Fact Sheet
Connecticut Rankings for Selected Health Indicators in Fairfield, Hartford, and New Haven County, 2011

February, 2016

Description and Data Source

Ongoing surveillance to monitor positive or negative behaviors provide insight into the overall health status of a population and provide characteristics of those at high risk for health conditions. Data on these health indicators may also be used to inform the design, implementation and direction of health programs and policies that address the public health needs of a community or region.

County rankings for health behaviors were obtained for this factsheet from questions in the Behavioral Risk Factor Surveillance System (BRFSS), an on-going voluntary and anonymous landline/cell phone survey of randomly selected adults aged 18 years and older in all states across the U.S. The survey has been conducted in Connecticut since 1989. A total of 224 counties in 54 states and territories participated in the survey in 2011, the most recent year for which CDC has prepared county-level estimates. Prevalence estimates for selected health indicators are shown for three counties in Connecticut. Sample size was insufficient to obtain estimates for the remaining five counties in the state.

Prevalence estimates with 95% confidence intervals (CI) were generated on the following topics: general health status, preventive practices, health-risk behaviors, cardiovascular and chronic conditions, and disability. Selected health indicators are divided into either positive (increase health or well-being) or negative (health-risk behavior or condition). Health indicator rankings for Fairfield, Hartford, and New Haven County relative to other U.S. counties are shown in the figure on page two (reverse page).

County rankings were extracted from data obtained in a document published by the Centers for Disease Control and Prevention: Surveillance for Certain Health Behaviors Among States and Selected Local Areas—Behavioral Risk Factor Surveillance System, United States, 2011. *MMWR 2014;63(No.9): pp 14-148.*
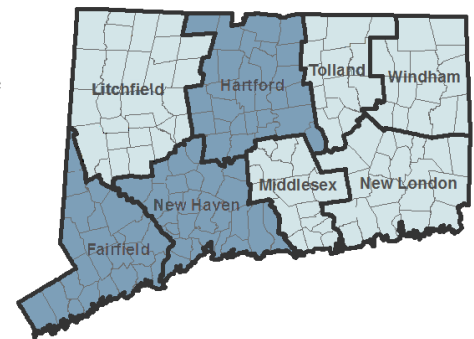
County Rankings in Connecticut

Fairfield County

The majority of Fairfield County rankings indicate a population that has adopted a variety of preventive health behaviors, often ranking toward positive health indicators and less toward negative health indicators. Only four rankings for Fairfield County were problematic: Lower percentages among adults at least 65 years old for influenza vaccination (58.7%; 95% CI: 52.9, 64.5) and pneumococcal vaccination (67.8%; 95% CI: 62.2, 73.3); and higher percentages for heavy drinking (8.1%; 95% CI: 6.2, 9.9) and cancer (11.4%; 95% CI: 9.4, 13.3). Fairfield County exhibited low percentages for three negative health indicators: Current cigarette smokers (14.4%; 95% CI: 11.6, 17.2); adults who are obese (18.1%; 95% CI: 15.4, 20.7); and limited activities due to a physical, mental, or emotional problem (19.6%; 95% CI: 16.9, 22.3).
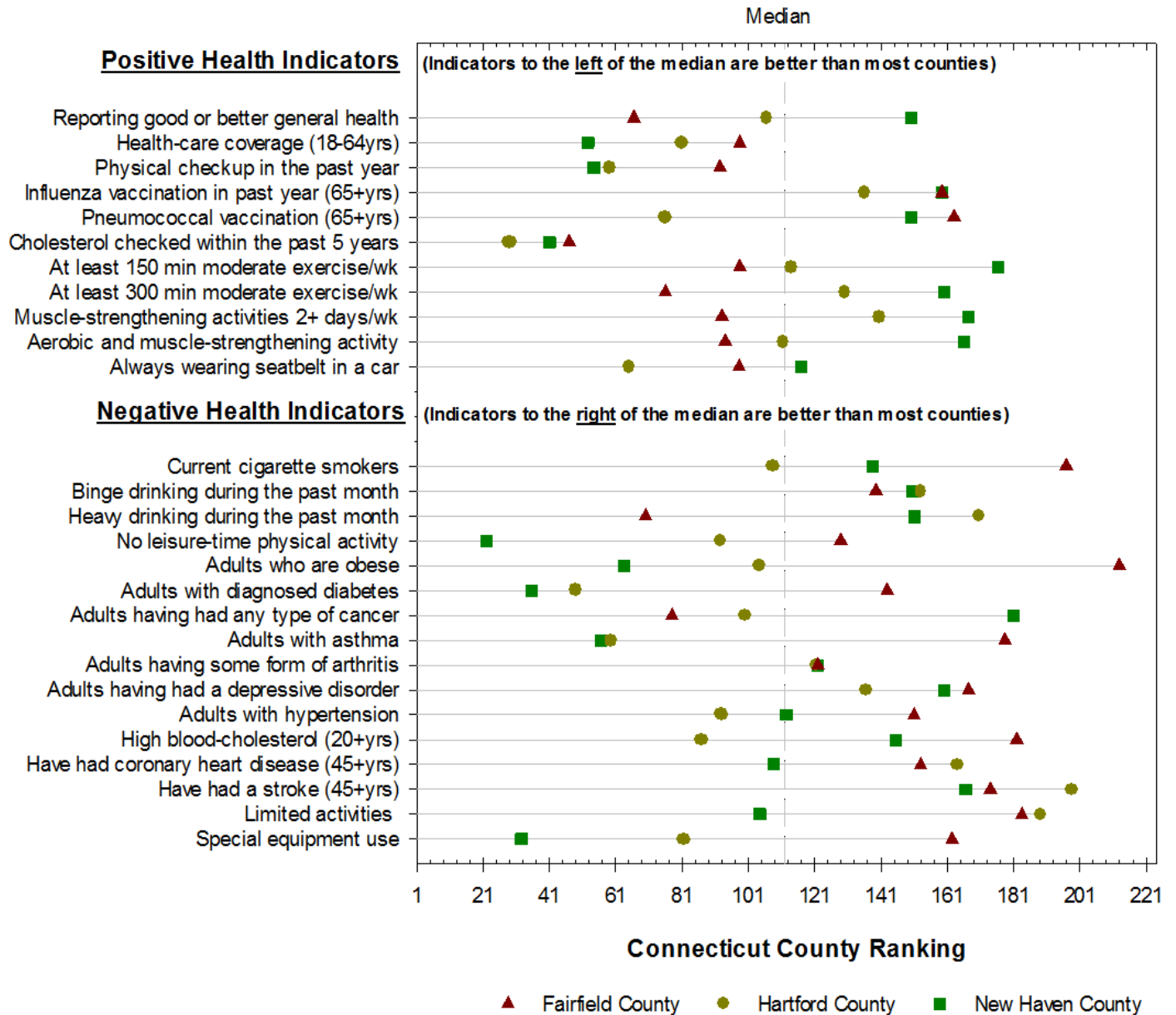
Hartford County

