

A Healthier Connecticut by 2020



Tolland County Public Forum
September 10, 2013



Connecticut Department of Public Health

Many Things Affect Our Health



Source: Drawing adapted from healthynashville.org

Who Lives in Connecticut and in Our Community



Who Lives in Connecticut and Tolland County

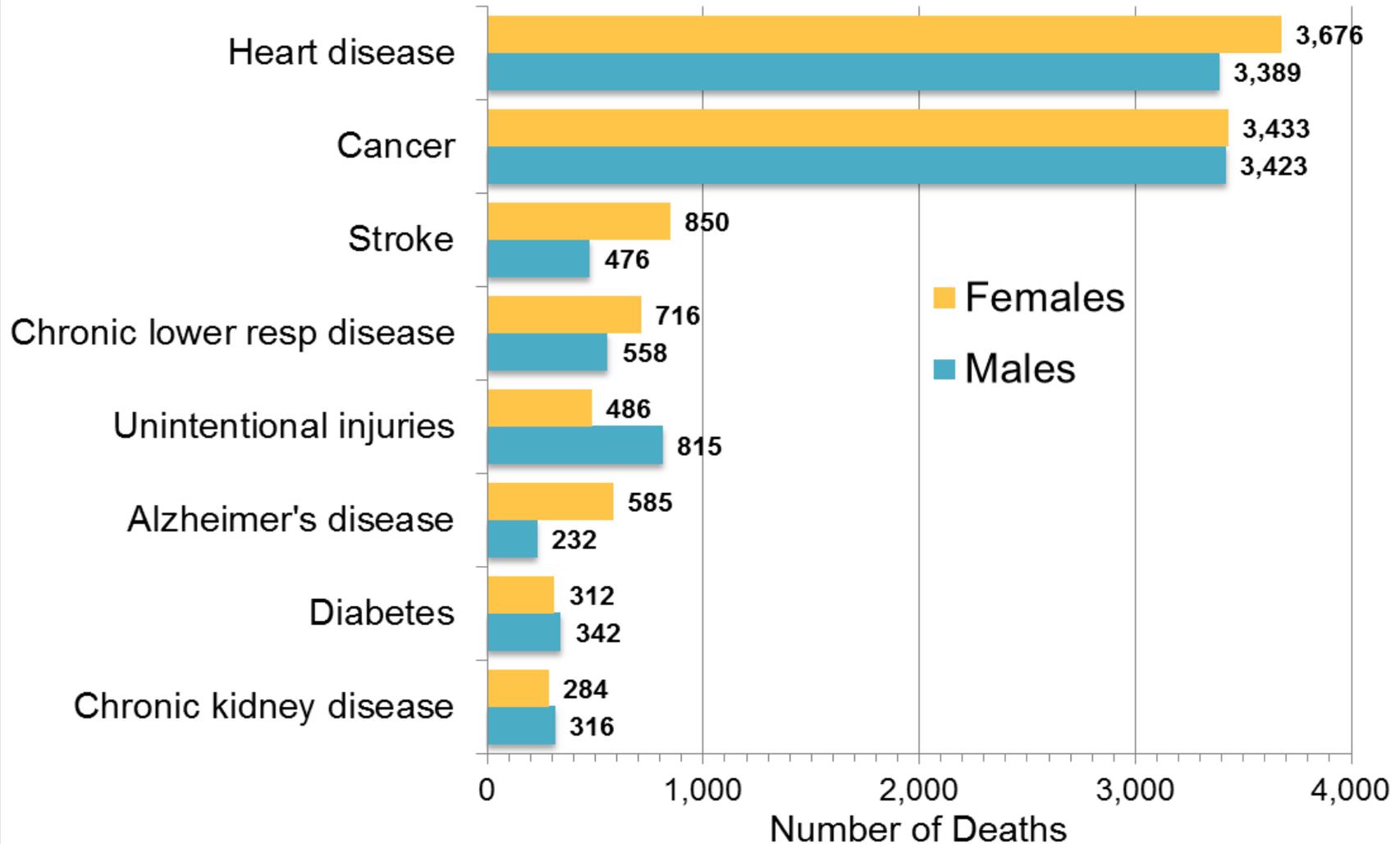
- CT's population is getting older and more diverse.
 - Tolland County residents are younger, on average, than CT residents overall
 - People of color:
 - 27% of Connecticut population
 - 11% of Tolland County population
 - Speak language other than English at home:
 - 1 in 5 Connecticut residents
 - 1 in 10 residents of Tolland County
- Living in poverty:
 - 1 in 10 of CT's residents
 - 1 out of 15 in Tolland County
 - 1 out of 6 in Willington and Mansfield



Leading Causes of Death



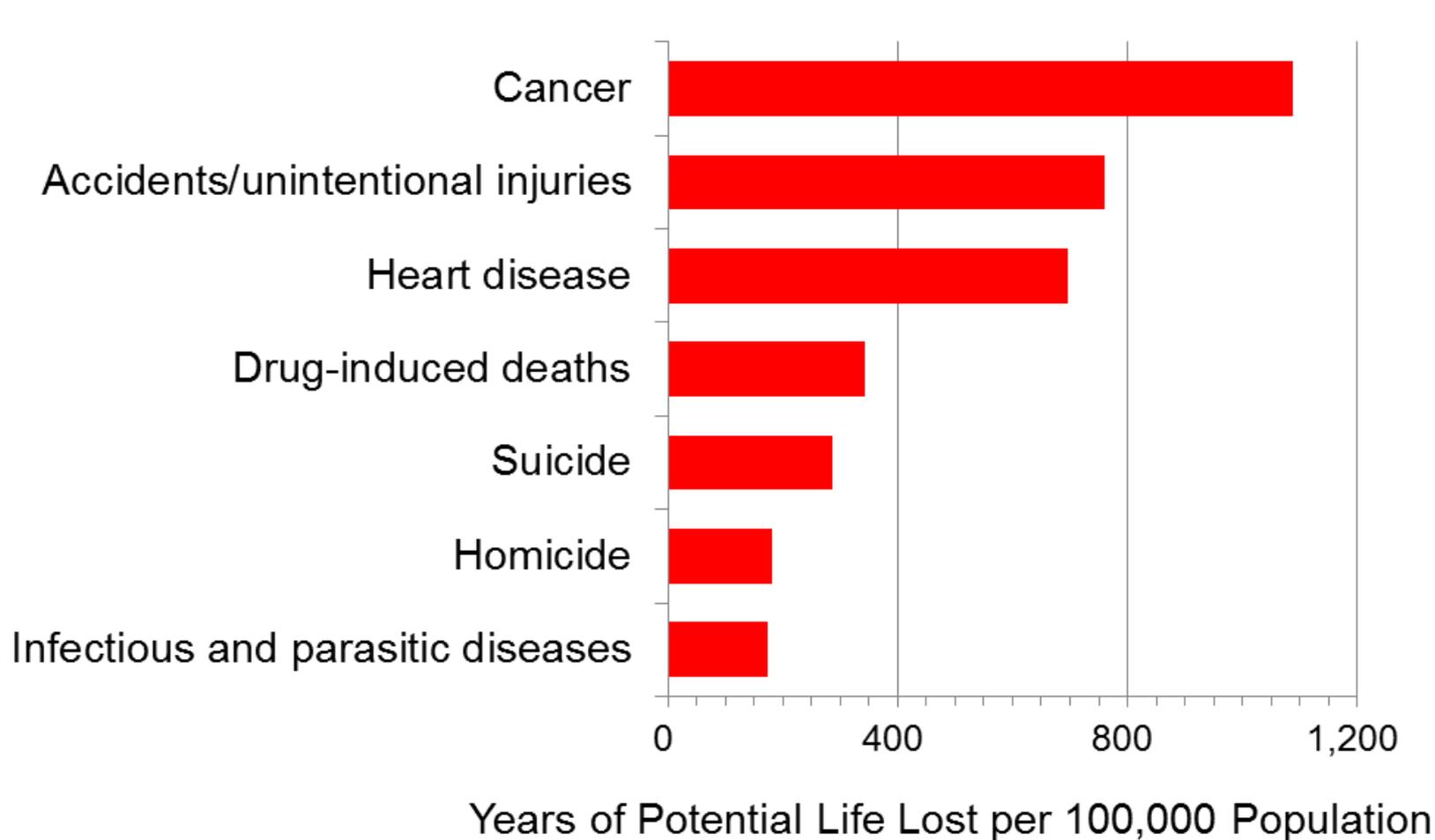
Leading Causes of Death, Connecticut 2010 (Number of Deaths)



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.

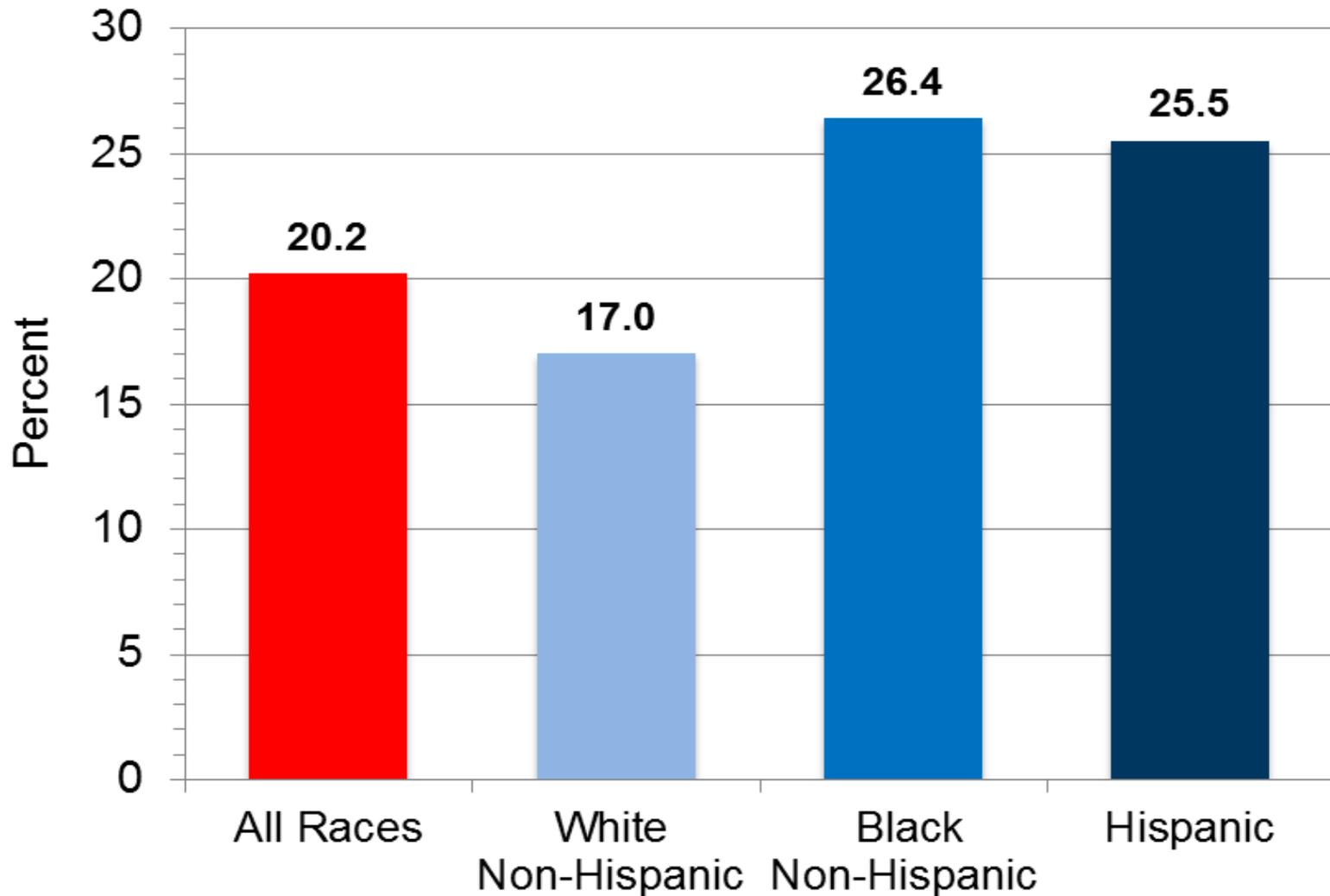


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Maternal, Infant, and Child Health



