



Toolkit Aims to Promote Healthier Weight among Adult Patients



The Promoting Healthier Weight in Adult Primary Care toolkit, which includes recommendations for prevention, identification, assessment, and management of overweight and obese adult patients is also designed to facilitate the sometimes uncomfortable conversation about weight and health between doctor and patient. It was mailed to all primary care practitioners in September.

Using the Weight and Health Profile & Prescription (2-part NCR: a copy for the patient and one for their health record), the practitioner and patient together review weight, Body Mass Index (BMI), and associated health risks, as well as the patient's

readiness for change. The kit also includes a brief primer on motivational interviewing techniques to help clinicians understand and enhance patient motivation.

The toolkit encourages primary care practitioners to:

- Identify overweight and obese patients by calculating the Body Mass Index (BMI) and assessing associated conditions and risk factors
- Talk with their patients about weight and use motivational interviewing techniques to set goals
- Model healthy nutrition and activity behaviors

The toolkit was developed by the Vermont Area Health Education Centers (AHEC) Network, in collaboration with the Vermont Department of Health, and the University of Vermont College of Medicine, with input from primary care practitioners in more than 60% of all practices in Vermont who responded to a survey in 2006 on current practices and barriers to care. Several primary care practitioners tested the toolkit for everyday use in their practice.

Look for a removable BMI chart in the centerfold of this newsletter

The toolkit and additional resources can be copied or downloaded from www.vtahec.org or <http://healthvermont.gov>, with some posted in downloadable format for use in electronic medical records. Additional supplies of the 2-part NCR Profile and Prescription pad are available from the Area Health Education Centers (see page 4 for contact information). ■

From the Editor

This edition highlights some of the important initiatives underway by the Office of Primary Care and the Vermont AHEC Network in the area of health care workforce development: pipeline, recruitment, retention, and educational/quality improvement programs.

We are pleased with the primary care community's reception of the *Promoting Healthier Weight in Adult Primary Care* toolkit. Early feedback includes that the Serving Size & Portion Control poster for exam rooms is a much welcomed patient educational resource. We will continue to work with practices to implement (and evaluate) the Weight and Health Profile & Prescription into patient visits.

AHEC worked closely with the members of the VT Healthcare Workforce Development Partners Committee, Governor James Douglas, and Senator Bernie Sanders to deliver an outstanding October Health Care Careers Awareness Month campaign. This year's campaign included a media event at Missisquoi Valley Union Middle & High School on October 12th (see page 5), and also featured a series of radio ads as part of its drive to web campaign promoting www.vthealthcareers.org.

The 2008 Vermont Educational Loan Repayment Program for Healthcare Professionals is underway. The application deadline was September 24th and we are still completing data entry. Preliminary data show that applicant numbers are up in all areas; overall we've received 461 applications compared to 381 in 2007 and 332 in 2006. This program helped us recruit and retain David McLean, DDS and David Congleton, DDS from California to Vermont! See page 2 for their stories. ■

Elizabeth Cote, Director, UVM College of Medicine, Office of Primary Care, UVM AHEC Program

INSIDE

From California to Vermont: Two Dentists Profiled 2

Primary Care Rounds 6-7

"Ask Dr. Amidon" Academic Detailing 11

From California to Vermont via Dental Educational Loan Repayment

How did a pair of dentists from California decide to practice in Vergennes and St. Johnsbury, Vermont? Credit the Vermont Educational Loan Repayment Program, in part, for keeping David E. McLean, DDS and David E. Congalton, DDS, in this small rural state at the opposite end of the country from where they grew up.

Established in 1999, by the Legislature, the Vermont Educational Loan Repayment Program is designed to help recruit and retain dentists in Vermont and to increase access to dental care for all Vermonters, including underserved populations and those in rural areas. It is administered by the Vermont Area Health Education Centers (AHEC) Program in close partnership with the Vermont Department of Health.

Dr. McLean grew up in the San Francisco area, where he earned his undergraduate degree in biology at California State University at Humboldt. During high school he worked in the offices of a physician and a dentist: he enjoyed the dental work and decided that would be his career. He earned his dental degree at Indiana University Dental School.

When he took the New England Regional Boards in dentistry, he met Dr. Fred Silloway, president of the Boards, who recruited McLean to work in his St. Johnsbury practice, and promoted the Vermont Educational Loan Repayment Program as an incentive.

Dr. McLean visited Vermont in 1998 while still in dental school; he says he knew he wanted to be in the country but within a couple of hours of a metropolitan area. With Montreal and Boston accessible from St. Johnsbury, he began practicing there in 2000 and now owns the practice with Dr. Kathy Silloway, Dr. Fred Silloway's daughter. It is the largest Medicaid provider for general dentistry in the state.

The practice has five dentists and eight hygienists; Dr. McLean specializes in pediatric patients which he really enjoys. He uses a calm, soothing voice and talks to kids on their level to reassure them so,



David Congalton, DDS in Vergennes (above left) and David McLean, DDS, of St. Johnsbury Dental Associates (above right).

“by the third visit they’re bored and that’s good,” he says.

About Vermont’s Educational Loan Repayment Program, Dr. McLean remarks that, “it pushed me here and definitely kept me here.” He comments, “The demographics show a dental shortage is looming, so it is very important to have this program to remain competitive, especially in Vermont, which doesn’t have a dental school.”

Dr. McLean married after he moved to Vermont and much of his family from California has joined him to live here. He likes being part of St. Johnsbury, where he works on the Downtown Development Committee, and is a member of the Northeastern Vermont Area Health Education Centers (AHEC) Board of Directors. He is also an active member of the Vermont State Dental Society. He is on staff at Northeastern Vermont Regional Hospital, and enjoys being a strong, respected member of the community: “It’s like being back in Mayberry days, where I see patients in the grocery store and they recognize me,” he says, in explaining his contentment in his Vermont practice.

