

South Windsor Community Health Needs Assessment 2022



Prepared by the South Windsor Health Department

Acknowledgements

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EXECUTIVE SUMMARY

The South Windsor Health Department is responsible for protecting the town of South Windsor from potential health hazards by creating and maintaining healthy living conditions. To do so, the department focuses on preventing the onset and transmission of disease, promoting awareness through education, and protecting the public through environmental health investigations and inspections.

To better understand the current health status of South Windsor residents as well as gain insight on how health and health-related needs of South Windsor residents are currently being addressed with the community resources and services available, the South Windsor Health Department has conducted a community health needs assessment (CHNA).

This report highlights the key findings of the primary and secondary data collected and analyzed during the CHNA.

Primary data¹ was gathered from a town-wide survey as well as focus groups and key informant interviews. Survey questions and discussions during focus group and interviews explored the strengths and assets of South Windsor and the barriers faced that prevent them from reaching optimal health. Existing **secondary data**² from local organizations as well as regional, state, and federal sources provided quantitative information on the social determinants of health, health behaviors, and health outcomes. Together the primary and secondary data collected created a community health profile of South Windsor. The findings in this report will be used to improve South Windsor residents' overall health and well-being by acting as foundation for future work.

South Windsor Health Department's CHNA Goals

- 1 Examine social determinants of health within South Windsor and understand how they affect community health.
- 2 Understand the health needs and desires of South Windsor residents, as well as challenges they face in maintaining and/or improving health.
- 3 Analyze the prevalence of poor health outcomes and determine the disparities in which they stem from.
- 4 Identify assets, resources, and other strengths within town to improve health outcomes.
- 5 Use key findings to create health programs to improve the health status and well-being of South Windsor residents.

¹ **Primary Data** is data that has been collected first-hand.

² **Secondary Data** is already existing data that has been previously collected by another researcher for another purpose.

METHODS

Framework

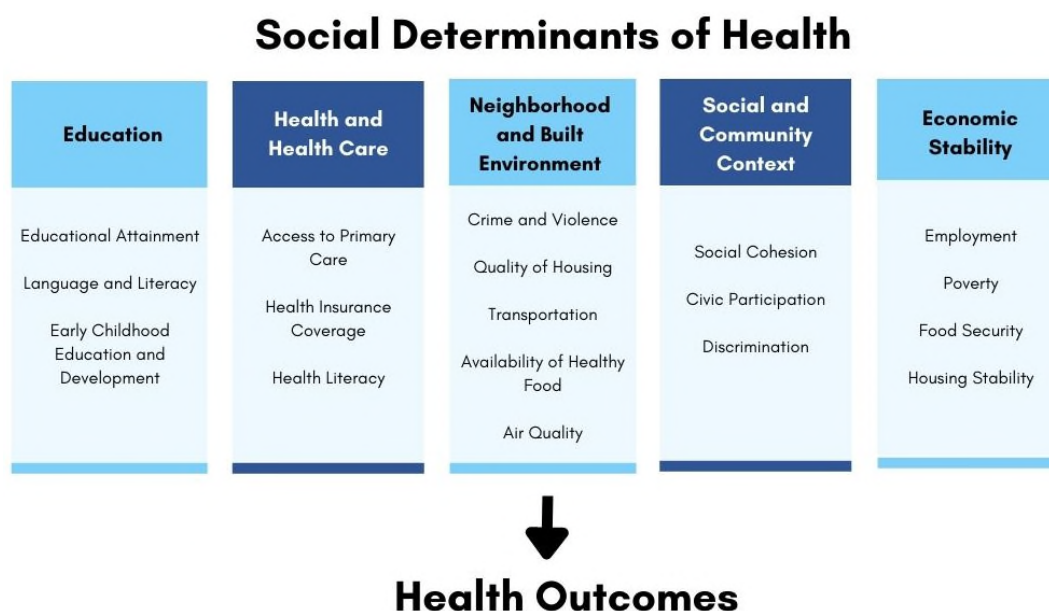
The social determinants of health framework was used to structure the CHNA. The social determinants of health model was selected as it takes into account the overall health of the community as well as the distribution of health and illness. Using the social determinants of health framework with the data available, the CHNA explored the relationship between the multiple factors that shape the health of South Windsor and influence health outcomes.

Health is influenced by many factors including genetics, health behaviors, physical environment, medical care, as well as social and economic factors, also known as social determinants of health. Social determinants of health refer to the conditions and environments in which people live, work, play, worship, and age, that affect health, functioning, and quality-of-life outcomes and risks.³ There are five key areas of social determinants of health that shaped one's socioeconomic position, which include education access and quality, healthcare access and quality, social and community context, economic stability, and neighborhood and built environment.

Social determinants of health can either influence one's health positively (e.g., being physically well, good mental health, high quality-of-life), or negatively (e.g., loss of function, shorter life expectancy). For this reason, social determinants of health contribute to health disparities and inequities. By addressing social determinants of health, health equity can be achieved. It is important to note that diseases and other health conditions are intermediate factors that fall between determinants of health and health outcomes.

FIG. 1

Social Determinants of Health Domains and Examples



³ U.S. Department of Health and Human Services. (n.d.) Social Determinants of Health. Retrieved from <https://health.gov/healthypeople/objectives-and-data/social-determinants-health>

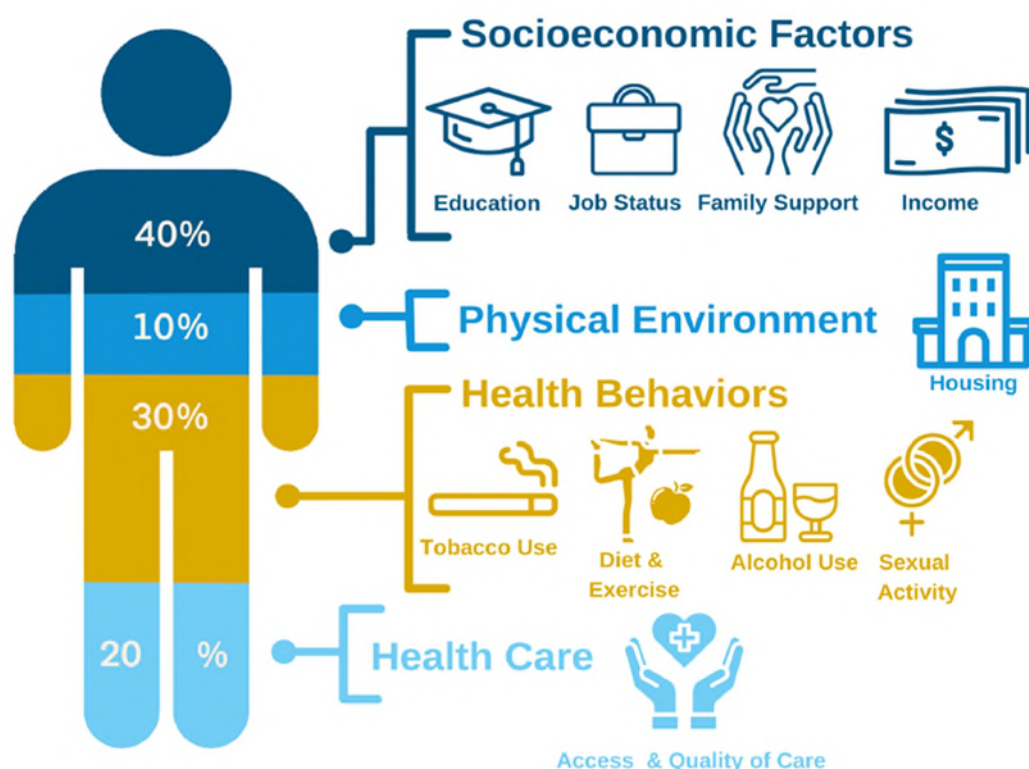
Furthermore, social determinants of health contribute to health in varying degrees. As shown in **Figure 2**, 40% of an individual's overall health is determined by socioeconomic factors, 10% by physical/built environment, 30% by health behaviors, and 20% by health care access and quality. By measuring social determinants of health, it allows for the examination of health disparities and assists in predicting the health of the community in the future. It is also important to note that this figure shows that the key drivers of health may lie outside of the health care system, as only 20% of health relates to health care.

Also note, that genetics is excluded from the figure as it is not measurable nor actionable when improving community health. Nor are genetics modifiable, unlike the other determinants of health. Socioeconomic, physical environment, and health care factors may be difficult to modify, but are nonetheless modifiable, such as finding a new less stressful job, moving to a safer neighborhood, or changing one's primary care physician. Health behaviors, on the other hand, are more easily modifiable, such as changing one's diet, exercising more regularly, and practicing safe sex. This demonstrates that an individual can determine their own health.

FIG. 2

Social Determinants of Health Impact

Source: UCLA Health. Retrieved from <https://www.uclahealth.org/sustainability/social-determinants-of-health>



Quantitative Data

Quantitative data⁴ collected in this assessment were obtained from a variety of sources. Demographic and socioeconomic indicator data were primarily obtained from DataHaven's South Windsor 2021 Equity Profile, the U.S. Decennial Census, and the U.S. Census Bureau's 2020 American Community Survey (ACS) 5-Year Estimate data. The ACS is a survey conducted by the U.S. Census Bureau that collects samples of millions of U.S. households on a monthly basis for 5 years. The 2020 ACS 5-Year Estimate contains data between 2016 and 2020. To learn more about how ACS 5-Year Estimate data are collected, please visit <https://www.census.gov/programs-surveys/acs>.

Health behavior, health outcome, and environmental health indicator data were also obtained from several sources, including the Center of Disease Control and Prevention (CDC), Connecticut Department of Health (CT DPH), as well as data from local non-profit organizations, such as DataHaven's Greater Hartford Community Well Being Index 2019.

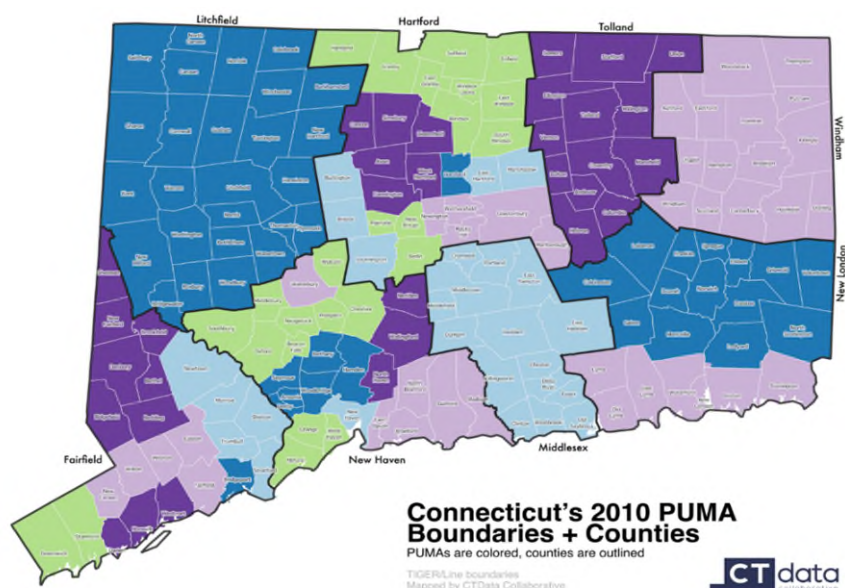
It is important to note that some of the data collected for this report were gathered from regional or county data which included South Windsor, such as Greater Hartford Outer Ring. Therefore, not all data within this report accurately represents South Windsor.

