

# OLD SAYBROOK 2025 EQUITY REPORT

DataHaven

December 2025

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## ABOUT THIS DOCUMENT

Compiled by DataHaven in December 2025.

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 and several 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.

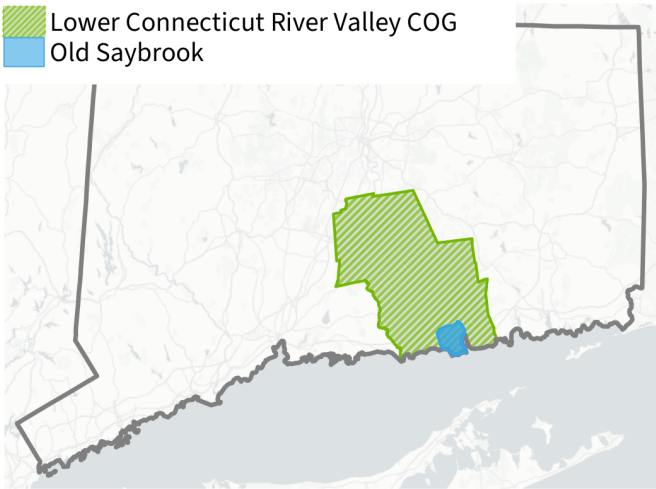
- Old Saybrook is a town of **10,481 residents**, **12 percent** of whom are people of color. The town’s population has increased by **2 percent** since 2010.
- Of the town’s **4,460 households**, **85 percent** are homeowner households.
- **Twenty-four percent** of Old Saybrook’s households are cost-burdened, meaning they spend at least 30 percent of their total income on housing costs.
- **Ninety-five percent** of public high school seniors in the class of 2024 in the Old Saybrook School District graduated within four years.
- Among the town’s adults ages 25 and up, **57 percent** have earned a bachelor’s degree or higher.
- Old Saybrook is home to **5,898 jobs**, with the largest share in the Retail Trade sector.
- The median household income in Old Saybrook is **\$119,500**.
- **Sixty percent** of adults in Lower Connecticut River Valley COG say they are in excellent or very good health.
- In 2024, **fewer than 5 people** in Old Saybrook 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, **47 percent** of registered voters in Old Saybrook 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

Old Saybrook is a town in the Lower Connecticut River Valley Council of Governments (COG) area (see [Note 1](#)). For the purposes of this report, Old Saybrook will be compared to Connecticut as a whole, as well as Lower Connecticut River Valley COG.

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 | Old Saybrook |
|--------------------------------------|-------------|------------------------------------|--------------|
| Total population                     | 3,605,944   | 174,225                            | 10,481       |
| Total households                     | 1,420,170   | 73,624                             | 4,460        |
| Homeownership rate                   | 66%         | 75%                                | 85%          |
| Housing cost burden rate             | 35%         | 31%                                | 24%          |
| Adults without a high school diploma | 9%          | 5%                                 | 3%           |
| Median household income              | \$93,760    | \$101,117                          | \$119,500    |
| Poverty rate                         | 10%         | 7%                                 | 5%           |
| Adults 19–64 w/o health insurance    | 7%          | 5%                                 | N/A          |

# DEMOGRAPHICS

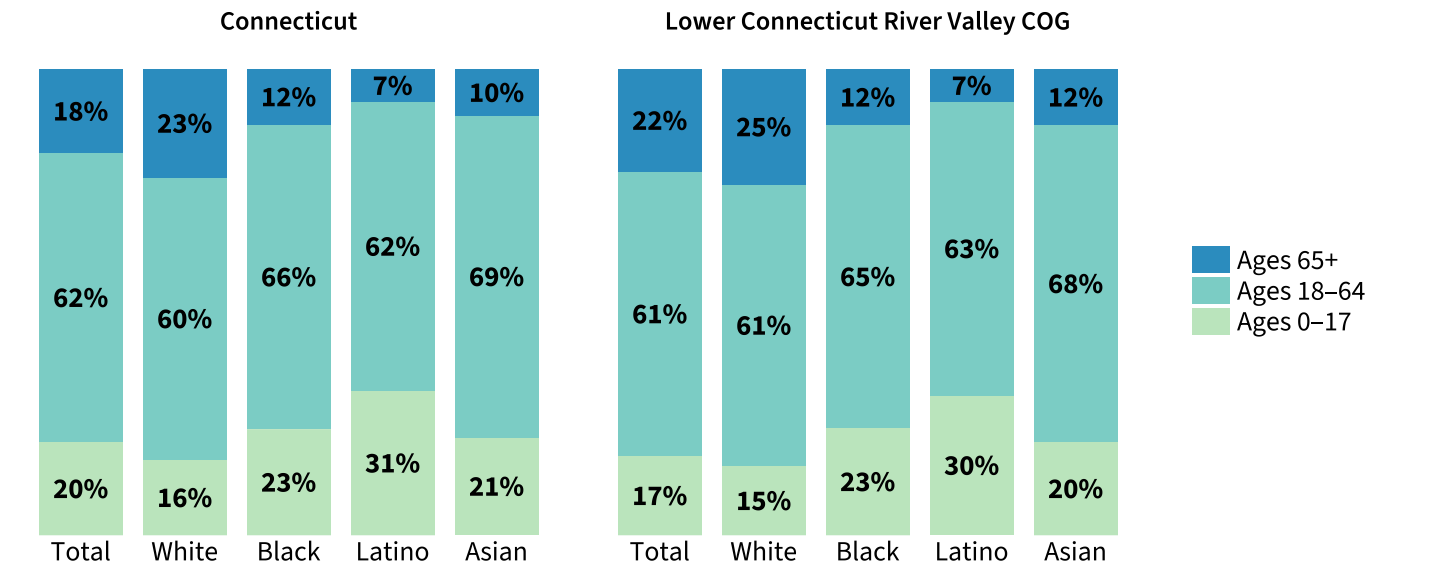
As of 2023, the population of Old Saybrook is 10,515, including 1,494 children and 9,021 adults. Ten percent of Old Saybrook’s residents are people of color, compared to 37 percent of residents statewide.

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%    |
| Old Saybrook                       | 9,514     | 90%   | <50     | N/A   | 710     | 7%    | 119     | 1%    | 132                  | 1%    |

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

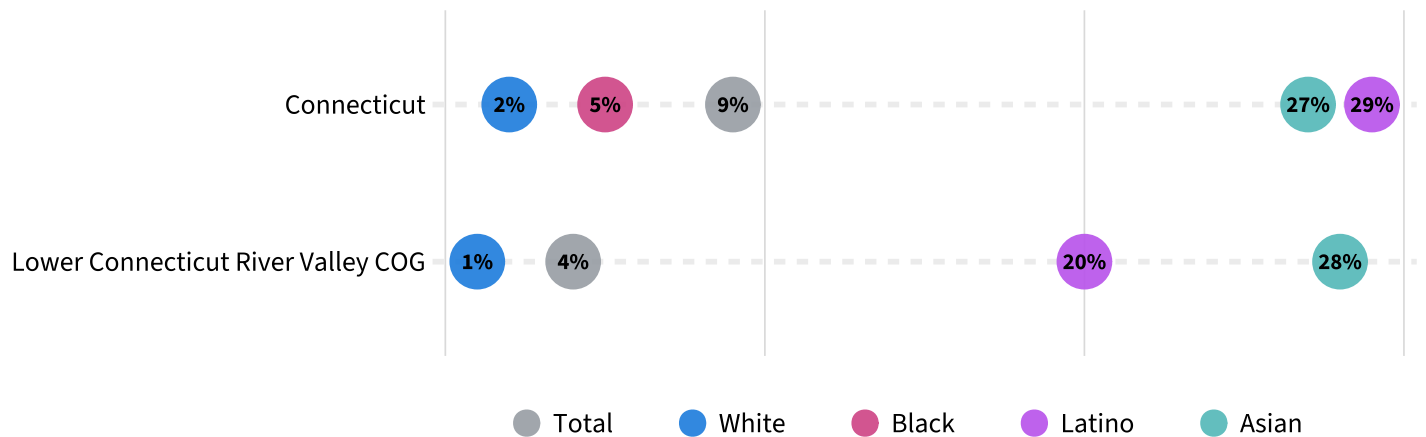


Note: Only groups with at least 50 residents in each age group shown.

About 802 residents of Old Saybrook, 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](#)).

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**



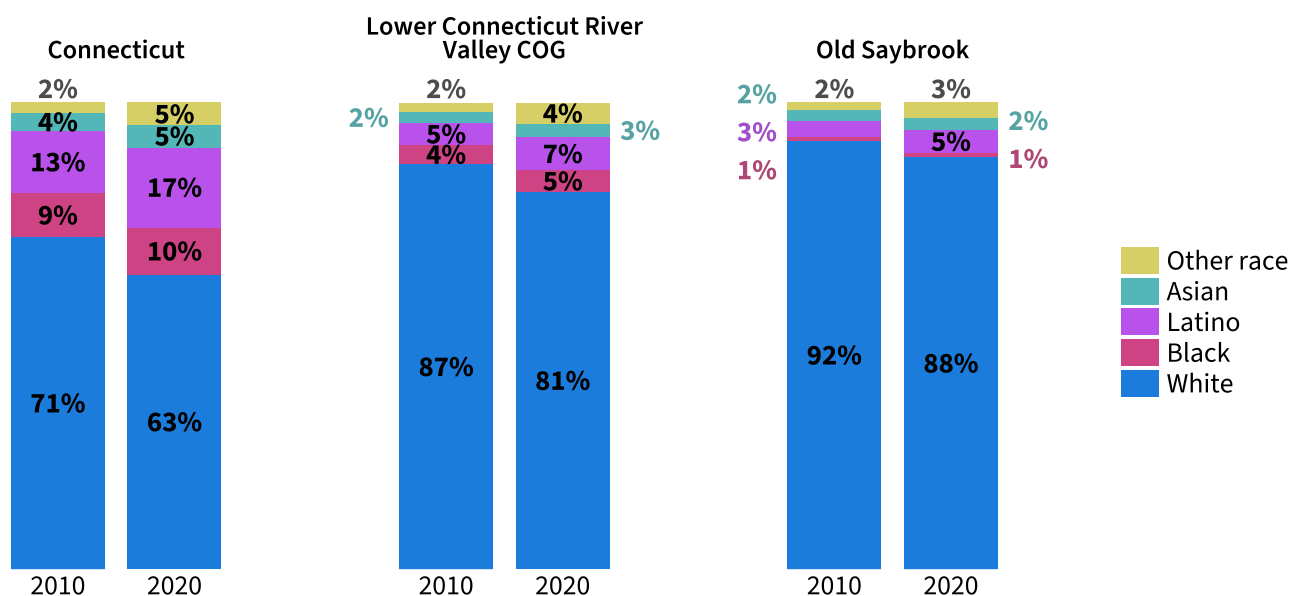
## POPULATION CHANGE, 2010–2020

Between 2010 and 2020, Connecticut's population was nearly stagnant. During this period, Old Saybrook grew by 239 people, a 2.3 percent increase. The number of white residents in Old Saybrook shrank by 1.5 percent, while the non-white population grew by 46 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%          |
| Old Saybrook                       | All ages        | 10,242           | 10,481           | +239     | +2.3%          |
|                                    | Children (0–17) | 2,033            | 1,480            | –553     | –27.2%         |
|                                    | Adults (18+)    | 8,209            | 9,001            | +792     | +9.6%          |

