

A map of the Lower Connecticut River Valley region, showing various municipalities and their boundaries. The map is color-coded in shades of blue and green, with some areas highlighted in a darker blue. The map is overlaid with a white rectangular box containing the title and date.

# LOWER CONNECTICUT RIVER VALLEY COG 2026 EQUITY REPORT

DataHaven

February 2026

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## ABOUT THIS DOCUMENT

Compiled by DataHaven in February 2026.

This report is designed to inform local-level efforts to improve community well-being and racial equity. This is version 3.0 of the DataHaven equity profile, which DataHaven has published for all 169 towns, all nine regional councils of government (COGs), and several additional regions of Connecticut. Please contact DataHaven with suggestions for version 4.0 of this report.

## EXECUTIVE SUMMARY

Throughout most of the measures in this report, there are important differences by race/ethnicity and neighborhood that reflect differences in access to resources and other social needs. Wherever possible, data are presented with racial/ethnic breakdowns, as defined by existing federal data collection standards. However, for smaller groups or more detailed breakdowns, some values may not be available or have less reliable data. In these cases, values are marked as “N/A,” not available.

Federal and statewide approaches to data collection, including small sample sizes, tend to hide disparities within certain population groups. This does not mean that a given population is not impacted by inequitable social conditions. DataHaven and other organizations often collect information on demographic characteristics besides race/ethnicity, and encourage further analysis and advocacy that can lead to more inclusive data reporting.

Please contact DataHaven at [info@ctdatahaven.org](mailto:info@ctdatahaven.org) with questions about additional reporting that may be possible.

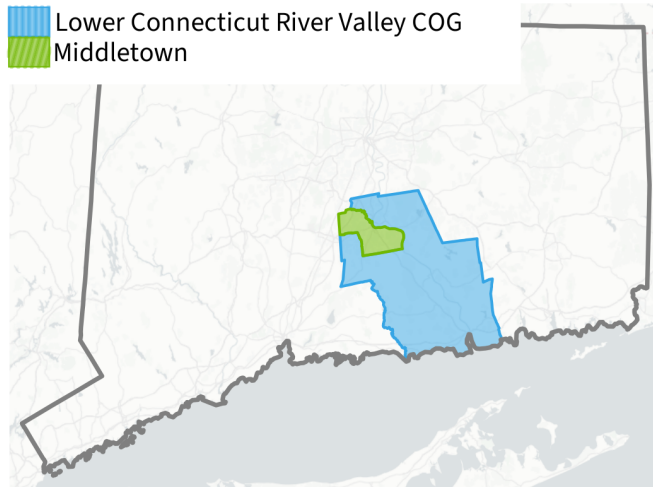
- Lower Connecticut River Valley COG is a region of **174,225 residents**, **19 percent** of whom are people of color. The region’s population has decreased by **1 percent** since 2010.
- Of the region’s **73,624 households**, **75 percent** are homeowner households.
- **Thirty-one percent** of Lower Connecticut River Valley COG’s households are cost-burdened, meaning they spend at least 30 percent of their total income on housing costs.
- **Ninety-four percent** of high school seniors in the class of 2024 in Lower Connecticut River Valley COG public school districts graduated within four years.
- Among the region’s adults ages 25 and up, **45 percent** have earned a bachelor’s degree or higher.
- Lower Connecticut River Valley COG is home to **72,612 jobs**, with the largest share in the Health Care and Social Assistance sector.
- The median household income in Lower Connecticut River Valley COG is **\$101,117**.
- **Sixty percent** of adults in Lower Connecticut River Valley COG say they are in excellent or very good health.
- In 2024, **36 people** in Lower Connecticut River Valley COG died of drug overdoses.
- **Eighty-eight percent** of adults in Lower Connecticut River Valley COG are satisfied with their area, and **60 percent** say their local government is responsive to residents’ needs.
- In the most recent municipal election, **42 percent** of registered voters in Lower Connecticut River Valley COG voted.
- **Forty-nine percent** of adults in Lower Connecticut River Valley COG report having stores, banks, and other locations in walking distance of their home, and **66 percent** say there are safe places to bike in their neighborhood.

For the first time, DataHaven is publishing these reports with a supplemental set of tables where we have modeled values from the DataHaven Community Wellbeing Survey. This methodology makes estimates available for smaller towns or where sample sizes would otherwise be too small to be reliable. See [the appendix](#) for details.

# INTRODUCTION

Lower Connecticut River Valley Council of Governments (COG) is a region made up of 17 towns. For the purposes of this report, Lower Connecticut River Valley COG will be compared to Connecticut as a whole, as well as to Middletown whenever possible. In some cases, data may instead be shown for Middlesex County (see [Note 1](#)).

**FIGURE 1: STUDY AREA**



**Lower Connecticut River Valley COG** is made up of the following towns (with 2020 populations):

- Chester (3,749)
- Clinton (13,185)
- Cromwell (14,225)
- Deep River (4,415)
- Durham (7,152)
- East Haddam (8,875)
- East Hampton (12,717)
- Essex (6,733)
- Haddam (8,452)
- Killingworth (6,174)
- Lyme (2,352)
- Middlefield (4,217)
- Middletown (47,717)
- Old Lyme (7,628)
- Old Saybrook (10,481)
- Portland (9,384)
- Westbrook (6,769)

**TABLE 1: ABOUT THE AREA**

	Connecticut	Lower Connecticut River Valley COG	Middletown
Total population	3,605,944	174,225	47,717
Total households	1,420,170	73,624	20,838
Homeownership rate	66%	75%	53%
Housing cost burden rate	35%	31%	39%
Adults without a high school diploma	9%	5%	6%
Median household income	\$93,760	\$101,117	\$73,979
Poverty rate	10%	7%	12%
Adults 19–64 w/o health insurance	7%	5%	5%

# DEMOGRAPHICS

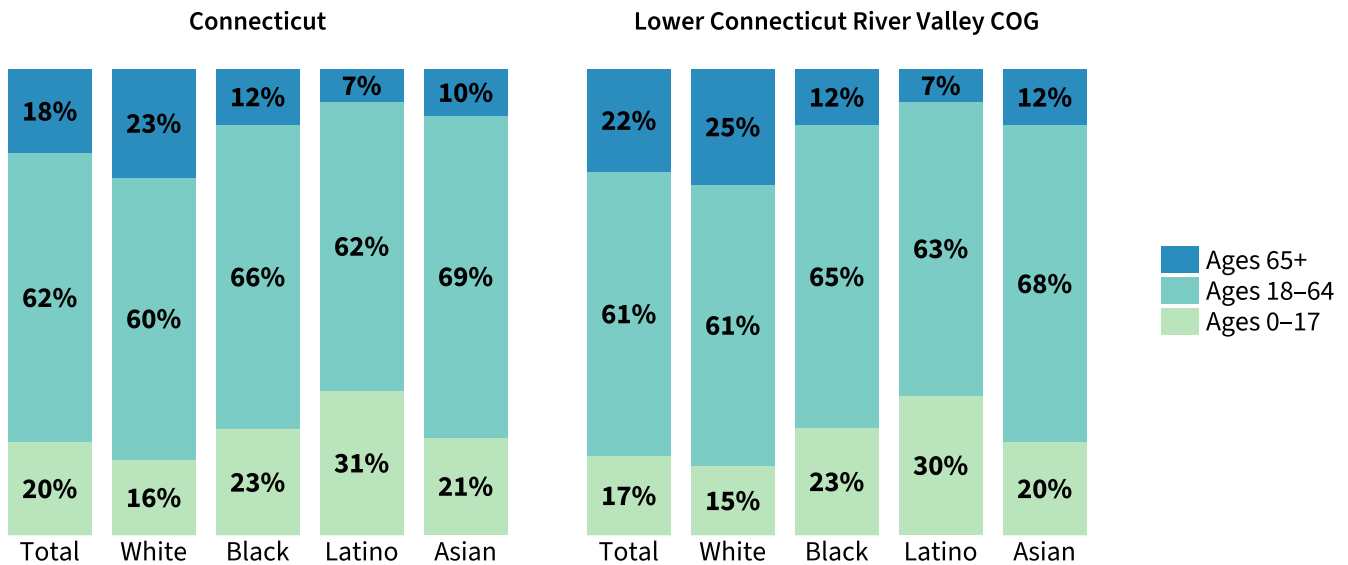
As of 2023, the population of Lower Connecticut River Valley COG is 174,983, including 29,746 children and 145,237 adults. Twenty percent of Lower Connecticut River Valley COG’s residents are people of color, compared to 37 percent of residents statewide.

**TABLE 2: POPULATION BY RACE/ETHNICITY, 2023**

	White		Black		Latino		Asian		Other race/ethnicity	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
Connecticut	2,265,780	63%	355,413	10%	640,668	18%	169,312	5%	167,175	5%
Lower Connecticut River Valley COG	140,056	80%	7,957	5%	13,031	7%	6,109	3%	7,830	4%
Middletown	30,839	65%	6,338	13%	5,629	12%	2,519	5%	2,321	5%

As Connecticut’s predominantly white Baby Boomers age, younger generations are driving the state’s increased racial and ethnic diversity. Black and Latino populations in particular skew much younger than white populations.

**FIGURE 2: POPULATION BY RACE/ETHNICITY AND AGE GROUP, 2023**



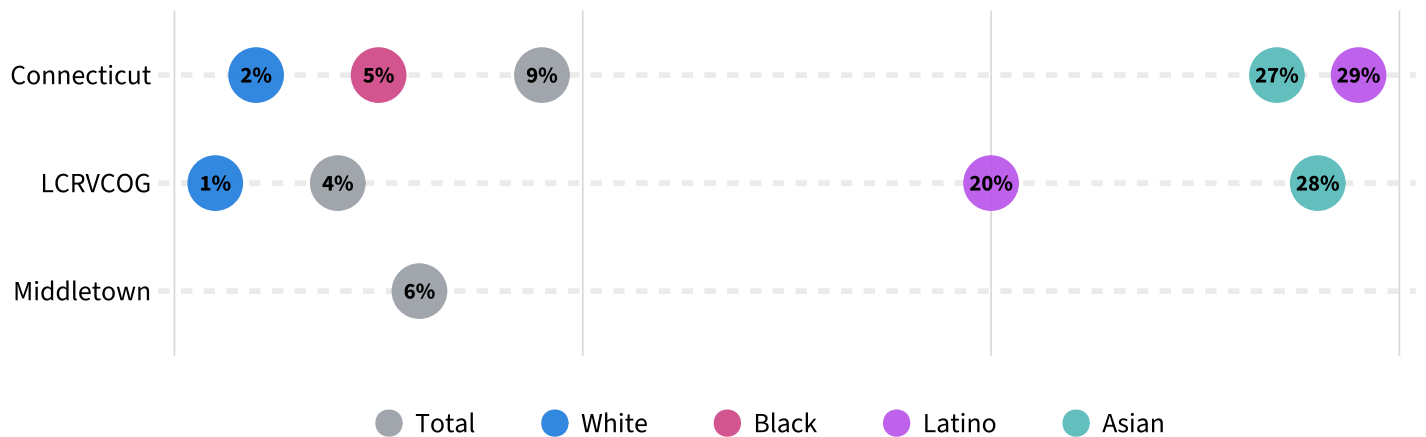
Note: Only groups with at least 50 residents in each age group shown.

About 14,099 residents of Lower Connecticut River Valley COG, or 8 percent of the population, are foreign-born (see [Note 2](#)). The largest number of immigrants living in Lower Connecticut River Valley COG were born in Poland, followed by China and Ecuador (see [Note 3](#)).

Limited English proficiency is characterized as speaking English less than “very well.” People who struggle with English proficiency may have difficulty in school, seeking health care, accessing social services, or finding work in a largely English-speaking community. As of 2023, 6,165 Lower Connecticut River Valley COG residents, or 4 percent of the population ages 5 and older, had limited English proficiency. Latinos and Asian Americans are more likely to have limited English proficiency than other racial/ethnic groups.

When no one in a household ages 5 and above is proficient in English, the members of that household are considered linguistically isolated. Five percent of all Connecticut residents ages 5 and older are linguistically isolated, including 16 percent of Latino residents and 13 percent of Asian residents (see [Note 4](#)).

**FIGURE 3: SHARE OF POPULATION SPEAKING ENGLISH LESS THAN VERY WELL BY RACE/ETHNICITY, 2023**



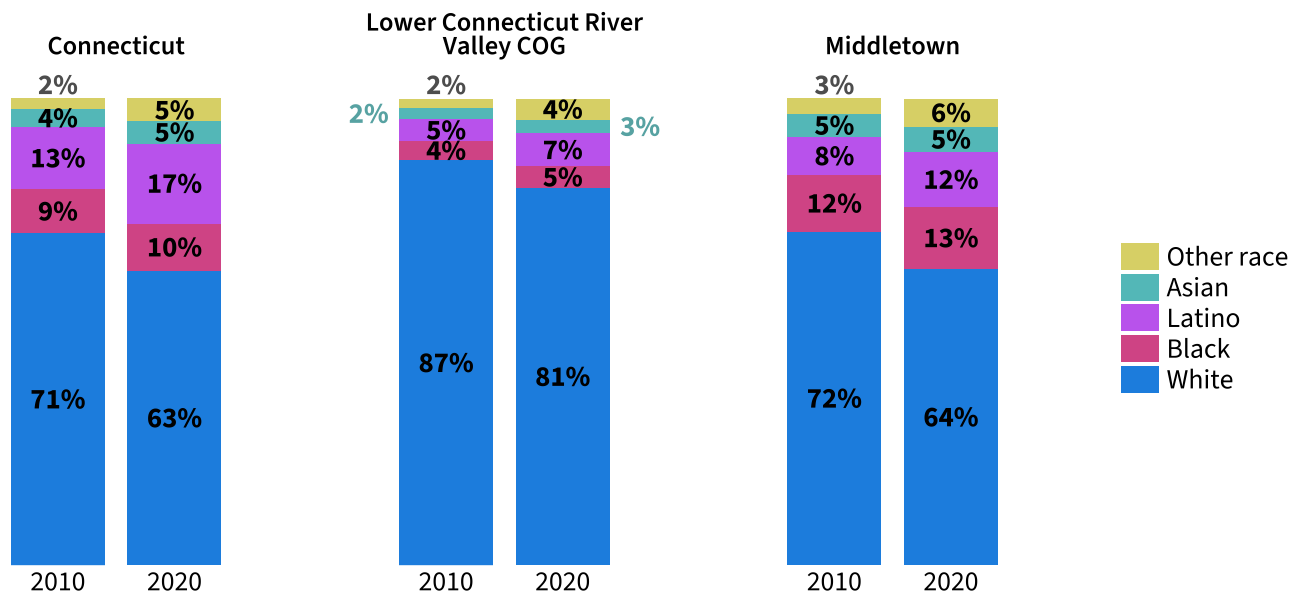
## POPULATION CHANGE, 2010–2020

Between 2010 and 2020, Connecticut’s population was nearly stagnant. During this period, Lower Connecticut River Valley COG shrank by 1,460 people, a less than 1 percent decrease. The number of white residents in Lower Connecticut River Valley COG shrank by 7.6 percent, while the non-white population grew by 44 percent.

