

DataHaven
The Thirtieth Year



Food Insecurity & Health Outcomes: CRCOG Region

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September 19, 2023

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2023 Community Wellbeing Index

Visual Appendix

43 figures, 33 tables, 1 report – here's a preview of what we learned about Fairfield County

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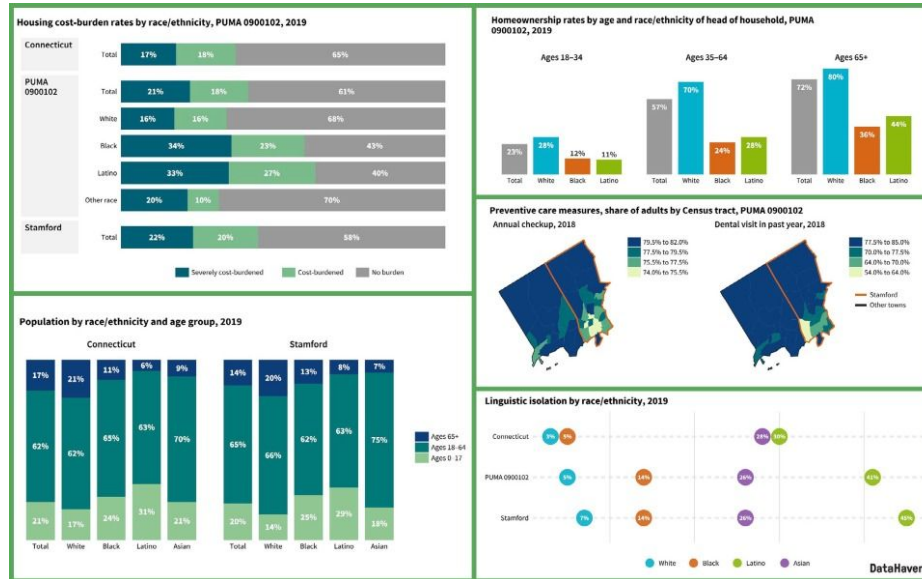
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DataHaven Town and Region Equity Reports

In addition to the Community Wellbeing Index, survey and more data for select regions and 169 Connecticut towns at

ctdatahaven.org/connecticut-town-equity-reports



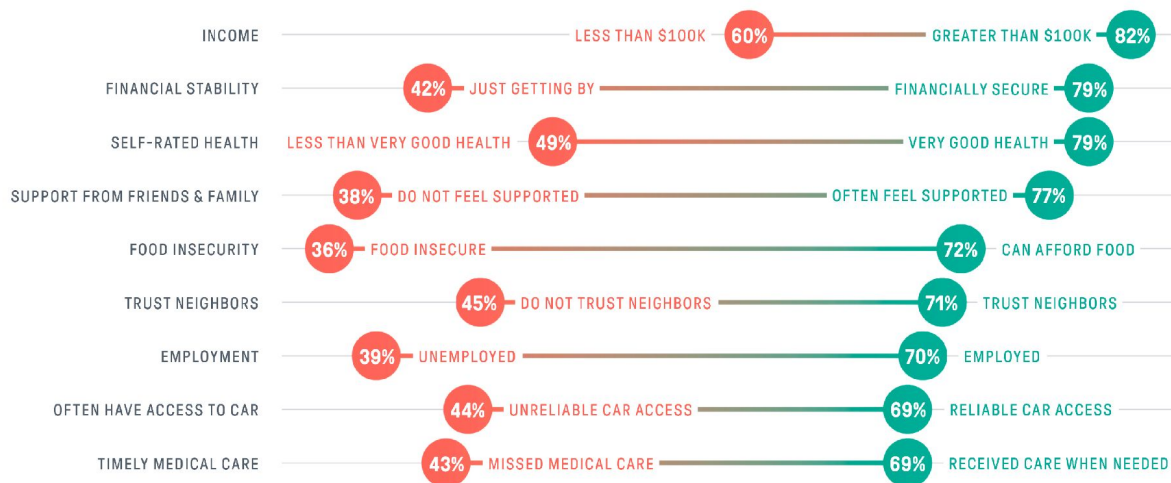
Resources and Life Satisfaction

- Access to food, employment, health care, and community support are linked to greater life satisfaction.
- Adults with more personal and community resources report higher life satisfaction.

