

A Healthier Connecticut by 2020



Middlesex County Public Forum
October 21, 2013



Connecticut Department of Public Health

Many Things Affect Our Health



Who Lives in Connecticut and in Our Community



Who Lives in Connecticut and Middlesex County

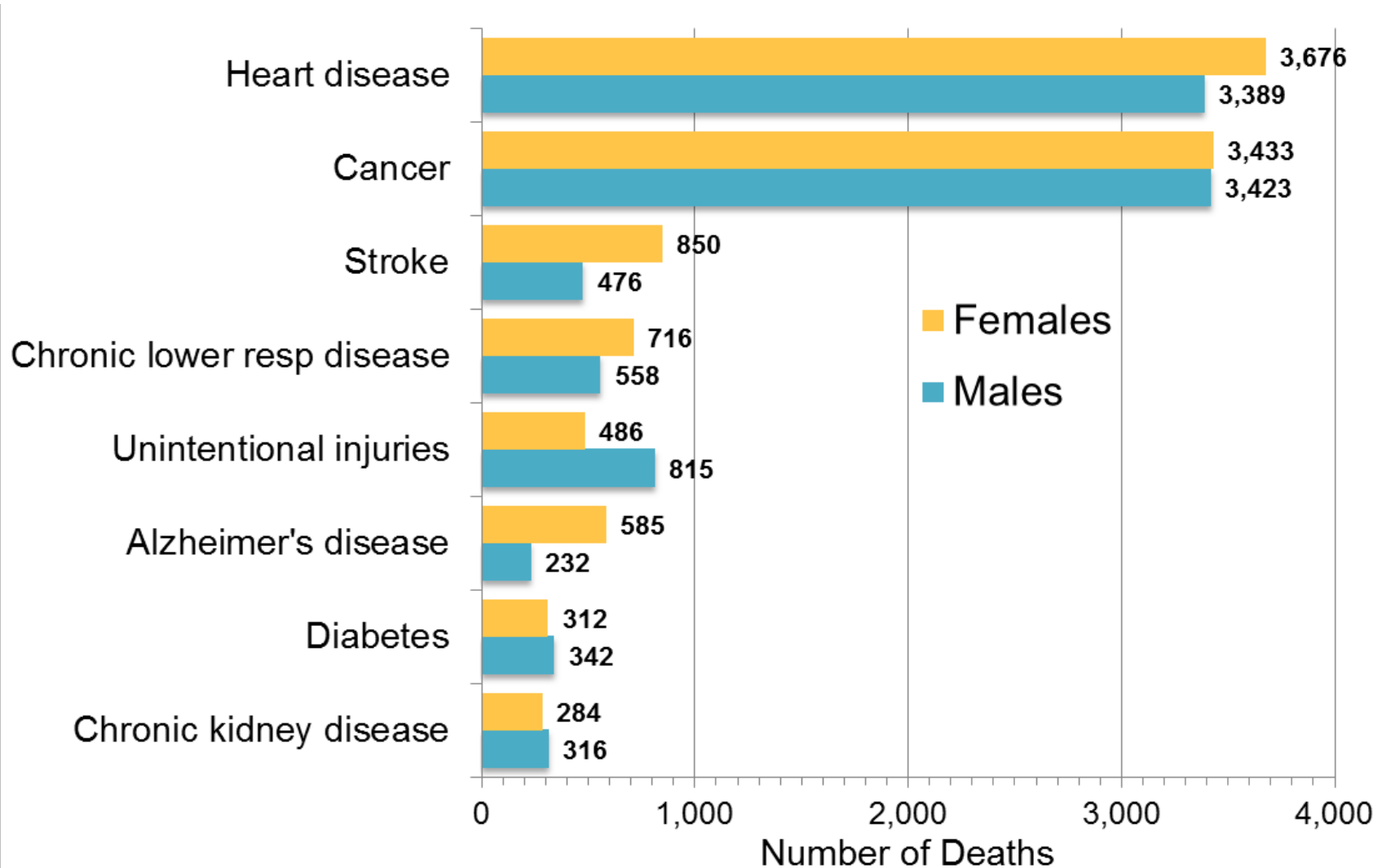
- Our population is getting older and more diverse
 - Age: Middlesex County residents are older than Connecticut residents overall
 - People of color: (non-white, non-Hispanic):
 - Connecticut : 28%
 - Middlesex County: 14%
 - Language other than English spoken at home:
 - 1 in 5 in Connecticut
 - 1 in 9 in Middlesex County
- Living in poverty:
 - 1 in 10 in Connecticut
 - 1 in 17 in Middlesex County
 - 1 in 9 in Middletown
 - 1 in 500 in Killingworth



Leading Causes of Death



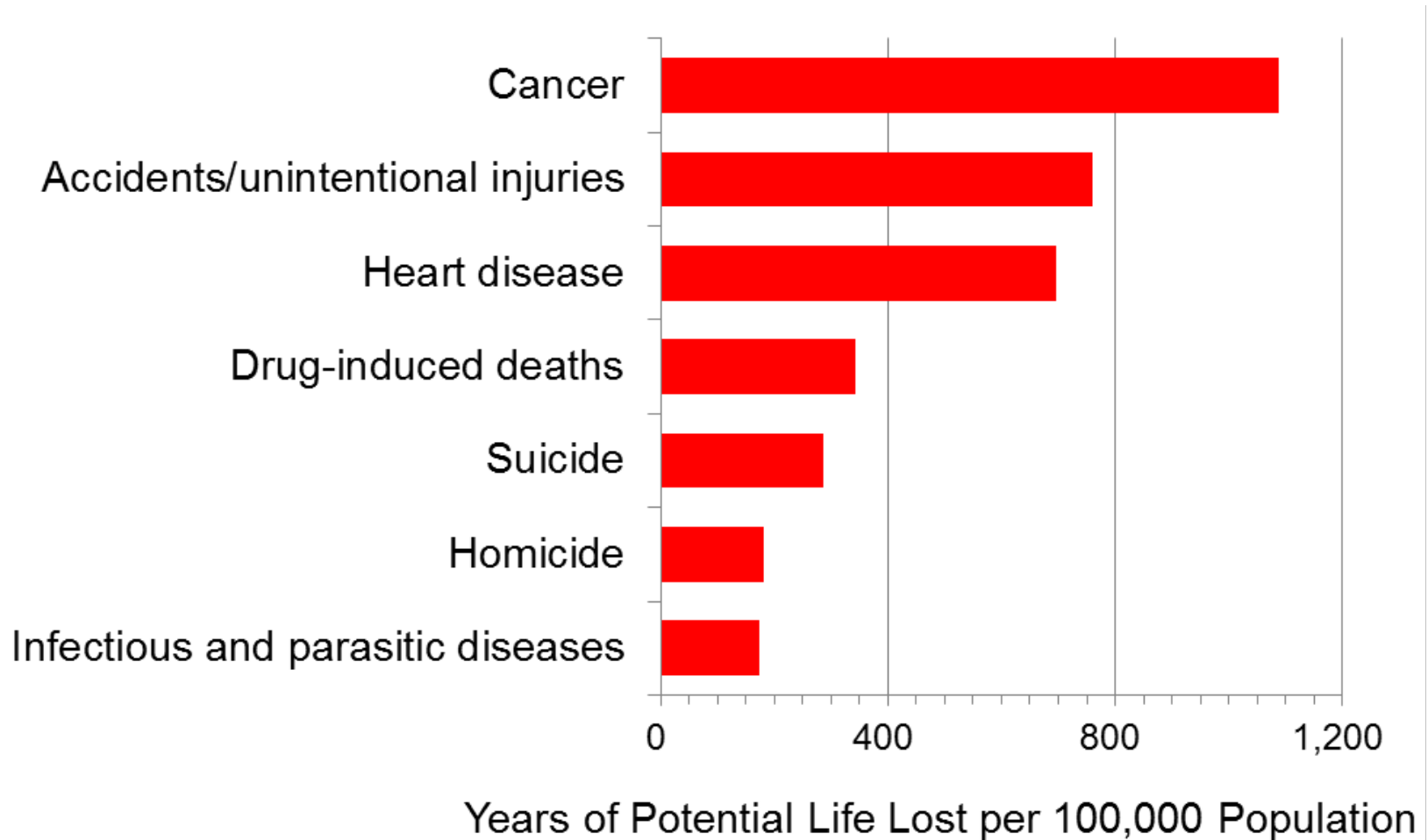
Leading Causes of Death, Connecticut 2010 (Number of Deaths)