Dr. Congalton grew up in the suburbs of Los Angeles, and earned his undergraduate degree in chemistry at Westmont College in Santa Barbara. “A dentist I really admired thought I had all the makings to be a great dentist,” so he attended Creighton University Dental School in Nebraska to earn his dental degree. He chose Fletcher Allen Health Care’s Dental Residency Program to

complete a general practice residency in 2000, gaining more knowledge in trauma, infection and surgery. “I thought I’d come for a year, and I had a great experience; but I intended to leave when my mother urged me to stay to take advantage of the Vermont Educational Loan Repayment Program, to bring down my educational debt to a manageable level.” Working in a private practice in Williston part-time, Dr. Congalton spent three days a week at the Richford Health Center, an FQHC, where he ended up working full-time until this year when he bought the practice of retiring dentist John Viskup, DMD, in Vergennes. “I would have been gone from Vermont without Educational Loan Repayment,” he reiterates.

“I wanted to be in a small town in my own practice, and I love working here,” he remarks. Why? “Vermonters are just good people.”

Now married, with a young daughter, he enjoys biking, running, swimming, and boating on Lake Champlain. Dr. Congalton serves on the Champlain Valley AHEC Board, is a member of the Educational Loan Repayment Dental Selection Committee, and the Vermont State Dental Society as well as the American Dental Association.

Though neither Drs. Congalton nor McLean envisioned their future careers in Vermont, a successful state-funded Educational Loan Repayment Program enabled their careers to begin in the Green Mountain State. ■

New Dean of the College of Medicine

Frederick C. Morin, III, MD, formerly a Professor and Chair of Pediatrics in the School of Medicine and Biomedical Sciences at the University of Buffalo, State University of New York, and Chief of Pediatric Service for Women and Children's Hospital in Buffalo and Kaleida Health, is the new Dean of the University of Vermont College of Medicine. He previously served as Interim Vice President for Health Affairs at the University of Buffalo and as Interim Dean of the School of Medicine and Biomedical Sciences from 2005 to 2006. Dr. Morin assumed his new duties on October 1st from John P. Fogarty, MD, who served as Interim Dean of the College of Medicine since July 1, 2006.

Dr. Morin is a graduate of the University of Notre Dame and Yale University School of Medicine. He completed his residency in Pediatrics at Stanford University and a Research Fellowship in Neonatology at the University of California, San Francisco.

He and his wife Tracy have three children: Molly, Christopher, and Mark. ■



Dr. Frederick Morin, III

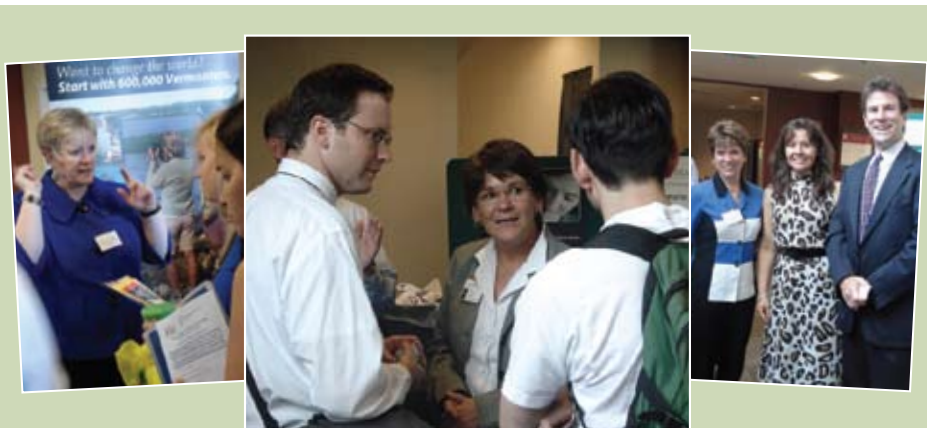
Message from the Associate Dean for Primary Care

Now that our new Dean, Dr. Rick Morin, has arrived and assumed his duties, it is giving me the opportunity to look ahead to the Office of Primary Care and the AHEC Program and to be more engaged and involved. I want to thank Liz Cote for her superb work as director of the Office and the AHEC Program this past year, which has been a very hectic one for me. Her organizational skills and attention to detail, superb knowledge of our programs, and excellent reputation and relationships with the state and the community have been critical to our success this year. Her work on getting us base funding for AHEC and increasing our loan repayment dollars are just two tangible examples of her tireless effort. Liz and her whole team, along with the staff and leadership of each the centers, are to be commended for their work this year.



One of my first duties as Interim Dean was to appoint Paula Duncan, MD and Charlie MacLean, MD as Medical and Research Directors for the Office of Primary Care and AHEC Program respectively. They have been hard at work learning the landscape of our programs and capably substituting for me regularly. Given the increasing recognition of the importance of a strong primary care-based workforce to manage our graying population, to care for chronic disease, and to implement office-based improvements at the clinical level, Paula, Charlie, Liz and I will be meeting regularly to identify ways that the Office of Primary Care can influence our future. I am confident that our roles in the Vermont Blueprint for Health, our experience with outcome-based research and the excellent relationships that each AHEC centers enjoys with its communities, will highlight even more the critical role the AHEC Program and the Office of Primary Care play in our future. I look forward to working with each of you to help us frame and realize that future. ■

John P. Fogarty, MD, Associate Dean for Primary Care, Senior Associate Dean for Operations, University of Vermont College of Medicine



Left: Mercedes Bright of the VT Dept. of Health, discusses public health career opportunities. Center: Nathaniel Price, MD, left, family medicine resident at Fletcher Allen, discusses opportunities at Central Vermont Medical Center with Donna Izor. Right: AHEC Program Director Liz Cote, is flanked by Lisa Van Nattan of Champlain Valley Physicians Hospital (left) and John Tracy, (right) of Senator Patrick Leahy's office.

Vermont Recruitment Day 2007!

Over 200 students, residents and fellows visited 25 display booths to learn more about career and student rotation opportunities at hospitals and practices throughout Vermont and northern New York at the annual AHEC-sponsored Vermont Recruitment Day on September 28th.

Attendees and exhibitors agreed the event is an important one for making the right contacts to match students with job/practice/rotation possibilities. One medical student said, "I would not have been able to see these presentations with my time/schedule if they had not been so conveniently located." Another remarked, "This is a great opportunity to see what Vermont has to offer."