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



# HOUSING

Old Saybrook has 4,460 households, of which 85 percent are homeowner households. Of Old Saybrook’s 5,983 housing units, both occupied and vacant, 90 percent are in single-family buildings and 9 percent are in multifamily buildings, compared to Lower Connecticut River Valley COG, where 76 percent are single-family and 23 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 \$319,502 in September 2019 to \$417,279 in September 2025, adjusted for inflation. This is a 31% increase, and has made homeownership unattainable for many as wages have not nearly kept up (see [Note 6](#)).

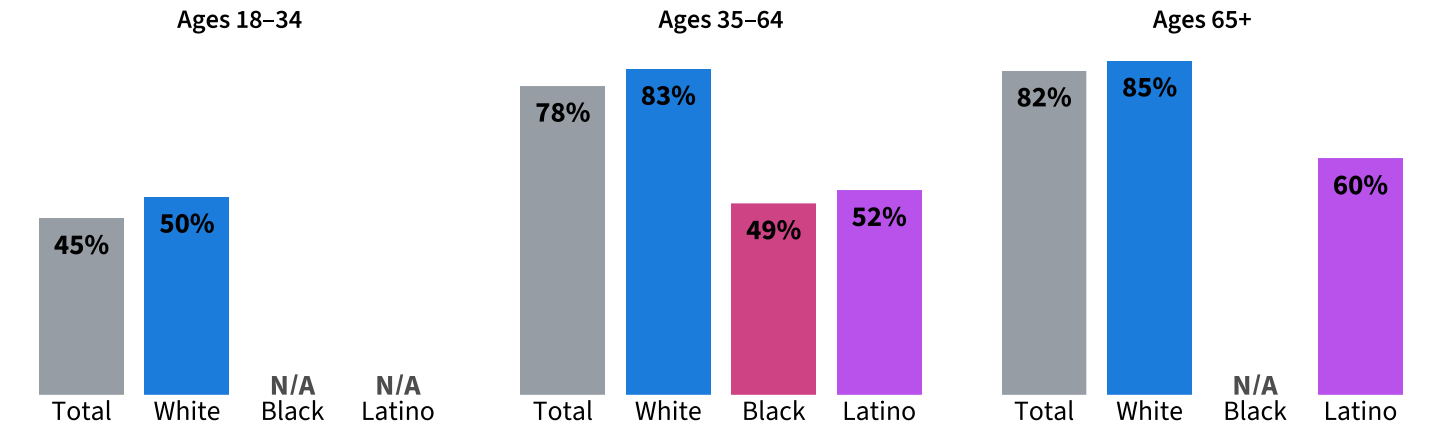
Homeownership rates vary by race/ethnicity. Purchasing a home is more attainable for advantaged groups because the process of purchasing a home has a long history of racially discriminatory practices that continue to restrict access to homeownership today. This challenge, coupled with municipal zoning 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%        |
| Old Saybrook                       | 85%   | 88%   | N/A   | N/A    | N/A   | N/A        |

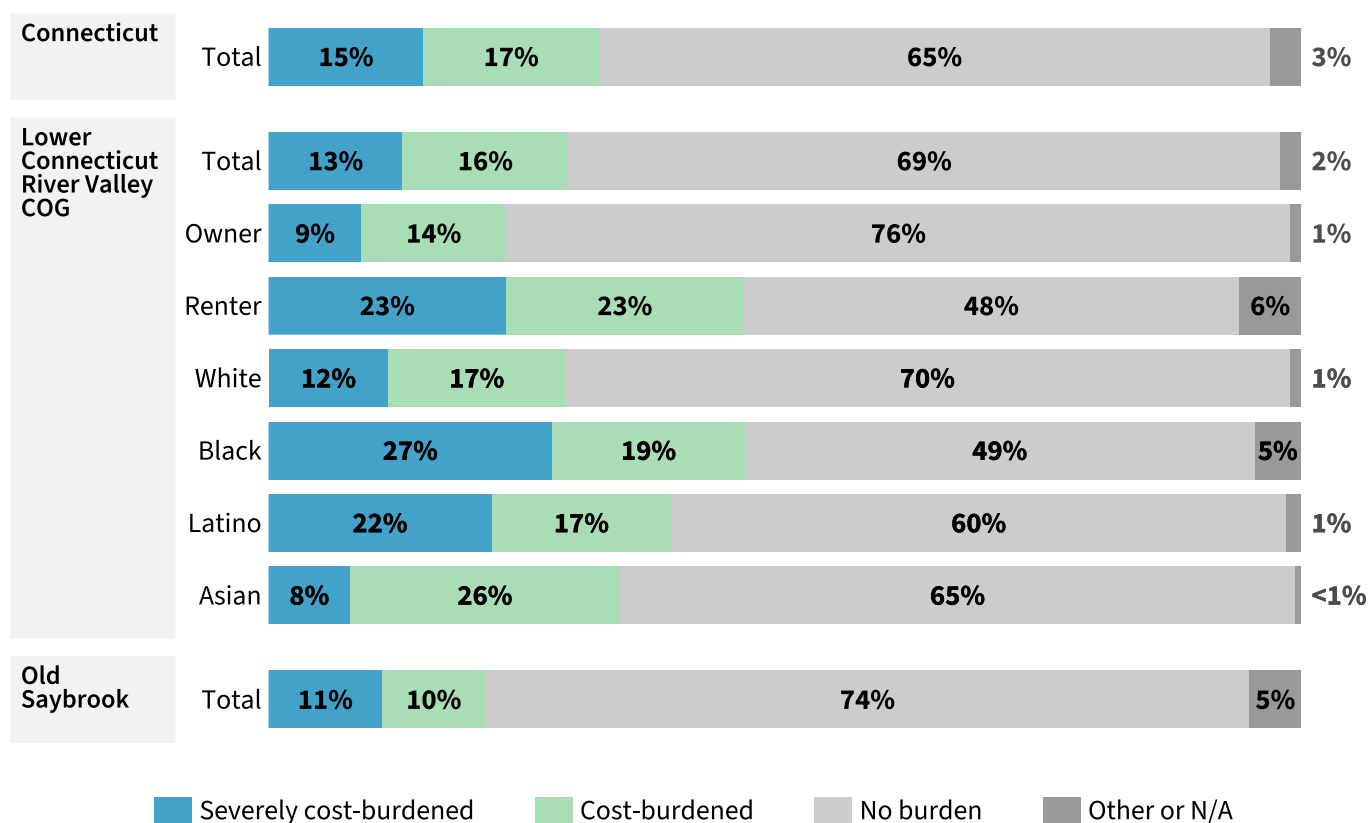
Younger adults are less likely than older adults to own their homes across several race/ethnicity groups. However, in many parts of the state, younger white adults own their homes at rates comparable to or higher than older Black and Latino adults.

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 Old Saybrook, 42 percent are cost-burdened, compared to 18 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 Old Saybrook, this is 3 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%   |
| Old Saybrook                       | 160            | 3%    | 52                        | 1%    | 14                                  | <1%   | 21                  | <1%   | 73              | 1%    |

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 90 units of housing in Old Saybrook, 60 percent of which were for single-family housing (see [Note 8](#)).

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.

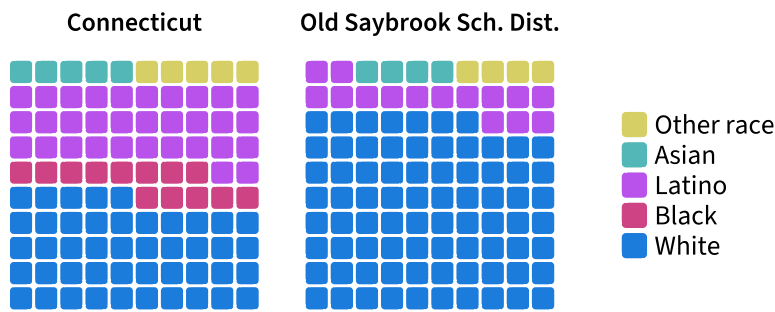
TABLE 6: OVERCROWDED HOUSEHOLDS BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2023

|                                    | 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 Old Saybrook are served by the Old Saybrook School District for pre-kindergarten through grade 12. During the 2024-25 school year, there were 1,030 students enrolled in the Old Saybrook School District. 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