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



Causes with High Rates of Premature Death* Connecticut, 2010

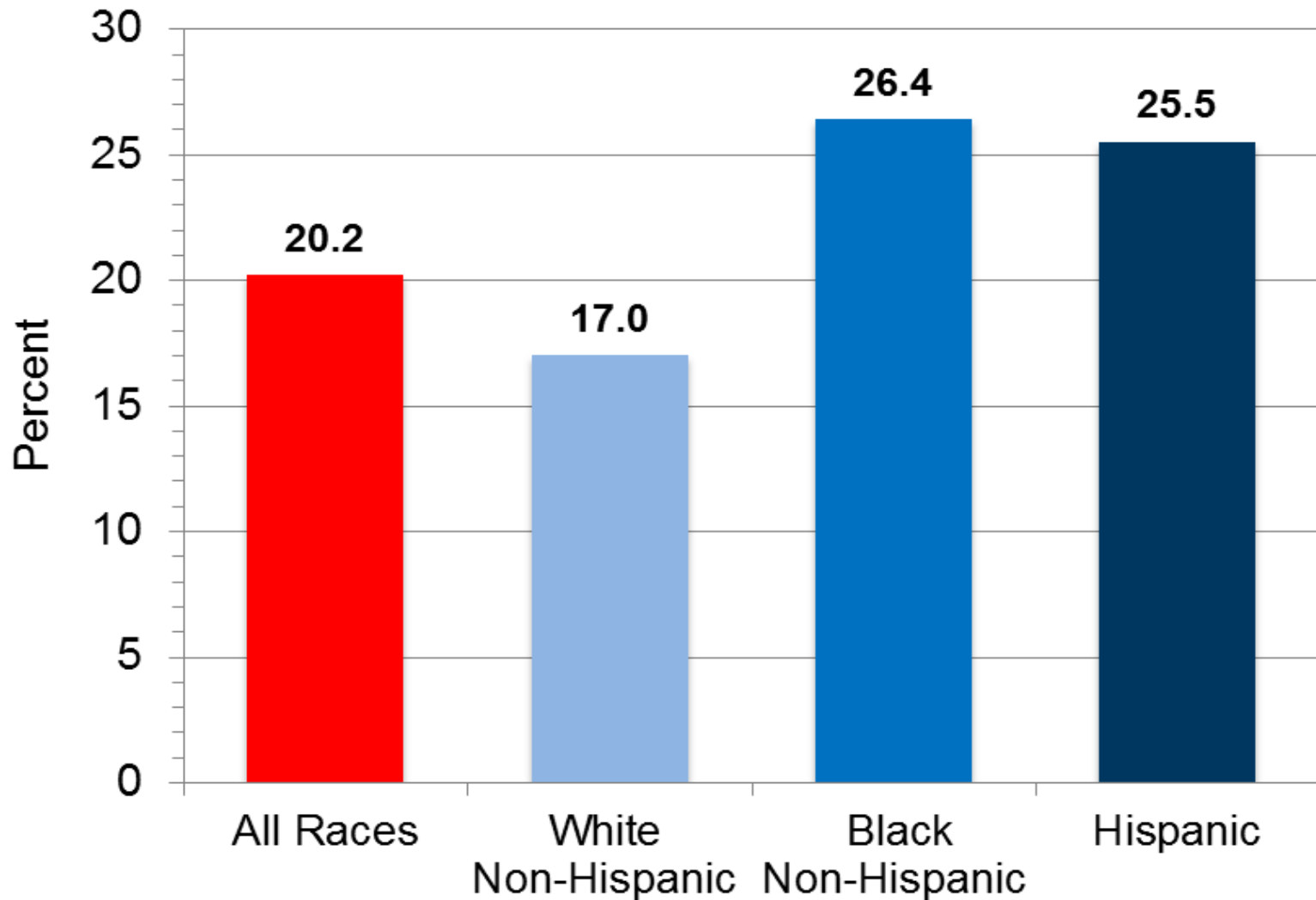


* Premature death means before age 75

Maternal, Infant, and Child Health



Non-adequate Prenatal Care, Connecticut, 2010

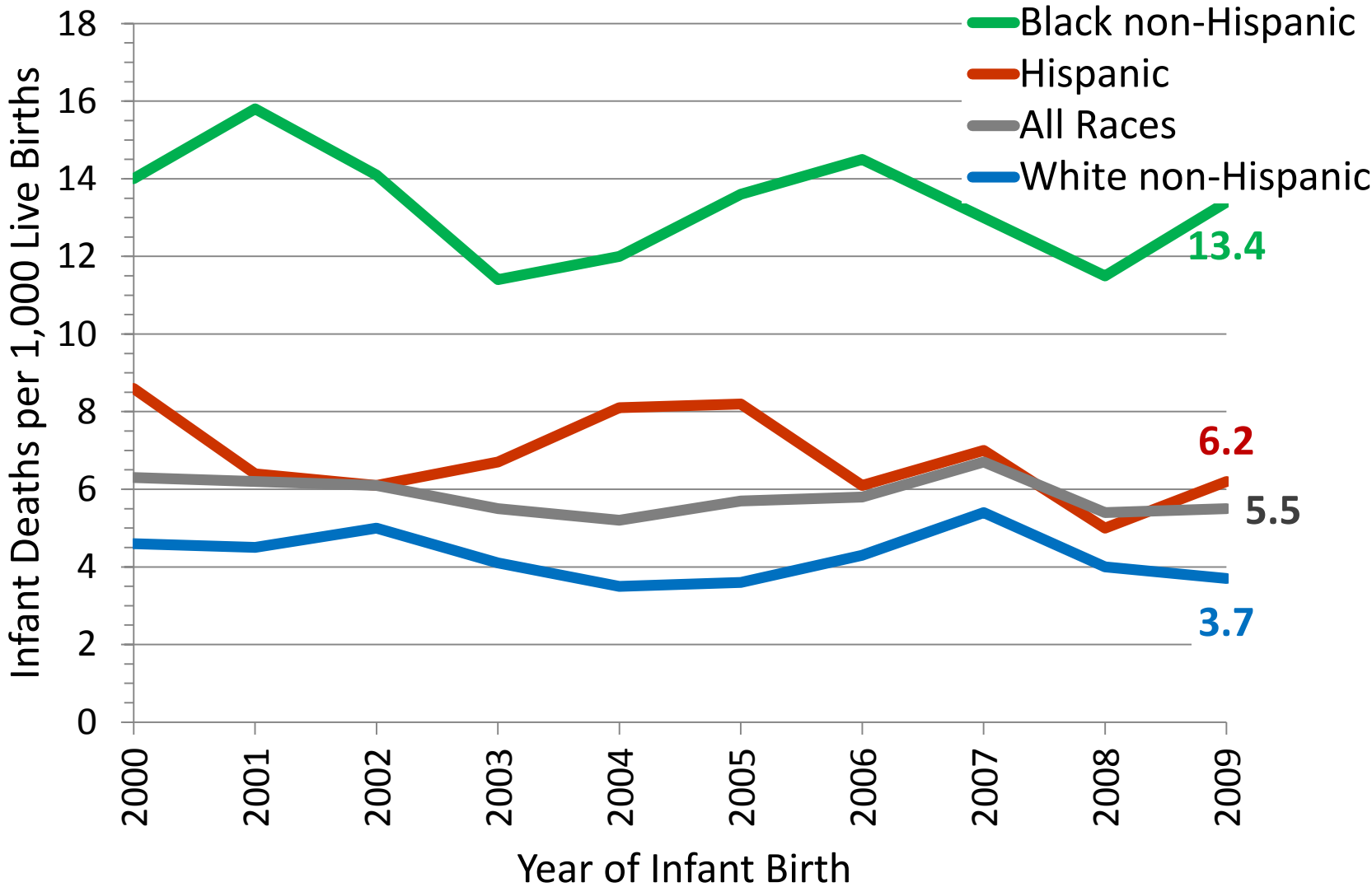


Source: Connecticut Department of Public Health,
Vital Statistics (Registration Reports), 2010 ,Table 12.



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Infant Deaths, 2000-2009



Source: Connecticut Department of Public Health, Birth Cohort Files, 2001-2009.