Non-adequate Prenatal Care, Connecticut. 2010

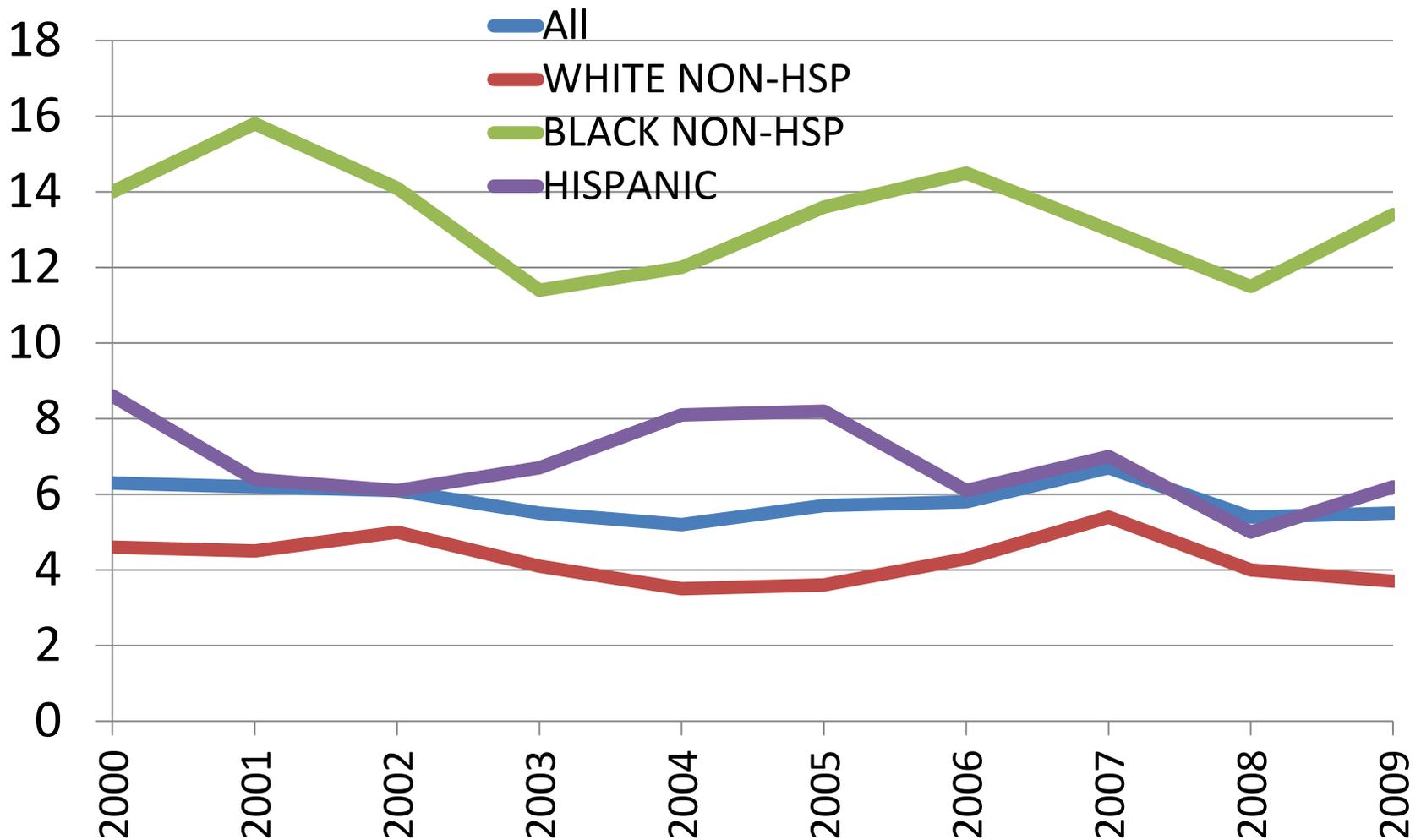


Source: Connecticut Department of Public Health, Vital Statistics (Registration Reports), 2010 ,Table 12.



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Infant Deaths, 2001-2010



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



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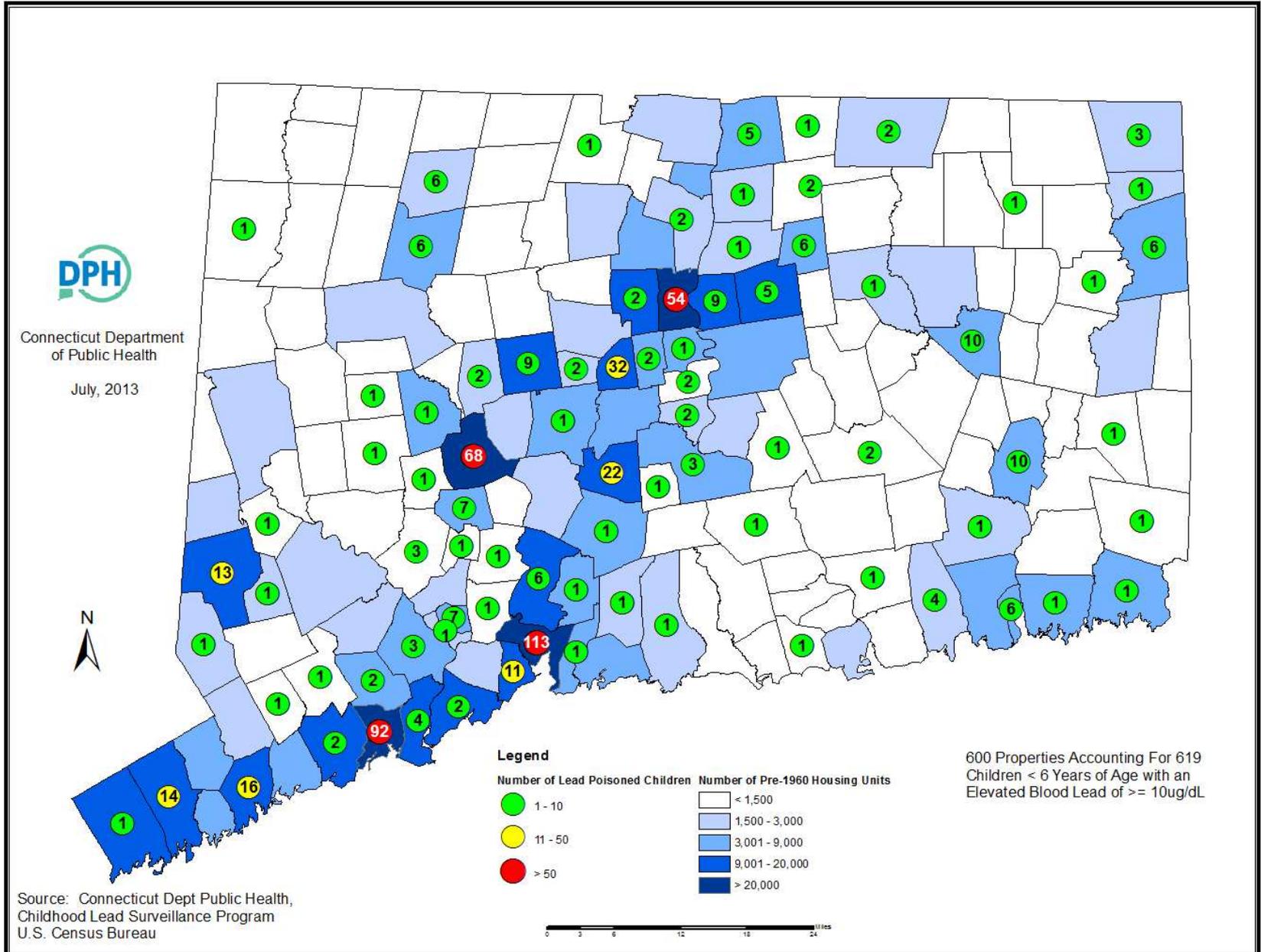
Our Environment: Health and Where We Live



