

State Health Department Website:

Summary

Strengths

- Low premature death rate
- Low prevalence of non-medical drug use
- Low prevalence of adults using e-cigarettes

Challenges

- High income inequality
- Low voter participation
- High prevalence of households experiencing severe housing problems

Key Findings

Air Pollution

42%▲

from 5.7 to 8.1 micrograms of fine particulate per cubic meter between 2020-2022 and 2022-2024.

Homicide

39%▲

from 2.8 to 3.9 deaths per 100,000 population between 2018-2019 and 2022-2023.

Cancer Screenings

20%▲

from 61.3% to 73.8% of adults ages 40-75 between 2022 and 2024.

Drug Deaths

14%▼

from 42.5 to 36.4 deaths per 100,000 population between 2021 and 2023.

Trends

Annual Report Rank History



Spotlight Rural Health in Connecticut

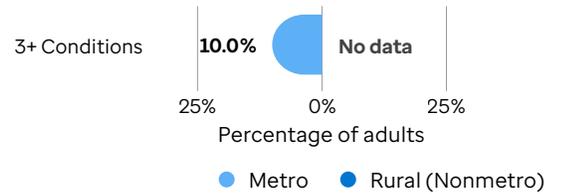
Rural Population in 2023

13.8%

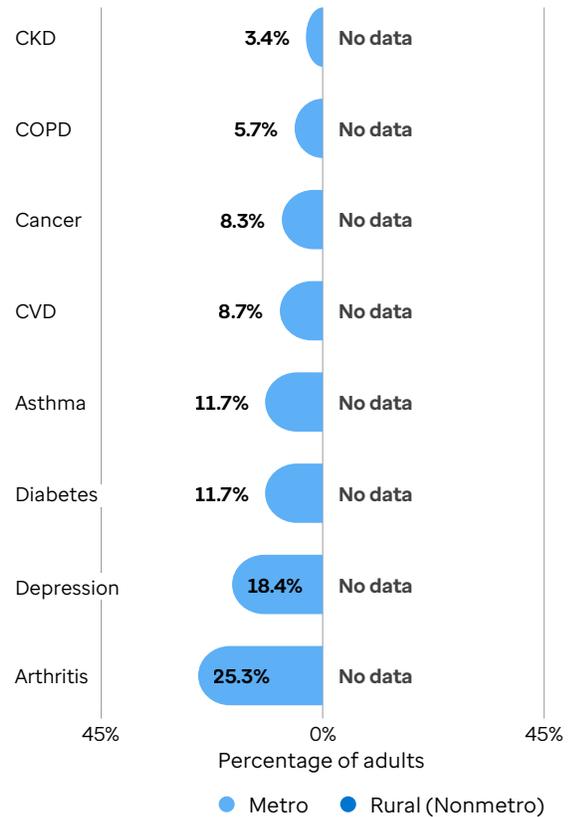
Source: U.S. Census Bureau, American Community Survey, 1-Year Dataset, 2023.

Multiple Chronic Conditions

Prevalence by Metropolitan Status in 2024



Components



*Significant based on 95% confidence intervals.
Source: U.S. HHS, CDC, Behavioral Risk Factor Surveillance System, 2024.
Notes: Order of conditions based on U.S. prevalence. CKD=chronic kidney disease, COPD=chronic obstructive pulmonary disease, CVD=cardiovascular diseases.

