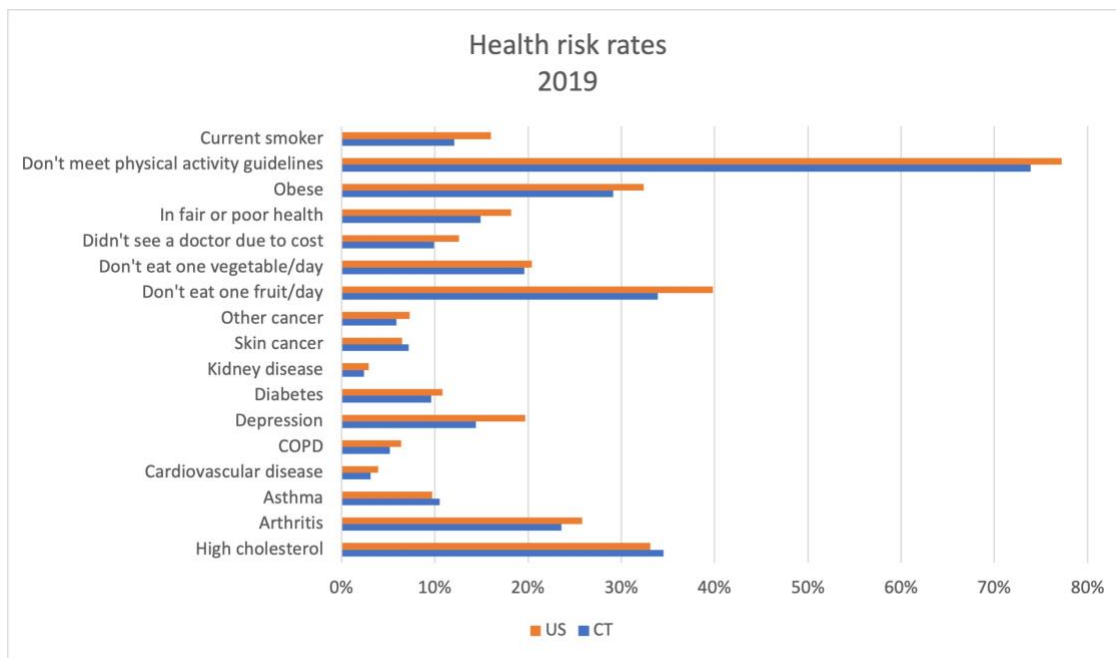


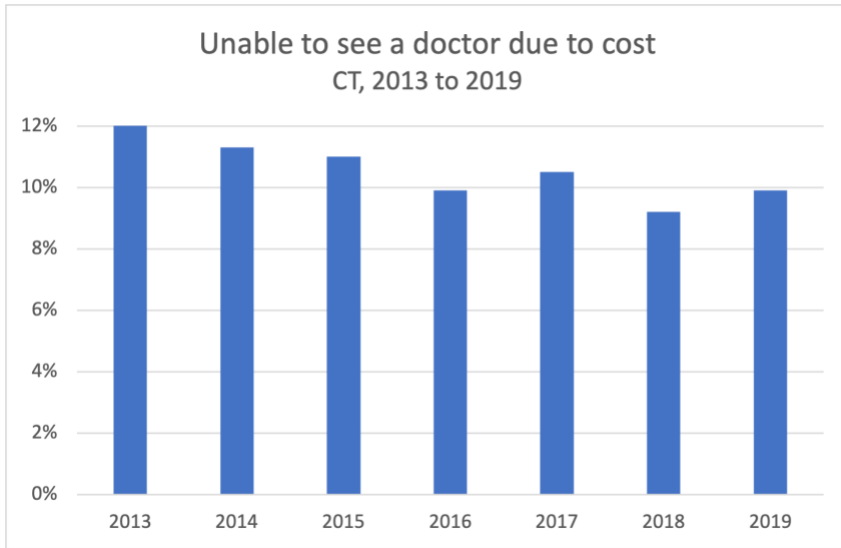
Room for improvement on Connecticut health risks

