2013 Community Health Needs Assessment
Behavioral Risk Factor Surveillance Survey
June 25, 2013

Research Sponsor:

GREATER WATERBURY
HEALTH IMPROVEMENT PARTNERSHIP

Research Partner:
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Methodology

- Phone interviews with 1,121 individuals were conducted between May and June, 2013.
  - Respondents were randomly selected for participation based on a statistically valid sampling frame developed by Holleran to represent the service areas of the Greater Waterbury Health Improvement Partnership.
  - Respondents were 18 years of age or older and resided in a private residence in one of 24 zip codes within Waterbury, Connecticut and surrounding towns.
- The survey was adapted from the Center for Disease Control and Prevention’s Behavioral Risk Factor Surveillance System (BRFSS). The survey tool assesses health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury.
- All comparison data for Connecticut and the United States is for 2011 BRFSS data unless otherwise stated.
Respondent Demographics
# Gender and Age

<table>
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<tr>
<th>Demographic Category</th>
<th>Waterbury CT 2013 BRFSS (n = 743)</th>
<th>Surrounding Towns 2013 BRFSS (n = 378)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>36.7%</td>
<td>35.4%</td>
</tr>
<tr>
<td>Female</td>
<td>63.3%</td>
<td>64.6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Demographic Category</th>
<th>Waterbury CT 2013 BRFSS (n = 735)</th>
<th>Surrounding Towns 2013 BRFSS (n = 374)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 - 24</td>
<td>2.9%</td>
<td>4.8%</td>
</tr>
<tr>
<td>25 - 34</td>
<td>9.0%</td>
<td>5.3%</td>
</tr>
<tr>
<td>35 - 44</td>
<td>10.2%</td>
<td>12.8%</td>
</tr>
<tr>
<td>45 - 54</td>
<td>17.0%</td>
<td>22.7%</td>
</tr>
<tr>
<td>55 - 64</td>
<td>24.4%</td>
<td>21.7%</td>
</tr>
<tr>
<td>65 years and over</td>
<td>36.6%</td>
<td>32.6%</td>
</tr>
</tbody>
</table>
## Race and Ethnicity

<table>
<thead>
<tr>
<th>Demographic Category</th>
<th>Waterbury CT 2013 BRFSS (n = 737)</th>
<th>Surrounding Towns 2013 BRFSS (n = 378)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hispanic/Latino</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>13.0%</td>
<td>2.6%</td>
</tr>
<tr>
<td>No</td>
<td>87.0%</td>
<td>97.4%</td>
</tr>
<tr>
<td><strong>Race</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>73.6%</td>
<td>94.4%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>16.5%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Asian</td>
<td>1.8%</td>
<td>1.6%</td>
</tr>
<tr>
<td>Native Hawaiian or Other Pacific Islander</td>
<td>0.4%</td>
<td>0.0%</td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>1.4%</td>
<td>0.5%</td>
</tr>
<tr>
<td>Other</td>
<td>6.3%</td>
<td>2.7%</td>
</tr>
</tbody>
</table>
## Marital Status and Children

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Waterbury CT 2013 BRFSS (n = 734)</th>
<th>Surrounding Towns 2013 BRFSS (n = 376)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>36.2%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Divorced</td>
<td>16.9%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Widowed</td>
<td>17.8%</td>
<td>13.8%</td>
</tr>
<tr>
<td>Separated</td>
<td>3.0%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Never Married</td>
<td>22.9%</td>
<td>12.5%</td>
</tr>
<tr>
<td>Member of an unmarried household</td>
<td>3.1%</td>
<td>1.9%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number of Children in Household</th>
<th>Waterbury CT 2013 BRFSS (n = 742)</th>
<th>Surrounding Towns 2013 BRFSS (n = 378)</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>74.5%</td>
<td>70.9%</td>
</tr>
<tr>
<td>One</td>
<td>12.3%</td>
<td>14.3%</td>
</tr>
<tr>
<td>Two</td>
<td>8.1%</td>
<td>12.2%</td>
</tr>
<tr>
<td>Three</td>
<td>3.2%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Four</td>
<td>1.1%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Five</td>
<td>0.7%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Six</td>
<td>0.1%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>
# Educational Attainment

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Waterbury CT 2013 BRFSS (n = 739)</th>
<th>Surrounding Towns 2013 BRFSS (n = 376)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never attended school or only attended kindergarten</td>
<td>0.4%</td>
<td>0.5%</td>
</tr>
<tr>
<td>Grades 1 through 8</td>
<td>3.7%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Grades 9 through 11</td>
<td>6.5%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Grade 12 or GED</td>
<td>31.9%</td>
<td>20.7%</td>
</tr>
<tr>
<td>College 1 year to 3 years</td>
<td>31.8%</td>
<td>27.1%</td>
</tr>
<tr>
<td>College 4 years or more</td>
<td>25.7%</td>
<td>47.3%</td>
</tr>
</tbody>
</table>
### Employment Status

<table>
<thead>
<tr>
<th>Employment Status</th>
<th>Waterbury CT 2013 BRFSS (n = 741)</th>
<th>Surrounding Towns 2013 BRFSS (n = 376)</th>
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</thead>
<tbody>
<tr>
<td>Employed for wages,</td>
<td>38.9%</td>
<td>49.2%</td>
</tr>
<tr>
<td>Self-employed,</td>
<td>3.6%</td>
<td>10.1%</td>
</tr>
<tr>
<td>Out of work for more than 1 year,</td>
<td>4.3%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Out of work for less than 1 year,</td>
<td>2.8%</td>
<td>1.6%</td>
</tr>
<tr>
<td>Homemaker,</td>
<td>3.5%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Student,</td>
<td>1.3%</td>
<td>1.9%</td>
</tr>
<tr>
<td>Retired, or</td>
<td>34.5%</td>
<td>26.9%</td>
</tr>
<tr>
<td>Unable to work</td>
<td>10.9%</td>
<td>4.5%</td>
</tr>
</tbody>
</table>
## Income

<table>
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<tr>
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<th>Waterbury CT 2013 BRFSS (n = 574)</th>
<th>Surrounding Towns 2013 BRFSS (n = 301)</th>
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<tr>
<td>Under $10,000</td>
<td>8.4%</td>
<td>2.0%</td>
</tr>
<tr>
<td>$10,000 to less than $15,000</td>
<td>13.2%</td>
<td>5.3%</td>
</tr>
<tr>
<td>$15,000 to less than $20,000</td>
<td>6.6%</td>
<td>2.3%</td>
</tr>
<tr>
<td>$20,000 to less than $25,000</td>
<td>10.8%</td>
<td>4.3%</td>
</tr>
<tr>
<td>$25,000 to less than $35,000</td>
<td>14.5%</td>
<td>8.3%</td>
</tr>
<tr>
<td>$35,000 to less than $50,000</td>
<td>14.1%</td>
<td>12.6%</td>
</tr>
<tr>
<td>$50,000 to less than $75,000</td>
<td>14.6%</td>
<td>17.9%</td>
</tr>
<tr>
<td>$75,000 or more</td>
<td>17.8%</td>
<td>47.2%</td>
</tr>
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</table>
Health Status
Would you say that in general your health is-
Healthy Days – Health-Related Quality of Life
For how many days during the past 30 days was your physical health not good?
For how many days during the past 30 days was your mental health not good?

