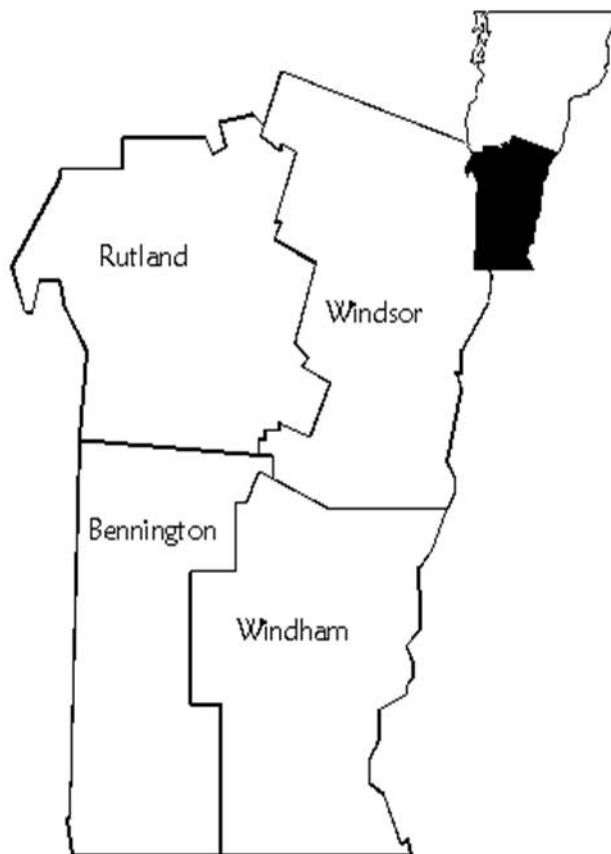


Southern Vermont Area Health Education Center

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

Rutland County Snapshot

Overview

Rutland County is located in central Vermont, less than 20 miles from the western border of Vermont, adjacent to New York State. Killington and Pico Mountains dominate the geographical features, and there are no major interstates in Rutland County. The north-south highway is State Routes #7 which runs from Burlington through Rutland County to Massachusetts. State Routes #4, #103, #100, #30 and #22A are the main roads through the regions.

Population (2008): 63,331

Area: 933 square miles

Population Density (2000): 68.0 per square mile (compared to VT average of 65.8)

Largest Cities/Towns (2008):

- Rutland City, 16,742
- Castleton, 4,618

Population

Counties by town:

<http://crs.uvm.edu/census/estimates/town/2008/mcd.xls>

Rutland County, 63,331, 2008 Estimate

Benson town	1,018	Pawlet town	1,418
Brandon town	3,866	Pittsfield town	417
Castleton	4,618	Pittsford town	3,195
Chittenden Town	1,270	Poultney town	3,532
Clarendon	2,894	Proctor town	1,810
Danby town	1,270	Rutland City	16,742

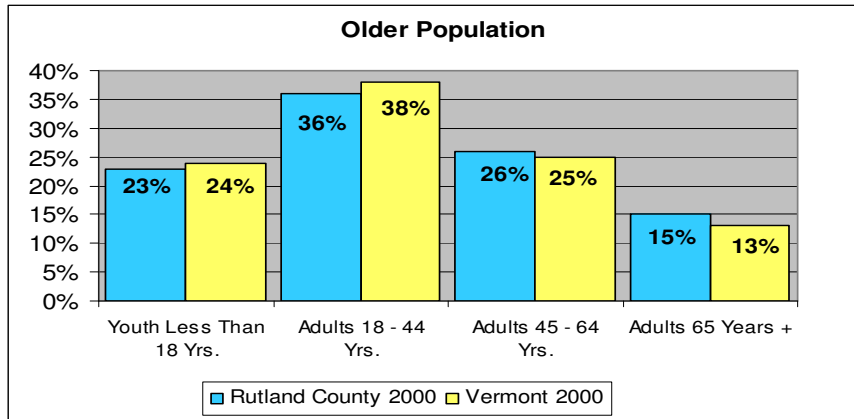
Fair Haven town	2,924	Rutland Town	4,076
Hubbardton town	774	Shrewsbury town	1,133
Ira town	449	Sudbury town	609
Killington	1,133	Tinmouth	632
Mendon town	1,096	Wallingford town	2,324
Middletown Springs town	802	Wells town	1,092
Mount Holly town	1,216	West Haven town	310
Mount Tabor town	198	West Rutland town	2,513

