County Health
Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

2015 *County Health Rankings*

Connecticut

INTRODUCTION

The *County Health Rankings & Roadmaps* program helps communities identify and implement solutions that make it easier for people to be healthy in their homes, schools, workplaces, and neighborhoods. The Robert Wood Johnson Foundation (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) to bring this program to cities, counties, and states across the nation. Ranking the health of nearly every county in the nation, the *County Health Rankings* illustrate <u>what we know</u> when it comes to what is making people sick or healthy. The *Roadmaps to Health* and *RWJF Culture of Health Prize* show <u>what we can do</u> to create healthier places to live, learn, work, and play.

WHAT ARE THE *COUNTY HEALTH RANKINGS*?

Published online at countyhealthrankings.org, the *Rankings* help counties understand what influences how healthy residents are and how long they will live. The *Rankings* are unique in their ability to measure the current overall health of each county in all 50 states. They also look at a variety of measures that affect the future health of communities, such as high school graduation rates, access to healthy foods, rates of smoking, obesity, and teen births. Communities use the *Rankings* to identify and garner support for local health improvement initiatives among government agencies, healthcare providers, community organizations, business leaders, policy makers, and the public.

MOVING FROM DATA TO ACTION

Roadmaps to Health help communities bring people together to look at the many factors that influence health, select strategies that work, and make changes that will have a lasting impact. The *Roadmaps* focus on helping communities move from awareness about their county's ranking to action to improve people's health. The *Roadmaps to Health* Action Center is a one-stop shop of information to help any community member or leader who wants to improve their community's health by addressing factors that we know influence health, such as education, income, and community safety.

Within the Action Center you will find:
- Online step-by-step guidance and tools to move through the Action Cycle
- *What Works for Health* – a searchable database of evidence-informed policies and programs that can improve health

- Webinars featuring local community members who share their tips on how to build a healthier community
- Community coaches, located across the nation, who provide customized consultation to local leaders who request guidance in how to accelerate their efforts to improve health. You can contact a coach by activating the Get Help button at countyhealthrankings.org

Action Cycle

LEARNING FROM OTHERS

At countyhealthrankings.org, we feature stories from communities across the nation who have used data from the *County Health Rankings* or have engaged in strategies to improve health. The *RWJF Culture of Health Prize* recognizes communities that are creating powerful partnerships and deep commitments to enable everyone in our diverse society to lead healthy lives now and for generations to come. The Prize is awarded annually by RWJF to honor communities that are working to build a Culture of Health by implementing solutions that give everyone the opportunity for a healthy life. In 2015, up to 10 winning communities will each receive a $25,000 cash prize and have their stories shared broadly with the goal of inspiring locally driven change across the nation.

Prize winners are selected based on how well they demonstrate their community's achievement on their journey to a Culture of Health in the following areas:

- Defining health in the broadest possible terms
- Committing to sustainable systems changes and long-term policy-oriented solutions
- Cultivating a shared and deeply held belief in the importance of equal opportunity for health
- Harnessing the collective power of leaders, partners, and community members
- Securing and making the most of resources
- Measuring and sharing progress and results

Visit countyhealthrankings.org or rwjf.org/prize to learn about the work of past Prize winners and the application process.

HOW CAN YOU GET INVOLVED?