- No days: 60.2% (Waterbury, CT), 62.7% (Surrounding towns), 64.0% (Connecticut), 64.3% (United States)
- 15 - 30 days: 17.2% (Waterbury, CT), 11.8% (Surrounding towns), 9.8% (Connecticut), 11.3% (United States)
- 8 - 14 days: 6.2% (Waterbury, CT), 4.3% (Surrounding towns), 4.2% (Connecticut), 4.2% (United States)
- 3 - 7 days: 9.6% (Waterbury, CT), 9.6% (Surrounding towns), 12.0% (Connecticut), 11.3% (United States)
- 1 - 2 days: 6.8% (Waterbury, CT), 11.6% (Surrounding towns), 10.1% (Connecticut), 8.9% (United States)

No days: 60.2% (Waterbury, CT), 62.7% (Surrounding towns), 64.0% (Connecticut), 64.3% (United States)
For how many days during the past 30 days did poor physical or mental health keep you from doing your usual activities?

- No days: 54.7% (Waterbury, CT), 62.2% (Surrounding towns), 60.6% (Connecticut), 57.7% (United States)
- 1 - 2 days: 11.5% (Waterbury, CT), 14.2% (Surrounding towns), 11.5% (Connecticut), 11.2% (United States)
- 3 - 7 days: 10.7% (Waterbury, CT), 11.0% (Surrounding towns), 11.7% (Connecticut), 11.7% (United States)
- 8 - 14 days: 6.7% (Waterbury, CT), 5.3% (Surrounding towns), 5.0% (Connecticut), 5.0% (United States)
- 15 - 30 days: 9.2% (Waterbury, CT), 11.7% (Surrounding towns), 14.3% (Connecticut), 14.3% (United States)
Health Care Access
Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?
Do you have one person you think of as your personal doctor or health care provider?

- Yes, only one: 71.1% (Waterbury, CT), 86.3% (Surrounding towns), 76.7% (Connecticut), 78.0% (United States)
- More than one: 6.9% (Waterbury, CT), 12.3% (Surrounding towns), 14.8% (Connecticut), 16.0% (United States)
- No: 22.0% (Waterbury, CT), 6.1% (Surrounding towns), 8.5% (Connecticut), 6.9% (United States)
Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

- Yes: 14.8%, 12.7%, 17.0%
- No: 82.1%, 85.2%, 87.3%, 83.0%
About how long has it been since you last visited a doctor for a routine checkup?

- **Within past year** (anytime less than 12 months ago):
  - Waterbury, CT: 76.6%
  - Surrounding towns: 76.5%
  - Connecticut: 70.4%
  - United States: 66.9%

- **Within past 2 years** (1 year but less than 2 years ago): 11.9%
  - Waterbury, CT: 12.2%
  - Surrounding towns: 11.9%
  - Connecticut: 15.2%
  - United States: 13.9%

- **Within past 5 years** (2 years but less than 5 years ago):
  - Waterbury, CT: 5.4%
  - Surrounding towns: 6.5%
  - Connecticut: 8.3%
  - United States: 9.1%

- **5 or more years ago**:
  - Waterbury, CT: 5.3%
  - Surrounding towns: 4.8%
  - Connecticut: 5.5%
  - United States: 8.8%

- **Never**:
  - Waterbury, CT: 0.5%
  - Surrounding towns: 0.3%
  - Connecticut: 0.5%
  - United States: 1.4%
Are you aware of the services available through the Waterbury Health Access Program (WHAP)?

Yes:
- 17.5%
- 16.9%

No:
- 82.5%
- 83.1%

Waterbury, CT
Surrounding towns
Have you ever used any of these services?

- Yes: 35.8%
  - Waterbury, CT: 11.5%
  - Surrounding towns: 88.5%
- No: 64.2%
Exercise
Calculated BMI

Underweight
- Waterbury, CT: 5.0%
- Surrounding towns: 6.4%
- Connecticut: 1.9%
- United States: 1.9%

Normal Weight
- Waterbury, CT: 28.9%
- Surrounding towns: 36.4%
- Connecticut: 34.9%
- United States: 38.4%

Overweight
- Waterbury, CT: 30.6%
- Surrounding towns: 31.4%
- Connecticut: 35.2%
- United States: 35.8%

Obesity
- Waterbury, CT: 25.8%
- Surrounding towns: 24.5%
- Connecticut: 27.4%
- United States: 35.5%
During the past month, other than your regular job, did you participate in any physical activities such as running, calisthenics, golf, gardening, or walking for exercise?
Diabetes
How old were you when you were told you have diabetes?

Only asked of respondents who have diabetes

- Under 18: 8.0% (Waterbury, CT), 8.1% (Surrounding towns), 8.0% (Connecticut), 8.1% (United States)
- 18 - 24: 0.0% (Waterbury, CT), 2.9% (Surrounding towns), 3.2% (Connecticut), 2.9% (United States)
- 25 - 34: 12.9% (Waterbury, CT), 12.7% (Surrounding towns), 16.2% (Connecticut), 18.5% (United States)
- 35 - 44: 23.7% (Waterbury, CT), 20.5% (Surrounding towns), 22.7% (Connecticut), 25.4% (United States)
- 45 - 54: 27.6% (Waterbury, CT), 24.0% (Surrounding towns), 25.5% (Connecticut), 32.7% (United States)
- 55 - 64: 25.4% (Waterbury, CT), 15.5% (Surrounding towns), 24.0% (Connecticut), 25.5% (United States)
- 65 and Older: 20.7% (Waterbury, CT), 15.5% (Surrounding towns), 16.5% (Connecticut), 20.7% (United States)
Are you now taking insulin?

Only asked of respondents who have diabetes

- **Yes**
  - Waterbury, CT: 22.9%
  - Surrounding towns: 39.1%
  - Connecticut: 26.9%
  - United States: 29.3%

- **No**
  - Waterbury, CT: 77.1%
  - Surrounding towns: 60.9%
  - Connecticut: 73.1%
  - United States: 70.7%
About how often do you check your blood for glucose or sugar?

Only asked of respondents who have diabetes

- **Daily**: 55.3% (Surrounding towns: 66.2%)
- **3 - 6 times per week**: 1.1% (Waterbury, CT: 0.1%)
- **1 - 2 times per week**: 12.5% (Surrounding towns: 0.0%)
- **1 - 3 times per month**: 8.3% (Surrounding towns: 0.0%)
- **Less than once a month**: 11.1% (Surrounding towns: 0.0%)
- **Other**: 6.7% (Surrounding towns: 9.2%)
- **Never**: 15.0% (Surrounding towns: 24.7%)

Waterbury, CT

Surrounding towns
About how often do you check your feet for any sores or irritations?

Only asked of respondents who have diabetes

- **Daily or more**: 61.4% (Waterbury, CT), 60.1% (Surrounding towns)
- **3 - 6 times per week**: 20.0% (Waterbury, CT), 0.0% (Surrounding towns)
- **1 - 2 times per week**: 10.1% (Waterbury, CT), 1.0% (Surrounding towns)
- **1 - 3 times per month**: 3.1% (Waterbury, CT), 2.0% (Surrounding towns)
- **Less than once a month**: 0.9% (Waterbury, CT), 2.0% (Surrounding towns)
- **Other**: 7.6% (Waterbury, CT), 4.0% (Surrounding towns)
- **Never**: 20.4% (Waterbury, CT), 21.7% (Surrounding towns)
- **No feet**: 0.0% (Waterbury, CT), 0.0% (Surrounding towns)
About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

Only asked of respondents who have diabetes.
About how many times in the past 12 months has a doctor, nurse or other health professional checked you for “A one C”?

