

# A Healthier Connecticut by 2020



Windham County Public Forum  
September 12, 2013



Connecticut Department of Public Health

# Many Things Affect Our Health



Source: Drawing adapted from healthynashville.org

Health

Prenatal  
Suicide  
Birthweight  
Alcohol  
Poverty  
Healthcare  
Obesity  
Environment  
Poisoning  
Mental  
Hospitalization  
Overweight  
Diabetes  
Homicide  
Exercise  
Income  
Diet  
Falls  
Stroke  
Injuries  
Cancer  
Tobacco  
STIs  
Race  
Heart  
Asthma  
Drugs  
HIV  
Disease  
Lead

# Who Lives in Connecticut and in Our Community



# Who Lives in Connecticut and Windham County

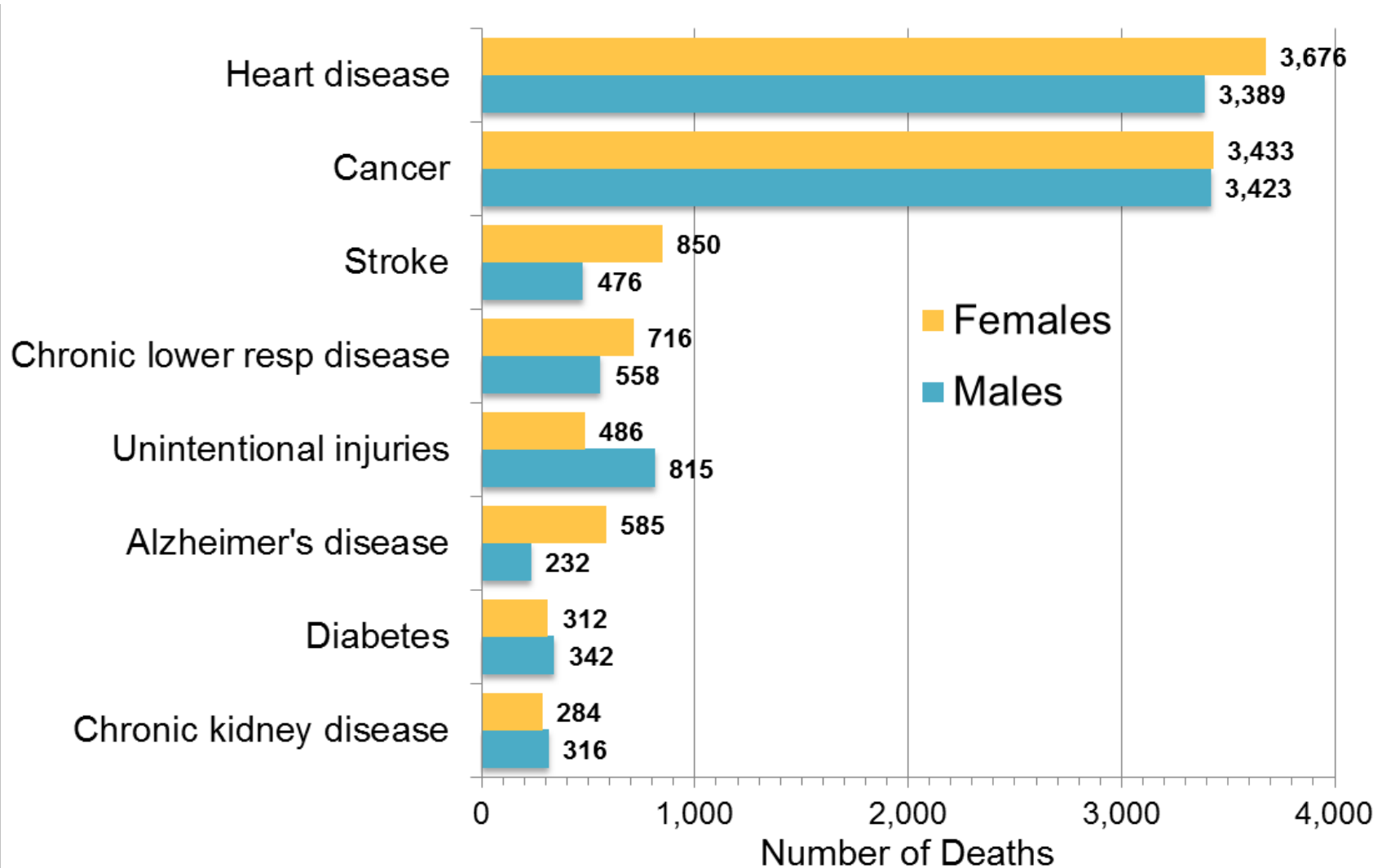
- Connecticut's population is getting older and more diverse.
  - Age: Windham County residents are slightly younger, on average, than CT overall
  - People of color (non-white, non-Hispanic):
    - 1 in 3 in Connecticut
    - 1 in 7 in Windham County
  - Speak language other than English at home:
    - 1 in 5 in Connecticut
    - 1 in 8 in Windham County
- **Living in poverty**:
  - 1 in 10 in Connecticut
  - 1 in 9 in Windham County
  - 1 in 5 in town of Windham



# Leading Causes of Death



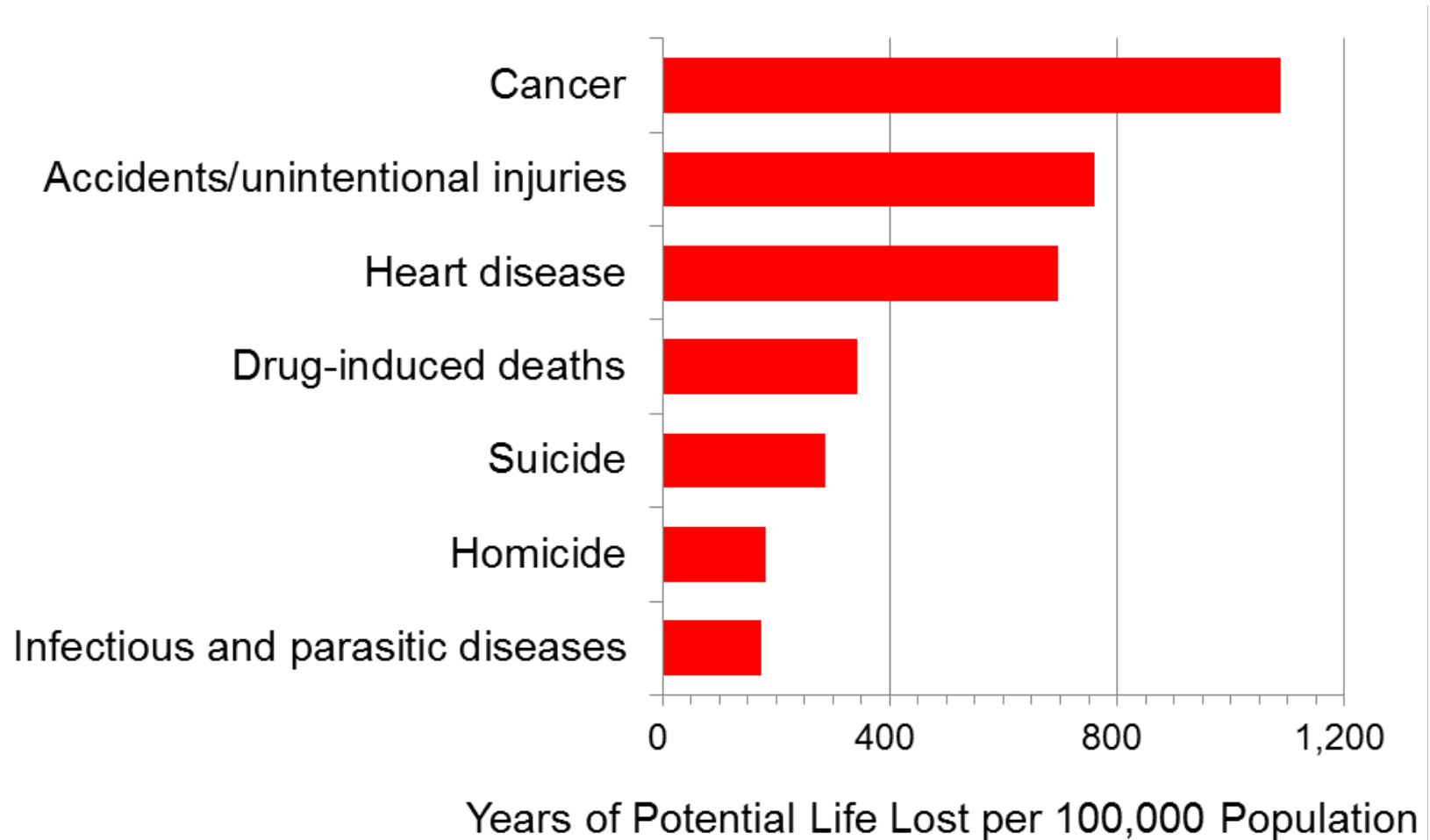
# Leading Causes of Death, Connecticut 2010 (Number of Deaths)



Source: Connecticut Department of Public Health,  
Mortality Tables, 2010, Tables 9 and 10.



# Leading Causes of Premature Death\* Connecticut, 2010



\* Premature death means before age 75

Source: Connecticut Department of Public Health, YPLL Tables, Age-Adjusted YPLL Rate <75, 2010 and Robert Wood Johnson County Health Rankings.