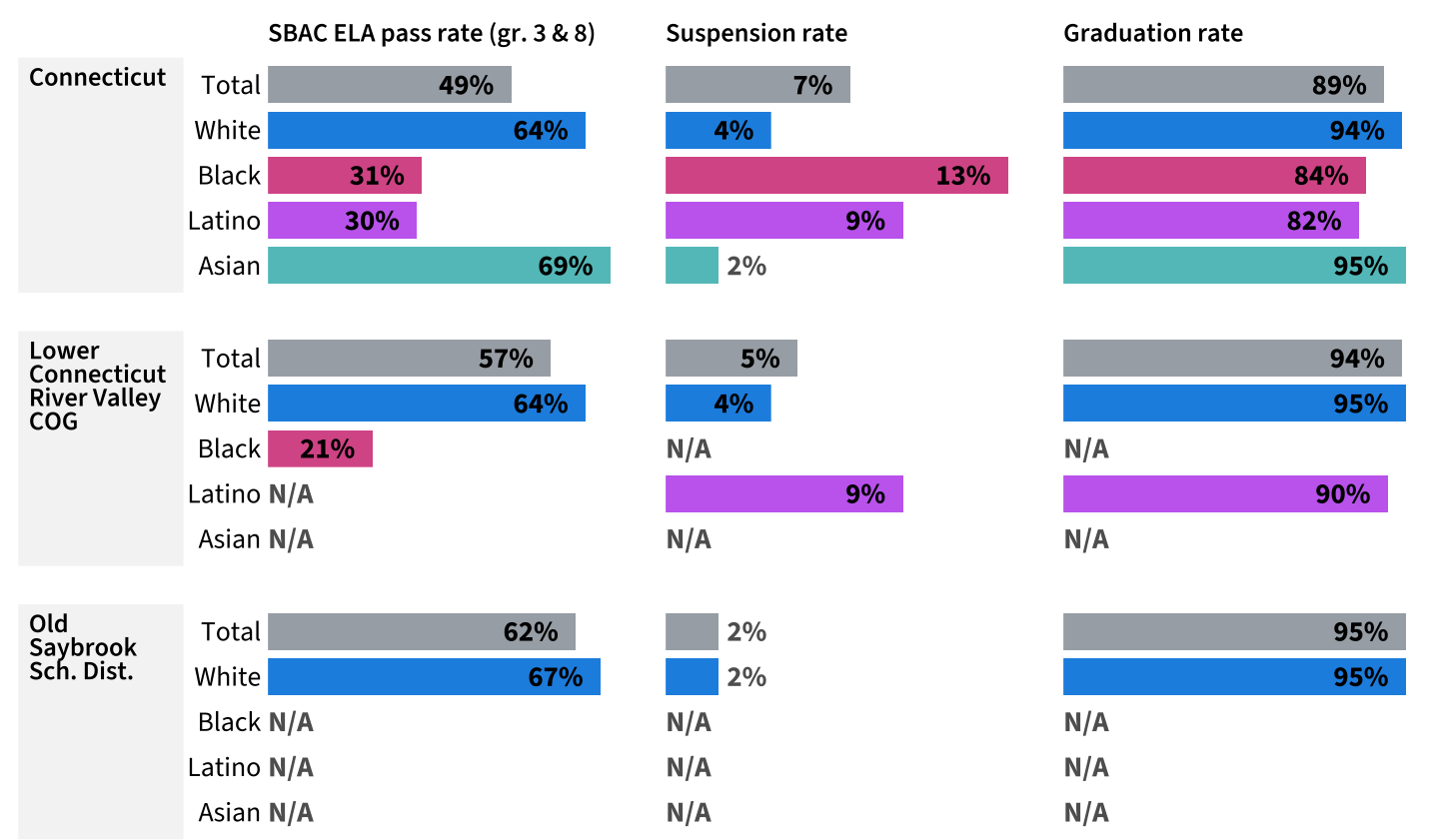
Note: Counts of small groups are suppressed by the Dept. of Education and may be missing.

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 7: 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%   |
| Old Saybrook School District       | 1,030            | 85                        | 8%    | 240                                   | 23%   | 162                        | 16%   |

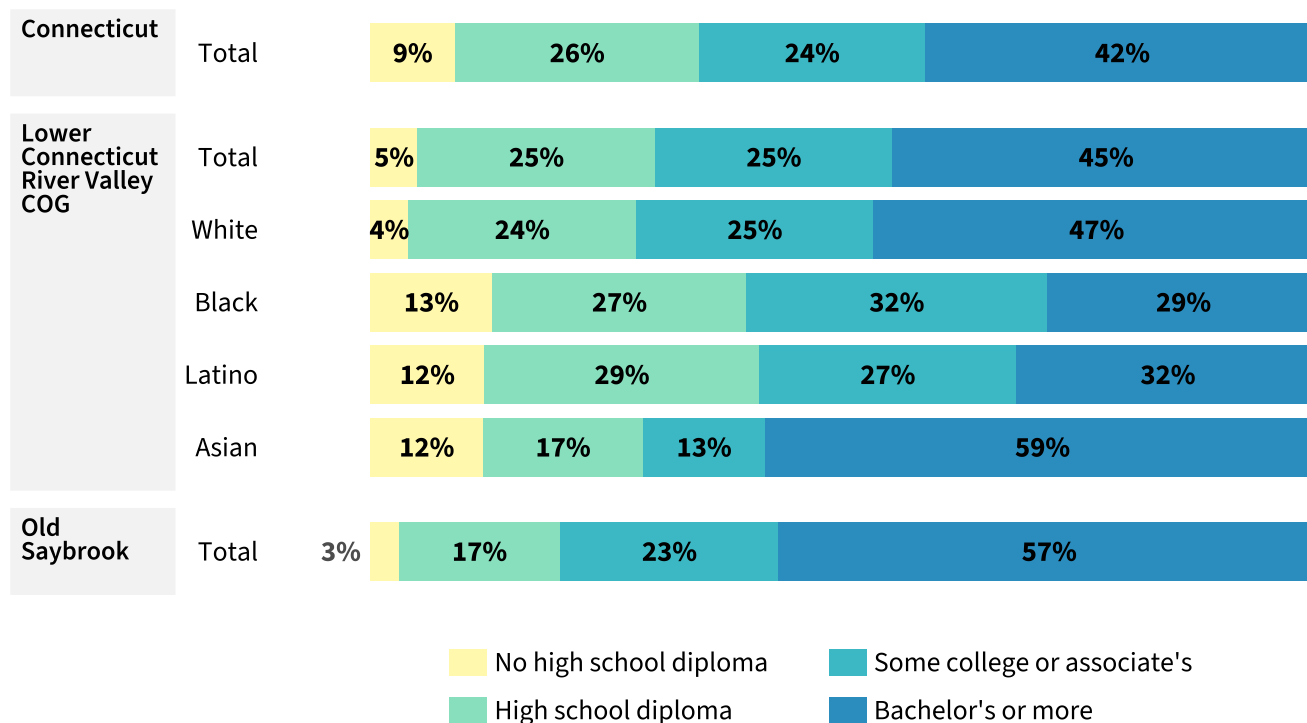
FIGURE 8: SELECTED ACADEMIC AND DISCIPLINARY OUTCOMES BY STUDENT RACE/ETHNICITY, 2023-24 AND 2024-25 SCHOOL YEARS



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 Old Saybrook, 3 percent of adults ages 25 and over, or 286 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

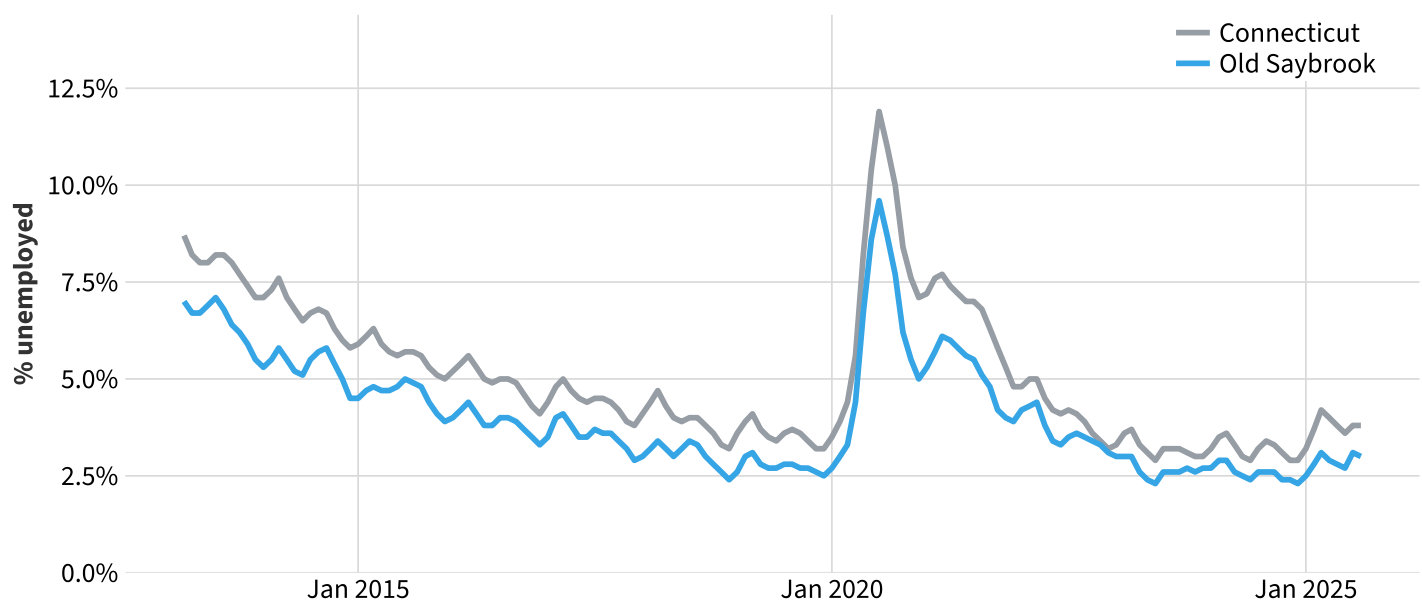
At the end of 2024, there were 5,898 total jobs in Old Saybrook, with the largest share in the Retail Trade sector. While many industries saw major job losses early on in the COVID-19 pandemic, by early 2023 the number of jobs statewide had nearly caught back up to pre-pandemic counts.

