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.
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

General Health is Very Good/Excellent
- Male: 62%, Female: 59%

Current Alcohol Use
- Male: 56%, Female: 56%

Current Heavy Drinker
- Male: 7%, Female: 9%

Current Binge Drinking*
- Male: 11%, Female: 25%

Current Smoker
- Male: 19%, Female: 19%

Overweight*
- Male: 26%, Female: 48%

Obese
- Male: 25%, Female: 26%

Overweight/Obese*
- Male: 52%, Female: 73%

Physically Active in Past Month
- Male: 80%, Female: 81%

No Blood Sugar Test
- Male: 42%, Female: 54%

Has Diabetes
- Male: 8%, Female: 7%

Does Not Have a Primary Care Physician
- Male: 5%, Female: 9%

No Checkup Within Past Year*
- Male: 39%, Female: 25%

Cannot Afford Medical Costs
- Male: 13%, Female: 9%

No Dentist Visit Within Past Year
- Male: 19%, Female: 27%

Flu Shot in Past Year*
- Male: 29%, Female: 42%

Had a Heart Attack
- Male: 3%, Female: 4%

Heart Disease
- Male: 4%, Female: 3%

Stroke
- Male: 2%, Female: 4%

No Colorectal Cancer Screening (ages 50+)
- Male: 22%, Female: 20%

No Mammogram Past 2 Years (women, ages 40+)
- Male: 18%

No Pap Smear Past 3 Years
- Male: 25%

No PSA Test Past 2 Years (men, ages 40+)
- Male: 63%

Bars indicate 95% Confidence Intervals

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

General Health is Very Good/Excellent
Current Alcohol Use
Current Heavy Drinker
Current Binge Drinking
Current Smoker
Overweight
Obese
Overweight/Obese
Physically Active in Past Month
No Blood Sugar Test
Has Diabetes
Does Not Have a Primary Care Physician
No Checkup Within Past Year
Cannot Afford Medical Costs
No Dentist Visit Within Past Year
Flu Shot in Past Year
Had a Heart Attack
Heart Disease
Stroke
No Colorectal Cancer Screening
No Mammogram Past 2 Years

Source:
2012 Connecticut Behavioral Risk Factor Surveillance System

Bars indicate 95% Confidence Intervals

* statistically significant difference