

Behavioral Health Risks Among Torrington Area Health District Adults in 2012

Connecticut Department of Public Health

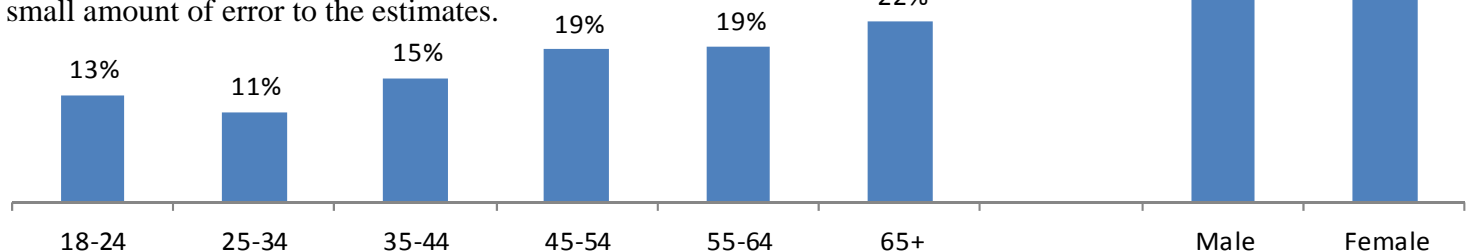


This report presents data for Torrington Area Health District (TAHD) adults on health status, risky health behaviors, health care access, and income. Data are from Connecticut's 2012 Behavioral Risk Factor Surveillance System (BRFSS).

About the BRFSS: The BRFSS is a landline telephone and cellular phone survey administered in all 50 states and 4 U.S. territories with funding and specifications from the Centers for Disease Control and Prevention (CDC). The BRFSS monitors the prevalence of health risks that contribute to the leading causes of disease and death among adults 18 and older in the United States. Connecticut has participated in the BRFSS since 1988.

Connecticut's BRFSS: From January to December 2012, the Connecticut BRFSS conducted random-digit dialed telephone and cellular phone interviews with 8,781 non-institutionalized CT adults, 577 of which resided in the TAHD (523 landline and 54 cell phone surveys). A professional firm implemented the survey under contract with the Connecticut Department of Public Health.

Reading Statistics: This report presents bar graphs showing percentages and 95% Confidence Intervals (CI). Since percentages from survey data are estimates, the 95% CI indicates the range of values within which the "true" value lies 95% of the time. A chi-squared test is conducted to confirm if the differences are statistically significant. The data are weighted to Connecticut population estimates because town level demographic population estimates are unavailable — using Connecticut weights may add a small amount of error to the estimates.



Highlights

Compared to adult residents of the Torrington Area Health District with an annual income of at least \$75,000, those earning less than \$35,000 were significantly more likely to:

- Smoke; and
- Be physically inactive.

Fit Together of Litchfield County, the county's Community Transformation Grant coalition, is working to encourage and promote policies that:

- Create tobacco-free public spaces and workplaces;
- Encourage physical activity among children; and
- Promote self-monitoring blood pressure programs.