**TABLE 8: JOBS AND WAGES IN OLD SAYBROOK'S 5 LARGEST SECTORS, 2024**

|                                                  | Connecticut |                | Old Saybrook |                |
|--------------------------------------------------|-------------|----------------|--------------|----------------|
|                                                  | Total jobs  | Avg annual pay | Total jobs   | Avg annual pay |
| All Sectors                                      | 1,661,750   | \$88,616       | 5,898        | \$61,995       |
| Retail Trade                                     | 163,032     | \$46,058       | 1,271        | \$45,520       |
| Accommodation and Food Services                  | 123,696     | \$31,794       | 1,162        | \$34,708       |
| Health Care and Social Assistance                | 288,522     | \$67,540       | 781          | \$60,063       |
| Construction                                     | 61,726      | \$89,655       | 340          | \$86,577       |
| Professional, Scientific, and Technical Services | 99,090      | \$140,802      | 322          | \$133,836      |

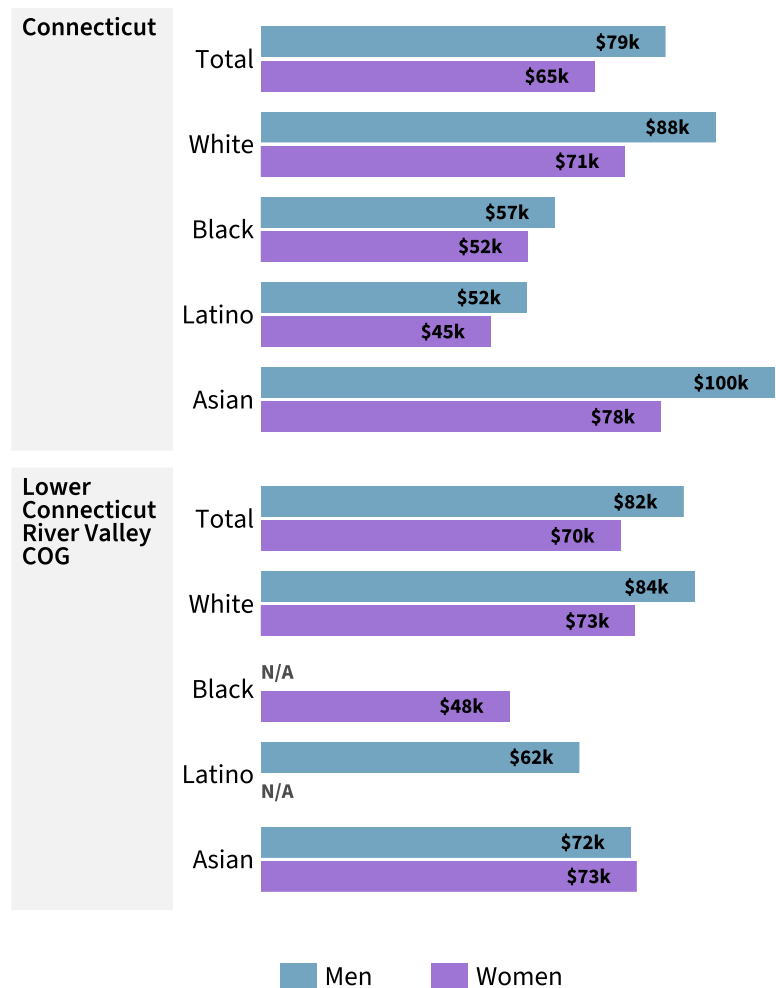
Nationwide, the onset of the pandemic led to a huge spike in unemployment rates, mirrored across Connecticut. At its peak in July 2020, Connecticut's unemployment rate was 12.1 percent. As of August 2025, unemployment rates statewide and in Old Saybrook were 3.8 percent and 2.9 percent, respectively.

**FIGURE 10: 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.

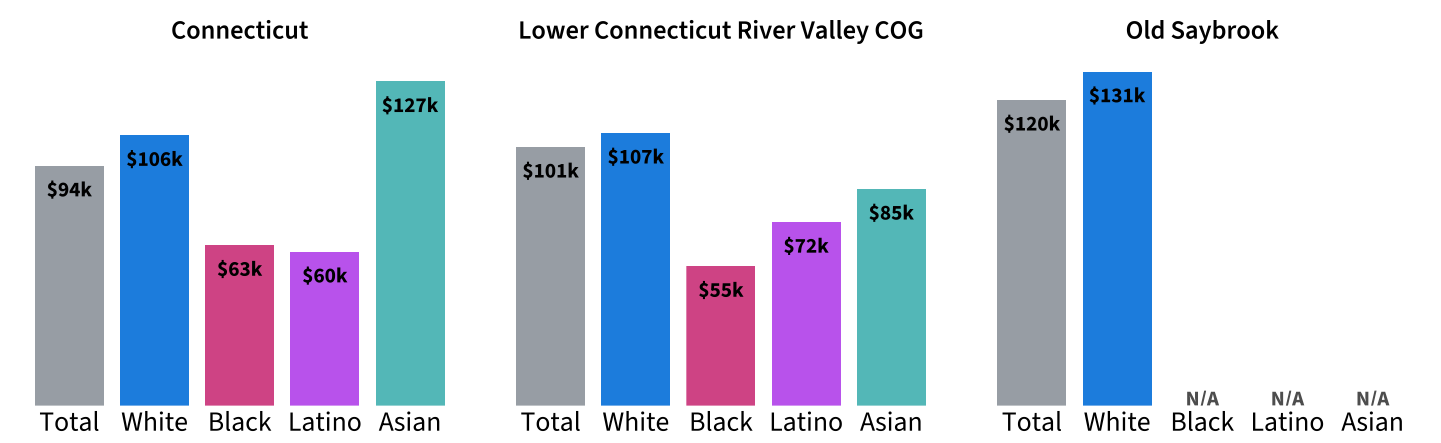
**FIGURE 11: MEDIAN INCOME BY RACE/ETHNICITY AND SEX FOR FULL-TIME WORKERS AGES 25 AND OVER WITH POSITIVE INCOME, 2023**



# INCOME & WEALTH

The median household income in Old Saybrook is \$119,500, compared to \$93,760 statewide. 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 12: 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 9: 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%           |
| Old Saybrook                       | \$111,048                   | \$119,500    | +\$8,452  | +8%            |
| 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 10: 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   |
| <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   |

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

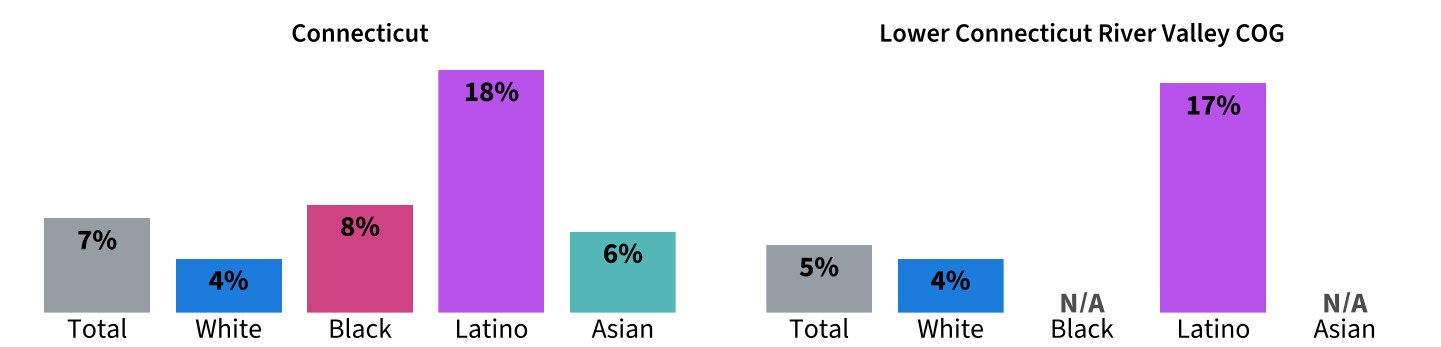
|                                       | Total   |       | White  |       | Black  |       | Latino |       | Asian |       |
|---------------------------------------|---------|-------|--------|-------|--------|-------|--------|-------|-------|-------|
|                                       | Count   | Share | Count  | Share | Count  | Share | Count  | Share | Count | Share |
| Households receiving food stamps/SNAP |         |       |        |       |        |       |        |       |       |       |
| 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   |
| Households without a vehicle          |         |       |        |       |        |       |        |       |       |       |
| 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   |

# 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](#)).

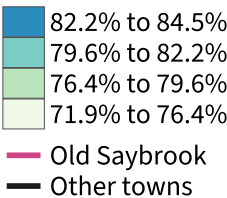
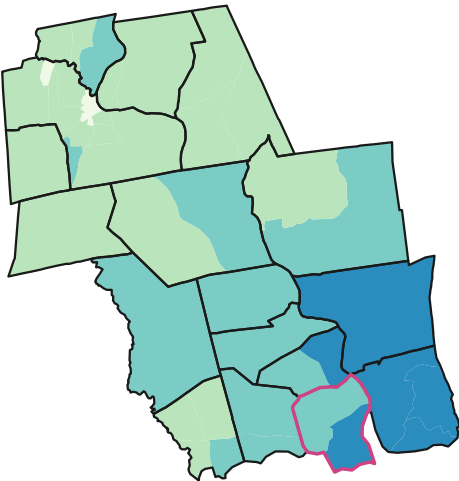
FIGURE 13: UNINSURED RATE AMONG ADULTS AGES 19–64 BY RACE/ETHNICITY, 2023



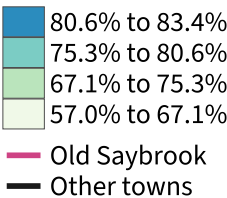
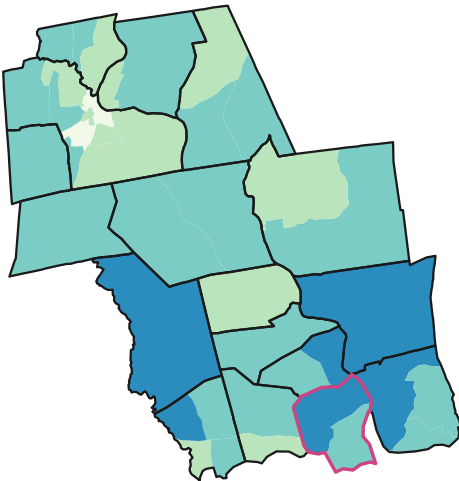
Preventive care can help counteract economic disadvantages, as a person’s health can be improved by addressing risk factors like hypertension and chronic stress early. Lack of affordable, accessible, and consistent medical care can lead to residents relying on expensive emergency room visits later on. Overall, 82 percent of the adults in Old Saybrook had an annual checkup as of 2022, and 80 percent had had a dental visit in the past year.