You might want to contact your local affiliate of United Way Worldwide or the National Association of Counties – their national parent organizations have partnered with us to raise awareness and stimulate action to improve health in their local members' communities. By connecting with other leaders interested in improving health, you can make a difference in your community. In communities large and small, people from all walks of life are taking ownership and action to improve health. Visit countyhealthrankings.org to get ideas and guidance on how you can take action in your community. Working with others, you can improve the health of your community.
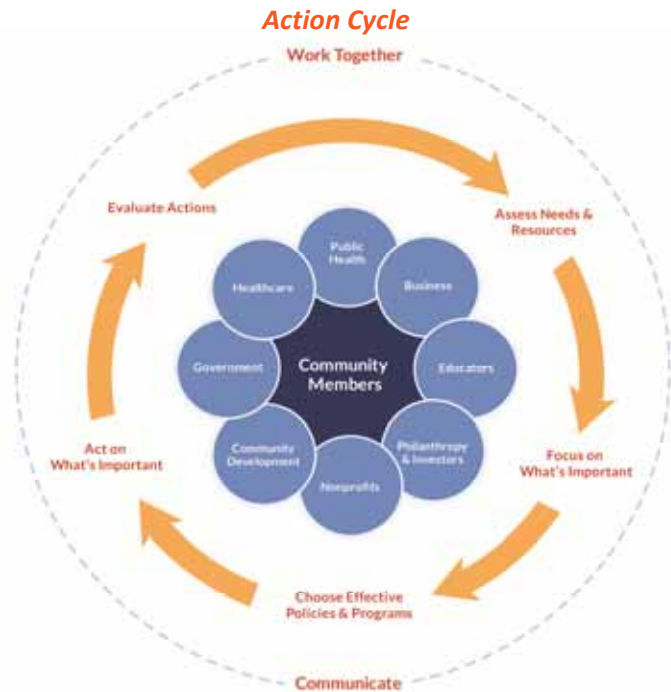
HOW DO COUNTIES RANK FOR HEALTH OUTCOMES?

The green map below shows the distribution of Connecticut's **health outcomes**, based on an equal weighting of length and quality of life.

Lighter colors indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org.

Rank 1-2   Rank 3-4   Rank 5-6   Rank 7-8
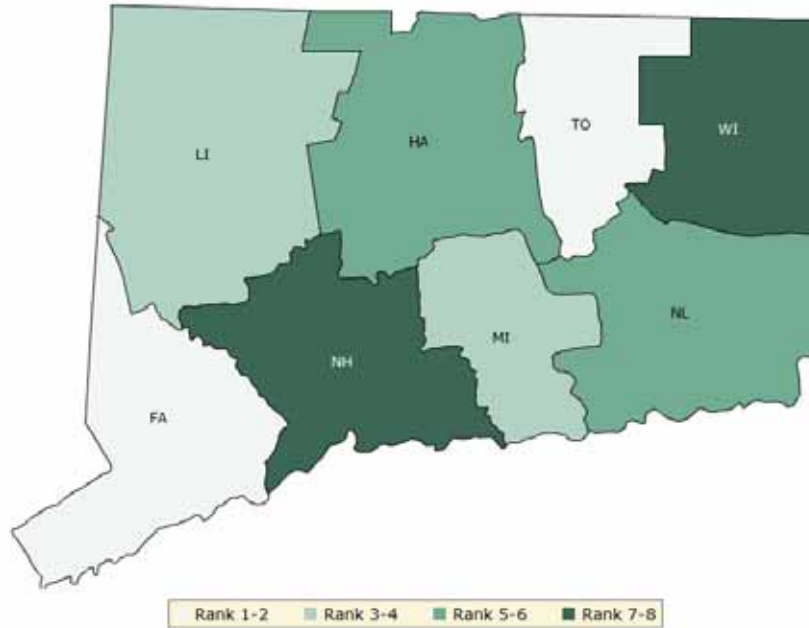
County	Rank	County	Rank	County	Rank	County	Rank
Fairfield	2	Litchfield	4	New Haven	8	Tolland	1
Hartford	6	Middlesex	3	New London	5	Windham	7

HOW DO COUNTIES RANK FOR HEALTH FACTORS?

The blue map displays Connecticut's summary ranks for **health factors**, based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment.