Measures | Connecticut

		State Rank	State Value	U.S. Value
Social & Economic Factors		8	0.575	
Community and Family Safety	Firearm Deaths (Deaths per 100,000 population)*	6	6.2	14.0
	Homicide (Deaths per 100,000 population)	16	3.9	6.7
	Occupational Fatalities (Deaths per 100,000 workers)	6	3.6	4.2
	Public Health Funding (Dollars per person)	27	\$119	\$124
Economic Resources	Economic Hardship Index (Index from 1-100)	11	33	–
	Food Insecurity (% of households)	14	10.4%	12.2%
	Income Inequality (80:20 ratio)	41	5.04	4.85
Education	Fourth Grade Reading Proficiency (% of public school students)	4	36.2%	30.5%
	High School Completion (% of adults age 25+)	24	91.8%	89.9%
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	6	12.3%	14.1%
	High-Speed Internet (% of households)	9	95.6%	94.6%
	Residential Segregation - Black/White (Index from 0-100)	26	64	–
	Volunteerism (% of population age 16+)	7	37.4%	28.3%
	Voter Participation (% of U.S. citizens age 18+)	32	58.0%	58.8%
Physical Environment		19	0.352	
Air and Water Quality	Air Pollution (Micrograms of fine particles per cubic meter)	27	8.1	8.8
	Drinking Water Violations (Average violations per community water system)	6	1.4	2.5
	Water Fluoridation (% of population served by community water systems)	14	90.4%	72.3%
Climate and Health	Climate Policies (Number out of four policies)	1	4	–
	Renewable Energy (% of total electricity generated)*	48	2.7%	21.9%
Housing and Transit	Homelessness (People per 10,000 population)*	12	9.3	22.6
	Housing Cost Burden (% of households)*	42	34.6%	32.0%
	Housing With Lead Risk (% of housing stock)	46	25.3%	16.1%
	Severe Housing Problems (% of occupied housing units)	41	17.4%	16.8%
Clinical Care		6	1.084	
Access to Care	Avoided Care Due to Cost (% of adults)	13	9.9%	11.5%
	Dental Care Providers (Providers per 100,000 population)	10	74.8	66.3
	Mental Health Providers (Providers per 100,000 population)	8	561.9	362.6
	Primary Care Providers (Providers per 100,000 population)	14	332.1	291.4
	Uninsured (% of total population)	13	5.8%	8.2%
Preventive Clinical Services	Cancer Screenings (% of adults ages 40-75)	2	73.8%	64.5%
	Childhood Immunizations (% of 3-year birth cohort)	4	76.7%	66.9%
	Dental Visit (% of adults)	1	75.2%	67.5%
	Flu Vaccination (% of adults)	7	47.3%	41.3%
	HPV Vaccination (% of adolescents ages 13-17)	17	67.0%	62.9%
Quality of Care	Dedicated Health Care Provider (% of adults)	7	88.2%	83.9%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries age 18+)	28	2,821	2,768
Behaviors		7	0.809	
Nutrition and Physical Activity	Exercise (% of adults)	14	31.4%	30.4%
	Fruit and Vegetable Consumption (% of adults)	5	10.2%	7.4%
	Physical Inactivity (% of adults)	15	20.8%	21.8%
Sexual Health	Chlamydia (Cases per 100,000 population)	11	364.8	492.2
	High-Risk HIV Behaviors (% of adults)	17	5.3%	5.6%
	Teen Births (Births per 1,000 females ages 15-19)	4	6.8	13.1
Sleep Health	Insufficient Sleep (% of adults)	28	35.7%	35.5%
Smoking and Tobacco Use	E-Cigarette Use (% of adults)	2	5.6%	8.0%
	Smoking (% of adults)	8	9.0%	11.6%
Health Outcomes		9	0.578	
Behavioral Health	Drug Deaths (Deaths per 100,000 population)*	33	36.4	31.4
	Excessive Drinking (% of adults)	21	16.5%	17.0%
	Frequent Mental Distress (% of adults)	9	13.9%	15.6%
	Non-Medical Drug Use (% of adults)	5	10.6%	16.8%
Mortality	Premature Death (Years lost before age 75 per 100,000 population)	3	6,150	7,862
	Premature Death Racial Disparity (Ratio of highest rate to white rate)	23	1.6	1.9
Physical Health	Frequent Physical Distress (% of adults)	15	12.1%	13.0%
	Low Birth Weight (% of live births)	19	7.9%	8.6%
	Low Birth Weight Racial Disparity (Ratio of highest rate to white rate)	45	2.2	2.1
	Multiple Chronic Conditions (% of adults)	12	10.0%	11.3%
	Obesity (% of adults)	14	32.0%	34.2%
Overall		4	0.676	

Visit AmericasHealthRankings.org for the full list of [measures](#), [source details](#) and [methodologies](#).

* Unweighted measure that does not contribute to a state's Overall Rank.
– Data are not available, missing or suppressed.