



These results are based on the **DataHaven Community Wellbeing Survey**, which completed in-depth, live interviews with 16,000 randomly-selected adults in every Connecticut town from March-November 2018. Our 2015 timeline and sample size was very similar. Results are weighted to be representative of the total adult population within any given geographic area. The survey was developed by DataHaven and the Siena College Research Institute, with input gathered by DataHaven from 125 advisory council members, including 90 public and private funders and researchers from universities, public health departments, and other non-profit organizations. Final results for individual towns and regions will be posted on our website throughout December and January. For more, contact info@ctdatahaven.org or visit our project page: <http://ctdatahaven.org/reports/datahaven-community-wellbeing-survey>.

Key to 2015-2018 Trends

- Minor or no statewide changes since 2015
- ↑ Important increase/improvement since 2015
- ↓ Important decrease/worsening since 2015
- ⇒ Newly-added or modified question in 2018

Neighborhood Quality of Life

- In 2018, 81% of all adults are **satisfied with the city or area where they live**. This is similar to 2015.
- 30% feel their area is **getting better as a place to live**, while 20% feel it is getting worse. Young adults (age 18-34) are somewhat more optimistic, as 36% feel their area is improving.
- 45% give “excellent” or “good” ratings to the **responsiveness of local government** to the needs of area residents. But only 24% of low-income adults (household income <\$15K) give these ratings to government, versus 57% of high-income adults (household income >\$200K).
- 76% give “excellent” or “good” ratings to the **job done by police to keep residents safe**. But 15% of whites, 33% of Latinos, and 39% of African-Americans rate the police’s job as “fair or poor.”
- ↑ 44% say that the **ability of residents in their area to find suitable employment** is “excellent” or “good,” while 43% rate it as “fair” or “poor.” Although this represents an overall improvement over 2015, when 50% rated job opportunities as “fair” or “poor,” there remain large divides in the perception of opportunity by gender, income, race/ethnicity, education, and geography.
- 71% feel their area is “excellent” or “good” as a **place to raise children**. But only 50% of low-income adults give their area this child-friendliness rating, versus 85% of high-income adults.
- 72% give “excellent” or “good” ratings to the **condition of public parks** in their area. But there are extremely large differences in the public’s perception of their local parks by town and zip code.
- ⇒ 72% give “excellent” or “good” ratings to the **availability of affordable, high-quality fruits and vegetables** in their area. But 21% of whites, 38% of Latinos, and 39% of African-Americans rate food access as “fair” or “poor,” as do 15% of seniors (age 65+) and 36% of young adults.
- ⇒ Connecticut residents’ **perceptions of neighborhood walkability** are similar to 2015, but they vary widely by neighborhood and town. Statewide, the percentages of adults that agree that they have many stores or places to walk to, safe sidewalks, safe places to bicycle, and several parks or playgrounds within a short distance of their home are 53%, 60%, 61%, and 69%, respectively.

Civic Engagement, Social Capital, and Life Chances

- 41% of all adults have **volunteered or helped out** in their community in the past year, and 30% often use **arts and cultural resources** in the area, such as concerts, museums, and events.
- ↑ 70% feel they have at least a little **ability to influence local government decision making**, while 28% say they have no influence at all. In 2015, 60% of Connecticut adults felt they had some influence, and 40% said they had no influence at all. The increase was seen across all major groups.
- ↓ 85% of all adults agree that **people in their neighborhood can be trusted**, including 48% who “strongly agree.” It appears that the percent of adults who “strongly agree” that their neighbors can be trusted has fallen since 2015, particularly among younger adults (from 45% in 2015 to 31% in 2018), Latinos (from 38% to 28%), households with children (from 54% to 43%), and adults with college degrees (from 63% to 54%). Lack of trust is associated with factors including residents’ income levels: 16% of low-income adults “strongly disagree” that neighbors are trustworthy, compared to just 1% of high-income adults.
- 72% of all adults agree that **children in their town have the positive role models they need**.
- 80% of all adults say it is likely that their **neighbors would organize themselves** if the local government proposed to close down a fire station nearby, including 51% who say it is “very likely.”
- ⇒ Respondents were asked to **predict how likely it is that a typical young person in their neighborhood will experience various life events**. For instance, 86% of adults feel it is “very likely” that a typical young person in their neighborhood will graduate from high school, although this varies widely by race/ethnicity (89% of whites, 77% of African-Americans and Latinos), and income (70% of low-income versus 96% of high-income adults). Meanwhile, the percentages who say it is “very likely” a young person will get a job with opportunities for advancement, abuse drugs or alcohol, be arrested for a felony, and be in a gang are 57%, 27%, 11%, and 8%, respectively.

