

# Connecticut

## Spotlight: Impact of Unhealthy Behaviors

The State Profiles describe the prevalence of three or more unhealthy behaviors as well as the prevalence of zero unhealthy behaviors. The data is stratified by subpopulation groups to highlight inequities.



	Rate (%)		95% CI	Estimated Number Impacted
<b>3+ Unhealthy Behaviors*</b>	10.0	9.0 - 11.0		238,700
<b>Zero Unhealthy Behaviors*</b>	30.7	29.1 - 32.3		731,900

\*BRFSS 2014 data

### 3+ Unhealthy Behaviors\*\*

Education	Rate (%)	95% CI	Estimated Number Impacted
Less than High School	19.1	15.5 - 22.8	90,400
College Graduate	4.9	4.2 - 5.7	74,700
Gap	14.2	NA	NA

\*\*BRFSS 2013-2014 data  
NA = Not Available

### Top 3+ Unhealthy Behaviors

State	Rate (%)
Utah	6.9
Colorado	8.2
California	8.5
Washington	9.3
Vermont	9.8

### Bottom 3+ Unhealthy Behaviors

State	Rate (%)
Mississippi	17.8
Kentucky	16.8
Louisiana	16.3
Arkansas	16.3
Indiana	15.5

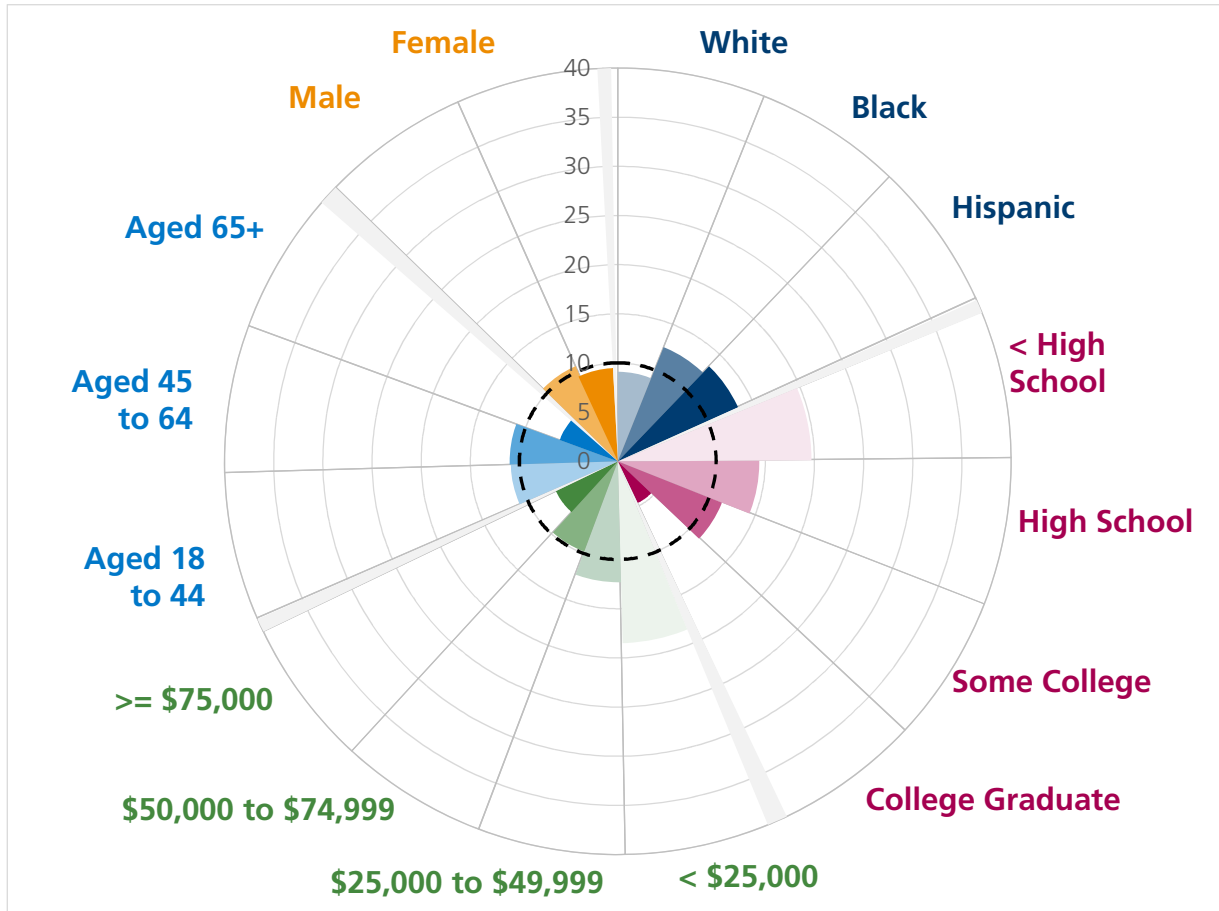
