

CENTRAL CONNECTICUT HEALTH DISTRICT



SERVING OUR
COMMUNITIES SINCE
JUNE 1996

505 SILAS DEANE HIGHWAY
WETHERSFIELD, CT 06109
(860)721-2822

WWW.CCTHD.ORG

HEALTH DISTRICT RELEASES COMMUNITY HEALTH ASSESSMENT RESULTS

SURVEY HIGHLIGHTS

The Good News

- 90% reported that they have visited a dentist or dental clinic within the past year.
- 90% always wear their seatbelts.
- 88% of women in the community have had a mammogram.
- 93.3% indicated that they have some form of health care coverage.
- 83.5% said they do moderate physical activity.
- 70.8% said they have a carbon monoxide or CO detector in their homes.
- 87% of adult residents do not smoke.
- Only 7% of the population are uninsured versus 9% statewide.

The Bad News

- 11.3% are current smokers.
- Approximately 7,600 adults have diabetes.
- 62% of residents are overweight.
- 27.5% feel well-prepared for a large scale emergency.
- Residents are not eating daily fruit and vegetable requirements.

In February 2011, the Central Connecticut Health District conducted a survey of adults in its member towns, Berlin, Newington, Rocky Hill and Wethersfield to determine their health status and health practices. Telephone interviews of 400 residents were completed, using a quantitative, research design to obtain the proper sample. The same type of survey was conducted in 2006. Survey participants were asked to answer questions from a variety of health issues including:

- Cardiovascular Disease
- Dental Care
- Diabetes
- Exercise
- Falls
- General Preparedness
- Health Care Access
- HIV/AIDS
- Immunizations
- Nutrition

- Recommended Cancer Screenings
- Seatbelt use
- Sun safety
- Tobacco Use
- Women's Health

The information that was provided by the residents will be used by the District to address issues through the development of programs and policies to better the lives of the residents within our community.

This reports highlights some of the most pertinent information from the Central Connecticut Health District's Community Health Assessment. The full report may be found at the Central Connecticut Health District office, local town libraries and on our website at www.ccthd.org.

THANK YOU!

The Central Connecticut Health District would like to extend its thanks to all of the residents who agreed to participate in this survey.

OVERWEIGHT

Being overweight is associated with a high risk of cardiovascular disease, type II diabetes, hypertension, high blood cholesterol and certain types of cancers. This data found that 61.8% of residents are overweight. **Of these, 22% are obese.**

Obesity is quickly closing in on tobacco use as the leading preventable cause of premature death.

You can calculate your own Body Mass Index (BMI) by taking your weight in

pounds and divide it by your height in inches, then divide that number by your height in inches again. Then, multiply that number by 703. A healthy BMI is considered to be one in the range of 18.5 -24.9 and a BMI of 30 or more is considered to be obese.

The Central Connecticut Health District has an average BMI of 26.55, which indicates a mostly overweight population.

Please see page 4 for actions against obesity.

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

NUTRITION AND EXERCISE

Nutrition is an essential part of living a healthy life. When the respondents were asked about their vegetable consumption, the survey found that they are only eating 2.26 servings daily. Fruit consumption was even lower, at 1.9 servings daily.

The combination of poor diet and lack of exercise accounts for approximately 300,000 deaths annually in the United States. It is quickly closing in on tobacco

use as the leading cause of preventable, premature death.

84% of residents do moderate exercise; however, only 39% report doing vigorous exercise that increases breathing and heart rate.

Despite our relevant affluence, higher levels of education and access to food and exercise, our respondents still fail to meet recommended requirements. The Central Connecticut Health District is currently creating a program for residents to partake in healthy eating and cooking classes.



USDA RECOMMENDATIONS

The USDA recommends that adults receive **4 to 5** servings of vegetables daily, as well as **2** servings of fruits daily.

TOBACCO USE

Smoking dramatically increases the risk of heart attack, stroke, peptic ulcers, low birth weight, birth defects, still births, oral cancer, larynx cancer, bladder cancer, chronic obstructive pulmonary disease and asthma.

Over one-third of all survey respondents, approximately 37.0%, have smoked at least 100 cigarettes throughout their life.

Among smokers, nearly two-thirds (64.4%) said they have stopped smoking for one day or longer over the last 12 months because they were trying to quit. Currently, 11.3% of residents smoke.

Within the Health District, 15% of men smoke, while 8% of women smoke. Individuals who earn less than \$35,000 are

more likely to smoke than those who make more than \$75,000. Of those who smoke, 11.8% are employed, while 21.4% are unemployed. Education attainment also affects smoking rates; 19% of residents who smoke have a high school education while 9.2% have some college education.

DIABETES

Diabetes is a chronic metabolic disorder characterized by elevated levels of blood sugar which over time can ravage the body causing eye disease, kidney disease, nerve disease, and cardiovascular disease. The cornerstones of diabetes care are rigorous monitoring and control of blood sugar, blood pressure, cholesterol and lifestyle changes to decrease diabetes complications.