TABLE 3: POPULATION AND POPULATION CHANGE BY AGE GROUP, 2010–2020

		Population, 2010	Population, 2020	Change	Percent change
Connecticut	All ages	3,574,097	3,605,944	+31,847	+0.9%
	Children (0–17)	817,015	736,717	–80,298	–9.8%
	Adults (18+)	2,757,082	2,869,227	+112,145	+4.1%
Lower Connecticut River Valley COG	All ages	175,685	174,225	–1,460	–0.8%
	Children (0–17)	37,145	29,946	–7,199	–19.4%
	Adults (18+)	138,540	144,279	+5,739	+4.1%
Middletown	All ages	47,648	47,717	+69	+0.1%
	Children (0–17)	9,082	7,645	–1,437	–15.8%
	Adults (18+)	38,566	40,072	+1,506	+3.9%

FIGURE 4: SHARE OF POPULATION BY RACE/ETHNICITY, 2010–2020



# HOUSING

Lower Connecticut River Valley COG has 73,624 households, of which 75 percent are homeowner households. Of Lower Connecticut River Valley COG’s 82,771 housing units, both occupied and vacant, 76 percent are in single-family buildings and 23 percent are in multifamily buildings, compared to statewide, where 65 percent are single-family and 34 percent are multifamily (see [Note 5](#)).

Home values have increased steeply since the start of the COVID-19 pandemic. The typical home value in Connecticut went from \$313,654 in December 2019 to \$413,459 in December 2025, adjusted for inflation. This is a 32% increase, and has made homeownership unattainable for many as wages have not nearly kept up (see [Note 6](#)).

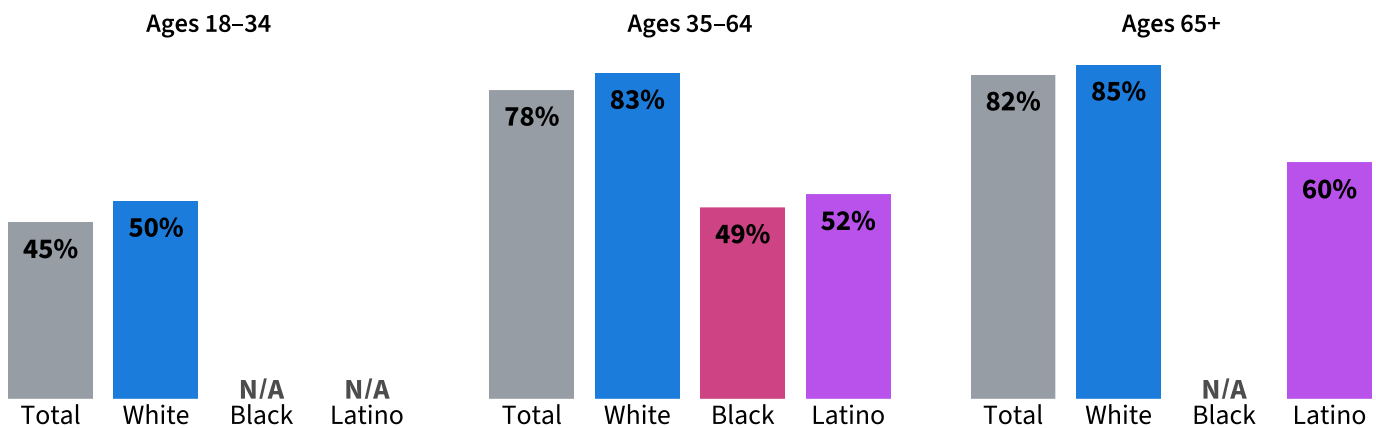
Homeownership rates vary by race/ethnicity. Purchasing a home is more attainable for advantaged groups because the process of purchasing a home has a long history of racially discriminatory practices that continue to restrict access to homeownership today. This challenge, coupled with municipal zoning dominated by single-family housing, results in de facto racial and economic segregation seen throughout Connecticut (see [Note 7](#)).

**TABLE 4: HOMEOWNERSHIP RATE BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2023**

	Total	White	Black	Latino	Asian	Other race
Connecticut	66%	76%	41%	39%	64%	44%
Lower Connecticut River Valley COG	75%	80%	40%	47%	64%	55%
Middletown	53%	61%	34%	31%	40%	36%

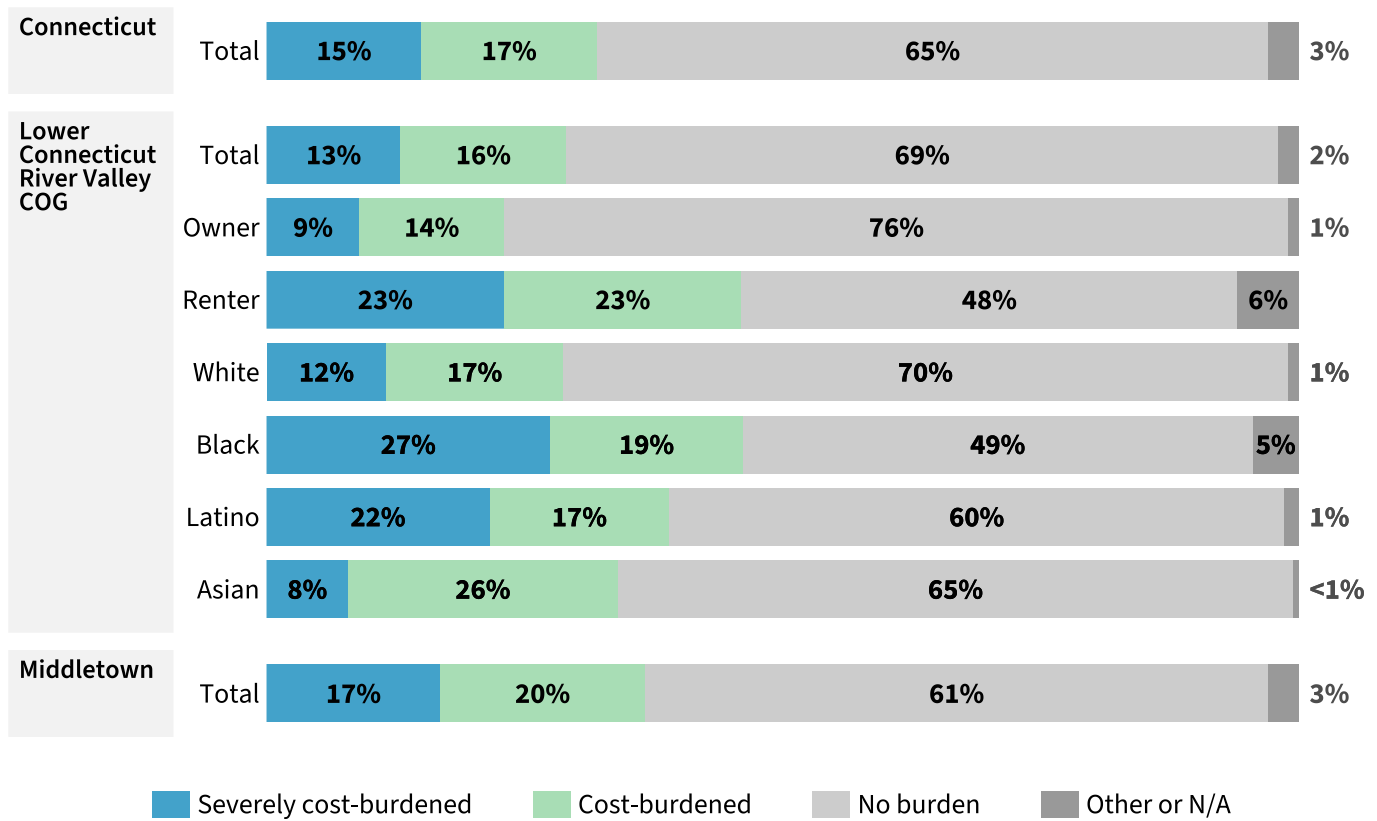
Younger adults are less likely than older adults to own their homes across several race/ethnicity groups. However, in many parts of the state, younger white adults own their homes at rates comparable to or higher than older Black and Latino adults.

**FIGURE 5: HOMEOWNERSHIP RATE BY AGE AND RACE/ETHNICITY OF HEAD OF HOUSEHOLD, LOWER CONNECTICUT RIVER VALLEY COG, 2023**



A household is cost-burdened when they spend 30 percent or more of their income on housing costs, and severely cost-burdened when they spend half or more of their income on housing costs. Housing costs continue to rise, particularly since the early days of the COVID-19 pandemic. Cost-burden generally affects renters more than homeowners, and has greater impact on Black and Latino householders. Among renter households in Lower Connecticut River Valley COG, 46 percent are cost-burdened, compared to 23 percent of owner households.

**FIGURE 6: HOUSING COST-BURDEN RATES BY TENURE AND BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2023**



Both the state and federal governments have several programs available to help households pay their housing costs, including rental assistance programs like Section 8, mortgage financing, and deed restrictions. Statewide, 11 percent of housing units receive some form of financial assistance; in Lower Connecticut River Valley COG, this is 8 percent.

**TABLE 5: NUMBER AND SHARE OF ASSISTED HOUSING UNITS BY TOWN, 2023**

	Total assisted		Any government assistance		State rental assistance / Section 8		CHFA/USDA mortgages		Deed restricted	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
Connecticut	175,548	11%	94,770	6%	49,611	3%	25,535	2%	5,632	<1%
Lower Connecticut River Valley COG	6,642	8%	4,114	5%	1,290	2%	1,057	1%	181	<1%
Middletown	4,668	22%	3,048	14%	1,137	5%	458	2%	25	<1%

Housing is in short supply across Connecticut, and as a result, very few units of housing are vacant. Units that are available to buy or rent are even more scarce. In 2023, 8 percent of all housing units in the state were vacant, including units that have been sold or rented out but are not yet occupied, as well as seasonal rentals. In Lower Connecticut River Valley COG, 11 percent of all housing units were vacant. Of all units expected to be owner-occupied, less than 1 percent were available for sale.

**TABLE 6: TENURE AND VACANCY, 2023**

	Total units	Owner units			Rental units		
		Total owner units	Vacant, for sale	Owner vacancy rate	Total rental units	Vacant, for rent	Rental vacancy rate
Connecticut	1,536,049	954,611	8,931	<1%	508,248	23,288	5%
Lower Connecticut River Valley COG	82,771	56,237	261	<1%	19,254	746	4%
Middletown	22,165	11,246	118	1%	10,388	390	4%

Over the past few decades, many parts of the state have shifted away from building single-family housing and toward building more multifamily housing. Between 2020 and 2024, construction permits were issued for 1,580 units of housing in Lower Connecticut River Valley COG, 56 percent of which were for single-family housing (see [Note 8](#)).

**TABLE 7: HOUSING CONSTRUCTION AND DEMOLITION PERMITS ISSUED 2000–2009 THROUGH 2020–2024, BY UNITS IN STRUCTURE**

	Permit type	Permits, 2000-2009		Permits, 2010-2019	
		Count	Share	Count	Share
Connecticut	Total construction permits	88,542	N/A	49,598	N/A
	Single family	68,773	78%	24,943	50%
	2 to 4 units	3,037	3%	2,300	5%
	5 or more units	16,732	19%	22,355	45%
	Demolition permits	14,924	N/A	11,422	N/A
Lower Connecticut River Valley COG	Total construction permits	7,218	N/A	2,341	N/A
	Single family	5,891	82%	1,857	79%
	2 to 4 units	55	<1%	115	5%
	5 or more units	1,272	18%	369	16%
	Demolition permits	491	N/A	532	N/A
Middletown	Total construction permits	1,905	N/A	374	N/A
	Single family	735	39%	228	61%
	2 to 4 units	3	<1%	5	1%
	5 or more units	1,167	61%	141	38%
	Demolition permits	103	N/A	36	N/A

Household overcrowding is defined as having more than one occupant per room. Overcrowding may increase the spread of illnesses among the household and can be associated with higher levels of stress. Increasing the availability of appropriately-sized affordable units helps to alleviate overcrowding.

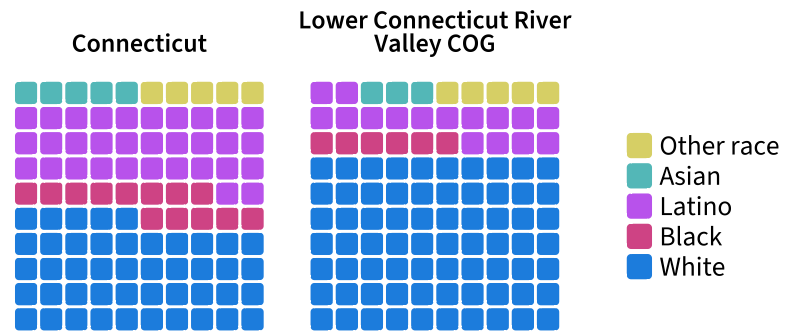
**TABLE 8: OVERCROWDED HOUSEHOLDS BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2023**

	Total		White		Black		Latino		Asian	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
Connecticut	28,258	2%	7,055	1%	5,060	3%	11,687	6%	3,664	6%
Lower Connecticut River Valley COG	668	1%	398	1%	N/A	N/A	N/A	N/A	N/A	N/A

# EDUCATION

Public school students in Lower Connecticut River Valley COG are served by 15 different school districts, including 4 regional districts. During the 2024-25 school year, these districts enrolled a total of 18,840 students. The largest of these is the Middletown School District, with 4,394 students enrolled. Tracking student success measures is important since disparate academic and disciplinary outcomes are observed as early as preschool and can ultimately affect a person’s long-term educational attainment and economic potential.