Only asked of respondents who have diabetes

- 13 or more times
  - Waterbury, CT: 0.8%
  - Surrounding towns: 0.5%
  - Connecticut: 0.3%
  - United States: 0.0%

- 7 - 12 times
  - Waterbury, CT: 1.5%
  - Surrounding towns: 0.0%
  - Connecticut: 2.1%
  - United States: 1.9%

- 4 - 6 times
  - Waterbury, CT: 28.5%
  - Surrounding towns: 30.9%
  - Connecticut: 23.9%
  - United States: 24.8%

- 1 - 3 times
  - Waterbury, CT: 53.1%
  - Surrounding towns: 54.9%
  - Connecticut: 49.8%
  - United States: 59.3%

- None
  - Waterbury, CT: 12.7%
  - Surrounding towns: 15.6%
  - Connecticut: 12.3%
  - United States: 9.1%

- Never heard of "A one C" test
  - Waterbury, CT: 3.4%
  - Surrounding towns: 3.7%
  - Connecticut: 6.3%
  - United States: 4.6%
About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

Only asked of respondents who have diabetes

- 13 or more times: 4.4% (Waterbury, CT), 2.0% (Surrounding towns), 2.0% (Connecticut), 1.1% (United States)
- 7 - 12 times: 2.7% (Waterbury, CT), 7.0% (Surrounding towns), 3.7% (Connecticut), 3.4% (United States)
- 4 - 6 times: 24.2% (Waterbury, CT), 22.2% (Surrounding towns), 16.1% (Connecticut), 20.4% (United States)
- 1 - 3 times: 43.0% (Waterbury, CT), 38.1% (Surrounding towns), 33.5% (Connecticut), 48.1% (United States)
- None: 25.8% (Waterbury, CT), 24.1% (Surrounding towns), 25.5% (Connecticut), 20.7% (United States)
Have you ever taken a course or class in how to manage your diabetes yourself?

Only asked of respondents who have diabetes
Pre-Diabetes
Have you had a test for high blood sugar or diabetes within the past three years?

Only asked of respondents who have not been told they have diabetes

Yes
- Waterbury, CT: 56.7%
- Surrounding towns: 59.0%
- Connecticut: 56.7%
- United States: 54.4%

No
- Waterbury, CT: 43.3%
- Surrounding towns: 41.0%
- Connecticut: 43.3%
- United States: 45.6%
Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?
Oral Health
How long has it been since you last visited a dentist or a dental clinic for any reason?

- Within past year (anytime less than 12 months ago)
  - Waterbury, CT: 68.0%
  - Surrounding towns: 78.1%
  - Connecticut 2010: 80.6%
  - United States 2010: 80.6%

- Within past 2 years (1 year but less than 2 years ago)
  - Waterbury, CT: 13.7%
  - Surrounding towns: 10.1%
  - Connecticut 2010: 8.3%
  - United States 2010: 11.3%

- Within past 5 years (2 years but less than 5 years ago)
  - Waterbury, CT: 6.3%
  - Surrounding towns: 6.4%
  - Connecticut 2010: 5.8%
  - United States 2010: 9.7%

- Within past year (anytime less than 12 months ago)
  - Waterbury, CT: 11.0%
  - Surrounding towns: 5.4%
  - Connecticut 2010: 4.9%
  - United States 2010: 10.0%

- 5 or more years ago
  - Waterbury, CT: 0.9%
  - Surrounding towns: 0.0%
  - Connecticut 2010: 0.4%
  - United States 2010: 0.9%

- Never
  - Waterbury, CT: 0.0%
  - Surrounding towns: 0.0%
  - Connecticut 2010: 0.0%
  - United States 2010: 0.0%
How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

- **Within past year** (anytime less than 12 months ago)
  - Waterbury, CT: 65.3%
  - Surrounding towns: 74.2%
  - Connecticut 2010: 80.4%
  - United States 2010: 68.5%

- **Within past 2 years** (1 year but less than 2 years ago)
  - Waterbury, CT: 13.5%
  - Surrounding towns: 9.1%
  - Connecticut 2010: 8.9%
  - United States 2010: 11.5%

- **Within past 5 years** (2 years but less than 5 years ago)
  - Waterbury, CT: 6.7%
  - Surrounding towns: 6.8%
  - Connecticut 2010: 5.7%
  - United States 2010: 9.3%

- **5 or more years ago**
  - Waterbury, CT: 12.1%
  - Surrounding towns: 7.9%
  - Connecticut 2010: 4.9%
  - United States 2010: 9.5%

- **Never**
  - Waterbury, CT: 2.3%
  - Surrounding towns: 2.0%
  - Connecticut 2010: 0.2%
  - United States 2010: 1.2%
Hypertension Awareness
Have you ever been told by a doctor that you have high blood pressure?

- **Yes**: 33.6% (United States), 31.5% (Surrounding towns), 29.7% (Connecticut), 31.6% (Waterbury, CT)
- **Yes, but female told only during pregnancy**: 1.2%, 0.4%, 0.7%, 0.9%
- **No**: 64.1% (United States), 67.0% (Surrounding towns), 68.9% (Connecticut), 66.5% (Waterbury, CT)
- **Told borderline high or pre-hypertensive**: 1.1%, 1.0%, 0.7%, 1.0%
Are you currently taking medicine for your high blood pressure?

Only asked of respondents who have high blood pressure
When is the last time you consulted your doctor or other health professional about your high blood pressure?

Only asked of respondents who have high blood pressure

- Within the past six months: 91.7%
- Within the past year: 16.5%
- Within the past 2 years: 2.9%
- 2 years or more: 0.4%
- 0.0%

Waterbury, CT
Surrounding towns
In general, how often do you follow the directions on your blood pressure medication prescription(s)?

Only asked of respondents who have high blood pressure

- **Always**:
  - Waterbury, CT: 87.6%
  - Surrounding towns: 88.1%
- **Most of the time**:
  - Overall: 11.6%
  - Waterbury, CT: 10.1%
- **Some of the time**:
  - Overall: 0.8%
- **Not often**:
  - Overall: 0.0%
  - Waterbury, CT: 1.8%
- **Never**:
  - Overall: 0.0%
  - Waterbury, CT: 0.0%
  - Surrounding towns: 0.0%
What are the reasons that you are not taking your blood pressure medication exactly as prescribed?

Only asked of respondents who have high blood pressure and do not take prescribed medication.

- You forgot to take the medication: 77.2% (Waterbury, CT) 91.3% (Surrounding towns)
- You do not like the side effects from the medication: 0.0%
- You cannot afford the medication: 0.0%
- The medication is not working: 0.0%
- You are trying to lower your blood pressure: 0.0%
- You feel okay without medication: 0.0%
- You ran out of medication: 0.0%
- You think you should be taking a different...: 0.0%
- You do not know how to take medication: 0.0%
- Other reasons: 22.8% (Waterbury, CT) 8.7% (Surrounding towns)
Have you ever had your blood cholesterol checked?