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 streets

Lead Poisoned Children in 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

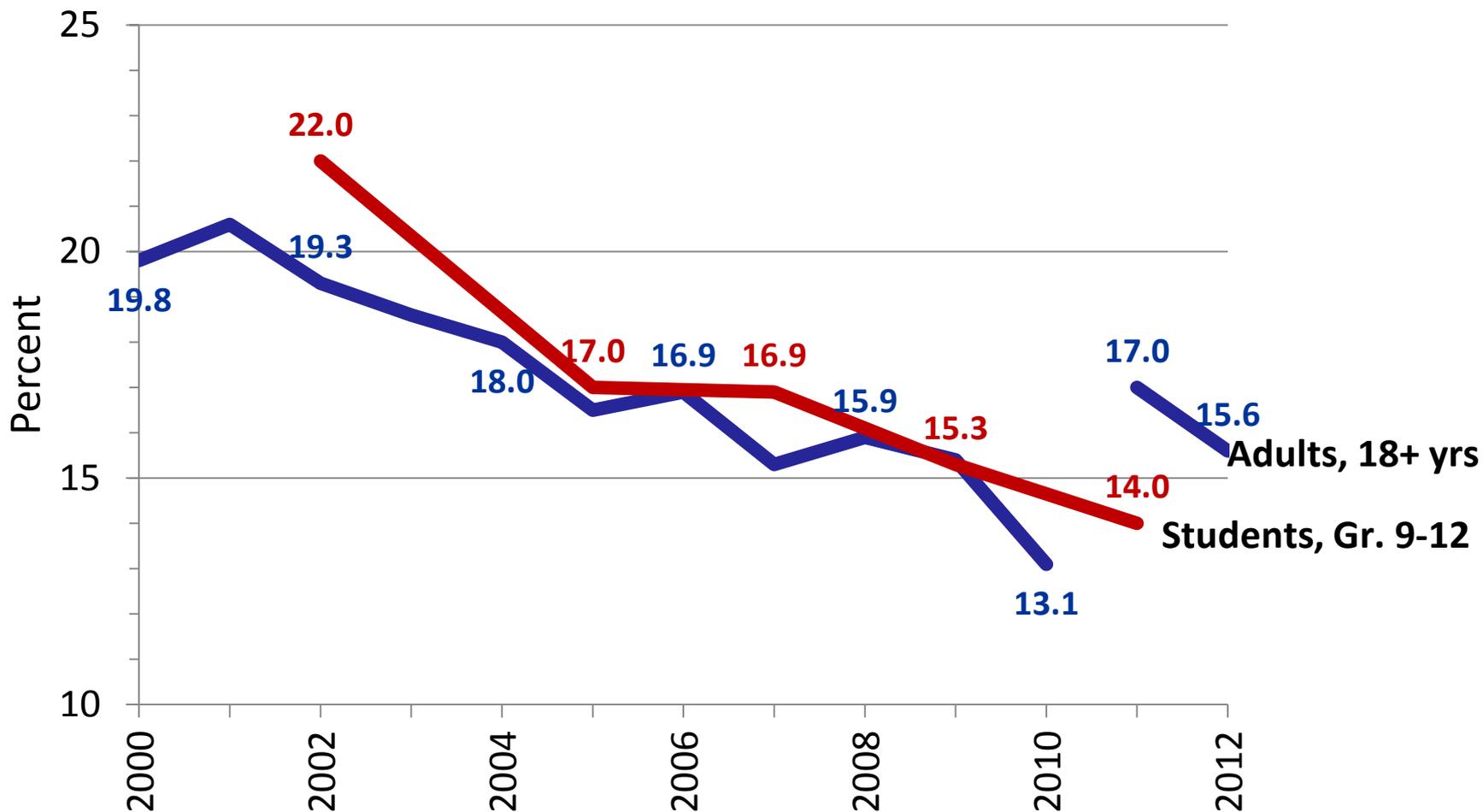
Modifiable Risk Factors	Chronic Diseases					
	Cancer	Diabetes	Heart Disease	Stroke	Chronic Respiratory Diseases	Chronic Kidney Disease
Obesity/overweight	✓	✓	✓	✓		✓
Physical inactivity	✓	✓	✓	✓		✓
Tobacco use	✓		✓	✓	✓	✓
Unhealthy diet	✓	✓	✓	✓		✓
Excessive alcohol use	✓	✓	✓	✓		✓
Indoor/outdoor air quality (incl. secondhand smoke)	✓		✓	✓	✓	
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

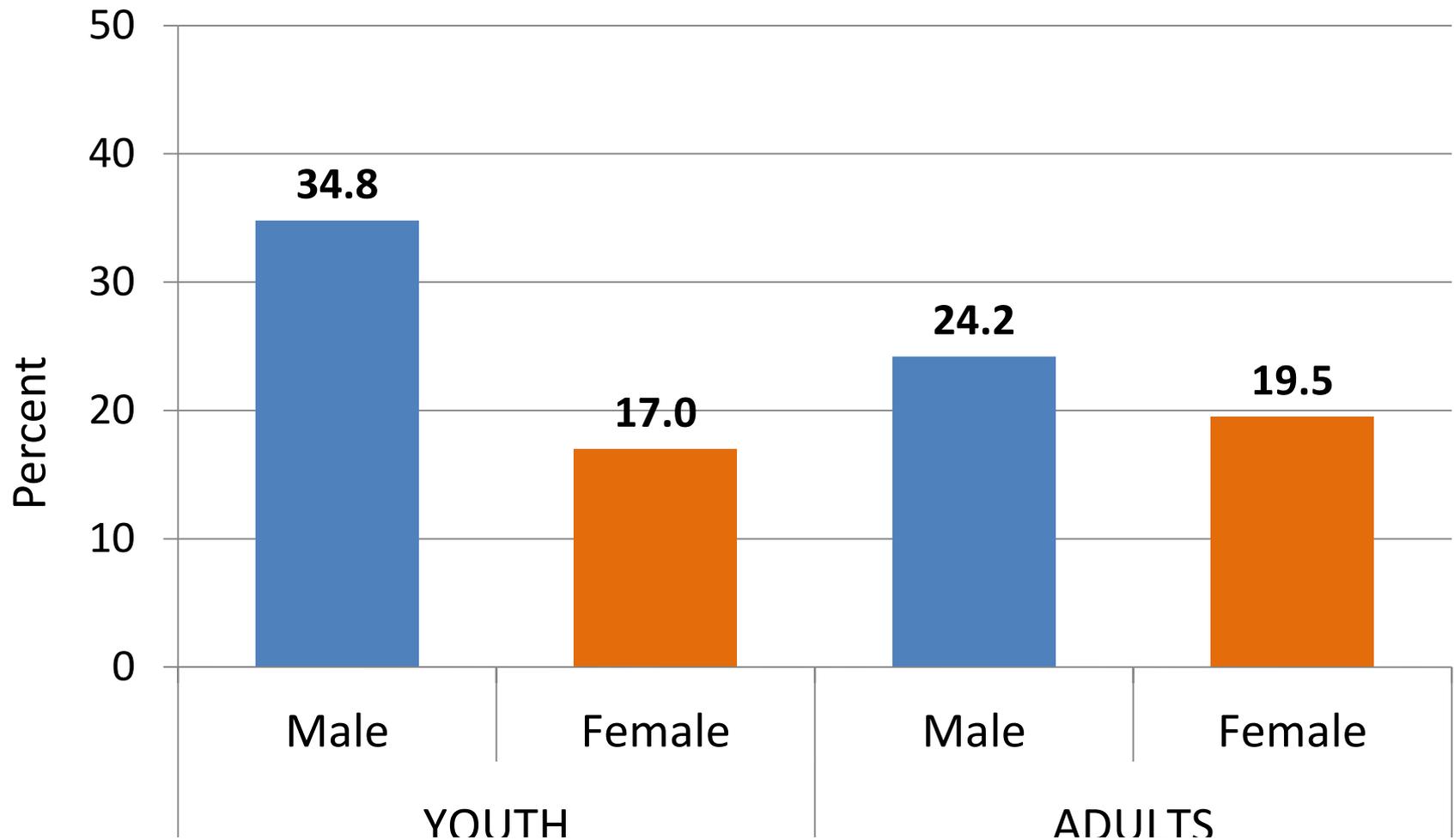


Source: Connecticut Behavioral Risk Factor Surveillance System, 2012;
Connecticut School Health Survey, Youth Tobacco Component, 2011.

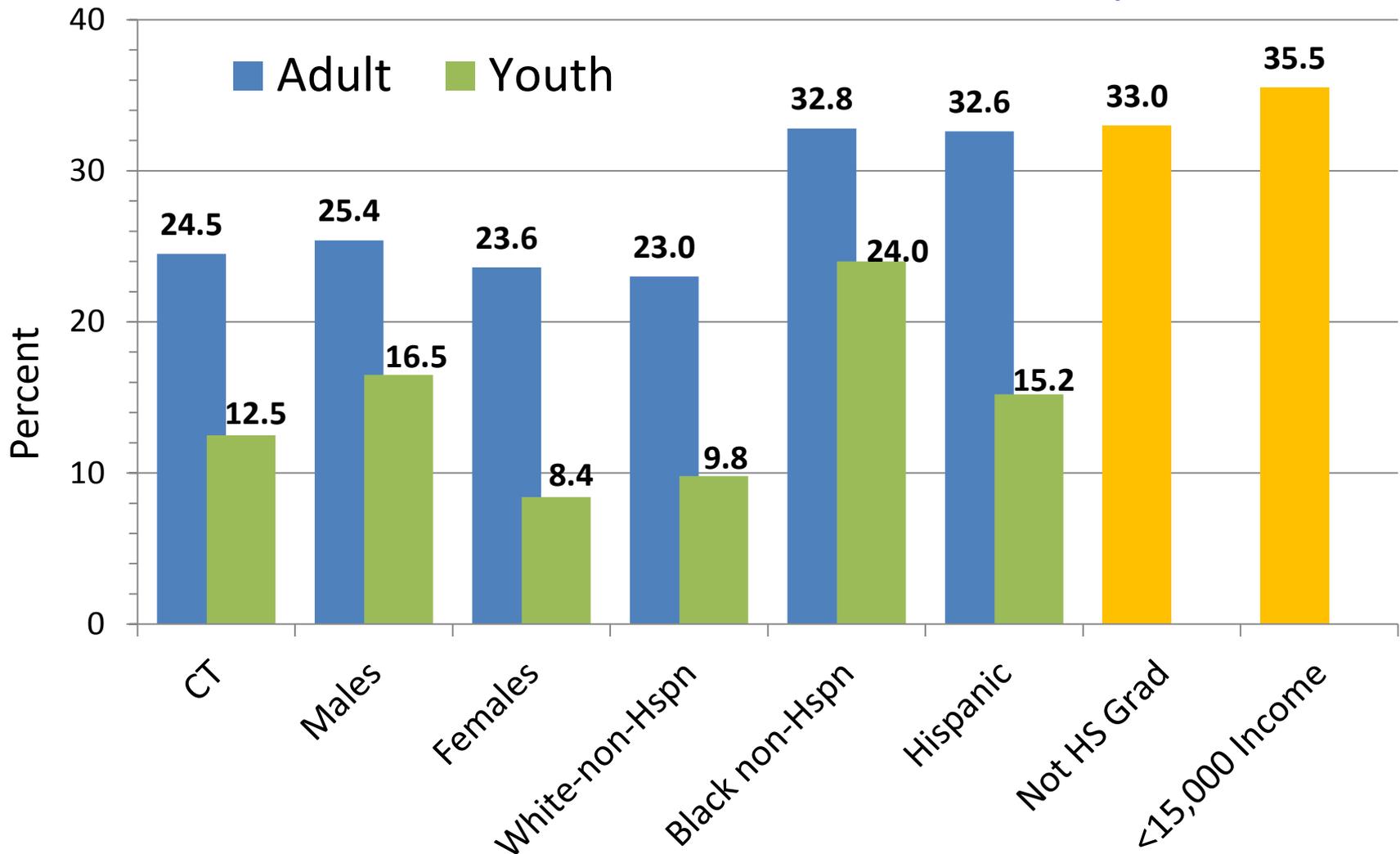


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Met Physical Activity Guidelines, 2011



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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Asthma in Connecticut