**FIGURE 7: PUBLIC K–12 STUDENT ENROLLMENT BY RACE/ETHNICITY PER 100 STUDENTS, 2024-25**

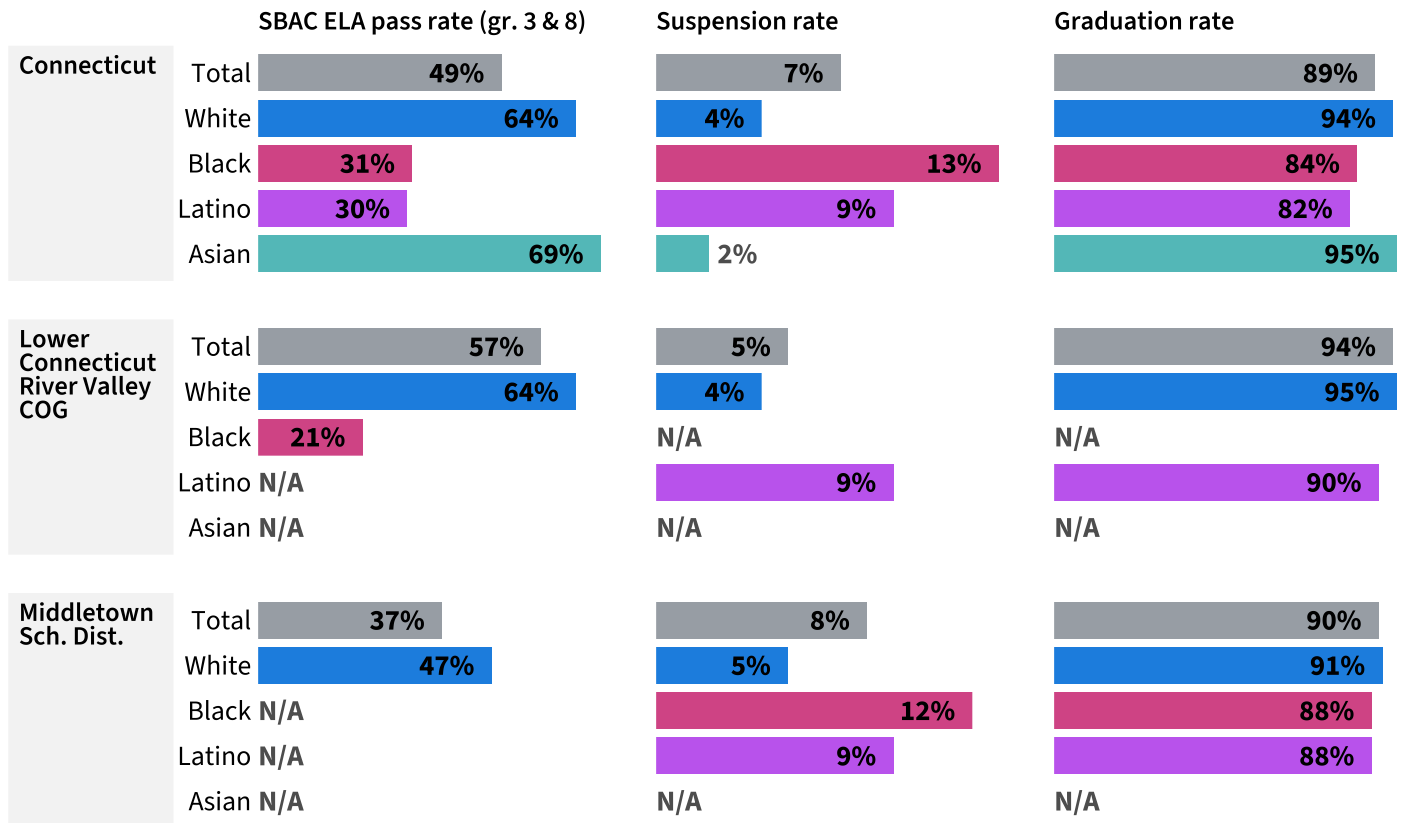


Statewide, nearly half of all public school students qualify for free- or reduced-price meals, and 19 percent are identified as having some form of disability.

**TABLE 9: PUBLIC K–12 STUDENT ENROLLMENT BY ENGLISH LANGUAGE LEARNER STATUS, FREE/REDUCED PRICE MEAL ELIGIBILITY, AND SPECIAL EDUCATION DESIGNATION, 2024-25**

	Total enrollment	English language learners		Eligible for free/reduced price meals		Students with disabilities	
		Enrolled	Share	Enrolled	Share	Enrolled	Share
Connecticut	508,402	57,533	11%	227,964	45%	94,174	19%
Lower Connecticut River Valley COG	18,840	921	5%	5,989	32%	3,401	18%
Middletown School District	4,394	293	7%	2,281	52%	817	19%

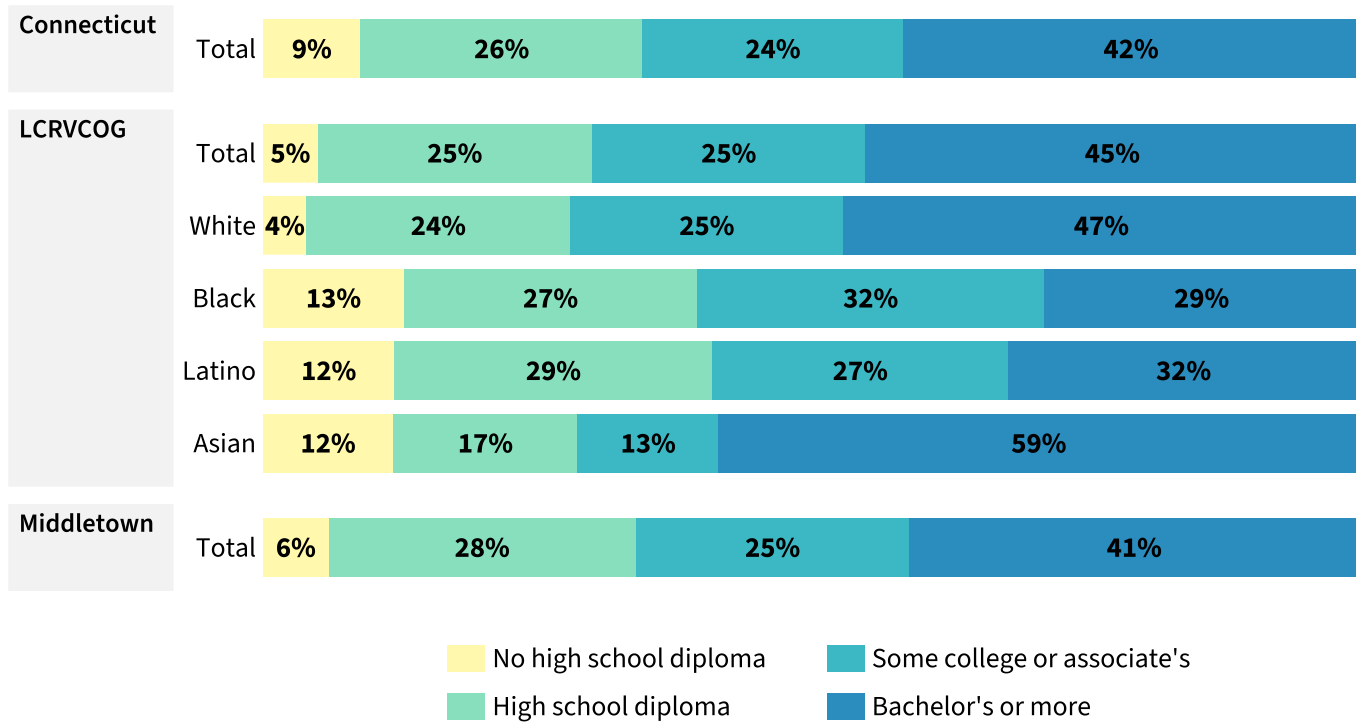
**FIGURE 8: SELECTED ACADEMIC AND DISCIPLINARY OUTCOMES BY STUDENT RACE/ETHNICITY, 2023-24 AND 2024-25 SCHOOL YEARS**



SY 2023-24: Graduation rate  
 SY 2024-25: SBAC ELA pass rate, Suspension rate

Adults with high school diplomas or college degrees have more employment options and considerably higher potential earnings, on average, than those who do not finish high school. In Lower Connecticut River Valley COG, 5 percent of adults ages 25 and over, or 6,199 people, lack a high school diploma; statewide, this value is 9 percent.

**FIGURE 9: EDUCATIONAL ATTAINMENT BY RACE/ETHNICITY, SHARE OF ADULTS AGES 25 AND UP, 2023**



## ECONOMY

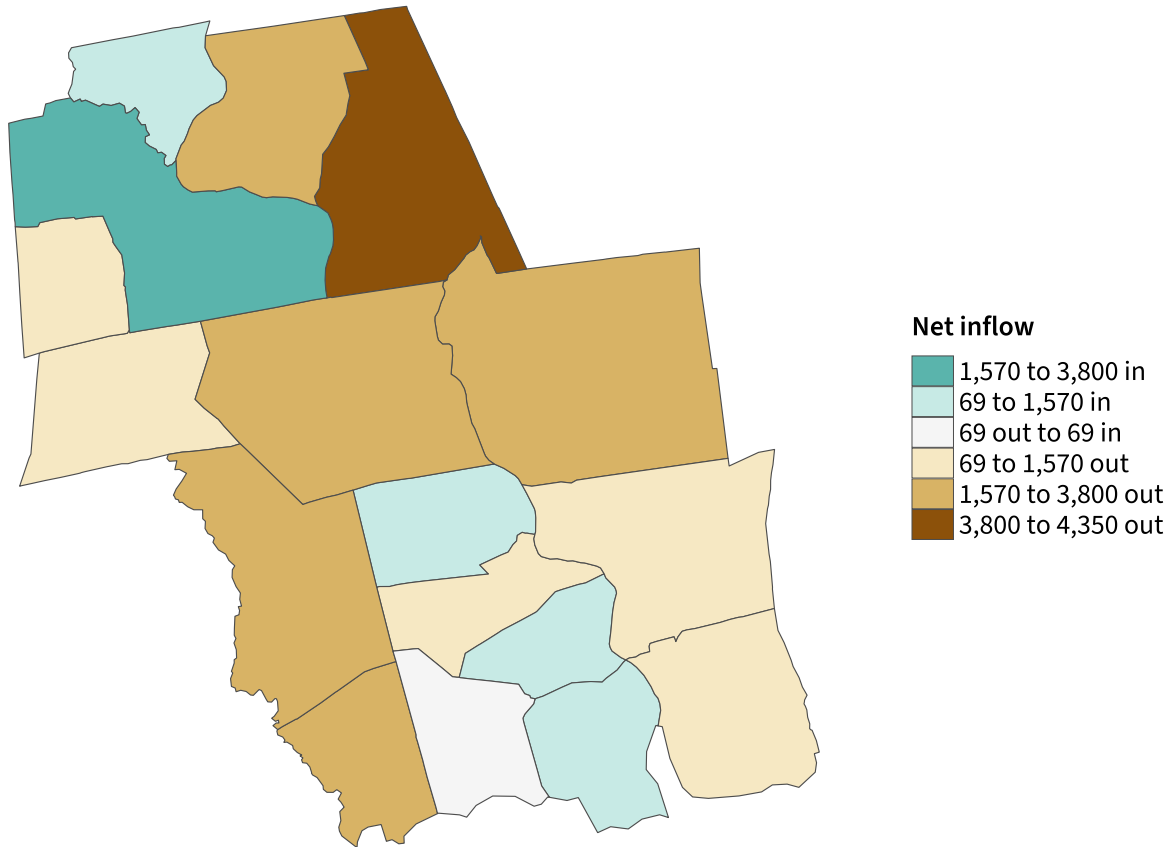
At the end of 2024, there were 72,612 total jobs in Lower Connecticut River Valley COG, with the largest share in the Health Care and Social Assistance sector. While many industries saw major job losses early on in the COVID-19 pandemic, by early 2023 the number of jobs statewide had nearly caught back up to pre-pandemic counts.

**TABLE 10: JOBS AND WAGES IN LOWER CONNECTICUT RIVER VALLEY COG'S 5 LARGEST SECTORS, 2024**

	Connecticut		Lower Connecticut River Valley COG	
	Total jobs	Avg annual pay	Total jobs	Avg annual pay
All Sectors	1,661,750	\$88,616	72,612	\$71,478
Health Care and Social Assistance	288,522	\$67,540	12,367	\$65,827
Manufacturing	154,738	\$101,418	8,384	\$99,647
Retail Trade	163,032	\$46,058	7,587	\$43,016
Accommodation and Food Services	123,696	\$31,794	6,336	\$30,678
Construction	61,726	\$89,655	4,052	\$86,269

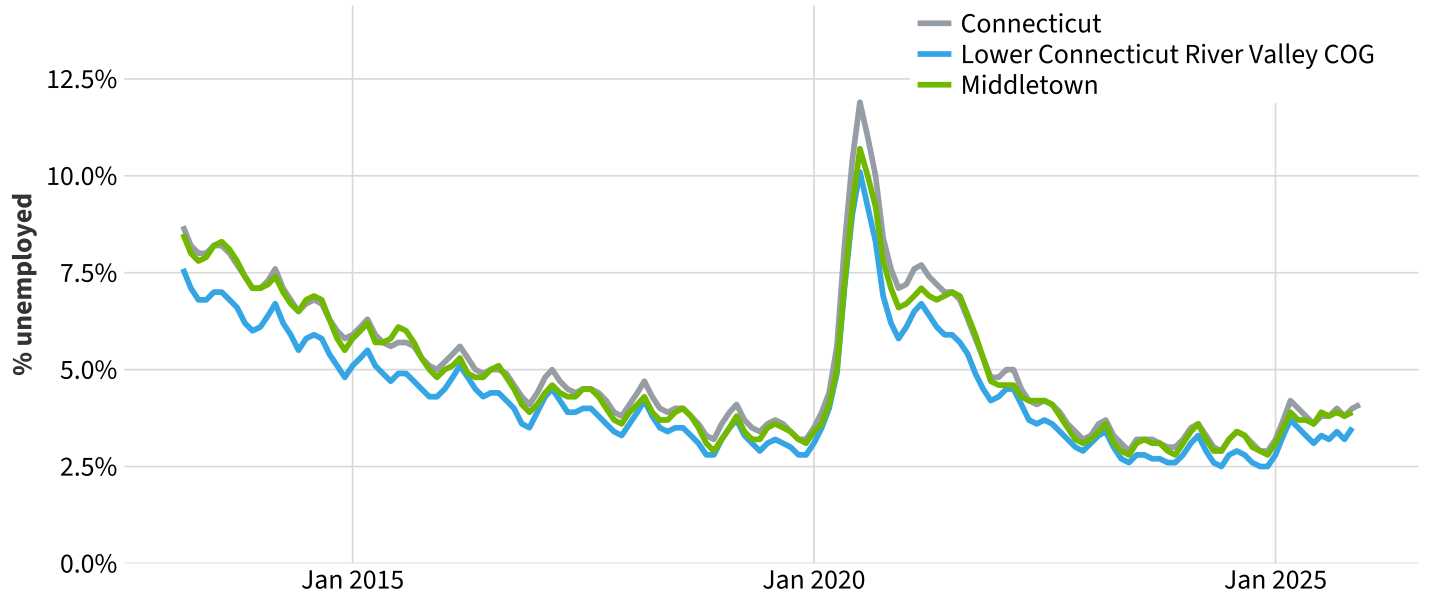
The majority of Connecticut workers work within the state but in a different town from the one in which they live. About 92 percent of working people living in Lower Connecticut River Valley COG have a primary job based in a different town, including 88 percent of people earning about \$40,000 per year or less and 93 percent of those earning more than \$40,000. Some towns serve as job hubs for regional economies, while others have far more workers who commute out than those who commute in. Of the towns in Lower Connecticut River Valley COG, the largest net inflow of workers is 3,257 into Middletown, while East Hampton has the largest net outflow of 4,352 workers.

