

Behavioral Health Risks Among Naugatuck Valley Health District Adults in 2012

Connecticut Department of Public Health



This report presents data for Naugatuck Valley Health District (NVHD) adults on health status, risky health behaviors, health care access, and income. Data are from Connecticut's 2012 Behavioral Risk Factor Surveillance System (BRFSS).

About the BRFSS: The BRFSS is a landline telephone and cellular phone survey administered in all 50 states and 4 U.S. territories with funding and specifications from the Centers for Disease Control and Prevention (CDC). The BRFSS monitors the prevalence of health risks that contribute to the leading causes of disease and death among adults 18 and older in the United States. Connecticut has participated in the BRFSS since 1988.

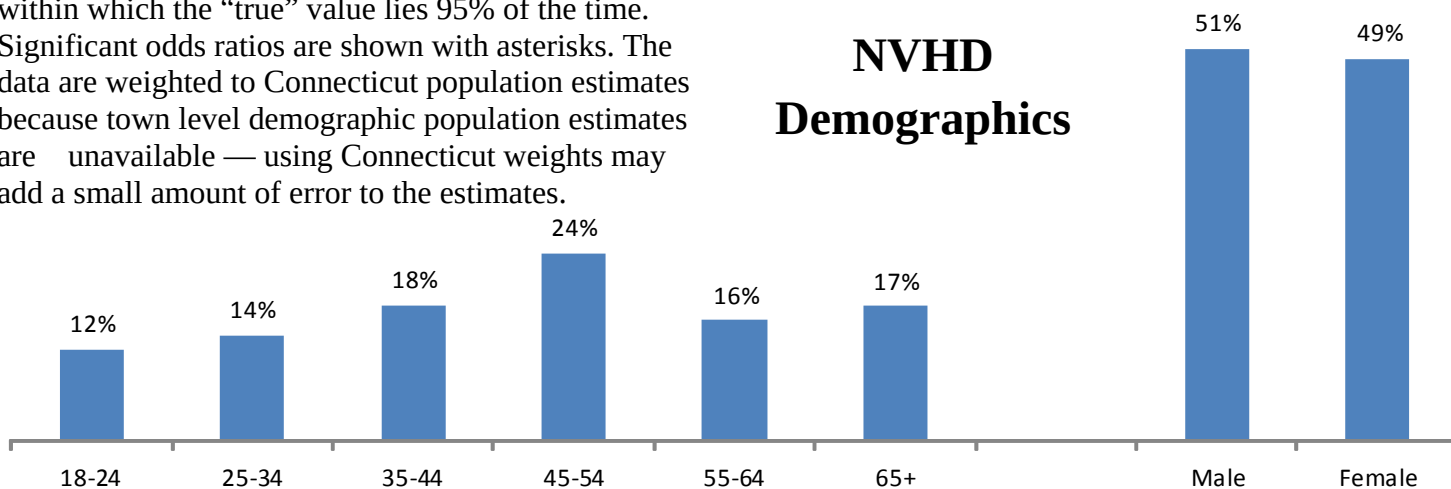
Connecticut's BRFSS: From January to December 2012, the Connecticut BRFSS conducted random-digit dialed telephone and cellular phone interviews with 8,781 non-institutionalized CT adults, 615 of which resided in the NVHD (567 landline and 48 cell phone surveys). A professional firm implemented the survey under contract with the Connecticut Department of Public Health.

Reading Statistics: This report presents bar graphs showing percentages and 95% Confidence Intervals (CI). Since percentages from survey data are estimates, the 95% CI indicates the range of values within which the "true" value lies 95% of the time. Significant odds ratios are shown with asterisks. The data are weighted to Connecticut population estimates because town level demographic population estimates are unavailable — using Connecticut weights may add a small amount of error to the estimates.

Highlights

- ❖ Compared to the state, adult residents in the Naugatuck Valley Health District are significantly less likely to be physically active. Residents can benefit from the use of the many river walks and parks for exercise.
- ❖ Within the Health District and compared to adults with a high annual income, those with an income less than \$35,000 are significantly less likely to have had a dental visit within the past year. The Belden Dental Clinic in Derby provides quality, accessible dental care for children and adults. Call 203-503-3000 for information.
- ❖ Within the Health District and compared to women, adult men are significantly more likely to use alcohol and binge drink. Valley Substance Abuse Action Council (203-736-8566) and Valley Parish Nurse Program (203-732-7584) assist with screening, education and access to outpatient treatment centers.