To get a better understanding of South Windsor, comparisons were made to Connecticut as well as towns within the Public Use MicroData Area (PUMA) 0900300 when town-level data was available. PUMA is a geographic area that has been designated by the U.S. Census Bureau for census data collecting purposes. PUMA 0900300 (also known as Hartford County (North) PUMA) consists of the following 9 towns; East Granby, East Windsor, Enfield, Granby, Hartland, South Windsor, Suffield, Windsor, and Windsor Locks. In **Map 1**, PUMA 0900300 can be seen in the north central region of Connecticut and is colored light green. PUMA 0900300 was selected for comparison as towns are similar geographically, demographically, and socioeconomically. When PUMA 0900300 data were unavailable, Hartford County data was used for comparison if available.

MAP 1

Connecticut Public Use MicroData Area (PUMA)

Source: CT Data Collaborative. (2022). PUMAS. Retrieved from <https://www.ctdata.org/pumas>



⁴ **Quantitative Data** refers to data that can be quantified or counted and given a numerical value.

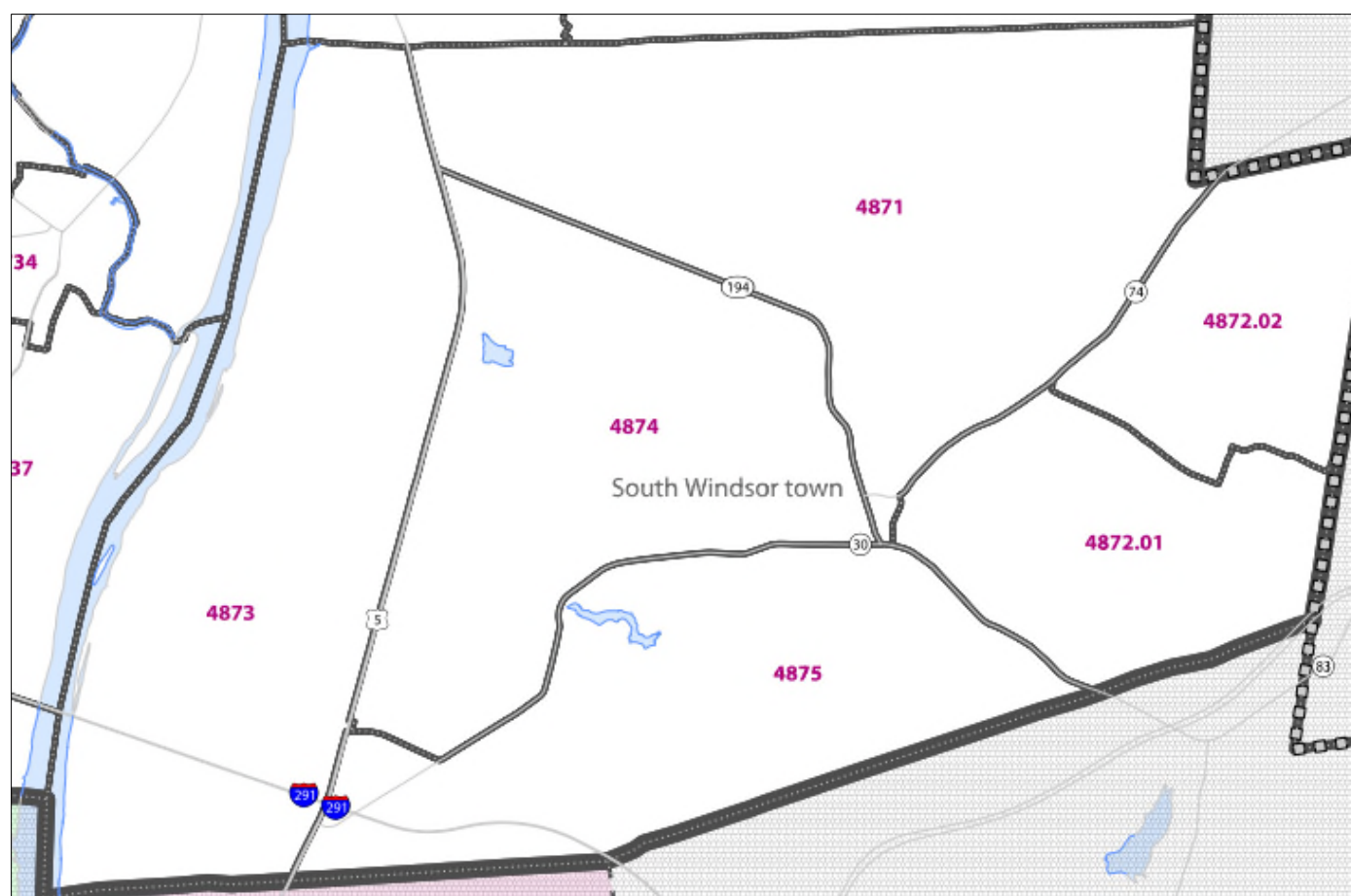
When local data was available, South Windsor was examined more closely by comparing the six **census tracts**⁵ within town. These census tracts include; 4871, 4872.01, 4872.02, 4873, 4874, and 4875. **Map 2** shows where these census tracts lie. By analyzing and comparing census tracts, it can assist in locating where disparities are geographically.

As demographic data are discussed, please note that data for the following racial/ethnic groups represent non-Hispanic individuals, unless stated otherwise; White, Black, Asian, and Other. Those who identify as Latino or Hispanic fall under Latino.

Map 2

South Windsor Census Tracts

Source: U.S. Census Bureau. (2014). PUMA 0900300 Map. Retrieved from https://www2.census.gov/geo/maps/dc10map/PUMA_RefMap/st09_ct/puma0900300/DC10PUMA0900300_001.pdf



⁵ **Census tracts** are geographic regions used by U.S. Census Bureau for collecting census data

Qualitative Methods

Qualitative data⁶ were supplemented by a town-wide survey. The survey had about 50-questions which were an assortment of multiple choice, open-ended, and Likert scale questions which focused on perceived health concerns, barriers when accessing health resources/services, and how community health can be improved. Please see Appendix for survey and questions and results.

A total of 183 South Windsor residents participated in the online survey, which was accessible through the South Windsor Health Department webpage and Facebook page or by completing a paper copy posted at municipal buildings (Town Hall, Community Center, Parks, Library, and Recreation). The survey was promoted by emailing residents who signed up to the Town of South Windsor Everbridge Mass Notification system, as well as to local groups and healthcare partners to share with their community, and MDA 31 volunteers from South Windsor. Other promotion strategies included using an A-frame with the survey's QR code at the South Windsor farmer's market, sending flyers to local churches to display on their bulletin boards, and promoting the survey on an electronic billboard in front of the Town Hall Annex.

Due to a pause in funding, the planned focus groups and key informant interviews have not been conducted. They will be conducted as soon as funding is received, and the CHNA will be updated.

Limitations

There were several limitations during the data collection process. Using the most current data available, the date of sources ranged from 2010 to 2022. Some indicators have 2015 as their most current date, while others have 2020 as the most current date. With varying dates, assessment indicators were presented and interpreted within the time frame in which they were referenced. Additionally, most data within this report are estimated and based on samples, such as the U.S. Census Bureau's 2020 ACS 5-Year Estimate data. While the 5-Year Estimate data are the most precise, it is subject to sampling variability and may not accurately represent South Windsor. More information regarding the precision of the ACS 5-Year Estimate data can be found at <https://www.census.gov/programs-surveys/acs/guidance/estimates.html>.

Self-reported data often lack validity due to a number of reasons, such as **social-desirability bias**⁷, **question order bias**⁸, respondents misunderstanding the question, respondents over- or under-reporting behaviors or perceptions due to social stigma, etc. Thus, self-reported data from the town-wide survey, DataHaven, and CT DPH should be interpreted with caution.

Lastly, while primary data collected from focus groups and key informant interviews were insightful, they do not statistically represent the South Windsor community, due to the small sample size and non-random recruitment process. Therefore, data from the focus groups and interviews provide a limited perspective of the public health issues within South Windsor.

⁶ **Qualitative data** refer to data that is non-numerical and describes qualities or characteristics. For example, qualitative data can be opinions or views collected during interviews, focus groups, or surveys.

⁷ **Social-Desirability Bias** refers to a type of response bias in which respondents provide answers viewed favorably by others rather than truthful answers.

⁸ **Question Order Bias** refers to a type of response bias in which respondents may think differently due to the order in which the questions were given. For example, earlier questions may affect how the respondent answers later questions

SOUTH WINDSOR OVERVIEW

In 1633, South Windsor was settled by a group of English settlers as part of Windsor.⁹ Later in 1845, South Windsor became a separate municipality.⁹ Over time, South Windsor transformed from being an agricultural town where tobacco fields thrived to a town made of suburban residential living, retail plazas, and an industrial district where factories and warehouse facilities reside.

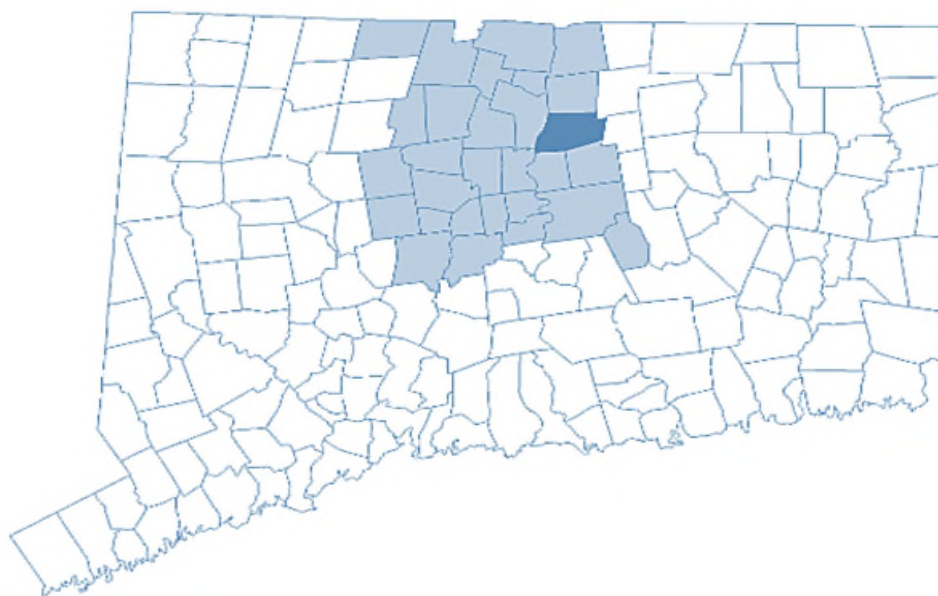
South Windsor is located in Hartford County, just northeast of Hartford, occupying 28.5 square miles of land.⁹ Surrounding cities and towns include; Hartford, East Hartford, Manchester, Vernon, East Windsor, Windsor, and Ellington. It is only minutes from Bradley International Airport, and residents have quick access to interstate 91, 84, and 291 as well as Route 5 (John Fitch Boulevard).