**FIGURE 10: NET WORKER INFLOW/OUTFLOW BY LOWER CONNECTICUT RIVER VALLEY COG TOWN, 2023**



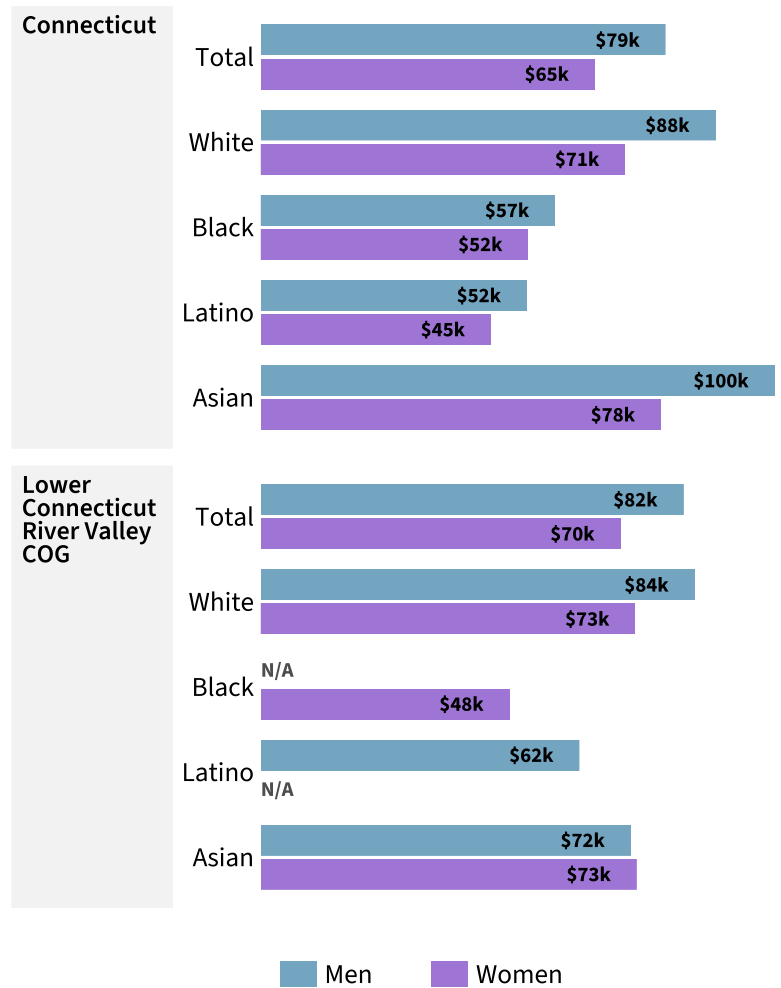
Nationwide, the onset of the pandemic led to a huge spike in unemployment rates, mirrored across Connecticut. At its peak in July 2020, Connecticut’s unemployment rate was 12.1 percent. As of November 2025, unemployment rates for Connecticut and Lower Connecticut River Valley COG were 4.2 percent and 3.7 percent, respectively.

**FIGURE 11: MONTHLY UNEMPLOYMENT RATE, 2013–2025, 3-MONTH ROLLING AVERAGE**



Individual earnings vary by race/ethnicity, sex, and other characteristics. These can be measured comparing the differences in average earnings between groups. White and Asian workers often out-earn other workers, and within racial groups men often out-earn women. These trends hold even when controlling for educational attainment and within many occupational groups.

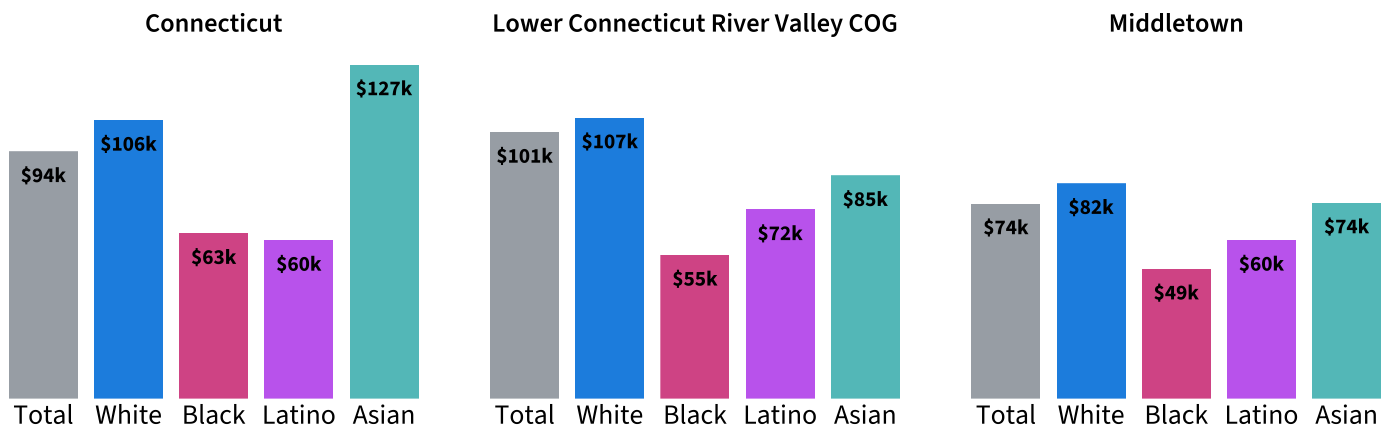
**FIGURE 12: MEDIAN INCOME BY RACE/ETHNICITY AND SEX FOR FULL-TIME WORKERS AGES 25 AND OVER WITH POSITIVE INCOME, 2023**



# INCOME & WEALTH

The median household income in Lower Connecticut River Valley COG is \$101,117, compared to \$93,760 statewide. Town-level median household incomes in Lower Connecticut River Valley COG range from \$73,979 in Middletown to \$151,875 in Durham. Racial disparities in outcomes related to education, housing, employment, and wages result in disparate household-level incomes and overall wealth. Households led by Black or Latino adults generally average lower incomes than white- or Asian-led households.

**FIGURE 13: MEDIAN HOUSEHOLD INCOME BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2023**



Between the Great Recession and the COVID-19 pandemic, average incomes have not kept pace with inflation over the past two decades. Adjusted for inflation, Connecticut’s median household income in 2023 was \$1,700 lower than in 2000.

**TABLE 11: MEDIAN HOUSEHOLD INCOME, WITH LARGEST INCREASE AND DECREASE OF LOWER CONNECTICUT RIVER VALLEY COG TOWNS, 2000–2023, IN 2023 DOLLARS**

	Income, 2000 (2023 dollars)	Income, 2023	Change	Percent change
Connecticut	\$95,460	\$93,760	-\$1,700	-2%
Lower Connecticut River Valley COG	N/A	\$101,117	N/A	N/A
Durham	\$137,414	\$151,875	+\$14,461	+11%
Westbrook	\$101,825	\$76,172	-\$25,653	-25%

With many of the safety measures early in the COVID-19 pandemic, having reliable, high-speed internet at home became a necessity for remote participation in school, expanded job opportunities, and telehealth. Statewide, Black and Latino residents are slightly more likely than average to live in a household without broadband access, though a variety of programs appear to have lessened the digital divide.

**TABLE 12: SELECTED ECONOMIC RESOURCE INDICATORS BY RACE/ETHNICITY, 2023**

	Total		White		Black		Latino		Asian	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
<b>Population living below poverty level</b>										
Connecticut	351,948	10%	138,047	6%	63,296	17%	127,248	20%	14,633	9%
Lower Connecticut River Valley COG	11,625	7%	7,779	6%	1,320	15%	1,427	11%	N/A	N/A
Middletown	5,324	12%	2,452	9%	1,182	17%	1,195	23%	N/A	N/A
<b>Population without broadband internet at home</b>										
Connecticut	217,900	6%	128,311	6%	32,747	9%	45,954	7%	4,934	3%
Lower Connecticut River Valley COG	10,987	6%	8,239	6%	N/A	N/A	N/A	N/A	N/A	N/A
Middletown	3,817	9%	2,298	8%	N/A	N/A	N/A	N/A	N/A	N/A

The Supplemental Nutritional Assistance Program (SNAP, or food stamps) is a program available to very low-income households earning less than 130 percent of the federal poverty guideline (\$30,000 for a family of four in 2023). Throughout the state, poverty and SNAP utilization rates are higher among Black and Latino households than white households. At the time of writing, tens of thousands of households across Connecticut are projected to lose significant amounts of their SNAP benefits under the federal H.R.1, or the “One Big Beautiful Bill Act” (see **Note 9**).

Access to a personal vehicle may also be considered a measure of financial security since reliable transportation plays a significant role in job access and quality of life. Vehicle access reduces the time a family may spend running errands or traveling to appointments, school, or work.

**TABLE 13: SELECTED HOUSEHOLD ECONOMIC INDICATORS BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2023**

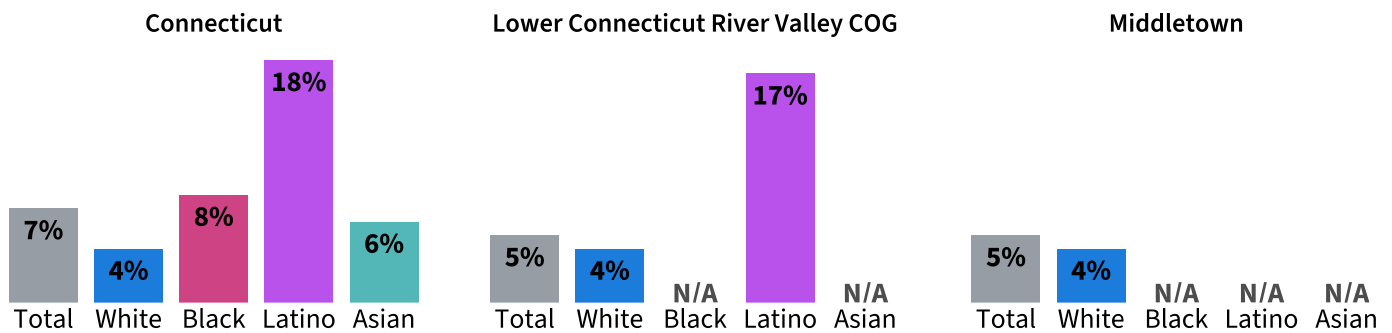
	Total		White		Black		Latino		Asian	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
<b>Households receiving food stamps/SNAP</b>										
Connecticut	165,735	12%	63,550	7%	36,404	25%	57,830	28%	4,553	8%
Lower Connecticut River Valley COG	5,523	8%	3,378	6%	772	19%	982	23%	N/A	N/A
Middletown	2,895	14%	1,345	10%	N/A	N/A	654	35%	N/A	N/A
<b>Households without a vehicle</b>										
Connecticut	122,113	9%	53,623	6%	26,046	19%	32,047	16%	5,154	9%
Lower Connecticut River Valley COG	4,135	6%	2,658	4%	N/A	N/A	N/A	N/A	N/A	N/A
Middletown	2,258	11%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

# HEALTH

The socioeconomic disparities described above tend to correlate with health outcomes. Factors such as stable housing, employment, literacy and linguistic fluency, environmental hazards, and transportation all impact access to care, physical and mental health outcomes, and overall quality of life. Income and employment status often drive differences in access to healthcare, the likelihood of getting preventive screenings as recommended, the affordability of life-saving medicines, and the ability to purchase other goods and services, including high-quality housing and nutritious food.

Health-related challenges begin with access to care. Due to differences in workplace benefits, income, and eligibility factors, Black and especially Latino people are less likely to have health insurance than white people. At the time of writing, tens of thousands of people across Connecticut are projected to lose health insurance over the next 10 years under H.R.1. Medicaid recipients are particularly vulnerable to these federal cuts, though exact impacts are still unknown (see **Note 10**).