FIGURE 14: PREVENTIVE CARE MEASURES, SHARE OF ADULTS BY CENSUS TRACT, LOWER CONNECTICUT RIVER VALLEY COG

Annual checkup, 2022



Dental visit in past year, 2022



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 15: SELECTED HEALTH RISK FACTORS, SHARE OF ADULTS, 2015–2024

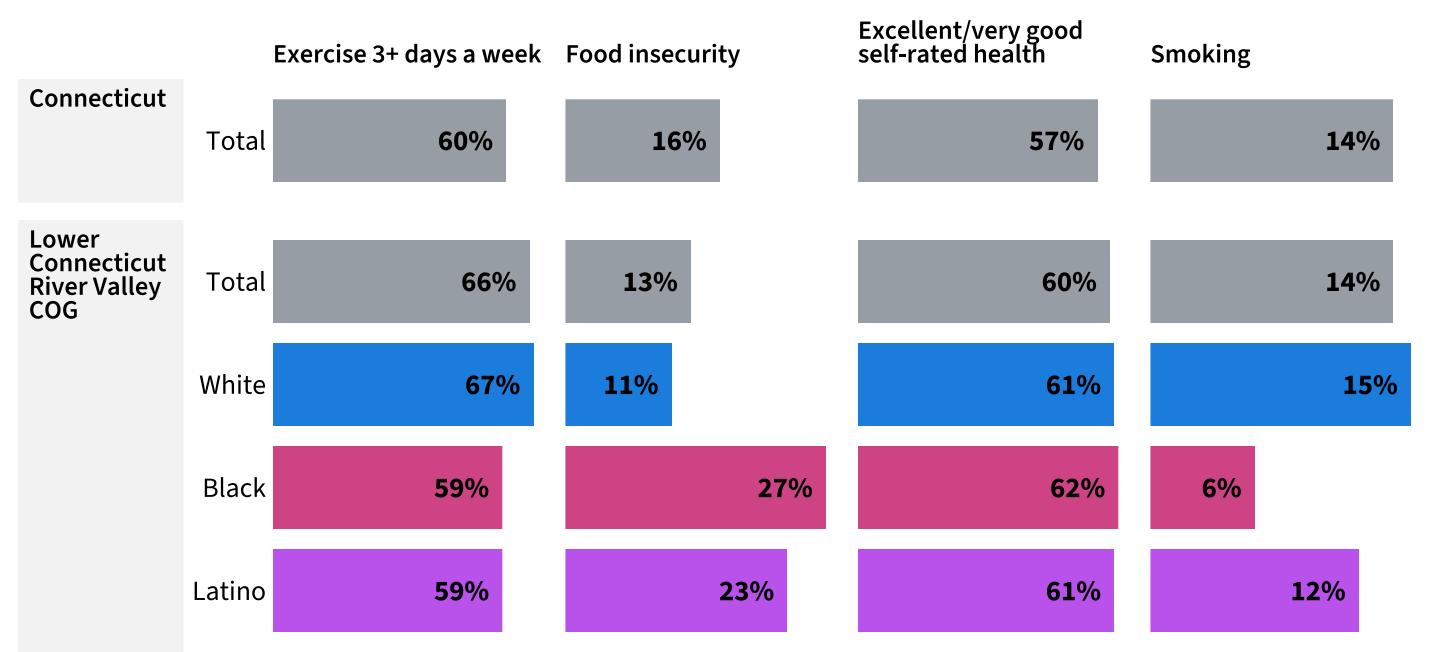
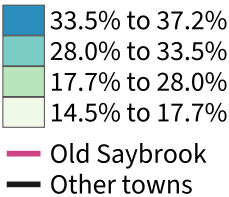
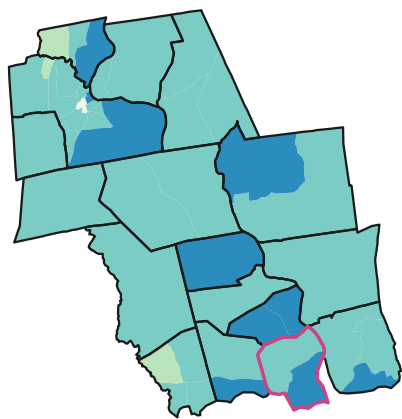


FIGURE 16: SELECTED HEALTH INDICATORS BY AGE AND RACE/ETHNICITY, SHARE OF ADULTS, LOWER CONNECTICUT RIVER VALLEY COG, 2015–2024

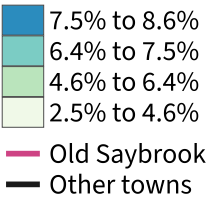
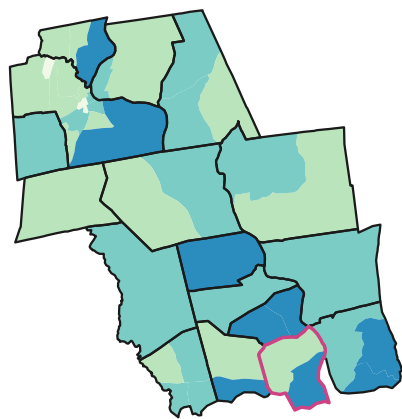
|            | Diabetes |       |       |        | Hypertension |       |       |        | Asthma |       |       |        |
|------------|----------|-------|-------|--------|--------------|-------|-------|--------|--------|-------|-------|--------|
|            | Total    | White | Black | Latino | Total        | White | Black | Latino | Total  | White | Black | Latino |
| Ages 18-34 | 4%       | 2%    | 8%    | 9%     | 11%          | 9%    | 11%   | 24%    | 11%    | 10%   | N/A   | N/A    |
| Ages 35-49 | 4%       | 4%    | N/A   | 9%     | 18%          | 19%   | N/A   | 1%     | 14%    | 12%   | N/A   | N/A    |
| Ages 50-64 | 11%      | 11%   | N/A   | N/A    | 36%          | 37%   | N/A   | N/A    | 13%    | 12%   | N/A   | N/A    |
| Ages 65+   | 19%      | 16%   | N/A   | N/A    | 56%          | 55%   | N/A   | N/A    | 8%     | N/A   | N/A   | N/A    |

FIGURE 17: CHRONIC DISEASE PREVALENCE, SHARE OF ADULTS BY CENSUS TRACT, LOWER CONNECTICUT RIVER VALLEY COG

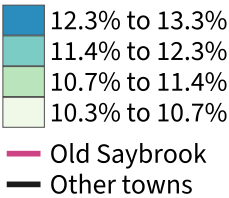
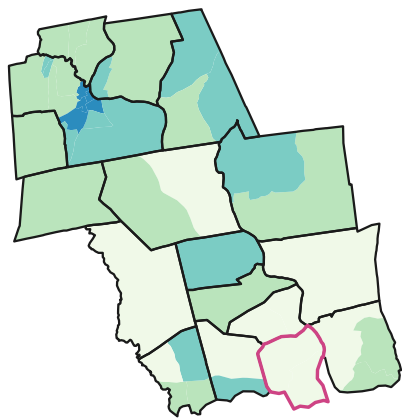
High blood pressure, 2021



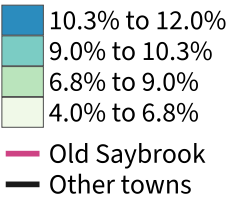
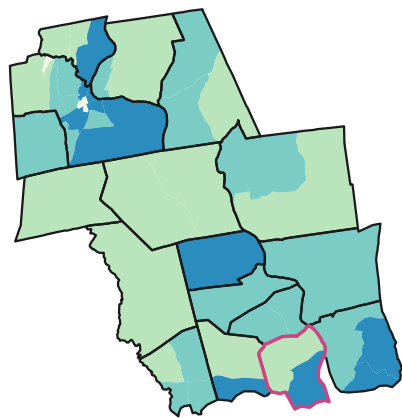
Coronary heart disease, 2022



Current asthma, 2022



Diabetes, 2022



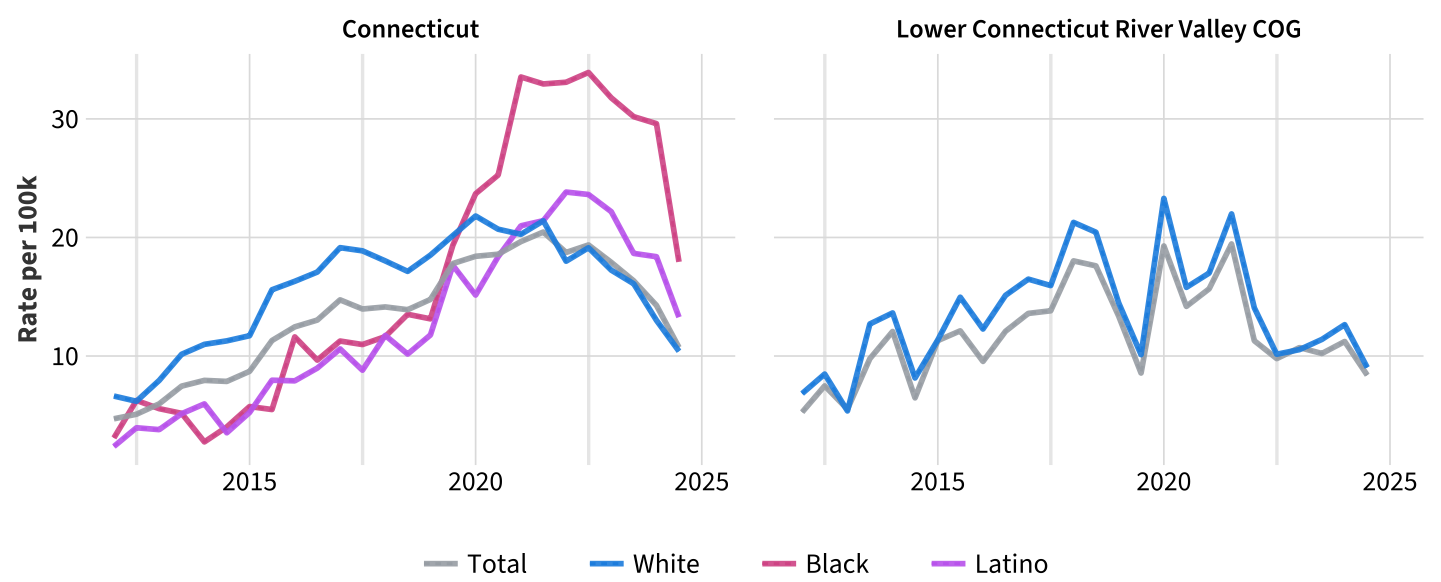
Mental health issues like depression and anxiety can be linked to social determinants like income, employment, and environment, and can pose risks of physical health problems as well, including by complicating a person’s ability to keep up other aspects of their health care. People of color and younger 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 12: SELECTED MENTAL HEALTH INDICATORS, SHARE OF ADULTS, 2015–2024

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

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.