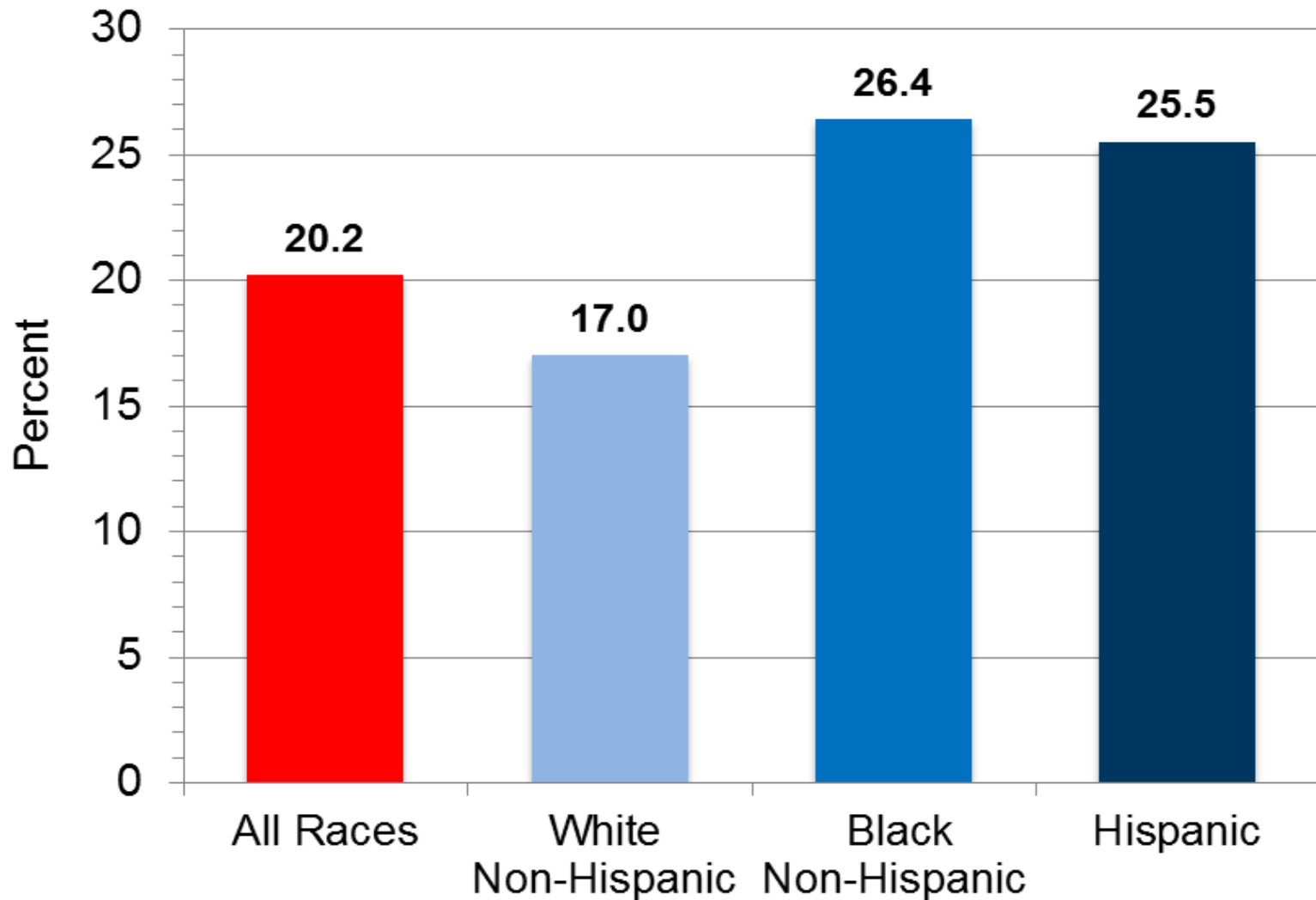
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# Maternal, Infant, and Child Health



# Non-adequate Prenatal Care, Connecticut, 2010

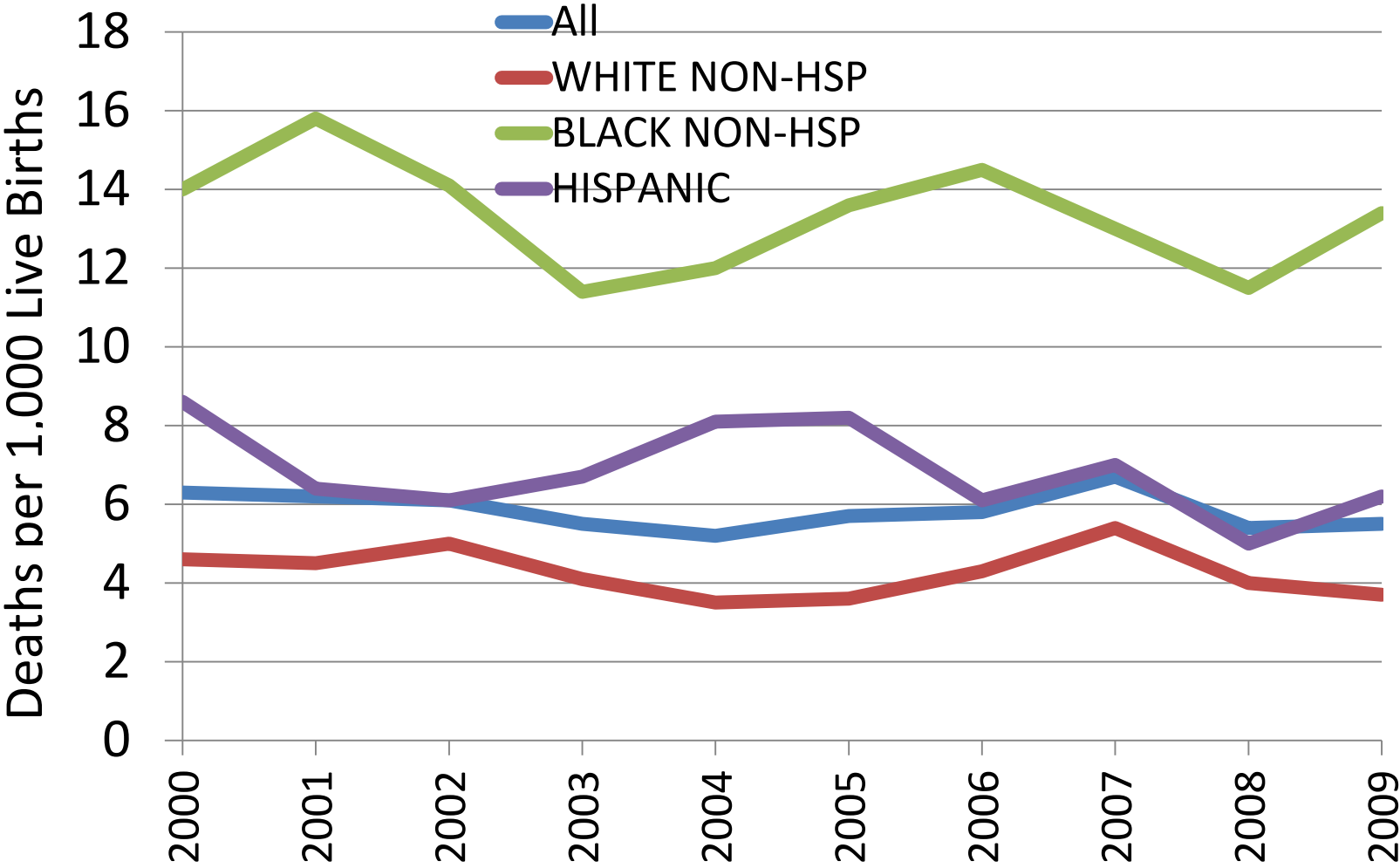


Source: Connecticut Department of Public Health,  
Vital Statistics (Registration Reports), 2010 ,Table 12.



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# Infant Deaths, 2001-2009



Source: Connecticut Department of Public Health, Registration Reports, 2001-2010.



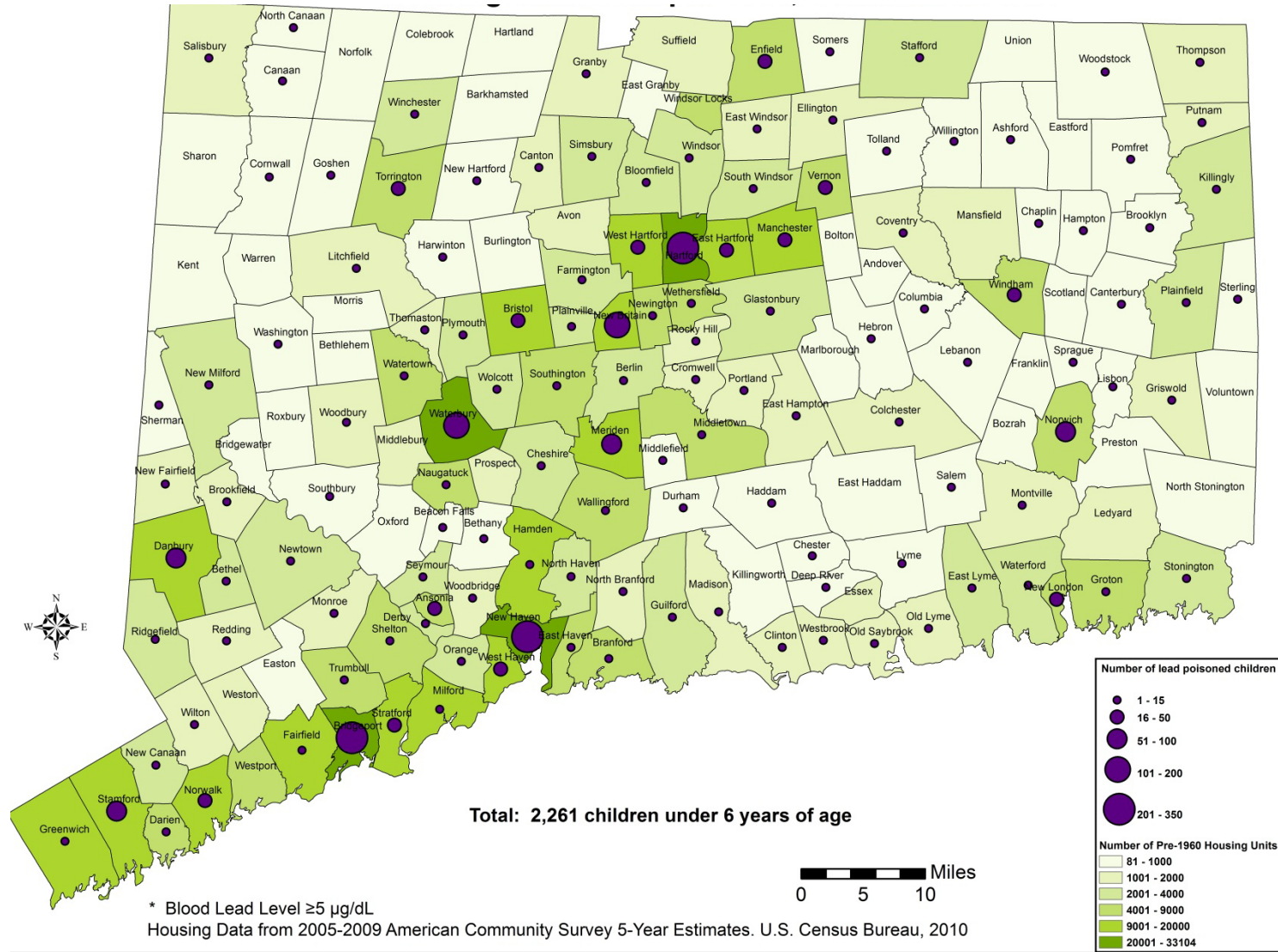
# **Our Environment: Health and Where We Live**



