

FVHD Community Health Assessment Overview

Canton Annual Town Meeting
January 25, 2023

Our Vision:

Exceptional health and well-being for *all people* who work, live,
learn and play in the *Farmington Valley*

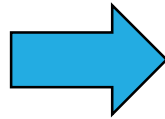


Public Health
Prevent. Promote. Protect.

What is a Community Health Assessment (CHA)?

- Collaborative, systematic, data-driven report that describes the health status, behaviors, and outcomes of residents

Understand the health of
the population



Inform the prioritization of strategies
and interventions to be undertaken to
improve health in our communities

CHA Advisory Board

- **Membership:** Senior and social services, academia, mental health professionals, community health nursing, school nurses, medical providers, environmental health, women's health
- **Roles:**
 - Identified major public health issues in our communities
 - Decided on criteria for issue prioritization and data collection
 - Established vision and values for CHA process
 - Identified, reviewed, and analyzed secondary data sources and measures
 - Conducted data gap analyses
 - Brainstormed ideas for primary data collection
 - Identified community assets
 - Reviewed CHA drafts

Topical Areas

I. Demographics

- I. Population, Age Distribution, Racial and Ethnic Diversity, Language

II. Social Determinants of Health

- I. Educational Attainment, Income and Poverty, Employment, Housing, Environmental Conditions, Transportation, Access to Care

III. Health Behaviors

- I. Physical Activity, Substance Use, Routine Medical Care Visits, Vaccinations, Screenings, Sleep

IV. Health Outcomes

- I. Perceived Health Status, Leading Causes of Death, Chronic Disease, Infectious Disease, Maternal and Child Health, Mental Health, Accidents, Environmental Health

V. Youth Health

- I. Health Behaviors, Mental Health

Data Sources

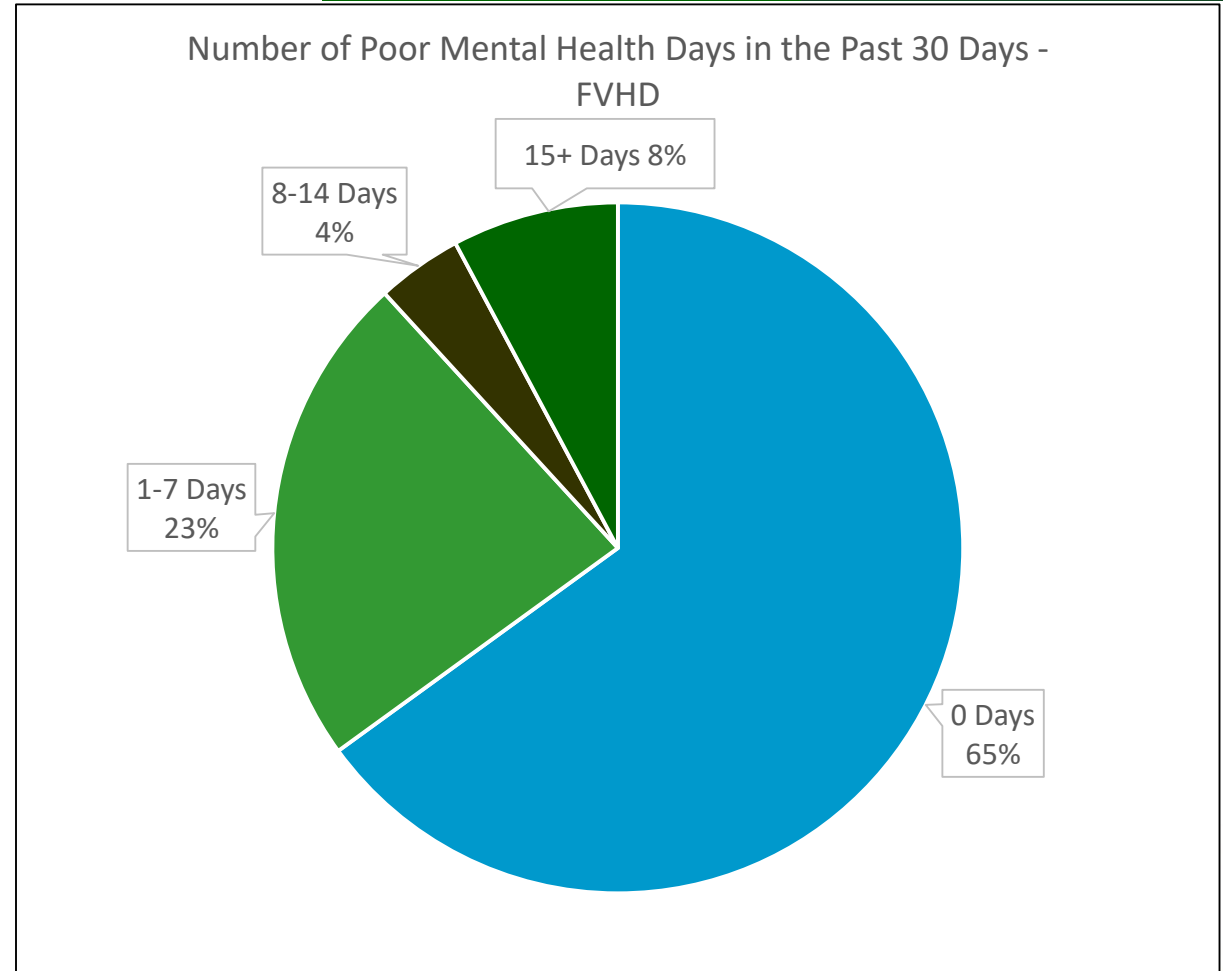
- US Census Bureau – American Community Survey
- CT Department of Public Health
- CT Behavioral Risk Factor Surveillance System
- CT School Health Survey
- Connecticut Data Portal
- Connecticut Data Collaborative
- CT State Unintentional Drug Overdose Reporting System
- CT Electronic Disease Surveillance System
- CT Department of Mental Health and Addiction Services
- CT Department of Energy and Environmental Protection
- CT Department of Education
- CT Department of Labor
- CT Department of Housing
- CT Crash Data Repository
- CT United Way
- United States Geological Survey
- FVHD Town Social Services Directors