Vermont Recruitment Day allows recruiters from Vermont's 14 hospitals, federally qualified health centers, and other practices to meet with Fletcher Allen Healthcare residents, medical, nursing, physical therapy, allied sciences, and social work students to begin important networking and relationship-building. ■

Office of Vermont Health Access (OVHA) Addresses Need For Chronic Care Coverage

By ERIN REISFELD, MD, MEDICAL DIRECTOR, OFFICE OF VERMONT HEALTH ACCESS

The Office of Vermont Health Access (OVHA) has addressed the need for chronic care coverage for its beneficiaries by implementing two programs that exemplify the Chronic Care Model in action: the Care Coordination Program (CCP) and the Chronic Care Management Program (CCMP).

The combined goals of the CCP and the CCMP are to: 1) facilitate the patient/provider relationship by offering services that assist providers in attending to the intricate medical/social needs of beneficiaries without increasing the provider's administrative burden, 2) support providers by providing intensive case management to the beneficiary/patient between visits to enable the plan of care to be successful, 3) improve health outcomes, 4) decrease inappropriate utilization of services/encourage appropriate utilization of services, and 5) reduce costs.

And, judging by the early successes of the CCP and CCMP, more good things are on the way.

We foresaw a tremendous opportunity for changing the way we support our beneficiaries and providers. We've implemented a team-based system of care to bring to bear resources to achieve optimal outcomes for all involved – the beneficiary, the provider and the health care system. We focused on the 'medical home' concept as a starting point to achieve optimal outcomes – using resources to achieve the beneficiary's plan of care and improving their health outcomes.

The OVHA designed the CCP and CCMP to align with the Vermont Blueprint for Health. The Vermont Blueprint for Health Chronic Care Initiative provided us with an opportunity to spread care across the state.

The CCP provides intensive case management for the most complex beneficiaries with chronic conditions, approximately 1,200 annually. The difference between the CCP and the CCMP



State of Vermont
Agency of Human Services
Office of Vermont Health Access

is the level of intensity in care and the way services and support are delivered. The CCP is much more intensive than the CCMP. Services and support are delivered by locally-based nurse case managers and clinical social workers who work directly with beneficiaries, even attending appointments if necessary.

APS Healthcare has been engaged to operate the CCMP and work with approximately 25,000 beneficiaries annually. Under the CCMP, APS Healthcare case workers contact beneficiaries with one or more chronic conditions to both educate and support the beneficiary to achieve desired health outcomes.

The two programs are fully integrated, sharing processes such as beneficiary selection, clinical best practice guidelines, outcomes measurement and the same Health Risk Assessment. It will not be uncommon for a beneficiary to transition between programs as the intensity of their chronic conditions changes.

Visit the OVHA CCMP websites for more information: www.ovha.vermont.gov and www.vtccmp.com.

Contact Dr. Erin Reisfeld by email at erin.reisfeld@ahs.state.vt.us or at 879-5914, or with any comments or questions regarding the CCP and the CCMP. ■

Erin Reisfeld, MD, is a graduate of Cornell University and Northwestern Medical School. She completed her residency at the University of Miami and has worked at the Cleveland Clinic and in correctional health care.

Lyme Disease is Endemic in Vermont

Source: Vermont Department of Health

Eleven of Vermont's fourteen counties meet the Centers for Disease Control and Prevention's definition of endemic for Lyme disease – a county in which at least two confirmed cases have been acquired, or in which tick vectors are infected with *Borrelia burgdorferi*.

Reported cases of Lyme disease acquired in Vermont have increased in recent years, with 17 in 2003, 22 in 2004, 29 in 2005, 57 in 2006, and 49 to date in 2007. Human cases peak in the spring and summer, when nymphal I. scapularis ticks are active, and continue into the fall when adult ticks emerge.

While the risk of contracting Lyme disease in Vermont is low, Lyme disease should be considered in the differential diagnosis when a patient presents with signs and symptoms consistent with *B. burgdorferi* infection. These include fatigue, headache, fever, swollen lymph nodes, muscle and joint pain, and an erythema migrans (EM) rash.

Lyme disease is reportable to the Vermont Department of Health by calling 863-7240 or 1-800-640-4374. ■

PRIMARILY VERMONT

Primarily Vermont is published by The University of Vermont College of Medicine Office of Primary Care, sponsor of the Vermont AHEC Program.

Editor: Elizabeth Cote, Director, UVM College of Medicine Office of Primary Care and AHEC Program, UHC Campus, Arnold 5, 1 South Prospect Street, Burlington, VT 05401, (802) 656-2179, elizabeth.cote@uvm.edu
Associate Editor: Laurie Loveland, lauren.loveland@uvm.edu

Editorial Advisory Board

John P. Fogarty, MD, Associate Dean for Primary Care, UVM College of Medicine; Charles Bookwalter, DDS, Timberland Dental Group; Edward Neuert, UVM Public Relations; Tonya Howard RN, MSH, FNP, Northern Counties Health Care, Inc.; Nancy Morris, NP, Colchester Family Practice; Peter Igneri, PA-C, MMSC, Fletcher Allen Department of Surgery; Denis Barton, Director, Office of Rural Health and Primary Care, Vermont Department of Health.

©2007 The University of Vermont. All rights reserved.
Reproduction prohibited without permission.

October is Health Care Careers Awareness Month: Highlighting Opportunities



Senator Bernie Sanders speaks to students at the Health Care Careers Awareness Month event in Swanton.

October is Health Care Career Awareness Month in Vermont by proclamation of Governor James Douglas and through activities planned by the Vermont Health Care Workforce Development Partnership.

U.S. Senator Bernie Sanders helped kick off the main news event October 12 at Missisquoi Valley Union Middle

and High School in Swanton which was followed by displays and presentations from health care professionals and college students working toward health care careers, for science students in grades 7-12. Students also had an opportunity to learn more about Vermont's health care career opportunities by playing an interactive game called Plink-It!, and through other materials.

"Our goal is to create awareness about Vermont's health care careers and to educate, recruit and retain qualified health care workers," said Elizabeth Cote, co-chair of the Partnership.