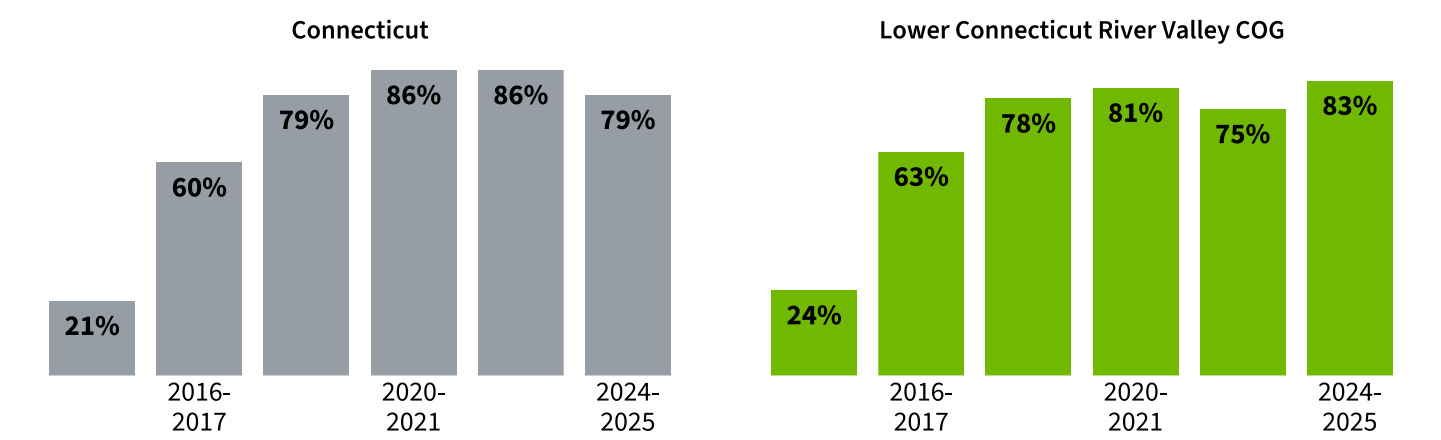
FIGURE 18: AGE-ADJUSTED SEMI-ANNUAL RATES OF DRUG OVERDOSE DEATHS PER 100,000 RESIDENTS BY RACE/ETHNICITY, 2012-2024



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.

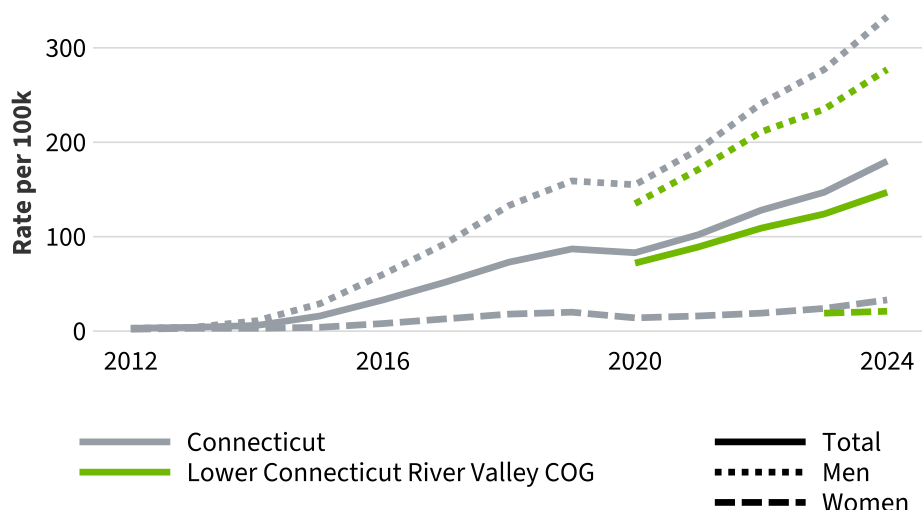
FIGURE 19: SHARE OF DRUG OVERDOSE DEATHS INVOLVING FENTANYL, AGGREGATED TO TWO-YEAR PERIODS, 2014-2025



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. Among residents of the Lower Connecticut River Valley COG, these rates were 147 per 100,000 in 2024 and 72 per 100,000 in 2020.

**FIGURE 20: 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 13: SELECTED BIRTH OUTCOMES BY RACE/ETHNICITY OF PARENT GIVING BIRTH, 2020–2024

|                                       |       |       |       | Latina           |              |              |       |
|---------------------------------------|-------|-------|-------|------------------|--------------|--------------|-------|
|                                       | Total | White | Black | Latina (overall) | Puerto Rican | Other Latina | Asian |
| Late or no prenatal care              |       |       |       |                  |              |              |       |
| 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   |
| Low birthweight                       |       |       |       |                  |              |              |       |
| 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%  |
| Infant mortality (per 1k live births) |       |       |       |                  |              |              |       |
| 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, 3.8 percent of children tested in Old Saybrook 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.

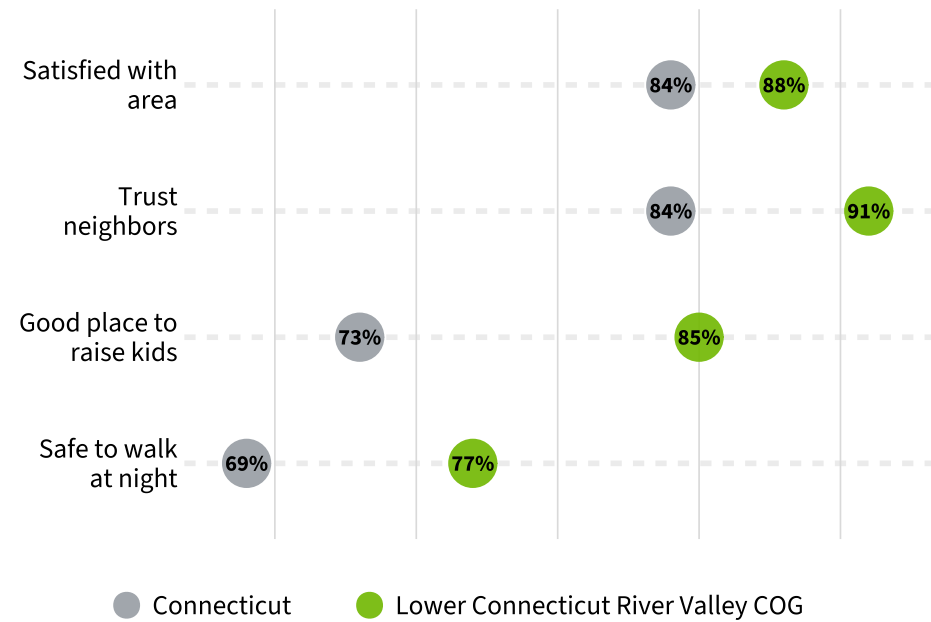
**TABLE 14: HOUSEHOLDS LIVING IN STRUCTURES BUILT BEFORE 1960 BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2023**

|                                    | 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%   |
| Old Saybrook                       | 1,601   | 36%   | N/A     | N/A   | N/A    | N/A   | N/A    | N/A   | N/A    | N/A   | N/A        | N/A   |

# CIVIC LIFE & COMMUNITY COHESION

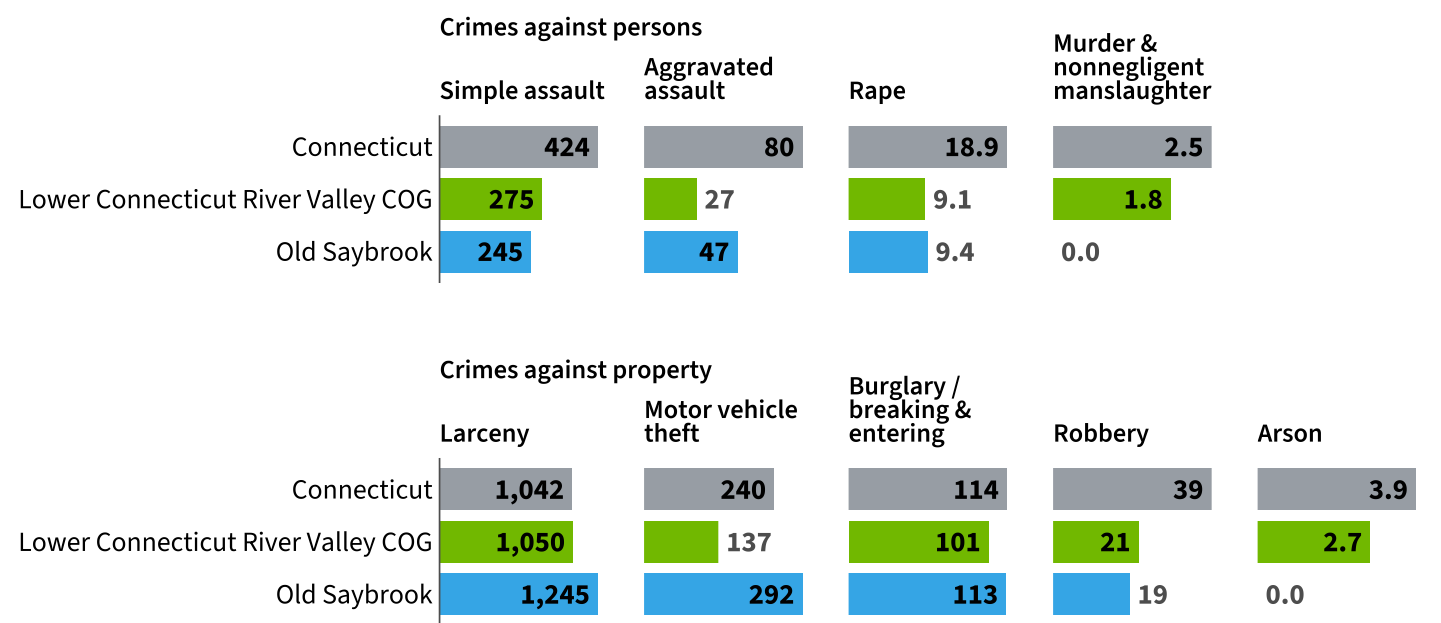
Beyond individual health, several measures from the DataHaven Community Wellbeing Survey show how local adults feel about the health of their neighborhoods. High quality of life and community cohesion can positively impact resident well-being through the availability of resources, sense of safety, and 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 21: 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 22: GROUP A CRIME RATES PER 100,000 RESIDENTS BY TOWN / JURISDICTION, 2024