South Windsor uses a council-manager form of government with one Mayor, who leads the nine-member Town Council, and one Town Manager, who is appointed by the Town Council.⁹ The Town Council is responsible for adopting new laws and policies, while the Town Manager ensures that the new laws and policies are being implemented.⁹

The Town of South Windsor provides several services to residents, which include; police and fire protection, emergency medical services, education, library services, administrative services, public works, parks and recreation, senior services, as well as health and welfare services.⁹ According to 2020 U.S. Census Bureau data, these services are available to the town's 26,918 residents.¹⁰

MAP 3

South Windsor, Hartford County, Connecticut



⁹ Town of South Windsor. (2021). 2022 Operating and Capital Budget. Retrieved from https://www.southwindsor-ct.gov/sites/g/files/vyhlif3831/f/uploads/budget_final_2021-2022_for_website_printing.pdf

¹⁰ U.S. Census Bureau. (2022). South Windsor Town, Hartford County, Connecticut Geography Profile. Retrieved from <https://data.census.gov/cedsci/profile?g=0600000U0900371390>

DEMOGRAPHICS

Demographic characteristics, such as race/ethnicity, language, age, and disability, are an important when understanding the health of South Windsor. These characteristics can provide insight on health needs, such as what age-specific services and resources may be needed and what commonly spoken languages, other than English, should health materials be translated to. This information will help address health issues and develop health programs.

Population

As of 2020, South Windsor has 26,918 residents. Since 2010, South Windsor's population has slightly grown (0.9%), with a 6.2% increase among adults and a 0.1% increase among children. According to the U.S. Census's 2020 ACS 5-Year Estimate data, of residents who have moved to South Windsor, 6.1% moved from another Hartford County town, 1.3% moved from another state, and 1.0% moved from a Connecticut county other than Hartford.¹¹

In comparison to PUMA 0900300 and Connecticut, South Windsor had similar growth among adults. However, for children, South Windsor was stagnant, while both PUMA 0900300 and Connecticut saw significant declines, -10.5% (-3,531) and -9.8% (-80,298), respectively. Population changes in all three locations can be seen in [Table 1](#).

TABLE 1

Population Change From 2010 to 2020 in South Windsor, PUMA 0900300, and Connecticut by Age, 2020

Source of Data: DataHaven. (2021). South Windsor 2021 Equity Profile

South Windsor				
Age Group	2010	Change		2020
All	25,709	+1,209	+4.7%	26,918
Adult	19,515	+1,202	+6.2%	20,717
Children	6,194	+7	+0.1%	6,201
PUMA 0900300				
All	157,346	-1,222	-0.8%	156,124
Adult	123,583	+2,309	+1.9%	125,892
Children	33,763	-3,531	-10.5%	30,232
Connecticut				
All	3,754,097	+31,847	+0.9%	3,605,944
Adult	2,757,082	+112,145	+4.1%	2,869,227
Children	817,015	-80,298	-9.8%	736,717

¹¹ U.S. Census Bureau. (2020). South Windsor Town, Hartford County, Connecticut Geography Profile. Retrieved from <https://data.census.gov/cedsci/profile?g=0600000US0900371390>

Households

Of the town's 26,918 residents, there are 9,753 households in South Windsor as seen in [Table 2](#).¹² Approximately 73.3% are family households, with the majority being married-couple families and families with children under the age of 18. In comparison to PUMA 0900300 and Connecticut, South Windsor has slightly larger households and more family households with married couples and children

TABLE 2

Households Data for South Windsor, PUMA 0900300, and Connecticut, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (S1101)

	South Windsor	PUMA 0900300	Connecticut
Households	9,756	60,357	1,385,437
Average Household Size	2.65	2.51	2.50
Number of Family Households	7,321	41,138	902,996
Average Family Size	3.10	3.03	3.08
Household with 1 or more people under 18 years	37.2%	29.9%	29.4%
Household with 1 or more people 60 years and older	43.7%	44.2%	42.2%

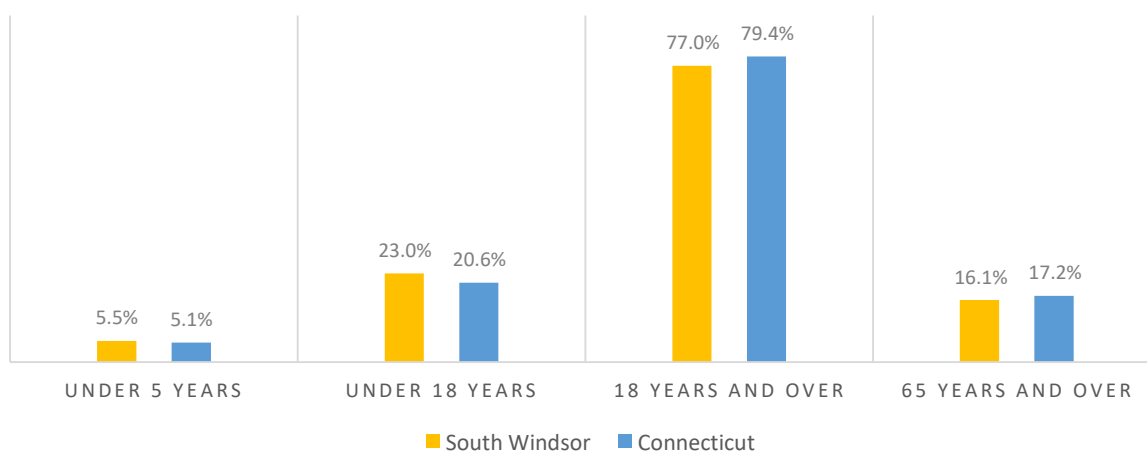
Age Distribution

The median age of South Windsor is 42.8 years, which is slightly older than Connecticut's median age of 40.4 years.¹³ However, South Windsor has a larger percentage of children under 18 (23%) in comparison to Connecticut as a whole (20.6%) as seen in [Figure 3](#).¹³ South Windsor has a slightly smaller percentage of older age groups than Connecticut, with 77% of residents aged 18 years and older (79.4% in Connecticut), and 16.1% of residents aged 65 years and older (17.2% in Connecticut).

FIG. 3

South Windsor Age Distribution, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. Connecticut and South Windsor Town Profile



¹² U.S. Census Bureau. (2022). 2020 ACS 5-Year Estimate: (S1101) HOUSEHOLDS AND FAMILIES. Retrieved from <https://data.census.gov/cedsci/table?q=south%20windsor&t=Household%20Size%20and%20Type&g=795XX00US0900300>

¹³ U.S. Census Bureau. (2022). Connecticut Profile. Retrieved from <https://data.census.gov/cedsci/profile?g=0400000US09>

Racial and Ethnic Diversity

Approximately 67% of South Windsor residents are White and 33% of residents are people of color (18% of residents identifying as Asian; 6% identifying as Latino; 4% identifying as Black; 4% identifying as another race).¹⁴ In comparison to PUMA 0900300 and Connecticut, South Windsor has a larger Asian population and smaller Black and Latino populations, as seen in **Figure 4**.

Over the last 10 years South Windsor has grown and become more diverse. Some significant changes in South Windsor's population include a 15% decline among White residents and a 10% increase among Asian residents (**Figure 5**). Other populations have remained stagnant with slight increases among residents who identify as Latino and those who identify as Other.

FIG. 4

Racial/Ethnic Populations within Connecticut, PUMA 0900300, and South Windsor, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate (P2) and DataHaven. South Windsor 2021 Equity Profile

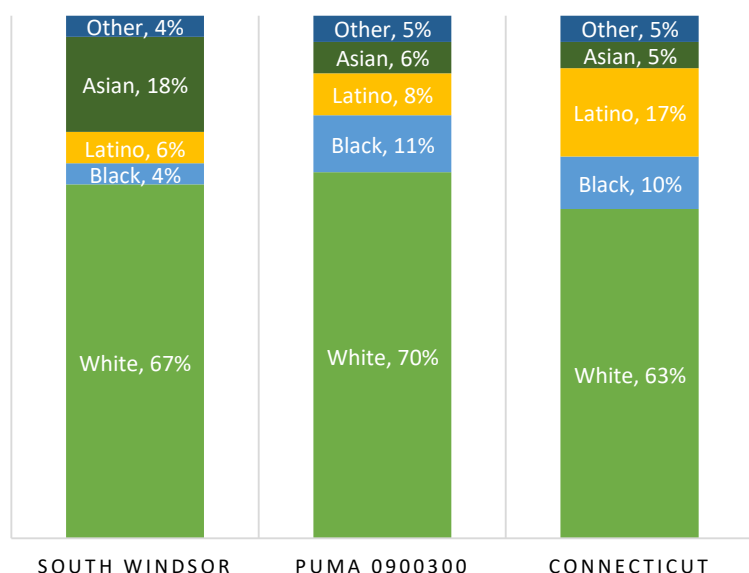
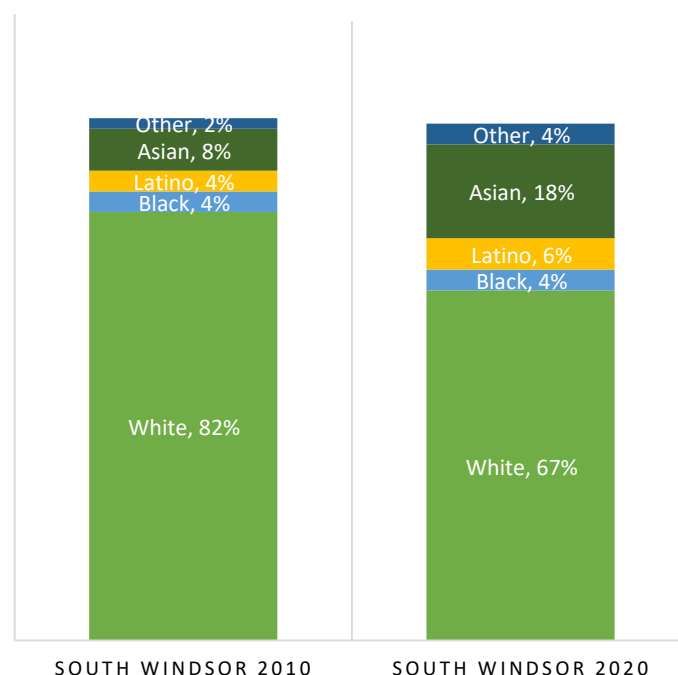


FIG. 5

South Windsor Population Change From 2010 to 2020 by Race/Ethnicity, 2020

Source of Data: U.S. Census Bureau. 2020 Decennial Census.