Health and Well-being

- **Self-rated health** is a reliable and powerful predictor of future mortality and is one of the most commonly-used measures of health status. In Connecticut, 59% of adults report that they are in “excellent” or “very good” health, 26% report being in “good” health, and 14% say their health is fair or poor. Higher-income adults are much more likely to report good health.
- **Life satisfaction or “subjective well-being”** is a reliable measure of well-being that is strongly associated with factors such as economic security, the strength of community and interpersonal ties, and health, and does not presuppose people need certain material conditions to be happy. In Connecticut, the percent of adults who say they are mostly or completely satisfied with their life is high, but fell from 72% in 2015 to 67% this year. While adults over age 50 report the same or higher levels of life satisfaction as they did in 2015, the percent of young adults who are mostly or completely satisfied with their life dropped from 72% to 58%, and the percent of adults age 35-49 who feel this way dropped from 73% to 63%. Higher-income adults report significantly higher levels of life satisfaction, but other factors such as food insecurity and health care are far more important drivers than income alone (see analysis of 2015 DataHaven survey data at <http://blogs.lse.ac.uk/usappblog/2018/10/29/how-state-and-local-governments-can-buy-their-citizens-happiness/>). We also asked detailed questions about other elements of well-being, and mental health: **happiness, anxiety, time to enjoy life, purpose and meaning in life, social support, and depression**, which will be explored after we conduct further analysis.
- The percentages of adults reporting **various chronic diseases** such as hypertension (30%), diabetes (10%), asthma (15% ever, 10% currently), and heart disease (6%) have risen slightly in Connecticut since 2015. These changes may be in line with trends seen nationally, but will be explored.

- Based on self-reported height and weight, the percent of adults at a **normal weight** has dropped from 37% in 2015 to 33% in 2018. 29% are categorized as obese, an increase from 26% in 2015.
- ↓ 72% of adults report **exercising** at least twice per week, down from 77% in 2015.

Access to Health Care

- 95% of adults have **health insurance coverage**. The proportion of adults who have insurance is similar to what we reported in 2015, and much higher than what we found in years prior to that. Most low-income adults obtain their health insurance through Medicaid/HUSKY or Access Health CT, while 80% of high-income adults obtain it through a current or former employer or union.
- ↓ During the past year, 9% of all adults say that there was a **time when they didn't get the medical care they needed**. This varies by age (13% of young adults), race/ethnicity (8% of whites, 10% of African-Americans, 16% of Latinos) and income (17% of low-income, 4% of high-income adults). Additionally, 23% of adults postponed care that they thought they needed. By comparison, in 2015, 7% said they didn't get the care they needed, and 21% postponed care. While further analysis is needed (interviewers asked in-depth questions regarding the reasons why adults didn't get or postponed the care they needed), the decrease in the percent of adults who say that they always got the health care they needed may be driven by lower access to care among young adults, women, and caregivers.
- ↓ In 2018, 11% of adults **do not have a medical home**, meaning that they do not have at least one person or place that they think of as their personal doctor or health care provider. Adults under age 50 and low-income adults are much less likely to have a medical home than seniors and high-income adults. The percent of adults with a medical home may be declining: in 2015, just under 10% of adults reported not having a medical home.
- 4% of adults **visited a hospital emergency room** 3 or more times in the past year, including 11% of low-income adults and 2% of high-income adults. Chronic asthma was one of the reasons for frequent visits: of the 10% of adults with current asthma, 20% visited the emergency room last year, about the same as the proportion who use a prescription asthma inhaler at least every day.
- In the past year, 9% of adults **didn't get prescription medicines** they needed because they couldn't afford them, and 7% **altered the way they take their medicines** because of cost.
- 75% of adults **visited a dentist** this year, but men, young adults, and adults with lower income levels were less likely than women, older adults, and higher-income adults to have been seen.
- ⇒ Young and middle-age respondents were asked if they **have ever taken an HIV test** (55% of adults under age 65 have), and asked follow-up questions about whether a doctor offered them a test in the past year, and whether they might be at risk of contracting HIV. Results will be examined to look at ways to improve HIV prevention policies.

Smoking and Substance Use

- The percent of adults who **smoke cigarettes** keeps declining, from 15% in 2015 to 13.7% in 2018. These changes are in line with national trends, as e-cigarette use gradually becomes more popular. 37% of young adults **have now tried e-cigarettes**, up from 31% in 2015. Of the young adults who have tried them, 23% (i.e., 9% of all young adults) used them at least six days in the past month.
- ⇒ 6% of adults report they had 4-5 or more **drinks on a single occasion** at least six days this month.
- ⇒ 7% of adults **used marijuana or cannabis** at least six days in the past month, with 27% of these adults reporting that use was only for medical reasons.
- ⇒ 1 in 3 adults personally know someone who has **struggled with misuse or addiction to heroin or other opiates such as prescription painkillers** during the past 3 years; 7% know 5 or more people

who have struggled with this. About 2% of all adults say that they themselves have struggled with this, while 12% say a family member and 11% say a close friend has struggled with it.