Key Findings

- Mental health concerns (adult and youth)
- Substance use concerns (adult and youth)
- High number of adults who have fallen and high proportion who subsequently required medical attention or whose fall contributed to their death
- High levels of overweight and obesity
- Low seasonal flu vaccine uptake
- High household radon levels
- Lack of affordable housing

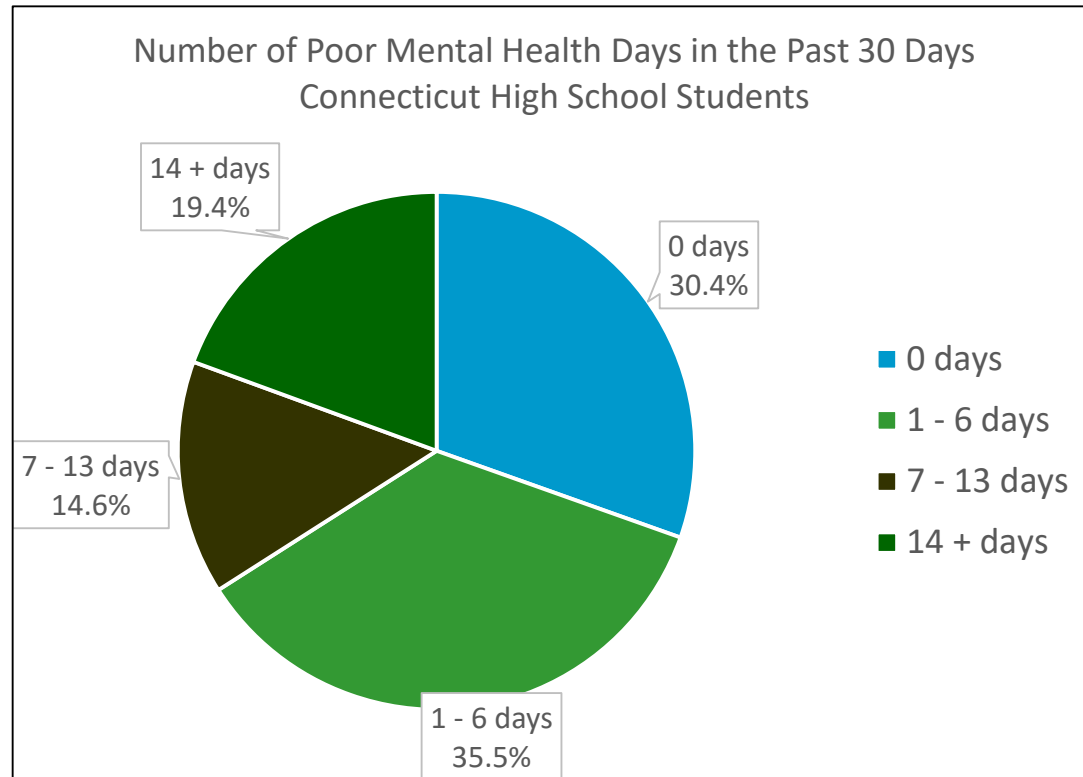
Adult Mental Health

- 23% of FVHD respondents reported between one and seven days poor mental health in last 30 days
- 12% of FVHD respondents reported at least eight days of poor mental health in last 30 days
- 15.7% of FVHD residents report ever having been diagnosed with a depressive disorder
- 46% of individuals who die by suicide have a known mental illness