¹⁴ U.S. Census Bureau. (2020). 2020 Decennial Census: (P2) HISPANIC OR LATINO, AND NOT HISPANIC OR LATINO BY RACE. Retrieved from <https://data.census.gov/cedsci/table?g=06000000US0900371390&d=DEC%20Redistricting%20Data%20%28PL%2094-171%29&tid=DECENNIALPL2020.P2>

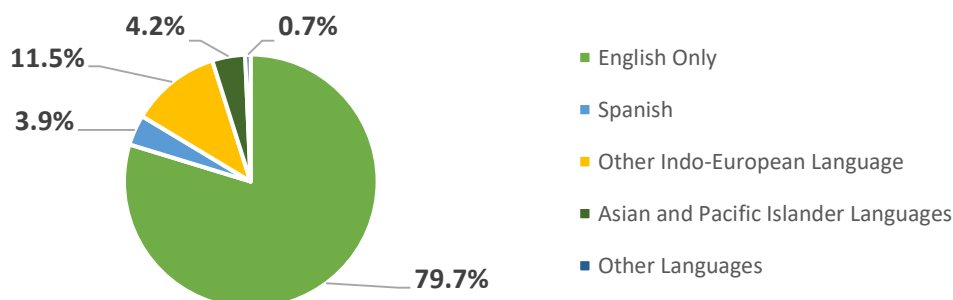
Language

U.S. Census Bureau data indicates that 20.3% of South Windsor residents speak a language other than English at home, with 9.0% speaking Indo-European languages (other than Spanish), 5.1% speaking Asian/Pacific Islander languages, and 3.8% speaking Spanish.¹⁵ These residents are likely part of the 16% of South Windsor residents who were born outside of the U.S.¹⁶ Most immigrants in PUMA 0900300 towns were born in India, followed by Jamaica and Poland.¹⁶

FIG. 6

Languages Spoken at Home in South Windsor Residents, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (S1601)

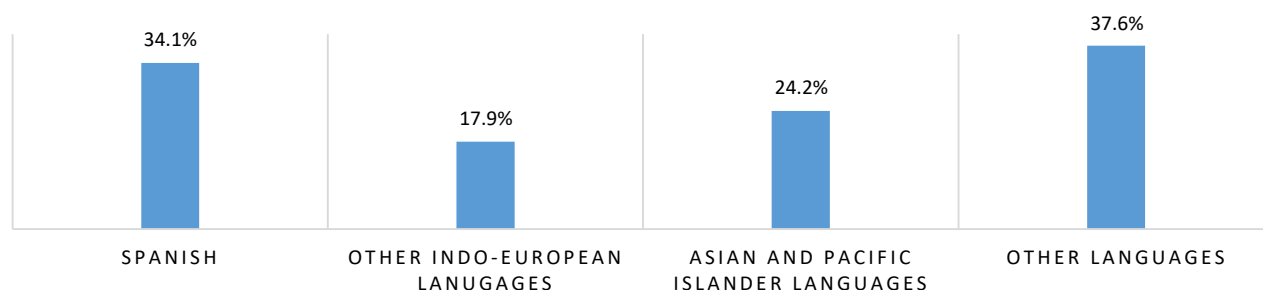


Also, important to note is that 4.7% of South Windsor residents have limited English proficiency. A majority of those who speak English less than “very well” are those who speak other languages (37.6%) or Spanish (34.1%) as seen in [Figure 7](#).¹⁷ With a high percentage of residents speaking English in South Windsor, it is likely that residents with limited English proficiency experience a language barrier, which may negatively impact health. A language barrier may cause challenges in accessing health care and communicating with a health care provider, possibly affecting the quality of care received. Furthermore, a language barrier can cause difficulty when accessing social services, obtaining an education, and finding employment, which may also affect one’s health.

FIG. 7

Languages Spoken Among South Windsor Residents Who Have Limited English Proficiency, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (S1601)



¹⁵ U.S. Census Bureau. (2022). South Windsor Town, Hartford County, Connecticut Geography Profile. Retrieved from <https://data.census.gov/cedsci/profile?g=0600000US0900371390>

¹⁶ DataHaven. (2021). South Windsor 2021 Equity Report. Retrieved from https://www.ctdatahaven.org/sites/ctdatahaven/files/south_windsor_profile_v1.pdf

¹⁷ U.S. Census Bureau. (2020). 2020 Decennial Census: (S1601) LANGUAGES SPOKEN AT HOME. Retrieved from <https://data.census.gov/cedsci/table?q=south%20windsor&t=Language%20Spoken%20at%20Home&tid=ACSST5Y2020.S1601>

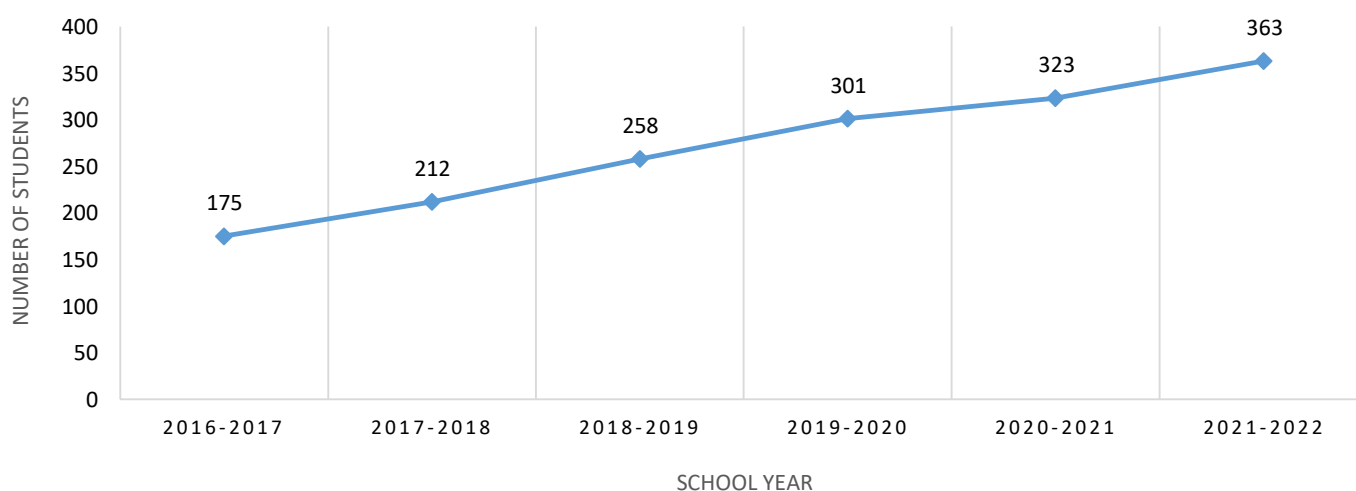
During the 2021-2022 school year, 363 (7.6%) South Windsor Public School students were English Learners (refers to students who have limited English proficiency).¹⁸ The number of English Learner students in South Windsor have steadily increased over the past six years, as seen in **Figure 8**.

Children who are English Learners are more likely to come from households where little to no English is spoken. Language barriers that parents face may also affect the health of their children, as it has been found that children of parents with limited English proficiency are less likely to be brought in for needed medical care and are more likely to have fair/poor health in comparison to children whose parents speak English proficiently.¹⁹ Language barriers can greatly affect the health of all household members.

FIG. 8

South Windsor Public School Students who are English Learners, 2016 - 2022

Source of Data: EdSight. (2022). South Windsor Public School Enrollment Trend, 2016-2020. Retrieved from <https://edsight.ct.gov/SASPortal/main.do>



¹⁸ EdSight. (2022). South Windsor Public School Enrollment Trend. Retrieved from <https://edsight.ct.gov/SASPortal/main.do>

¹⁹ Flores, G., Abreu, M., & Tomany-Korman, S. C. (2005). Limited English proficiency, primary language at home, and disparities in children's health care: how language barriers are measured matters. *Public health reports* (Washington, D.C.: 1974), 120(4), 418–430. <https://doi.org/10.1177/003335490512000409>

Disability

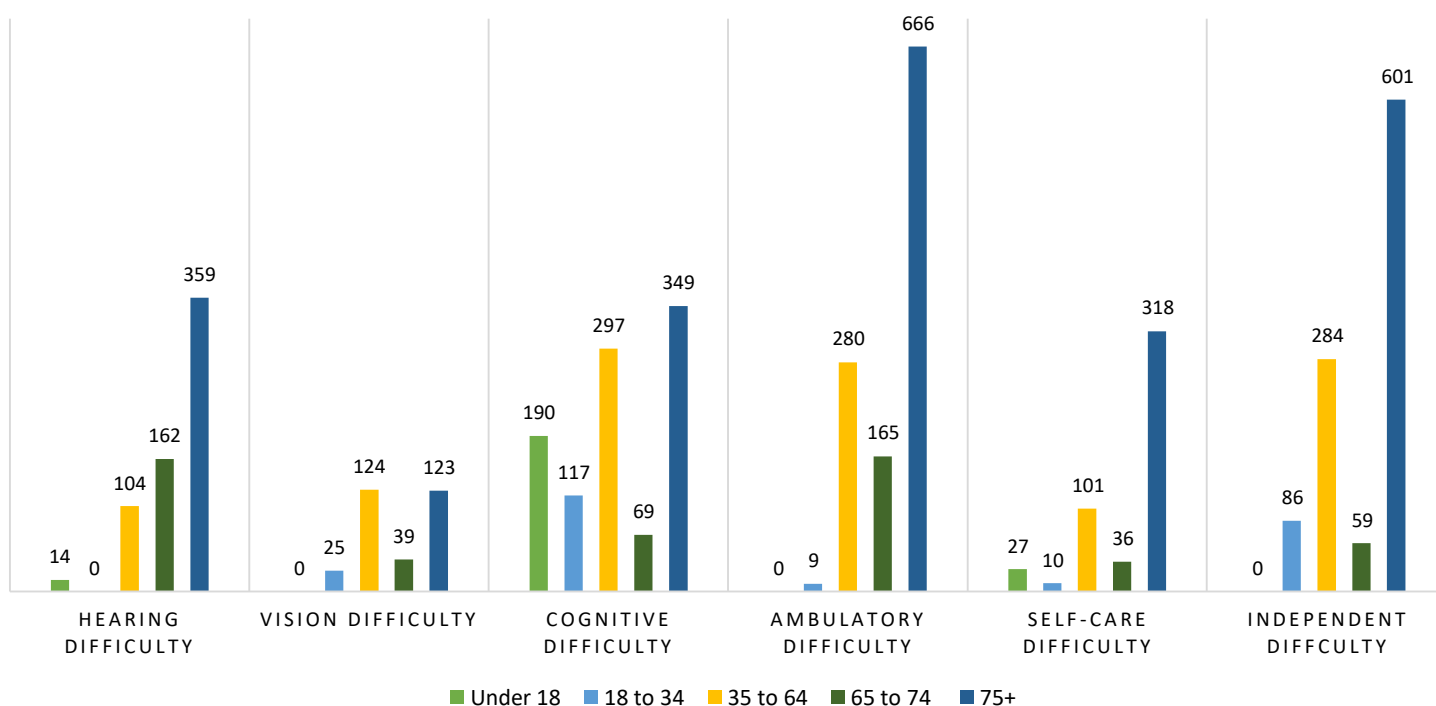
Genetics, birth defects, injury, stroke, disease, and age are some of the many causes of disability. Having a disability may put an individual at high risk for preventable **secondary conditions**²⁰, such as fatigue, obesity, asthma, depression, and bowel problems.²¹ However, it is important to keep in mind that these risk factors depend on the type of disability, the severity of the disability, and whether the disabled individual needs and/or has assistance. Additionally, there are several barriers people with disabilities may face, such as communication barriers, physical barriers, transportation barriers, and social barriers.²¹ These barriers can affect health and quality of life.

Overall, 8.8% of South Windsor's population has a disability, with most having independent living difficulties (5.6%) or ambulatory difficulties (5.6%) as seen in **Figure 9**.²² Residents aged 75 and older reported a disability more frequently than any other age group, with the exception of vision difficulty. Also apparent is the high number of cognitive difficulties reported in children under 18 and young adults aged 18 to 34, in comparison to other types of difficulties.

FIG. 9

Type and Number of Disabilities in South Windsor, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. South Windsor Town Profile.



²⁰ **Secondary conditions** refer to physical or mental health conditions that occur due to a disability.