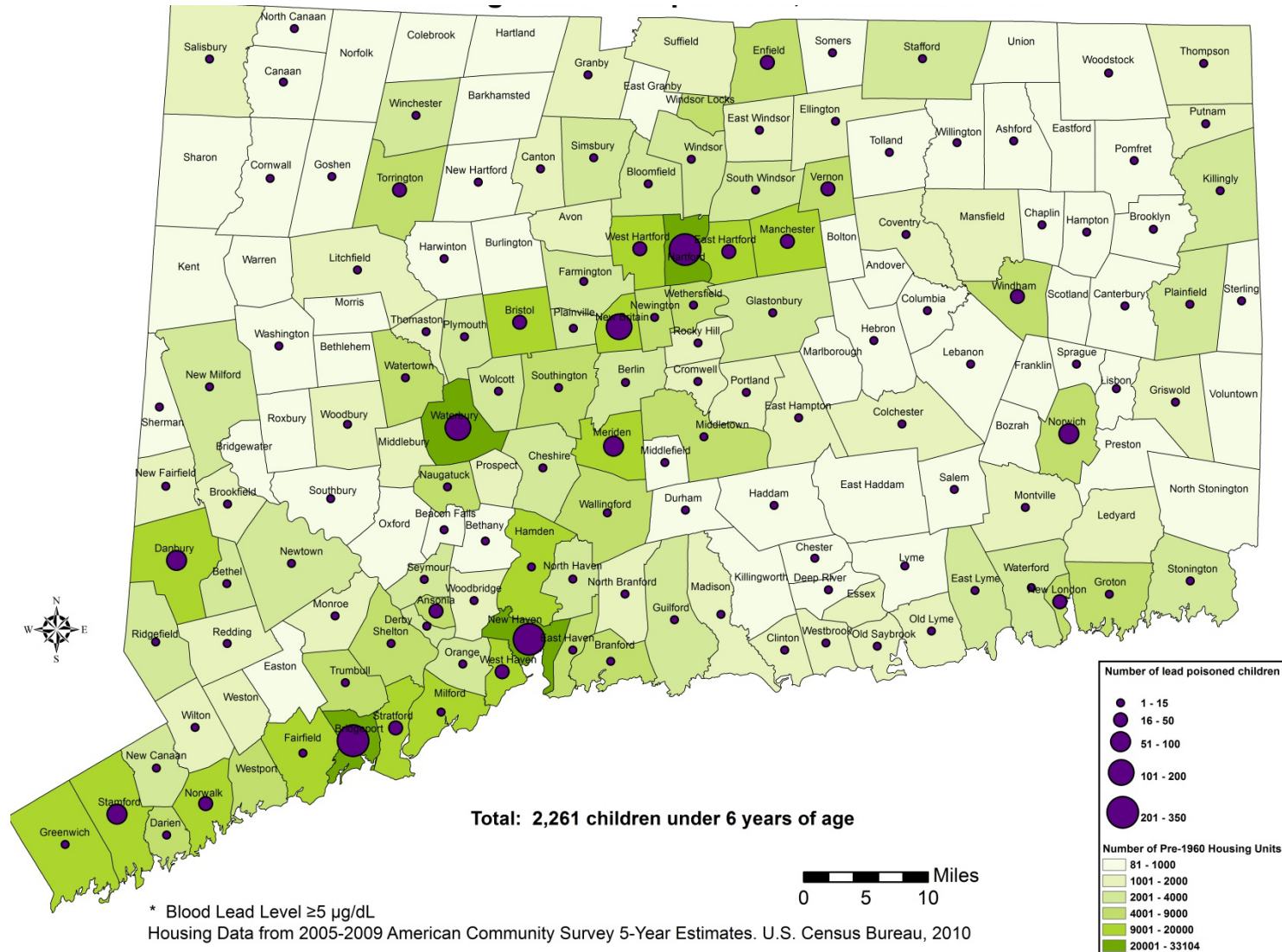
Our Environment: Health and Where We Live



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, 2012



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



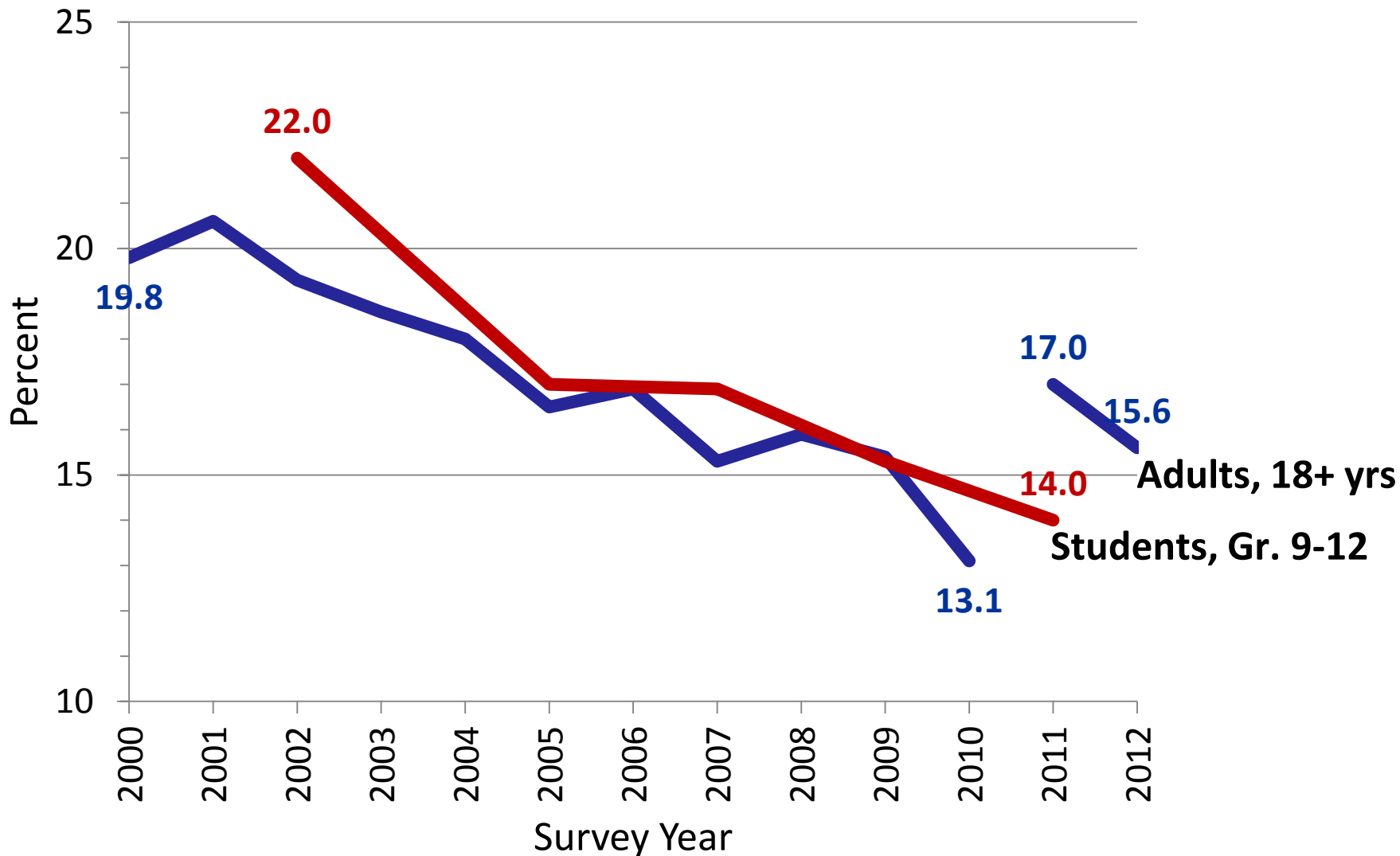
Chronic Diseases and Their Risk Factors

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.



Current Smoking in Connecticut Adults and High School Students, 2000-2012

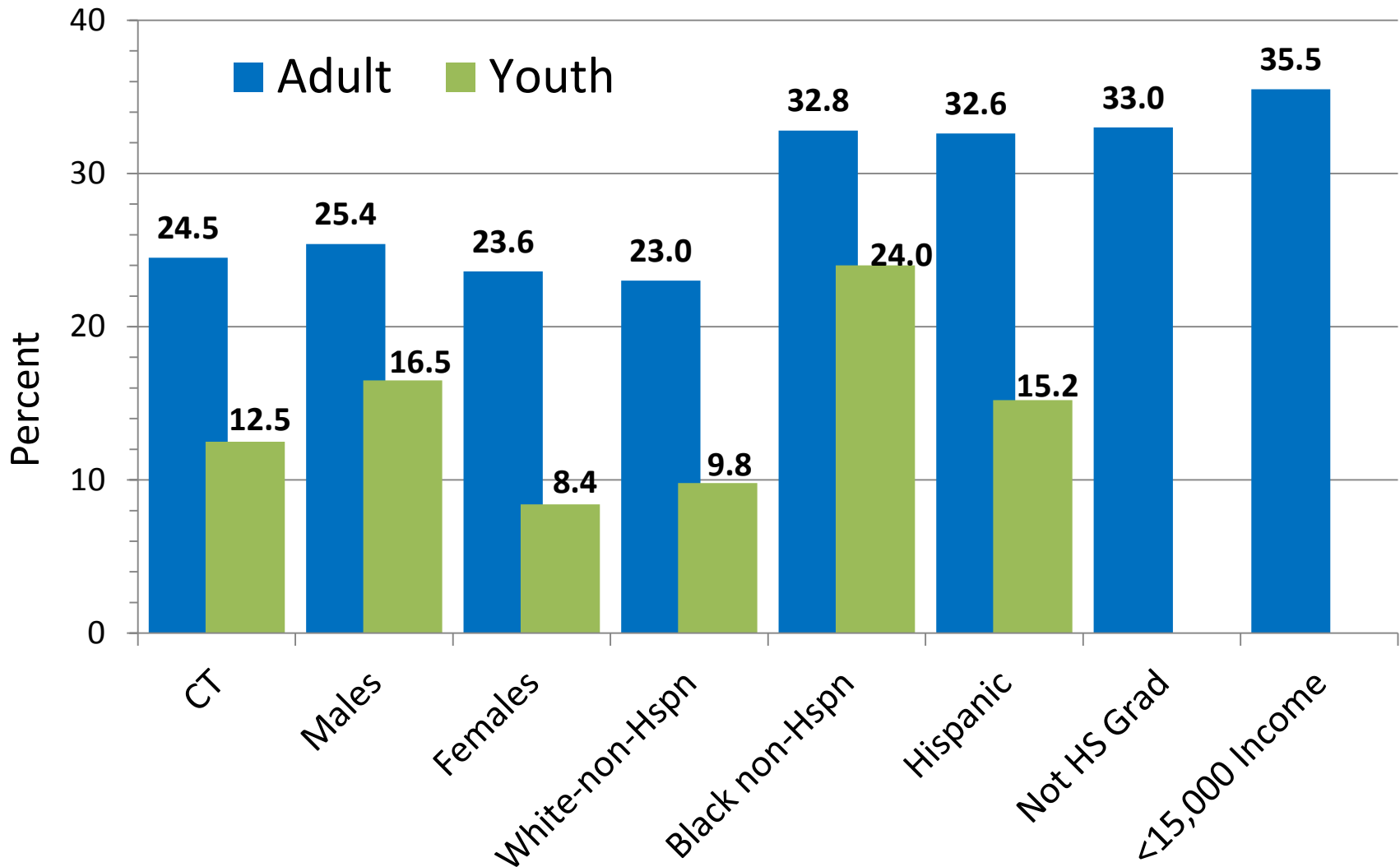


Source: Connecticut Behavioral Risk Factor Surveillance System, 2000- 2012;
Connecticut School Health Survey, Youth Tobacco Component, 2002, 2005, 2007, 2009, 2011.