- Yes: 86.3% (CT), 84.1% (Connecticut), 80.7% (United States)
- No: 19.3% (CT), 13.7% (Connecticut), 20.6% (United States)
About how long has it been since you last had your blood cholesterol checked?

- Within past year (anytime less than 12 months ago):
  - Waterbury, CT: 81.3%
  - Surrounding towns: 80.2%
  - Connecticut: 73.5%
  - United States: 74.0%

- Within past 2 years (1 year but less than 2 years ago):
  - Waterbury, CT: 10.1%
  - Surrounding towns: 10.3%
  - Connecticut: 14.3%
  - United States: 13.2%

- Within past 5 years (2 years but less than 5 years ago):
  - Waterbury, CT: 5.8%
  - Surrounding towns: 6.3%
  - Connecticut: 8.5%
  - United States: 8.5%

- 5 or more years ago:
  - Waterbury, CT: 2.7%
  - Surrounding towns: 3.2%
  - Connecticut: 3.6%
  - United States: 4.3%
Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?

Yes
- Waterbury, CT: 37.1%
- Surrounding towns: 38.5%
- Connecticut: 36.2%
- United States: 38.5%

No
- Waterbury, CT: 62.9%
- Surrounding towns: 61.5%
- Connecticut: 63.8%
- United States: 61.5%
Did the doctor prescribe a medication to lower your blood cholesterol?

Only asked of respondents who have high blood cholesterol

- **Yes**: 73.6%
  - Waterbury, CT: 70.8%
  - Surrounding towns: 73.6%

- **No**: 26.4%
  - Waterbury, CT: 29.2%
  - Surrounding towns: 26.4%
When is the last time you consulted your doctor or other health professional about your high blood cholesterol?

Only asked of respondents who have high blood cholesterol

- **Within the past six months:** Waterbury, CT - 75.7%, Surrounding towns - 72.5%
- **Within the past year:** Waterbury, CT - 12.7%, Surrounding towns - 19.2%
- **Within the past 2 years:** Waterbury, CT - 4.4%, Surrounding towns - 4.4%
- **2 years or more:** Waterbury, CT - 7.3%, Surrounding towns - 3.9%
In general, how often do you follow the directions on your cholesterol medication prescription(s)?

Only asked of respondents who have high blood pressure

- **Always**: 78.2% (Waterbury, CT) / 82.6% (Surrounding towns)
- **Most of the time**: 12.2% (Waterbury, CT) / 12.2% (Surrounding towns)
- **Some of the time**: 1.1% (Waterbury, CT) / 0.0% (Surrounding towns)
- **Not often**: 0.9% (Waterbury, CT) / 0.0% (Surrounding towns)
- **Never**: 7.5% (Waterbury, CT) / 5.2% (Surrounding towns)
What are the reasons that you are not taking your cholesterol medication exactly as prescribed?

Only asked of respondents who have high cholesterol and do not take prescribed medication

- You forgot to take the medication: 29.5% (Waterbury, CT) / 55.7% (Surrounding towns)
- You do not like the side effects from the medication: 5.3% (Waterbury, CT) / 11.5% (Surrounding towns)
- You cannot afford the medication: 16.8% (Waterbury, CT) / 23.8% (Surrounding towns)
- The medication is not working: 0.0% (Waterbury, CT) / 0.0% (Surrounding towns)
- You are trying to lower your blood pressure: 24.4% (Waterbury, CT)
- You feel okay without medication: 0.0% (Waterbury, CT) / 0.0% (Surrounding towns)
- You ran out of medication: 0.4% (Waterbury, CT) / 0.0% (Surrounding towns)
- You think you should be taking a different medication: 0.0% (Waterbury, CT) / 0.0% (Surrounding towns)
- You do not know how to take medication: 0.0% (Waterbury, CT) / 0.0% (Surrounding towns)
- Other reasons: 23.6% (Waterbury, CT) / 9.1% (Surrounding towns)
Cardiovascular Disease Prevalence
Have you ever been told that you had a heart attack, also called a myocardial infarction?

- Yes: 6.6% (Waterbury, CT) 6.0% (Surrounding towns) 3.5% (Connecticut) 4.3% (United States)
- No: 93.4% (Waterbury, CT) 94.0% (Surrounding towns) 96.5% (Connecticut) 95.7% (United States)
Have you ever been told that you had angina or coronary heart disease?

- Yes: 5.9% (Waterbury, CT), 3.7% (Surrounding towns), 3.4% (Connecticut), 4.3% (United States)
- No: 94.1% (Waterbury, CT), 96.3% (Surrounding towns), 96.6% (Connecticut), 95.7% (United States)

Waterbury, CT | Surrounding towns | Connecticut | United States
Have you ever been told that you had a stroke?

- Yes:
  - Waterbury, CT: 5.4%
  - Surrounding towns: 2.8%
  - Connecticut: 2.3%
  - United States: 2.9%

- No:
  - Waterbury, CT: 94.6%
  - Surrounding towns: 97.2%
  - Connecticut: 97.7%
  - United States: 97.1%
Asthma
Have you ever been told that you had asthma?

- Yes:
  - Waterbury, CT: 21.8%
  - Surrounding towns: 14.2%
  - Connecticut: 14.8%
  - United States: 13.5%

- No:
  - Waterbury, CT: 78.2%
  - Surrounding towns: 85.8%
  - Connecticut: 85.2%
  - United States: 86.5%
Do you still have asthma?

Only asked of respondents who have had asthma

- Yes: 68.5%
- No: 66.9%

Waterbury, CT: 31.5%
Surrounding towns: 31.6%
Connecticut: 40.7%
United States: 33.1%
How old were you when you were told you have asthma?

Only asked of respondents who have asthma

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Waterbury, CT</th>
<th>Surrounding towns</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>65 and Older</td>
<td>3.2%</td>
<td>2.8%</td>
<td>2.6%</td>
</tr>
<tr>
<td>55 - 64</td>
<td>5.6%</td>
<td>9.3%</td>
<td>8.2%</td>
</tr>
<tr>
<td>45 - 54</td>
<td>5.5%</td>
<td>10.9%</td>
<td>8.2%</td>
</tr>
<tr>
<td>35 - 44</td>
<td>6.9%</td>
<td>11.9%</td>
<td>10.9%</td>
</tr>
<tr>
<td>25 - 34</td>
<td>6.5%</td>
<td>20.6%</td>
<td>19.0%</td>
</tr>
<tr>
<td>18 - 24</td>
<td>12.2%</td>
<td>19.0%</td>
<td>14.0%</td>
</tr>
<tr>
<td>11 - 17</td>
<td>16.7%</td>
<td>20.0%</td>
<td>16.7%</td>
</tr>
<tr>
<td>Under 11</td>
<td>28.8%</td>
<td>28.8%</td>
<td>23.8%</td>
</tr>
</tbody>
</table>

Under 11: 51.2%

Waterbury, CT: 3.2%

Surrounding towns: 2.8%

United States: 2.6%

Only asked of respondents who have asthma.
During the past 12 months, have you had an episode of asthma or an asthma attack?

Only asked of respondents who have had asthma

- Yes: 59.2% (Waterbury, CT), 55.5% (Surrounding towns), 43.0% (United States)
- No: 40.8% (Waterbury, CT), 44.5% (Surrounding towns), 57.0% (United States)
During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma?