The University of Vermont Office of Nursing Workforce, Vermont's Area Health Education Centers (AHEC) Network, and members of the Partnership are visiting the state's high schools throughout the year to provide information about career opportunities in Vermont's health care industry. The Partnership, comprising Vermont



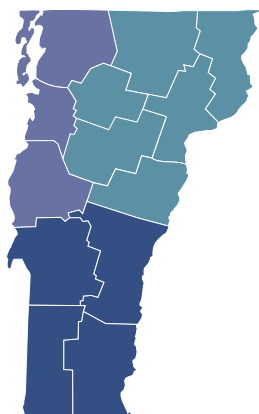
health professionals and organizations, is collaborating to develop long-term solutions to sustain Vermont's health care workforce. ■



Missisquoi students kick off Health Care Careers Awareness Month

AHEC News From Around the State

For news from Vermont's three Area Health Education Centers, check out their community-based web sites:



- **Champlain Valley AHEC:**
www.cvahec.org
St. Albans
(802) 527-1474
- **Northeastern Vermont AHEC:**
www.nevahec.org
St. Johnsbury
(802) 748-2506
- **Southern Vermont AHEC:**
www.southernvermontahec.org
Springfield
(802) 885-2126

UNIVERSITY OF VERMONT
COLLEGE OF MEDICINE



AREA HEALTH EDUCATION CENTERS PROGRAM

www.vtahec.org

(802) 656-2179

Check www.vtahec.org for the latest news about:

- nursing grand rounds topics
- educational loan repayment applications
- health careers programs
- program in wise prescribing
- calendar of events...and more!

Primary Care Rounds

Family Medicine

By Thomas Peterson, MD,
Acting Chair, Family Medicine



The University of Vermont Family Medicine Department is already enjoying a busy academic year. We have a strong and interested group of medical students that are considering family medicine careers. Our Family Medicine Student Interest Group has a busy schedule of events this year, but is always looking for opportunities to interact with practicing physicians. Similarly, we are very pleased with a talented and diverse new class of family medicine residents who, as this goes to press, will already have one quarter of their internship behind them! The Department has several active ventures in progress including health care for farm workers, chronic care models for mental health, hospital-based palliative care services, and issues related to health and human ecology. We are extremely grateful for all of the teaching support for our students and residents provided by primary care physicians across the state. You are great role models; in 2007 six of our seven residency graduates have committed to practice in Vermont.

Pediatrics

By Lewis First, MD,
Professor and Chair,
Department of Pediatrics



We are delighted to welcome:

Dr. Amelia Hopkins, who did her residency with us, rejoins us as a Pediatric Critical Care specialist after completing her fellowship at Denver Children's Hospital and the University of Colorado; **Dr. Robert Pfister**, who completed his fellowship in Neonatology last year, has stayed on as a new faculty member in our Division of Neonatology; and **Dr. Paul Rosenau**, who also recently completed his residency with us, joins us as our second hospitalist

in our new Division of Critical Care and Inpatient Pediatrics.

Dr. Barry Heath, director of Pediatric ICU and **Dr. Rob Williams** in Anesthesia have been working together to oversee the opening of "The Comfort Zone" in September — a child-friendly, family-centered pediatric sedation center that will allow referring providers to have their patients scheduled for procedures and the anesthesia required for those procedures with just one simple phone call.

We congratulate two recent award winners: **Dr. Jerry Larrabee**, director of our University Pediatrics primary care practice, who received the Clinical Teacher of the Year award from our house staff; and **Dr. Marshall (Buzz) Land**, of the Pediatric Medicine Practice in South Burlington and an outstanding teacher, clinician, and role model to trainees and peers, who was named the R. James McKay Green and Gold Professor of Pediatrics, an endowed professorship that honors the founder and first chair of our department (for 33 years), **Dr. Jim McKay**.

Internal Medicine

By Jonathan B. Hayden, MD,
Health Care Service Leader,
Primary Care Internal Medicine



The office practice of general internal medicine continues to change in new and challenging ways. As the saying goes, "They didn't teach us how to solve these problems in medical school." Various constituencies, such as CMS Medicare, the state, private insurers and managed care insurance companies have asked or required primary care providers to participate in a variety of well-meaning initiatives such as pain assessment, fall risk in the elderly, osteoporosis screening, advanced directives, enhanced diabetic care and pharmacy coordination, to name a few. In addition the proper coding and compliance requirements necessitate a higher level of documentation in the patient record than in the past. Each of these initiatives should increase the

quality of patient care, but each one takes incremental time away from the busy schedule of the primary care clinician.

As part of our strategic plan Vision 2010 at Fletcher Allen Health Care, we are proposing a system-wide electronic health record. This will link primary care with specialty care, inpatient and outpatient hospital. Record transfer and storage will be electronic. Documentation and data retrieval will be more automated. Prescribing will be done electronically, with links to prescribing databases as well as drug interaction programs. The work to transition to the electronic health record will be substantial but our patients will reap the benefits in terms of increased efficiency, enhanced quality and more time with their primary care provider.

College of Nursing and Health Sciences



By Brian V. Reed, Ph.D., P.T.,
Associate Professor of Physical
Therapy, Acting Dean, College of
Nursing and Health Sciences

Planning for the future, both physical and programmatic, has been a major focus for the College of Nursing and Health Sciences.

Construction in the Rowell Building is making room for the Athletic Training and Exercise and Movement Science programs, as well as some work to improve stairways and bathroom access.

Faculty have also been involved in planning for inter-professional education (IPE), and creation of a preliminary draft for a Health Science major in the Department of Medical Laboratory and Radiation Sciences that would contain a pre-PharmD track designed to meet prerequisites of the Albany College of Pharmacy (ACP). Also under consideration is a proposal for an Individually Designed Major (IDM) for a limited number of students whose academic interests are not met by the major programs currently offered in the College.

Currently, we are excited to have received a portal to the College of

Medicine's electronic teaching platform known as COMET (College of Medicine Educational Tools), which will make creative teaching and learning accessible through 3-dimensional images, videos and tailored learning modules. Faculty are incorporating the COMET modules into courses for our students.