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Obese Adults and Youths, 2011



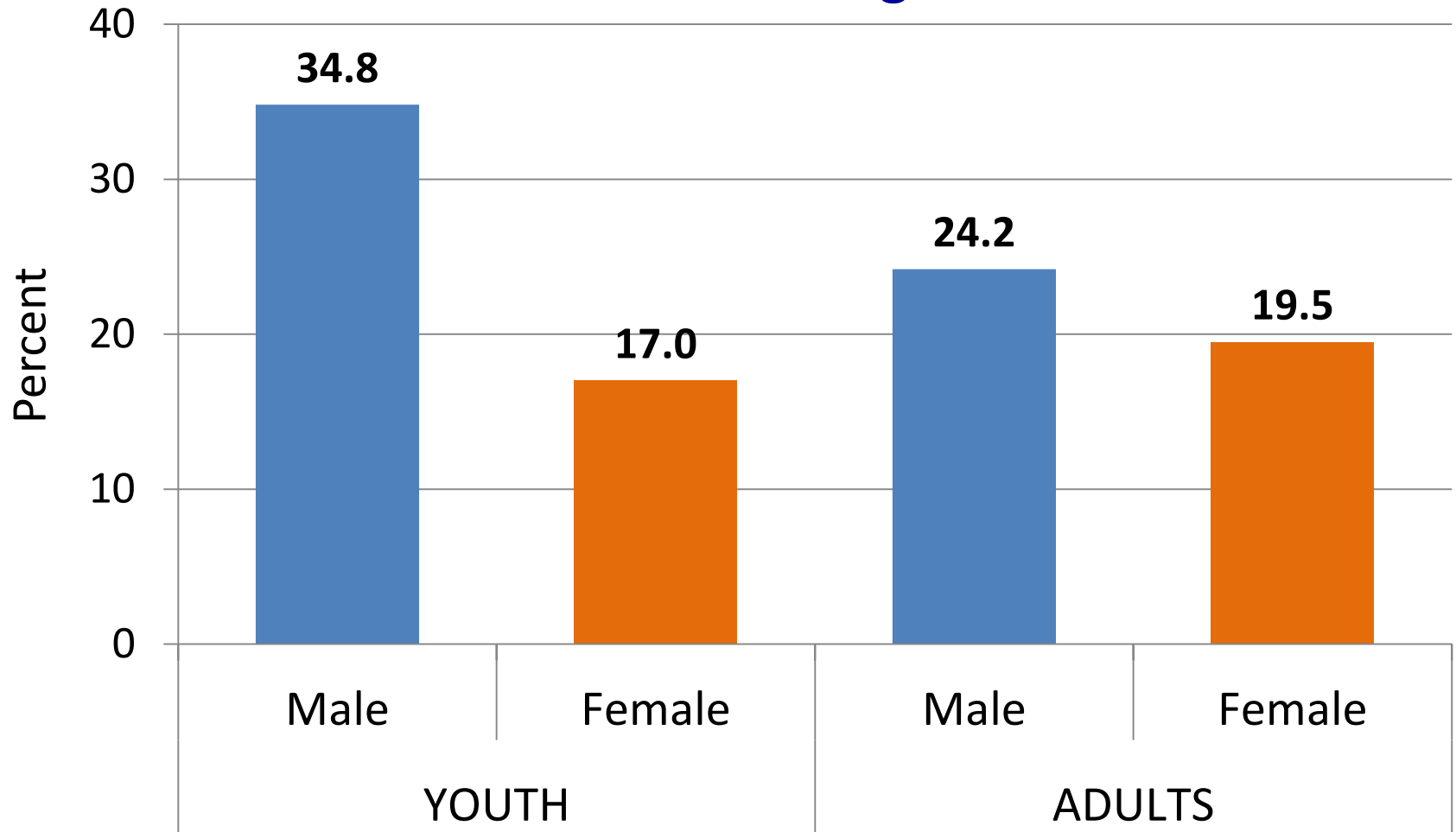
Source: Connecticut Behavioral Risk Factor Surveillance System, 2011;
Connecticut School Health Survey, Youth Risk Component, 2011.



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Met Physical Activity Guidelines, 2011

Connecticut Adults and High School Students



Asthma in Connecticut

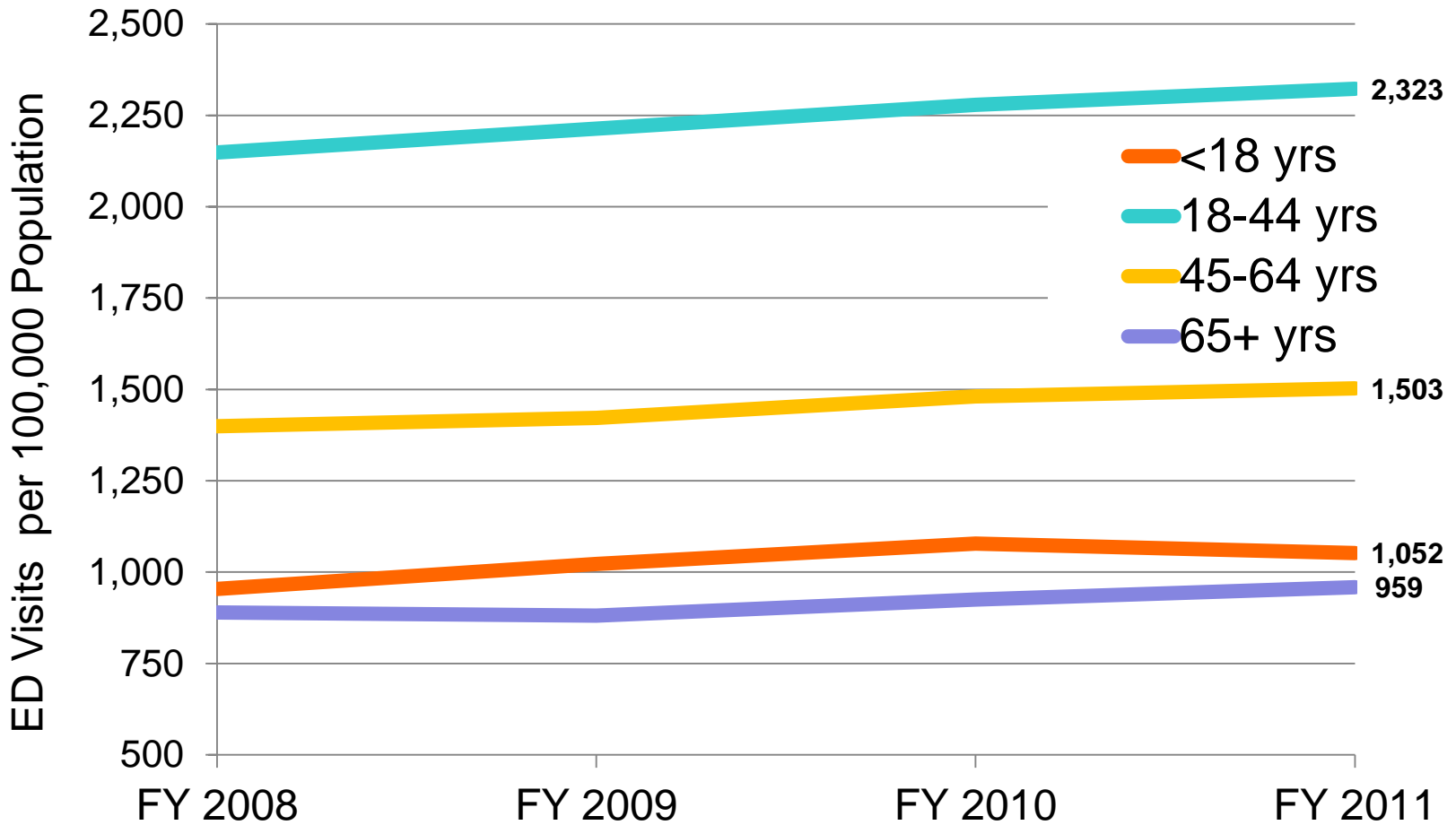


About
1 in 10 children &
1 in 12 adults
in Connecticut
are dealing with
asthma.