Only asked of respondents who have had asthma

- No times: 78.0% (United States)
- 1 - 3 times: 46.2% (Waterbury, CT), 31.7% (Surrounding towns)
- 4 - 6 times: 7.4% (Waterbury, CT), 0.7% (Surrounding towns)
- 7 - 12 times: 8.3% (Waterbury, CT), 0.3% (Surrounding towns)
- 13 or more times: 0.0% (Waterbury, CT), 0.9% (Surrounding towns)
During the past 12 months, how many times did you see a doctor, nurse or other health professional for a routine checkup for your asthma?

Only asked of respondents who have had asthma

- 13 or more times: 0.0% (Waterbury, CT), 0.0% (Surrounding towns), 0.4% (United States)
- 7 - 12 times: 2.5% (Waterbury, CT), 4.1% (Surrounding towns), 4.9% (United States)
- 4 - 6 times: 0% (Waterbury, CT), 2.0% (Surrounding towns), 4.9% (United States)
- 1 - 3 times: 12.5% (Waterbury, CT), 49.4% (Surrounding towns), 51.8% (United States)
- No times: 35.5% (Waterbury, CT), 36.9% (Surrounding towns), 57.0% (United States)

Waterbury, CT
Surrounding towns
United States
During the past 12 months, how many days were you unable to work or carry out your usual activities because of your asthma?

Only asked of respondents who have had asthma

- No days: 79.0% (Waterbury, CT), 77.9% (Surrounding towns), 76.2% (United States)
- 31 or more days: 2.6% (Waterbury, CT), 3.2% (Surrounding towns), 2.6% (United States)
- 15 - 30 days: 0.0% (Waterbury, CT), 0.0% (Surrounding towns), 0.0% (United States)
- 8 - 14 days: 4.3% (Waterbury, CT), 5.1% (Surrounding towns), 5.1% (United States)
- 3 - 7 days: 7.5% (Waterbury, CT), 3.4% (Surrounding towns), 3.4% (United States)
- 1 - 2 days: 8.5% (Waterbury, CT), 6.2% (Surrounding towns), 6.2% (United States)
Tobacco Use
Have you smoked at least 100 cigarettes in your entire life?

- Yes:
  - Waterbury, CT: 51.1%
  - Surrounding towns: 51.8%
  - Connecticut: 45.0%
  - United States: 44.8%

- No:
  - Waterbury, CT: 48.9%
  - Surrounding towns: 48.2%
  - Connecticut: 55.0%
  - United States: 55.2%
Do you now smoke cigarettes every day, some days, or not at all?

Only asked of respondents who smoked 100 cigarettes in their entire life

- **Every day**
  - Waterbury, CT: 39.5%
  - Surrounding towns: 30.0%
  - Connecticut: 26.4%
  - United States: 31.9%

- **Some days**
  - Waterbury, CT: 13.3%
  - Surrounding towns: 9.2%
  - Connecticut: 11.7%
  - United States: 13.0%

- **Not at all**
  - Waterbury, CT: 47.2%
  - Surrounding towns: 60.8%
  - Connecticut: 61.9%
  - United States: 55.1%
How long has it been since you last smoked cigarettes regularly?

- Within the past month (less than 1 month ago): 1.3% Waterbury, CT, 3.1% Surrounding towns, 0.9% Connecticut 2010, 1.4% United States 2010
- Within the past 3 months (1 month but less than 3 months ago): 8.5% Waterbury, CT, 2.9% Surrounding towns, 1.7% Connecticut 2010, 1.1% United States 2010
- Within the past 6 months (3 months but less than 6 months ago): 10.8% Waterbury, CT, 3.3% Surrounding towns, 2.1% Connecticut 2010, 0.8% United States 2010
- Within the past year (6 months but less than 1 year ago): 15.8% Waterbury, CT, 1.8% Surrounding towns, 1.3% Connecticut 2010, 1.1% United States 2010
- Within the past 5 years (1 year but less than 5 years ago): 13.3% Waterbury, CT, 3.2% Surrounding towns, 2.0% Connecticut 2010, 0.9% United States 2010
- Within the past 10 years (5 years but less than 10 years ago): 11.8% Waterbury, CT, 1.3% Surrounding towns, 0.8% Connecticut 2010, 0.6% United States 2010
- 10 years or more: 61.3% Waterbury, CT, 66.4% Surrounding towns, 60.6% Connecticut 2010, United States 2010
- Never smoked regularly: 0.6% Waterbury, CT, 4.0% Surrounding towns, 3.0% Connecticut 2010, United States 2010

Waterbury, CT
Surrounding towns
Connecticut 2010
United States 2010
Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?

Only asked of respondents who smoked 100 cigarettes in their entire life

- **Waterbury, CT**: 98.6%
- **Surrounding towns**: 98.4%
- **Connecticut**: 98.5%
- **United States**: 96.3%

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Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?

- **Every day**:
  - Waterbury, CT: 0.8%
  - Surrounding towns: 0.5%
  - Connecticut: 0.3%
  - United States: 1.9%

- **Some days**:
  - Waterbury, CT: 1.1%
  - Surrounding towns: 0.8%
  - Connecticut: 1.0%
  - United States: 1.8%

- **Not at all**:
  - Waterbury, CT: 98.6%
  - Surrounding towns: 98.4%
  - Connecticut: 98.5%
  - United States: 96.3%
Alcohol Consumption
During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?
During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?
During the past 30 days, on the days when you drank, about how many drinks did you drink on average?
Considering all types of alcoholic beverages, how many times during the past 30 days did you have X [x = 5 for men, x = 4 for women] or more drinks on an occasion?
During the past 30 days, what is the largest number of drinks you had on any occasion?
Drinking and Driving
During the past 30 days, how many times have you driven when you’ve had perhaps too much to drink?

- No times in the past 30 days: 96.6% (United States), 96.0% (Connecticut), 96.0% (Surrounding towns), and 96.0% (Waterbury, CT)
- 1 - 2 times: 2.7% (United States), 3.4% (Connecticut), 3.2% (Surrounding towns), and 2.8% (Waterbury, CT)
- 3 - 5 times: 0.5% (United States), 0.4% (Connecticut), 0.8% (Surrounding towns), and 0.0% (Waterbury, CT)
- 6 - 10 times: 0.2% (United States), 0.2% (Connecticut), 0.0% (Surrounding towns), and 0.0% (Waterbury, CT)
- 11 - 15 times: 0.0% (United States), 0.0% (Connecticut), 0.0% (Surrounding towns), and 0.0% (Waterbury, CT)
- 16 or more times: 0.0% (United States), 0.0% (Connecticut), 0.0% (Surrounding towns), and 0.0% (Waterbury, CT)
Immunization
During the past 12 months, have you had a seasonal flu shot?
During the past 12 months, have you had a seasonal flu vaccine that was sprayed in your nose?
Have you ever had a pneumonia shot?

<table>
<thead>
<tr>
<th>Yes</th>
<th>Waterbury, CT</th>
<th>Surrounding towns</th>
<th>Connecticut</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>35.5%</td>
<td>33.3%</td>
<td>30.9%</td>
<td>30.6%</td>
</tr>
<tr>
<td>No</td>
<td>64.5%</td>
<td>66.7%</td>
<td>69.1%</td>
<td>69.4%</td>
</tr>
</tbody>
</table>
Seat Belt Use
How often do you use seat belts when you drive or ride in a car?