FIGURE 1D

Many positive experiences and resources, including having a high income, correspond to higher life satisfaction

SHARE OF ADULTS REPORTING BEING SATISFIED WITH LIFE BY SELECT EXPERIENCES, CONNECTICUT, 2015–2021



Income and Poverty

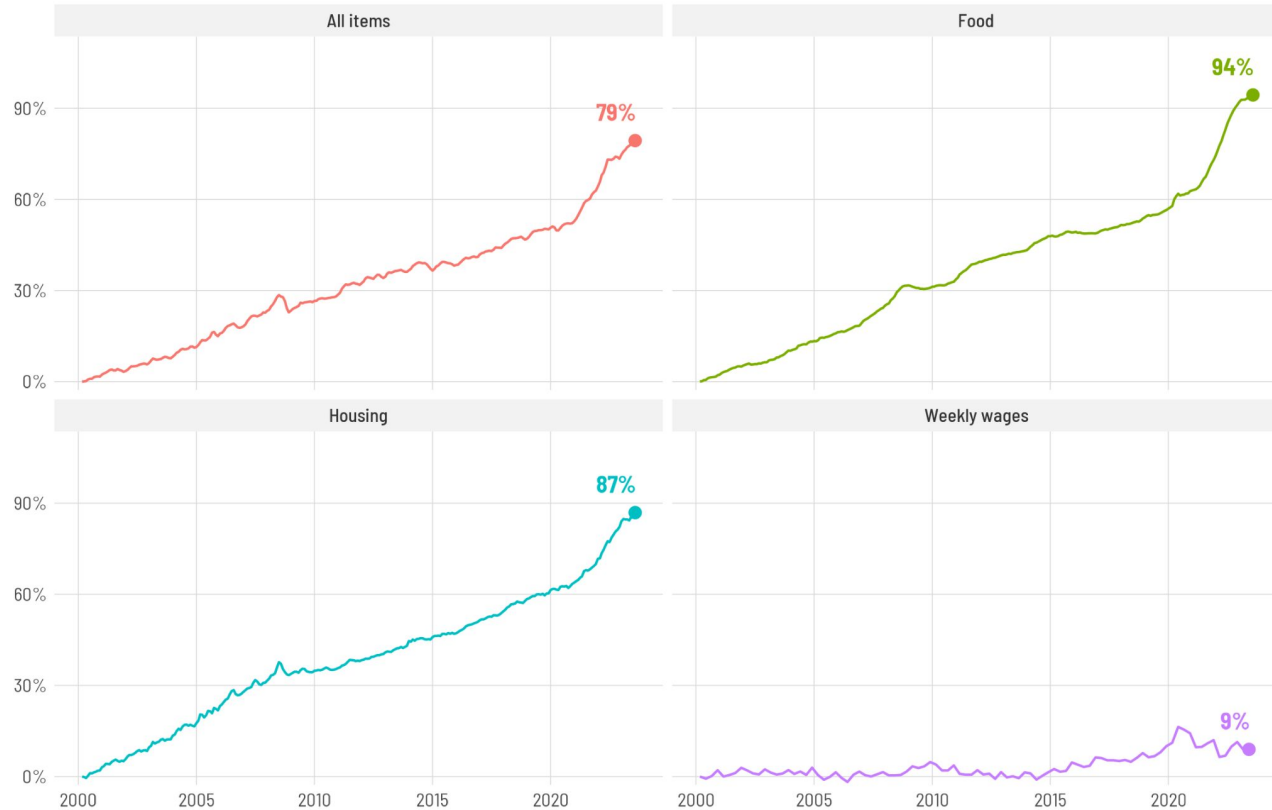
- Incomes have not kept up with inflation over the past two decades. Since 2000, adjusted for inflation, **median household incomes dropped 1.6 percent statewide, 4.1 percent in Hartford, and 6.4 in New Britain.**
- Wealthier towns saw median incomes rise. Adjusted for inflation, **median household incomes rose 10.1 percent in Southington and 15.3 percent in West Hartford.**
- In the CRCOG region, **poverty rates rose from 9 percent in 2000 to 11 percent in 2021.**

Inflation

- Nationwide, costs for all items, especially food and housing, have nearly doubled while incomes have lagged behind significantly.