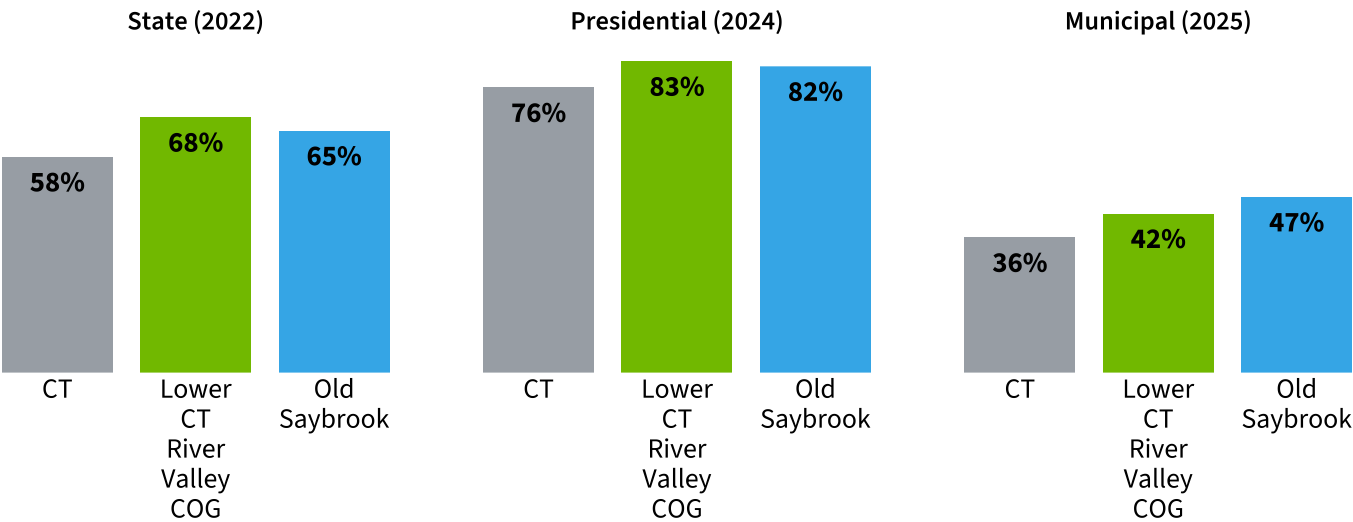
A lack of trust in and engagement with local government and experiences of unfair treatment by authorities can impair community well-being and cohesion. Sixty percent of adults in Lower Connecticut River Valley COG feel their local government is responsive to residents’ needs, compared to 52 percent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

TABLE 15: 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%                        |

Eighty-two percent of Old Saybrook’s eligible voters, or 7,291 people, voted in the 2024 presidential election, and 65 percent (5,840 people) voted in the 2022 state election.

FIGURE 23: REGISTERED VOTER TURNOUT, 2022–2025

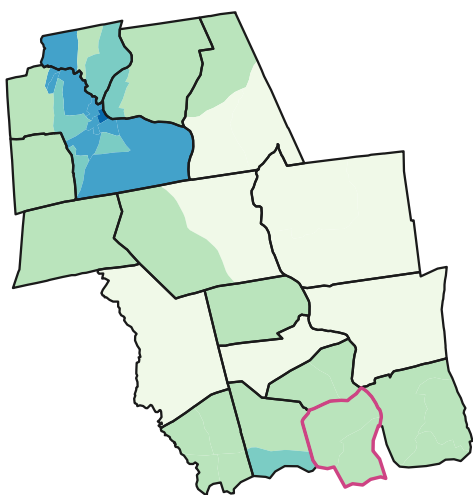


## ENVIRONMENT & SUSTAINABILITY

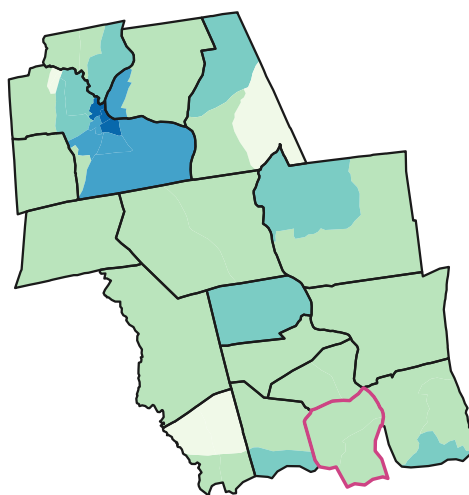
Many environmental factors—from access to outdoor resources to tree canopy to exposure to pollutants—can have direct impacts on residents' health and quality of life. Environmental justice is the idea that these factors of built and natural environments follow familiar patterns of socioeconomic disparities 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 24: EPA ENVIRONMENTAL JUSTICE INDEX BY TRACT, LOWER CONNECTICUT RIVER VALLEY COG, 2024**