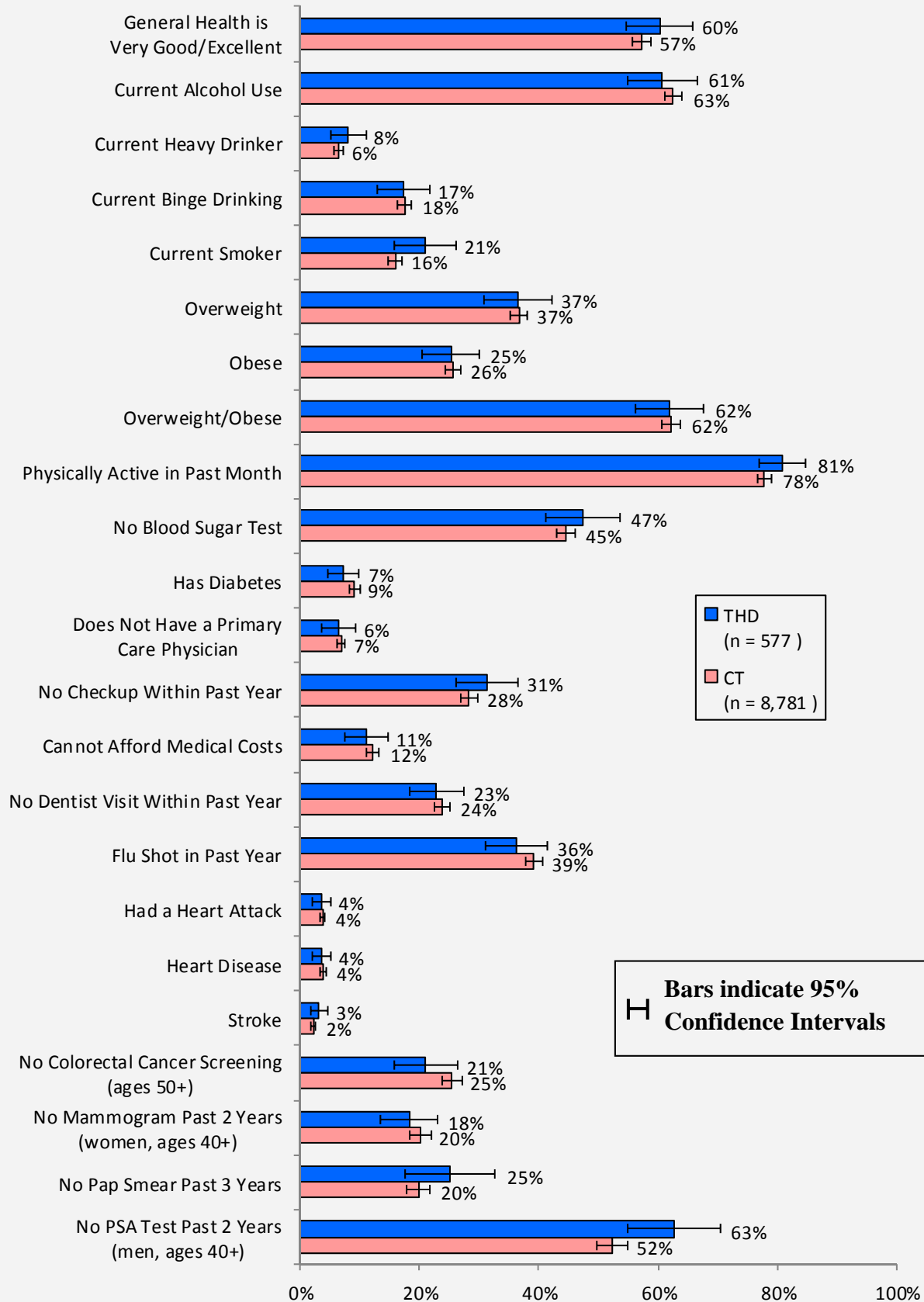
Fit Together also works with numerous communities throughout the county to develop walking trails and encourage active living.

For more information about Fit Together of Litchfield County, please contact Sharon McCoy at 860-489-0436, ext. 318.

Acknowledgements: The Connecticut BRFSS is funded in part by the CDC BRFSS Cooperative Agreement, and the CDC Chronic Disease Prevention and Health Promotion Programs Cooperative Agreement.

Further Information: Go to <http://www.ct.gov/dph/brfss>, <http://www.cdc.gov/brfss> or contact the Health Statistics and Surveillance Section, at the CT Department of Public Health (860-509-7658).