Consumer prices have increased substantially since 2000, while wages have barely budged

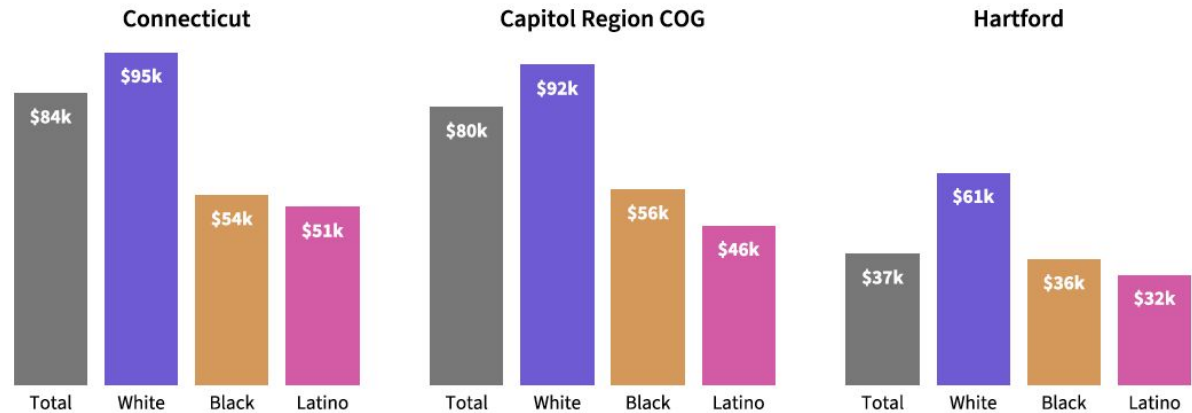
Percent change in: CPI for housing, food, and all items, Mar 2000–Aug 2023; inflation-adjusted weekly wages, Mar 2000–Jun 2023, USA



Income and Poverty

- **Median household income in the region is \$80,000**, but ranges from \$37,000 in Hartford to \$135,000 in Simsbury.
- White households in the region out-earn Black and Latino households by about **80 percent**.

FIGURE 12: MEDIAN HOUSEHOLD INCOME BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2021 (WITH PROXY AREA)



Financial Security

- Tens of thousands of households regionally lack a vehicle, lack broadband access, and/or receive food stamps.
- A third of all households in the region—primarily low income households and renter households, with higher shares of Black and Latino householders—pay more than 30 percent of their income on housing.

Indicator	Connecticut	CRCOG
HH receiving SNAP benefits	10%	13% (~50K HH)
HH lacking a vehicle	8%	9% (~36K HH)
HH earning <\$50K without broadband internet	28%	29% (~36K HH)
HH paying more than 30% income on housing	34%	33% (~127K HH)

Financial Security

- Black and Latino adults, and adults earning less than \$30,000 per year, face more asset and resource difficulties than white adults and adults earning \$100,000 per year or more.
- These financial difficulties are compounded by rising costs, making it difficult for people struggling to get ahead.

TABLE 3B

Financial security

SHARE OF ADULTS, GREATER HARTFORD, 2021

LOCATION	JUST GETTING BY	NEGATIVE NET WORTH	FOOD INSECURITY	TRANSPORTATION INSECURE
Connecticut	26%	14%	11%	13%
GH	25%	15%	10%	12%
BY DEMOGRAPHIC WITHIN GREATER HARTFORD				
Male	21%	12%	8%	12%
Female	28%	18%	12%	12%
Ages 18-34	31%	20%	15%	22%
Ages 35-49	24%	18%	12%	7%
Ages 50-64	25%	13%	10%	10%
Ages 65+	19%	9%	4%	10%
White	20%	11%	7%	8%
Black	39%	30%	19%	20%
Latino	37%	19%	20%	26%
High school or less	37%	16%	18%	21%
Some college or Associate's	34%	16%	15%	16%
Bachelor's or higher	16%	15%	4%	6%
<\$30K	56%	26%	26%	32%
\$30K-\$100K	28%	17%	12%	11%
\$100K+	4%	7%	1%	3%
Kids in home	26%	17%	13%	13%
No kids	24%	15%	8%	12%

Food Insecurity

- Marginalized groups face greater-than-average food insecurity.
- **Disabled people are 4x more likely** to be food insecure than non-disabled people.
- People who have been **incarcerated are 3x as likely** to be food insecure than people who haven't.
- Food insecurity is **10 times higher in Hartford** than Simsbury.

