

Community Health Assessment 2011

Prepared for
The Central Connecticut
Health District
February 2011

- The Center for Research & Public Policy (CRPP) is pleased to present the results of a Community Health Assessment conducted among residents of Berlin, Newington, Rocky Hill and Wethersfield on behalf of the Central Connecticut Health District (CCHD).
- The Community Health Assessment was designed to provide resident input on current health status and needs.
- The Health Assessment included a comprehensive telephone survey.
- Telephone interviews (400) were conducted among residents of the four municipalities served by CCHD.

Introduction

- This report summarizes information collected from residential surveys conducted on February 1 – February 8, 2011.
- The survey instrument employed in the Community Health Assessment included the following areas for investigation:
 - Health Care Access;
 - Exercise;
 - Dental Care;
 - Cardiovascular Disease;
 - Tobacco Use;
 - Immunizations;
 - Falls;
 - Seatbelt Use;
 - Women's Health;
 - Prostate Cancer Screening

Introduction

- Colorectal Cancer Screening
- HIV/AIDS
- Diabetes;
- Sun Safety;
- Cancer Survivorship;
- General Preparedness;
- Nutrition;
- Indoor Air;
- Home Environment;
- Health District Service Needs; and
- Demographics

Introduction

Residential Telephone Survey

- Using a quantitative research design, CRPP completed 400 interviews among residents of the four communities served by CCHD – Berlin, Newington, Rocky Hill and Wethersfield.
- All telephone interviews were conducted February 1 – 8, 2011. Residents were contacted between 5:00 p.m. and 9:00 p.m. weekdays and 10:00 a.m. and 4:00 p.m. on the weekend.
- Survey input was provided by CCHD officials.
- Survey design at CRPP is a careful, deliberative process to ensure fair, objective and balanced surveys. Staff members, with years of survey design experience, edit out any bias. Further, all scales used by CRPP (either numeric, such as one through ten, or wording such as strongly agree, somewhat agree, somewhat disagree, or strongly disagree) are evenly balanced. And, placement of questions is carefully accomplished so that order has minimal impact.

Methodology

- All population-based surveys conducted by CRPP are proportional to population contributions within states, towns, and known census tract, group blocks and blocks. This distribution ensures truly representative results without significant under or over representation of various geographic or demographic groups within a sampling frame.
- CRPP utilized a “super random digit” sampling procedure, which derives a working telephone sample of both listed and unlisted telephone numbers. This method of sample selection eliminates any bias toward only-listed telephone numbers. Additionally, this process allows randomization of numbers, which equalizes the probability of qualified respondents being included in the sampling frame. Cell phone respondents were included in the sampling process and represented 4.0% of the total sample.
- Respondents qualified for the survey if they confirmed they were at least 18 years of age and were current residents of one of the qualifying communities.

Methodology

- Training of telephone researchers and pre-test of the survey instrument occurred on February 1, 2011.
- All facets of the study were completed by CRPP's senior staff and researchers. These aspects include: survey design, pre-test, computer programming, fielding, coding, editing, data entry, verification, validation and logic checks, computer analysis, analysis, and report writing.

Methodology

- CRPP maintained a **78%** completion rate on all calls made. And, a high completion rate, many times, indicates an interest in the topic.
- Statistically, a sample of 400 surveys represents a margin for error of $\pm 5.0\%$ at a 95% confidence level.
- In theory, a sample of all CCHD region residents will differ no more than $\pm 5.0\%$ than if all region residents were contacted and included in the survey. That is, if random probability sampling procedures were reiterated over and over again, sample results may be expected to approximate the large population values within plus or minus 5.0% -- 95 out of 100 times.

Methodology

ON HEALTH CARE ACCESS...

- A large majority of residential respondents, 93.3%, indicated they have some form of health care coverage including health insurance, prepaid plans such as HMOs or government plans such as Medicare. However, 6.0% suggested they do not currently have any health care coverage. Statewide 2009 BRFSS (CDC's Behavioral Risk Factor Surveillance Survey) results indicate 90.6% have coverage while 9.4% do not.
- Among those with health care coverage, 71.3% said their coverage is provided by their employer or someone else's employer. Others mentioned a self-purchased plan, Medicare, Medicaid or the U.S. Military's plan – 3.2%, 17.7%, 1.9% and 1.1% respectively.