Mental Health, Alcohol, and Substance Abuse



Emergency Department Visits for Mental Health Conditions Connecticut, FFY 2008-2011



Source: Connecticut Department of Public Health, Office of Health Care Access, from Connecticut Hospital Association Chime, Inc. Emergency Department Database, FFY 2008-2011. Mental health as primary diagnosis.



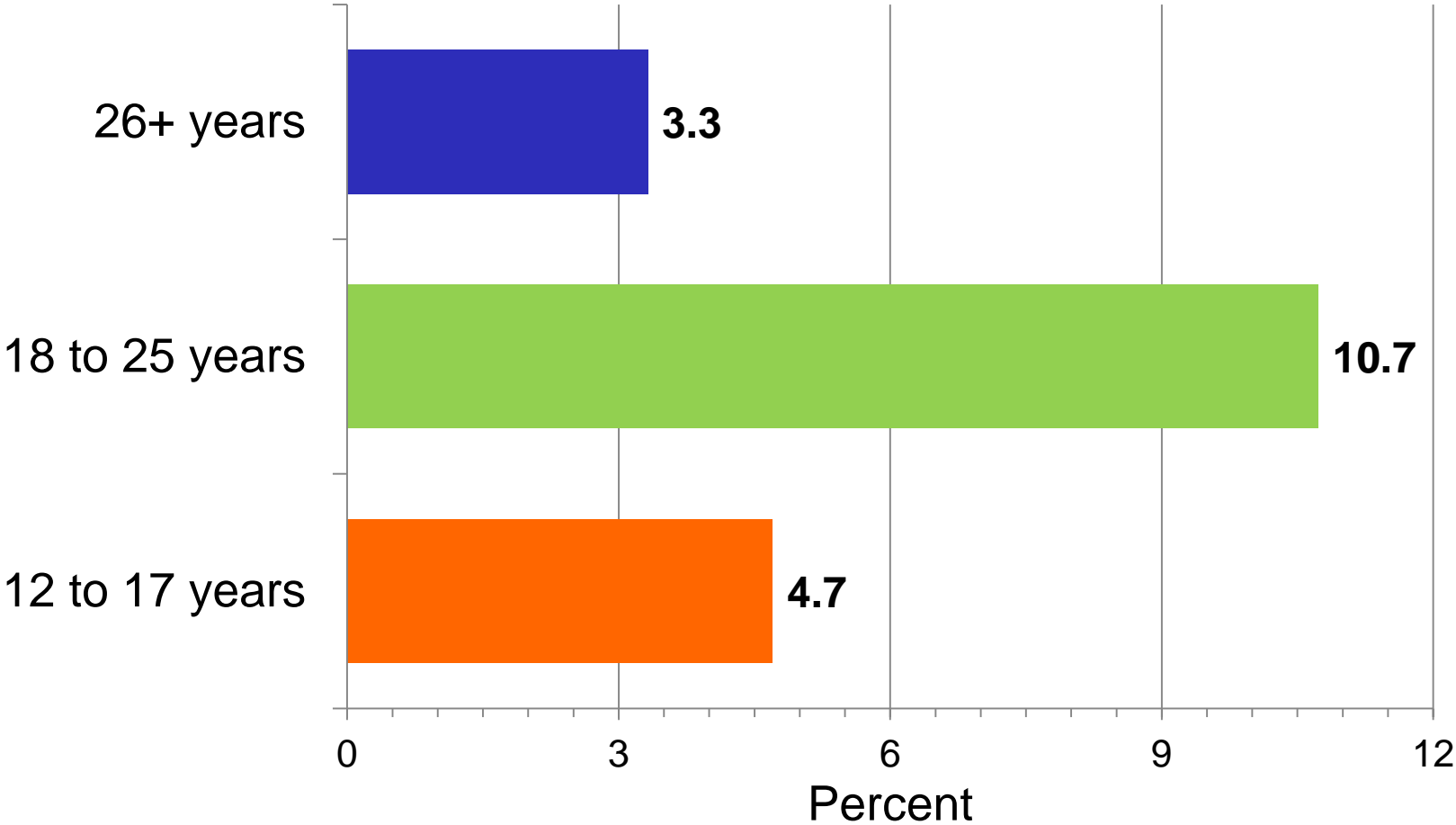
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Binge Drinking

In Connecticut in 2011,
1 in 6 adults and nearly
1 in 4 high school
students were binge
drinkers.



Non-medical 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.



Injury and Violence

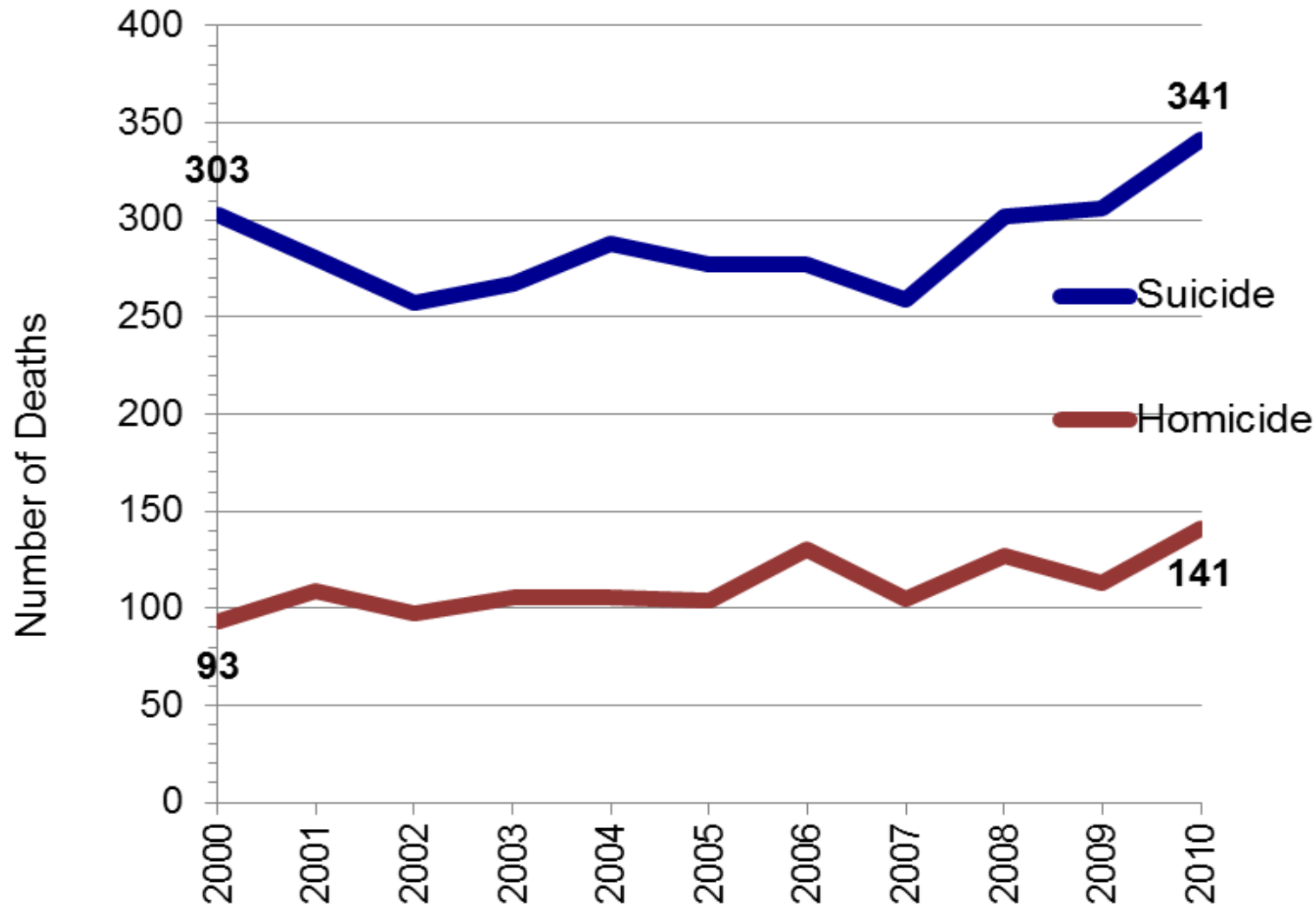


Accidental Injury Deaths



Falls are now 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.