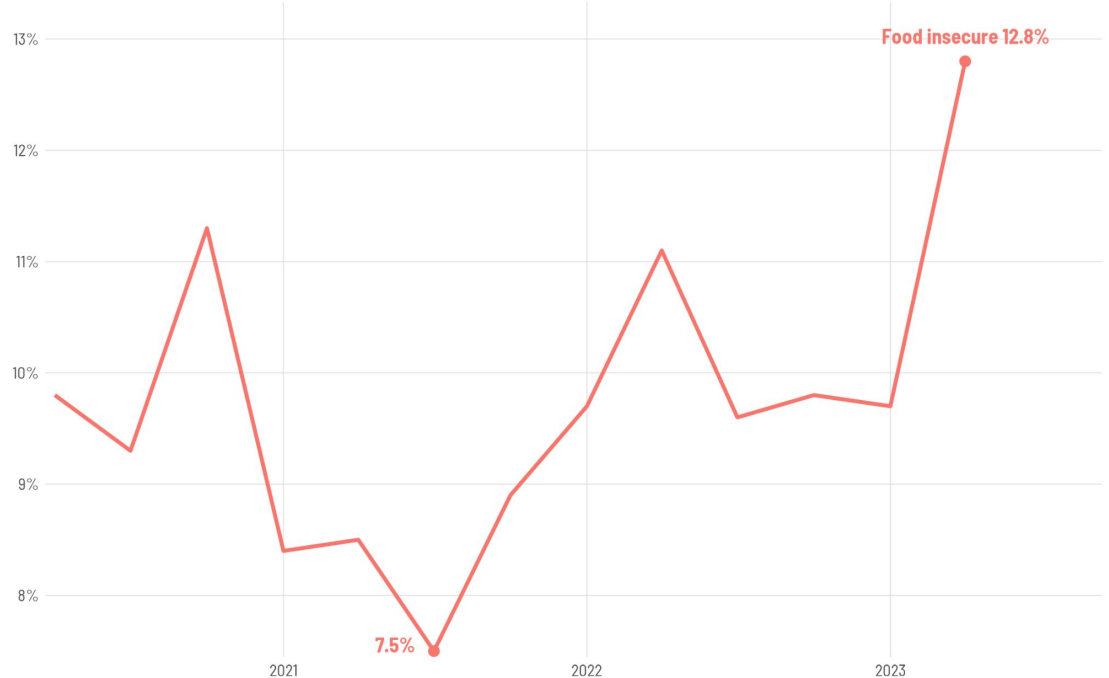
Group	Share	Ratio from total
Total CROCOG region	14%	--
Housing insecure	48%	3.4x
Transportation insecure	44%	3.1x
Immigrant	17%	1.2x
Transgender	51%	3.6x
Not straight (lesbian, gay, bisexual, etc.)	31%	2.2x
Ever had a family member incarcerated	21%	1.5x

Food Insecurity

- Statewide, 32 percent of adults with children said their kids weren't eating enough because of food insecurity.
- 5 percent of adults were able to access free food in early 2023.
- 21 percent of adults were unable to afford food, and 3 percent lacked the transportation to get food.