The College recently co-hosted a conference of the International Society for Posture and Gait Research, which attracted 375 leading scientists from around the world, including our own **Sharon Henry, PT, PhD**, UVM Associate Professor of Rehabilitation and Movement Science, who was instrumental in bringing the conference to Burlington.

Physician Assistants

By Peter Igneri, PA-C, M.Sc.,
Department of Surgery,
Fletcher Allen Health Care



The Physician Assistant Academy of Vermont (PAAV) voted to take 25% of the conference profits and place them in the Martin Devlin Fund. This fund was established with donations to provide an annual \$1,000 scholarship to a Vermont PA student each year. Applications are due in July with the winner determined in September. The scholarship is awarded at the winter meeting. PAAV covers the cost of the meeting for the winner. The PAAV also began work on co-sponsorships of health-based activities. Vermont PAs would sponsor the application of someone in their community trying to start a Run Kids Run, or a local group teaching better nutrition and cooking methods, or an alternative seniors exercise program. As Vermont PAs, we want to add funding to a good idea that wouldn't otherwise have the resources. When the program is finalized, Vermont PAs and our website will have information on how to apply.

The 26th Annual PAAV Winter CME Conference is scheduled for January 10-13, 2008 and is at The Equinox in Manchester Village, Vermont. Check our website (www.paav.org) for more information. ■

Web Sites of Interest

- **Community Resources for Disaster Preparedness – Nursing Homes and Hospitals** (www.ahrq.gov/prep): The Agency for Healthcare Research and Quality has released the Emergency Preparedness Atlas: U.S. Nursing Home and Hospital Facilities, a guide that is intended to help local communities identify facilities that could be available and prepared to provide assistance under emergency conditions in their communities. Also published with the Atlas is a report on Nursing Homes in Public Health Emergencies which contains information gathered through focus groups about disaster- and bioterrorism-related planning activities among nursing homes. Copies of both can be ordered in hard copy or downloaded in sections.
- **Medicare Preventive Services Web Site** (http://www.cms.hhs.gov/MyHealthMyMedicare/02_HealthierUS.asp): Primary care providers can get an update on what Medicare covers and encourages for preventive services for their older patients.
- **Cultural Competency Manual Available Online** (www.cvahec.org): The Cultural Competency Manual for Health Care Providers created by the Champlain Valley AHEC is now available online to assist health care practitioners with cultural competency in their practice. The manual provides a definition of cultural competency; increases awareness of diversity in Vermont and the new populations joining its communities; offers resources to help practitioners become better acquainted with different populations; gives information to help practitioners to comfortably assess patients and provide the best care possible; and assists providers with their own sense of understanding by offering links to self-assessment tools and continuing education opportunities.
- **Green Mountain Care** (www.GreenMountainCare.org): Green Mountain Care is a family of low-cost and free health coverage programs for eligible Vermonters offered by the State of Vermont and its partners. This web site includes information about all of the programs, including the new Catamount Health Plan.
- **Vermont Go Local Database for Consumers** (<http://medlineplus.gov/vermont>): Vermonters can find all of their health information in one place with Vermont Go Local, a web search tool that features information about local health care facilities, providers, support groups, and programs throughout the state. The site is accessed through the National Library of Medicine-sponsored consumer health database MedlinePlus, and is maintained by qualified library staff including professional medical librarians. The site is sponsored by the National Library of Medicine, University of Vermont Dana Medical Library, the Frymoyer Community Health Resource Center at Fletcher Allen Health Care, and Vermont 2-1-1, a program of United Way of Vermont.
- **Management of Depression Info** (<http://effectivehealthcare.ahrq.gov>): The Agency for Healthcare Research and Quality has developed guides (which can be downloaded in PDF form as brochures) for clinicians and consumers about the management of depression. The data are drawn from AHRQ's report on second generation antidepressants which was released in December, 2006.
- **New Drug and Alcohol Abuse Resources for Primary Care Practitioners** (<http://www.nida.nih.gov/medtsaff.html>): New information about drug and alcohol abuse, including patient handouts, is available at a special web site for medical professionals set up at the National Institute on Drug Abuse (NIDA) web site.
- **American Cancer Society Resource Network** (www.cancer.org): For those dealing with cancer, the American Cancer Society has established a free Cancer Resource Network that is staffed by well-trained cancer specialists 24 hours a day, seven days a week. The Network can provide information, day-to-day help, and emotional support to anyone who needs it. Call 1-800-227-2345 to learn more about the Network's services.
- **Assessing for Intimate Partner Violence** (www.endabuse.org/programs/healthcare/files/Consensus.pdf): Several research studies have shown that simple assessment and intervention by healthcare professionals helps battered women and their children up to two years later. ■

Fall Briefs

Vermont Health Information Technology Plan

Strategies for developing a health information exchange network are detailed in the Vermont Health Information Technology Plan which was released this past summer by the Board of Directors of the Vermont Information Technology Leaders, Inc. The nonprofit, public/private partnership was formed in 2005 to build a health information network that will play an important role in improving performance in the state's health care system. The report is available at: www.vitl.net.

Part of that work is the creation of a master provider index, a database designed to provide consistent, uniform provider identification across health information technology projects in Vermont. The UVM Area Health Education Centers (AHEC) Program Office convened the workgroup to study what other states are doing and to make recommendations, which were published in January, 2007. That report is available at www.vtahec.org.

Nursing Grand Rounds Session Topics

Topics, speakers and dates are set for the 2007-08 Nursing Grand Rounds program for school nurses. The programs occur from 3:15-4:45 p.m. at all 15 Vermont Interactive Television (VIT) sites. Registration and additional information is available at: www.vtahec.org.

This year's topics include:

- **Back to School with Kids and Their Meds**, presented by Amanda Kennedy, PharmD and Michele Corriveau, BSPHarm on Sept. 12;
- **Respiratory Issues in Children: All That Wheezes Isn't Asthma and Not All Asthma Wheezes**, Jean Coffey, PhD, APRN on Nov. 14;
- **Sports Injuries II** with Carol Blattspieler, NP on January 8, 2008;
- **First with Kids and School Nurses**, with Lewis First, MD, on March 19, 2008;
- **Psychological/Behavioral Disorders** with James Hudziak, MD on May 13, 2008.