²¹ Center of Disease Control and Prevention. (2020). Disability and Health Related Conditions. Retrieved from <https://www.cdc.gov/ncbddd/disabilityandhealth/relatedconditions.html>

²² U.S. Census Bureau. (2022). South Windsor town, Hartford County, Connecticut Geography Profile. Retrieved from <https://data.census.gov/cedsci/profile?g=0600000U0900371390>

SOCIAL AND ECONOMIC FACTORS

This section will examine the social and economic context that influence the health of South Windsor. Included in this section are the following factors; education, employment, income, poverty, housing, transportation, telephone, computer, and internet access, as well as social cohesion, safety, and crime.

Education

Studies have found that higher educational attainment leads to better health. According to one review of studies, education affects health in several ways; economically, socially, and behaviorally.²³ Economically, education can lead to securing a stable job and higher income, allowing one to improve health, such as having health insurance and buying healthier foods. Socially, education has been associated with stronger social support to better cope with stress. Health behaviors have also been associated with education, as those with less education are more likely to smoke, be physically inactive, and have an unhealthy diet. Overall, education can improve health in a variety of ways.

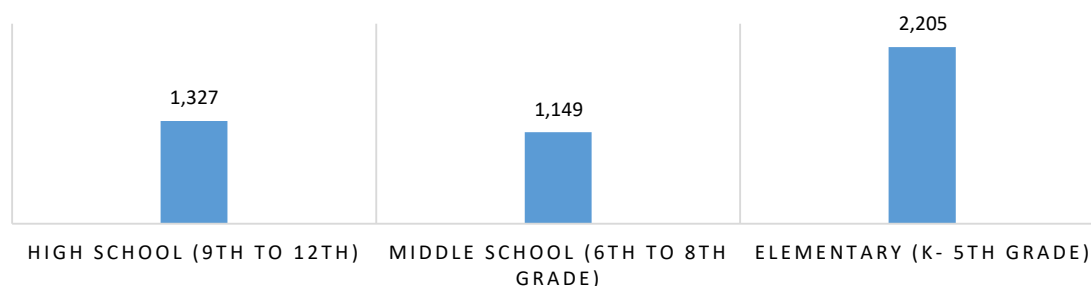
SCHOOL ENROLLMENT

During the 2021-2022 school year, the South Windsor Public School district had approximately 4,778 students enrolled.²⁴ Of those, 2,205 students were in elementary school (Kindergarten - 5th grade), 1,149 students were in grades 6-8, and 1,327 students were in grades 9-12.²⁴ **Figure 10** shows the distribution of South Windsor public school students by grade. The South Windsor Public Schools district has six schools, which include four elementary schools, Timothy Edwards Middle School, and South Windsor High School. In addition, the district also offers a Preschool Outreach Program, an Alternative Education Program, and Project Worth Young Adult Academy which together has 101 students.²⁵ Lastly, approximately 548 South Windsor K-12 students are enrolled in private schools.²⁶ Of those who attend South Windsor public schools, about 95.8% graduate high school and 82% attend college (in 2020).²⁷

FIG. 10

South Windsor Public School Enrollment by Grade, 2021- 2022 School Year

Source of Data: EdSight. (2022). South Windsor School District Enrollment, 2021-2022



²³ Zajacova, A., & Lawrence, E. M. (2018). The Relationship Between Education and Health: Reducing Disparities Through a Contextual Approach. *Annual review of public health*, 39, 273–289. <https://doi.org/10.1146/annurev-publhealth-031816-044628>

²⁴ EdSight. (2022). Public School Enrollment 2021-2022. Retrieved from <https://edsight.ct.gov/SASPortal/main.do>

²⁵ EdSight. (2022). Public School Enrollment 2021-2022. Retrieved from <https://edsight.ct.gov/SASPortal/main.do>

²⁶ U.S Census Bureau. (2022). 2020 ACS 5-Year Estimate: (B14003) SEX BY SCHOOL ENROLLMENT BY TYPE OF SCHOOL BY AGE FOR THE POPULATION 3 YEARS AND OLDER. Retrieved from <https://data.census.gov/cedsci/table?q=south%20windsor&t=Education%3ASchool%20Enrollment&tid=ACSDT5Y2020>

²⁷ EdSight. (2022). College Entrance and Persistence. Retrieved from <https://edsight.ct.gov/SASPortal/main.do>

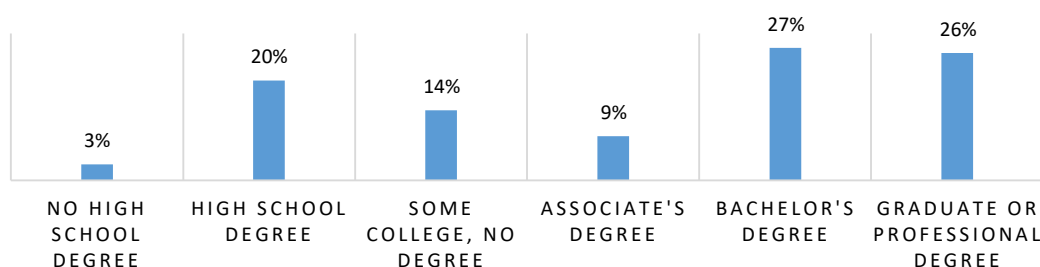
EDUCATIONAL ATTAINMENT

According to the U.S. Census Bureau, approximately 76% of South Windsor residents aged 25 and older have attended college, with 26.7% holding a bachelor's degree, 26.4% having a graduate or professional degree, 14.3% attending college without a degree, and 8.9% having an associate's degree (**Figure 11**).²⁸ Overall, over half (53%) of South Windsor adults have a Bachelor's degree or higher, which significantly exceeds PUMA 0900300 towns (40%) and Connecticut (40%).²⁸

FIG. 11

Educational Attainment Among South Windsor Adults Aged 25 and Older, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (S1501)



Employment, Income, and Poverty

EMPLOYMENT

Aspects of employment, such as job security, job demands, job benefits, financial compensation, and work environment, all influence health and can potentially act as occupational stressors.²⁹ For example, lack of job benefits, such as health insurance, can cause difficulty accessing health care, or a toxic work environment, can cause conflict, low morale, and high levels of stress. Those who experience occupational stress are more likely to develop unhealthy behaviors, such as smoking or excessive alcohol consumption, to cope with the stress. On the other hand, those who are unemployed may also experience stress as well as low self-esteem, depression, and worry, increasing their risk of high blood pressure and heart disease.²⁹

According to the Connecticut Department of Labor, as of January 2022, there are 14,107 South Windsor residents in the labor force.³⁰ Of those, 96.5% (13,617) are employed and 3.5% (490) are unemployed.³⁰ Approximately 9,845 of employed residents are full-time employees year-round.³¹ As seen in **Figure 12**, between 2018 and 2022, South Windsor has had lower unemployment rates than Hartford County and Connecticut. As of January 2022, both Hartford County and Connecticut have unemployment rates at 5%.³² However, it is important to note that according to the U.S. Census Bureau's ACS 2020 5-Year Estimates, Census Tract 4875 had an unemployment rate of 5.9%, the highest of all South

²⁸ U.S. Census Bureau. (2022). 2020 ACS 5-Year Estimate: (S1501) EDUCATIONAL ATTAINMENT. Retrieved from https://data.census.gov/cedsci/table?t=Educational%20Attainment&g=0400000US09_0600000US0900371390_795XX00US0900300&tid=ACST5Y2020.S1501

²⁹ U.S. Department of Health and Human Services. (2022). Employment. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/employment>

³⁰ Connecticut Department of Labor. (2022). Current Labor Force Data for Towns- State of Connecticut. Retrieved from <https://www1.ctdol.state.ct.us/lmi/laus/lmi123.asp>

³¹ U.S. Census Bureau. (2022). 2020 ACS 5-Year Estimate: WORK STATUS IN THE PAST 12 MONTHS (S2303). Retrieved from https://data.census.gov/cedsci/table?t=Employment%20and%20Labor%20Force%20Status&g=0400000US09_0600000US0900371390_795XX00US0900300&tid=ACST5Y2020.S2303

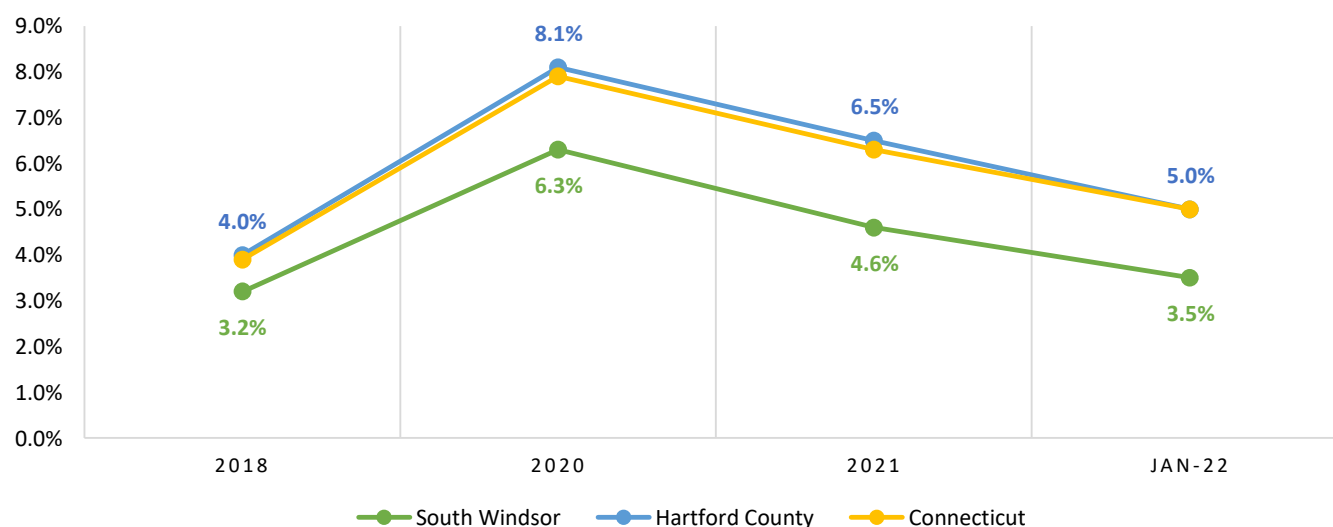
³² Connecticut Department of Labor. (2022). Historical Labor Force Monthly Data w/ Annual Averages by Town. Retrieved from <https://www1.ctdol.state.ct.us/lmi/laus/laustown.asp>

Windsor and higher than both PUMA 0900300 and Connecticut. The uptick in unemployment seen in all locations during 2020 likely occurred due to the COVID-19 pandemic.

FIG. 12

Annual Average Unemployment Rate in South Windsor, Hartford County, and Connecticut, 2018 - 2022

Source of Data: Connecticut Department of Labor. (2022). Historical Labor Force Monthly Data w/ Annual Averages by Town.