August 9, 2021

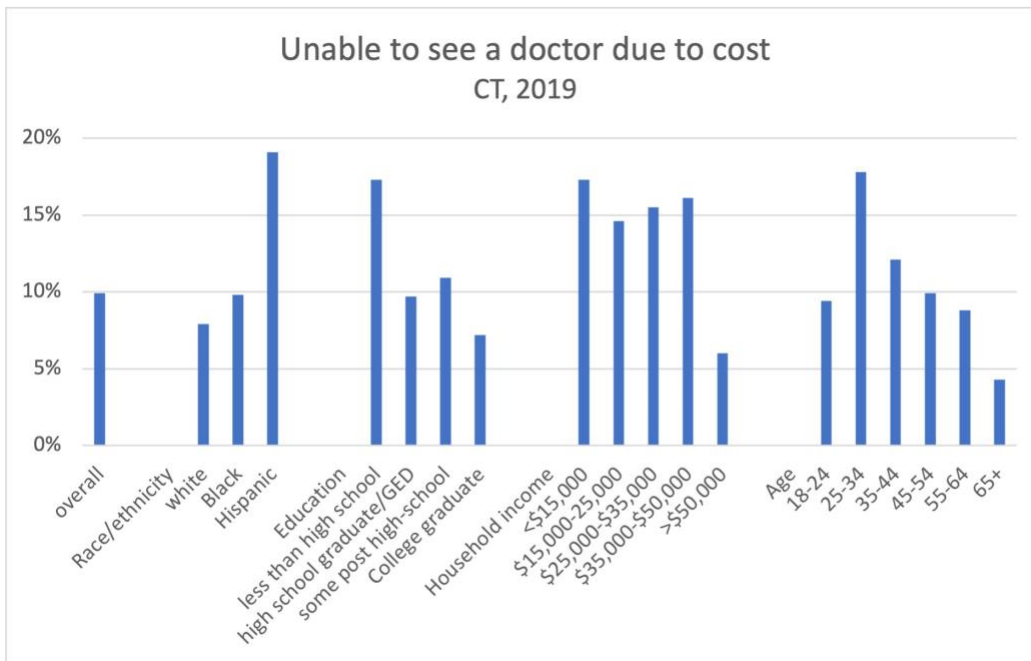
Connecticut adults' health risks are largely similar to the US average, but that's not great news. According to the [latest CDC survey](#) of American adults, Connecticut ranked better than other Americans on most health risks in 2019. In most cases, we are only slightly healthier.

Connecticut did exceed the US average in the number of adults who've been told they have high cholesterol levels, asthma, and skin cancer. However, almost three in four Connecticut adults aren't getting enough physical activity, over one in three don't eat even one fruit daily, and nearly one in five doesn't eat a vegetable a day.

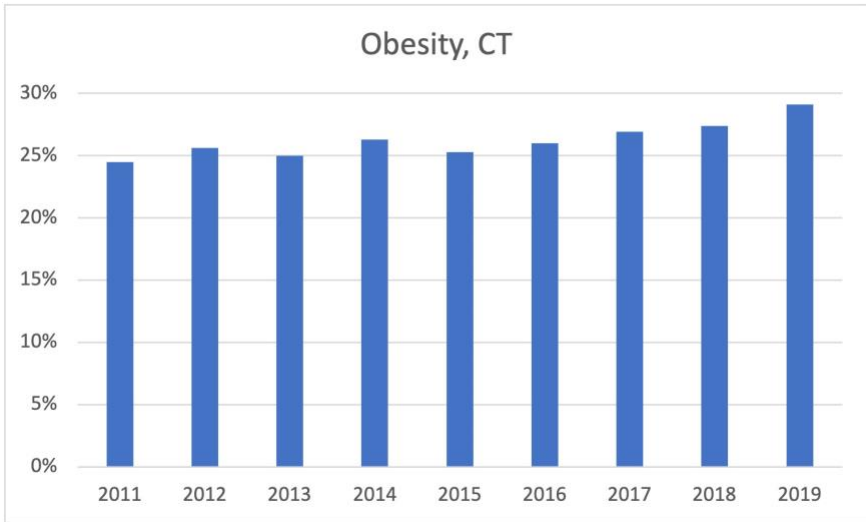




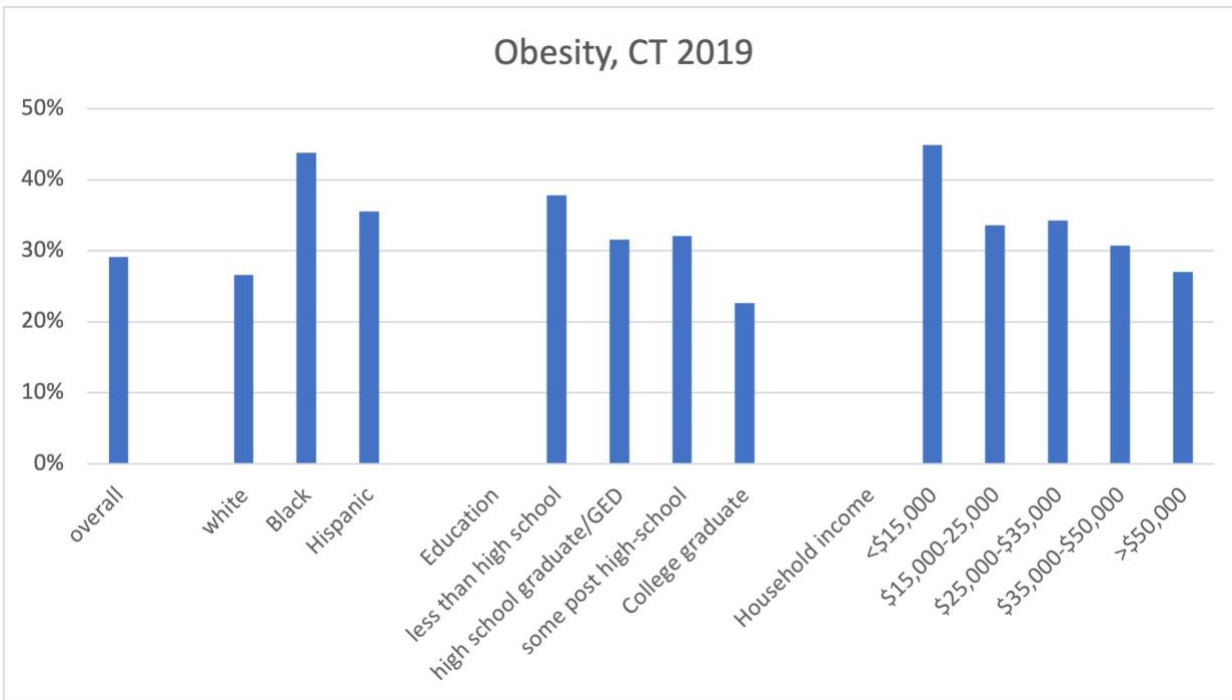
One in ten (9.9%) Connecticut adults in 2019 was unable to see a doctor when needed due to the cost of care, despite the [uninsured rate](#) that was 5.9%. The percent is improving slowly, down from 12% in 2013.