# Major Environmental Quality Concerns

Indoor Environment	Outdoor Environment
1) Mold and mildew	1) Ozone
2) Vapors, fumes and odors	2) Particulate matter
3) Insects, vermin, and other pests	3) Toxic chemicals, spills
4) Carbon monoxide	4) Pesticides
5) Secondhand tobacco smoke	5) Safe drinking water
6) Lead	6) Age of housing
7) Asbestos	7) Available and affordable healthy foods
8) Radon	8) Walkable communities and open space
	9) Wood burning boilers

# Lead-poisoned Children and Older (Pre-1960) Housing



# Connecticut's "Food Deserts"



Source: U.S. Department of Agriculture, Economic Research Service, Food Desert Locator, 2009. Map provided by personal communication.



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# Chronic Diseases and Their Risk Factors





# Risk Factors for Chronic Diseases

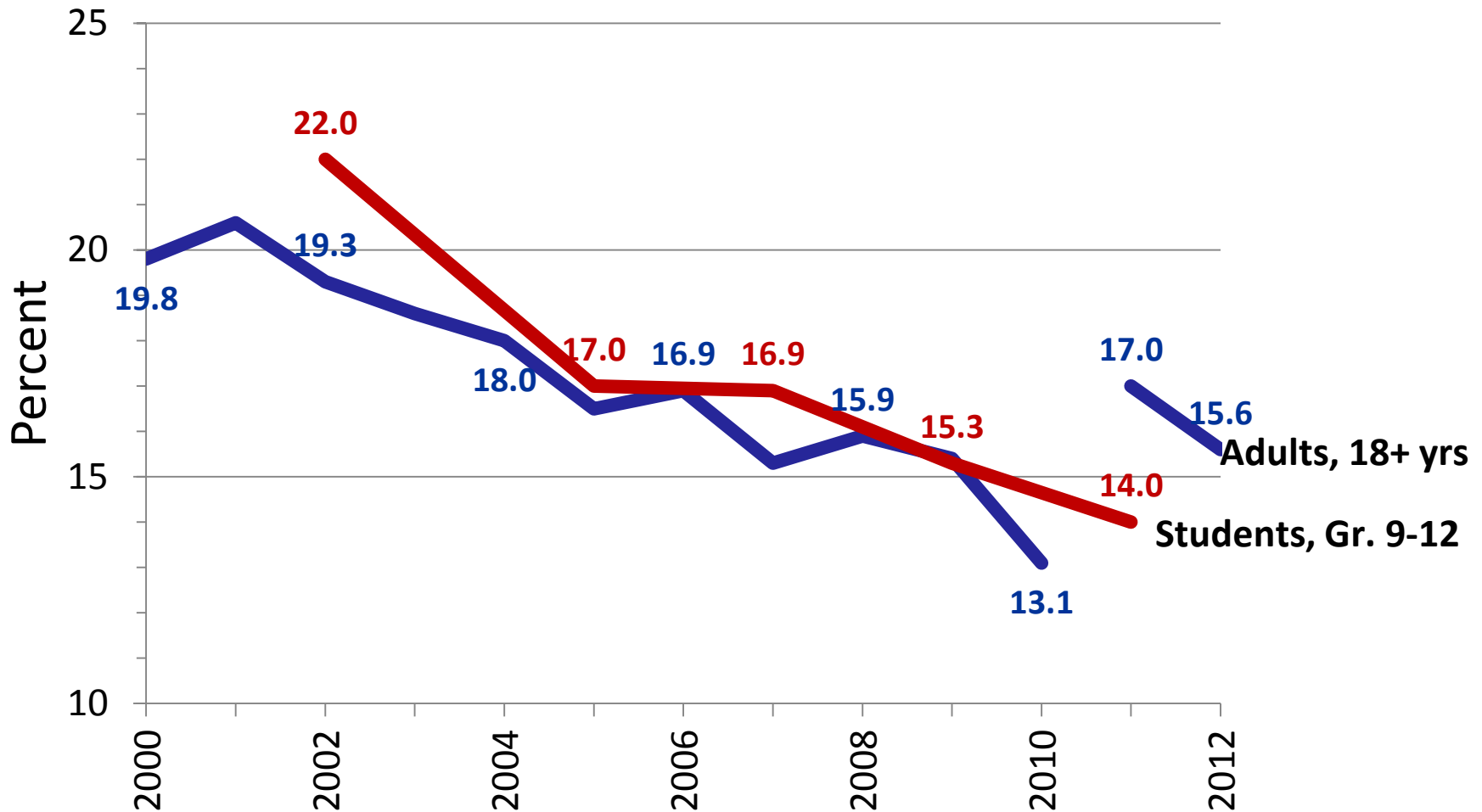
Modifiable Risk Factors	Chronic Diseases					
	Cancer	Diabetes	Heart Disease	Stroke	Chronic Respiratory Diseases	Chronic Kidney Disease
<b>Obesity/overweight</b>	✓	✓	✓	✓		✓
<b>Physical inactivity</b>	✓	✓	✓	✓		✓
<b>Tobacco use</b>	✓		✓	✓	✓	✓
<b>Unhealthy diet</b>	✓	✓	✓	✓		✓
<b>Excessive alcohol use</b>	✓	✓	✓	✓		✓
<b>Indoor/outdoor air quality (incl. secondhand smoke)</b>	✓		✓	✓	✓	
High cholesterol			✓	✓		✓
High blood sugar (pre-diabetes)			✓	✓		✓
Occupational risk (Chemical, dust, exposure; repetitive joint use)	✓				✓	
Excessive sun exposure	✓					
Microbial agents (Unprotected sex, contaminated needles)	✓					
Ionizing radiation	✓					
Allergens					✓	

Source: Connecticut Department of Public Health, Public Health Systems Improvement. Compiled from various sources.



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# Current Smoking among Adults and Youths 2000-2012