Food insecurity is at its highest from a low in July 2021

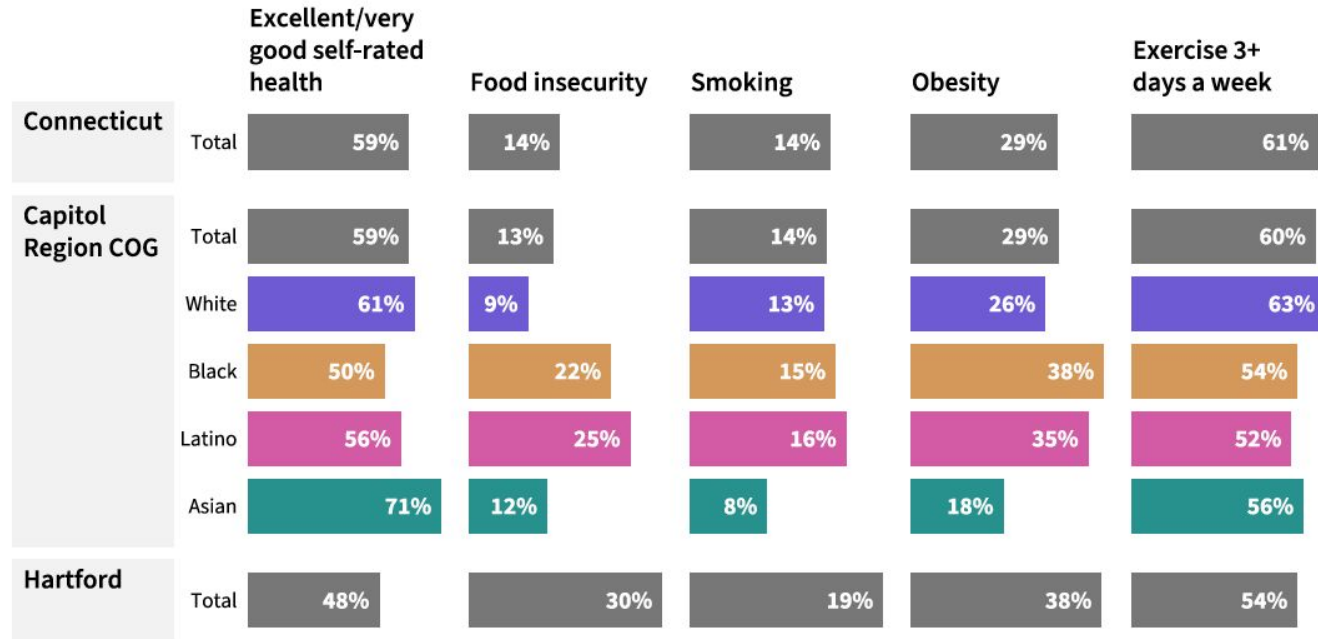
Share of Connecticut adults, April 2020–April 2023 (Census PULSE Survey)



Health Risk Factors

FIGURE 16: SELECTED HEALTH RISK FACTORS, SHARE OF ADULTS, 2015-2021

- Risk factors are elevated for Black adults compared to white adults.
- People who experience food insecurity are three times more likely to have diabetes.
- Income is also correlated with smoking and exercise. Higher income people smoke less and exercise more.



Chronic Health Conditions

- Risk factors like obesity and food insecurity—driven by income and wealth inequities alongside inflation and steep increases in housing costs—leads to wide disparities in poor health outcomes.
- Black adults across most age ranges are twice as likely to have diabetes as white adults, and a majority of Black and Latino adults ages 50 and older have hypertension.

	Diabetes					Hypertension				
	Total	White	Black	Latino	Asian	Total	White	Black	Latino	Asian
Ages 18 to 34	3%	2%	3%	4%	8%	10%	9%	12%	12%	10%
Ages 35 to 49	6%	5%	10%	9%	1%	21%	19%	32%	21%	21%
Ages 50 to 64	16%	13%	28%	31%	N/A	40%	36%	56%	52%	N/A
Ages 65 and older	22%	20%	40%	34%	N/A	59%	58%	77%	56%	N/A

Barriers to Healthcare

- Low income adults are the most likely to skip or delay care, while Latino adults are most likely to be uninsured.
- Regionally, **16 percent of Black adults, 13 percent of Latino adults, and 15 percent of low-income adults reported discrimination while accessing health care** recently, compared to 4 percent of white adults and 3 percent of high-income adults.