- Always
  - Waterbury, CT: 87.8%
  - Surrounding towns: 86.0%
  - Connecticut: 88.4%
  - United States: 86.6%
- Nearly always
  - Waterbury, CT: 3.8%
  - Surrounding towns: 5.9%
  - Connecticut: 6.3%
  - United States: 7.0%
- Sometimes
  - Waterbury, CT: 3.3%
  - Surrounding towns: 4.5%
  - Connecticut: 2.2%
  - United States: 3.0%
- Seldom
  - Waterbury, CT: 2.5%
  - Surrounding towns: 0.0%
  - Connecticut: 0.9%
  - United States: 1.3%
- Never
  - Waterbury, CT: 2.2%
  - Surrounding towns: 3.1%
  - Connecticut: 1.9%
  - United States: 1.8%
- Never drive or ride in a car
  - Waterbury, CT: 0.4%
  - Surrounding towns: 0.5%
  - Connecticut: 0.3%
  - United States: 0.3%
Women’s Health
Have you ever had a mammogram?

- Yes: 79.0% (Waterbury, CT), 69.8% (Surrounding towns), 67.7% (Connecticut 2010), 66.6% (United States 2010)
- No: 21.0% (Waterbury, CT), 29.2% (Surrounding towns), 30.2% (Connecticut 2010), 32.3% (United States 2010)
How long has it been since your last mammogram?

Only asked of respondents who have had a mammogram

- **Within the past year** (anytime less than 12 months ago)
  - Waterbury, CT: 65.4%
  - Surrounding towns: 72.5%
  - Connecticut 2010: 69.1%
  - United States 2010: 62.9%

- **Within the past 2 years** (1 year but less than 2 years)
  - Waterbury, CT: 18.4%
  - Surrounding towns: 10.1%
  - Connecticut 2010: 15.9%
  - United States 2010: 17.3%

- **Within the past 3 years** (2 years but less than 3 years ago)
  - Waterbury, CT: 4.2%
  - Surrounding towns: 5.4%
  - Connecticut 2010: 5.4%
  - United States 2010: 7.0%

- **Within the past 5 years** (3 years but less than 5 years ago)
  - Waterbury, CT: 5.5%
  - Surrounding towns: 5.2%
  - Connecticut 2010: 4.6%
  - United States 2010: 5.4%

- **5 or more years ago**
  - Waterbury, CT: 6.5%
  - Surrounding towns: 6.9%
  - Connecticut 2010: 5.0%
  - United States 2010: 7.4%
Have you ever had a clinical breast exam?

- **Yes**: 87.8% (Waterbury), 92.1% (Surrounding towns), 92.4% (Connecticut), 89.8% (United States)
- **No**: 12.2% (Waterbury), 7.9% (Surrounding towns), 7.6% (Connecticut), 10.2% (United States)
How long has it been since your last breast exam?

Only asked of respondents who have had a breast exam

- **Within the past year** (anytime less than 12 months ago): 68.4%
- **Within the past 2 years** (1 year but less than 2 years): 9.7%
- **Within the past 3 years** (2 years but less than 3 years ago): 4.0%
- **Within the past 5 years** (3 years but less than 5 years ago): 4.2%
- **5 or more years ago**: 5.8%
Have you ever had a Pap test?

- Yes: 87.1% (Waterbury, CT) 91.7% (Surrounding towns) 93.6% (Connecticut 2010) 93.8% (United States 2010)
- No: 12.9% (Waterbury, CT) 8.3% (Surrounding towns) 6.4% (Connecticut 2010) 6.2% (United States 2010)
How long has it been since your last Pap test?

Only asked of respondents who have had a Pap test

- Within the past year (anytime less than 12 months ago):
  - Waterbury, CT: 61.0%
  - Surrounding towns: 63.3%
  - Connecticut 2010: 61.0%
  - United States 2010: 57.7%

- Within the past 2 years (1 year but less than 2 years):
  - Waterbury, CT: 11.2%
  - Surrounding towns: 13.3%
  - Connecticut 2010: 17.9%
  - United States 2010: 17.3%

- Within the past 3 years (2 years but less than 3 years ago):
  - Waterbury, CT: 7.6%
  - Surrounding towns: 7.8%
  - Connecticut 2010: 5.7%
  - United States 2010: 7.2%

- Within the past 5 years (3 years but less than 5 years ago):
  - Waterbury, CT: 3.7%
  - Surrounding towns: 3.8%
  - Connecticut 2010: 3.7%
  - United States 2010: 5.5%

- 5 or more years ago:
  - Waterbury, CT: 12.6%
  - Surrounding towns: 14.1%
  - Connecticut 2010: 9.4%
  - United States 2010: 12.4%
Prostate Cancer Screening

Only asked of male respondents who are 39 years of age or older
Have you ever had a PSA (Prostate-Specific Antigen) test?

- **Yes**: 57.5% (Waterbury, CT), 67.7% (Surrounding towns), 51.1% (United States)
- **No**: 42.5% (Waterbury, CT), 32.3% (Surrounding towns), 48.9% (United States)
How long has it been since you had your last PSA test?

- **Within the past year** (anytime less than 12 months ago):
  - Waterbury, CT: 67.1%
  - Surrounding towns: 61.7%
  - United States: 54.7%

- **Within the past 2 years** (1 year but less than 2 years):
  - Waterbury, CT: 20.5%
  - Surrounding towns: 24.8%
  - United States: 19.7%

- **Within the past 3 years** (2 years but less than 3 years):
  - Waterbury, CT: 4.3%
  - Surrounding towns: 5.8%
  - United States: 10.1%

- **Within the past 5 years** (3 years but less than 5 years):
  - Waterbury, CT: 1.4%
  - Surrounding towns: 2.6%
  - United States: 8.1%

- **5 or more years ago**:
  - Waterbury, CT: 6.7%
  - Surrounding towns: 5.2%
  - United States: 7.4%
Have you ever had a digital rectal exam?

- **Yes**
  - Waterbury, CT: 69.7%
  - Surrounding towns: 74.4%
  - Connecticut 2010: 81.1%
  - United States 2010: 73.4%

- **No**
  - Waterbury, CT: 30.3%
  - Surrounding towns: 25.6%
  - Connecticut 2010: 18.9%
  - United States 2010: 26.6%
How long has it been since you had your last digital rectal exam?

- Within the past year (anytime less than 12 months ago): 51.0% Waterbury, CT, 55.4% Surrounding towns, 51.9% Connecticut 2010, 61.1% United States 2010
- Within the past 2 years (1 year but less than 2 years): 16.4% Waterbury, CT, 18.8% Surrounding towns, 21.2% Connecticut 2010, 17.5% United States 2010
- Within the past 3 years (2 years but less than 3 years): 7.6% Waterbury, CT, 9.4% Surrounding towns, 9.0% Connecticut 2010, 17.5% United States 2010
- Within the past 5 years (3 years but less than 5 years): 4.5% Waterbury, CT, 10.6% Surrounding towns, 4.8% Connecticut 2010, 8.2% United States 2010
- 5 or more years ago: 20.5% Waterbury, CT, 13.4% Surrounding towns, 7.2% Connecticut 2010, 13.4% United States 2010

Waterbury, CT  Surrounding towns  Connecticut 2010  United States 2010
Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

- Yes: 6.0% (Waterbury, CT), 5.7% (Surrounding towns), 3.5% (United States)
- No: 94.0% (Waterbury, CT), 94.3% (Surrounding towns), 96.5% (United States)
Colorectal Cancer Screening

Only asked of respondents who are 49 years of age or older
A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?
How long has it been since you had your last blood stool test using a home kit?

