ID$|NAICS2007|NAICS2007$|ESTAB|RCPTOT|PAYANT|EMP&-NAICS2007=21|22|23|31-33|42|44-45|48-49|51|52|53|54|55|56|61|62|71|72|81)

Largest employers in Windsor County, based on number of paid employees:

- 1) Health care and Social Assistance;
- 2) Arts, Entertainment, and Recreation

Risk Factors/Chronic Conditions

<http://www.countyhealthrankings.org/vermont/windsor>

- Adult smokers – 18% (State average 19%)
- Adult obesity – 23% (State average 22%)
- Binge drinking – 16% (State average 17%)
- Uninsured Adults – 12% (State average 12%)
- Primary Care Provider Rate – 173 (State average 180)
- Preventable hospital stays – 51 (State average 57)
- Hospice use – 15% (State average 20%)
- Children under 18 in poverty – 12% (State average 12%)
- Single Parent Households – 10% (State average 9%)

Health Indicators

Access to primary care practitioners

Windsor County falls 6 FTEs below the recommended level for total primary care practitioners, showing a total of 5.8 short of the recommended FTE for Internal Medicine (Adult Medicine) and OB/GYN (Source: SVAHEC 2009 Primary Care Survey, <http://www.med.uvm.edu/ahec/HP-DEPT.ASP?SiteAreaID=286>)

- 80% of providers report they are accepting new patients
- 91% of primary care physicians accept Medicaid/Medicare patients
- 88% of adults have health insurance (statewide is 86%). (Health Status Report 2008 Appendix)
http://healthvermont.gov/pubs/documents/HealthStatusRpt2008_appendix.pdf

Disease Rates (Health Status Report 2008.Appendix)

http://healthvermont.gov/pubs/documents/HealthStatusRpt2008_appendix.pdf

- Heart disease death rate is 135 per 100,000 population (statewide average of 138)
- Stroke death rate of 53 per 10,000 (statewide average of 44)

- Adults with high blood pressure is 22 per 100,000 (statewide average is 23)
- 88% of pregnant women receive prenatal care in the first trimester (statewide is 90%)
- Low birth weight births (<5.5 lbs) is 7.0% (compared to 6.4% statewide)
- 23% of adults are obese (statewide is 22%)

Primary Care Federally Qualified Health Center

Springfield and Rockingham towns host the FQHC for Windsor County. Springfield Medical Care Systems (SMCS) is a not-for-profit, community-based health care system that includes a nine-site community health center network and Springfield Hospital. SMCS provides an integrated system of care that is patient-centered, and emphasizes quality, access, and affordability for all regardless of ability to pay, based on a sliding fee schedule.

Hospitals



Springfield Hospital is a not-for-profit community hospital located in Springfield, VT. A subsidiary of Springfield Medical Care Systems, which also operates a network of nine community health centers, Springfield Hospital is a certified critical access hospital serving communities in southeastern Vermont and southwestern New Hampshire. <http://www.springfieldhospital.org/>

In addition, a comprehensive program of inpatient and outpatient mental health services are offered at **The Windham Center** in Bellows Falls, VT.

Mt. Ascutney Hospital & Health Center is a 68-bed community hospital located in historic Windsor. Services available include primary care, acute care, rehabilitation, emergency medicine, complementary and alternative

medicine and oncology, to name a few. Mt. Ascutney Hospital also has a 25-bed nursing home on its campus. <http://www.mtascutneyhospital.org/> 289 County Road, Windsor, VT 05089 • (802) 674-6711

Healthcare Workforce

<http://www.southernvermontahec.org/documents/2009PrimaryCareWorkforceSnapshot.pdf>

Windsor County:

Physicians by Specialty	Number of Physicians	Per County Recommended FTE per population	Actual FTE	Differences in FTE
Family Practice	17	18.4	15.6	-2.8
Internal Medicine	14	15.9	12.6	-3.3
OB/GYN	4	5.2	3.4	-1.8
Pediatrics	10	6.1	8.1	2.1
TOTALS: 18 Primary Care Practices	45 physicians	45.6	39.7	-5.8

Colleges

Community College of Vermont is a public, two-year, open admission institution that provides degree, transfer, occupational, and continuing education opportunities. It is a member of the Vermont State Colleges, and has 12 sites around the state, including those in Springfield and White River Junction. www.ccv.edu

Vermont Law School is located in the village of South Royalton along the banks of the White River. Vermont Law School is one of a handful of independent, private law schools in the US. It has a student body of 600 full-

time students in five degree programs including JD, MELP, joint JD and MELP, LLM, and the LLM in American Legal Studies for international studies. www.vermontlaw.edu