⇒ 1 in 4 adults personally know someone who has **died from an opioid overdose**; 13% know at least two people who have died. About 6% say a family member and 9% say a close friend has died. All demographic groups, particularly those with incomes of less than \$100,000 per year, have been impacted by this crisis to a large degree.

Transportation, Technology, Banking, and Child Care Access

- 88% of all adults say they **often have access to a car when they need it**. But this varies by age (83% of young adults, 91% of middle-age adults, 88% of seniors), race/ethnicity (91% of whites, 77% of African-Americans and Latinos), and income (59% of low-income adults, vs. nearly all other adults).
- 12% of adults stayed home at least once in the past year due to lack of transportation. **Transport insecurity** ranged from 37% among low-income adults to 3% among high-income adults.
- ⇒ Among those without access to reliable transportation, 38% say they had to **stay home from a doctor's appointment or visit to health care provider** because they had no transportation.
- Among working adults, 7% say that it takes them **over one hour to get to work** each way. Adjusting for income, long commutes are associated with lower levels of self-rated well-being.
- The percent of adults with smartphones has risen, but **home computer and internet access** is still far from universal among adults with low incomes, including those with school-age children.
- ⇒ Among adults with young children in their home, 54% (including 59% of women and 48% of men) think it is hard to find **child care that is both affordable and high-quality**.
- 9% of adults lack a checking account. The **unbanked rate** varies by educational attainment (4% of those with a college degree, 8% of those with some college, 20% of those with a high school education or less) and race/ethnicity (6% of whites, 17% of African-Americans, 23% of Latinos).

Housing Instability and Housing Quality

- ⇒ Of the roughly 1 in 5 adults who **moved to a new home** within the past 3 years, 4% moved within the same building or development, 40% are living in the same neighborhood or town, 40% moved from a different town within Connecticut, and 15% moved here from outside the state. Lower-income adults are much more likely to report moving within the same building or neighborhood.
- ⇒ Most moved in order to have a better quality home and/or because they felt it was a good financial decision, but interviewers explored many other reasons, including evictions and foreclosures, as well as rent increases, landlords refusing to fix things, and needing to be closer to work or school.
- ⇒ About 1 in 10 of all renters who recently moved were **evicted or forced to move out**, either through formal notices or being asked to leave or other reasons. Most adults who were formally or informally evicted are in households earning less than \$30,000 per year.
- ⇒ **Evictions and health:** *Comparing renters at the same income level who recently moved, adults who were recently evicted are significantly less likely to report being in "very good" health and more likely to say they did not get the health care they needed in the past year. Only 34% of adults who were recently evicted report being in very good health, compared to 54% of all renters who recently moved and 59% of all Connecticut adults. And 25% of adults who were recently evicted did not get the health care they needed last year, compared to 13% of all renters who recently moved.*
- ⇒ During the past year, 43% of all renters in Connecticut say that they **experienced problems with their home that needed to be fixed such as leaks and broken appliances**, and out of these, most say that they then **reported the issues to their landlord**.

- ⇒ Overall, 18% of all renters in Connecticut say that they reported problems like these and then also **had difficulty getting their landlord to fix the issue**. But Latino and African-American renters are significantly more likely than white renters to say that they reported problems and had difficulty getting them fixed (24% versus 14%), as are women versus men (19% versus 15%).
- ⇒ 45% of renters, including 55% of those under age 50 and 59% of those living with children in their apartment, say they **expect to purchase a home** in the next 5 years. 75% of these say that it is likely that the home will be located in Connecticut.
- ⇒ 20% of adults over age 55 think their home or apartment doesn't have the **features it needs to be suitable or convenient as a place to grow older**.
- 8% of adults say they didn't have **enough money to provide adequate shelter or housing** for themselves or their family in the past year. This varies by race/ethnicity (6% of white adults, 13% of Latino and African-American adults), income (17% of low-income, 4% of high-income adults), and presence of children (10% of households with children, 7% of those without).

Safety

- 69% of adults feel it is **safe to go on walks in their neighborhood at night**. This varies by gender (74% of men versus 65% of women), race/ethnicity (73% of white adults, 58% of Latino and African-American adults), income (53% of low-income, 85% of high-income adults), and neighborhood.
- 6% of men and 4% of women report someone **attacked or physically threatened** them during the past year. One third of those attacked were physically injured. These incidents were reported to the police about 40% of the time, and when reported, police took action about 70% of the time. Out of those who were attacked or threatened, 46% of men and 59% of women say that at least one of the incidents involved someone that they know or work with.
- 10% of adults report that they were the victim of a **property crime** such as theft or vandalism.