## Three or More Unhealthy Behaviors

	Rate	Lower CI	Upper CI	No. Impacted
Overall	10.0	9.0	11.0	239,000
Male	10.6	9.0	12.1	126,000
Female	9.5	8.1	10.8	112,000
White	9.1	7.9	10.2	157,000
Black	12.5	8.7	16.2	26,000
Hispanic	13.4	9.8	17.1	38,000
<High School	19.7	14.7	24.6	45,000
High School	14.4	12.0	16.9	79,000
Some College	11.4	9.3	13.6	62,000
College	4.7	3.6	5.7	35,000
<25K	18.5	15.2	21.7	74,000
25-49K	12.3	9.6	14.9	44,000
50-74K	9.8	7.1	12.6	28,000
75K+	7.0	5.5	8.5	55,000
Aged 18-44	10.9	9.1	12.8	111,000
Aged 45-64	11.0	9.4	12.7	96,000
Aged 65+	6.3	4.9	7.8	31,000

The prevalence of the adult population with three or more unhealthy behaviors (Multiple Unhealthy Behaviors or MUBs) is presented in this table at the state level and further stratified by subpopulation. MUBs are defined as any combination of three or more of the following five unhealthy behaviors: smoking, physical inactivity, excessive drinking, obesity, and insufficient sleep. Nationally, 12.0% of US adults have MUBs.