Only asked of respondents who have used a home kit

<table>
<thead>
<tr>
<th>Duration</th>
<th>Waterbury, CT</th>
<th>Surrounding towns</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within the past year</td>
<td>33.9%</td>
<td>47.0%</td>
<td>34.4%</td>
</tr>
<tr>
<td>(anytime less than 12 months ago)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within the past 2 years</td>
<td>14.4%</td>
<td>14.0%</td>
<td>17.8%</td>
</tr>
<tr>
<td>(1 year but less than 2 years ago)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within the past 3 years</td>
<td>4.1%</td>
<td>9.4%</td>
<td>14.0%</td>
</tr>
<tr>
<td>(2 years but less than 3 years ago)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within the past 5 years</td>
<td>12.6%</td>
<td>5.9%</td>
<td>23.5%</td>
</tr>
<tr>
<td>(3 years but less than 5 years ago)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 or more years ago</td>
<td>10.4%</td>
<td>28.3%</td>
<td>35.0%</td>
</tr>
</tbody>
</table>
Have you ever had a sigmoidoscopy or colonoscopy exam?

- Yes: 70.3% (Waterbury, CT), 64.6% (Surrounding towns), 62.8% (United States)
- No: 35.4% (Waterbury, CT), 29.7% (Surrounding towns), 37.2% (United States)
**How long has it been since you had your last sigmoidoscopy or colonoscopy?**

*Only asked of respondents who have had a sigmoidoscopy or colonoscopy*

<table>
<thead>
<tr>
<th>Duration</th>
<th>Waterbury, CT</th>
<th>Surrounding towns</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within the past year (anytime less than 12 months ago)</td>
<td>20.2%</td>
<td>22.1%</td>
<td>21.1%</td>
</tr>
<tr>
<td>Within the past 2 years (1 year but less than 2 years ago)</td>
<td>18.6%</td>
<td>14.7%</td>
<td>16.1%</td>
</tr>
<tr>
<td>Within the past 3 years (2 years but less than 3 years ago)</td>
<td>16.5%</td>
<td>20.3%</td>
<td>17.3%</td>
</tr>
<tr>
<td>Within the past 5 years (3 years but less than 5 years ago)</td>
<td>23.3%</td>
<td>25.6%</td>
<td>21.0%</td>
</tr>
<tr>
<td>Within the past 10 years (5 years but less than 10 years)</td>
<td>15.5%</td>
<td>13.1%</td>
<td>17.6%</td>
</tr>
<tr>
<td>10 or more years ago</td>
<td>5.7%</td>
<td>6.9%</td>
<td>4.2%</td>
</tr>
</tbody>
</table>
Cancer Survivorship
Have you ever been told by a doctor, nurse, or other health professional that you had cancer?
How many different types of cancer have you had?

Only asked of respondents who have been diagnosed with cancer

Only one

84.1% Waterbury, CT
84.1% Surrounding towns
85.8% Connecticut 2010
85.1% United States 2010

Two

15.8% Waterbury, CT
12.2% Surrounding towns
17.2% Connecticut 2010
11.9% United States 2010

Three or more

0.1% Waterbury, CT
4.6% Surrounding towns
2.8% Connecticut 2010
2.3% United States 2010

Waterbury, CT
Surrounding towns
Connecticut 2010
United States 2010
What type of cancer was it?  
(Most recent diagnosis if more than one)

Respondents who have had cancer

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Waterbury, CT</th>
<th>Surrounding towns</th>
<th>Connecticut 2010</th>
<th>United States 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast</td>
<td>16.0%</td>
<td>25.0%</td>
<td>18.2%</td>
<td>16.9%</td>
</tr>
<tr>
<td>Cervical</td>
<td>10.3%</td>
<td>8.7%</td>
<td>5.2%</td>
<td>8.6%</td>
</tr>
<tr>
<td>Endometrial</td>
<td>5.2%</td>
<td>2.5%</td>
<td>1.8%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Ovarian</td>
<td>4.5%</td>
<td>2.5%</td>
<td>0.8%</td>
<td>1.9%</td>
</tr>
<tr>
<td>Head and neck</td>
<td>0.1%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.6%</td>
</tr>
<tr>
<td>Oral</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.5%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Pharyngeal</td>
<td>1.9%</td>
<td>0.0%</td>
<td>0.3%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Thyroid</td>
<td>7.2%</td>
<td>2.8%</td>
<td>2.2%</td>
<td>2.5%</td>
</tr>
<tr>
<td>Colon</td>
<td>4.1%</td>
<td>0.0%</td>
<td>4.3%</td>
<td>4.7%</td>
</tr>
<tr>
<td>Esophageal</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.3%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Liver</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Pancreatic</td>
<td>0.0%</td>
<td>0.0%</td>
<td>1.5%</td>
<td>0.7%</td>
</tr>
</tbody>
</table>
What type of cancer was it?  
(Most recent diagnosis if more than one)

Respondents who have had cancer

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Waterbury, CT</th>
<th>Surrounding towns</th>
<th>Connecticut 2010</th>
<th>United States 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rectal</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.3%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Stomach</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.1%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Hodgkin’s Lymphoma</td>
<td>0.4%</td>
<td>2.9%</td>
<td>2.3%</td>
<td>1.3%</td>
</tr>
<tr>
<td>Leukemia</td>
<td>0.0%</td>
<td>0.0%</td>
<td>1.0%</td>
<td>1.3%</td>
</tr>
<tr>
<td>Non-Hodgkin’s Lymphoma</td>
<td>0.1%</td>
<td>5.8%</td>
<td>0.6%</td>
<td>1.6%</td>
</tr>
<tr>
<td>Prostate</td>
<td>16.8%</td>
<td>17.3%</td>
<td>12.1%</td>
<td>10.7%</td>
</tr>
<tr>
<td>Testicular</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.7%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Melanoma</td>
<td>4.5%</td>
<td>9.3%</td>
<td>7.8%</td>
<td>8.6%</td>
</tr>
<tr>
<td>Other skin</td>
<td>9.8%</td>
<td>12.6%</td>
<td>19.2%</td>
<td>20.8%</td>
</tr>
<tr>
<td>Heart</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Lung</td>
<td>6.8%</td>
<td>4.1%</td>
<td>2.2%</td>
<td>2.0%</td>
</tr>
</tbody>
</table>
What type of cancer was it?
(Most recent diagnosis if more than one)

Respondents who have had cancer

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Waterbury, CT</th>
<th>Surrounding towns</th>
<th>Connecticut 2010</th>
<th>United States 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bladder</td>
<td>0.0%</td>
<td>2.0%</td>
<td>1.6%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Renal</td>
<td>0.0%</td>
<td>4.6%</td>
<td>1.6%</td>
<td>1.0%</td>
</tr>
<tr>
<td>Bone</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.3%</td>
<td>0.7%</td>
</tr>
<tr>
<td>Brain</td>
<td>5.9%</td>
<td>0.0%</td>
<td>0.6%</td>
<td>0.6%</td>
</tr>
<tr>
<td>Neuroblastoma</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Other</td>
<td>6.5%</td>
<td>0.0%</td>
<td>14.3%</td>
<td>7.2%</td>
</tr>
</tbody>
</table>
HIV/AIDS
Have you ever been tested for HIV?