**FIGURE 14: UNINSURED RATE AMONG ADULTS AGES 19–64 BY RACE/ETHNICITY, 2023**

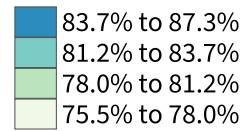
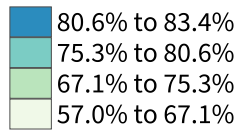
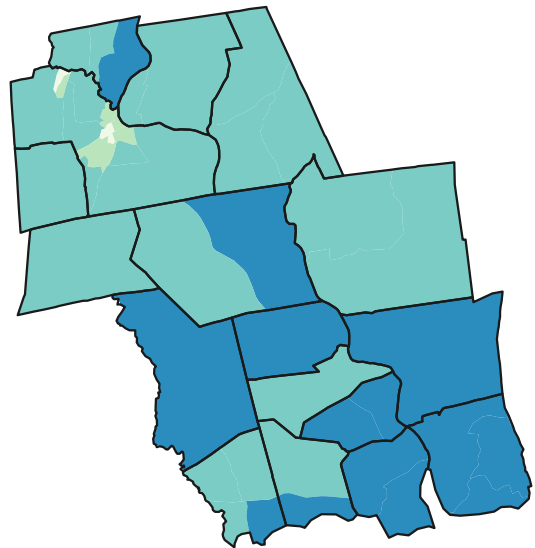
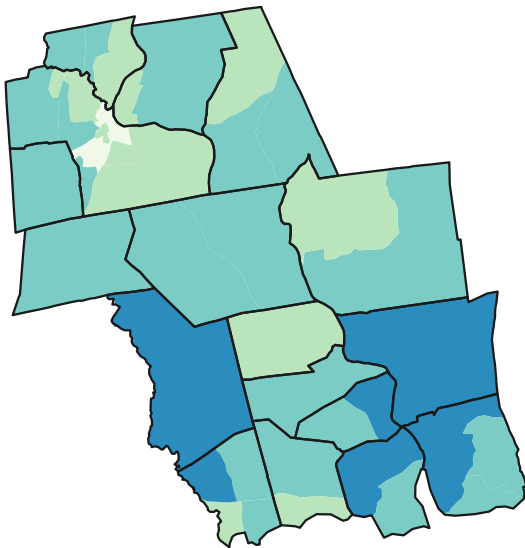


Preventive care can help counteract economic disadvantages, as a person’s health can be improved by addressing risk factors like hypertension and chronic stress early. Lack of affordable, accessible, and consistent medical care can lead to residents relying on expensive emergency room visits later on. Overall, 83 percent of the adults in Lower Connecticut River Valley COG had checkup in the past year as of 2023, and 76 percent had had a dental visit as of 2022.

**FIGURE 15: PREVENTIVE CARE MEASURES, SHARE OF ADULTS BY CENSUS TRACT, LOWER CONNECTICUT RIVER VALLEY COG**

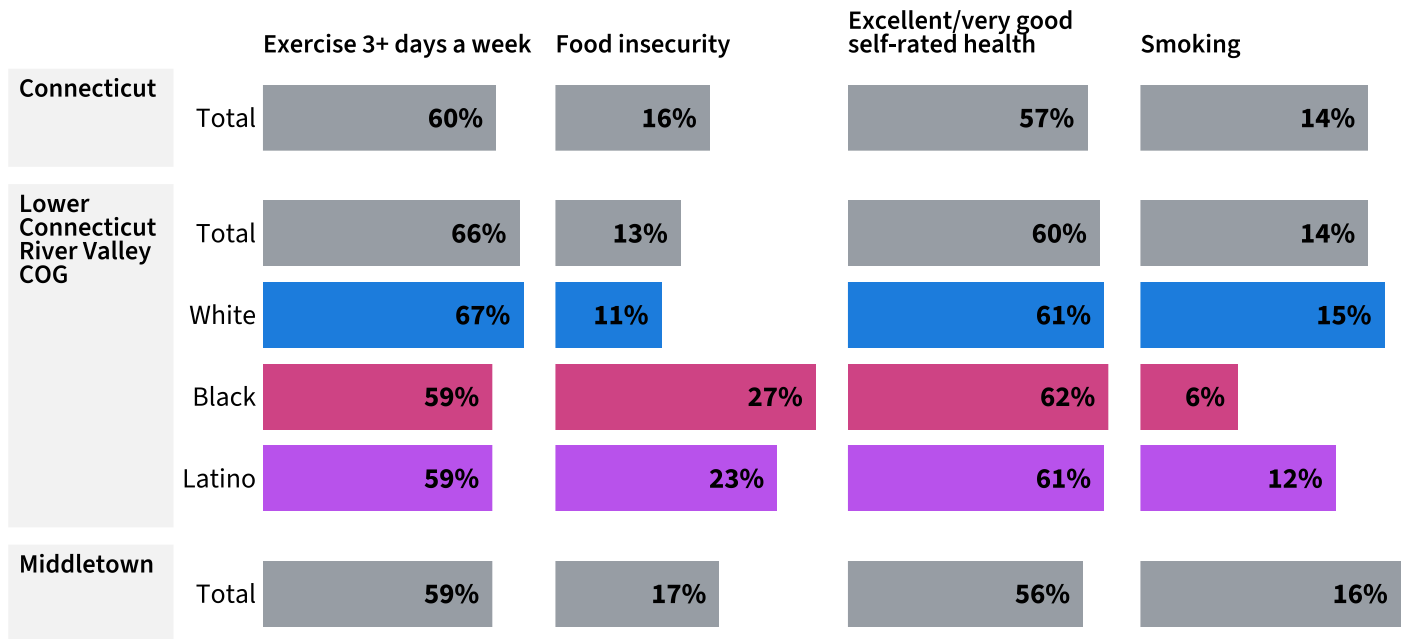
**Dental visit in past year, 2022**

**Annual checkup, 2023**

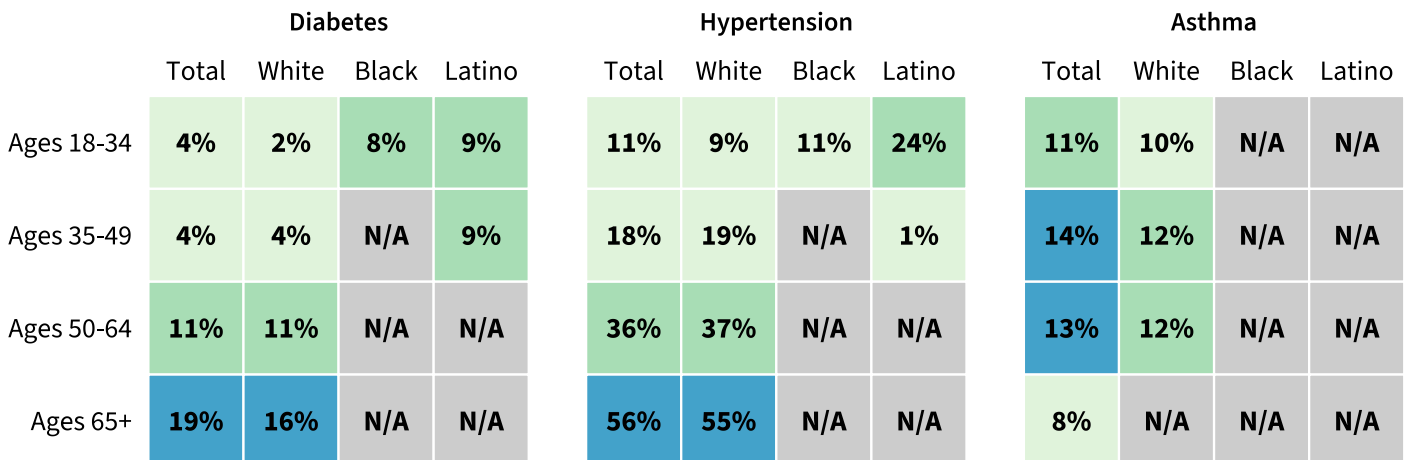


Throughout the state, people of color face greater rates and earlier onset of many chronic diseases and risk factors, particularly those that are linked to socioeconomic status and access to resources. For example, diabetes is much more common among older adults than younger ones, yet middle-aged Black adults in Connecticut have higher diabetes rates than white seniors.

**FIGURE 16: SELECTED HEALTH RISK FACTORS, SHARE OF ADULTS, 2015-2024**

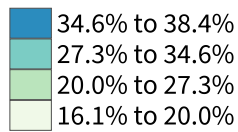
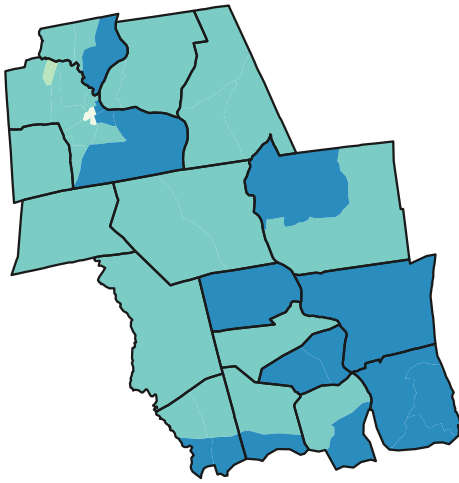


**FIGURE 17: SELECTED HEALTH INDICATORS BY AGE AND RACE/ETHNICITY, SHARE OF ADULTS, LOWER CONNECTICUT RIVER VALLEY COG, 2015-2024**

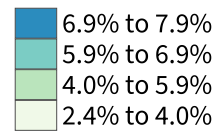
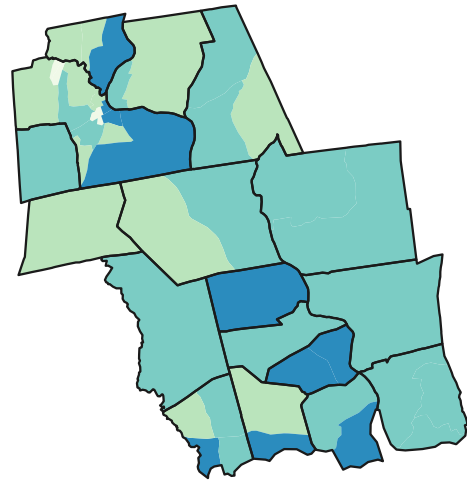


**FIGURE 18: CHRONIC DISEASE PREVALENCE, SHARE OF ADULTS BY CENSUS TRACT, LOWER CONNECTICUT RIVER VALLEY COG**

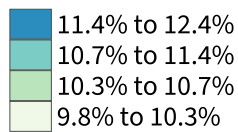
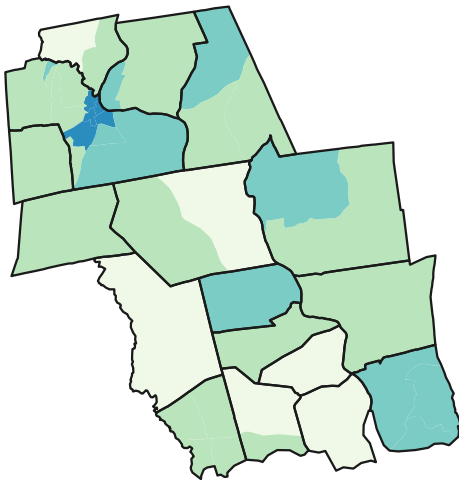
**High blood pressure, 2023**



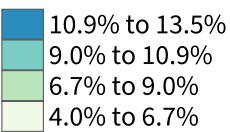
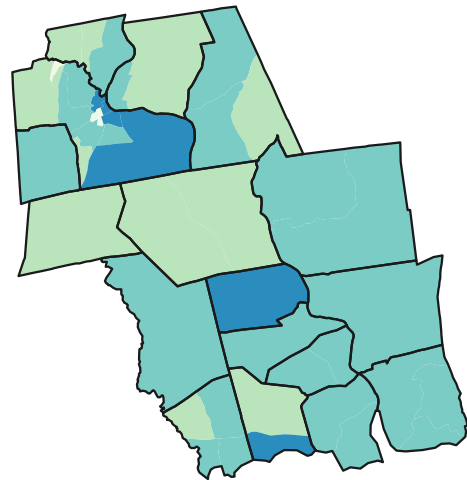
**Coronary heart disease, 2023**



**Current asthma, 2023**



**Diabetes, 2023**



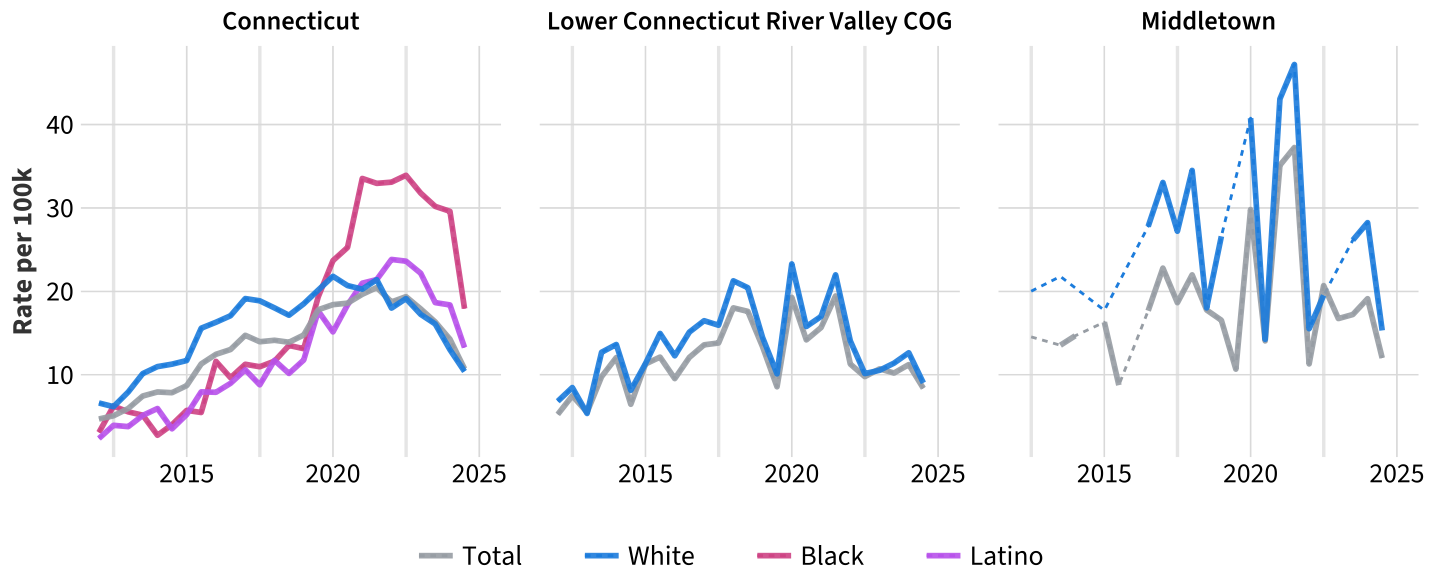
Mental health issues like depression and anxiety can be linked to social determinants like income, employment, and environment, and can pose risks of physical health problems as well, including by complicating a person’s ability to keep up other aspects of their health care. People of color and younger adults are slightly more likely to report feeling mostly or completely anxious and being bothered by feeling depressed or hopeless. Overall, 11 percent of Lower Connecticut River Valley COG adults report experiencing anxiety regularly and 13 percent report being bothered by depression.