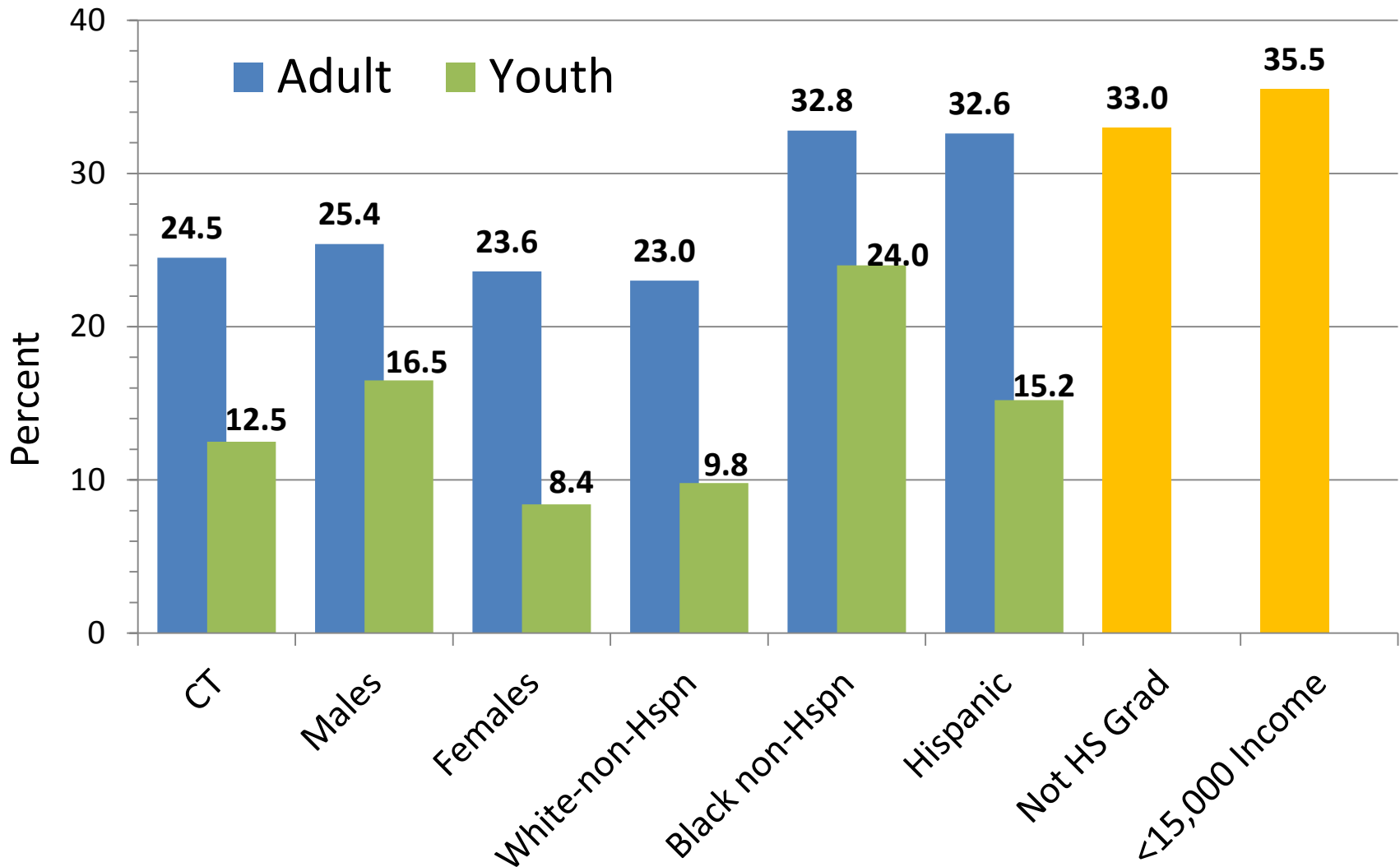


Source: Connecticut Behavioral Risk Factor Surveillance System, 2012;  
Connecticut School Health Survey, Youth Tobacco Component, 2011.



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# Obese Adults and Youths, 2011

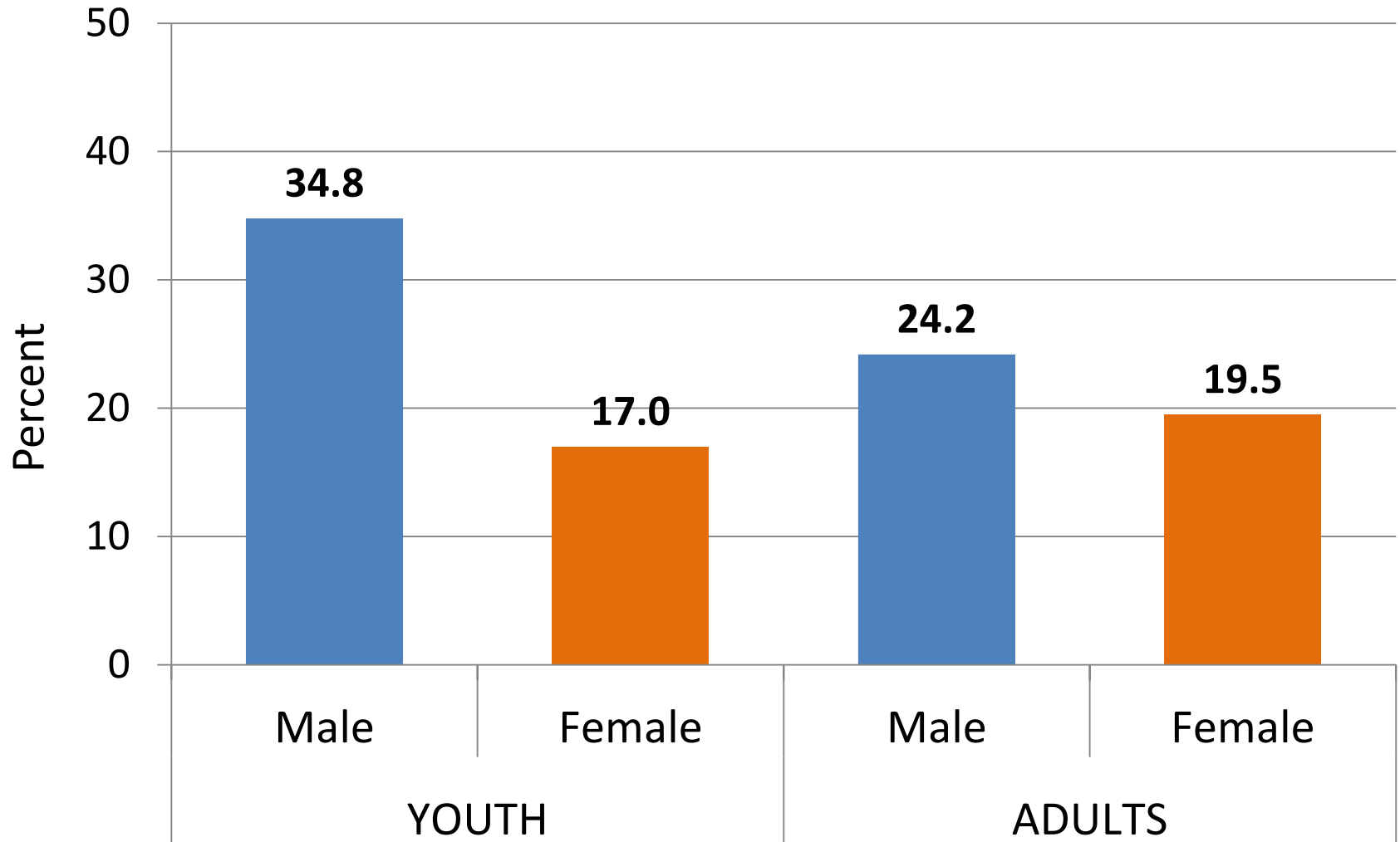


Source: Connecticut Behavioral Risk Factor Surveillance System, 2011;  
Connecticut School Health Survey, Youth Risk Component, 2011.



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# Met Physical Activity Guidelines, 2011



# Asthma in Connecticut

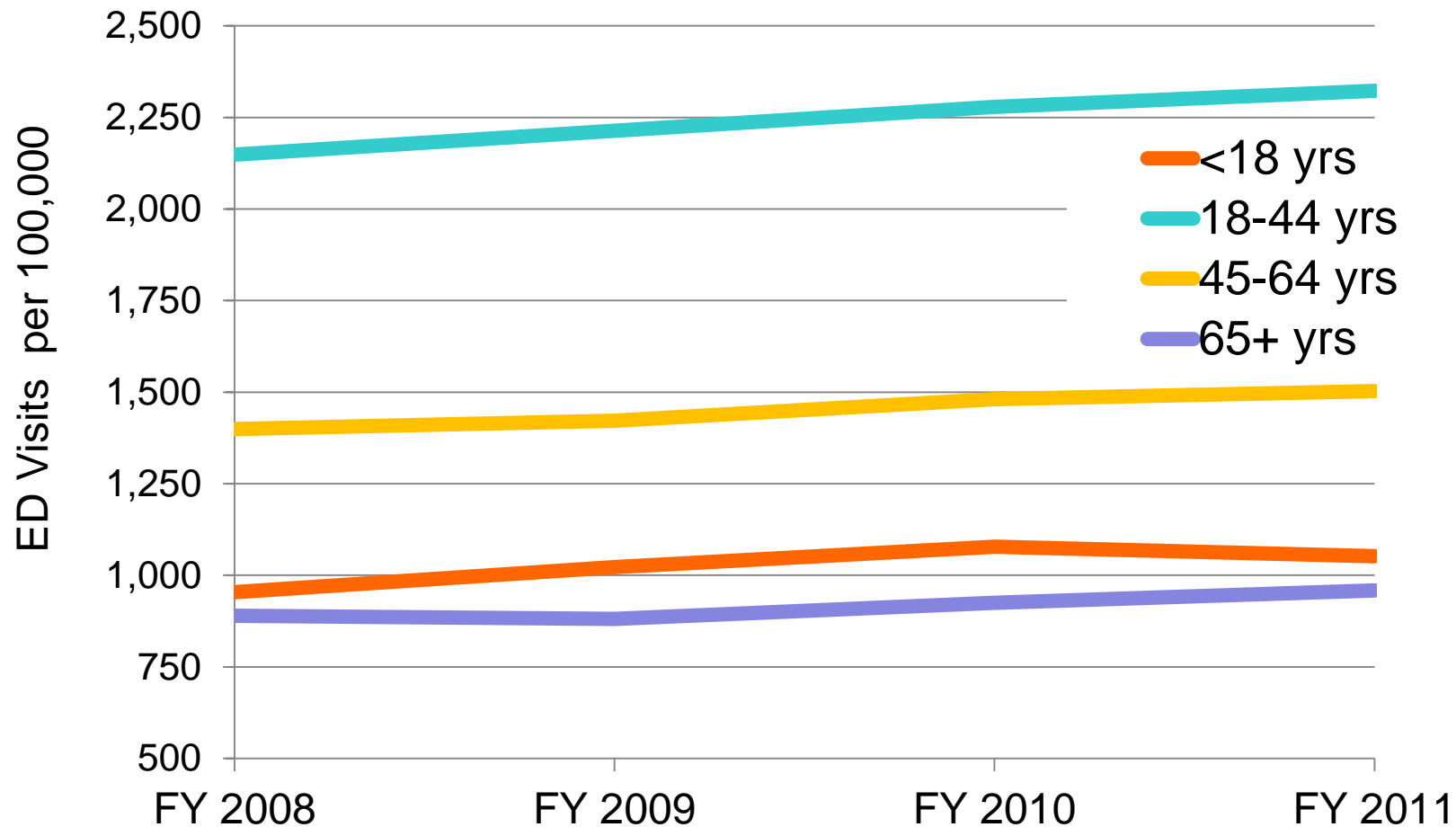


About  
1 in 10 children &  
1 in 12 adults  
are dealing with  
**asthma.**

# **Mental Health, Alcohol, and Substance Abuse**



# Emergency Department Visits for Mental Health Conditions Fiscal Years 2008-2011



Source: Connecticut Department of Public Health, Office of Health Care Access, from Connecticut Hospital Association Chime, Inc. Emergency Department Database, FFY 2007-2011. Mental health as primary diagnosis.