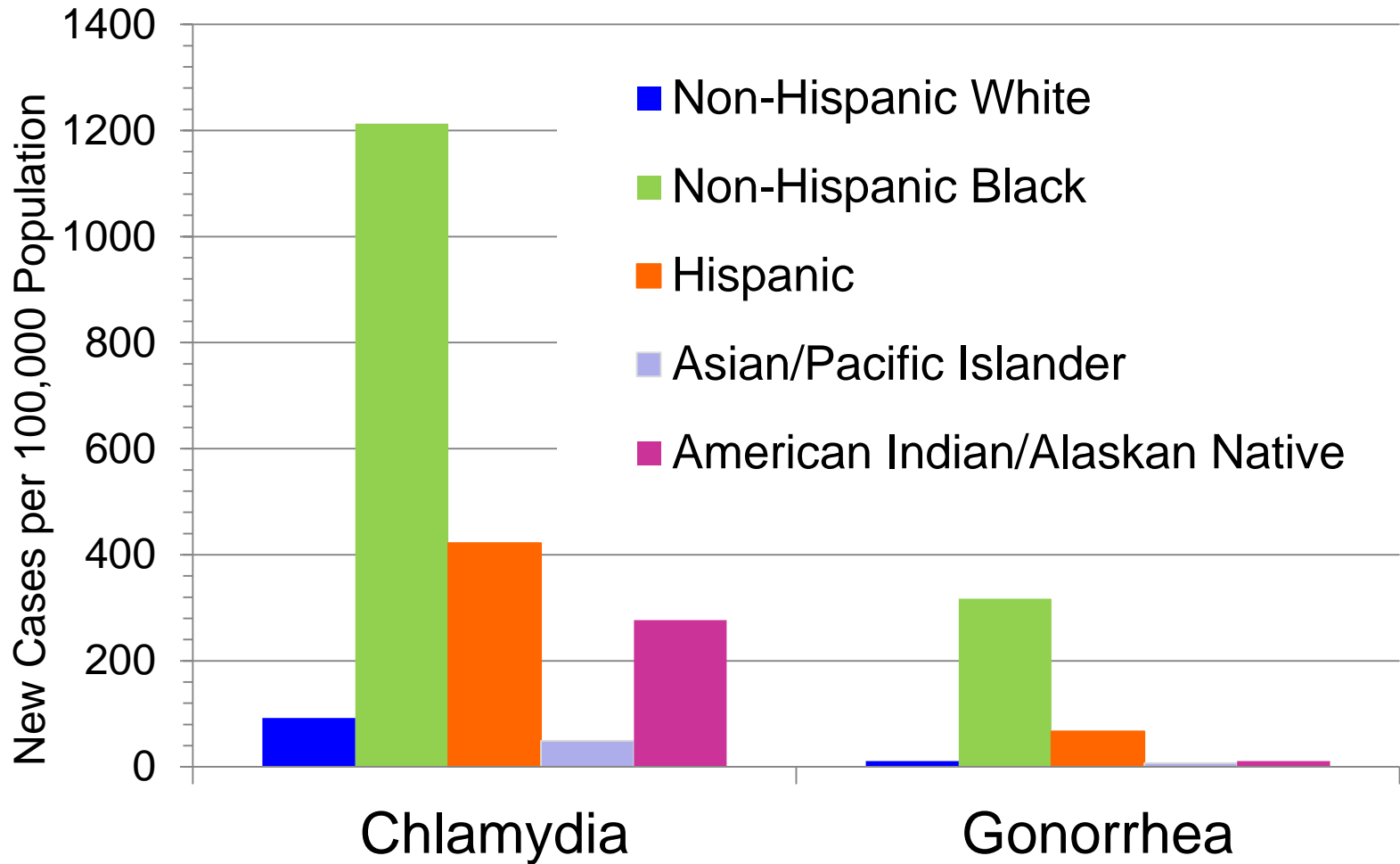


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Infectious Diseases



New Cases of Chlamydia and Gonorrhea 2005-2011



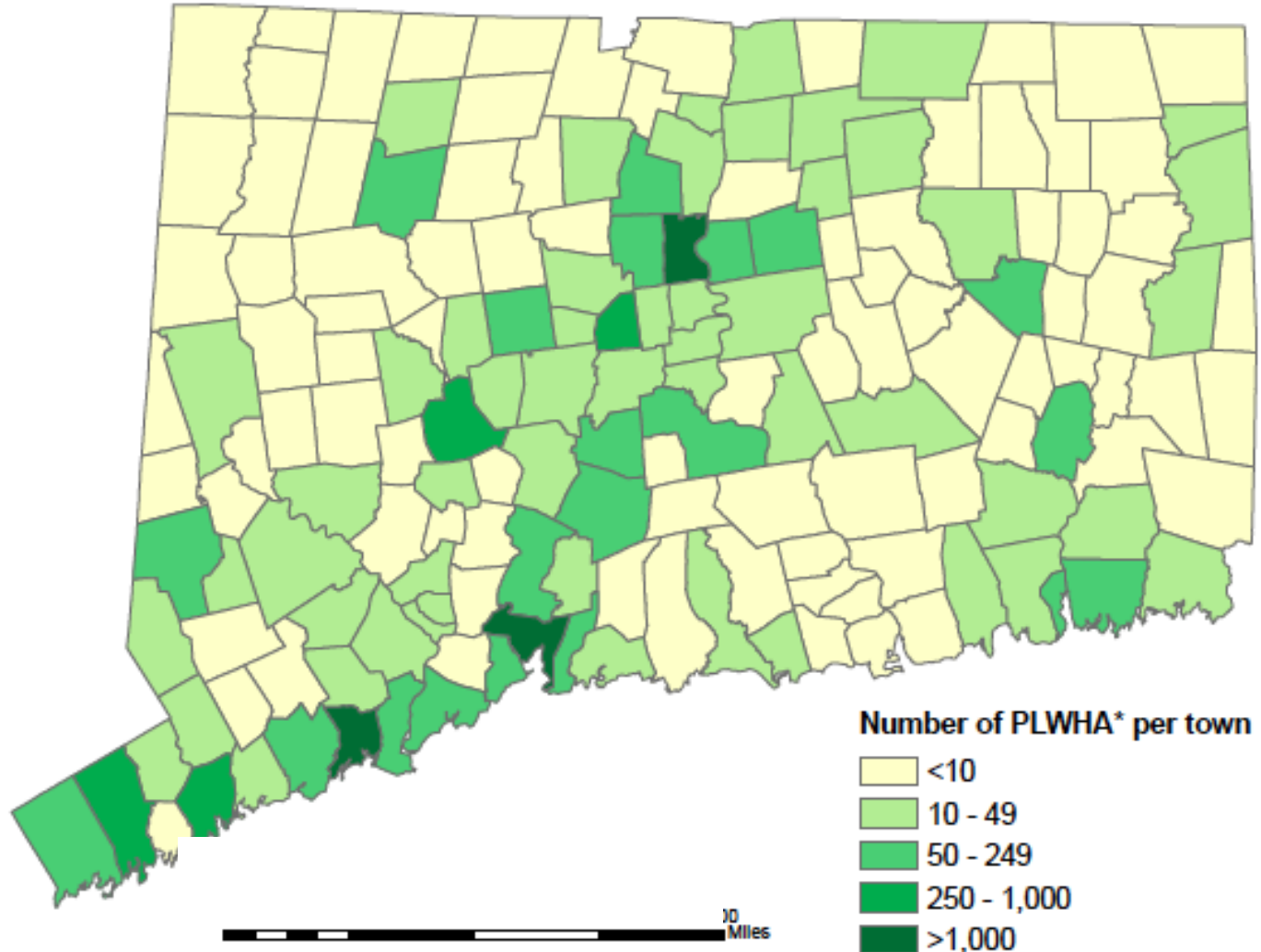
Source: Connecticut Department of Public Health AIDS and Chronic Diseases Section,
Epidemiologic Profile of HIV/AIDS in Connecticut.