Hartford County often ranked close to the median of all counties in the U.S. for both positive and negative health indicators. Compared with Fairfield County and New Haven County, Hartford County had better rankings for cholesterol screenings (82.4%; 95% CI: 79.5, 85.2) and wearing a seatbelt (90.8%; 95% CI: 89.1, 92.6). Hartford County also had better rankings for both stroke among adults 45 years old and older (3.3%; 95% CI: 2.0, 4.6), and limited activities due to a physical, mental, or emotional problem (19.4%; 95% CI: 17.1, 21.8).

New Haven County

Compared with other Connecticut and U.S. counties, New Haven County predominantly ranked worse in adopting healthy behaviors. Among positive health indicators, New Haven County ranked better for: Cholesterol screening (81.2%; 95% CI: 77.9, 84.6); having healthcare coverage (85.8%; 95% CI: 82.6, 88.9); and having had a physical checkup in the past year (72.3%: 95% CI: 69.0, 75.6). Among negative health indicators, New Haven County ranked worse for: No leisure time physical activity (30.2%; 95% CI: 26.6, 33.8); diabetes (10.7%; 95% CI: 8.7, 12.7); and using special equipment because of any health problem (9.6%; 95% CI: 7.5, 11.8). New Haven County had a low prevalence of adults with any type of cancer (8.7%; 95% CI: 7.2, 10.2).

Figure
Connecticut County Rankings for Selected Health Indicators, BRFSS, 2011
Fairfield, Hartford, and New Haven County

Median

Positive Health Indicators (Indicators to the <u>left</u> of the median are better than most counties)

- Reporting good or better general health
- Health-care coverage (18-64yrs)
- Physical checkup in the past year
- Influenza vaccination in past year (65+yrs)
- Pneumococcal vaccination (65+yrs)
- Cholesterol checked within the past 5 years
- At least 150 min moderate exercise/wk
- At least 300 min moderate exercise/wk
- Muscle-strengthening activities 2+ days/wk
- Aerobic and muscle-strengthening activity
- Always wearing seatbelt in a car

Negative Health Indicators (Indicators to the <u>right</u> of the median are better than most counties)

- Current cigarette smokers
- Binge drinking during the past month
- Heavy drinking during the past month
- No leisure-time physical activity
- Adults who are obese
- Adults with diagnosed diabetes
- Adults having had any type of cancer
- Adults with asthma
- Adults having some form of arthritis
- Adults having had a depressive disorder
- Adults with hypertension
- High blood-cholesterol (20+yrs)
- Have had coronary heart disease (45+yrs)
- Have had a stroke (45+yrs)
- Limited activities
- Special equipment use

Connecticut County Ranking: 1, 21, 41, 61, 81, 101, 121, 141, 161, 181, 201, 221

Connecticut County Ranking

▲ Fairfield County   ● Hartford County   ■ New Haven County

Data were extracted from:
MMWR 2014; 63(No.9): pp 14-148.

BRFSS
Behavioral Risk Factor Surveillance System

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