Source: Connecticut Behavioral Risk Factor Surveillance System, 2016-2020

Youth Mental Health

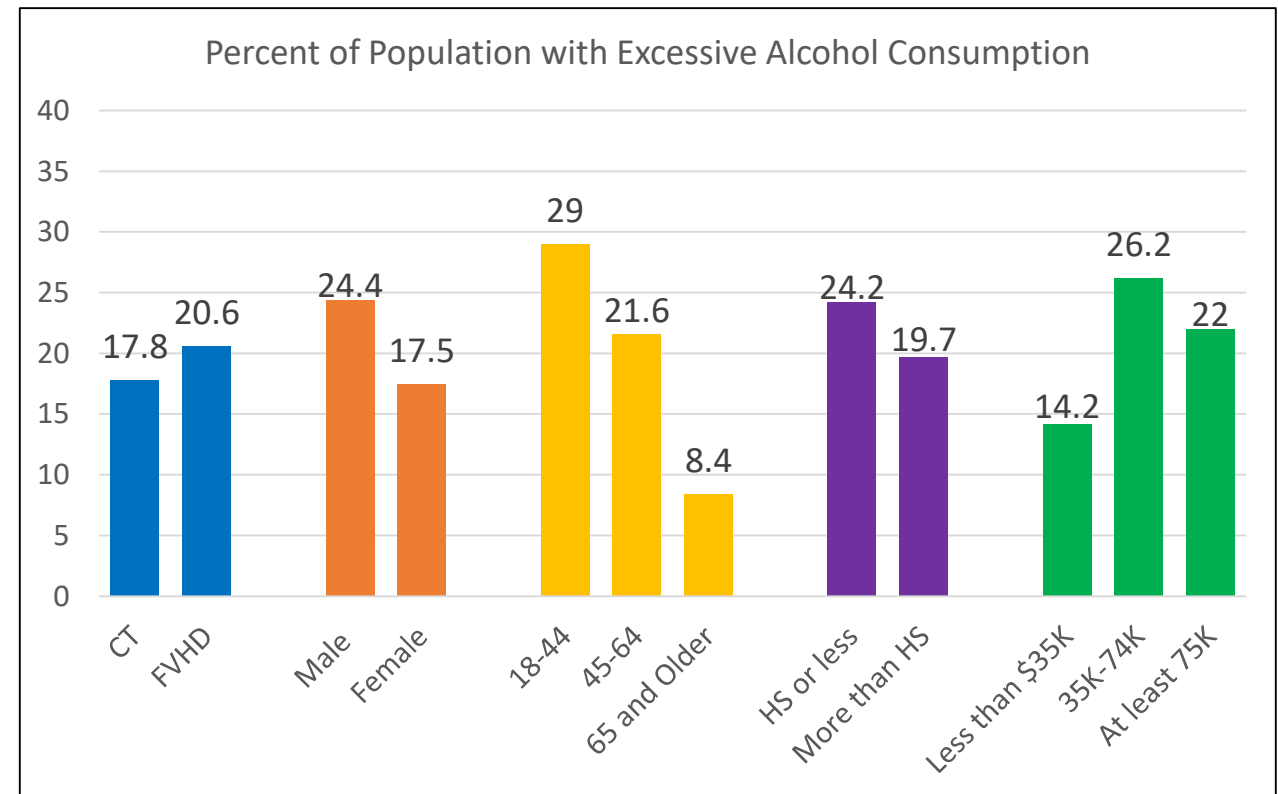


Source: Connecticut School Health Survey, 2019

- 30.6% of high school students experience persistent sadness or hopelessness
- Just under 50% of high school students do not usually or never get the help they need when they feel sad, empty, hopeless, angry, or anxious
- 15.4% of students engaged in self-harm behaviors
- 12.7% seriously considered suicide
- 6.7% attempted suicide