Persons Living with HIV Infection Connecticut, 2011



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

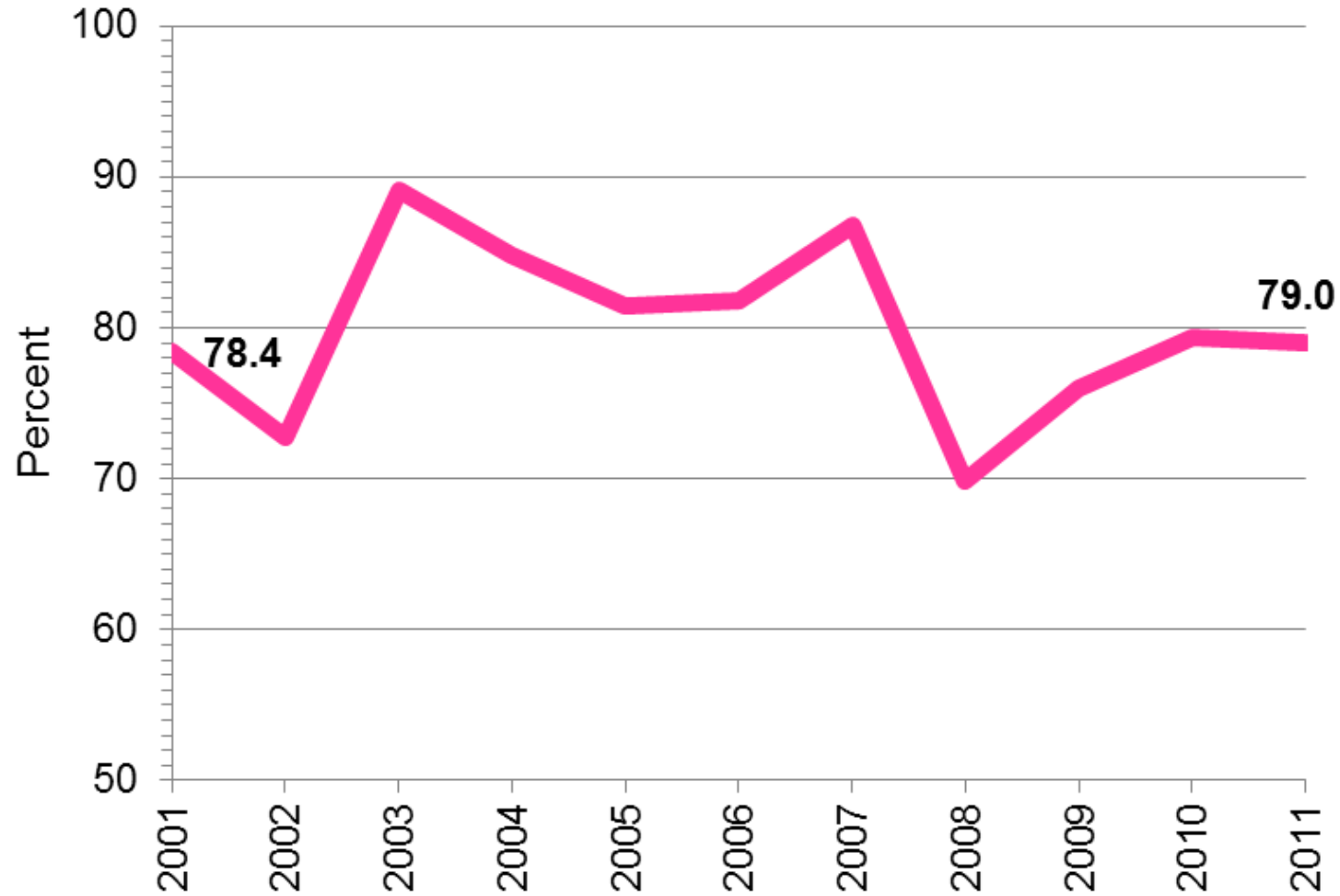


Source: Connecticut Department of Public Health AIDS and Chronic Diseases Section,
Epidemiologic Profile of HIV/AIDS in Connecticut.



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

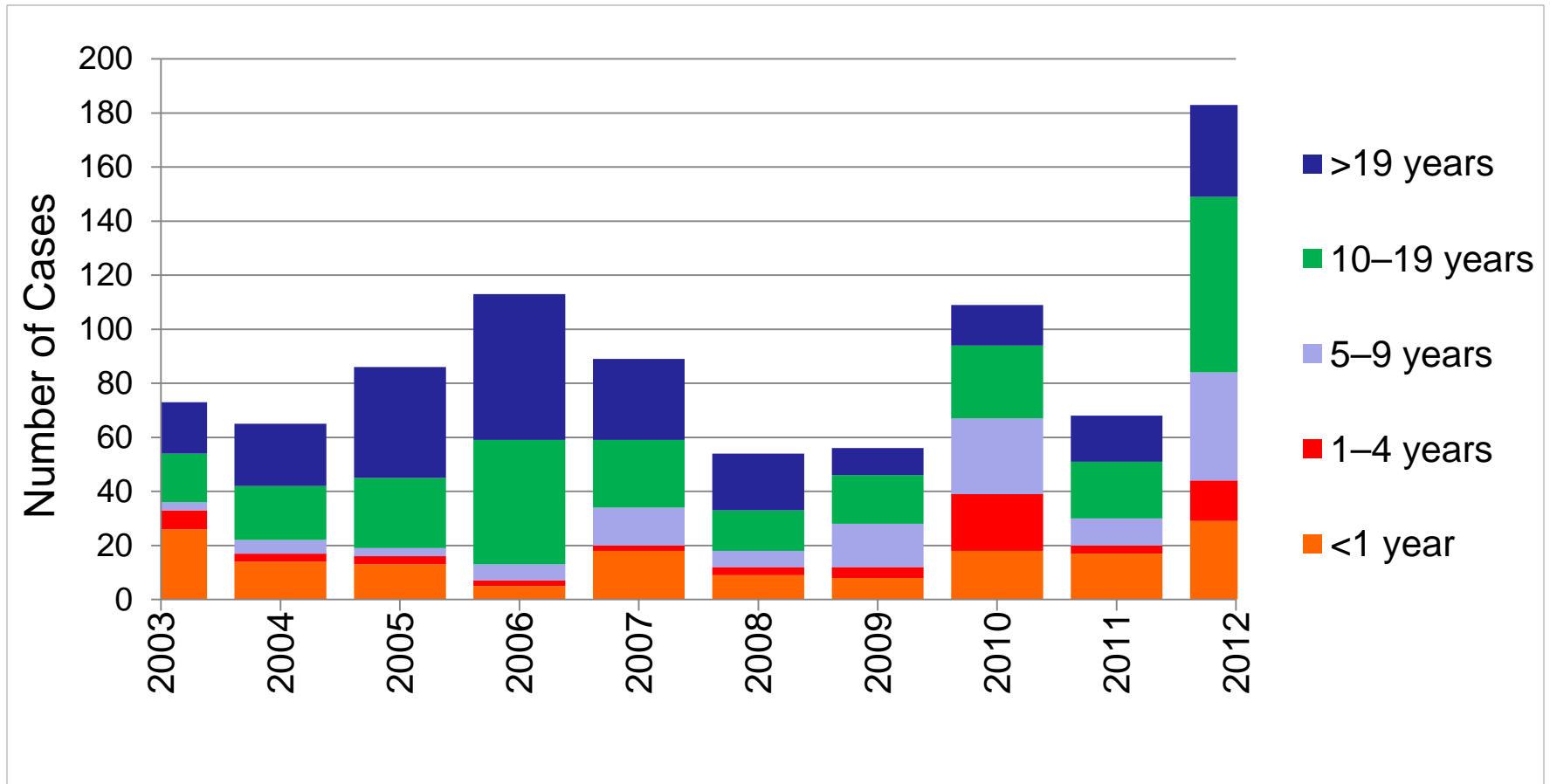


Source: Connecticut Department of Public Health,
Infectious Disease Section, Immunizations Program.



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

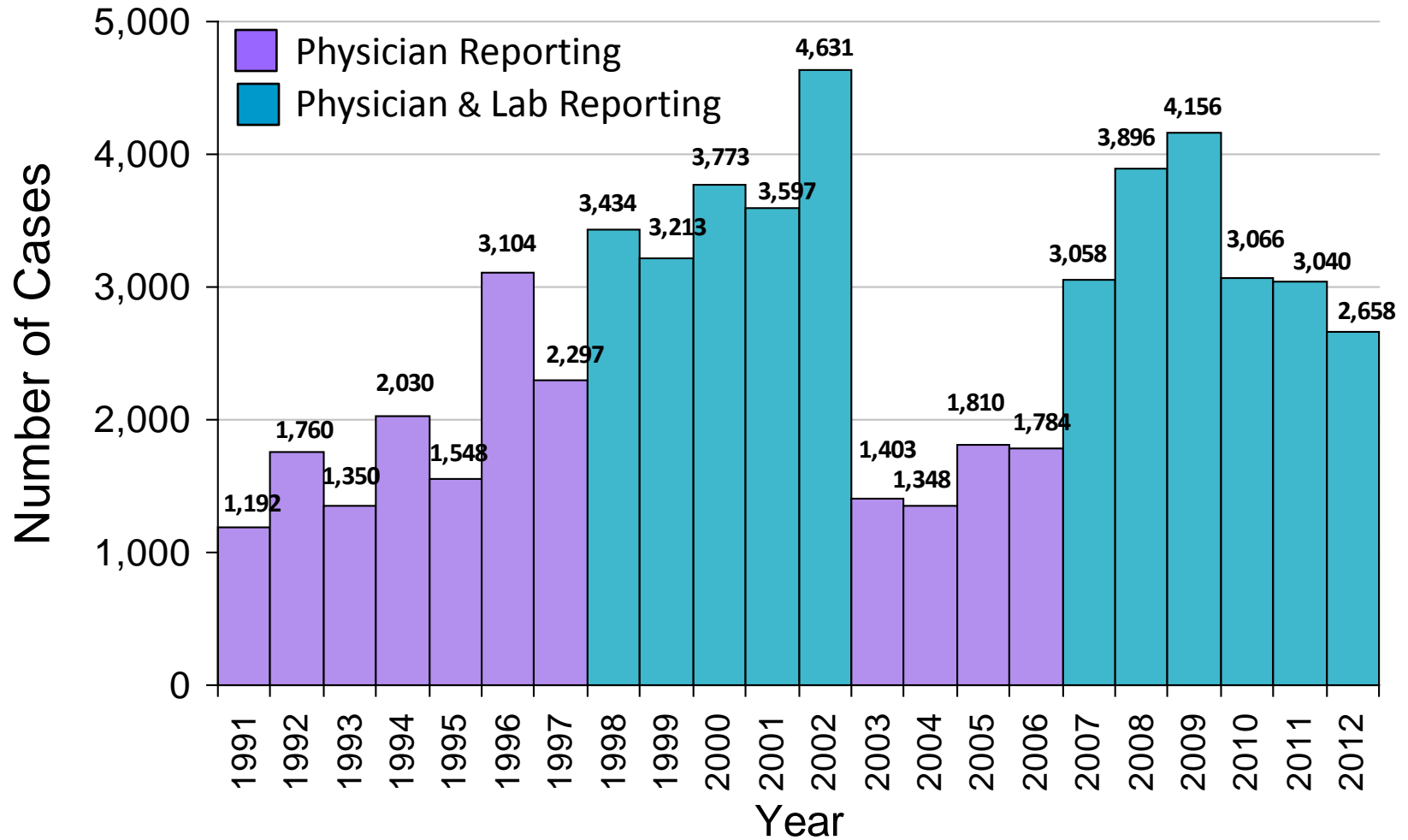


Source: Connecticut Department of Public Health,
Infectious Disease Section.