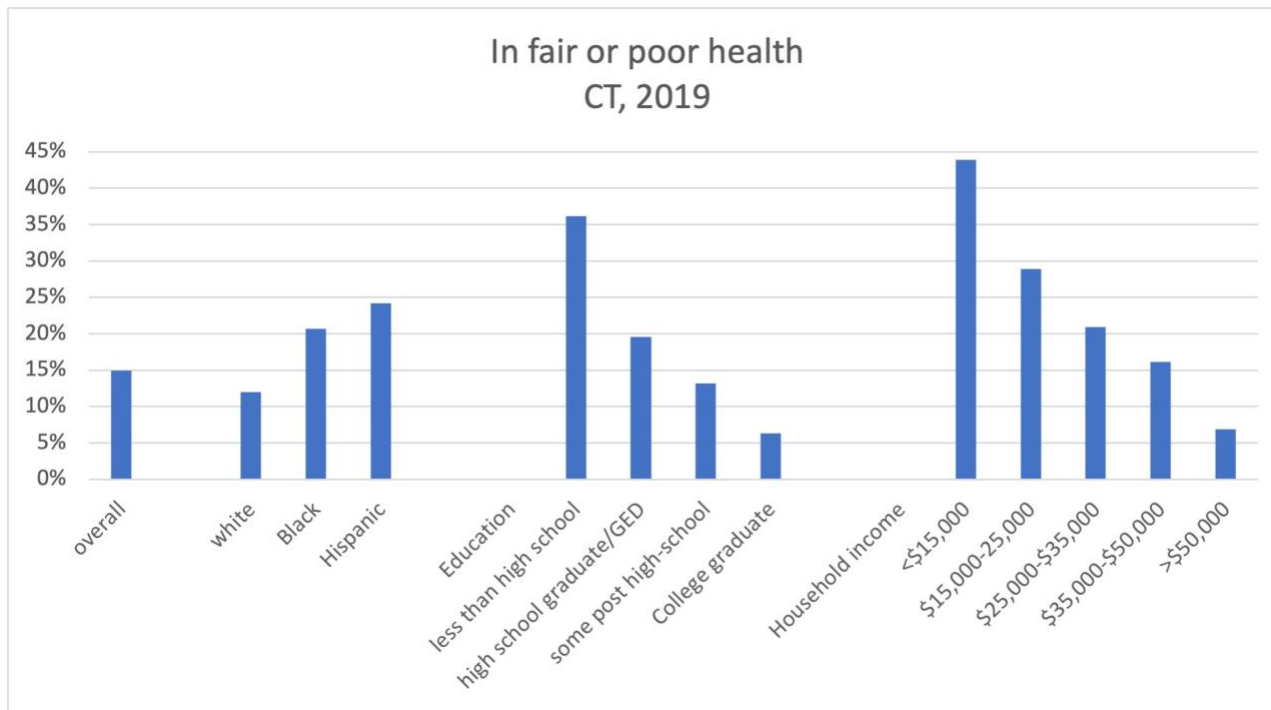
Hispanics, people with less than a high school diploma, and the lowest income households were at highest risk. Seniors were the least likely to miss needed healthcare due to cost, likely because of Medicare coverage.



Three in ten Connecticut adults was obese in 2019, up 19% from 2011.



Black adults in Connecticut are at highest risk of obesity along with those with lower incomes and educational levels.



Overall, 29% of Connecticut adults reported being in fair or poor health in 2019. Again, Black and brown residents, those with lower incomes, and less education are at higher risk.

There are proven public health interventions that can lower health risks for all state residents and lower disparities. Connecticut needs to [make those investments](#).