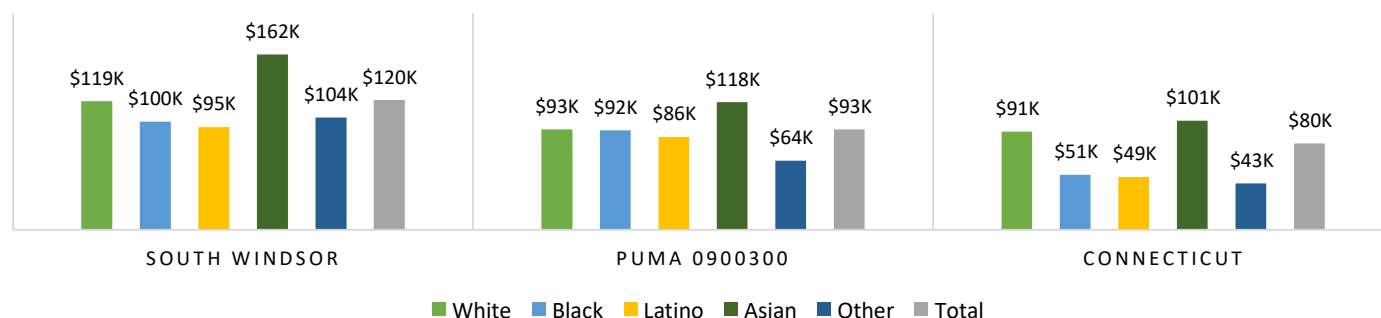
INCOME

The median income of South Windsor is \$119,972, which significantly exceeds both PUMA 0900300 towns at \$93,015 and Connecticut at \$79,855.³³ Data reveals that within South Windsor there is disparity in median income among Latino and Black residents in comparison to other racial/ethnic groups (Figure 13). Black and Latino residents have the lowest median income at \$100,486 and \$95,132, respectively, which is considerably lower than that of Asian residents (\$161,667) and White residents (\$119,217). This disparity is also seen in PUMA 0900300 and Connecticut.

FIG. 13

Median Household Earnings in South Windsor, PUMA 0900300, and Connecticut in the Past 12 Months by Race/Ethnicity, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (\$1903)



³³ U.S Census Bureau. (2022). 2020 ACS 5-Year Estimate: (\$1903) MEDIAN INCOME IN THE PAST 12 MONTHS (INFLATION ADJUSTED).

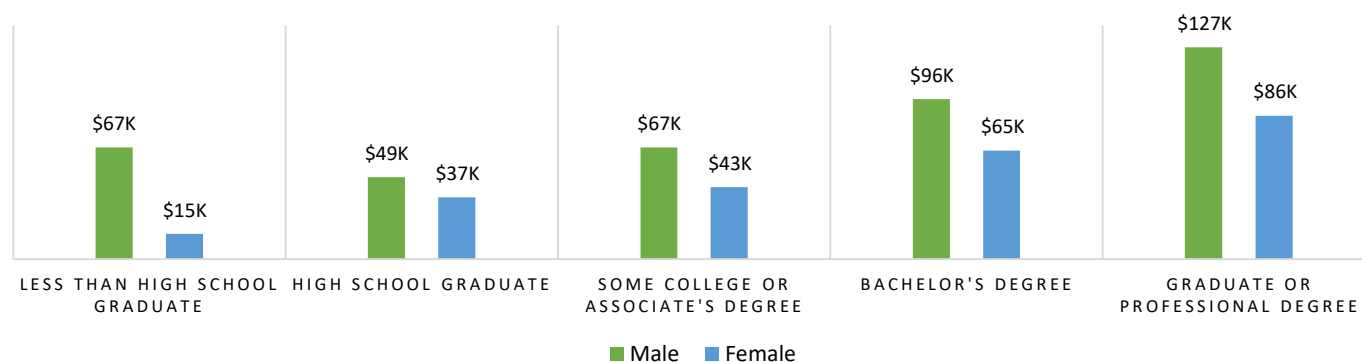
https://data.census.gov/cedsci/table?t=Income%20%28Households,%20Families,%20Individuals%29&g=0400000US09_0600000US0900371390_795XX00US0900300&tid=ACST5Y2020.S1903

Data also shows that residents with higher educational attainment are more likely to earn higher earnings and that women earn considerably less than men with the same educational attainment, as seen in **Figure 14**.

FIG. 14

Median Income in The Past 12 Months among South Windsor Residents Aged 25 and Older by Educational Attainment and Sex, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (B20004)

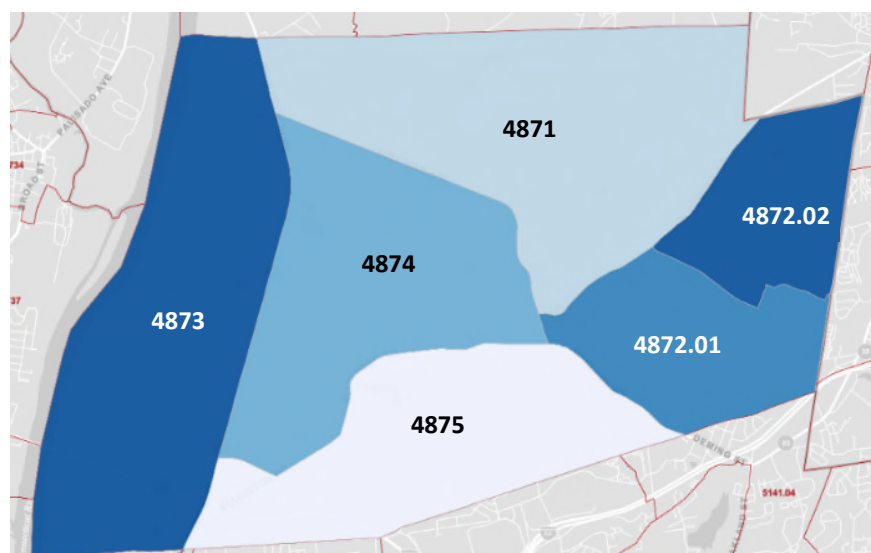


It is also important to note that there are income disparities among South Windsor census tracts as seen in **Map 4**. Census tracts 4872.02 and 4873 households have a median income of \$177,344 and \$127,206, respectively, while census tract 4875 has a median income of \$89,754.³⁴

MAP 4

Median Income in The Past 12 Months among South Windsor Households by Census Tract, 2020

Source: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (S1903)



Census Tract	Median Income of Households
4871	\$121,389
4872.01	\$123,490
4872.02	\$177,344
4873	\$127,206
4874	\$123,352
4875	\$89,754

³⁴ U.S. Census Bureau. (2020). 2020 ACS 5-Year Estimate: (S1903): MEDIAN INCOME IN PAST 12 MONTHS (2020 INFLATION-ADJUSTED DOLLARS) in 6 Geos. Retrieved from <https://data.census.gov/cedsci/table?q=south%20windsor&t=Income%20%28Households,%20Families,%20Individuals%29&g=1400000US09003487100,09003487201,09003487202,09003487300,09003487400,09003487500&tid=ACST5Y2020.S1903>

POVERTY

The U.S. Census Bureau calculates poverty status by using income (before taxes) and **poverty threshold**^{35, 36}. If a family's income is less than the family's threshold, the family would be considered living in poverty. The U.S. Census Bureau's 2020 ACS Estimate 5-Year data estimates that 3.9% of South Windsor residents live in poverty, lower than both PUMA 0900300 at 5%, and Connecticut at 10% (**Figure 15**).

As seen in **Figure 16**, certain racial/ethnic groups are more likely to be living below the poverty line in South Windsor, such as American Indians/Alaskan Natives (42%), Latinos (16%), and residents of two or more races (26%). Additionally, female households (with no spouse present) are more likely to be living in poverty (20.7%), especially those with children under 18 years (28%) and those who rent housing units (54%). Other groups who are at risk of living in poverty in South Windsor, are those with a high school degree or less, and families who live in rental housing units.

FIG. 15

Below Poverty Rate in The Past 12 Months Connecticut, PUMA 0900300, and South Windsor Residents, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (S1701)

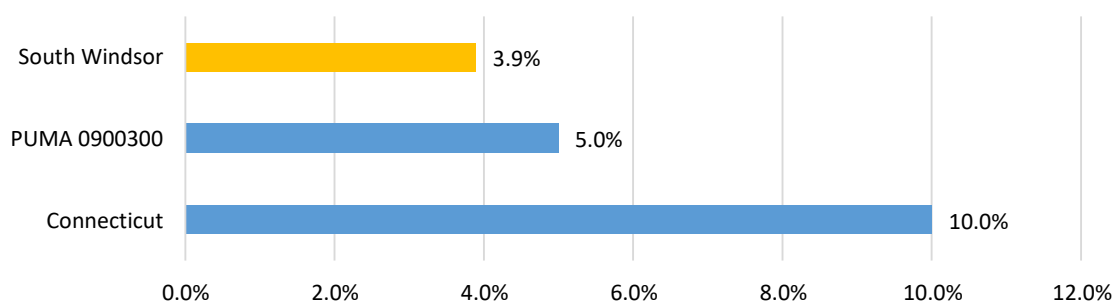
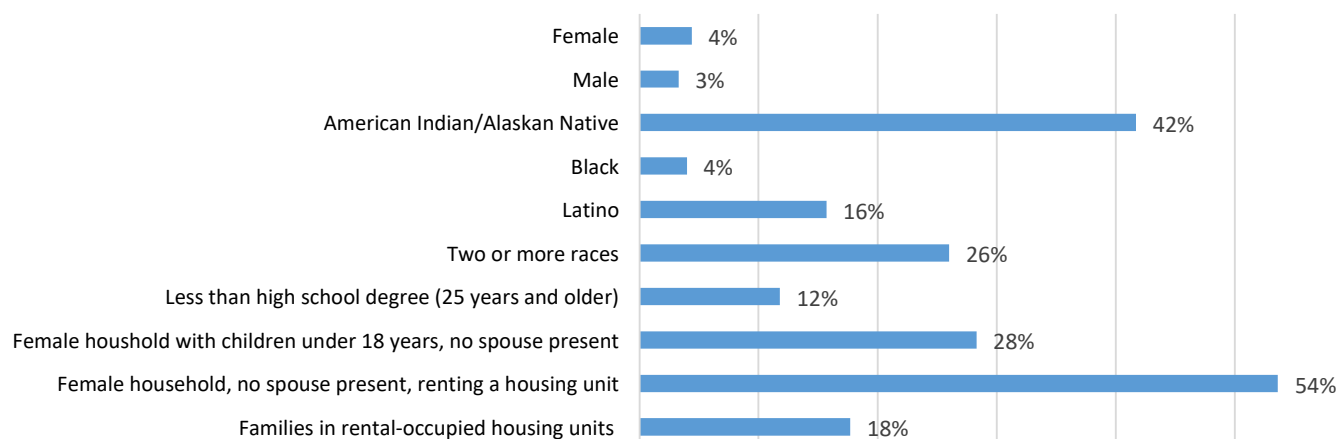


FIG. 16

South Windsor Residents Living Below Poverty Level in the Past 12 Months, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (S1701 and S1702)



³⁵ **Poverty Threshold** is the measure of need depending on family size and age of family members.