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Lyme Disease Cases by Reporting Method Connecticut, 1991–2012

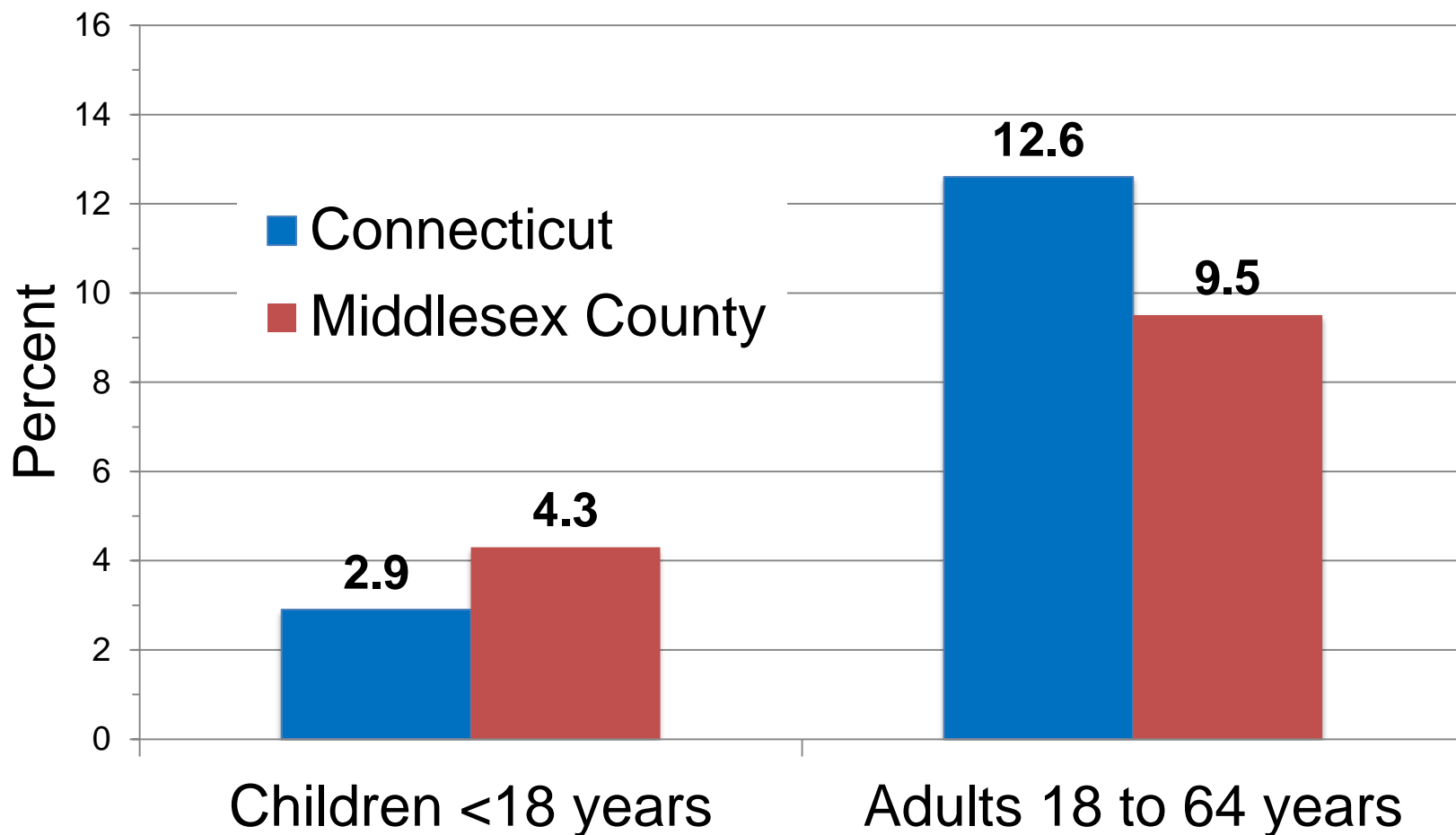


Source: Connecticut Department of Public Health,
Infectious Disease Section.

Access to Health Care



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

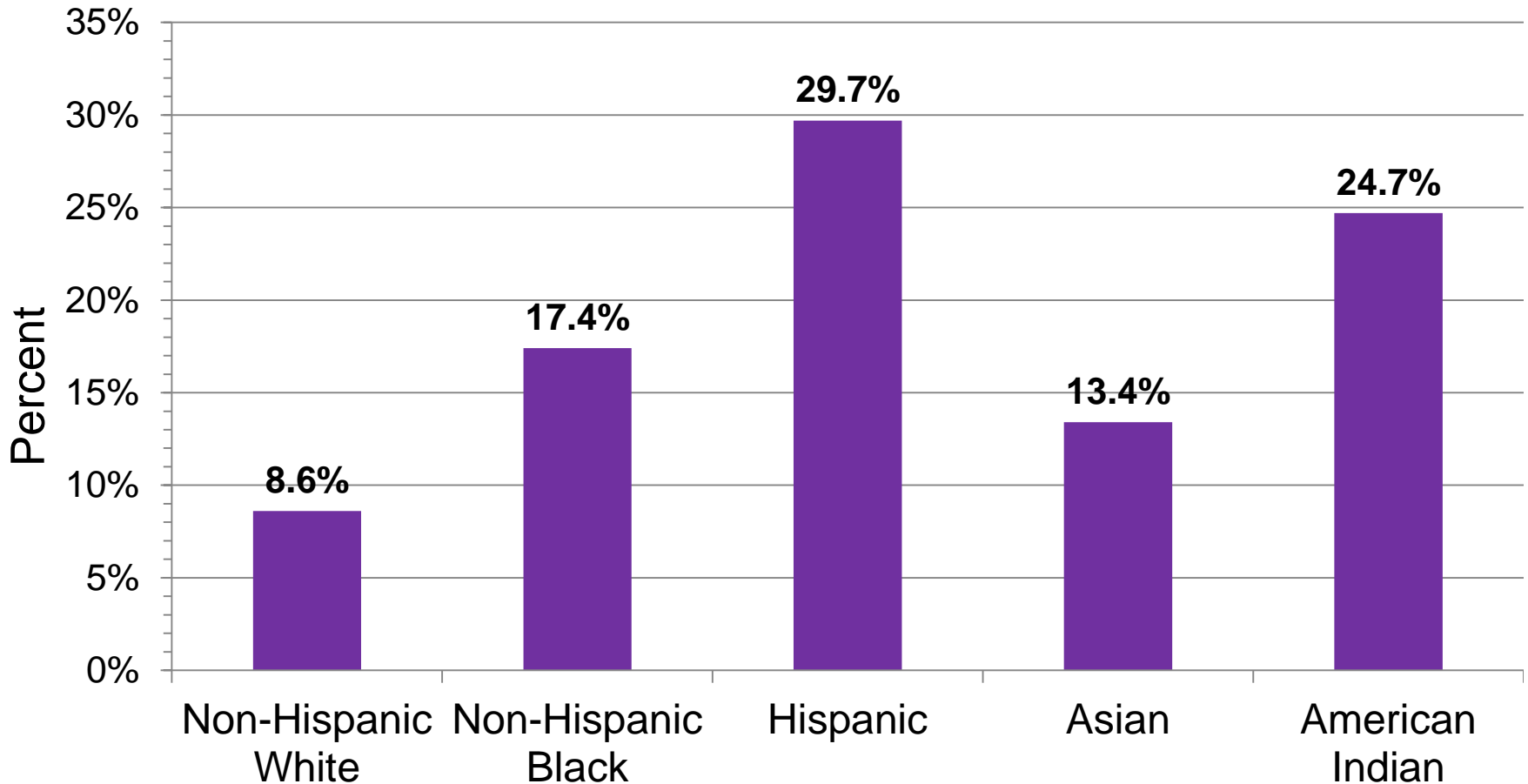


Source: US Census Bureau, American Community Survey, 1-Year Estimates, 2011, B27001 File.



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Uninsured Adults (18-64 Yrs) by Race and Ethnicity Connecticut, 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
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.



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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 Connecticut residents are more likely to have risk factors for many diseases, 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

860-509-8000