TABLE 7A

Barriers to health care

SHARE OF GREATER HARTFORD ADULTS, 2021

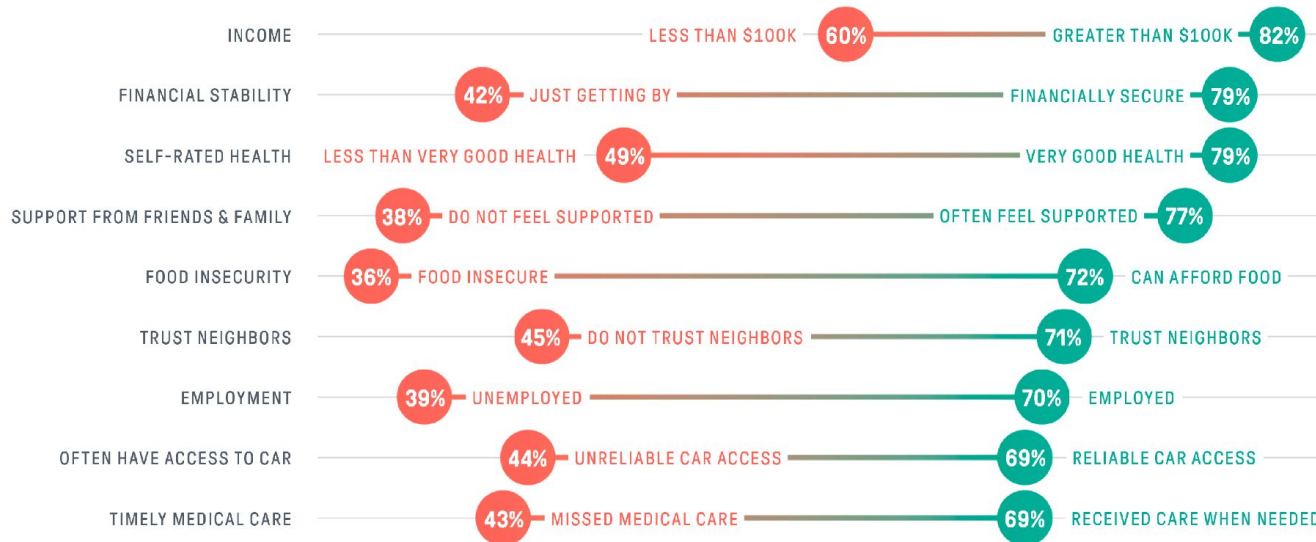
LOCATION	DELAYED MEDICAL CARE	DIDN'T GET MEDICAL CARE	NO DENTIST IN PAST YEAR	NO MEDICAL HOME	UNINSURED
Connecticut	30%	11%	28%	11%	5%
GH	28%	11%	31%	12%	5%
Hartford	28%	16%	29%	14%	9%
BY DEMOGRAPHIC WITHIN GREATER HARTFORD					
Male	23%	10%	33%	15%	7%
Female	32%	13%	27%	8%	4%
Age 18-34	36%	15%	39%	27%	7%
Age 35-49	27%	8%	27%	10%	6%
Age 50-64	26%	10%	27%	6%	4%
Age 65+	20%	11%	25%	3%	3%
White	26%	9%	29%	10%	4%
Black	26%	12%	36%	10%	6%
Latino	38%	22%	37%	20%	10%
Under \$30K	35%	21%	43%	15%	5%
\$30K-\$100K	29%	12%	34%	11%	8%
\$100K+	24%	6%	21%	11%	3%

Resources and Life Satisfaction

FIGURE 1D

Many positive experiences and resources, including having a high income, correspond to higher life satisfaction