³⁶ U.S. Census Bureau. (2021). How the Census Bureau Measures Poverty. Retrieved from <https://www.census.gov/topics/income-poverty/poverty/guidance/poverty-measures.html>

FINANCIAL STABILITY

To further understand how financially stable South Windsor households are, the latest ALICE (ALICE is an acronym for Asset Limited, Income Constraint, Employed) report from United Way was reviewed. ALICE reports provide a summary of the number of households that earn more than the Federal Poverty Level, but earn less than the cost of living in the area. The Federal Poverty Level in 2018 was \$12,140 for a single adult and \$25,100 for a family of four.³⁷ However, the bare minimum needed to live comfortably (without savings) in central and northeastern Connecticut in 2018 was at least \$25,632 for a single adult and at least \$79,512 for a family of four (**Figure 17**).³⁷ According to the 2020 United Way of Central and Northeastern ALICE report, in 2018, 23% (2,265) of the 9,847 households in South Windsor are ALICE.³⁷

MAP 5

United Way 2020 ALICE Report Central and Northeastern Connecticut Map, 2020

Source: <https://alice.ctunitedway.org/wp-content/uploads/2020/09/UNITED-WAY-OF-CENTRAL-AND-NORTHEASTERN-CONNECTICUT.pdf>

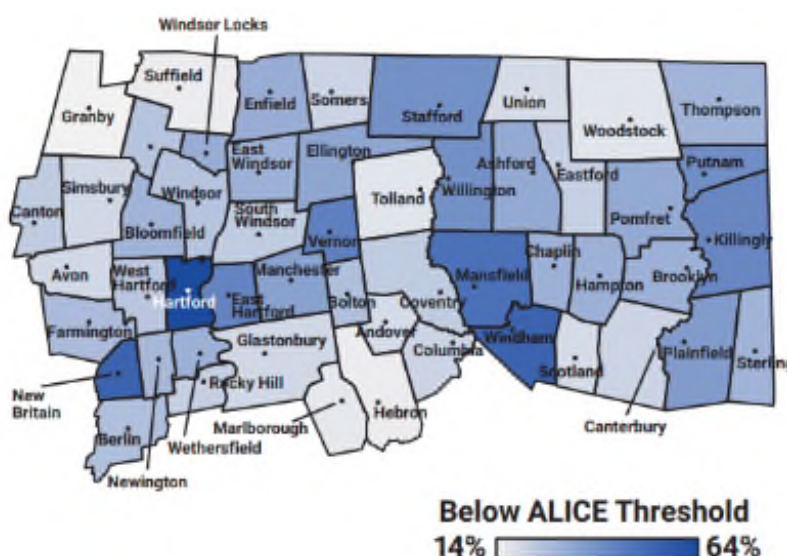


FIG. 17

United Way 2020 ALICE Report Central and Northeastern Survival Budget, 2020

Source: <https://alice.ctunitedway.org/wp-content/uploads/2020/09/UNITED-WAY-OF-CENTRAL-AND-NORTHEASTERN-CONNECTICUT.pdf>

	SINGLE ADULT	2 ADULTS, 1 INFANT, 1 PRESCHOOLER
Monthly Costs		
Housing	\$752 - \$861	\$1,049 - \$1,204
Child Care	\$-	\$1,604 - \$1,854
Food	\$298 - \$314	\$821 - \$951
Transportation	\$357	\$826
Health Care	\$222	\$742
Technology	\$55	\$75
Miscellaneous	\$200 - \$211	\$602 - \$661
Taxes	\$317 - \$344	\$907 - \$1,053
Monthly Total	\$2,201 - \$2,321	\$6,626 - \$7,271
ANNUAL TOTAL	\$26,412 - \$27,852	\$79,512 - \$87,252
Hourly Wage	\$13.21 - \$13.93	\$39.72 - \$43.63

³⁷ CT United Way. (2020). United Way of Central and Northeastern Connecticut 2020 ALICE Report. Retrieved from <https://alice.ctunitedway.org/wp-content/uploads/2020/09/UNITED-WAY-OF-CENTRAL-AND-NORTHEASTERN-CONNECTICUT.pdf>

Housing

Housing quality refers to the physical conditions of a home and the quality of the social and physical environment in which the home is located.³⁸ A home's housing quality is determined by several factors such as the home's design and age, maintenance of the home (e.g., damaged stairs, exposed nails), location of the home (e.g., neighborhood safety, air quality), inadequate air conditioning/heating, and the presence of lead, mold, and asbestos.

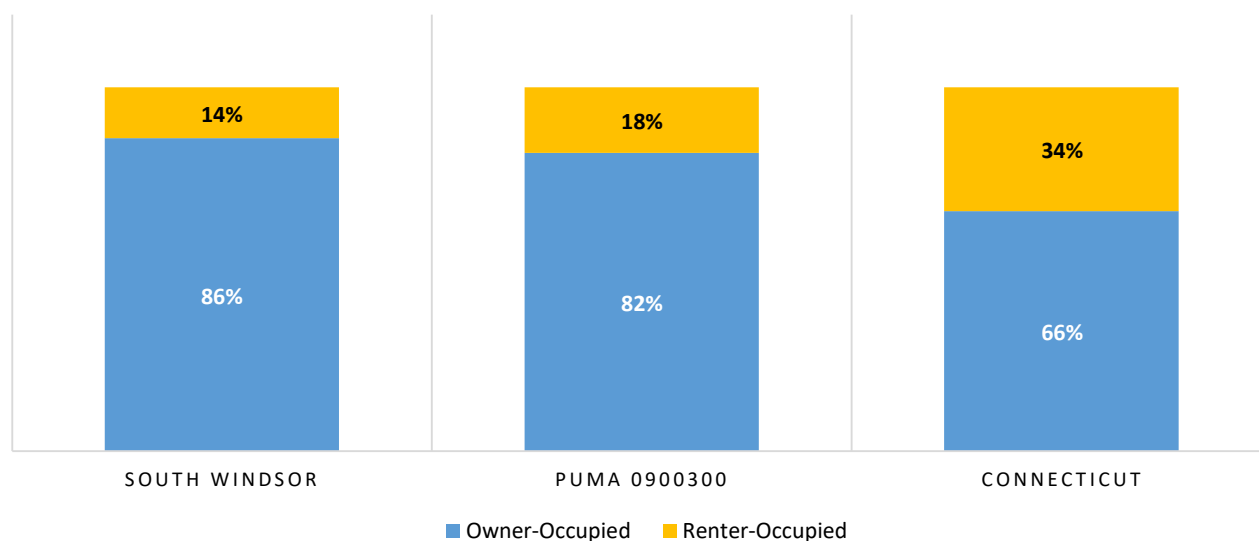
Poor housing quality can increase the risk of chronic diseases, injuries, and poor mental health. For example, water leaks often contribute to the growth of mold, and mold has been found to increase the likelihood of asthma, coughing, and wheezing. While often overlooked, housing affects health.

There are 10,161 housing units in South Windsor, with approximately 9,661 units being occupied. Of those occupied, 8,390 (86%) housing units are owner-occupied, and 1,271 (14%) are renter-occupied.³⁹ As seen in **Figure 18**, South Windsor has similar housing rates as neighboring towns in PUMA 0900300. Connecticut, however, has more renter-occupied homes (34%) and fewer owner-occupied homes (66%).

FIG. 18

Type of Housing Occupancy in South Windsor, PUMA 0900300, and Connecticut, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (DP04)



³⁸ U.S. Health and Human Services. (n.d.) Quality of Housing. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/quality-of-housing>

³⁹ U.S. Census Bureau. (2020). 2020 ACS 5-Year Estimate: (DP04) SELECTED HOUSING CHARACTERISTICS. Retrieved from https://data.census.gov/cedsci/table?q=south%20windsor&t=Owner%2FRenter%20%28Householder%29%20Characteristics&g=0400000US09_795XX00US0900300&tid=ACSDP5Y2020.DP04

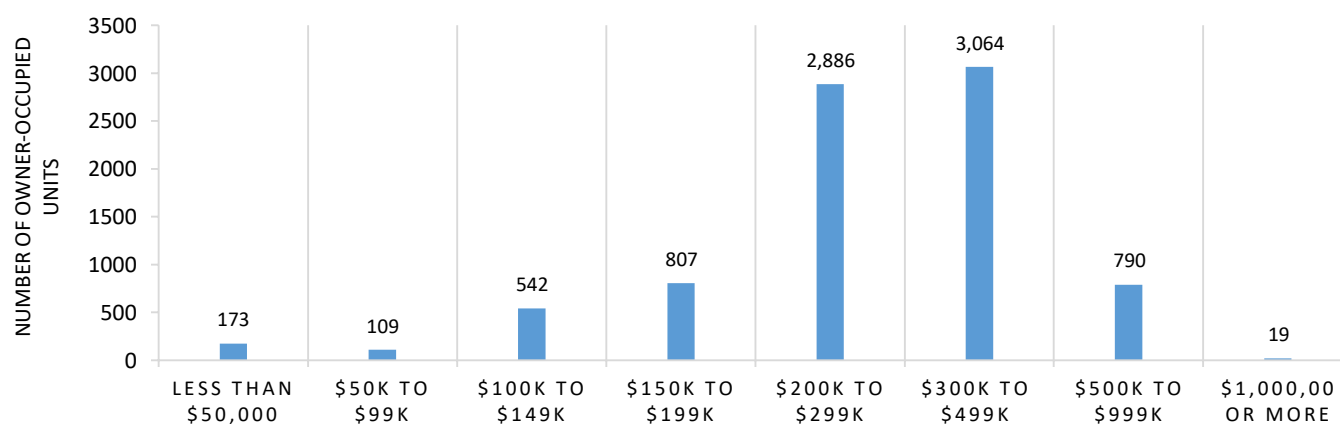
OWNER-OCCUPIED HOUSING UNITS

The median home value of an owner-occupied housing unit in South Windsor is \$290,500, with a majority of home values ranging between \$200K and \$499K (**Figure 19**). In comparison, Connecticut's median home value is \$279,700.³⁹ As illustrated in **Map 6**, higher home values are located in census tracts 4873 and 4872.02, both of which had the highest median income in South Windsor (**Map 2**). On the other hand, census tract 4875 which had the lowest median income, also has the lowest median value owner-occupied housing units (**Map 6**) and highest renter-occupied housing (**Map 7**).

FIG. 19

Value of Owner-Occupied Housing Units in South Windsor, 2020

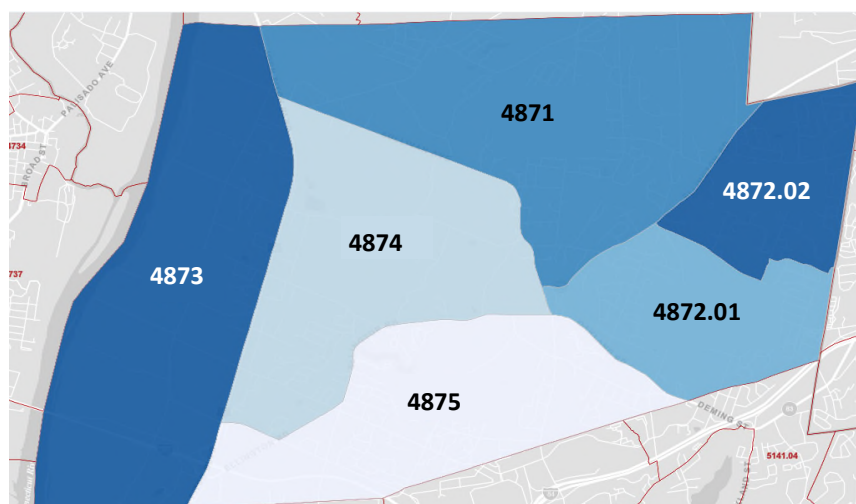
Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (DP04)



MAP 6

Median Value of Owner-Occupied Housing Units in South Windsor by Census Tract, 2020

Source: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (B25077)



Census Tract	Median Value of Owner-Occupied Units
4871	\$292,000
4872.01	\$272,300
4872.02	\$366,500
4873	\$327,800
4874	\$268,300
4875	\$261,800

Housing Instability

Housing instability is an umbrella term which encompasses several housing difficulties individuals may experience, such as moving frequently, overcrowding, and being **cost-burdened**.^{40,41} Owner-occupied and renter-occupied households that spend at least 30% of their income on housing are considered to be cost-burdened. With a majority of income going to housing, cost-burdened households may face challenges when paying for other necessities such as food, utilities, transportation, and healthcare.