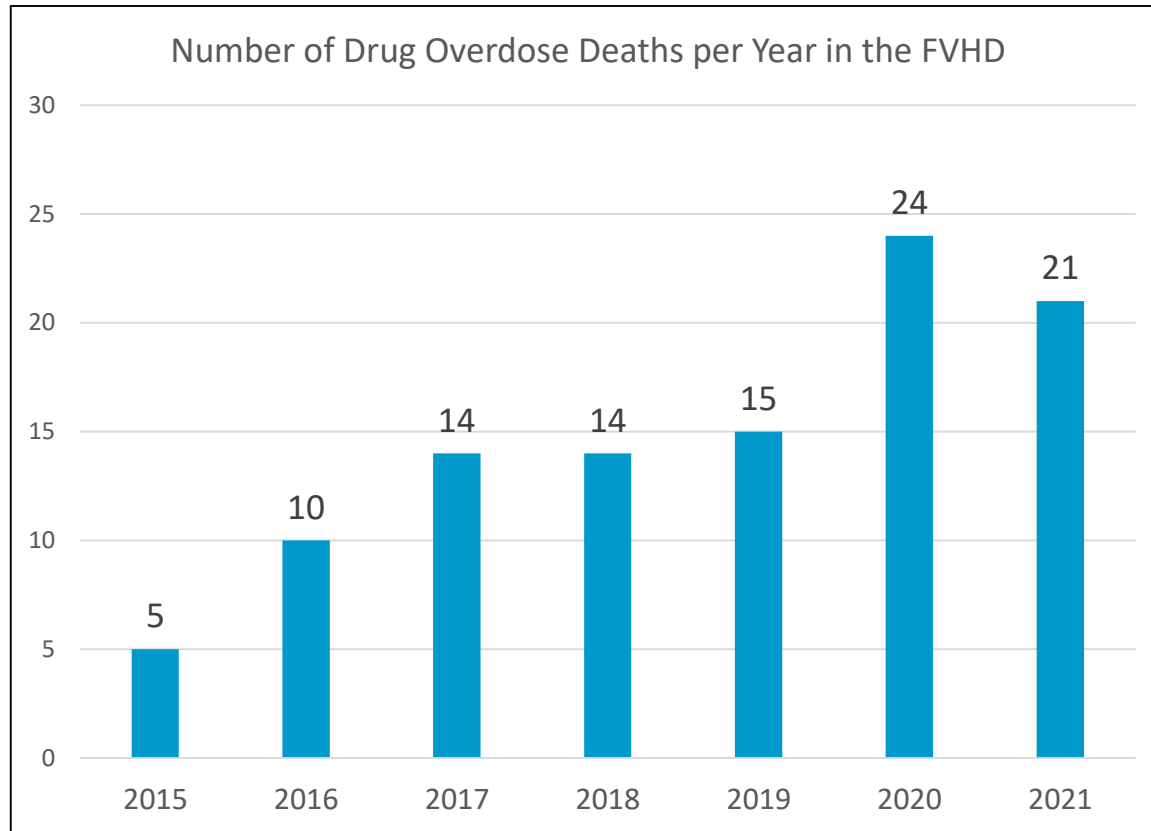
Adult Substance Use

- 8% of FVHD adults currently smoke cigarettes
- 25.5% of FVHD adults use e-cigarettes every day or some days
- 20.6% of the FVHD population reports excessive alcohol consumption
- Town Social Services Directors note that alcohol use and alcohol abuse in the senior citizen population is currently at an all-time high