Figure 1
Health Risks Among TAHD vs CT Residents
 (Ages 18 and older) -- 2012

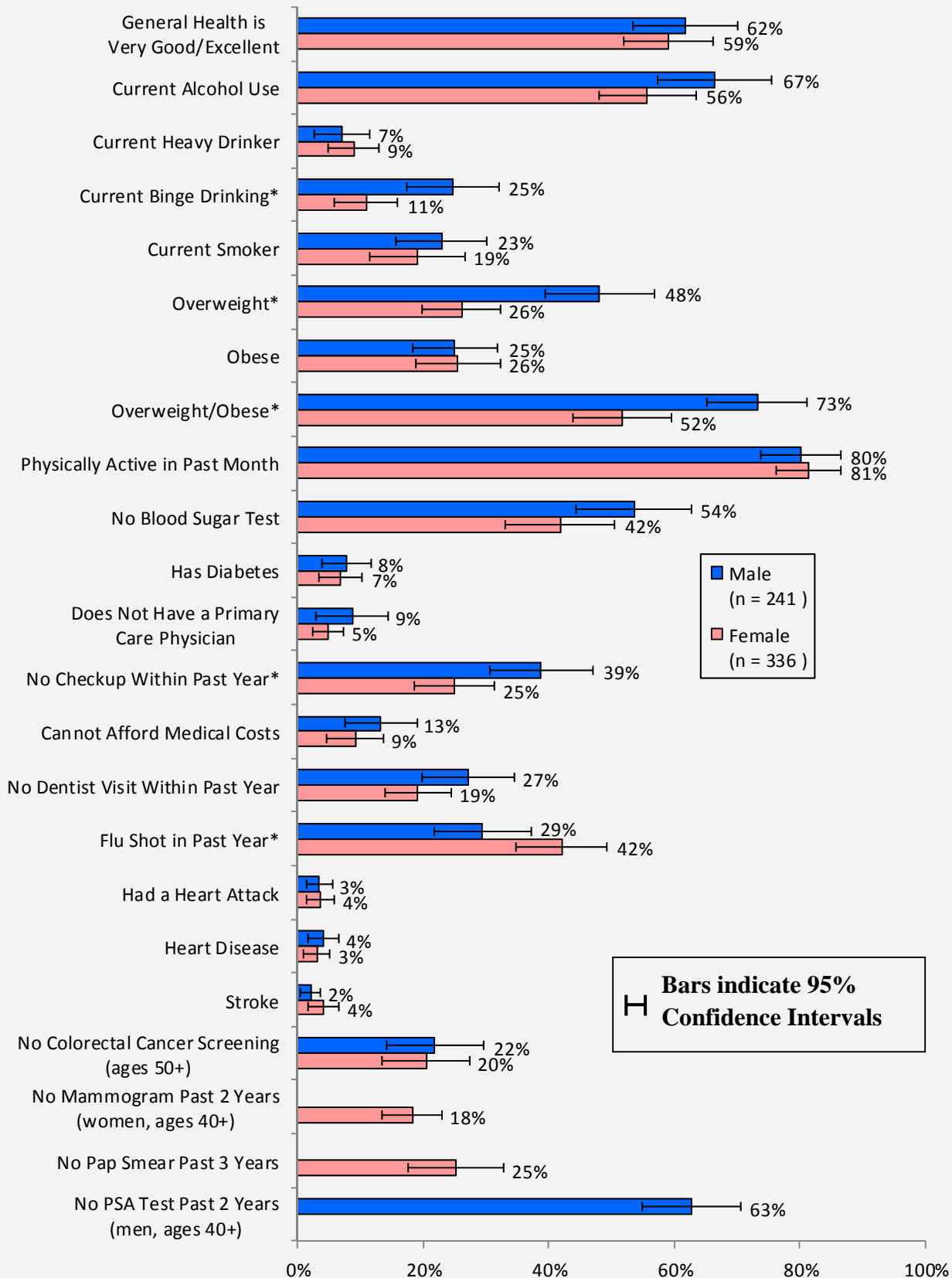


Source:
 2012
 Connecticut
 Behavioral
 Risk Factor
 Surveillance
 System

Figure 2
Health Risks Among TAHD Residents
 (Ages 18 and older) by Gender -- 2012