Aging population



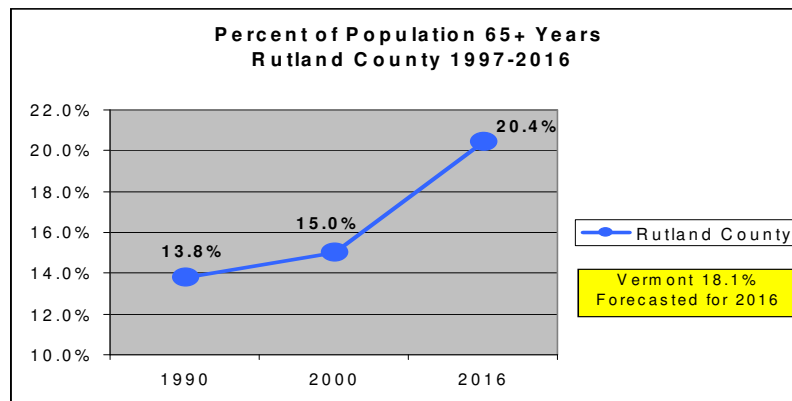
Older Population

- **Rutland County residents tend to be older.**
 - **In 2000, the median age of Rutland County residents was 39.23 years**, one of the highest in New England. Source: Rutland Regional Plan, Draft for Public Hearing, 3-18-08
 - **Compared to Vermont, in 2000, Rutland County residents were older**, with a lower proportion of youth less than 18 years of age (23% versus 24% for VT); a lower proportion of younger adults 18 - 44 years of age (36% versus 38%); a higher proportion of older adults 45 - 65 years (26% vs. 25%); and a higher proportion of elderly 65 years and older (15% versus 13%).



Source: Health Status of Vermonters Appendix, 2008 Vermont Department of Health, Page 1, based on US Census 2000 data

- Rutland County's elderly population will increase in numbers and continue to be proportionately older than Vermont.** From 2000 to 2016, the total number of 65+-year-old residents in Rutland County is projected to increase by 3,715 elders, a more than 39.2% increase in the number of elders. By 2016, it is estimated that the elderly in Rutland County will comprise 20.4% of the County's total population, higher than the 18.1% estimated for VT as a whole. The aging of the baby boomers and the age 65 and older age group will have a major impact on health services needed.



Sources: 1990 and 2000: US Census and for 2016: Shaping the Future of Long Term Care and Independent Living, Vermont Agency of Human Services, May 2007, based on Census Bureau for 2000 population and MISER for projected population

Rutland County Needs Assessment, 2008-09, convened by The James T. Bowse Health Trust.

Socioeconomic Indicators



Race (2008): (<http://quickfacts.census.gov/>)

- White, 97.8%
- Black, 0.6
- Asian, 0.5
- American Indian, 0.2%
- Hispanic or Latino, 1.1%
- * Persons reporting two or more races, .8%

Language other than English spoken at home: 4.6% (2000) (<http://quickfacts.census.gov/>)

Per Capita Income (2007): \$35,664 (Vermont economic and demographic profiles series 2009)
<http://www.vtmi.info/profile2009.pdf>

Median Household Income (2008): \$47,147 (<http://quickfacts.census.gov/>)

Annual Wage (2007): \$34,196 (Vermont economic and demographic profiles series 2009)
<http://www.vtmi.info/profile2009.pdf>

Persons Below Poverty Line (2008):

- 11.6% (2008)
- * 52% of single female households, with children under 5 years

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

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



- 25,678 households total countywide
- Average household size: 2.39

- Median household income (2008): \$47,147
- Persons under 5 years old, percent, 2008, 5.3% (VT 5.3%)
- Persons under 18 years old, percent, 2008: 19.3% (VT 20.8%)
- Persons 65 years and older, percent, 2008: 16.5% (VT 13.9%)

Major Employment Industries, (2007 Economic Census)

[http://factfinder.census.gov/servlet/IBQTable?_bm=y&-filter=OPTAX,in:A&-ds_name=EC0700A1&-NAICS2007=21|22|23|31-33|42|44-45|48-49|51|52|53|54|55|56|61|62|71|&-geo_id=05000US50003&-geo_id=05000US50021&-geo_id=05000US50025&-geo_id=05000US50027&-search_results=01000US&-dataitem=GEO_ID\\$|NAICS2007|NAICS2007\\$|ESTABLRCPTOT|PAYANT|EMP&-lang=en](http://factfinder.census.gov/servlet/IBQTable?_bm=y&-filter=OPTAX,in:A&-ds_name=EC0700A1&-NAICS2007=21|22|23|31-33|42|44-45|48-49|51|52|53|54|55|56|61|62|71|&-geo_id=05000US50003&-geo_id=05000US50021&-geo_id=05000US50025&-geo_id=05000US50027&-search_results=01000US&-dataitem=GEO_ID$|NAICS2007|NAICS2007$|ESTABLRCPTOT|PAYANT|EMP&-lang=en)

Largest employers in Rutland County based on number of paid employees:

- 1) Health care and social assistance; 2) Arts, Entertainment, and recreation;
- 3) Professional, scientific, and technical services; 4) Educational services