Over 25 million American adults have diabetes with associated medical costs of \$174 million per year. In CT approximately 7.3% of adults have diabetes according to the 2010 statewide survey.

Among CCHD residents, about 1 in 10 respondents reported they had diabetes; of whom 10.5% are currently taking insulin. In the past, diabetes was considered a disease of aging. However, 38% with diabetes were under the age of 50.

The diabetics in this survey reported alarming rates of poor glucose monitoring practices. Two of five (41%) reported testing blood glucose less than once daily. Almost half had only one A1C test (a blood test that measures diabetes control that should be done quarterly) within the last 12 months, and only 25% had seen a healthcare professional in the last 12 months. Yet among this group, 47.4% reported having taken a diabetes education class.

CANCER AND CANCER SCREENING PRACTICES

According to the survey findings, approximately 12.5% or 8,000 of the adult population have been told that they have cancer. Of these, 10% reported having more than one type. Among respondents, the most often reported types of cancer were: breast cancer 42.0% ; other skin cancers 25.8%, melanoma 12.9% and colon and prostate cancer 9.7% each. By gender, breast cancer was most common among women (68%) and among men, the most common was prostate cancer



5 Most Common Types of Cancer

1. Breast Cancer
2. Other skin cancer
3. Melanoma
4. Colon
5. Prostate

(25%). There were no lung cancers reported in this survey, likely due to the survival rates being shorter than that of other cancer types.

About 20% of participants reported one or more red or painful sunburns in the last year. Of those, 22% seldom or never use a SPF of 15 or higher when outdoors for more than an hour.

Cancer screening practices are reported below.

<u>Breast and Cervical Cancer</u>	
(% women age 18+ receiving test within the past year)	
Mammogram	79.0%
Breast Exam	86.1%
Pap Test	68.1%

<u>Colorectal Cancer</u>	
(% men & women age 49+ receiving test within the past year)	
Blood Stool Test	25.6%
Sigmoid or Colonoscopy	25.3%

<u>Prostate Cancer</u>	
(% men age 39+ receiving test within the past year)	
PSA Test	57.9%
Digital Rectal Exam	75%

EMERGENCY PREPAREDNESS

Emergency Preparedness is essential for a variety of disasters that may occur within the community. However, when asked about their level of preparedness, only 28.5% of respondents reported that they have a written disaster evacuation plan detailing how they would leave their home during a large-scale disaster or emergency.

In the event of an emergency, 81% would rely on cell phones for communication, 43.8% would rely on the radio for receiving emergency information, and 90% would evacuate if told to.

An emergency preparedness kit includes the following items along with participant responses:

- ◇ A three-day supply of water for individuals living at home (53.3%)
- ◇ A three-day supply of nonperishable food for individuals living at home (86.5%)
- ◇ A three-day supply of prescription medication for individuals taking prescribed medications (87.5%)
- ◇ A working battery operated radio and working batteries (77.3%)
- ◇ A working flashlight and working batteries (96.8%)

For more information about emergency preparedness, please contact the CCHD Emergency Preparedness Coordinator, Judy Torpey at (860) 721-2816.

COMMUNITY HEALTH INITIATIVES

ACHIEVE

CCHD received a 2 year, \$50,000 grant from the State Health Department to form a coalition that will empower the community to increase opportunities for healthy lifestyles. CCHD will focus on improving levels of good nutrition, physical activity and obesity among our residents through policy, systems and environmental changes.

NUTRITION AND OBESITY

CCHD received funding to conduct a nutrition program by working with a Registered Dietician as well as local farmer's markets and community gardens to encourage healthier food choices.

PUTTING ON AIRS

CCHD received a 3 year grant from the State Health Department for free home visits to those with asthma. A health educator or nurse and a sanitarian visit the home and provide free education and environmental assessments to help reduce asthma triggers in the home. Referrals are accepted from school nurses, physicians, insurance companies and residents.

SMILES FOR LIFE

CCHD provides free dental cleanings for persons age 60 or older. Clinics are held monthly. A total of 16 clinics, serving 80 people will be held during calendar year 2011. Smiles for life is funded in part by a grant from the North Central Area Agency on Aging.

WOMAN TO WOMAN BREAST CANCER PROGRAM

The Connecticut Affiliate of Susan G Komen for the Cure provided the Health District with funding for free mammograms for women age 40 and older who qualify. Women will also receive information about the importance of breast health and screening and early detection programs available for free or at a reduced cost. Free mammograms are restricted to Newington and Wethersfield residents only because of higher rates of breast cancer deaths in these communities vs. the state average.

SEASONAL FLU CLINICS

Each October seasonal flu and pneumonia vaccination clinics are held throughout the District to promote protection during the winter peak flu season.

For more information on any of these initiatives please call our Community Health Coordinator, Hilary Norcia, MPH at 860-665-8571 or our Central Office at 860-721-2822 or go to www.ccthd.org