# In avoidable deaths, CT excels among states,
but behind other countries despite higher spending

April 17, 2025

Connecticut is second best among states in avoidable mortality, according to a new [study in JAMA Internal Medicine.](#) In 2021, we were 71% less likely than other Americans to die of avoidable causes such as lacking vaccines or sepsis. We do very well in access to care-related mortality, but worse in deaths that could have been avoided with prevention and public health initiatives. Like other states, our rate is increasing, and globally, we are behind comparable countries. In the US, higher spending tracks with avoiding deaths, but compared to other countries we are badly overspending.

In 2021, Connecticut residents were less likely to die of an avoidable death than residents of all other states but Massachusetts. We were also second best in 2014 and 2009, behind Minnesota in both years.
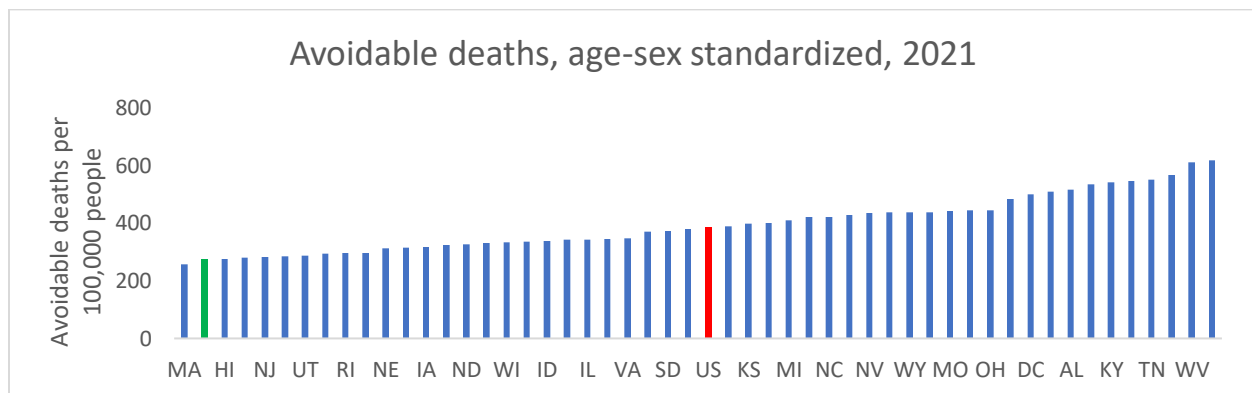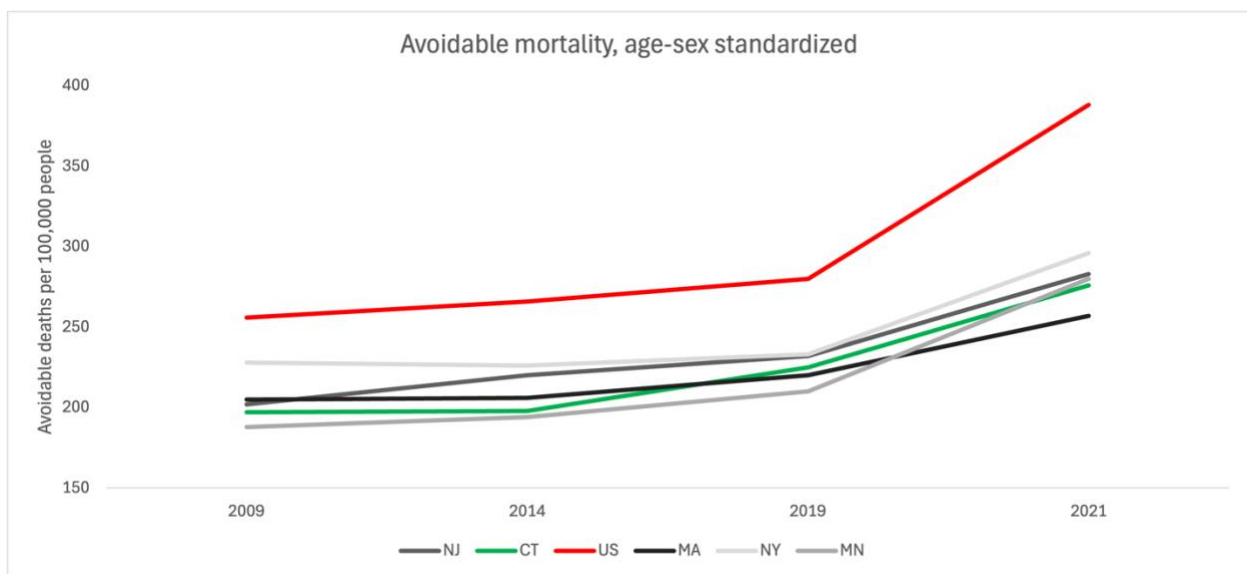

Connecticut is in green; US average is in red.
Source: [Avoidable Mortality Across US States and High-Income Countries, JAMA Internal Medicine](#), 3/24/2025