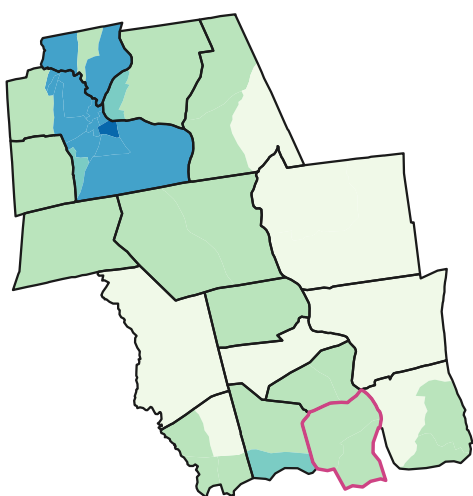
### Heavy traffic exposure



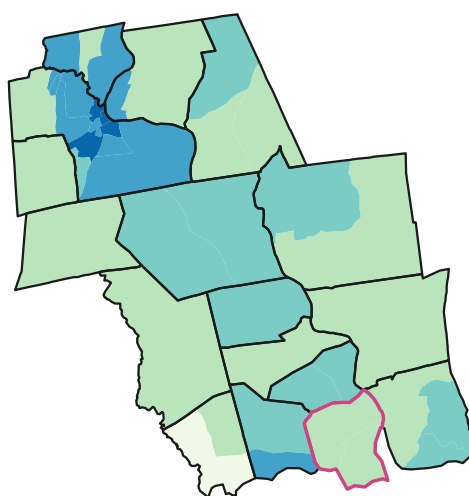
### Lead paint exposure



### Hazardous waste proximity



### Wastewater discharge

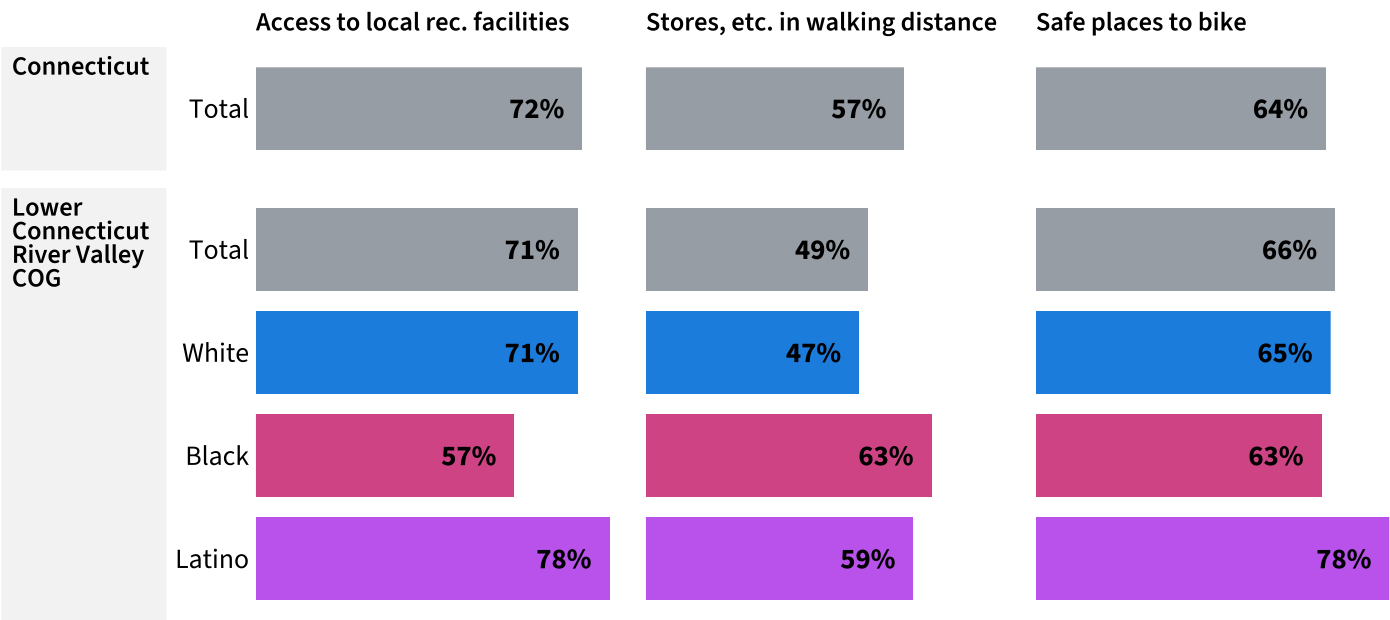


High risk  
Above avg.  
Avg. risk  
Below avg.  
Low risk

Old Saybrook  
Other towns

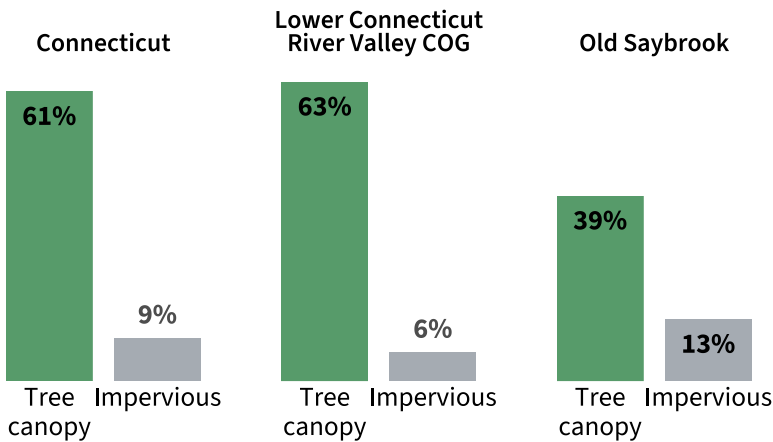
High-quality built environment resources, such as recreational facilities and safe sidewalks, help keep residents active and bring communities together. Walkable neighborhoods also encourage decreased reliance on cars, lower emissions, and ease traffic congestion. Throughout Connecticut, Black and Latino 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 25: 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 39 percent of Old Saybrook’s total area is tree canopy, with another 18 percent being potentially plantable space. These benefits can be translated to economic impacts as well. Trees and shrubs in Old Saybrook remove an estimated 270,000 pounds of pollutants from the air each year. This translates to \$250,000 saved through decreased adverse health effects in 2025 dollars. Trees also prevent an estimated 19,500,000 gallons of surface runoff per year, with a value of \$174,000 (see [Note 12](#)).

FIGURE 26: 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 16: MODELED ESTIMATES OF THE DATAHAVEN COMMUNITY WELLBEING SURVEY, SHARE OF ADULTS, 2015–2024

| A. FINANCIAL SECURITY                                                                                                                                                                |             |                                    |              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------------------------------------|--------------|
|                                                                                                                                                                                      | Connecticut | Lower Connecticut River Valley COG | Old Saybrook |
| 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%                                | 25%          |
| 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%                                | 7%           |
| 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%                                 | 6%           |
| 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%                                | 9%           |
| 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%                                | 95%          |

## B. NEIGHBORHOOD ASSETS

|                                                                                                                                                                                                                                                                     | Connecticut | Lower<br>Connecticut<br>River Valley<br>COG | Old Saybrook |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------------------------------------------|--------------|
| 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%                                         | 72%          |
| 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%                                         | 81%          |
| 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%                                         | 80%          |
| I do not feel safe to go on walks in my neighborhood at night. <i>(Strongly disagree or Somewhat disagree)</i>                                                                                                                                                      | 69%         | 75%                                         | 77%          |
| People in this neighborhood can be trusted. <i>(Strongly agree or Somewhat agree)</i>                                                                                                                                                                               | 84%         | 90%                                         | 92%          |
| 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%                                         | 73%          |

## C. PERSONAL WELLBEING

|                                                                                                                                                                                                 | Connecticut | Lower<br>Connecticut<br>River Valley<br>COG | Old Saybrook |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------------------------------------------|--------------|
| 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%                                         | 53%          |
| Overall, how satisfied are you with your life nowadays? <i>(Completely satisfied or Mostly satisfied)</i>                                                                                       | 66%         | 69%                                         | 69%          |
| Overall, how happy did you feel yesterday? <i>(Completely or Mostly)</i>                                                                                                                        | 69%         | 72%                                         | 71%          |
| Overall, how anxious did you feel yesterday? <i>(Completely or Mostly)</i>                                                                                                                      | 13%         | 12%                                         | 15%          |
| How often do you get the social and emotional support you need? <i>(Always or Usually)</i>                                                                                                      | 68%         | 71%                                         | 74%          |

## D. QUALITY OF LIFE

|                                                                                                     | Connecticut | Lower<br>Connecticut<br>River Valley<br>COG | Old Saybrook |
|-----------------------------------------------------------------------------------------------------|-------------|---------------------------------------------|--------------|
| Are you satisfied with the city or area where you live? (Yes)                                       | 84%         | 88%                                         | 89%          |
| How responsive local government is to the needs of residents ( <i>Excellent or Good</i> )           | 52%         | 58%                                         | 65%          |
| The job done by the police to keep residents safe ( <i>Excellent or Good</i> )                      | 75%         | 80%                                         | 86%          |
| The ability of residents to obtain suitable employment ( <i>Excellent or Good</i> )                 | 52%         | 55%                                         | 61%          |
| As a place to raise children ( <i>Excellent or Good</i> )                                           | 73%         | 85%                                         | 92%          |
| The condition of public parks and other public recreational facilities ( <i>Excellent or Good</i> ) | 75%         | 82%                                         | 90%          |
| The availability of affordable, high-quality fruits and vegetables ( <i>Excellent or Good</i> )     | 71%         | 75%                                         | 79%          |

# 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 14](#).

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

**Table 1. About the area.** DataHaven analysis (2025) 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 (2025) 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 (2025) 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 (2025) 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 (2025) 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 (2025) of Ruggles, et al. (2025).

**Table 5. Number and share of assisted housing units by town, 2023.** DataHaven analysis (2025) of Connecticut Department of Housing 2023 Affordable Housing Appeals List. Accessed via <https://data.ct.gov/d/3udy-56vi>

**Table 6. Overcrowded households by race/ethnicity of head of household, 2023.** DataHaven analysis (2025) 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 (2025) 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 7. Public K–12 student enrollment by English language learner status, free/reduced price meal eligibility, and special education designation, 2024–25.** DataHaven analysis (2025) 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 (2025) 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 (2025) of US Census Bureau American Community Survey 2023 5-year estimates.

**Table 8. Jobs and wages in Old Saybrook's 5 largest sectors, 2024.** DataHaven analysis (2025) 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. Monthly unemployment rate, 2013–2025, 3-month rolling average.** DataHaven analysis (2025) of US Bureau of Labor Statistics Local Area Unemployment Statistics. Available at <https://www.bls.gov/lau>

**Figure 11. Median income by race/ethnicity and sex for full-time workers ages 25 and over with positive income, 2023.** DataHaven analysis (2025) of Ruggles, et al. (2025).

**Figure 12. Median household income by race/ethnicity of head of household, 2023.** DataHaven analysis (2025) of US Census Bureau American Community Survey 2023 5-year estimates and Ruggles, et al (2025).

**Table 9. Median household income, with largest increase and decrease of Lower Connecticut River Valley COG towns, 2000–2023, in 2023 dollars.** DataHaven analysis (2025) 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 10. Selected economic resource indicators by race/ethnicity, 2023.** DataHaven analysis (2025) of US Census Bureau American Community Survey 2023 5-year estimates.

**Table 11. Selected household economic indicators by race/ethnicity of head of household, 2023.** DataHaven analysis (2025) of US Census Bureau American Community Survey 2023 5-year estimates and Ruggles, et al (2025).

**Figure 13. Uninsured rate among adults ages 19–64 by race/ethnicity, 2023.** DataHaven analysis (2025) of US Census Bureau American Community Survey 2023 5-year estimates.

**Figure 14. 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 15. Selected health risk factors, share of adults, 2015–2024.** DataHaven analysis (2025) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey. Available at <https://ctdatahaven.org/reports/datahaven-community-wellbeing-survey>

**Figure 16. Selected health indicators by age and race/ethnicity, share of adults, Lower Connecticut River Valley COG, 2015–2024.** DataHaven analysis (2025) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey.

**Figure 17. 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 12. Selected mental health indicators, share of adults, 2015–2024.** DataHaven analysis (2025) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey.

**Figure 18. Age-adjusted semi-annual rates of drug overdose deaths per 100,000 residents by race/ethnicity, 2012–2024.** DataHaven analysis (2025) 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 19. Share of drug overdose deaths involving fentanyl, aggregated to two-year periods, 2014–2025.** DataHaven analysis (2025) of Accidental Drug Related Deaths. Connecticut Office of the Chief Medical Examiner.

**Figure 20. Rate of PrEP usage per 100,000 residents ages 13 and over, 2012–2024.** DataHaven analysis (2025) of data from AIDSvu.

**Table 13. Selected birth outcomes by race/ethnicity of parent giving birth, 2020–2024.** DataHaven analysis (2025) 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 14. Households living in structures built before 1960 by race/ethnicity of head of household, 2023.** DataHaven analysis (2025) of US Census Bureau American Community Survey 2023 5-year estimates and Ruggles, et al (2025).

**Figure 21. Residents' ratings of community cohesion measures, share of adults, 2015–2024.** DataHaven analysis (2025) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey.

**Figure 22. Group A crime rates per 100,000 residents by town / jurisdiction, 2024.** DataHaven analysis (2025) of 2024 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 15. Residents' ratings of local government, share of adults, 2015–2024.** DataHaven analysis (2025) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey.

**Figure 23. Registered voter turnout, 2022–2025.** DataHaven analysis (2025) of data from the Connecticut Office of the Secretary of the State Elections Management System. Available at <https://ctemspublic.pcctg.net>

**Figure 24. 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 25. Residents' ratings of local walkability measures by location, share of adults, 2015–2024.** DataHaven analysis (2025) of 2015, 2018, 2021, and 2024 DataHaven Community Wellbeing Survey.

**Figure 26. Share of land by landcover type.** DataHaven analysis (2025) of i-Tree. (2025). OurTrees. I-Tree Tools. Available at <https://ourtrees.itreetools.org>

**Table 16. Modeled estimates of the DataHaven Community Wellbeing Survey, share of adults, 2015–2024.** DataHaven analysis (2025) 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 (2025) of US Census Bureau American Community Survey 2023 5-year estimates.

**Note 3.** DataHaven analysis (2025) of US Census Bureau American Community Survey 2023 5-year estimates.

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

**Note 5.** DataHaven analysis (2025) of US Census Bureau American Community Survey 2023 5-year estimates.

**Note 6.** Zillow Research (2025). 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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