

**PREVALENCE OF LIVER DISEASE  
STATE FACT SHEET**

American Liver Foundation (ALF) Liver Life Advocates—Raising Awareness, Advancing Change™, represents more than 100 million Americans affected by liver disease.



**Vermont Residents Affected by Liver Disease**



**Sam U.**

Sam advocates to raise awareness about liver health, alcohol-use disorder, and alcohol-associated liver disease. Sam developed alcohol-use disorder, now considered a brain disorder by CDC, in college and has suffered many health consequences as a result. In summer 2021, Sam developed ascites, or fluid in his abdomen caused from a backup of toxins in the liver, and learned he had liver cirrhosis while in the ER. Now, in his mid-30's, Sam's condition continues to worsen, despite being 14-months sober, he lost his job and fears he will soon be homeless.

**State Statistics**

**96**

Vermont residents died of liver disease/cirrhosis in 2023

**NA**

liver transplants were performed in Vermont

**NA**

people are on the liver transplant waitlist

**NA**

Vermonters have died while on the liver transplant waitlist

**7%**

of adults in Vermont have diabetes

**26.9%**

of adults in Vermont are obese

**18.5%**

of adults have no leisurely physical activity

**ALF 2026 Legislative Priorities**

- Support Living Donors: Advance the Living Donor Protection Act and the Expanding Support for Living Organ Donors Act to protect donors and reduce financial barriers
- Ensure Patient Access: Pass the Safe Step Act, Treat and Reduce Obesity Act, and HELP Copays Act to improve access and affordability
- Pediatric Screening: Advance the Ian Kalvinskas Pediatric Liver Cancer Early Detection and Screening Act for earlier diagnosis
- CDC Efforts: Strengthen liver disease surveillance and prevention

ALF is a national community of patients, caregivers and medical professionals dedicated to helping people improve their liver health. Providing guidance and life-saving resources, we are a beacon for the 100 million Americans affected by liver disease. We advocate for patients and families, fund medical research and educate the public about liver wellness and disease prevention. We bring people together through our educational programs and events and create a network of support that lasts a lifetime. ALF is the largest organization focused on all liver diseases and the trusted voice for patients and families living with liver disease. For more information visit [liverfoundation.org](http://liverfoundation.org) or call 1-800-GO-LIVER (800-465-4837).