**TABLE 14: SELECTED MENTAL HEALTH INDICATORS, SHARE OF ADULTS, 2015–2024**

	Total	By age				By race/ethnicity		
		Ages 18-34	Ages 35-49	Ages 50-64	Ages 65+	White	Black	Latino
<b>Experiencing anxiety</b>								
Connecticut	14%	19%	15%	11%	10%	12%	16%	20%
Lower Connecticut River Valley COG	11%	16%	14%	8%	9%	11%	12%	13%
Middletown	11%	11%	16%	12%	5%	14%	1%	11%
<b>Bothered by depression</b>								
Connecticut	12%	18%	11%	9%	7%	10%	14%	17%
Lower Connecticut River Valley COG	13%	24%	11%	9%	6%	10%	20%	23%
Middletown	12%	16%	11%	8%	6%	N/A	N/A	N/A

Like other states, Connecticut has seen a rise in drug overdose deaths over the last decade. In 2024, Connecticut saw an average of 78 overdose deaths per month, up from 59 in 2015. White residents long comprised the bulk of these deaths, but as overall overdose death rates have increased, an increasing share of those deaths have been people of color. Following a steep rise during the early days of the COVID-19 pandemic, rates have begun to drop recently.

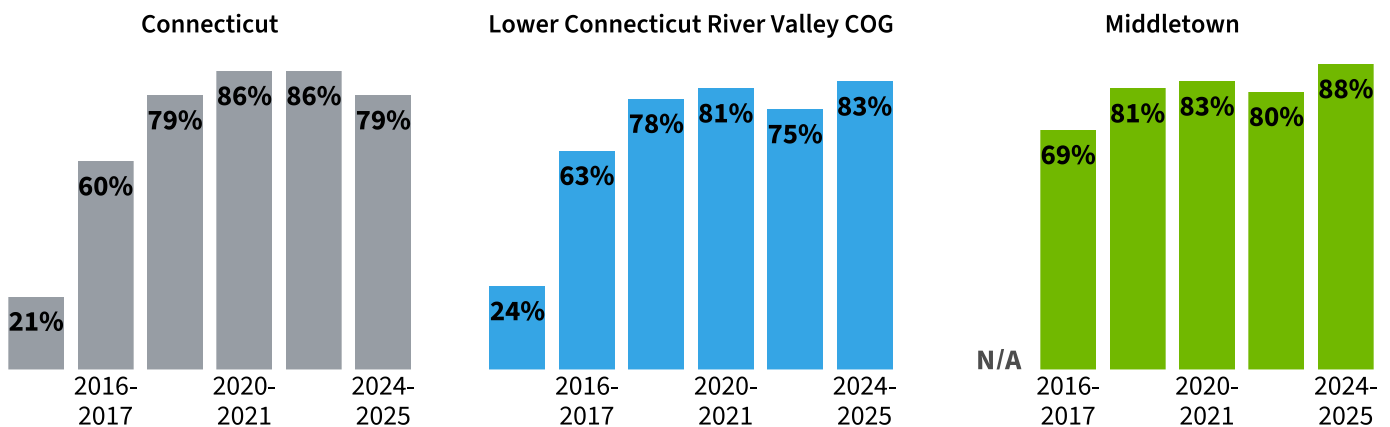
**FIGURE 19: AGE-ADJUSTED SEMI-ANNUAL RATES OF DRUG OVERDOSE DEATHS PER 100,000 RESIDENTS BY RACE/ETHNICITY, 2012-2024**



Note: Values are suppressed for small populations or few overdose incidents. Dashed lines indicate periods where values are suppressed or otherwise unavailable.

The introduction and spread of fentanyl in drugs—both with and without users’ knowledge—is thought to have contributed to this steep rise in overdoses. In 2016 and 2017, 63 percent of the drug overdose deaths in Lower Connecticut River Valley COG involved fentanyl; in 2024 and 2025, this share was 83 percent.

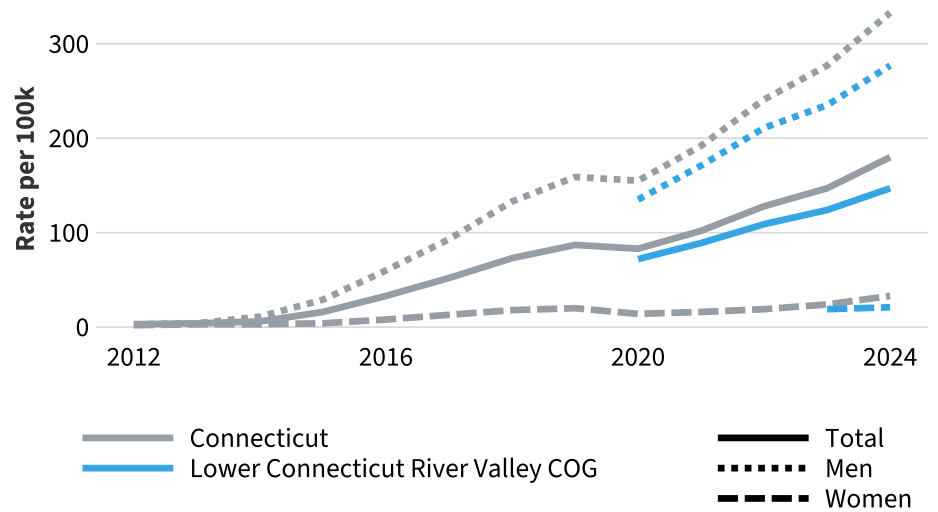
**FIGURE 20: SHARE OF DRUG OVERDOSE DEATHS INVOLVING FENTANYL, AGGREGATED TO TWO-YEAR PERIODS, 2014-2025**



As with many other health conditions, Connecticut’s Black and Latino residents face a higher burden of HIV rates. On average each year between 2021 and 2023, Black residents ages 13 and up were about nine times more likely to be diagnosed with HIV than white residents. Men were also much more likely to be diagnosed with HIV than women: men received 11.7 diagnoses per 100,000 male residents ages 13 and up, well above the 3.3 diagnoses per 100,000 women.

Pre-exposure prophylaxis, or PrEP, is a type of medication used to prevent HIV in those at risk of contracting the virus. PrEP has become far more accessible in recent years, in part through the Affordable Care Act. In 2024, Connecticut had 180 people taking PrEP per 100,000 residents ages 13 and up, a large increase from 83 per 100,000 in 2020. Within Lower Connecticut River Valley COG, 147 people per 100,000 residents took PrEP in 2024.

**FIGURE 21: RATE OF PREP USAGE PER 100,000 RESIDENTS AGES 13 AND OVER, 2012–2024**



Birth outcomes often reflect health inequities for parents giving birth, and those outcomes can affect a child throughout their life. Often, parents of color have more complications related to birth and pregnancy than white parents. Complications during pregnancy or childbirth also contribute to elevated mortality among parents giving birth.

**TABLE 15: SELECTED BIRTH OUTCOMES BY RACE/ETHNICITY OF PARENT GIVING BIRTH, 2020–2024**

	Total	White	Black	Latina			Asian
				Latina (overall)	Puerto Rican	Other Latina	
<b>Late or no prenatal care</b>							
Connecticut	3.7%	2.5%	5.2%	5.2%	3.2%	6.6%	3.4%
Middlesex County	2.2%	2.0%	N/A	2.9%	N/A	3.0%	N/A
<b>Low birthweight</b>							
Connecticut	8.0%	6.3%	13.3%	8.5%	10.1%	7.3%	9.2%
Middlesex County	7.2%	6.2%	9.9%	10.5%	13.5%	8.0%	7.7%
<b>Infant mortality (per 1k live births)</b>							
Connecticut	4.6	2.8	9.1	6.0	N/A	N/A	N/A
Middlesex County	4.6	4.1	N/A	N/A	N/A	N/A	N/A

Children under 7 years old are monitored annually for potential lead poisoning, based on having blood-lead levels in excess of the state’s accepted threshold. This threshold was lowered in 2022 following CDC guidance. Between 2018 and 2020, 3.3 percent of children tested in Lower Connecticut River Valley COG were found to have elevated blood lead levels, or a concentration of more than 3.5 micrograms of lead per deciliter of blood (see **Note 11**). Children living in homes built before 1960 are at a higher risk of potential lead poisoning due to the more widespread use of lead-based paints in older homes. Statewide, Black and Latino households are more likely to live in structures built before 1960.

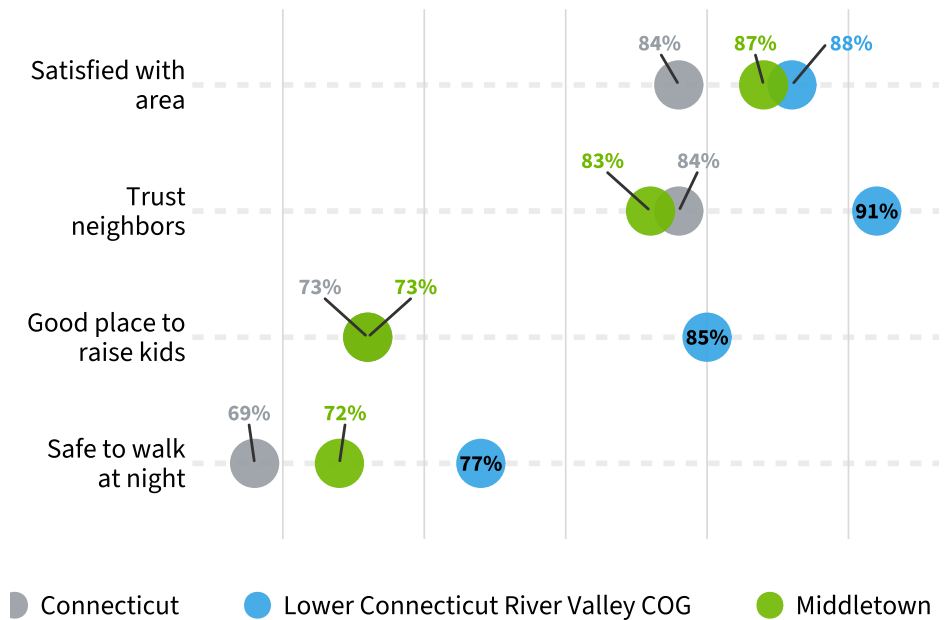
**TABLE 16: HOUSEHOLDS LIVING IN STRUCTURES BUILT BEFORE 1960 BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2023**

	Total		White		Black		Latino		Asian		Other race	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
Connecticut	572,218	40%	380,423	39%	61,751	45%	97,577	48%	14,572	26%	19,981	41%
Lower Connecticut River Valley COG	24,186	33%	19,842	32%	1,115	33%	1,803	41%	N/A	N/A	948	38%
Middletown	6,876	33%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

# CIVIC LIFE & COMMUNITY COHESION

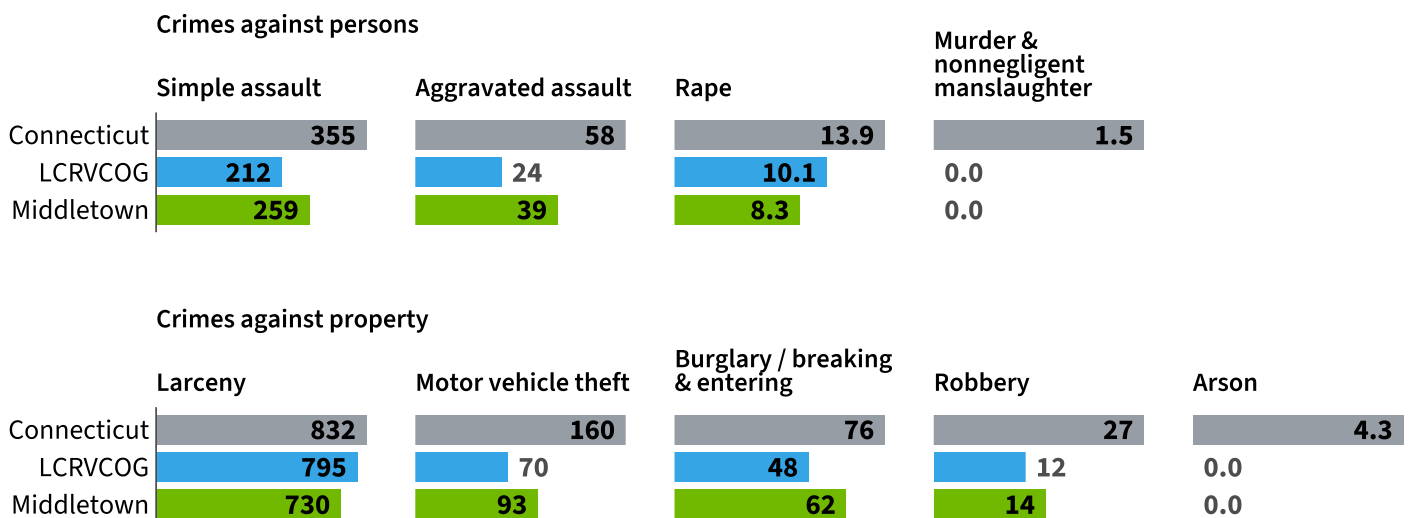
Beyond individual health, several measures from the DataHaven Community Wellbeing Survey show how local adults feel about the health of their neighborhoods. High quality of life and community cohesion can positively impact resident well-being through the availability of resources, sense of safety, and participation in civic life. For example, residents who know and trust their neighbors or feel safe walking at night may find greater social support and access to resources. Overall, 88 percent of Lower Connecticut River Valley COG adults report being satisfied with the area where they live.

**FIGURE 22: RESIDENTS' RATINGS OF COMMUNITY COHESION MEASURES, SHARE OF ADULTS, 2015-2024**



Crime rates are based on reports to law enforcement of violent force against persons, as well as offenses involving property. Not all crimes involve residents of the areas where the crimes occur, which is important to consider when evaluating crime rates in areas or towns with more commercial activity. Crime patterns can also vary dramatically by neighborhood. Crime can impact the social and economic well-being of communities, including through negative health effects.