Lighter colors indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org.
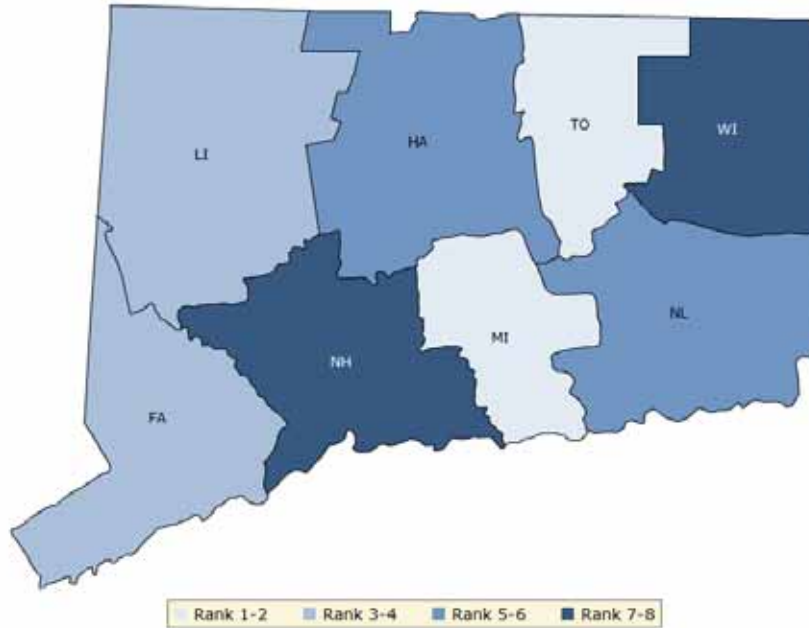

Rank 1-2   Rank 3-4   Rank 5-6   Rank 7-8

County	Rank	County	Rank	County	Rank	County	Rank
Fairfield	3	Litchfield	4	New Haven	7	Tolland	2
Hartford	5	Middlesex	1	New London	6	Windham	8

2015 *COUNTY HEALTH RANKINGS*: MEASURES AND NATIONAL/STATE RESULTS

Measure	Description	US Median	State Overall	State Minimum	State Maximum
HEALTH OUTCOMES					
Premature death	Years of potential life lost before age 75 per 100,000 population	7681	5284	4371	6048
Poor or fair health	% of adults reporting fair or poor health	17%	11%	9%	12%
Poor physical health days	Average # of physically unhealthy days reported in past 30 days	3.7	3.0	2.6	3.4
Poor mental health days	Average # of mentally unhealthy days reported in past 30 days	3.5	3.1	2.8	3.5
Low birthweight	% of live births with low birthweight (< 2500 grams)	8%	8.0%	6.5%	8.7%
HEALTH FACTORS					
HEALTH BEHAVIORS					
Adult smoking	% of adults who are current smokers	21%	15%	12%	18%
Adult obesity	% of adults that report a BMI ≥ 30	31%	24%	20%	30%
Food environment index	Index of factors that contribute to a healthy food environment, (0-10)	7.3	7.9	7.6	8.7
Physical inactivity	% of adults aged 20 and over reporting no leisure-time physical activity	27%	22%	17%	24%
Access to exercise opportunities	% of population with adequate access to locations for physical activity	65%	95%	87%	96%
Excessive drinking	% of adults reporting binge or heavy drinking	16%	19%	17%	21%
Alcohol-impaired driving deaths	% of driving deaths with alcohol involvement	31%	34%	29%	39%
Sexually transmitted infections	# of newly diagnosed chlamydia cases per 100,000 population	291	364	122	464
Teen births	# of births per 1,000 female population ages 15-19	41	20	6	26
CLINICAL CARE					
Uninsured	% of population under age 65 without health insurance	17%	11%	7%	12%
Primary care physicians	Ratio of population to primary care physicians	2015:1	1190:1	1867:1	1081:1
Dentists	Ratio of population to dentists	2670:1	1285:1	2400:1	1049:1
Mental health providers	Ratio of population to mental health providers	1128:1	323:1	548:1	250:1
Preventable hospital stays	# of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees	65.3	57	51	65
Diabetic monitoring	% of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring	85%	85%	82%	90%
Mammography screening	% of female Medicare enrollees ages 67-69 that receive mammography screening	61%	67.1%	64.4%	70.2%
SOCIAL AND ECONOMIC FACTORS					
High school graduation	% of ninth-grade cohort that graduates in four years	85%	85%	80%	94%
Some college	% of adults ages 25-44 with some post-secondary education	56%	67.0%	56.3%	73.5%
Unemployment	% of population aged 16 and older unemployed but seeking work	7%	7.8%	6.7%	8.7%
Children in poverty	% of children under age 18 in poverty	24%	15%	7%	18%
Income inequality	Ratio of household income at the 80th percentile to income at the 20th percentile	4.4	5.0	3.8	5.8
Children in single-parent households	% of children that live in a household headed by single parent	31%	31%	22%	37%
Social associations	# of membership associations per 10,000 population	12.6	9.3	6.9	10.8
Violent crime	# of reported violent crime offenses per 100,000 population	199	279	111	406
Injury deaths	# of deaths due to injury per 100,000 population	73.8	52	42	56
PHYSICAL ENVIRONMENT					
Air pollution – particulate matter	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)	11.9	10.5	10.3	10.7
Drinking water violations	% of population potentially exposed to water exceeding a violation limit during the past year	1.0%	0%	0%	3%
Severe housing problems	% of households with overcrowding, high housing costs, or lack of kitchen or plumbing facilities	14%	19%	12%	22%
Driving alone to work	% of workforce that drives alone to work	80%	79%	73%	83%
Long commute – driving alone	Among workers who commute in their car alone, % commuting > 30 minutes	29%	31%	27%	42%