Risk Factors/Chronic Conditions

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

- Adult smokers – 22% (State average 19%)
- Adult obesity – 24% (State average 22%)
- Binge drinking – 16% (State average 17%)
- Uninsured Adults – 12% (State average 12%)
- Primary Care Provider Rate – 137 (State average 180)
- Preventable hospital stays – 77 (State average 56)
- Hospice use – 24% (State average 20%)
- Teen birth rate – 24% (State average 21%)
- Single Parent household – 9% (State average 9%)
- High School graduation rate – 92% (State average 82%)
- College degrees – 25% (State average 33%)

Health Indicators

Access to primary care practitioners

Rutland County falls short of the recommended FTE for total primary care practitioners in 2009. The county is 9.2 short of the recommended FTE for all primary care. The recommended FTE based on the county population is 51; Rutland County reported only 41.9 FTE's. (Source: SVAHEC 2009 Primary Care Survey, <http://www.med.uvm.edu/ahec/HP-DEPT.ASP?SiteAreaID=286>)

- * 76% of providers report accepting new patients
- * 86% of primary care physicians accept new Medicaid/Medicare patients
- * 85% 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 165 per 100,000 population (statewide average of 138)

-Stroke death rate of 60 per 100,000 (statewide average of 44)

-Adults with high blood pressure is 22 per 100,000 (statewide average is 23)

-86% of pregnant women receive prenatal care in the first trimester (statewide is 90%)

-Low birth weight births (<5.5lbs) is 6.8% compared to 6.4% statewide)

Primary care Federally Qualified Health Center

The Community Health Care Centers of the Rutland Region includes Castleton Family Medical Center, Mettowee Valley Medical Center, Brandon Medical Center and Rutland Community Health Center.

Hospitals



<http://www.rmmc.org/> Rutland Regional Medical Center with 188 beds is Vermont's second-largest health care facility, with 1,396 employees and a Southern Vermont AHEC Rutland County Snapshot 2010

medical staff of nearly 210 physicians trained in 38 specialty areas. Providing preventive, diagnostic, acute and rehabilitative services, Rutland Regional Medical Center serves Rutland County, portions of southern and central Vermont and communities in eastern New York State.

Rutland Regional Medical Center was established as Rutland Hospital on September 6, 1896. It is an affiliate of Rutland Regional Health Services, along with Vermont Orthopedic Clinic, Killington Medical Clinic, Vermont Sports Medicine Center, The Meadows, The Gables, Kids on the Move, James T. Bowse Community Health Trust, The Vermont Health Plan and Rutland Health Foundation.

Healthcare Workforce

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

Rutland County:

Physicians by Specialty	Number of Physicians	Per County Recommended FTE per population	Actual FTE	Differences In FTE
Family Practice	24	20.6	23.1	2.5
Internal Medicine	8	17.8	7.4	-10.4
OB/GYN	5	5.8	5	-.9
Pediatrics	6.5	6.8	6.4	-.4
TOTALS: 21 Primary Care Practices	43 physicians	51	41.9	-9.2

Key State & Community Agencies

<http://www.rutlandvermont.com/>

Vermont Department of Health regional office located in Rutland serving the municipalities of Benson, Brandon, Castleton, Chittenden, Clarendon, Danby, Fair Haven, Goshen, Hubbardton, Ira, Killington (Sherburne), Mendon, Middletown Springs., Mt. Holly, Mount Tabor, Pawlet, Pittsfield, Pittsford, Poultney, Proctor, Rutland City, Rutland Town, Shrewsbury, Sudbury, Tinmouth, Wallingford, Wells, West Haven, West Rutland.

Services include Eligibility screening for programs such as Breastfeeding Information & Mother to Mother Support, Children's Integrated Services; Ladies First, EPSDT, Eligibility Screening, and WIC.

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

Southwestern Vermont Council on Aging A Community Organization which provides Older Americans Act services to elders and their families in Rutland and Bennington 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 offices are located in Rutland and Bennington. <http://www.svcoa.org/>

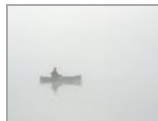
United Way of Rutland County 6 Church St, Rutland, Vermont 05701-3458
Office: (802)773-7477 <http://www.uwrutlandcounty.org/index.php>

Rutland Region Chamber of Commerce, 256 North Main Street, Rutland, VT 05701-2421 802-773-2747. <http://www.rutlandvermont.com/>

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.

Recreation & Leisure



<http://www.rutlandvermont.com/> See a complete listing of recreation, entertainment, and food options.

Rutland Free Library, 10 Court Street, <http://www.rutlandlibrary.org/>

Paramount Theatre www.paramountlive.org 30 Center Street, Rutland.
802-775-0570

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