**FIGURE 23: GROUP A CRIME RATES PER 100,000 RESIDENTS BY TOWN / JURISDICTION, 2025**



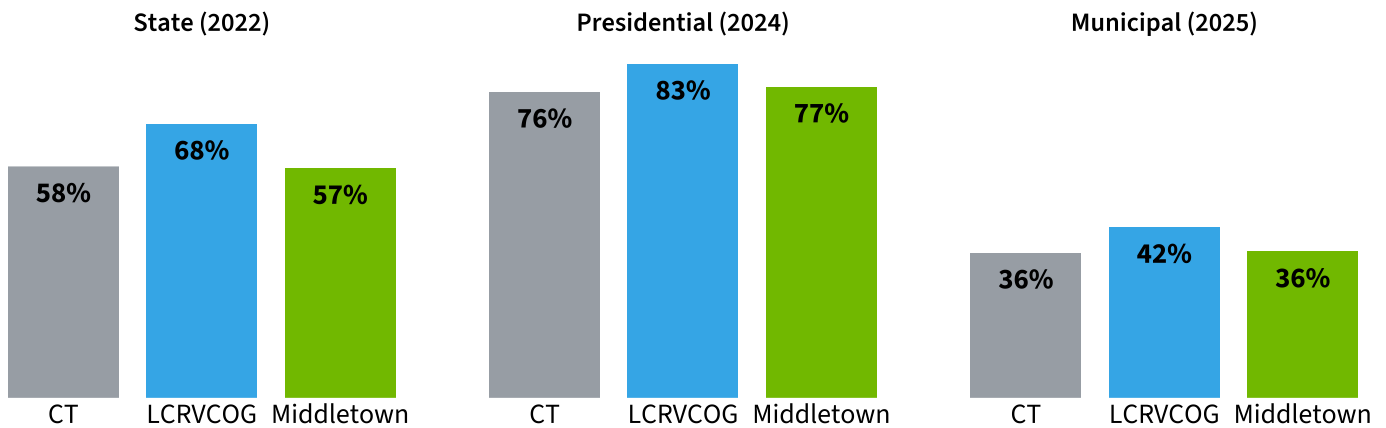
A lack of trust in and engagement with local government and experiences of unfair treatment by authorities can impair community well-being and cohesion. Sixty percent of adults in Lower Connecticut River Valley COG feel their local government is responsive to residents’ needs, compared to 52 percent of Connecticut adults.

**TABLE 17: RESIDENTS’ RATINGS OF LOCAL GOVERNMENT, SHARE OF ADULTS, 2015–2024**

	Local govt is responsive	Have some influence over local govt	Unfair treatment by police
Connecticut	52%	66%	16%
Lower Connecticut River Valley COG	60%	68%	19%
Middletown	54%	65%	25%

Eighty-three percent of Lower Connecticut River Valley COG’s eligible voters, or 107,028 people, voted in the 2024 presidential election, and 68 percent (87,899 people) voted in the 2022 state election.

**FIGURE 24: REGISTERED VOTER TURNOUT, 2022–2025**

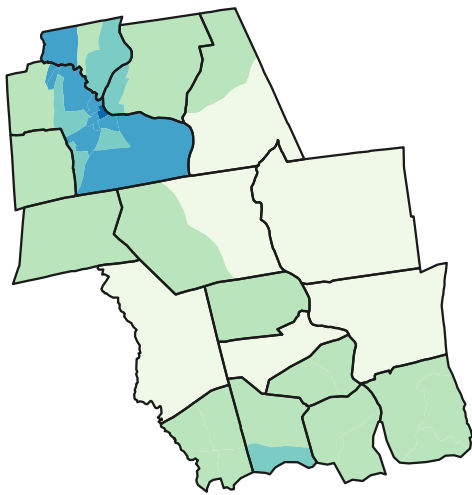


# ENVIRONMENT & SUSTAINABILITY

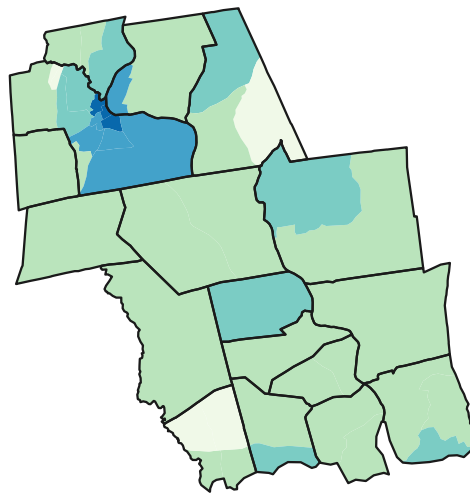
Many environmental factors—from access to outdoor resources to tree canopy to exposure to pollutants—can have direct impacts on residents’ health and quality of life. Environmental justice is the idea that these factors of built and natural environments follow familiar patterns of socioeconomic disparities and segregation. Prior to 2025, the federal Environmental Protection Agency (EPA) ranked small areas throughout the US on their risks of exposure to a variety of pollutants and hazards, scaled to account for the historically disparate impact of these hazards on people of color and lower-income people. In 2025, this program was discontinued and the data was removed from EPA websites, though it is still available because of efforts by open data advocates.

**FIGURE 25: EPA ENVIRONMENTAL JUSTICE INDEX BY TRACT, LOWER CONNECTICUT RIVER VALLEY COG, 2024**

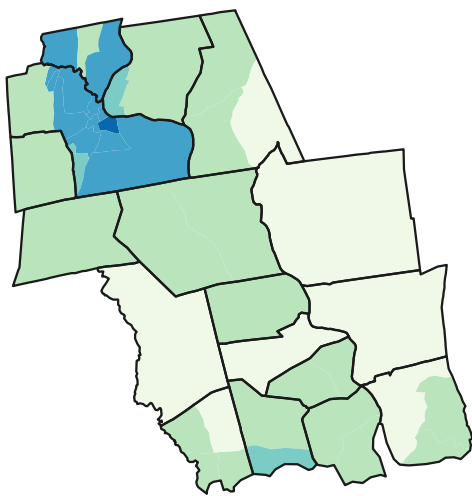
**Heavy traffic exposure**



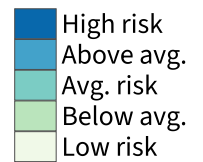
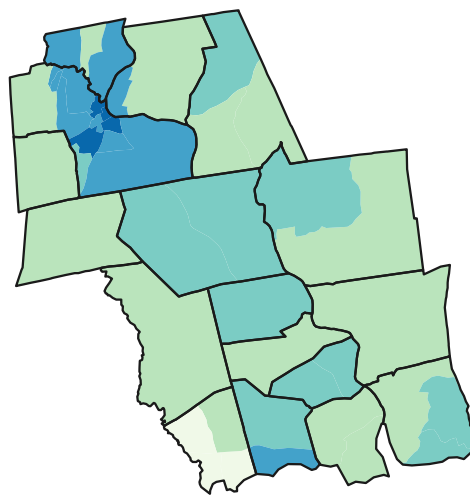
**Lead paint exposure**



**Hazardous waste proximity**

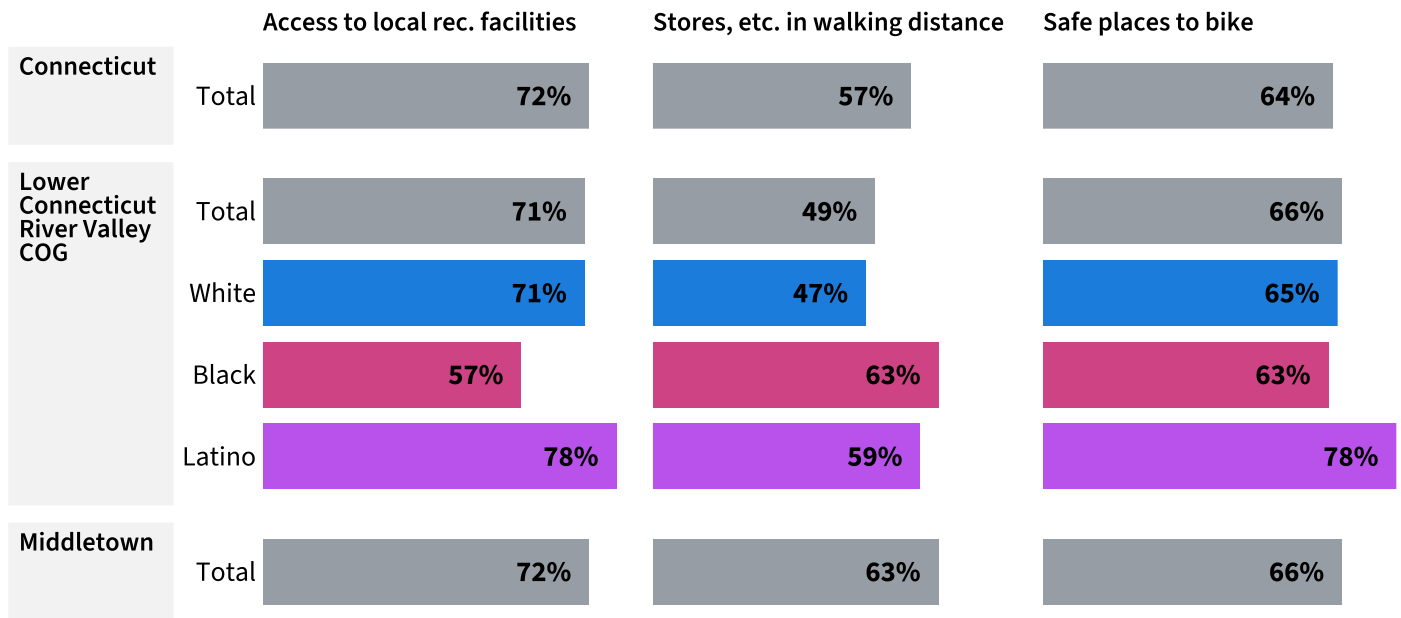


**Wastewater discharge**



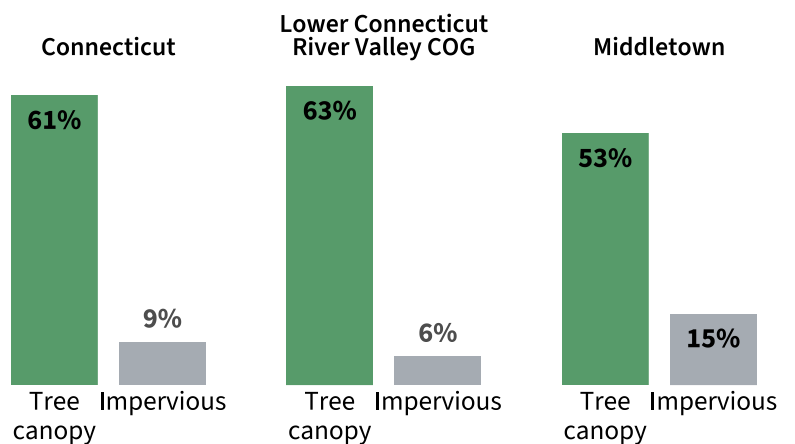
High-quality built environment resources, such as recreational facilities and safe sidewalks, help keep residents active and bring communities together. Walkable neighborhoods also encourage decreased reliance on cars, lower emissions, and ease traffic congestion. Throughout Connecticut, Black and Latino residents are largely concentrated in denser urban areas which tend to offer greater walkability. Of adults in Lower Connecticut River Valley COG, 49 percent report having stores, banks, and other locations they need in walking distance, lower than the share of adults statewide.

**FIGURE 26: RESIDENTS' RATINGS OF LOCAL WALKABILITY MEASURES BY LOCATION, SHARE OF ADULTS, 2015-2024**



Increasing tree cover has a variety of benefits, including reduced heat at the ground level, reduced runoff into local waterways, and removal of pollutants from the air. An estimated 63 percent of Lower Connecticut River Valley COG's total area is tree canopy, with another 23 percent being potentially plantable space (see [Note 12](#)).

**FIGURE 27: SHARE OF LAND BY LANDCOVER TYPE**



# SUPPLEMENTARY TABLES: DATAHAVEN COMMUNITY WELLBEING SURVEY

Throughout the rest of this document, small sample sizes sometimes prevented showing results of the DataHaven Community Wellbeing Survey (DCWS) for smaller towns or subpopulations. A different methodology, however, allows us to model survey results based on both direct measurements and the demographics of every town in the state. Values based on this model are shown in the supplementary tables here. Note that this model may result in slightly different values from those shown elsewhere. Please contact DataHaven for questions on this modeling.

**TABLE 18: MODELED ESTIMATES OF THE DATAHAVEN COMMUNITY WELLBEING SURVEY, SHARE OF ADULTS, 2015-2024**

<b>A. FINANCIAL SECURITY</b>			
	<b>Connecticut</b>	<b>Lower Connecticut River Valley COG</b>	<b>Middletown</b>
On another topic, how well would you say you are managing financially these days? Would you say you are... <i>(Just getting by, Finding it difficult, Finding it very difficult)</i>	36%	32%	38%
Have there been times in the past 12 months when you did not have enough money to buy food that you or your family needed? <i>(Yes)</i>	16%	12%	16%
In the last 12 months, have you not had enough money to provide adequate shelter or housing for you or your family? <i>(Yes)</i>	10%	8%	9%
In the past 12 months, did you stay home when you needed or wanted to go someplace because you had no access to reliable transportation? <i>(Yes)</i>	14%	11%	16%
Do you have access to a car when you need it? Would you say you have access... <i>(Very often or Fairly often)</i>	89%	93%	90%

**B. NEIGHBORHOOD ASSETS**

	Connecticut	Lower Connecticut River Valley COG	Middletown
Many stores, banks, markets or places to go are within easy walking distance of my home. <i>(Strongly agree or Somewhat agree)</i>	57%	50%	64%
There are places to bicycle in or near my neighborhood that are safe from traffic, such as on the street or on special lanes, separate paths or trails. <i>(Strongly agree or Somewhat agree)</i>	65%	66%	67%
My neighborhood has several free or low cost recreation facilities such as parks, playgrounds, public swimming pools, etc. <i>(Strongly agree or Somewhat agree)</i>	72%	72%	72%
I do not feel safe to go on walks in my neighborhood at night. <i>(Strongly disagree or Somewhat disagree)</i>	69%	75%	71%
People in this neighborhood can be trusted. <i>(Strongly agree or Somewhat agree)</i>	84%	90%	82%
How would you describe your ability to influence local-government decision making? Would you say that you have great influence, moderate influence, a little influence, or no influence at all? <i>(Great influence, Moderate influence, or A little influence)</i>	67%	68%	66%

**C. PERSONAL WELLBEING**

	Connecticut	Lower Connecticut River Valley COG	Middletown
The next set of questions are about your health. How would you rate your overall health, would you say your health is excellent, very good, good, fair or poor? <i>(Excellent or Very good)</i>	57%	61%	59%
Overall, how satisfied are you with your life nowadays? <i>(Completely satisfied or Mostly satisfied)</i>	66%	69%	65%
Overall, how happy did you feel yesterday? <i>(Completely or Mostly)</i>	69%	72%	70%
Overall, how anxious did you feel yesterday? <i>(Completely or Mostly)</i>	13%	12%	13%
How often do you get the social and emotional support you need? <i>(Always or Usually)</i>	68%	71%	68%

**D. QUALITY OF LIFE**

	Connecticut	Lower Connecticut River Valley COG	Middletown
Are you satisfied with the city or area where you live? (Yes)	84%	88%	87%
How responsive local government is to the needs of residents ( <i>Excellent or Good</i> )	52%	58%	52%
The job done by the police to keep residents safe ( <i>Excellent or Good</i> )	75%	80%	74%
The ability of residents to obtain suitable employment ( <i>Excellent or Good</i> )	52%	55%	56%
As a place to raise children ( <i>Excellent or Good</i> )	73%	85%	73%
The condition of public parks and other public recreational facilities ( <i>Excellent or Good</i> )	75%	82%	75%
The availability of affordable, high-quality fruits and vegetables ( <i>Excellent or Good</i> )	71%	75%	64%

# NOTES

## FIGURE AND TABLE NOTES

**Front cover.** Data shown in the map on the cover are rates of adults having had a checkup in the previous 12 months. See [Figure 15](#).

