

Behavioral Health Risks Among Northeast District (NDDH) Adults, 2011-2013



This fact sheet presents data for Northeast District Department of Health (NDDH) adults (18 years and older) on selected chronic conditions, clinical preventive practices, and obesity and health risk behaviors.

Data are from the Connecticut Behavioral Risk Factor Surveillance System (CT BRFSS) for years 2011-2013, combined.

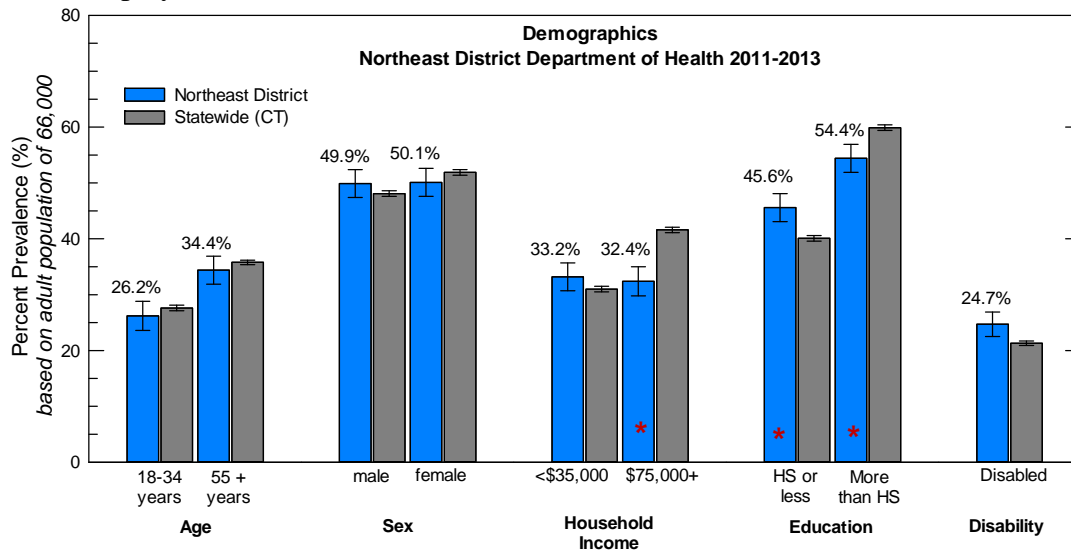
The CT BRFSS is a continuous landline/cell phone survey administered across the state with funding and specifications from the U.S. Centers for Disease Control and Prevention. Connecticut has participated in the BRFSS since 1988. The CT BRFSS is managed by the State of Connecticut Department of Public Health. For more information about the CT BRFSS, visit our website at www.ct.gov/dph/BRFSS.

This report compares prevalence estimates for the health district (blue bars), with those for the state (grey bars). Bars with red asterisks (*) identify prevalence estimates for the health district that are significantly higher or lower than the state prevalence ($p < 0.05$). All estimates have a coefficient of variation less than 15%, and standard errors are displayed.

Highlights

These data for Northeast District Department of Health mimic what is seen across the nation - obesity and chronic disease rates are excessive. Also of note is the evidence of a relationship between health, education, and income.