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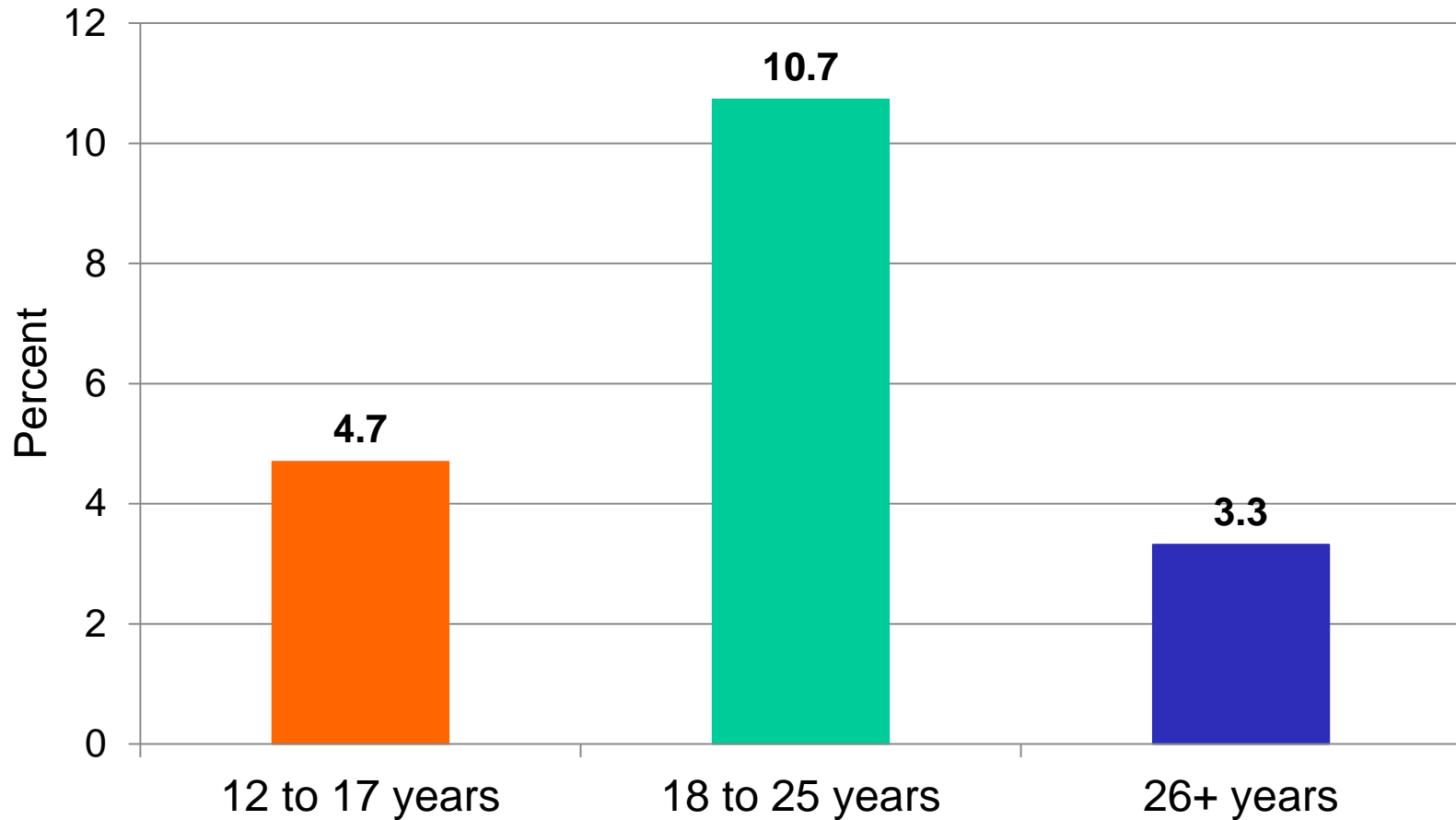
# Binge Drinking

In Connecticut in 2011,  
more than  
1 in 5 adults and  
nearly 1 in 4 students  
were binge drinkers.





# Nonmedical Use of Prescription Pain Relievers Connecticut, 2010-2011



Source: US DHHS Substance Abuse and Mental Health Administration, National Survey on Drug Use and Health, 2010-2011.



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# Injury and Violence

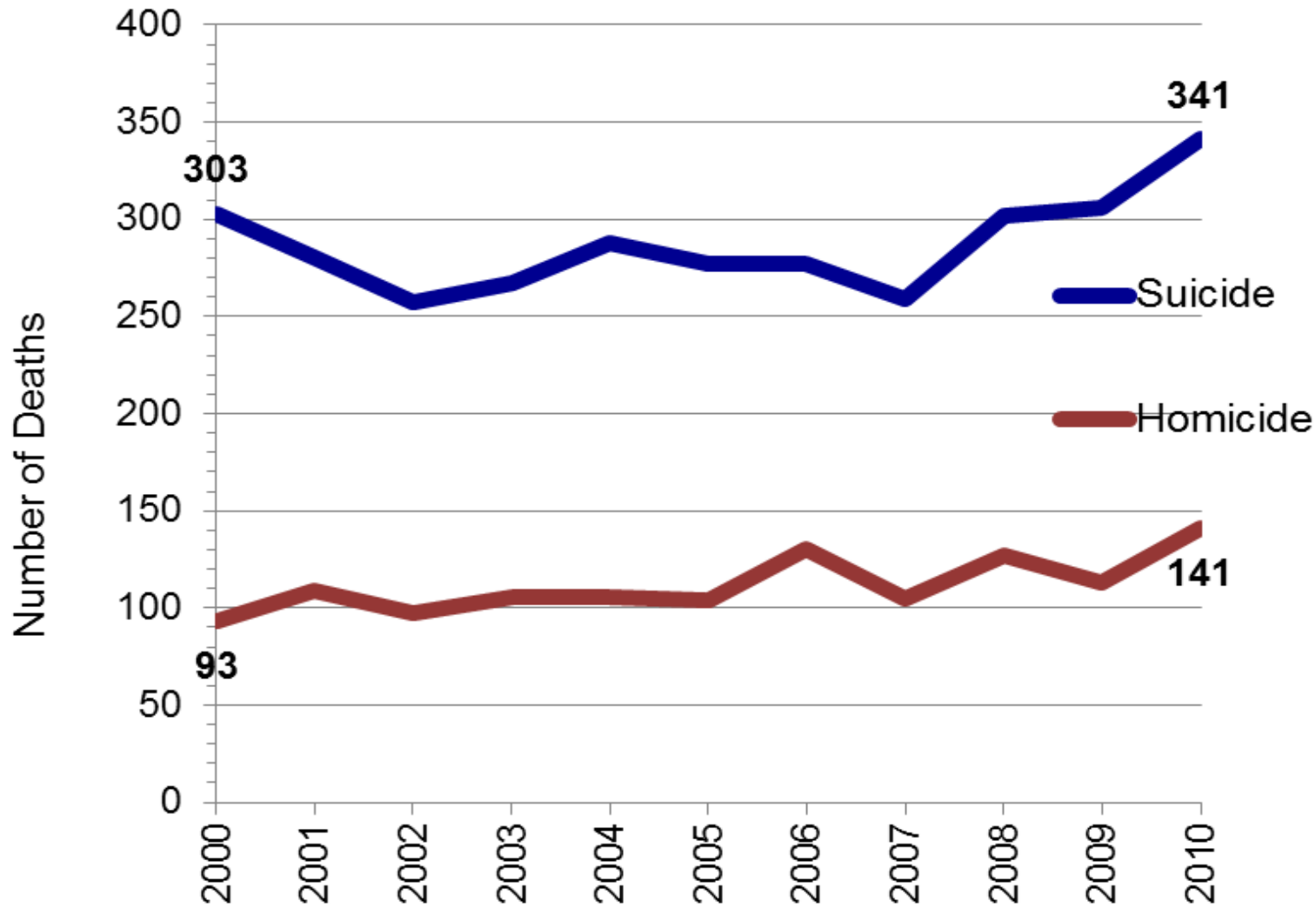


# Accidental Injury Deaths



**Falls have become the leading cause of accidental injury deaths in Connecticut.**

# Suicide and Homicide Deaths, 2000-2010



Source: Connecticut Department of Public Health,  
Mortality Tables, Age-Adjusted Mortality Rate, 2000-2010.