NVHD Demographics



Acknowledgements: The Connecticut BRFSS is funded in part by the CDC BRFSS Cooperative Agreement, and the CDC Chronic Disease Prevention and Health Promotion Programs Cooperative Agreement.

Further Information: Go to <http://www.ct.gov/dph/brfss>, <http://www.cdc.gov/brfss> or contact the Health Statistics and Surveillance Section, at the CT Department of Public Health (860-509-7658).

Figure 1
Health Risks Among NVHD vs CT Residents
 (Ages 18 and older) -- 2012

Source:

2012
 Connecticut
 Behavioral
 Risk Factor
 Surveillance
 System

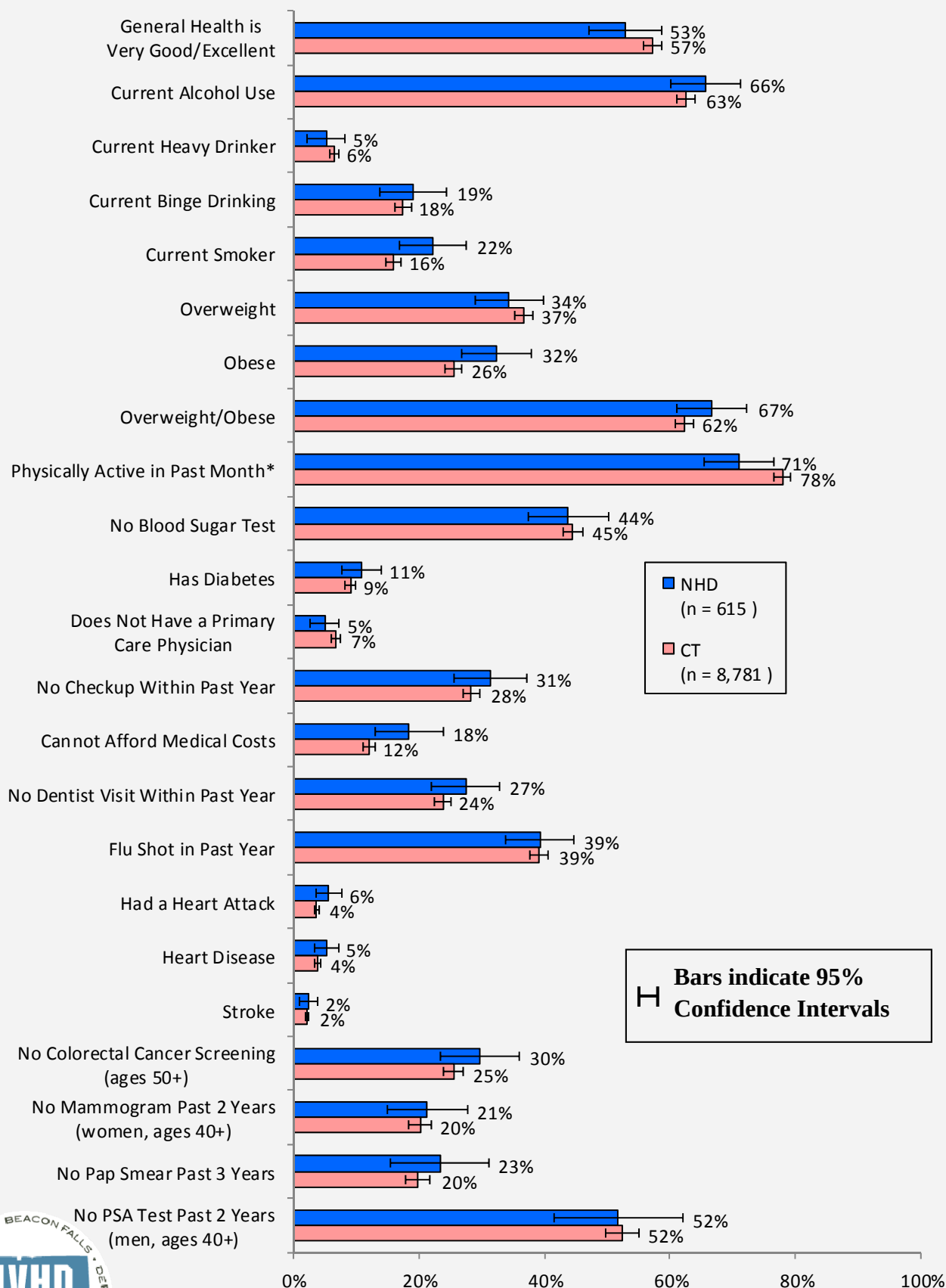
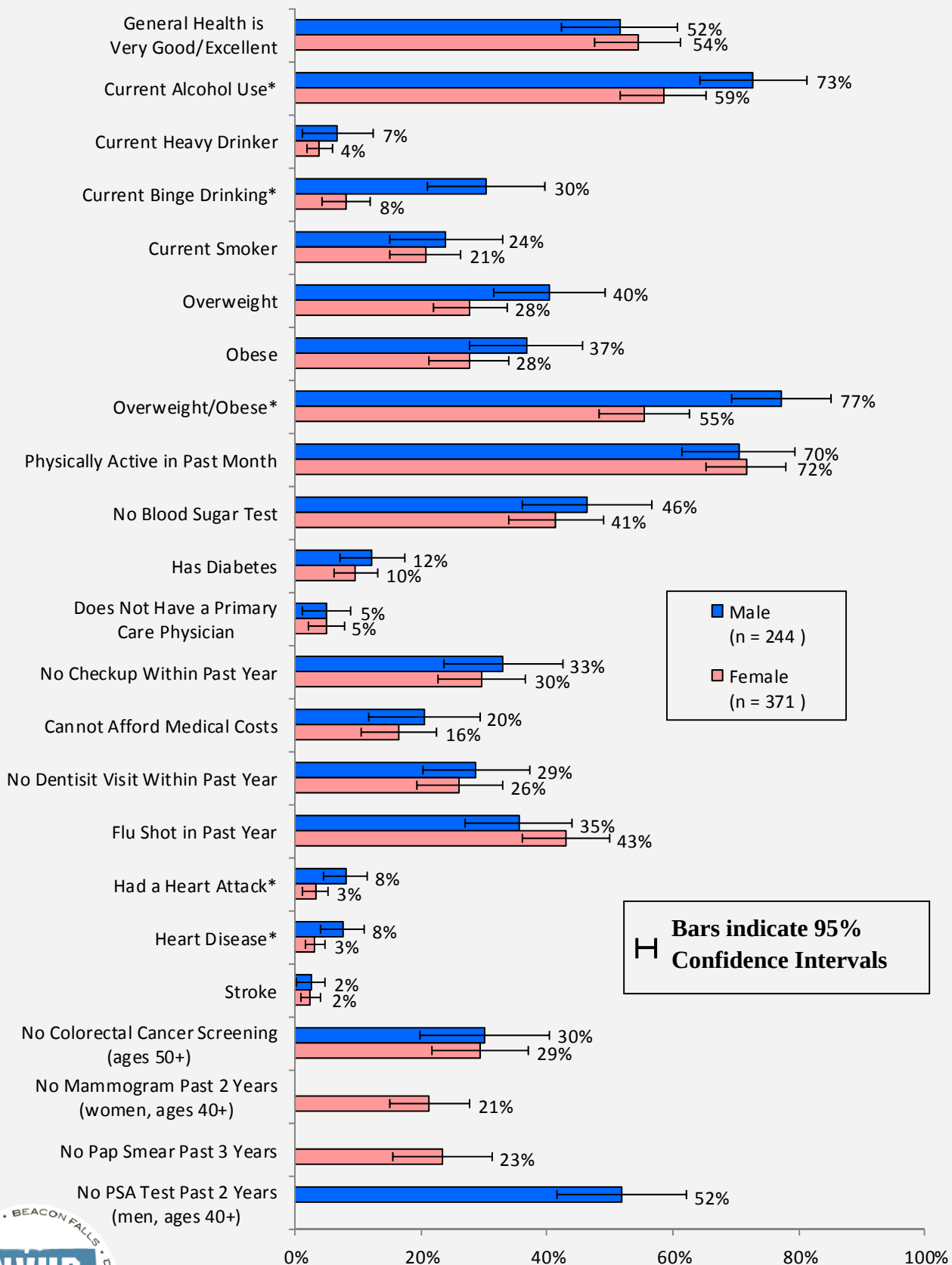