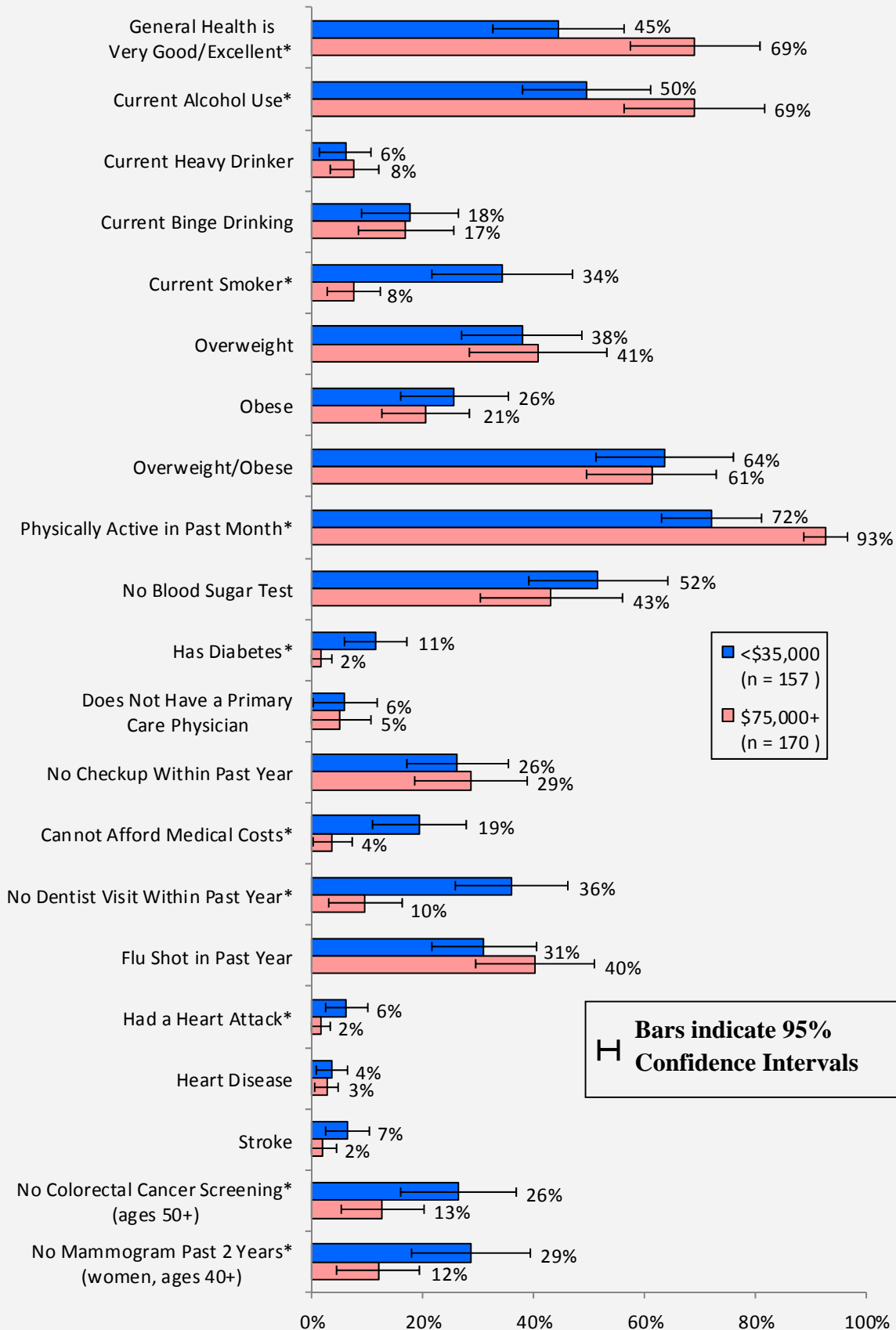


Source:
 2012
 Connecticut
 Behavioral
 Risk Factor
 Surveillance
 System



* statistically significant difference

Figure 3
Health Risks Among TAHD Residents
 (Ages 18 and older) by Income -- 2012



Source:
 2012
 Connecticut Behavioral Risk Factor Surveillance System

Bars indicate 95% Confidence Intervals