Highlights

- While 8.3% indicated they do not have one or more individuals they consider their personal doctor or health care provider, 91.8% suggested they have one person (83.0%) or more than one person (8.8%).
- And, while 90.0% indicated there was not a time over the past 12 months when they needed to see a doctor but could not because of cost, 9.8% suggested there was.
- Just over three-quarters, 77.5%, said they have visited a doctor for a routine checkup within the past year.

Highlights

ON EXERCISE...

- A majority of respondents, 83.5% said they do moderate physical activity in a usual week that causes small increases in breathing. Another 16.0% suggested they do not. Statewide 2009 BRFSS data show that 53.9% suggested they do moderate exercise for at least 30 minutes five days weekly.
- Nearly two-fifths, 39.0%, stated that when they are not working, they do vigorous physical activity in a usual week that causes large increases in breathing and heart rate. Another 60.8% said they do not. Statewide 2009 BRFSS data show that 32.0% do vigorous exercise at least 20 minutes three days weekly.
- Statewide 2009 BRFSS data also indicate, overall, that 78.4% say they do any regular physical exercise.

Highlights

ON DENTAL CARE...

- A strong majority, 90.0%, reported they have visited a dentist or dental clinic within the past year. Another 10.0% said their last visit was between two years and longer than five years ago. Statewide 2008 BRFSS data suggested 80.3% had visited a dentist or dental clinic over the most recent 12-month period.
- A majority, 91.6%, said they have one (90.3%) or more than one (1.3%) person they think of as their dentist or oral health care provider.

Highlights

ON CARDIOVASCULAR DISEASE...

- Researchers found that 4.8%, 3.8% and 2.8% of respondents have been told they have had a heart attack, angina/congestive heart failure/coronary heart disease or a stroke, respectively.
- Statewide 2009 BRFSS data show similar results of 3.0%, 3.3% and 1.6% for a heart attack, angina/congestive heart failure/coronary heart disease or a stroke, respectively.

Highlights

ON TOBACCO USE...

- The CCHD 2011 research found that 11.3% of all respondents are currently smoking everyday (8.5%) or some days (2.8%). Statewide 2009 BRFSS data show 15.4% of the adult respondents currently smoke.
- Nearly two-thirds, 64.4%, of current smokers (11.3%) said they stopped smoking for one day or longer over the past 12 months in an effort to quit smoking.

Highlights

ON IMMUNIZATIONS...

- Just over half of all respondents, 54.3%, said they had a flu shot since August, 2010 through February, 2011.
- Over half of respondents 65 years of age or older, 54.9%, suggested they have ever had a pneumonia shot or pneumococcal vaccine. Statewide 2008 BRFSS data indicate 66.8% of those 65 years of age or older had the shot or vaccine at some point.
- While 35.0% had not received a tetanus shot within the last 10 years, 58.8% did have the shot. Some, 6.3% were unsure.

Highlights

ON FALLS...

- Respondents 45 years of age and older were asked how many, if any, falls they have experienced over the past three months. Nearly one fifth, 17.4%, suggested they had experienced a fall.
- Of this group, 71.2% experienced one fall while the remainder experienced multiple falls.
- And, among those who had fallen, 11.5%, suggested their fall(s) did result in an injury.

Highlights

ON SEATBELT USE...

- While 90.0% of all respondents suggested they wear their seatbelts "always", 8.6% said theirs are worn "nearly always" (5.3%), "sometimes" (2.0%) or "seldom" (1.3%). Some (1.0%) suggested "never" and 0.5% indicated they do not drive or ride in cars.
- A National Highway Traffic & Safety Administration (NHTSA) national survey in 2008 showed 83.0% always wear their seatbelts and NHTSA data for Connecticut showed the percent higher at 88.0%.

Highlights

ON WOMEN'S HEALTH...

- A majority of all women surveyed, 88.0%, reported they have, at some point, had a mammogram. Statewide 2008 BRFSS data show that 84.1% of Connecticut women over 40 years of age have had a mammogram.
- And, 93.0% of all women surveyed reported they have had clinical breast exam.
- Another 95.5% of all women stated they have had a Pap test. Statewide 2008 BFRSS data show 83.9% of Connecticut women had a Pap test.

Highlights

ON PROSTATE SCREENING...