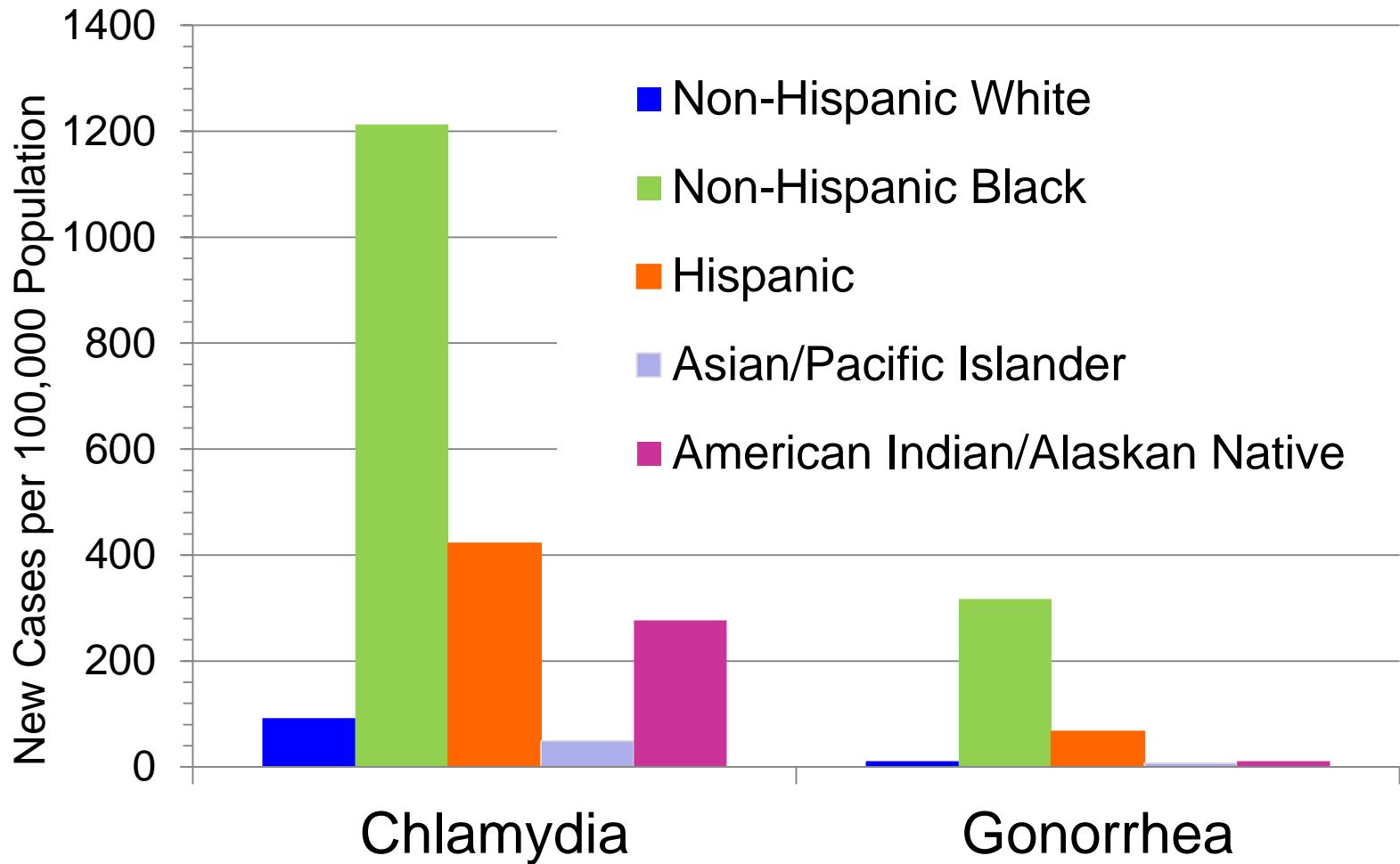


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# Infectious Diseases



# New Cases of Chlamydia and Gonorrhea 2005-2011



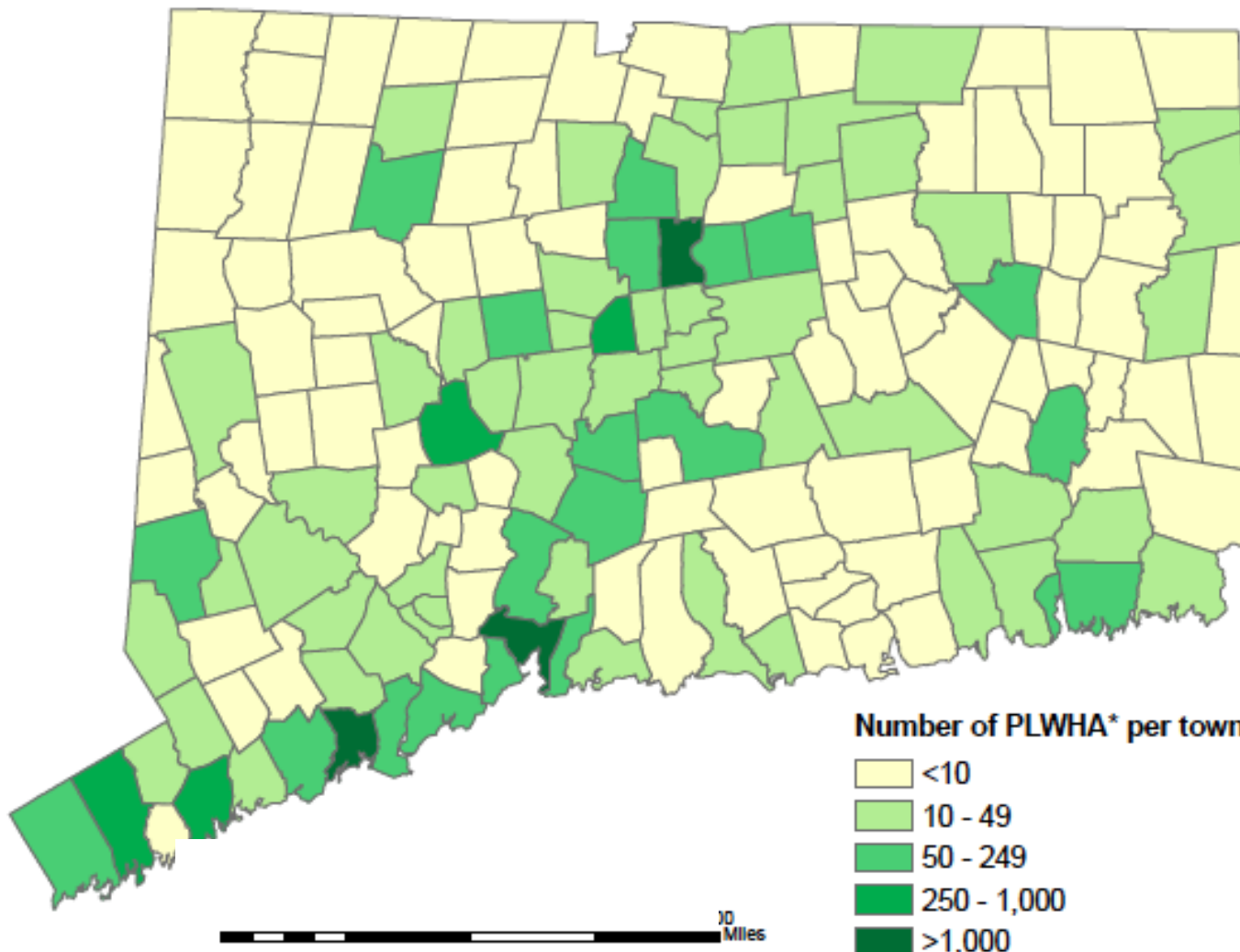
Source: Connecticut Department of Public Health AIDS and Chronic Diseases Section,  
*Epidemiologic Profile of HIV/AIDS in Connecticut.*



# Persons Living with HIV Infection, 2011



\*PLWHA=people living with HIV/AIDS  
Total PLWHA as of 2010: 10,585  
Range of PLWHA per town: 0 - 1,946

