AMERICA'S **HEALTH RANKINGS**®
UNITED HEALTH FOUNDATION

Connecticut

State Health Department Website: ct.gov/dph

Overall Rank:
4

CONNECTICUT

Summary

Strengths:

- Low prevalence of frequent physical distress
- Low percentage of older adults who avoided care due to cost
- Low prevalence of smoking

Challenges:

- High prevalence of excessive drinking
- High percentage of low-care nursing home residents
- High prevalence of severe housing problems

Highlights:

SUICIDE

▲**41%**

from 9.5 to 13.4 deaths per 100,000 adults ages 65+ between 2011-2013 and 2018-2020

PHYSICAL INACTIVITY

▼**20%**

from 31.2% to 25.1% of adults ages 65+ in fair or better health between 2011 and 2020

EARLY DEATHS

▲**19%**

from 1,469 to 1,742 deaths per 100,000 adults ages 65-74 between 2019 and 2020

Measures

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		++++	17	0.348	—
Community and Family Safety	Violent Crime (offenses per 100,000 population)	+++++	4	182	399
Economic Resources	Food Insecurity (% of adults ages 60+)	+++	29	13.0%	12.6%
	Poverty (% of adults ages 65+)	+++++	9	7.3%	9.4%
	Poverty Racial Disparity (ratio)‡	—		7.3	2.7
	SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++++	1	100.0	81.0
Social Support and Engagement	Community Support Expenditures (dollars per adult ages 60+)	+++	30	$34	$57
	High-speed Internet (% of households with adults ages 65+)	++++	17	79.8%	78.0%
	Low-care Nursing Home Residents (% of residents)	++	31	16.5%	15.2%
	Risk of Social Isolation (index 1–100, adults ages 65+)	+++	23	48	—
	Volunteerism (% of adults ages 65+)	+++	25	32.8%	31.6%
PHYSICAL ENVIRONMENT*		+	42	-0.080	—
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	27	7.3	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
Housing	Severe Housing Problems (% of small households with an adult ages 62+)	+	46	39.4%	32.7%
CLINICAL CARE*		+++++	6	0.599	—
Access to Care	Avoided Care Due to Cost (% of adults ages 65+)	+++++	1	2.3%	4.2%
	Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	4	49.7	31.1
	Home Health Care Workers (workers per 1,000 adults ages 65+)	++++	14	52.7	57.7
Preventive Clinical Services	Cancer Screenings (% of adults ages 65–75)	++++	16	78.8%	75.9%
	Flu Vaccination (% of adults ages 65+)	+++++	3	74.0%	67.3%
	Pneumonia Vaccination (% of adults ages 65+)	++	31	71.5%	70.3%
Quality of Care	Dedicated Health Care Provider (% of adults ages 65+)	+++++	6	95.9%	93.5%
	Hospice Care (% of Medicare decedents)	+++	30	48.6%	50.7%
	Hospital Readmissions (risk-standardized readmission rate per 100 admissions)	+	42	17	16
	Nursing Home Quality (% of beds rated four or five stars)	+++	30	43.7%	41.2%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++	21	1,352	1,582
BEHAVIORS*		+++++	3	1.044	—
Nutrition and Physical Activity	Exercise (% of adults ages 65+)	+++++	9	27.3%	23.1%
	Fruit and Vegetable Consumption (% of adults ages 65+)	+++++	2	11.7%	7.3%
	Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	6	25.1%	30.6%
Sleep Health	Insufficient Sleep (% of adults ages 65+)	+++	26	25.4%	26.0%
Tobacco Use	Smoking (% of adults ages 65+)	+++++	5	7.0%	8.9%
HEALTH OUTCOMES*		+++++	2	0.822	—
Behavioral Health	Drug Deaths (deaths per 100,000 adults ages 65+)‡	—		10.4	8.4
	Excessive Drinking (% of adults ages 65+)	++	37	8.1%	7.4%
	Frequent Mental Distress (% of adults ages 65+)	+++++	7	6.3%	8.1%
	Suicide (deaths per 100,000 adults ages 65+)	+++++	9	13.4	16.9
Mortality	Early Death (deaths per 100,000 adults ages 65-74)	+++++	9	1,742	2,072
	Early Death Racial Disparity (ratio)‡	—		1.6	1.6
Physical Health	Falls (% of adults ages 65+)	+++++	2	21.3%	27.1%
	Frequent Physical Distress (% of adults ages 65+)	+++++	1	10.0%	14.5%
	High Health Status (% of adults ages 65+)‡	+++++	6	51.4%	43.5%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65–74)	+++	26	45%	46%
	Obesity (% of adults ages 65+)	++++	16	27.6%	29.3%
	Teeth Extractions (% of adults ages 65+)	+++++	5	9.5%	13.4%
OVERALL		+++++	4	0.634	—

* Value is a summation score. Higher scores are healthier.
‡ Non-ranking measure.
— Indicates data missing or suppressed.
For measure definitions, including data sources and years, visit AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50