The Center for Cartoon Studies is located in White River Junction and offers a two-year course of study on the creation and dissemination of comics, graphic novels and other manifestations of the visual narrative, taught by recognized cartoonists, writers and designers. It offers a Master of Fine Arts degree as well as one-and two-year certificates. www.cartoonstudies.org

Key State & Community Agencies

Vermont Department of Health has two regional offices in Windsor County. One is located in Springfield serving the municipalities of: Andover, Baltimore, Cavendish, Chester, Grafton, Londonderry, Ludlow, Plymouth, Reading, Rockingham (including Bellows Falls), Springfield, Weathersfield, Weston, West Windsor, Windham, and Windsor.

Services include Breastfeeding Mother to Mother Support, Children's Integrated Services, Early and Periodic Screening, Diagnosis and Treatment (EPSDT), Eligibility Screening, Ladies First, and Vermont WIC.

More information at <http://healthvermont.gov/local/district/Springfield.aspx>

The northern Windsor County office is located in White River Junction and serves: Barnard, Bethel, Bradford, Bridgewater, Chelsea, Corinth, Fairlee, Hartford (including Quechee, White River Junction, Wilder), Hartland, Norwich, Pomfret, Randolph, Rochester, Royalton, Sharon, Stockbridge, Strafford, Thetford, Turnbridge, Vershire, West Fairlee, Woodstock.

Services include Breastfeeding Mother to Mother Support, Children's Integrated Services, Early and Periodic Screening, Diagnosis and Treatment (EPSDT), Eligibility Screening, Ladies First, and Vermont WIC.

More information available at

<http://healthvermont.gov/local/district/wrj.aspx#towns>

Southeastern Vermont Community Action (SEVCA) provides help for families and individuals experiencing life-changing emergencies through crisis resolution programs that provide financial assistance, case management, service linkage, and advocacy. Low-income households facing lack of heat, eviction, foreclosure, illness, vehicle breakdown and other emergencies may access our staff

- Westminster – 91 Buck Drive 802-464-9951 or 802-722-4575
- Brattleboro – 28 Vernon Street, Suite 433 802-254-2795
- Springfield – 365 Summer Street 802-885-6153
- Hartford – 220 Holiday Drive, Suite 30 802-295-5215

- Windsor – Windsor Community Resource Center 802-674-2900 (Wed. only)
- Wilmington – Congregational Church on Main Street 802-464-7864 (1st Tues. of the month – 10:00 am to 3:00 pm)

Council on Aging for Southeastern Vermont, Inc. A Community Organization which provides Older Americans Act services to elders and their families in Windham and Windsor Counties. Coordinated services include Senior Help-Line, Meals on Wheels, Case Management, Congregate Dinners, Advocacy, Transportation, Senior Companion Program, Health Insurance Counseling and Assistance and Care Giver Resources. Their office is located in Springfield. www.coasevt.org

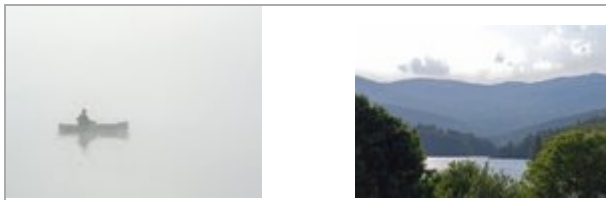
Upper Valley United Way 10 Bank Street , Lebanon, NH 03766
Phone 603.448.2766 Fax 603.448.3578 Email info@uvuw.org
<http://www.uvuw.org/>

The Upper Valley United Way serves 28 communities in Grafton and Sullivan counties in New Hampshire and Orange and Windsor Counties in Vermont.

Vermont Palliative and End-of-Life Care Resource Connections

<http://www.vtprc.org/index> Resources available by County. Provides information about decisions and choices available to patients and their families when confronted with a life-threatening illness.

Media, Recreation & Leisure



Valley News <http://www.vnews.com/> serves Upper Windsor County and Grafton County in New Hampshire.

Simon Pearce : Glass blowing and retail store - 109 Park Road, Windsor, VT 05089
Phone: 802.674.6280 Fax: 802.674.6286
http://www.simonpearce.com/text/Stores/windsor_store.html

Public Libraries: <http://www.publiclibraries.com/vermont.htm>

Vermont State Parks: <http://www.vtstateparks.com/index.htm>