Figure 2
Health Risks Among NVHD Residents
 (Ages 18 and older) by Gender -- 2012

Source:

2012
 Connecticut
 Behavioral
 Risk Factor
 Surveillance
 System

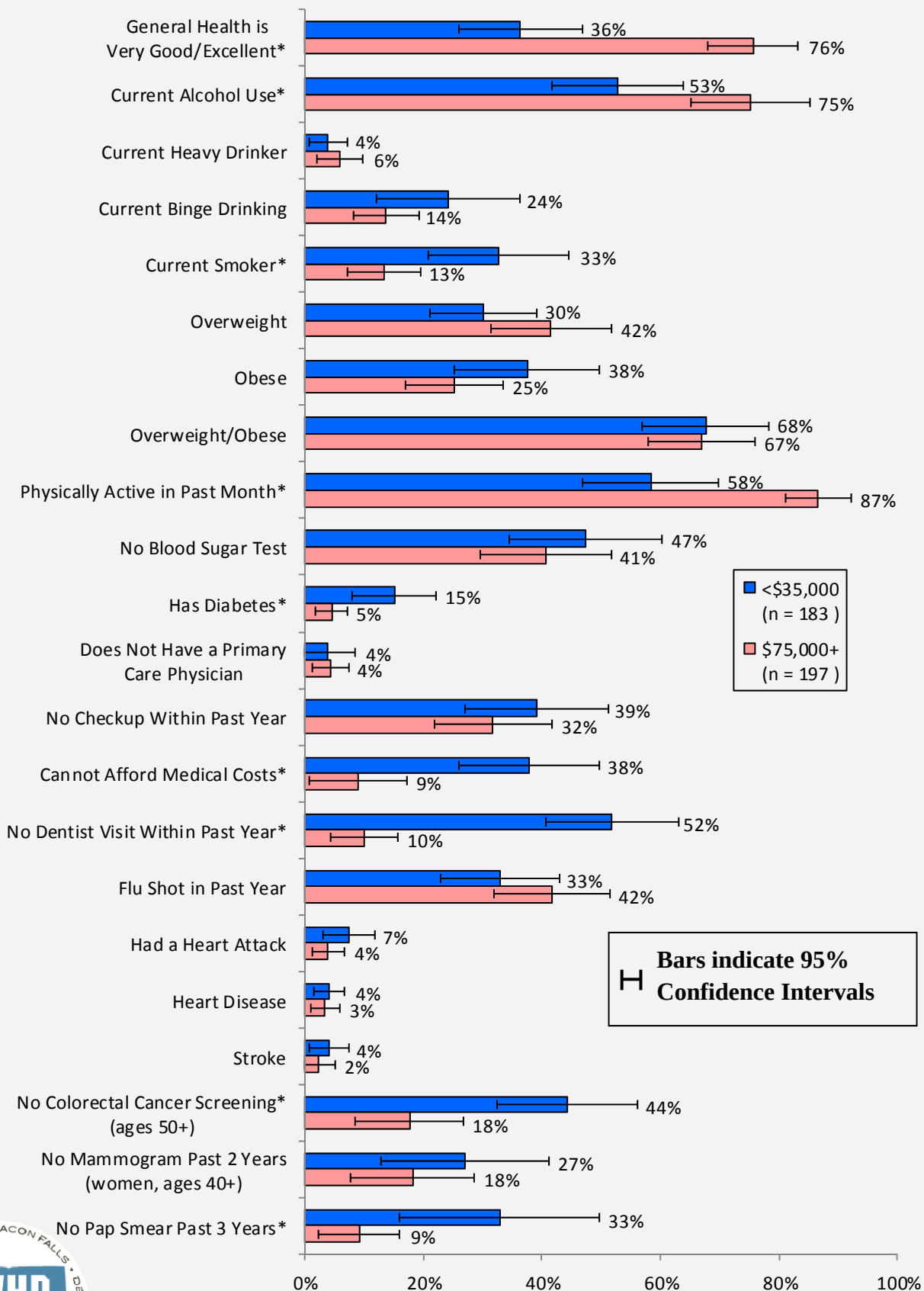


* statistically significant odds ratio

Figure 3
Health Risks Among NVHD Residents
 (Ages 18 and older) by Income -- 2012

Source:

2012
 Connecticut
 Behavioral
 Risk Factor
 Surveillance
 System



* statistically significant odds ratio