Yes
- Waterbury, CT: 41.5%
- Surrounding towns: 36.7%
- Connecticut: 37.4%
- United States: 44.3%

No
- Waterbury, CT: 55.7%
- Surrounding towns: 58.5%
- Connecticut: 63.3%
- United States: 62.6%
Why have you not been tested for HIV?

Only asked of respondents who have not been tested

- Not likely to have HIV infection (no need to, not at risk) 83.3%
- Afraid to find out that I am infected 0.0%
- Prefer not to think about HIV 0.0%
- Do not like needles or blood drawing 0.0%
- Worried that test results would not remain confidential 0.0%
- Afraid of losing job, family, housing, friends if found to be infected 0.0%
- Not sure how to tell spouse or other sexual partner if infected 0.0%
- Do not know where to be tested 0.0%
- Doctor never offered 3.1%
- Lack of money, insurance 0.9%
- Never thought about it 2.9%
- Not at risk: monogamous relationship 0.1%
- Not at risk: not sexually active 0.2%
- Not at risk: not a drug user, no needles 0.0%
- Other 9.5%

Waterbury, CT
Surrounding towns
Do any high risk situations (i.e. intravenous drug use, sexually transmitted diseases, anal sex without a condom) apply to you?
Anxiety and Depression
Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?

- No days: 73.4% (Waterbury, CT), 66.2% (Surrounding towns), 73.4% (United States)
- 1 - 2 days: 15.9% (Waterbury, CT), 12.2% (Surrounding towns), 14.4% (United States)
- 3 - 4 days: 6.1% (Waterbury, CT), 3.4% (Surrounding towns), 6.3% (United States)
- 5 - 6 days: 2.5% (Waterbury, CT), 2.8% (Surrounding towns), 3.0% (United States)
- 7 - 8 days: 2.1% (Waterbury, CT), 2.6% (Surrounding towns), 2.7% (United States)
- 9 - 10 days: 1.4% (Waterbury, CT), 1.8% (Surrounding towns), 1.9% (United States)
- 11 - 12 days: 0.4% (Waterbury, CT), 0.3% (Surrounding towns), 0.5% (United States)
- 13 - 14 days: 3.6% (Waterbury, CT), 5.0% (Surrounding towns), 5.0% (United States)

Over the last 2 weeks, how many days have you felt down, depressed or hopeless?

<table>
<thead>
<tr>
<th>Days</th>
<th>Waterbury, CT</th>
<th>Surrounding towns</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>No days</td>
<td>75.7%</td>
<td>71.5%</td>
<td>71.5%</td>
</tr>
<tr>
<td>13 - 14 days</td>
<td>7.9%</td>
<td>4.9%</td>
<td>4.0%</td>
</tr>
<tr>
<td>11 - 12 days</td>
<td>1.2%</td>
<td>1.2%</td>
<td>0.4%</td>
</tr>
<tr>
<td>9 - 10 days</td>
<td>1.2%</td>
<td>1.3%</td>
<td>0.1%</td>
</tr>
<tr>
<td>7 - 8 days</td>
<td>2.8%</td>
<td>2.0%</td>
<td>0.0%</td>
</tr>
<tr>
<td>5 - 6 days</td>
<td>4.4%</td>
<td>5.2%</td>
<td>1.5%</td>
</tr>
<tr>
<td>3 - 4 days</td>
<td>10.2%</td>
<td>13.6%</td>
<td>15.7%</td>
</tr>
<tr>
<td>1 - 2 days</td>
<td>15.7%</td>
<td>13.6%</td>
<td>10.2%</td>
</tr>
</tbody>
</table>

- Dark orange: Waterbury, CT
- Light gray: Surrounding towns
- Dark gray: United States
Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?
Has a doctor or other healthcare professional ever told you that you have an anxiety disorder?

Yes

- Waterbury, CT: 19.7%
- Surrounding towns: 19.0%
- United States: 16.7%

No

- Waterbury, CT: 80.3%
- Surrounding towns: 81.0%
- United States: 83.3%
Caregiver
During the past month, did you provide any such care or assistance to a friend or family member?

<table>
<thead>
<tr>
<th></th>
<th>Waterbury, CT</th>
<th>Surrounding towns</th>
<th>Connecticut 2010</th>
<th>United States 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>27.1%</td>
<td>27.1%</td>
<td>15.6%</td>
<td>16.8%</td>
</tr>
<tr>
<td>No</td>
<td>72.9%</td>
<td>72.9%</td>
<td>84.4%</td>
<td>83.2%</td>
</tr>
</tbody>
</table>
Reactions to Race
Within the past 12 months at work, do you feel you were treated worse than, the same as, or better than people of other races?

- Only encountered people of the same race:
  - Waterbury, CT: 0.7%
  - Surrounding towns: 1.8%
  - United States 2010: 1.2%

- Worse than some races, better than others:
  - Waterbury, CT: 0.0%
  - Surrounding towns: 0.0%
  - United States 2010: 0.3%

- Worse than other races:
  - Waterbury, CT: 7.3%
  - Surrounding towns: 3.4%
  - United States 2010: 7.2%

- The same as other races:
  - Waterbury, CT: 89.1%
  - Surrounding towns: 92.2%
  - United States 2010: 87.3%

- Better than other races:
  - Waterbury, CT: 2.8%
  - Surrounding towns: 2.7%
  - United States 2010: 4.1%
Within the past 12 months, when seeking health care, do you feel your experiences were treated worse than, the same as, or better than people of other races?

- No health care in the past 12 months
  - Waterbury, CT: 3.1%
  - Surrounding towns: 2.0%
  - United States 2010: 1.1%

- Only encountered people of the same race
  - Waterbury, CT: 0.0%
  - Surrounding towns: 0.3%
  - United States 2010: 0.4%

- Worse than some races, better than others
  - Waterbury, CT: 0.1%
  - Surrounding towns: 0.4%
  - United States 2010: 0.3%

- Worse than other races
  - Waterbury, CT: 7.6%
  - Surrounding towns: 2.9%
  - United States 2010: 10.1%

- The same as other races
  - Waterbury, CT: 79.1%
  - Surrounding towns: 84.6%
  - United States 2010: 84.0%

- Better than other races
  - Waterbury, CT: 10.0%
  - Surrounding towns: 9.9%
  - United States 2010: 4.1%
Childhood Asthma Prevalence
Has a doctor, nurse, or other health professional ever said that the child has asthma?

Yes:
- Waterbury, CT: 21.3%
- Surrounding towns: 15.3%
- Connecticut: 15.0%
- United States: 13.4%

No:
- Waterbury, CT: 78.7%
- Surrounding towns: 84.7%
- Connecticut: 85.0%
- United States: 86.6%
Does the child still have asthma?

Only asked of respondents who have children that were diagnosed with asthma.

- Yes:
  - Waterbury, CT: 21.3%
  - Surrounding towns: 34.2%
  - Connecticut: 69.6%
  - United States: 65.8%

- No:
  - Waterbury, CT: 30.4%
  - Surrounding towns: 35.7%
  - Connecticut: 64.3%
  - United States: 78.7%