National Primary Care Week Oct. 8-12

A series of student-planned activities highlighted National Primary Care Week at the University of Vermont College of Medicine with student interest groups from Family Medicine, Internal Medicine, Obstetrics-Gynecology, and Pediatrics working with the UVM Area Health Education Centers (AHEC) Program to sponsor activities that focused on topics of importance to primary care. These events took place October 8-12 in the Health Science Research Facility at UVM.

UVM Distance Programs for Nurses, MSW Students

Counselors and social workers in Vermont who want to earn their master's degree in social work no longer need to travel to Burlington or out of state to do it: the University of Vermont is beginning a satellite course this fall (via interactive television) toward the MSW degree. Although there is a full-time program on the main UVM campus in Burlington, the new one is designed for those who want to pursue the degree part-time. Recent surveys of social workers in the southern part of the state by Southern Vermont Area Health Education Center (SVAHEC) showed a strong interest in the degree program. Additional information is available at: <http://learn.uvm.edu/possibilities>.

This fall, the fledgling RN-BS-MS Accelerated Program, begun last year at Rutland Regional Medical Center, is expanding to include Northeastern Vermont Regional Hospital in St. Johnsbury, Brattleboro Memorial Hospital, Mt. Ascutney Hospital in Windsor, and Springfield Hospital in offering on site classes for nurses to continue their nursing education. UVM faculty travel to the hospitals to teach courses, which makes the program more accessible to nurses in all regions of the state. Studies demonstrate that patient mortality and morbidity rates improve when nurses providing care have a bachelor's degree in science or higher. Additional education prepares nurses for administrative leadership positions as well as nurse faculty positions, where there is a nationwide shortage. More information is available at: www.uvm.edu/~nursing.

Craig A. Jones, MD to Direct Vermont Blueprint for Health

Craig A. Jones, MD, an allergist and immunologist, who is the former director of the Los Angeles County Pediatric Asthma Disease Program, is the new director of the Vermont Blueprint for Health, a statewide system of care to address chronic conditions.

Dr. Jones reports to Susan Besio, PhD, director of Health Care Reform Implementation at the Agency of Administration, and will work in collaboration with the Commissioner of Health; he maintains offices in Montpelier and at the Health Department in Burlington.

John P. Fogarty, MD Receives VMS Award

John P. Fogarty, MD, Associate Dean for Primary Care and Professor of Family Medicine at the University of Vermont, received the 2007 Distinguished Service Award at the Vermont Medical Society's annual meeting this fall. The award is the highest honor the Society can bestow on one of its members and is given on the basis of meritorious service in the science and art of medicine, as well as for outstanding contributions to the medical profession, its organizations, and the welfare of the public.

VDH Begins Farm Health Initiative

A new Farm Health Task Force has been assembled under the auspices of the Vermont Department of Health Office of Rural Health. The group's mission is to promote and sustain a healthy, stable farm workforce in the state. Identified goals to work toward that mission include: improve health care access and medical insurance coverage; support and increase farm safety programs; continue statewide and county data collection efforts on farm health and safety demographics; develop and implement educational and outreach programs that promote the health and safety of people living and working on Vermont farms; educate medical practitioners about farm health issues and population barriers, to promote early screening, assessment, intervention and self-management strategies to meet the health needs of farmers, farm workers, and their families.

Various small work groups are being formed. For further information, contact Denis Barton or Jean McCandless at the Vermont Department of Health (802-951-4068).

New Edition of Pediatrics Guidelines

Paula Duncan, MD, FAAP, Medical Director for the UVM Office of Primary Care and AHEC Program, is one of three co-editors of the third edition of *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*. The book, published by the American Academy of Pediatricians (AAP), is designed to help pediatricians become better prepared for well-child visits to address what is most important for each child's wellbeing. The first part of the book covers ten common themes as the most recurrent topics throughout the stages of child development, and the second section includes the top priorities for each of the age-based health supervision visits from birth to age 21.

Co-editors include Joseph F. Hagan, Jr., MD, FAAP, of Burlington and Judith N. Shaw, RN, MPH, PhD, Executive Director of the Vermont Child Health Improvement Program (VCHIP). Both the large version and the pocket guide version of the book can be purchased through the AAP at: www.aap.org.



College of Medicine Class of 2011 Profile

The incoming Class of 2011 at the UVM College of Medicine numbers 112 strong and represents some interesting facts and numbers: there are 58 women and 54 men; students range in age from 21 to 37; they come from 25 different states and Canada, Egypt, Ethiopia, Japan, Kenya, Korea and the Russian Federation; they include a former granite cutter, former professional bicyclists, a reptile breeder, a former professional figure skater, an Iraqi war veteran who served two combat tours and received a Navy and Marine Corps Commendation Medal, and a women's Golden Gloves Champion.

Tamper-Resistant Prescription Drug Pads Mandated

Physicians and other prescribers must acquire tamper-resistant prescription drug pads by April 1, 2008, thanks to an extension signed by President Bush this fall that advances the date by six months from the original deadline of October 1. The Centers for Medicare and Medicaid Services requirements apply to written prescriptions for outpatients and must contain one of the following: one or more industry-recognized features designed to prevent unauthorized copying of a completed or blank prescription form; one or more industry-recognized feature designed to prevent the erasure or modification of information written on the prescription by the prescriber; or one or more industry-recognized features designed to prevent the use of counterfeit prescription drug forms.

Complete information is available at the CMS web site at: <http://www.cms.hhs.gov/>.

National Health Service Corps Changes Contractors

On October 1, the National Health Service Corps changed contractors for its support center; as a result its contact information is also different. For information regarding status site applications, vacancies or other NHSC-related questions call 1-800-221-9393 and or email RTSC@hrsa.gov.

Champlain Valley AHEC Names Alice Christian, MPA as Executive Director

Alice Christian, MPA, of Colchester is the new executive director of Champlain Valley AHEC.

A graduate of Smith College in Northampton, MA, she has completed Mediation Training at Woodbury College in Montpelier and earned her Masters in Public Administration from the University of Vermont this year. While earning her masters degree, Christian completed internships at the Vermont Department of Health and the City of Burlington.