2015 COUNTY HEALTH RANKINGS: DATA SOURCES AND YEARS OF DATA

	Measure	Data Source	Years of Data
HEALTH OUTCOMES			
Length of Life	Premature death	National Center for Health Statistics – Mortality files	2010-2012
Quality of Life	Poor or fair health	Behavioral Risk Factor Surveillance System	2006-2012
	Poor physical health days	Behavioral Risk Factor Surveillance System	2006-2012
	Poor mental health days	Behavioral Risk Factor Surveillance System	2006-2012
	Low birthweight	National Center for Health Statistics – Natality files	2006-2012
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2006-2012
Diet and Exercise	Adult obesity	CDC Diabetes Interactive Atlas	2011
	Food environment index	USDA Food Environment Atlas, Map the Meal Gap	2012
	Physical inactivity	CDC Diabetes Interactive Atlas	2011
	Access to exercise opportunities	Business Analyst, Delorme map data, ESRI, & US Census Tigerline Files	2010 & 2013
Alcohol and Drug Use	Excessive drinking	Behavioral Risk Factor Surveillance System	2006-2012
	Alcohol-impaired driving deaths	Fatality Analysis Reporting System	2009-2013
Sexual Activity	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2012
	Teen births	National Center for Health Statistics – Natality files	2006-2012
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2012
	Primary care physicians	Area Health Resource File/American Medical Association	2012
	Dentists	Area Health Resource File/National Provider Identification file	2013
	Mental health providers	CMS, National Provider Identification file	2014
Quality of Care	Preventable hospital stays	Dartmouth Atlas of Health Care	2012
	Diabetic monitoring	Dartmouth Atlas of Health Care	2012
	Mammography screening	Dartmouth Atlas of Health Care	2012
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	data.gov, supplemented w/ National Center for Education Statistics	2011-2012
	Some college	American Community Survey	2009-2013
Employment	Unemployment	Bureau of Labor Statistics	2013
Income	Children in poverty	Small Area Income and Poverty Estimates	2013
	Income inequality	American Community Survey	2009-2013
Family and Social Support	Children in single-parent households	American Community Survey	2009-2013
	Social associations	County Business Patterns	2012
Community Safety	Violent crime	Uniform Crime Reporting – FBI	2010-2012
	Injury deaths	CDC WONDER mortality data	2008-2012
PHYSICAL ENVIRONMENT			
Air and Water Quality	Air pollution – particulate matter [1]	CDC WONDER environmental data	2011
	Drinking water violations	Safe Drinking Water Information System	FY2013-14
Housing and Transit	Severe housing problems	Comprehensive Housing Affordability Strategy (CHAS) data	2007-2011
	Driving alone to work	American Community Survey	2009-2013
	Long commute – driving alone	American Community Survey	2009-2013

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[1] Not available for AK and HI.

CREDITS

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