Financial Security

- 67% of all adults say they are "living comfortably" or "doing alright" financially. However, 33% say they are **just getting by or struggling financially**, including 12% who say they are "finding it difficult or very difficult." Results were similar in 2015, suggesting that an improving economy has not had a universal impact on the financial security of adults. As in 2015, gender equity is a concern, with 28% of men and 36% of women saying that they are just getting by or struggling financially.
- 31% of adults, including 27% of men, 35% of women, 28% of whites, 41% of African-Americans, and 45% of Latinos say that they would be able to **maintain their standard of living for only about one month or less** if they lost their sources of income.
- 56% of adults say they are **financially better-off than their parents were** at their age. Latinos report higher economic mobility than other groups, with 68% saying they are better off.
- ⇒ 62% say they would have money left over if they **turned all of their assets into cash** (including their home, if owned) and paid off all their debts. This varies by gender (67% of men, 58% of women), age, race/ethnicity (67% of whites, 45% of African-Americans and Latinos), and other factors.
- **Employment and underemployment** rates have improved within households earning \$100,000 or more, but the overall picture is mixed with many adults reporting they would prefer to work more.
- 23% of working adults, including 36% of young adults, say they **need more education or training** to get ahead in their career. Among adults who are not working, half say they need more training.
- During the past year, 13% of adults **didn't have money to buy food they or their family needed**. Food insecurity varies by gender (11% of men versus 15% of women), race/ethnicity (10% of white

adults, 23% of African-American and 28% of Latino adults), income (38% of low-income, 2% of high-income adults), and presence of children (17% of households with children, 11% of those without).

- ⇒ Similarly, during the past year, 10% of adults report that the **electric, gas, oil, or water company threatened to shut off services** in their home. 16% of households with children report energy insecurity, versus 8% of those without children.

Experiences of Discrimination

- ⇒ 26% of men, 28% of women, 26% of whites, 33% of African-Americans, and 26% of Latinos say that they have been **unfairly fired, denied a promotion or raise, or not hired for a job** for unfair reasons at some point in their life. 30% of women say gender was the main reason for this, and 56% of African-Americans say race was the main reason (respondents could provide multiple reasons, with reasons like sexual orientation also being cited frequently by adults who do not identify as straight). 15% of men and women, 12% of whites, 22% of African-Americans, and 21% of Latinos say this happened to them at least once in the past 3 years.
- ⇒ 16% of men, 7% of women, 9% of whites, 24% of African-Americans, and 17% of Latinos say that they have been **unfairly stopped, searched, questioned, physically threatened, or abused by the police** at some point in their life. 9% of men say gender was the main reason for this, and 77% of African-Americans and 54% of Latinos say race was the main reason (other reasons commonly cited include national origin). 9% of men, 5% of women, 5% of whites, 17% of African-Americans, and 13% of Latinos say this happened at least once in the past 3 years. 2% of whites, 10% of African-Americans, and 9% of Latinos say this has happened several times during the past 3 years. Of those unfairly stopped in the past 3 years, the **places they were unfairly stopped at least once** included cars (63%), while walking down the street (22%), inside a house (10%), at a public park (8%), and inside a store (7%). African-Americans and Latinos were as much as 10 times more likely than whites to report being unfairly stopped in a public place such as a sidewalk or park.
- ⇒ 4% of men and women, 2% of whites, 9% of African-Americans, and 11% of Latinos say they have been **unfairly prevented from moving into a neighborhood** because a landlord or realtor refused to sell or rent to them. 68% of African-Americans say race was the main reason for this experience.
- ⇒ 8% of men, 13% of women, 9% of whites, 14% of African-Americans, and 17% of Latinos say that **when seeking health care they have been treated with less respect** or received services that were not as good as what other people get. 6% of whites, 45% of African Americans, and 29% of Latinos say race was the main reason for their experiences, and 27% of all adults cite health insurance status as the reason for them. Of those with this experience, 86% said that it happened to them at least once within the past 3 years, and was most likely to happen at a doctor's office or hospital.

Demographics

- ⇒ DataHaven added **several new survey questions** in 2018 to allow community partners to capture and report on the experiences of smaller demographic groups. For example, 8% of adults do not identify as straight, with 6% identifying as lesbian, gay, or bisexual; 10% of adults are **veterans** of the U.S. Armed Forces, and 16% of adults report having a significant **disability**, handicap, or chronic disease. About 100 respondents consider themselves to be transgender and were asked additional questions about **transgender-inclusive health care services**. More detailed questions on **ethnicity** were also added to the existing questionnaire (which includes language, education, and other topics). These data may be cross-tabulated with other questions throughout the survey.