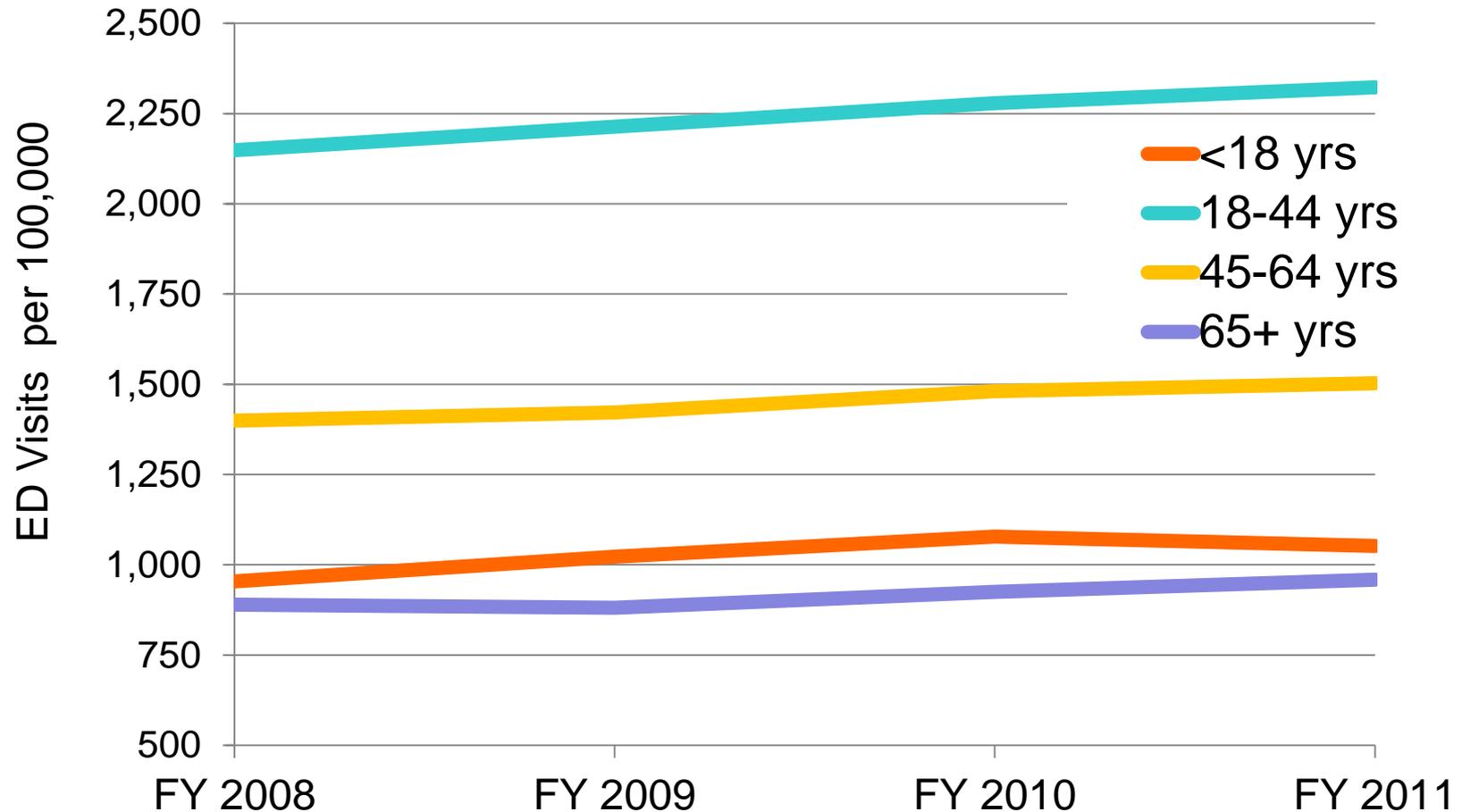


About
1 in 10 children &
1 in 12 adults
are dealing with
asthma.

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.



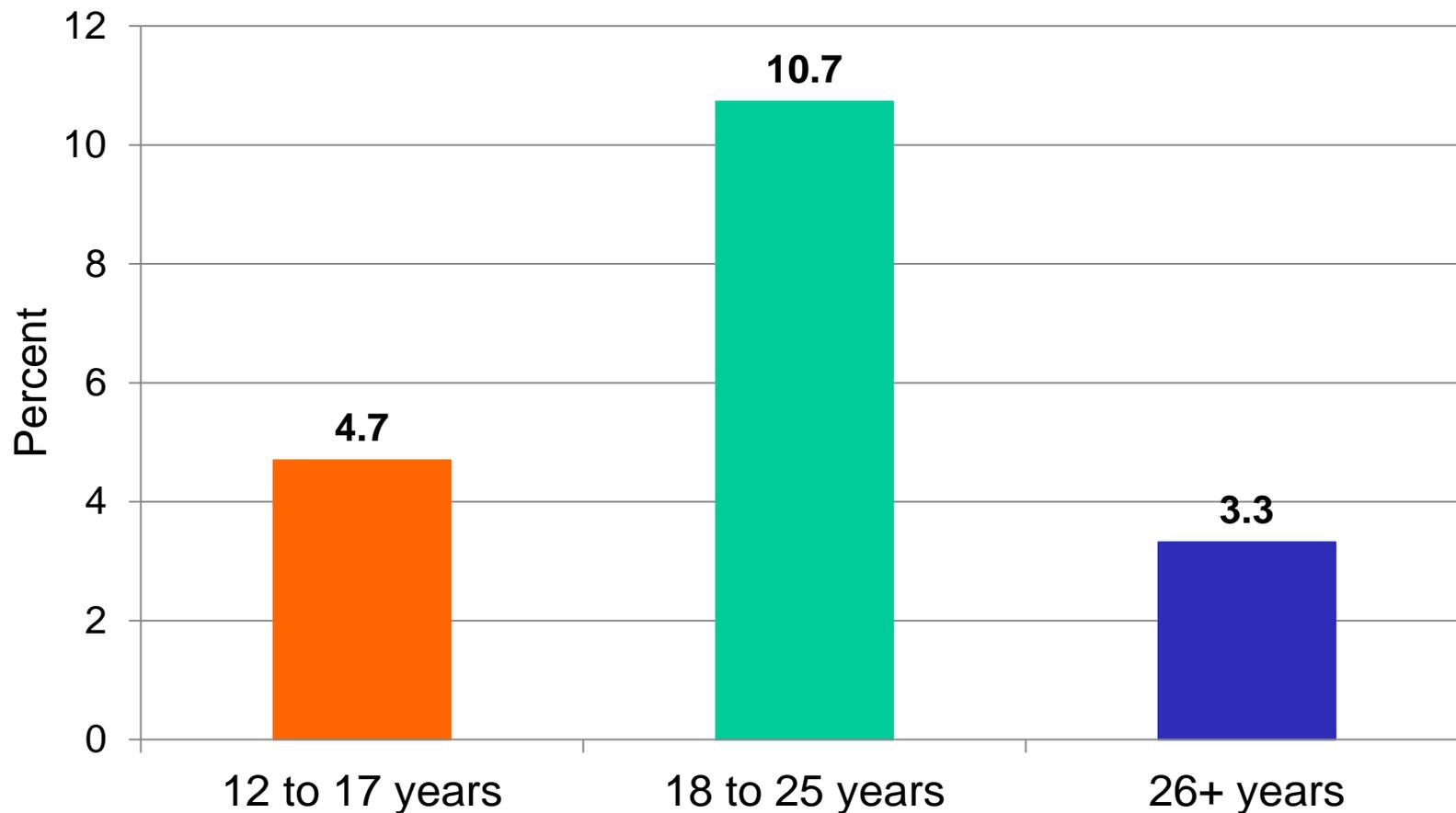
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Binge Drinking