Community Medical School Fall Lectures

The fall Community Medical School lectures, co-sponsored by the University of Vermont College of Medicine and Fletcher Allen Health Care, have concluded but they will be rebroadcast on eight Cable Access Television stations around the state, and can be borrowed from several libraries in Chittenden County. Fall topics included Reducing Mistakes in health Care, How Physicians Are Educated at UVM, Genetic Testing for Cancer, Inflammatory Bowel Disease, Trauma Surgery, Diagnosis and Management of Early Melanoma, and Antibiotic Resistance. For a list of the topics available, stations on which the programs will be rebroadcast, and a list of lending libraries, go to the web site: www.med.uvm.edu/cms. ■

MedQuest 2007: Vermont High School Students Explore Health Careers Up Close

High school students from around the state got close-up looks at health careers in action during the week-long MedQuest and Advanced MedQuest programs.

From splinting to heart sounds, watching teled surgery, touching human organs in pathology and observing a disaster preparedness drill, students had a variety of experiences that also included job shadowing of health care professionals and details about how to prepare for various health care careers. They were taught how to give injections (on oranges!), explored issues in aging, and learned about international health. There were 107 high school students involved this year.

Popular sections include a discussion of Medical Ethics, and a presentation about various nursing careers, as well as a visit to Dreamstage Museum in East Burke for the students in the Northeast Kingdom MedQuest Program. Designed by J. Allan Hobson, MD, a sleep researcher at Harvard, the exhibit was the focal point for learning about the brain, sleep and medical research careers, including an opportunity to meet Dr. Hobson, who houses the once-traveling exhibit in a renovated dairy barn.

University of Vermont medical students assist the three regional AHECs' health careers coordinators in developing the well-planned sessions, during which the participants wear a set of scrubs that they keep at the end of the program. One student in a Champlain Valley AHEC MedQuest session wrote, "MedQuest was an excellent outlet for exploring the vast variety of careers in the medical field. I feel much more confident of my success in this field in my future." Another student said, "My MedQuest experience is unforgettable! It was an amazing experience I will take with me. I'm grateful I got to be in the program and learn so much stuff. Many kids my age don't get to experience things like this." ■



Top: Students at Southern Vermont AHEC's Advanced MedQuest relax on the University of Vermont campus where they spent a week this summer. Middle: Alyssa Bennett teaching Northeastern Vermont AHEC MedQuest students about heart sounds. Bottom: Bob Bessette, Medical Lab Technologist at Northwestern Vermont Medical Center, teaches Tara Exter, of Vergennes Union High School, about his job in the lab during a MedQuest Job Shadowing day.

Ask Dr. Amidon: Academic Detailing

By CHARLES MACLEAN, MDCM, ASSOCIATE PROFESSOR, GENERAL INTERNAL MEDICINE, DIRECTOR OF RESEARCH, UVM COLLEGE OF MEDICINE OFFICE OF PRIMARY CARE AND AHEC PROGRAM



Dr. MacLean

What is Academic Detailing?

Pharmaceutical companies use a wide variety of strategies to influence the prescribing behavior of physicians, nurse practitioners and physician assistants. The strategy of person-to-person education and discussion by a pharmaceutical representative “expert” is known as detailing. Detailing is effective: pharmaceutical companies spend millions of dollars each year on a sales and detailing work force. The concept of Academic Detailing (AD), sometimes called “counter-detailing,” borrows the successful format of expert, person-to-person or small group education that typically takes place in the physician’s office. The goal, however, is to educate prescribers using an evidence-based approach that emphasizes safe, effective and well-established therapies.

What’s happening in Vermont with Academic Detailing?

There is increasing interest nationally and internationally in the concept of Academic Detailing. The Vermont Academic Detailing Program, one of the first in the country, has been in continuous operation since 2000 with support from UVM College of Medicine Office of Primary Care and AHEC, Blue Cross and Blue Shield of Vermont, State of Vermont, and Fletcher Allen Health Care. The UVM Academic Detailing team includes a primary care physician and a pharmacist who visit physician’s offices and hospitals across the state. They typically deliver 25 AD sessions per year on a choice of several clinical topics, with one new subject area offered each year. There is no drug company sponsorship associated with the Vermont AD program, nor does the faculty have any ties to the pharmaceutical industry. Topic areas that have been covered include Hypertension, Depression, Hyperlipidemia, Dyspepsia, and others.

What are the benefits of Academic Detailing?

There are a variety of benefits of an AD program. Rational and safe drug prescribing benefits patients directly. Rational drug prescribing is often cost-effective drug prescribing, both from the perspective of the patient and the insurer. One of the reasons that insurers and policy makers have been supportive of AD programs is that the insurer is likely to recoup the savings in drug costs. The AD approach to education complements the drug utilization review approach that is used by pharmacy benefit managers. Prescribers appreciate learning about common issues and controversies in the collegial setting

of their own office, where they can freely speak with their partners and build a team consensus on the approach to a problem. The Vermont Academic Detailing program has targeted Vermont’s primary care providers, and is a small but important part of the educational and quality improvement efforts of UVM’s Office of Primary Care.

What are other states doing?

There is increasing support for Academic Detailing programs across the country. Pennsylvania has the most well-established program, started by one of the originators of academic detailing, Jerry Avorn, MD from the Harvard Medical School. The Independent Drug Information Service (www.Rxfacts.org) uses over 100 detailers some of whom are former pharmaceutical representatives. They have also helped develop programs in Australia and around the world. Nova Scotia has a well-established province-wide program housed at Dalhousie University (<http://cme.medicine.dal.ca/ads.htm>). Maine has recently enacted legislation to develop a program and specifically encourages cooperation with Vermont and New Hampshire.

How can I sign up for an Academic Detailing session for my office?

The current Vermont Academic Detailing program is well received by the prescribers (physicians, advanced practice nurses, and physician assistants) in the state and is in high demand. We are currently working to expand with support from the Vermont Legislature. To schedule a session or to learn more, call Laurie McLean at (802) 656-2179 or contact her by email at: lmclean@uvm.edu. ■

In memory of one of UVM’s finest teachers, Dr. Ellsworth Amidon (1906-1992). When difficult questions arose, the response often was “Ask Dr. Amidon.” Dr. Amidon was the first chair of the Department of Medicine at the UVM College of Medicine and at Mary Fletcher Hospital, where he was also the medical director.