# Three or More Unhealthy Behaviors

CT



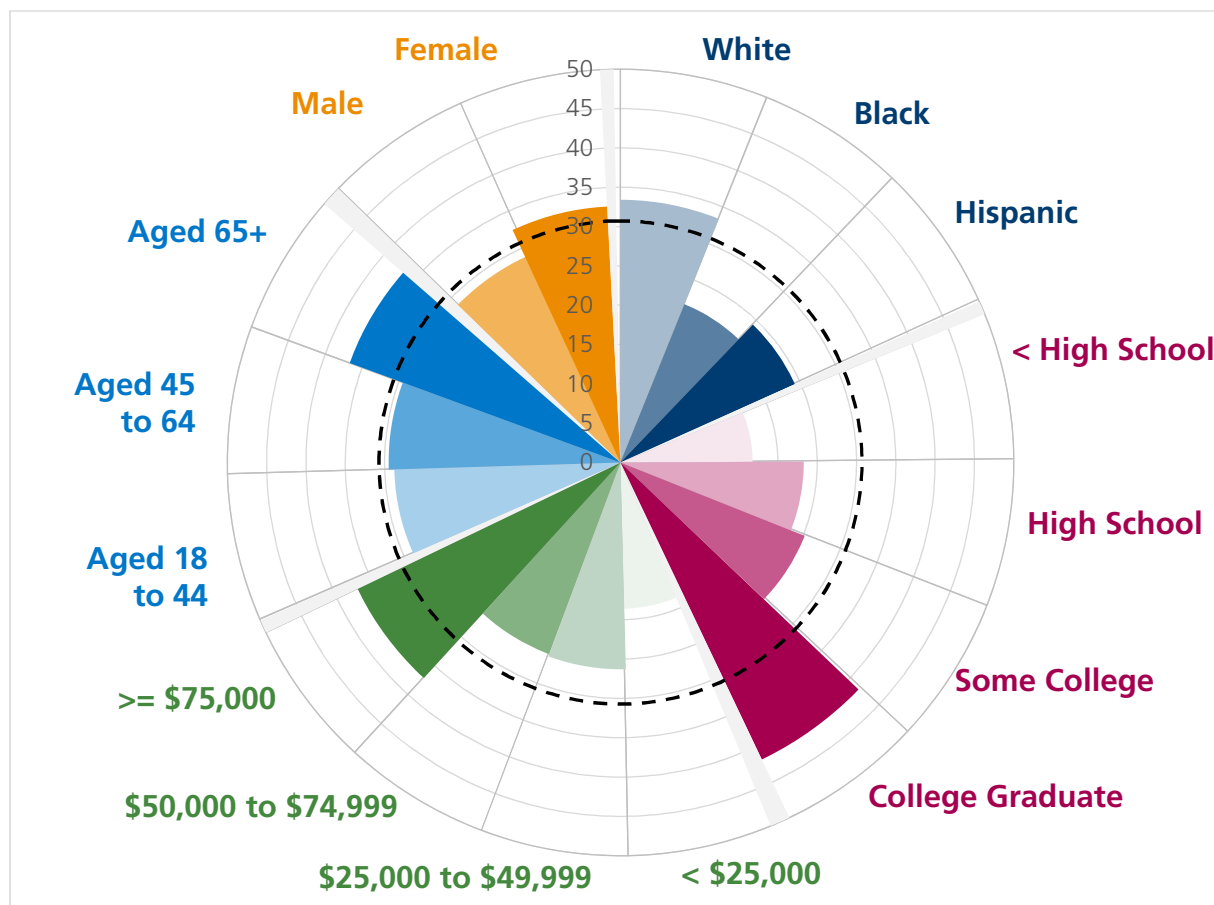
The figure shows the rate for each subpopulation as the distance a colored segment extends from the center. The dotted line shows the rate for the entire state. The greater the distance a segment is from the dotted line, the greater the inequity. If all were equal, the sunburst would be a perfect circle bordered by the dotted line.

# Zero Unhealthy Behaviors

CT

	Rate	Lower CI	Upper CI	No. Impacted
Overall	30.7	29.1	32.3	732,000
Male	28.8	26.6	31.0	345,000
Female	32.6	30.4	34.8	387,000
White	33.4	31.6	35.2	576,000
Black	21.7	16.9	26.6	46,000
Hispanic	24.3	19.2	29.3	69,000
<High School	16.8	12.0	21.7	38,000
High School	23.3	20.4	26.2	127,000
Some College	25.2	22.3	28.1	137,000
College	41.8	39.6	44.1	318,000
<25K	18.6	15.4	21.8	74,000
25-49K	26.3	22.8	29.7	94,000
50-74K	26.0	22.5	29.6	73,000
75K+	37.1	34.6	39.6	292,000
Aged 18-44	28.8	25.8	31.7	293,000
Aged 45-64	29.5	27.4	31.6	257,000
Aged 65+	36.7	34.1	39.4	182,000

In addition to highlighting states with multiple unhealthy behaviors, this report looks at state by state prevalence of zero unhealthy behaviors and the breakdown by subpopulation groups. Nationally, 28.1% of US adults report having zero of the five unhealthy behaviors.



The figure shows the rate for each subpopulation as the distance a colored segment extends from the center. The dotted line shows the rate for the entire state. The greater the distance a segment is from the dotted line, the greater the inequity. If all were equal, the sunburst would be a perfect circle bordered by the dotted line.