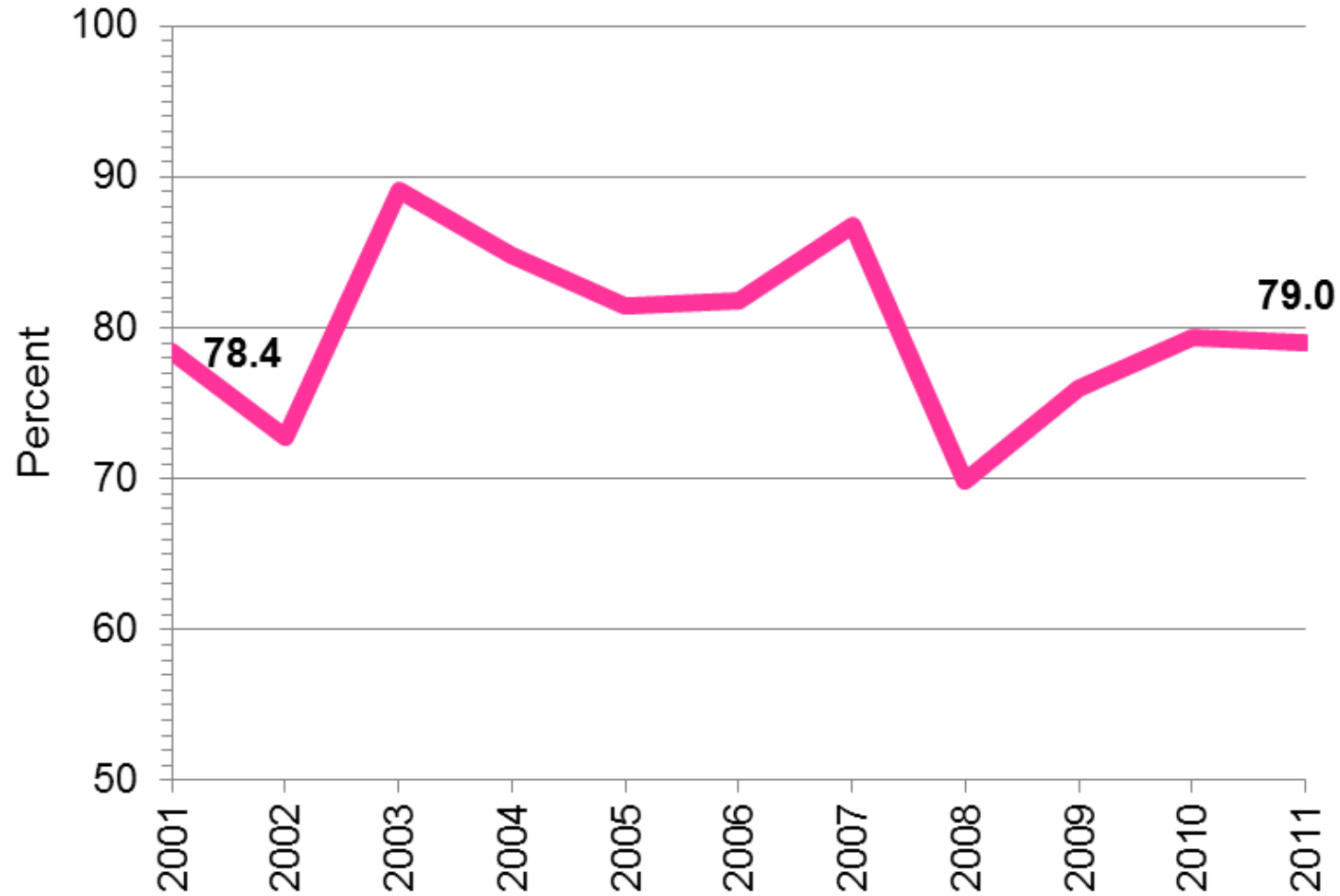


Source: Connecticut Department of Public Health AIDS and Chronic Diseases Section,  
*Epidemiologic Profile of HIV/AIDS in Connecticut.*



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# Childhood Vaccination Coverage, 2001-2011 (Children 19 to 36 months of age)



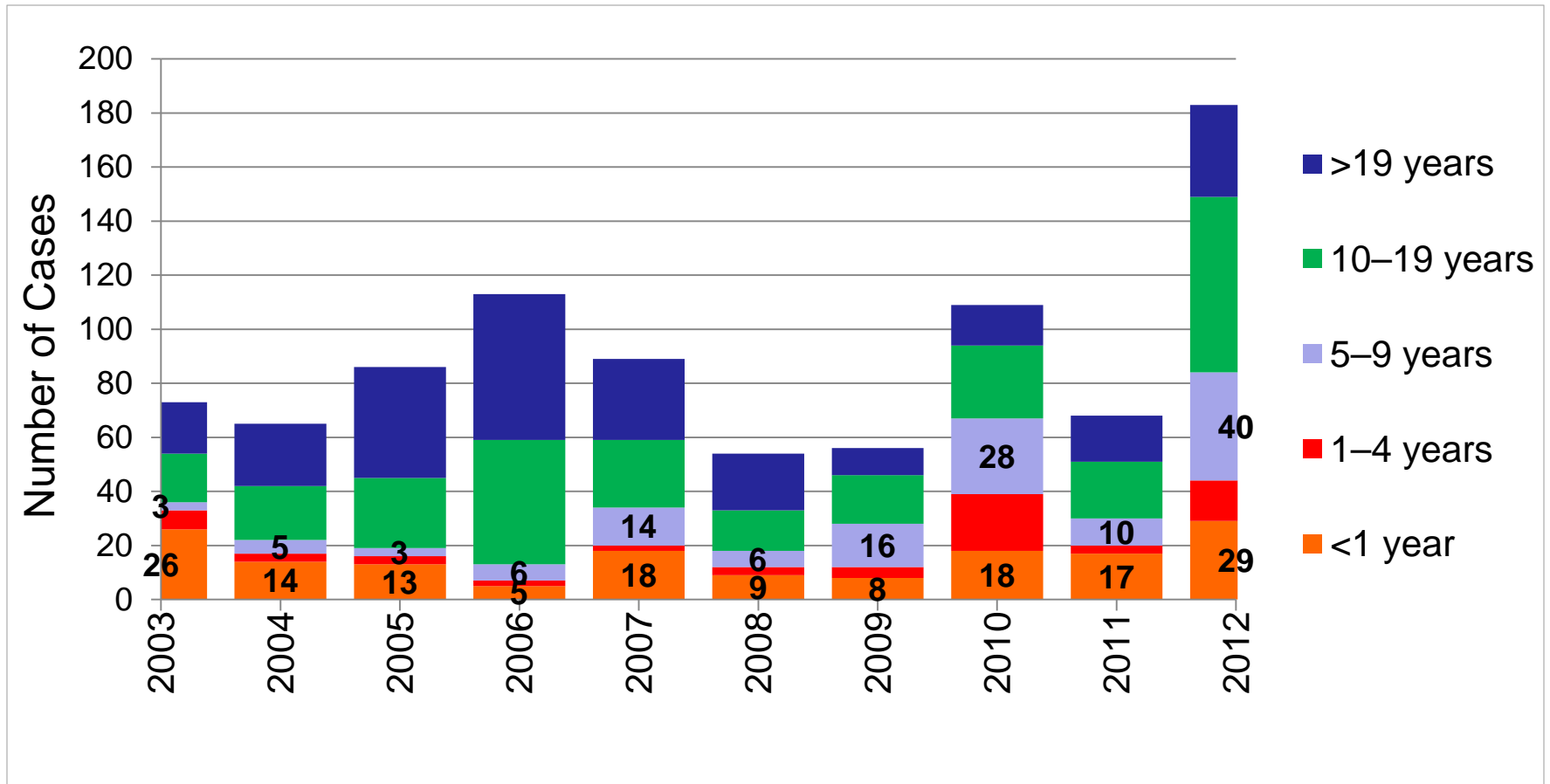
Source: Connecticut Department of Public Health,  
Infectious Disease Section, Immunizations Program.



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# Number of Pertussis Cases by Year and Age Group Connecticut, 2003–2012



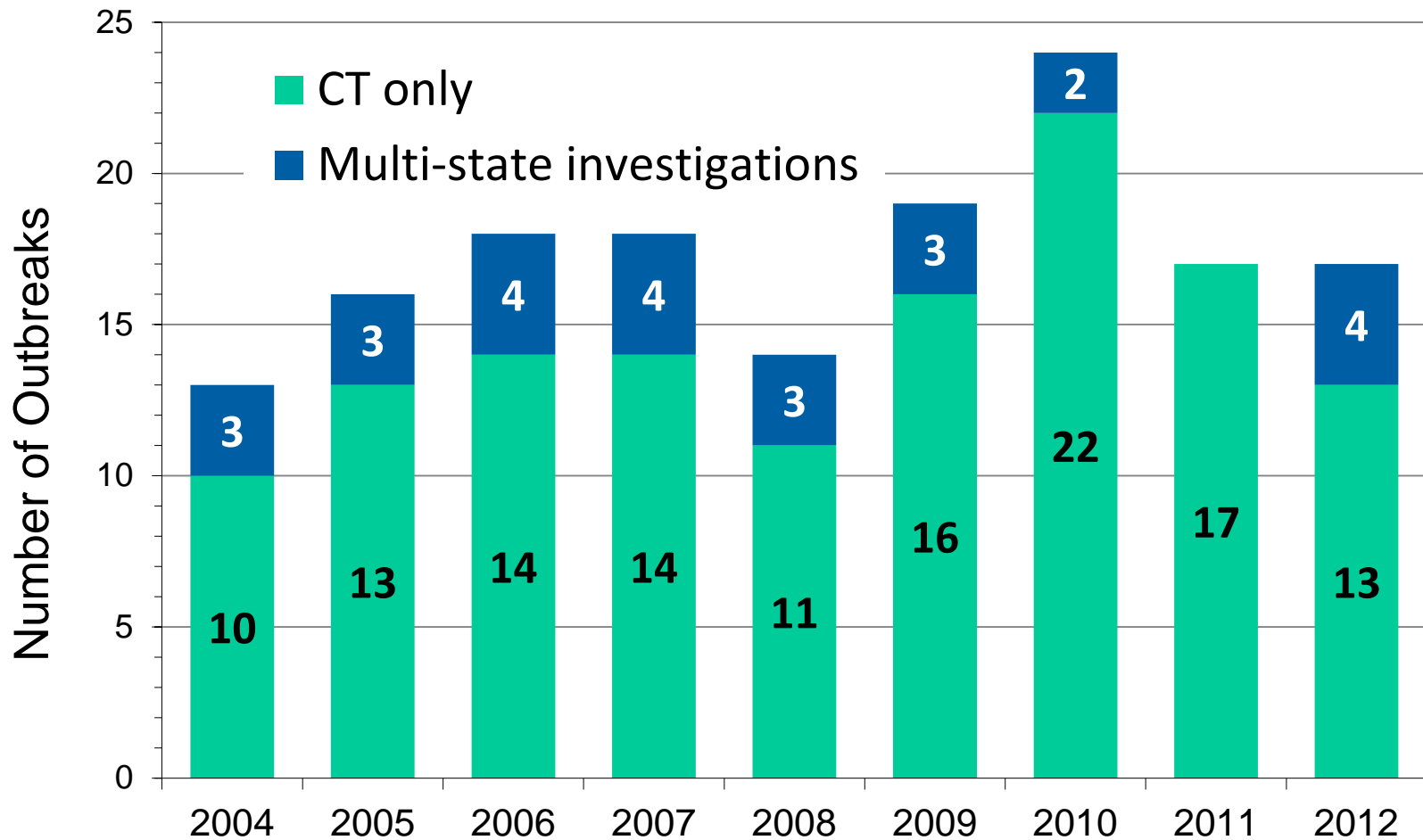
Source: Connecticut Department of Public Health,  
Infectious Disease Section.