However, the rate of avoidable deaths is rising, for Connecticut and other states. **In 2021, almost 3,000 more Connecticut residents died of avoidable causes than in 2009.**
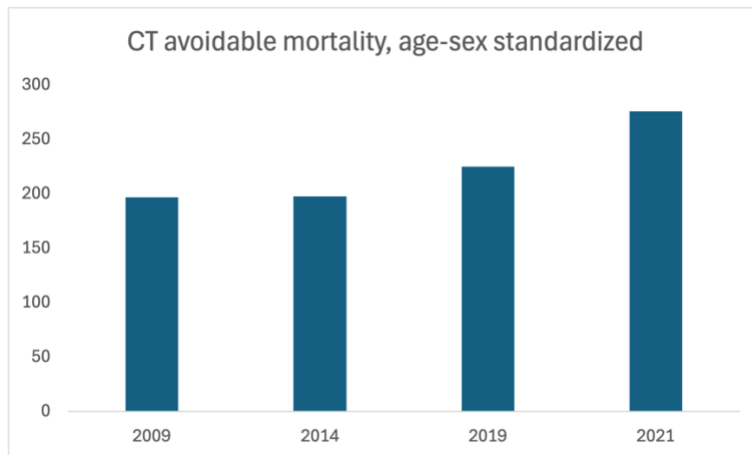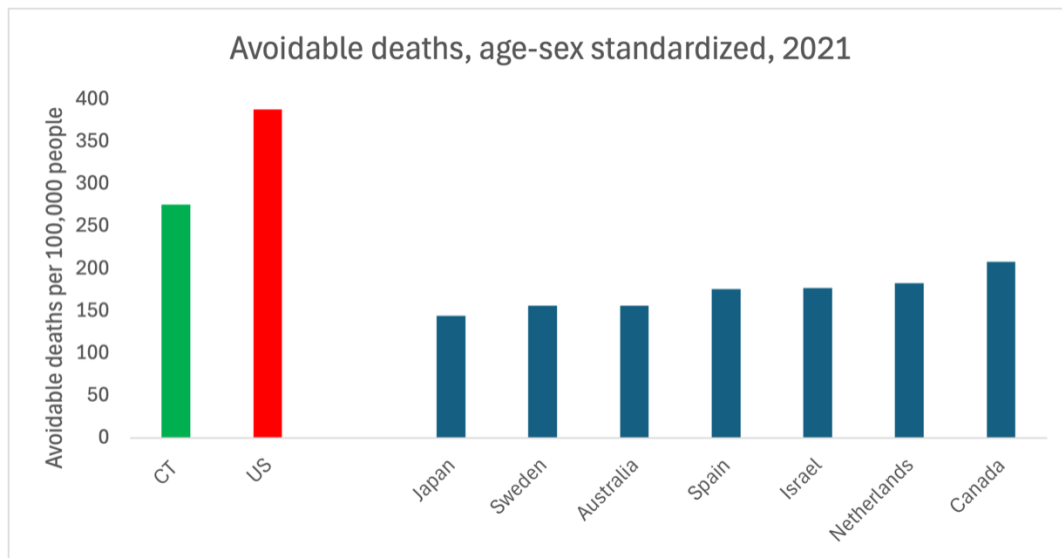

Source: [Avoidable Mortality Across US States and High-Income Countries, JAMA Internal Medicine](), 3/24/2025

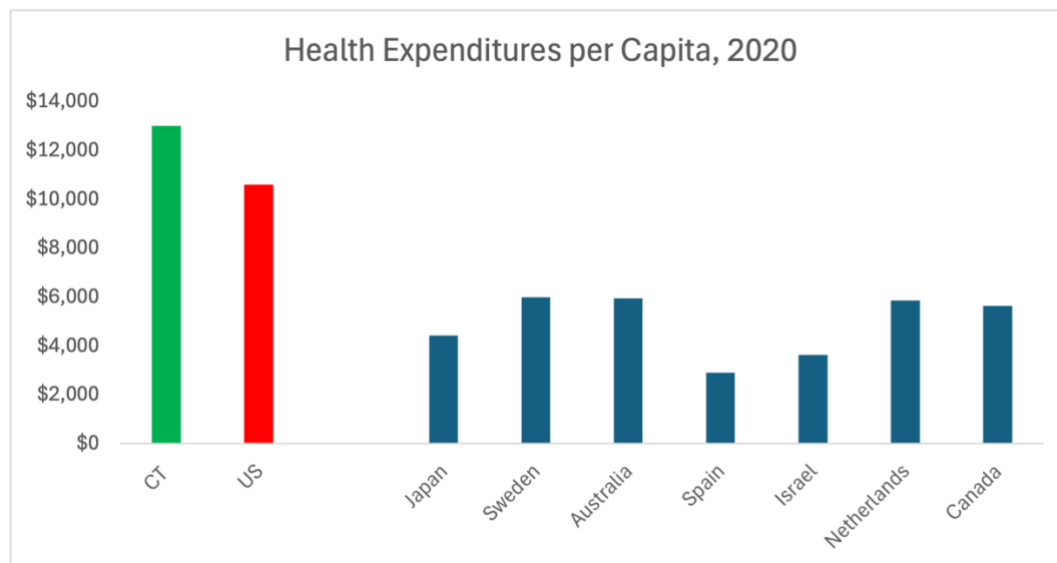Source: [Avoidable Mortality Across US States and High-Income Countries, JAMA Internal Medicine](), 3/24/2025

While Connecticut compares well against other states, we are not doing as well as other countries in avoidable deaths.

Connecticut is in green; US average is in red.
Source: Avoidable Mortality Across US States and High-Income Countries, JAMA Internal Medicine, 3/24/2025

Our relatively poor performance is not because we aren't spending enough.

Connecticut is in green; US average is in red.
Source: Avoidable Mortality Across US States and High-Income Countries, JAMA Internal Medicine, 3/24/2025;
WHO Global Heath Expenditure Database, accessed 4/15/2025

Data Note:

There are two commonly used categories of avoidable mortality in the literature. Preventable mortality deaths that could be avoided with public health practices. Treatable mortality is defined as deaths that could have been avoided with timely, effective medical care. Connecticut does very well in Treatable Mortality, suggesting that access to care is stronger here than in other states. However, we are well below the US average in avoidable deaths due to prevention and public health.

The avoidable mortality measure is used by the Organization for Economic Co-Operation and Development (OECD), the European Union (EU), and several nations to monitor the performance of health systems. Avoidable mortality is measured in people ages 0 to 75 years and is age-sex standardized.