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

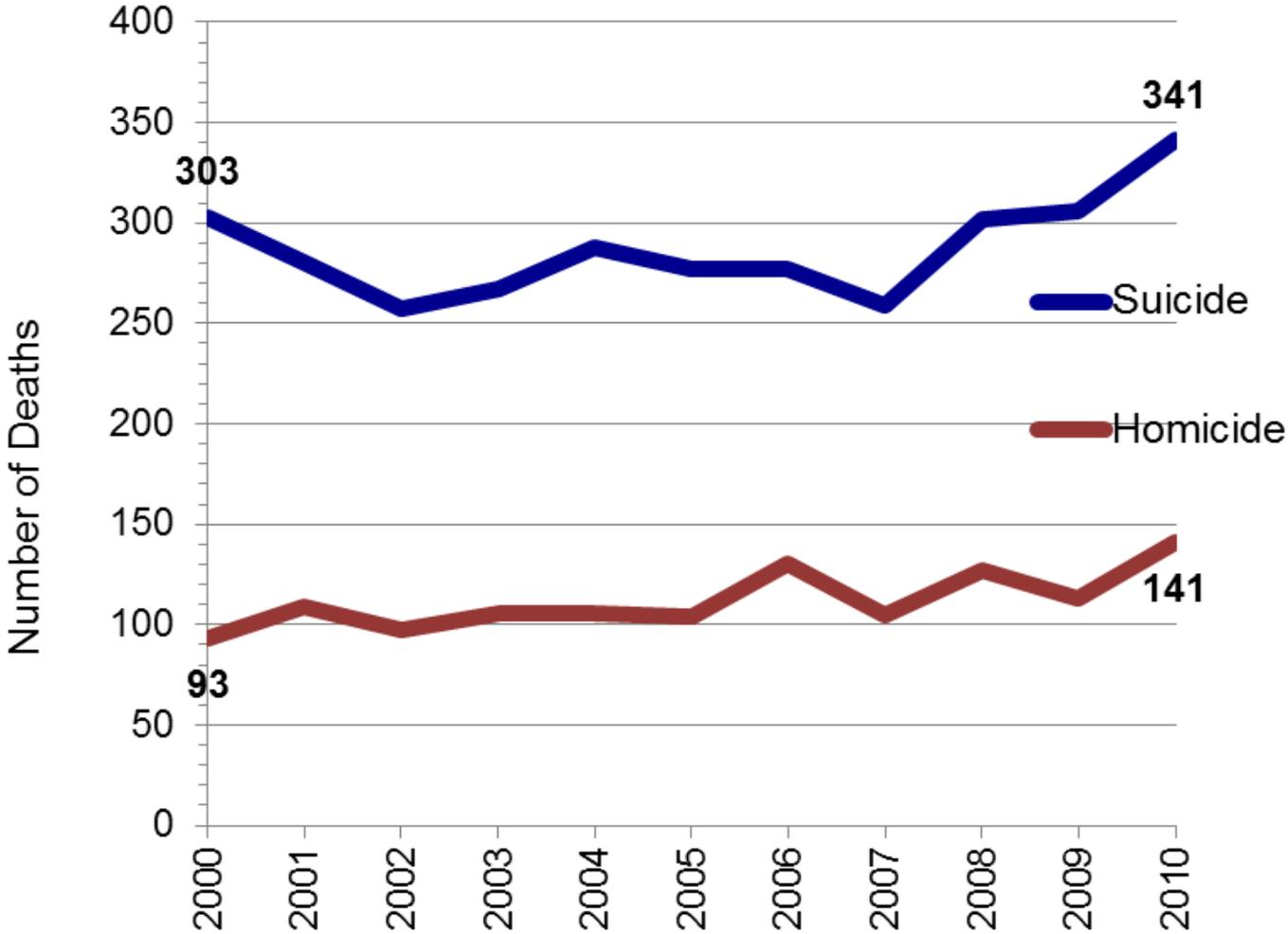


Accidental Injury Deaths, 2000-2010



Falls are now the leading cause of accidental injury death

Suicide and Homicide Deaths, 2000-2010

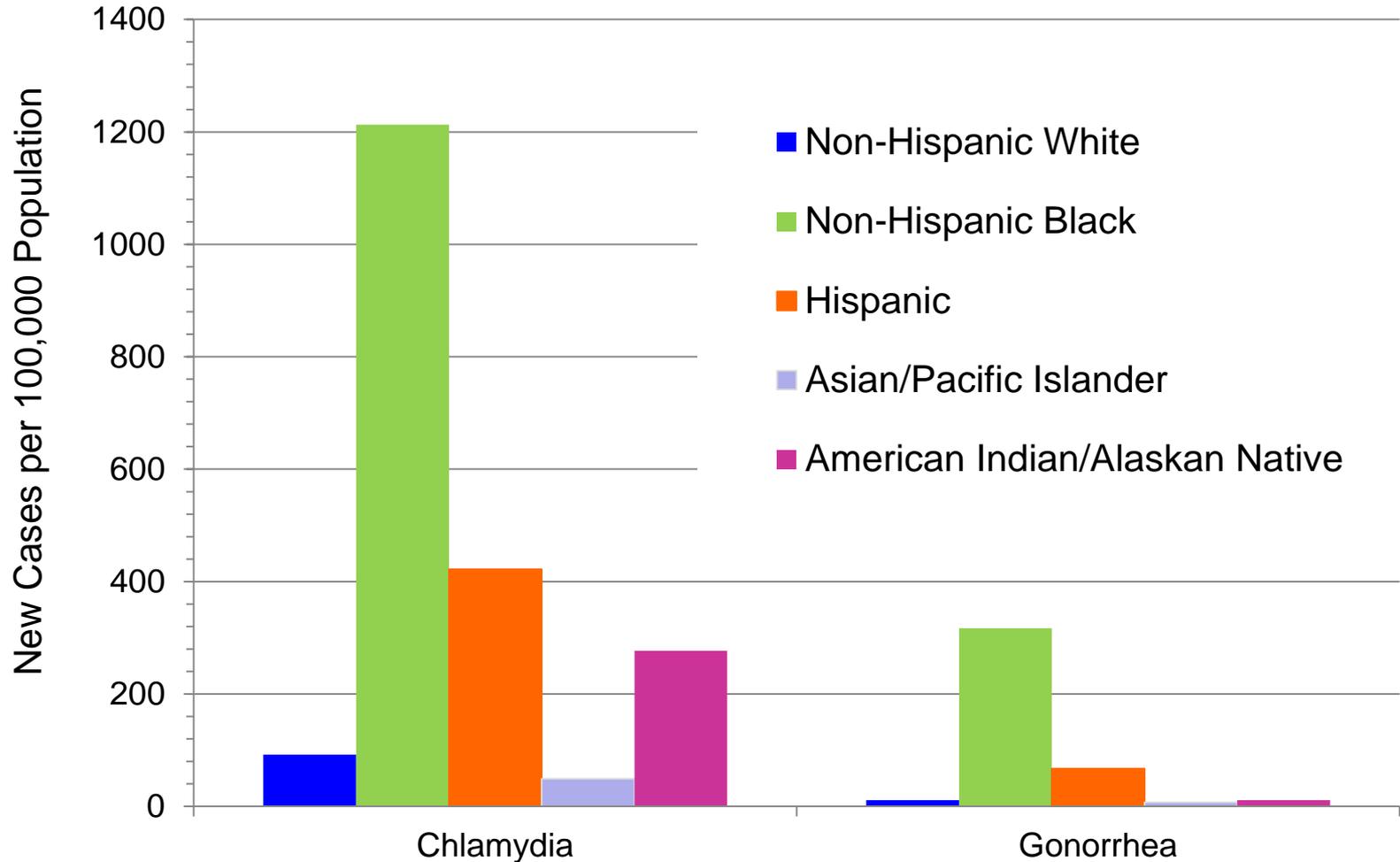


Source: Connecticut Department of Public Health, Mortality Tables, Age-Adjusted Mortality Rate, 2000-2010.

Infectious Diseases



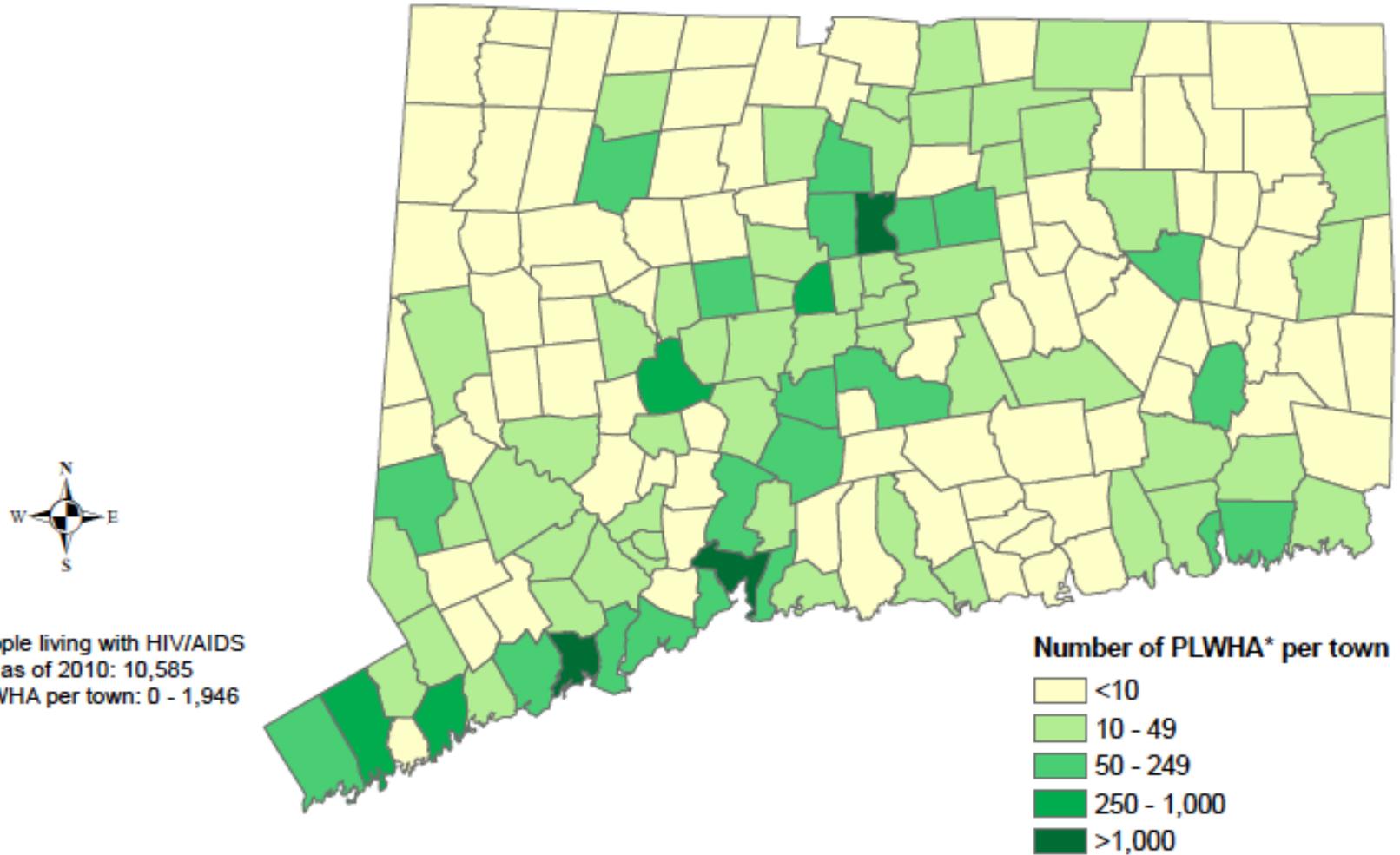
New Cases of Chlamydia and Gonorrhea 2005-2011



