

# Behavioral Health Risks Among North Central Adults, 2011-2013



This fact sheet presents data for North Central Health Department (NCHD) adults (18 years and older) on selected chronic conditions, clinical preventive practices, and obesity and health risk behaviors. Data are from the Connecticut Behavioral Risk Factor Surveillance System (CT BRFSS). For years 2011-2013, combined.

The CT BRFSS is a continuous landline/cell phone survey administered across the state with funding and specifications from the U.S. Centers for Disease Control and Prevention. Connecticut has participated in the BRFSS since 1988. The CT BRFSS is managed by the State of Connecticut Department of Public Health. For more information about the CT BRFSS, visit our website at [www.ct.gov/dph/BRFSS](http://www.ct.gov/dph/BRFSS).



## Highlights

Among all adult residents in the health district (18 years and older), significantly more report living with obesity, or a body-mass index of at least 30.0 (30%).

Many hands help create a strong, healthy community. Through programs, public health policies, and environmental assets, we ensure as a community that we are on the path to realizing our vision of health.

We invite you to explore our Community Health Programs and Services, including Healthy Eating, Active Living, and Tobacco-Free Living, on our website (<http://www.ncdhd.org/main.htm>).

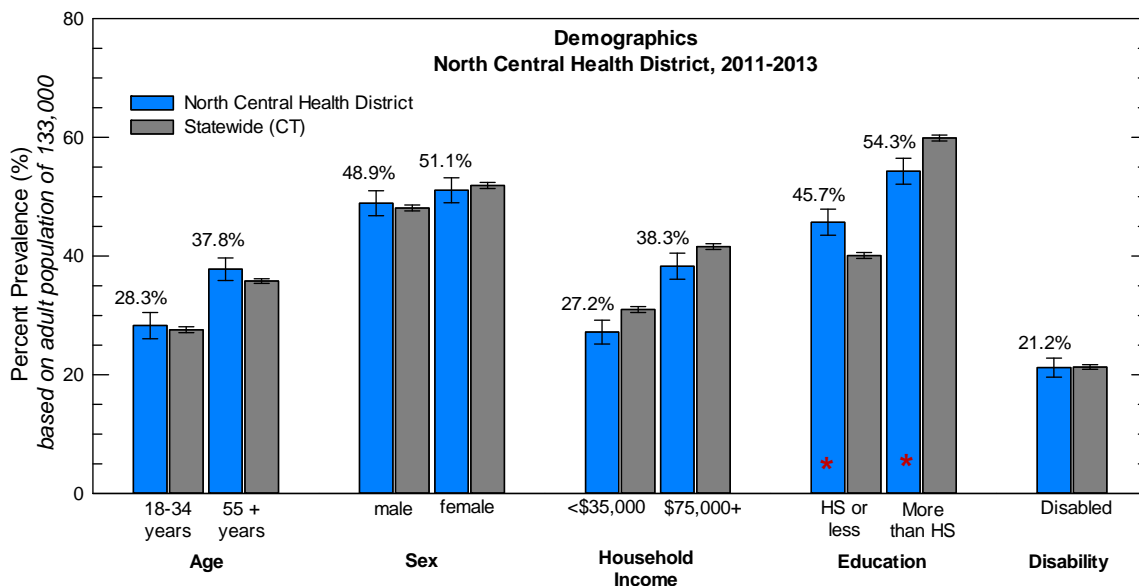
## Methods

This report shows selected prevalence estimates for the health district (blue bars), with standard errors. Also shown are prevalence estimates and standard errors for the state (grey bars). Bars with red asterisks (\*) identify prevalence estimates for the health district that are significantly higher or lower than the state prevalence ( $p < 0.05$ ). All estimates shown have a coefficient of variation less than 15%.

An adult population estimate for the health district was calculated as an average of town populations for years 2011, 2012, and 2013 in the towns of East Windsor, Ellington, Enfield, Stafford, Suffield, Vernon, Windham, and Windsor Locks, subtracted from the estimated population of children for each town (B09001: Population under 18, 2008-2012, American Community Survey). The average was rounded to the nearest thousand. Town population estimates can be viewed at <http://www.ct.gov/dph/cwp/view.asp?a=3132&q=388156>.

Prevalence estimates from the CT BRFSS for the health district used existing state weights. A statistically significant shift in household income for the health district, relative to the state (see **Demographics**, right), indicates that estimates for the health district may not reflect the demographics of the health district.

Technical assistance for this report was provided by the CT BRFSS team, State of Connecticut Department of Public Health (carol.stone@ct.gov; 860-509-7147).



# Selected Health Indicators Among North Central Adults, 2011-2013



The North Central Health District:  
Serving the towns of: Enfield, Ellington, East Windsor, Suffield, Vernon, Windham, and Stafford.

The NCHD proudly provides leadership to the eight towns we serve and stands in partnership with various organizations in the community such as schools, government agencies, private businesses, religious organizations, and community service groups.

For more information about programs and activities, or about this report, please contact:

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