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# Outbreaks of Foodborne Infections, Connecticut and Multi-state, 2004-2012

(Total = 156 outbreaks)



Source: Connecticut Department of Public Health,  
Infectious Disease Section.

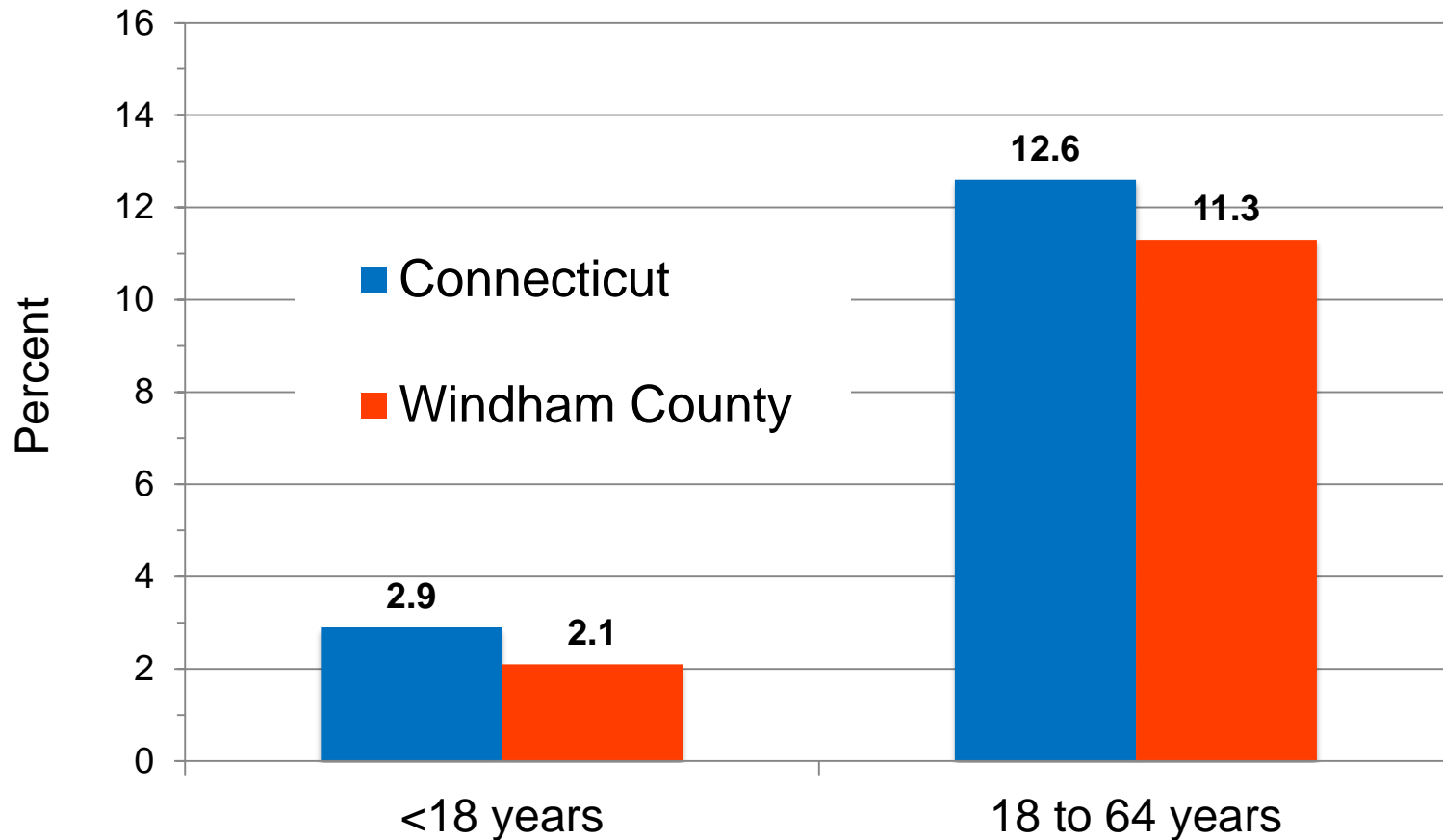


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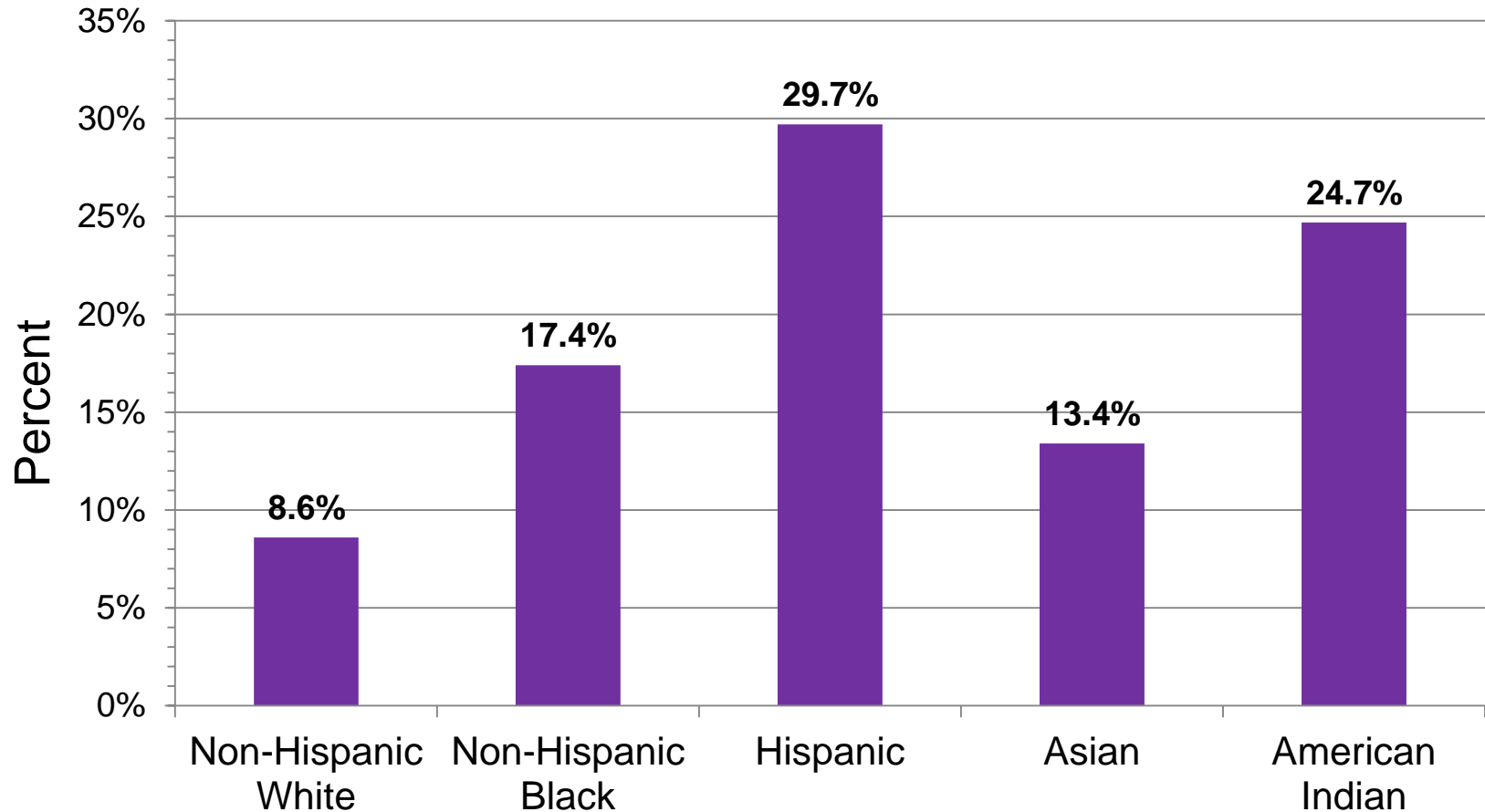
# Access to Health Care



# Percent of Children and Adults without Health Insurance Connecticut and Windham County, 2011



# Uninsured Adults (18-64 yrs) by Race/Ethnicity, 2011



Source: US Census Bureau, American Community Survey, 1-Year Estimates, 2011, B27001 Files



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# Medically Underserved Areas or Populations (MUA/P) and Health Professional Shortage Areas (HPSA) Connecticut, April, 2012

County	Number of MUA/P Designations	Number of HPSA Designations		
		Dental	Primary Care	Mental Health
Fairfield	6	8	9	7
Hartford	7	10	9	4
Litchfield	1	2	2	2
Middlesex	1	3	1	1
New Haven	8	7	8	6
New London	3	4	3	3
Tolland	1	2	2	1
Windham	2	3	3	2
Tribal Nation	*	1	2	1
<b>Connecticut</b>	<b>29</b>	<b>40</b>	<b>39</b>	<b>27</b>

\*Tribal nations have their own special designation.

Source: CT Department of Public Health, Office of Health Care Access,  
Statewide Health Care Facilities and Services Plan, October 2012, Chapter 9, Table 9.2.



# Conclusions

- Chronic diseases and injuries are leading causes of premature death.
- Opportunities exist to address conditions like obesity and behaviors like smoking that contribute to many diseases.
- Racial/ethnic minority groups suffer from many conditions at higher rates than the state population as a whole.
- Lower-income CT residents are more likely to have risk factors for chronic disease, compared with higher-income residents
- Specific age groups such as youths/young adults and older adults are more at-risk for certain conditions.

# Q & A and Discussion

- *What health issue in your community is the most important to you, and why?*
- *How can your community become a healthier place to live?*



# For More Information...

Connecticut Department of Public Health

[www.ct.gov/dph](http://www.ct.gov/dph)

860-509-8000