- Males 39 years of age or older were asked if they have ever had a PSA test. Just over half, 57.9% suggested they had. Similarly, statewide 2008 BRFSS data show that 57.8% had a PSA test.
- Three quarters of all respondents, 75.0%, suggested they have, at some point, had a digital rectal exam. Another 21.3% had not and 1.2% were unsure.
- While 94.5% suggested they have not been told by a doctor, nurse or other health care professional that they have prostate cancer, 2.4% said they had.

Highlights

ON COLORECTAL CANCER SCREENING...

- One third, 33.9%, of survey respondents 49 years of age or older said they have, at some point, had a blood stool test using a home kit. Statewide 2008 BRFSS data show that 24.0% reported the same.
- Nearly three-quarters, 70.4%, of respondents 49 years of age or older suggested they have had a sigmoidoscopy or colonoscopy exam. Statewide 2008 BRFSS data show that 69.5% reported they have had one of the two exams.
- More respondents (96.3%) reported having a colonoscopy exam than a sigmoidoscopy exam (3.1%).

Highlights

ON HIV / AIDS...

- Researchers asked all respondents if they have ever been tested for HIV. Just over one quarter, 27.8%, said they had been tested. Another 69.5% said they had not and 2.7% were unsure.

ON DIABETES...

- Just under ten percent (9.5%) of all respondents said they have been told by a doctor, nurse or other health care professional that they have diabetes. Statewide 2009 BRFSS data show that 8.5% were told they had diabetes (6.7%) or were pre-diabetes / borderline (1.8%).
- Of those with diabetes (9.5%), 10.5% are currently taking insulin.
- And, nearly half of those with diabetes, 47.4%, said they have taken a course or class in how to manage their diabetes themselves.

Highlights

ON SUN SAFETY...

- While 81.8% of all respondents said they never had red or painful sunburn that lasted a day or more over the past twelve months, 15.5% suggested they had. Some, 2.7% were unsure.
- Just 21.8% of all respondents suggested they "always" use sun screen or sun block with SPF of 15 or higher when outside for more than one hour on a sunny summer day.

Highlights

ON CANCER SURVIVORSHIP...

- Over ten percent, 12.5%, of all respondents said they have been told by a doctor, nurse or other health care professional that they have cancer.
- Many respondents (10.0%) were under 30 years of age when they were told they have cancer. Others were 30 to less than 40 years of age (14.0%), 40 to less than 50 years of age (30.0%), 50 to less than 60 years of age (26.0%) or 60 years of age or older (20.0%).

Highlights

ON GENERAL PREPAREDNESS...

- Respondents were asked how prepared they feel their household is to handle a large-scale disaster or emergency. Just over one quarter, 27.5%, suggested they felt well prepared while 59.3% said they felt somewhat prepared and 12.8% felt they were not at all prepared.
- And, just over one quarter, 28.5%, said they have a written disaster evacuation plan in place.
- A large majority, 90.0%, said they would, indeed, leave home if a mandatory evacuation was announced.

Highlights

ON NUTRITION...

- On average, respondents are eating 2.26 servings of vegetables and 1.90 servings of fruit daily. The USDA recommends four to five servings of vegetables and two servings of fruits daily.

ON INDOOR AIR...

- Nearly three-quarters of all respondents, 70.8%, said they currently have a carbon monoxide or CO detector in their homes.
- Some respondents, 6.0%, said they currently have mold in their home on an area greater than the size of a dollar bill.

Highlights

ON BMIs...

- CRPP calculated BMIs for each of the 393 respondents who provided researchers both their weight and height. The following table presents the results. The district average was 26.55. Statewide 2009 BRFSS data show 21.0% as obese, 38.0% as overweight and 41.0% either normal or underweight.
- **BMI Calculations**
- **2011 CCHD Survey**
- Underweight: <18
- 1.6%
- Normal: 18.5 – 24.9
- 36.6
- Overweight: 25 – 29.9
- 39.7
- Obese: > or = 30.0
- 22.1
- TOTAL
- 100.0%
- Average District BMI
- 26.55

Highlights

ON HEALTH DISTRICT SERVICES...

- In an open-end format question, all respondents were asked to name a program or service they would suggest the Central Connecticut Health District offer or offer more of within their respective communities.
- The most frequently named services or programs needed, in declining order, were: general health care including free or affordable care, general health education, disaster planning (help with home preparation and plans), a medical/health directory of area services, free or affordable flu and other vaccinations, and free or low cost screenings for such health concerns as blood pressure and diabetes. Other responses are presented in the Summary of Findings held within this report.

Highlights

- Any Questions?

Thank You for the Opportunity