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

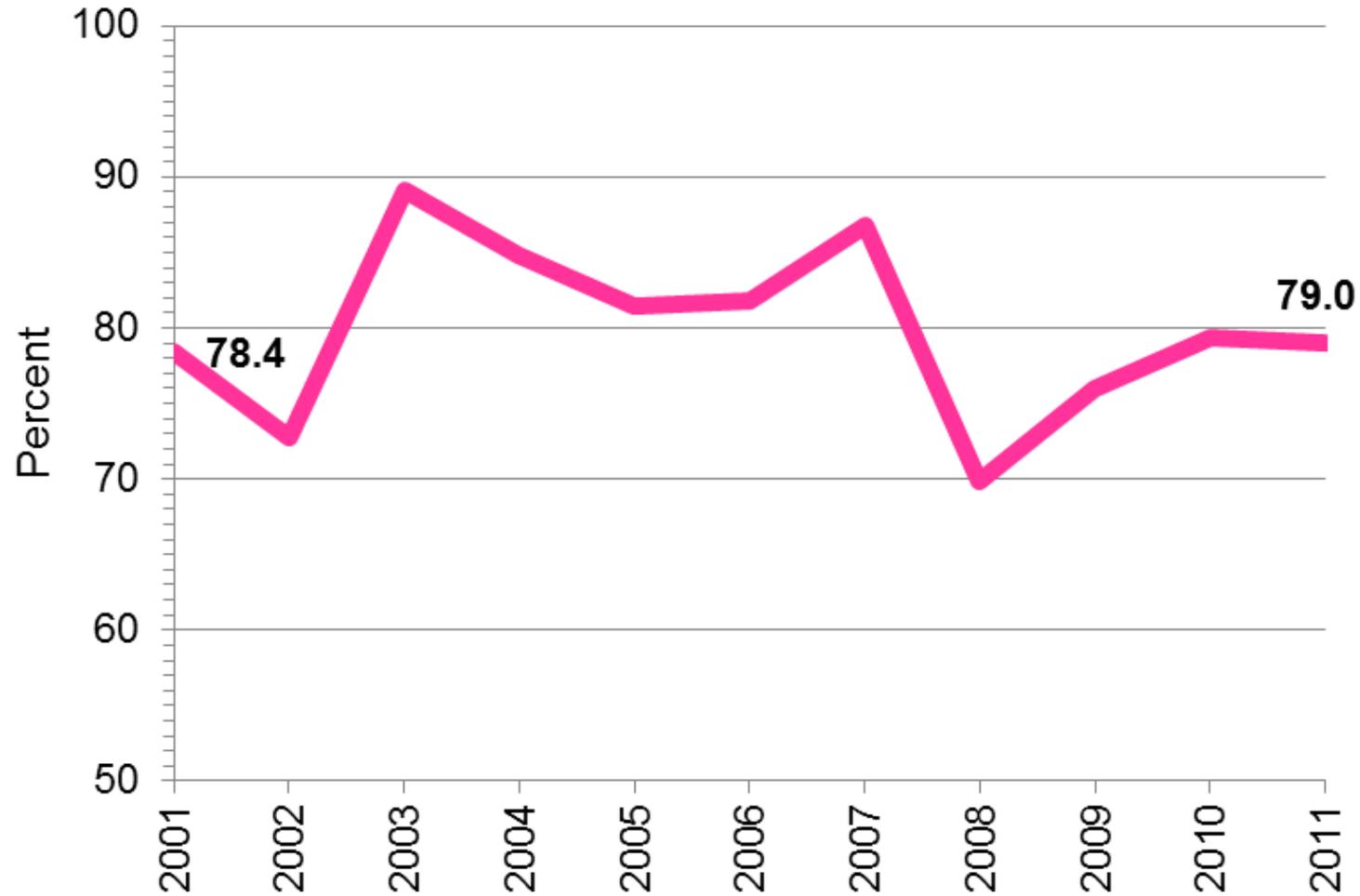


Persons Living with HIV Infection, 2011



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

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

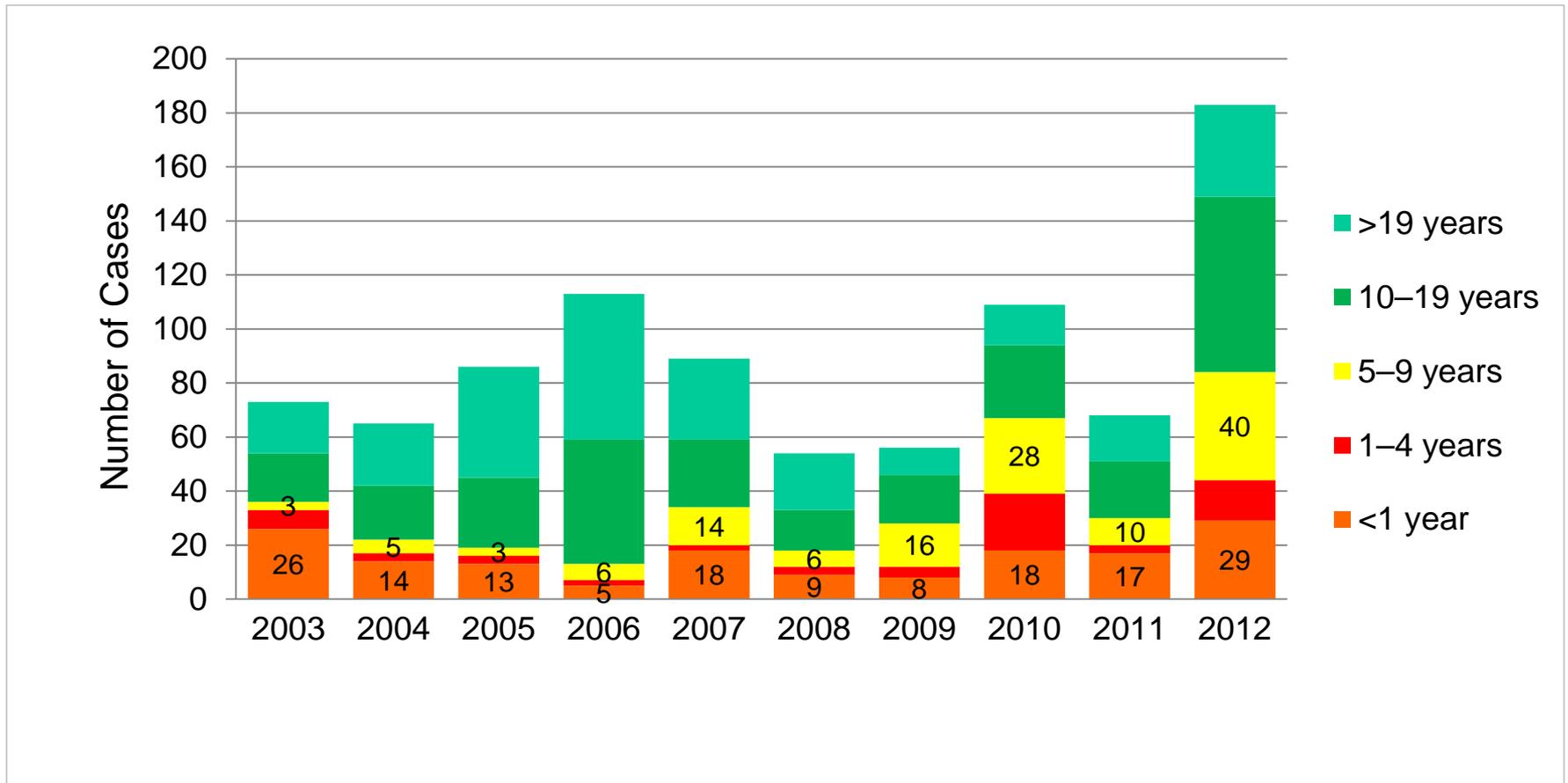


Source: Connecticut Department of Public Health,
Infectious Disease Section, Immunizations Program.



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



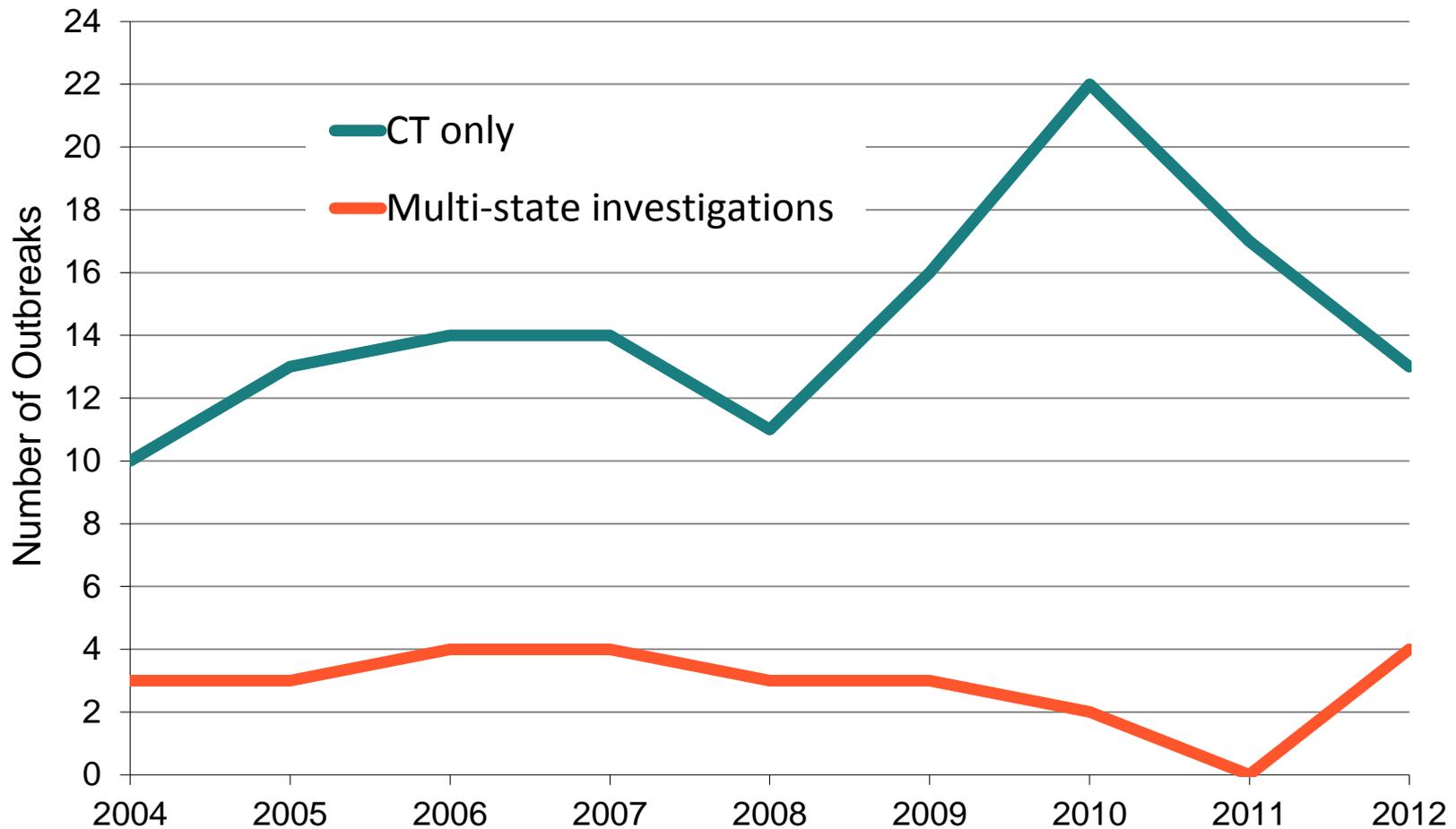
Source: Connecticut Department of Public Health,
Infectious Disease Section.



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Outbreaks of Foodborne Infections, 2004-2012

(Total = 156 outbreaks)