Calendar

NOVEMBER

13 *Medical Oncology Update for the Primary Care Physician**, David Auditorium, Fletcher Allen Health Care, Burlington, VT.

14 *Respiratory Issues in Children: All That Wheezes Isn't Asthma and Not All Asthma Wheezes – Nursing Grand Rounds for School Nurses*. All VIT sites. Call (802) 656-2179 to register.

JANUARY

8 *Sports Injuries II: Nursing Grand Rounds for School Nurses*. All VIT sites. Call (802) 656-2179 to register.

10-13 *Vermont Academy of Physician Assistants Winter CME Conference*, Equinox Hotel in Manchester, VT. Contact: (603) 643-2325 or www.paav.org.

MARCH

6-8 *Stowe Conference on Digestive Diseases**. Topnotch Resort, Stowe, VT.

19 *First with Kids and School Nurses – Nursing Grand Rounds for School Nurses*. All VIT sites. Call (802) 656-2179 to register.

25 *Vermont Blueprint for Health – 2008**. Sheraton Conference Center, So. Burlington, VT.

28 *Vermont Nurse Practitioners Annual Conference*, Stowe/Flake Resort, Stowe, VT. Contact (802)-425-3936 for information.

APRIL

8 *Statewide Geriatrics Conference for Primary Care**. Sheraton Conference Center, South Burlington, VT.

MAY

7-9 *Women's Health Issues for Primary Care Providers**, Sheraton Conference Center, So. Burlington, VT.

13 *Psychological/Behavioral Issues: Nursing Grand Rounds for School Nurses*. All VIT sites. Call (802) 656-2179 to register.

JUNE

10-13 *Annual Family Medicine Review Course**. Sheraton Conference Center, So. Burlington, VT.

12-15 *Vermont Summer Pediatric Seminar**, The Equinox in Manchester, VT.

**For more information call: UVM College of Medicine Continuing Medical Education at (802) 656-2292 or visit <http://cme.uvm.edu>.*

Printed on recycled recyclable paper

PRIMARILY VERMONT
 The University of Vermont
 College of Medicine
 Office of Primary Care
 Arnold 5, UHC Campus
 1 South Prospect Street
 Burlington, Vermont 05401
 ADDRESS SERVICES REQUESTED



Non-Profit
 Organization
 U.S. Postage
PAID
 Burlington, VT
 Permit No. 143



Adult Body Mass Index (BMI) Chart



WEIGHT	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245							
5'0"	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48							
5'1"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46									
5'2"	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45									
5'3"	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45									
5'4"	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45								
5'5"	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45								
5'6"	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45							
5'7"	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45							
5'8"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45						
5'9"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45						
5'10"	14	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45					
5'11"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45					
6'0"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45					
6'1"	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45				
6'2"	12	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45			
6'3"	12	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45			
6'4"	12	12	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45		

Under healthy weight: BMI < 18.5

Healthy weight: BMI 18.5–24.9

Overweight: BMI 25–29.9

Obese I: BMI 30–34.9

Obese II: BMI 35–39.9

Obese III: BMI > 40

Weight Loss Recommendations

- For people with a BMI ≥ 30, weight loss is recommended
- For people with a BMI between 25 and 29.9, or who have a waist circumference greater than 40" in men and 35" in women, and who have additional risk factors, weight loss is recommended
- For people with a BMI between 25 and 29.9 who have no risk factors and do not want to lose weight, prevention of further weight gain is recommended

Risk Factors

- Disease conditions:**
- Established CHD, other atherosclerotic diseases
 - Type 2 diabetes
 - Sleep apnea
 - Gynecological abnormalities
 - Osteoarthritis
 - Gallstones & their complications
 - Stress incontinence

- Cardiovascular risk factors:**
- Cigarette smoking
 - Hypertension
 - High LDL cholesterol (≥ 160 mg/dl)
 - Low HDL cholesterol: Men < 40 mg/dl; Women < 50 mg/dl
 - Impaired fasting glucose (110–125 mg/dl)
 - Family history of premature CHD
 - Men ≥ 45 years; Women ≥ 55 years (or postmenopausal)

- Other risk factors:**
- High serum triglycerides (> 150 mg/dl)
 - Physical inactivity

BMI is calculated by weight in pounds multiplied by 703 and divided by height in inches squared.

To request additional copies of this BMI Chart, call the Vermont Department of Health at (802) 863-7330.



Adult Body Mass Index (BMI) Chart



WEIGHT	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395	400
5'0"	49	50	51	52	53	54	55	56	57	58	59	60	61	62	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78
5'1"	47	48	49	50	51	52	53	54	55	56	57	58	59	60	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
5'2"	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
5'3"	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	
5'4"	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	
5'5"	42	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	
5'6"	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	
5'7"	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	
5'8"	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	
5'9"	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	
5'10"	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	
5'11"	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	
6'0"	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	
6'1"	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	
6'2"	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	
6'3"	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	
6'4"	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	

■ Obese I: BMI 30-34.9

■ Obese II: BMI 35-39.9

■ Obese III: BMI ≥ 40

V Codes for Billing by Body Mass Index (BMI) Category			
Under Healthy Weight	BMI	V Code	Obese I
<19		V85.0	BMI 30
19-24		V85.1	BMI 31
			BMI 32
			BMI 33
			BMI 34
Overweight	BMI	V Code	Obese II
	25	V85.21	BMI 35
	26	V85.22	BMI 36
	27	V85.23	BMI 37
	28	V85.24	BMI 38
	29	V85.25	BMI 39
Obese I	BMI	V Code	Obese III
	30	V85.30	BMI 40
	31	V85.31	BMI 35
	32	V85.32	BMI 36
	33	V85.33	BMI 37
	34	V85.34	BMI 38
			BMI 39
			BMI 40

BMI is calculated by weight in pounds multiplied by 703 and divided by height in inches squared.

To request additional copies of this BMI Chart, call the Vermont Department of Health at (802) 863-7330.