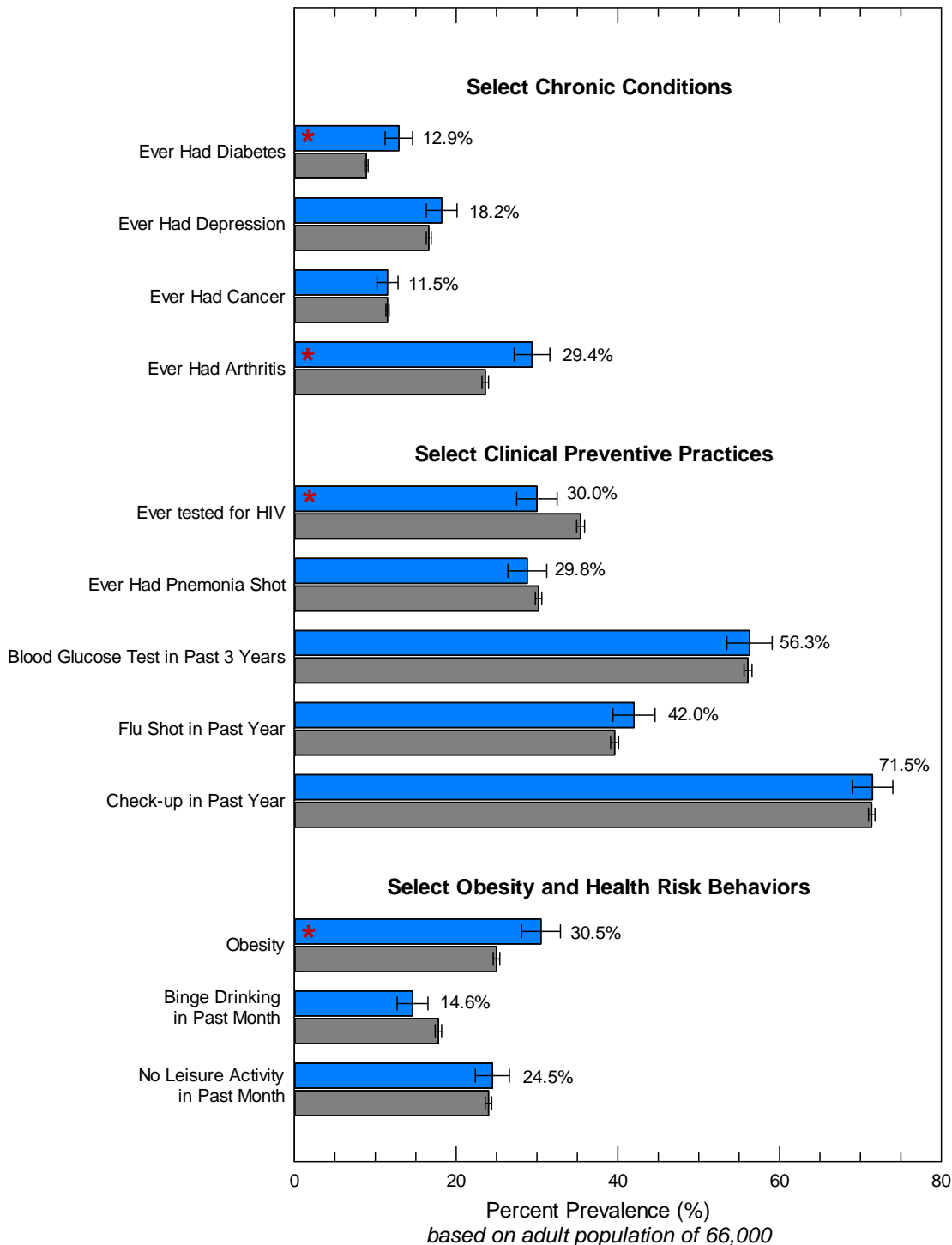
- NDDH-area adults are significantly more likely than all adults across the state to have:
 - Obesity, or a body-mass index of at least 30.0 (30%);
 - Arthritis (29%);
 - Diabetes (13%).
- Less than one in every three NDDH-area adults report ever being tested for HIV/AIDS, a value significantly less than the overall statewide prevalence.
- Compared to the state of CT as a whole, adults from the NDDH area are significantly less likely to have graduated from high school or continued their education beyond high school.



Method: An adult population estimate for the health district was calculated as an average of town populations for years 2011, 2012, and 2013 in the towns of Brooklyn, Canterbury, Eastford, Hampton, Killingly, Plainfield, Pomfret, Putnam, Sterling, Thompson, Union, and Woodstock, less the estimated population of children for each town. The average was rounded to the nearest thousand. Town population estimates can be viewed at www.ct.gov/dph/cwp/view.asp?a=3132&q=388156, and child population estimates were obtained from *Table B09001: Population under 18, 2008-2012, American Community Survey*. Technical assistance was provided by the BRFSS team, State of Connecticut Department of Public Health. For more information about the analysis, please contact Carol Stone (carol.stone@ct.gov; 860-509-7147).

Limitation: Prevalence estimates for NDDH were based on state demographics, however household income and education level in the health district were significantly different from the state. Despite this, significant differences were seen on selected health indicators (see page 2).

Selected Health Indicators Among Northeast District Adults, 2011-2013



This figure compares prevalence estimates for select chronic conditions, clinical preventive practices, obesity, and health risk behaviors in NDDH (blue bars), with those for the state (grey bars). Standard error bars are also shown. Bars with red asterisks (*) identify prevalence estimates for the health district that are significantly higher or lower than the state prevalence ($p < 0.05$). All estimates have a coefficient of variation less than 15%.

The Northeast District Department of Health (NDDH) is the local health department that serves the northeast corner of Connecticut. It is a non-profit governmental organization.

NDDH is the convener of Health Quest, a regional public health collaborative working to promote environmental and policy change to improve health outcomes and the risky behaviors that contribute to poor health.

For more information about NDDH, Health Quest, this report, or other district health programs and activities, please contact:

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<http://www.nddh.org/index.html>

April, 2015