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

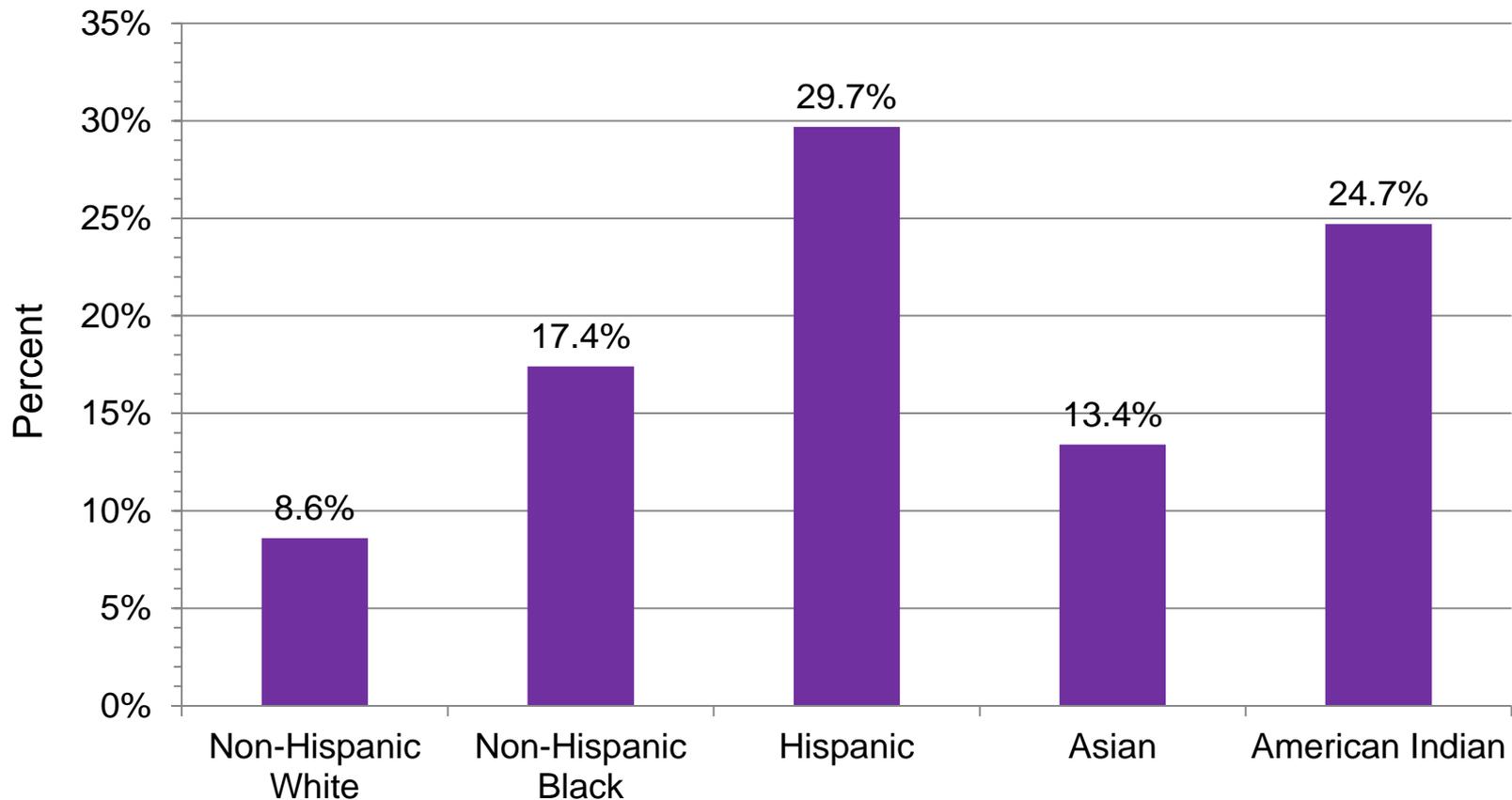


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Access to Health Care



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

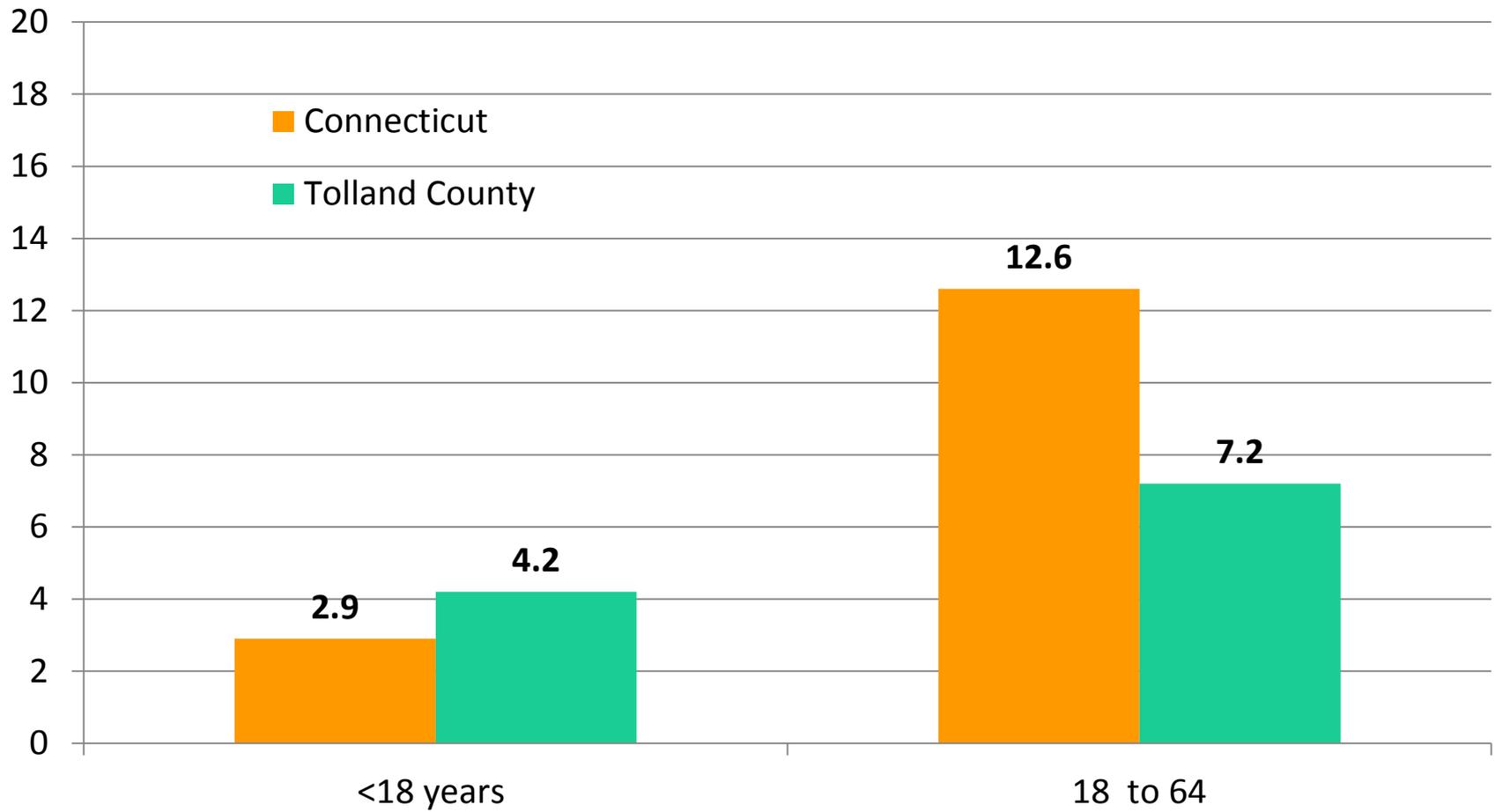


Source: US Census Bureau, American Community Survey, 1-Year Estimates, 2011, B27001 Files



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Children and Adults without Health Insurance Connecticut and Tolland County, 2011



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



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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
Connecticut	29	40	39	27

*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 the behaviors like obesity and smoking that contribute to many diseases.
- Racial/ethnic minority groups suffer from many conditions at higher rates.
- Lower-income CT residents are more likely to have risk factors for chronic disease compared with higher-income residents
- Specific age groups such as youth/young adults and older adults are more at-risk for certain conditions.

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...

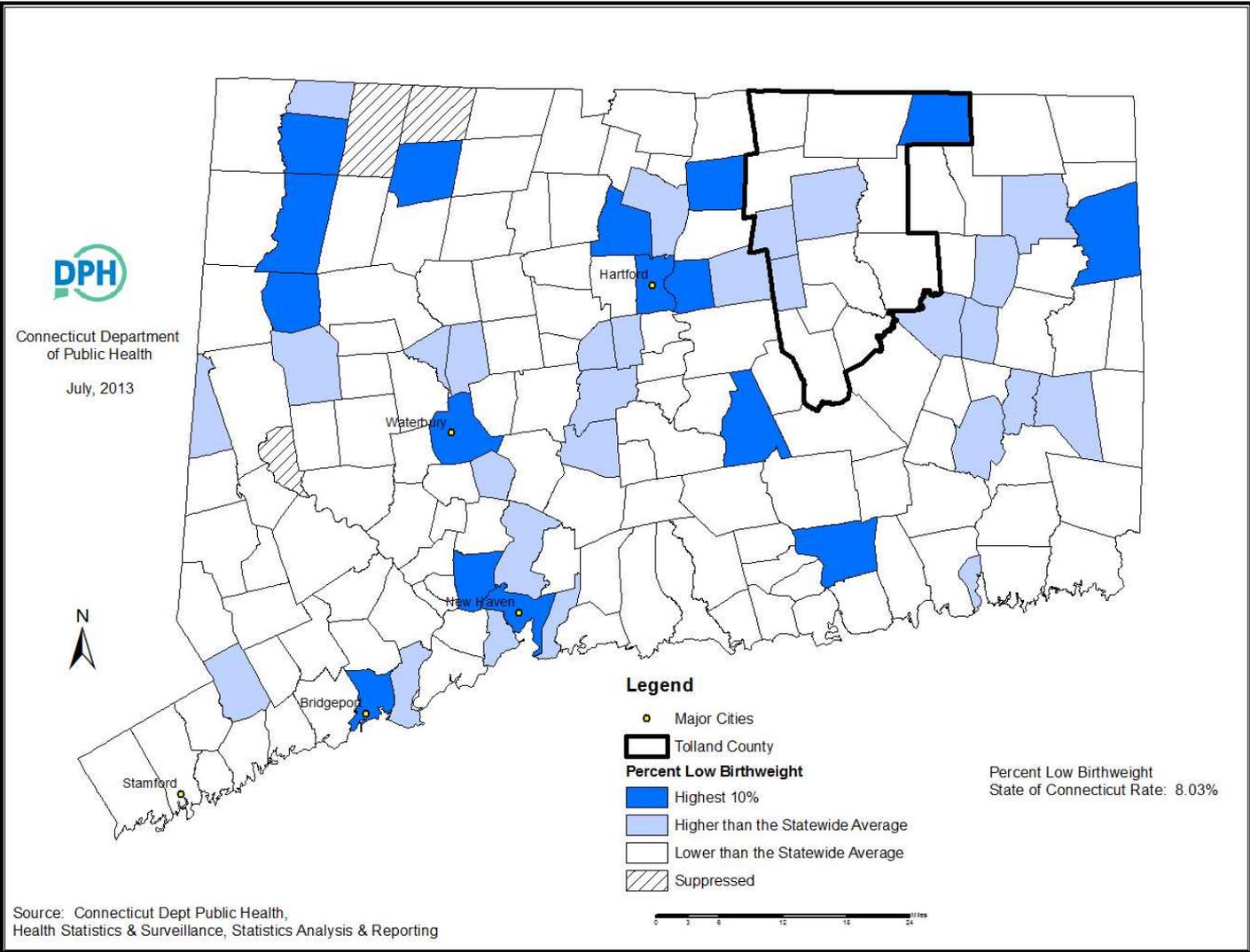
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www.ct.gov/dph