**Figure 1. Study area.** Map tiles by Carto. Copyright OpenStreetMap contributors and Carto.

**Table 1. About the area.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates and 2020 Decennial Census. Available at <https://data.census.gov> Note that for the sake of privacy, the Census Bureau suppresses any income values above \$250,000 in their tables; any such values not calculated by DataHaven will be shown as \$250,000+.

**Table 2. Population by race/ethnicity, 2023.** US Census Bureau American Community Survey 2023 5-year estimates.

**Figure 2. Population by race/ethnicity and age group, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates.

**Figure 3. Share of population speaking English less than very well by race/ethnicity, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates.

**Table 3. Population and population change by age group, 2010–2020.** US Census Bureau 2010 & 2020 Decennial Census.

**Figure 4. Share of population by race/ethnicity, 2010–2020.** US Census Bureau 2010 & 2020 Decennial Census.

**Table 4. Homeownership rate by race/ethnicity of head of household, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates.

**Figure 5. Homeownership rate by age and race/ethnicity of head of household, Lower Connecticut River Valley COG, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year public use microdata sample (PUMS) data, accessed via IPUMS. Steven Ruggles, Sarah Flood, Matthew Sobek, Daniel Backman, Grace Cooper, Julia A. Rivera Drew, Stephanie Richards, Renae Rodgers, Jonathan Schroeder, and Kari C.W. Williams. IPUMS USA: Version 16.0 [dataset]. Minneapolis, MN: IPUMS, 2025. <https://doi.org/10.18128/D010.V16.0>

**Figure 6. Housing cost-burden rates by tenure and by race/ethnicity of head of household, 2023.** DataHaven analysis (2026) of Ruggles, et al. (2025).

**Table 5. Number and share of assisted housing units by town, 2023.** DataHaven analysis (2026) of Connecticut Department of Housing 2023 Affordable Housing Appeals List. Accessed via <https://data.ct.gov/d/3udy-56vi>

**Table 6. Tenure and vacancy, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates. Note that except for large cities, town-level estimates are unreliable due to low numbers of vacant units.

**Table 7. Housing construction and demolition permits issued 2000–2009 through 2020–2024, by units in structure.** DataHaven analysis (2026) of Connecticut Department of Economic and Community Development Annual Construction Reports. Available at [https://portal.ct.gov/decd/content/about\\_decd/research-and-publications/01\\_access-research/exports-and-housing-and-income-data](https://portal.ct.gov/decd/content/about_decd/research-and-publications/01_access-research/exports-and-housing-and-income-data)

**Table 8. Overcrowded households by race/ethnicity of head of household, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates and Ruggles, et al (2025).

**Figure 7. Public K–12 student enrollment by race/ethnicity per 100 students, 2024-25.** DataHaven analysis (2026) of enrollment data from the Connecticut State Department of Education, accessed via EdSight at <http://edsight.ct.gov> At the school district level, not all groups may be shown due to CTSDE data suppression rules for small enrollment counts, even though they may represent more than 1% of the school district population. Note that for the 2024-25 school year, Regional District 06—serving the towns of Goshen, Morris, and Warren—closed, and Regional District 20—serving Goshen, Morris, Warren, and Litchfield—opened. To the best of our ability, all calculations shown here for K-12 data reflect the composition of districts corresponding to the school year reported. This change should only be seen in town- and region-level calculations involving those towns.

**Table 9. Public K–12 student enrollment by English language learner status, free/reduced price meal eligibility, and special education designation, 2024-25.** DataHaven analysis (2026) of enrollment data from the Connecticut State Department of Education, accessed via EdSight at <http://edsight.ct.gov> At the school district level, not all groups may be shown due to CTSDE data suppression rules for small enrollment counts, even though they may represent more than 1% of the school district population.

**Figure 8. Selected academic and disciplinary outcomes by student race/ethnicity, 2023-24 and 2024-25 school years.** DataHaven analysis (2026) of Smarter Balanced Assessment Consortium (SBAC) testing (3rd and 8th grade English/language arts), discipline, and four-year graduation data from the Connecticut State Department of Education, accessed via EdSight. Not all groups' values may be included, or in some cases may be based on estimates, due to CTSDE data suppression rules for small counts. Because students can be suspended more than once in a school year, the suspension rate represents the percentage of students with one or more suspension or expulsion during the school year.

**Figure 9. Educational attainment by race/ethnicity, share of adults ages 25 and up, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates.

**Table 10. Jobs and wages in Lower Connecticut River Valley COG's 5 largest sectors, 2024.** DataHaven analysis (2026) of annual employment data from the Connecticut Department of Labor. Note that in some cases, especially for smaller towns or where data were deemed unreliable for whatever reason, data have been suppressed by the department. In a few cases, that may mean large sectors in an area are missing from the analysis here. Available at [https://www1.ctdol.state.ct.us/lmi/202/202\\_annualaverage.asp](https://www1.ctdol.state.ct.us/lmi/202/202_annualaverage.asp)

**Figure 10. Net worker inflow/outflow by Lower Connecticut River Valley COG town, 2023.** DataHaven analysis (2026) of US Census Bureau Longitudinal Employer-Household Dynamics (LEHD) Origin-Destination Employment Statistics, (2023). For this analysis, only workers' primary jobs were included, and workers were filtered to workers who live and/or work in Connecticut, Massachusetts, Rhode Island, New York, New Jersey, or Pennsylvania. Job locations in this dataset come from the town where employers are based. As such, workers may not actually report to work in the town that appears in the data.

**Figure 11. Monthly unemployment rate, 2013–2025, 3-month rolling average.** DataHaven analysis (2026) of US Bureau of Labor Statistics Local Area Unemployment Statistics. Available at <https://www.bls.gov/lau>

**Figure 12. Median income by race/ethnicity and sex for full-time workers ages 25 and over with positive income, 2023.** DataHaven analysis (2026) of Ruggles, et al. (2025).

**Figure 13. Median household income by race/ethnicity of head of household, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates and Ruggles, et al (2025).

**Table 11. Median household income, with largest increase and decrease of Lower Connecticut River Valley COG towns, 2000–2023, in 2023 dollars.** DataHaven analysis (2026) of US Census Bureau 2000 Decennial Census and American Community Survey 2023 5-year estimates. Note that COG values are only available in 2023. The US Census Bureau suppresses incomes above \$250,000, so changes in income are unavailable for towns above this threshold.

**Table 12. Selected economic resource indicators by race/ethnicity, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates.

**Table 13. Selected household economic indicators by race/ethnicity of head of household, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates and Ruggles, et al (2025).

**Figure 14. Uninsured rate among adults ages 19–64 by race/ethnicity, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates.

**Figure 15. Preventive care measures, share of adults by Census tract, Lower Connecticut River Valley COG.** Data from PLACES Project. Centers for Disease Control and Prevention.

**Figure 16. Selected health risk factors, share of adults, 2015–2024.** DataHaven analysis (2026) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey. Available at <https://ctdatahaven.org/reports/datahaven-community-wellbeing-survey>

**Figure 17. Selected health indicators by age and race/ethnicity, share of adults, Lower Connecticut River Valley COG, 2015–2024.** DataHaven analysis (2026) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey.

**Figure 18. Chronic disease prevalence, share of adults by Census tract, Lower Connecticut River Valley COG.** Data from PLACES Project. Centers for Disease Control and Prevention.

**Table 14. Selected mental health indicators, share of adults, 2015–2024.** DataHaven analysis (2026) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey.

**Figure 19. Age-adjusted semi-annual rates of drug overdose deaths per 100,000 residents by race/ethnicity, 2012–2024.** DataHaven analysis (2026) of Accidental Drug Related Deaths. Connecticut Office of the Chief Medical Examiner. Available at <https://data.ct.gov/resource/rybz-nyjw> Rates are weighted with the U.S. Centers for Disease Control and Prevention (CDC) 2000 U.S. Standard Population 18 age group weights available at <https://seer.cancer.gov/stdpopulations>

**Figure 20. Share of drug overdose deaths involving fentanyl, aggregated to two-year periods, 2014–2025.** DataHaven analysis (2026) of Accidental Drug Related Deaths. Connecticut Office of the Chief Medical Examiner.

**Figure 21. Rate of PrEP usage per 100,000 residents ages 13 and over, 2012–2024.** DataHaven analysis (2026) of data from AIDSvu.

**Table 15. Selected birth outcomes by race/ethnicity of parent giving birth, 2020–2024.** DataHaven analysis (2026) of data from the Connecticut Department of Public Health Vital Statistics. Retrieved from <https://portal.ct.gov/DPH/Health-Information-Systems--Reporting/Hisrhome/Vital-Statistics-Registration-Reports>

**Table 16. Households living in structures built before 1960 by race/ethnicity of head of household, 2023.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates and Ruggles, et al (2025).

**Figure 22. Residents' ratings of community cohesion measures, share of adults, 2015–2024.** DataHaven analysis (2026) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey.

**Figure 23. Group A crime rates per 100,000 residents by town / jurisdiction, 2025.** DataHaven analysis (2026) of 2025 Agency Crime Overview Reports. Connecticut Department of Emergency Services and Public Protection. Available at <https://ct.beyond2020.com> Group A crimes under the FBI's National Incident Based Reporting System are categorized into crimes against persons, crimes against property, and crimes against society. The first two of these, shown here, are similar to the Part I Offenses of the previous reporting system and shown in older reports.

**Table 17. Residents' ratings of local government, share of adults, 2015–2024.** DataHaven analysis (2026) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey.

**Figure 24. Registered voter turnout, 2022–2025.** DataHaven analysis (2026) of data from the Connecticut Office of the Secretary of the State Elections Management System. Available at <https://ctemspublic.pcctg.net>

**Figure 25. EPA Environmental Justice Index by tract, Lower Connecticut River Valley COG, 2024.** United States Environmental Protection Agency. 2024 version. EJSCREEN. Removed in early 2025 by the Trump administration but archived at Harvard Dataverse. Retrieved from <https://doi.org/10.7910/DVN/RLR5AX>

**Figure 26. Residents' ratings of local walkability measures by location, share of adults, 2015–2024.** DataHaven analysis (2026) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey.

**Figure 27. Share of land by landcover type.** DataHaven analysis (2026) of i-Tree. (2025). OurTrees. I-Tree Tools. Available at <https://ourtrees.itreetools.org>

**Table 18. Modeled estimates of the DataHaven Community Wellbeing Survey, share of adults, 2015–2024.** DataHaven analysis (2026) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey, modeled using multilevel regression and poststratification (MRP). An interactive version of these tables is available at <https://ctdatahaven.org/data-dashboard> Please contact DataHaven for questions about this methodology.

## TEXT NOTES

**Note 1.** As of 2022, regional councils of governments have replaced counties for most public data about Connecticut, including from the US Census Bureau. Comparison geographies in this report may be different from previous editions. See details from the state about this change here: <https://portal.ct.gov/OPM/IGPP/ORG/Planning-Regions/Planning-Regions---Overview>

**Note 2.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates.

**Note 3.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates.

**Note 4.** DataHaven analysis (2026) of Ruggles, et al. (2025).

**Note 5.** DataHaven analysis (2026) of US Census Bureau American Community Survey 2023 5-year estimates.

**Note 6.** Zillow Research (2026). Zillow Home Value Index. Available at <https://www.zillow.com/research/data> Note that the ZHVI methodology differs from other average measures of home value, in that it is not a median but rather the weighted average of the middle third of home values across the state. In this case, we use the value of all homes, including single-family, condominiums, and cooperative housing.

**Note 7.** For an in-depth study of the history and impact of redlining in Connecticut, see DataHaven's 2018 report *Housing Segregation in Greater New Haven*. <https://ctdatahaven.org/reports/ct-data-story-housing-segregation-greater-new-haven>

**Note 8.** Connecticut Department of Economic and Community Development Annual Construction Reports. Available at <https://data.ct.gov/d/wmfh-25km>

**Note 9.** For a recent, in-depth study of the potential impacts of HR 1 on SNAP benefits in Connecticut, including estimated losses by town and by race and ethnicity, see DataHaven's 2025 report Food Assistance and Local Economies at Risk: Projected Federal SNAP Cuts by Connecticut Town and District. <https://ctdatahaven.org/reports/food-assistance-and-local-economies-risk-projected-federal-snap-cuts-connecticut-town-and>

**Note 10.** For a recent, in-depth study of the potential impacts of HR 1 on health insurance coverage in Connecticut, including estimated losses by town and by race and ethnicity, see DataHaven's 2025 report Coverage at Risk: Projected Losses in Medicaid and Access Health CT by Town and Community. <https://ctdatahaven.org/reports/coverage-risk-projected-losses-medicaid-and-access-health-ct-town-and-community>

**Note 11.** Connecticut Department of Public Health Childhood Lead Poisoning data. Available at <https://data.ct.gov/resource/42s2-3jt4>

**Note 12.** i-Tree. (2025). OurTrees. I-Tree Tools. Available at <https://ourtrees.itreetools.org>

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For additional information, please visit DataHaven ([ctdatahaven.org](https://ctdatahaven.org)). This report was authored by Camille Seaberry, Kelly Davila, and Mark Abraham of DataHaven.






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## ABOUT DATAHAVEN

DataHaven is a non-profit organization with a 30-year history of public service to Connecticut. Our mission is to empower people to create thriving communities by collecting and ensuring access to data on well-being, equity, and quality of life. DataHaven is a formal partner of the National Neighborhood Indicators Partnership of the Urban Institute in Washington, D.C.

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