Source: Connecticut Behavioral Risk Factor Surveillance System, 2016-2020

Overdose Deaths

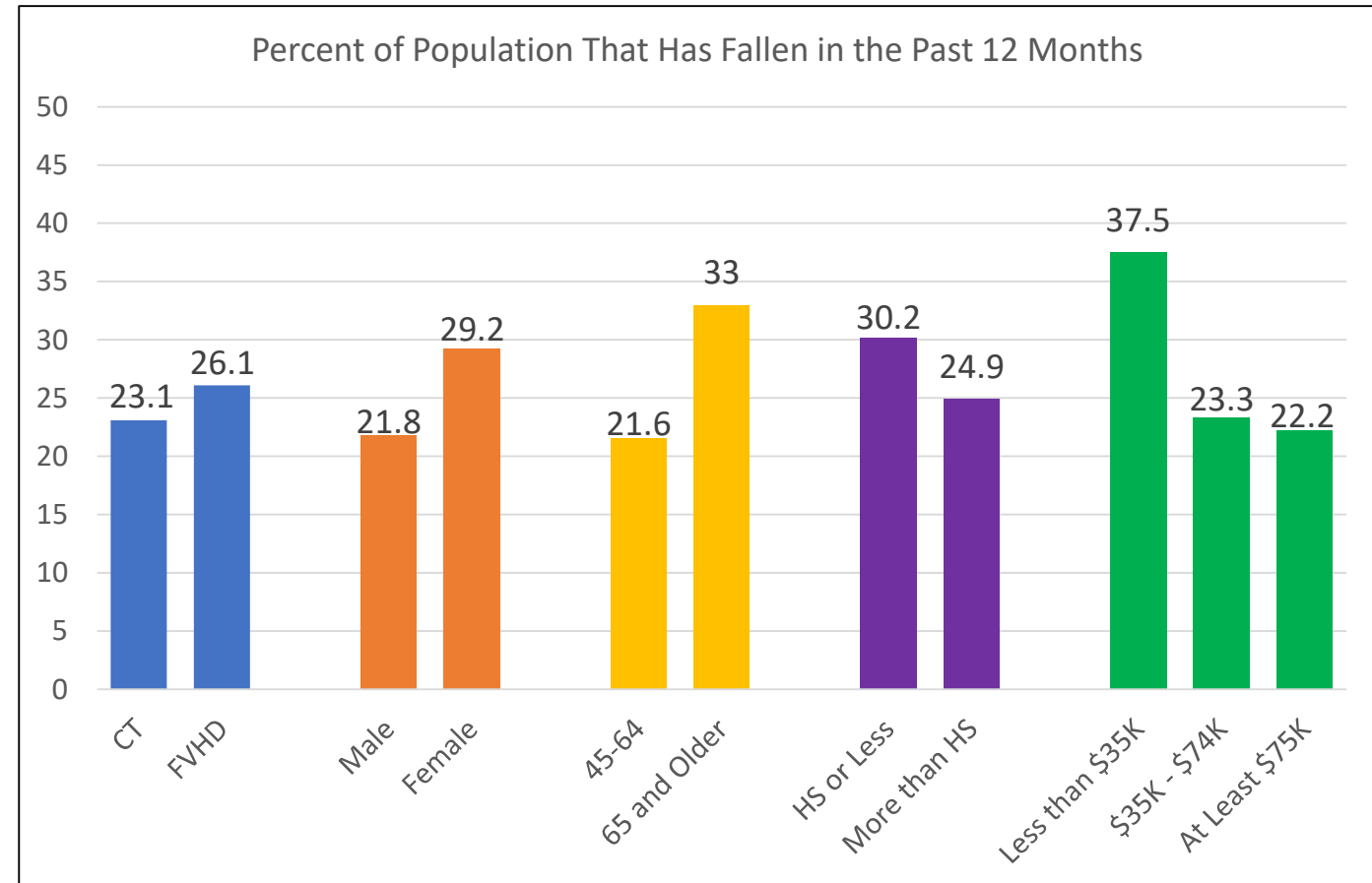


Source: Connecticut Behavioral Risk Factor Surveillance System, 2016-2020

- Deaths from drug overdoses more than quadrupled from 5 in 2015 to 21 in 2021
- Of the 103 drug overdose deaths since 2015, 74% were in males and 94% were in White, non-Hispanic residents
- The 35- to 44-year-old age group had the highest number of drug overdoses (25)
- Opioids were involved in 90.3% of drug overdose deaths; Fentanyl or an analog were involved in 73.8% of deaths

Falls

- 19% of the FVHD population is 65 and older
- 26.1% of the FVHD population has fallen in the past year
- Accidents are the third leading cause of death in the FVHD. 33.8% of deaths from accidents are the result of a fall
- Significant cause of emergency department visits and hospitalizations among 65 and older



Source: Connecticut Behavioral Risk Factor Surveillance System, 2016-2020

To view the complete FVHD Community Health Assessment:



<https://fvhd.org/wp-content/uploads/2023/01/2022-FVHD-Community-Health-Assessment.pdf>

Next Steps

1. Broadly disseminate the findings of the CHA to the community
 - Developing topic-specific summary documents
 - Prioritize issues based on key findings
2. Establish workgroups by priority topic
 - Members are organizations, agencies, and community members with expertise and/or interest in topic
3. Develop community health improvement plan
 - Goals, objectives, strategies, action steps, and indicators to address priorities

How Can You Help?

- Recommend community organizations, agencies, and community members that should be involved in community health improvement

Contact Us!

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