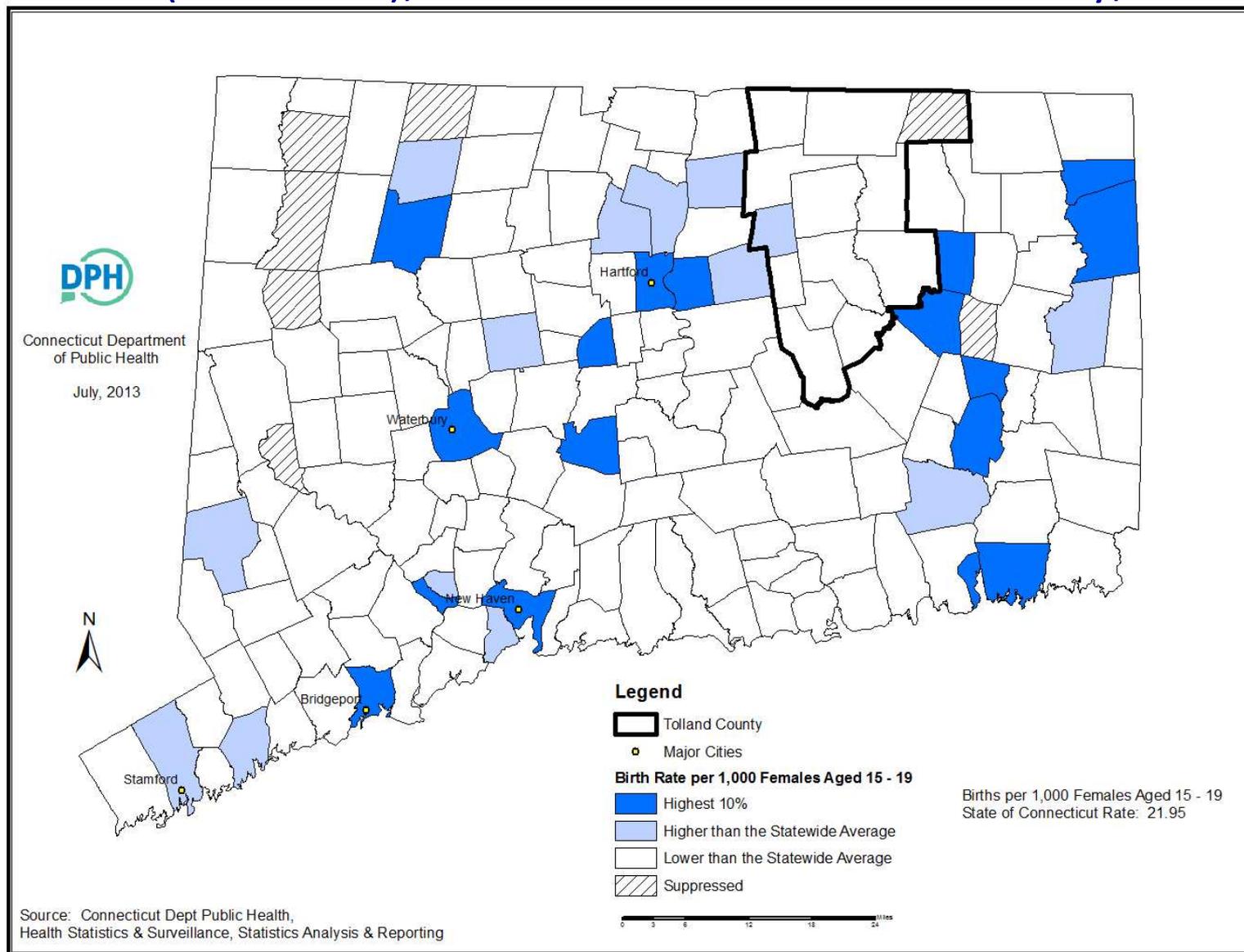
860-509-8000



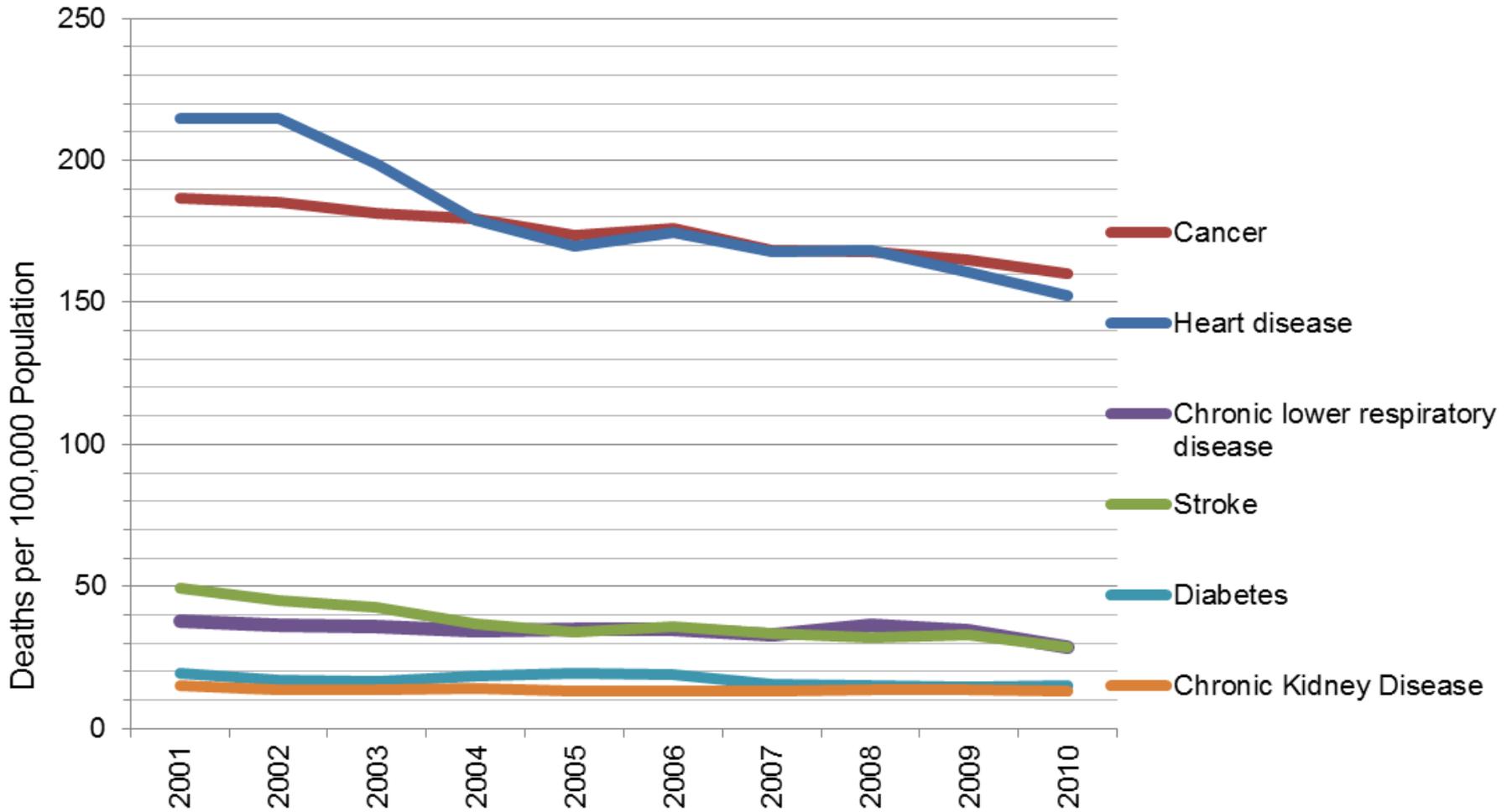
Low Birthweight, Connecticut and Tolland County, 2006-2010



Teen Births (15 -19 Yrs), Connecticut and Tolland County, 2006-2010



Trends in Death Rates for Major Chronic Diseases



Source: Connecticut Department of Public Health, Age-adjusted Death Rates, 2001-2010.

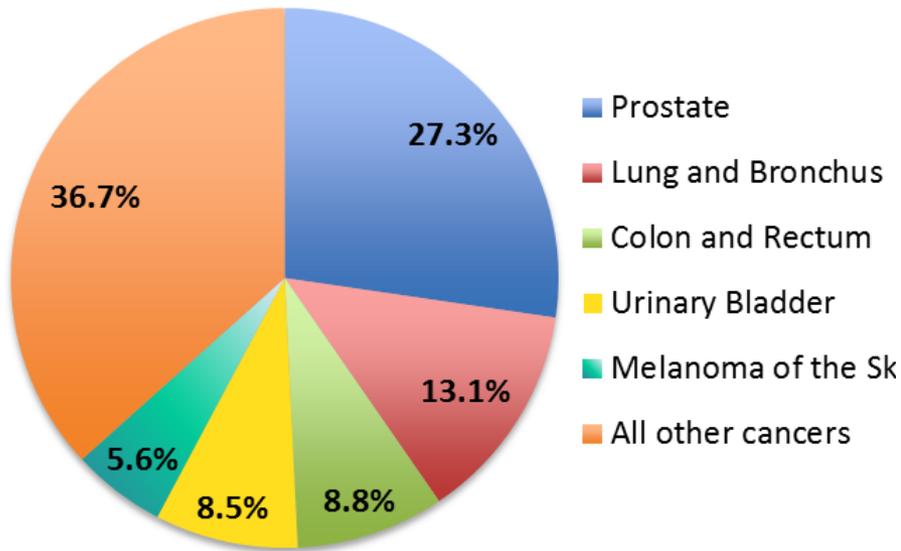


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New Cases of Cancer, 2010

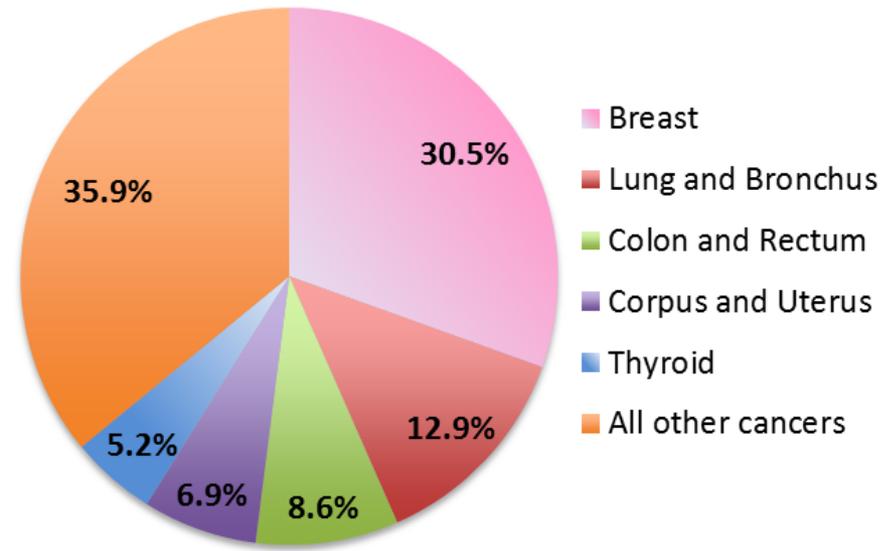
Males

(9,786 total new cases in 2010)



Females

(10,097 total new cases in 2010)



Human Papillomavirus (HPV) Immunizations, 2011 (Adolescents 13-17 years of age)