SHARE OF ADULTS REPORTING BEING SATISFIED WITH LIFE BY SELECT EXPERIENCES, CONNECTICUT, 2015–2021

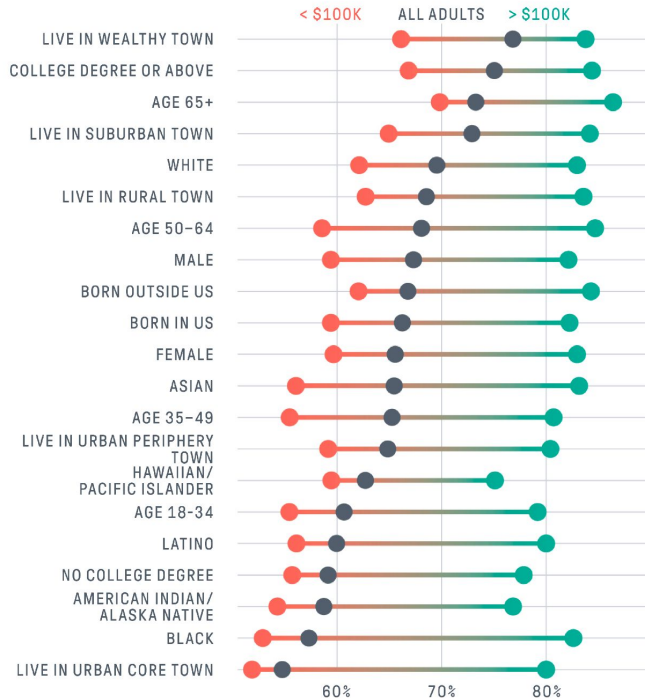


Resources and Life Satisfaction

FIGURE 1C

Within demographic groups, life satisfaction often varies by income

SHARE OF ADULTS REPORTING BEING SATISFIED WITH LIFE BY INCOME AND DEMOGRAPHIC GROUP, CONNECTICUT, 2015-2021



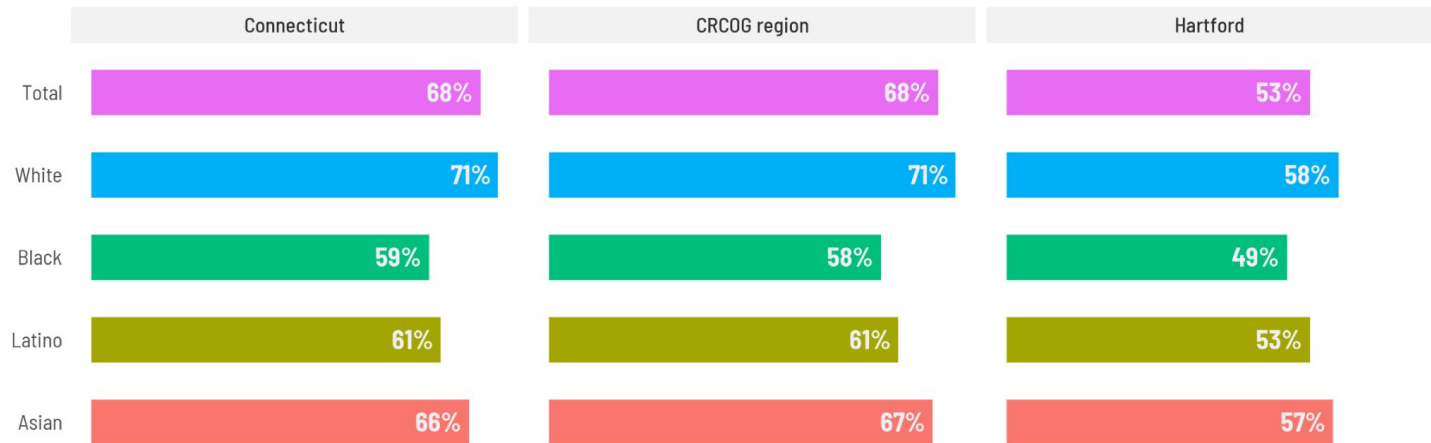
- Groups that struggle with housing, food, and transportation security are often lower income.
- Income has a strong effect on life satisfaction.

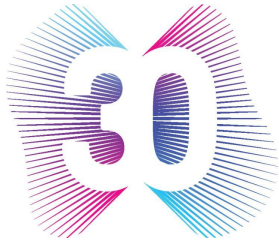
Resources and Life Satisfaction

- Black and Latino adults are more likely to lack access to food, transportation, employment, and health care, and report lower life-satisfaction in the region and statewide.

Life satisfaction is lowest for Black and Latino adults

Share of adults who say they are mostly or completely satisfied with life, 2015-2022 pooled





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The Thirtieth Year



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