In South Windsor, approximately 20.5% of owner-occupied households with a mortgage and 18.4% of homeowners without a mortgage are cost-burdened.⁴² Despite having higher monthly median owner costs, South Windsor has fewer cost-burdened households with mortgages than PUMA 0900300 (26.3%) and Connecticut (30.5%).

FIG. 20

Cost-Burdened Owner-Occupied Housing Units in South Windsor, PUMA 0900300, and Connecticut, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (DP04)

Monthly Median Owner Costs	South Windsor	PUMA 0900300	Connecticut
With Mortgage	\$2,328	\$1,909	\$2,127
Without Mortgage	\$1,003	\$803	\$900

	Without Mortgage	With Mortgage		
Monthly Owner Costs (% of Income)	South Windsor	South Windsor	PUMA 0900300	Connecticut
Less than 20%	67.1%	45.0%	46.5%	41.9%
20% to 24.9%	8.4%	25.9%	17.7%	16.6%
25% to 29.9%	6.1%	8.7%	9.5%	10.9%
30% or more	18.4%	20.5%	26.3%	30.5%

⁴⁰ **Cost-burdened** refers to households that spends at least 30% or more of annual household income.

⁴¹ U.S. Department of Health and Human Services. (n.d.). Housing Instability. Retrieved from <https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/housing-instability#:~:text=and%20Community%20Context-,Literature%20Summary,of%20household%20income%20on%20housing.&text=These%20experiences%20may%20negatively%20affect,harder%20to%20access%20health%20care.>

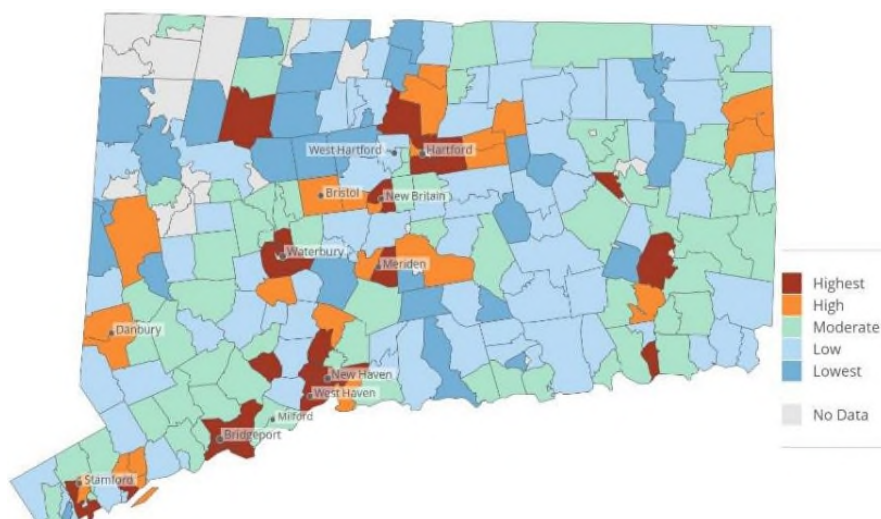
⁴² U.S. Census Bureau. (2020). 2020 ACS 5-Year Estimate: (DP04) SELECTED HOUSING CHARACTERISTICS in 3 Geos. Retrieved from https://data.census.gov/cedsci/table?q=south%20windsor&t=Owner%2FRenter%20%28Householder%29%20Characteristics&g=0400000US09_795XX00US0900300&tid=ACSDP5Y2020.DP04

Although about 40% of South Windsor homeowners are cost-burdened, it is unlikely that they are at risk of delinquency or foreclosure as reported by the Connecticut Housing Finance Authority (**Map 7**). This may be due to availability of local and state housing assistance resources.

MAP 7

Connecticut Homeowner Hardship Index Map, 2021

Source: CT Department of Housing. 2021. From <https://portal.ct.gov/-/media/DOH/MyHomeCT---Resource-Center-12-1-2021.pdf>



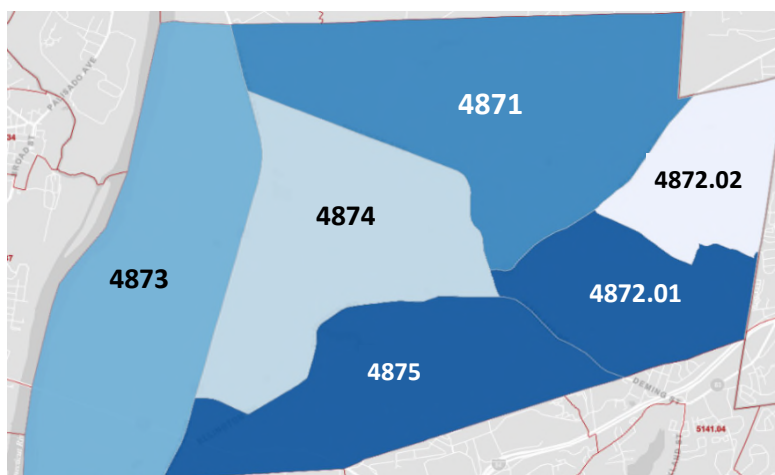
RENTER-OCCUPIED HOUSING UNITS

As mentioned earlier, there are 1,271 renter-occupied housing units, with most renter-occupied housing units located in census tract 4857 (791 units) and 4872.01 (264 units) (**Map 8**). The median monthly rent in South Windsor is \$1,510, much greater than PUMA 0900300 (\$1,246) and Connecticut (\$1,201).

MAP 8

Renter-Occupied Housing Units in South Windsor by Census Tract, 2020

Source: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (S2502)



Census Tract	Renter-Occupied Housing Units
4871	191
4872.01	264
4872.02	0
4873	68
4874	49
4875	791

Housing Instability

The median rent in South Windsor is considerably higher than the rent in both PUMA 0900300 and Connecticut. According to the 2020 ACS 5-Year Estimate data, 51.4% of South Windsor renter-occupied households are cost-burdened, paying over 30% of their income toward rent.⁴³ The highest rate of cost-burdened renter-occupied households is in Census Tract 4782.01, where 82.6% of renters are cost-burdened.⁴³ High rates of cost-burdened households appear to be a long-standing issue in South Windsor, especially in census tracts 4872.01 and 4875 as illustrated in Map 9 which provides data from 2015.

FIG. 21

Cost-Burdened Renter-Occupied Housing Units in South Windsor, PUMA 0900300, and Connecticut, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (DP04)

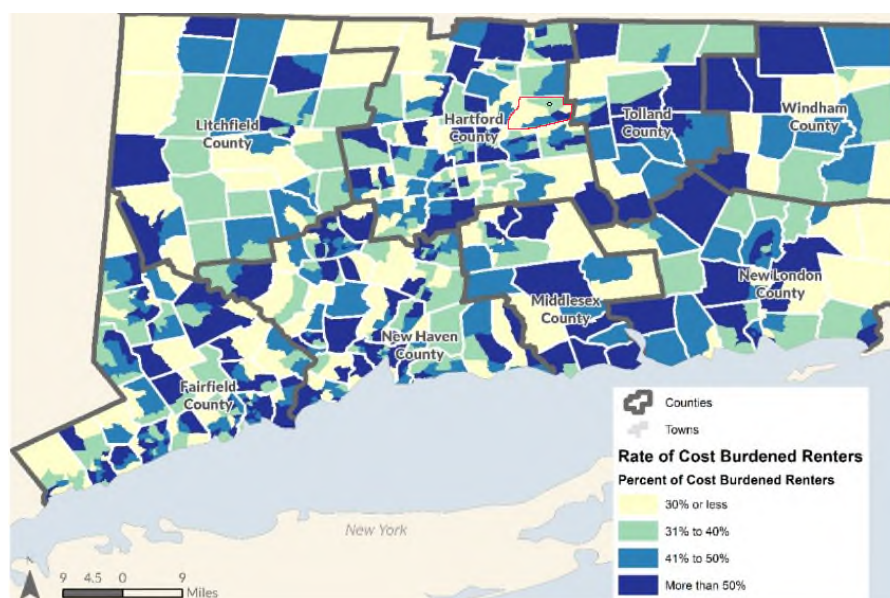
Median Rent			
South Windsor	PUMA 0900300	Connecticut	
\$1,510	\$1,246	\$1,201	

% of Income Paying Rent	South Windsor	PUMA 0900300	Connecticut
Less than 15%	10.3%	13.9%	12.2%
15% to 19.9%	14.3%	15.1%	12.2%
20% to 24.9%	11.8%	14.8%	12.3%
25% to 29.9%	12.2%	11.2%	11.9%
30% or more	51.4%	45.1%	51.4%

MAP 9

Connecticut Renter Cost-Burden Map, 2015

Source: CT Housing Finance Authority. 2020. Retrieved from https://www.chfa.org/assets/1/6/Connecticut_HNA.pdf



⁴³ U.S. Census Bureau. (2020). 2020 ACS 5-Year Estimate: (DP04) SELECTED HOUSING CHARACTERISTICS in 3 Geos. Retrieved from https://data.census.gov/cedsci/table?q=south%20windsor&t=Owner%2FRenter%20%28Householder%29%20Characteristics&g=0400000US09_795XX00US0900300&tid=ACSDP5Y2020.DP04

HOUSING ASSISTANCE

United Way 2-1-1 is a toll-free telephone service available 24/7 that provides information on community services, health referrals, and crisis intervention services. 2-1-1 counts (ct.211counts.org), is an online database created by Washington University in St. Louis, which collects data from 2-1-1 calls nationwide.

Figure 22 shows the number and type of requests from South Windsor residents between August 1, 2018 and July, 31, 2022. Most recently (August 1, 2021 to July 31, 2022), there were 885 requests with 205 requests being related to housing and shelter, with most requests regarding shelters, rent-assistance, and low-cost housing. Since 2018, housing and shelter has consistently been one of the most frequently requested categories behind mental health and addictions. With consistency of housing and shelter requests along with high number of cost-burden households, housing instability among renters seems to be South Windsor's largest socioeconomic issue. With the on-going pandemic and current state of the economy, it is likely that the housing instability in South Windsor will continue to be an issue.

FIG. 22

United Way 2-1-1 South Windsor Service Requests, 2018 to 2022

Source of Data: ct.211counts.org

	8/1/2021 - 7/31/2022	8/1/2020 - 7/31/2021	8/1/2018 - 7/31/2019
2-1-1 Request Categories	885 Requests	4150 Requests	738 Requests
Housing & Shelter	205	169	127
Food	35	35	14
Shelter	76	71	93
Healthcare & COVID-19	164	3,508	89
Mental Health & Addictions	233	181	190
Employment & Income	57	61	65
Clothing & Household	3	3	6
Childcare & Parenting	5	2	2
Government & Legal	54	45	51
Transportation Assistance	6	8	12
Education	2	9	1
Disaster	3	7	4
Other	42	51	84

	8/1/2021 - 7/31/2022
Housing & Shelter	205 Requests
Shelters	83
Low-cost housing	34
Home repair/maintenance	1
Rent assistance	36
Mortgage assistance	4
Landlord/tenant issues	17
Contacts	29
Other	1

Housing & Shelter	8/1/2021 - 7/31/2022
Demographics	
Gender	Number of Phone Requests
Female	127
Male	70
Not available	8
Age	Number of Phone Requests
18 - 29	28
30 - 39	43
40 - 49	30
50 - 59	38
60 - 69	32
Not available	34

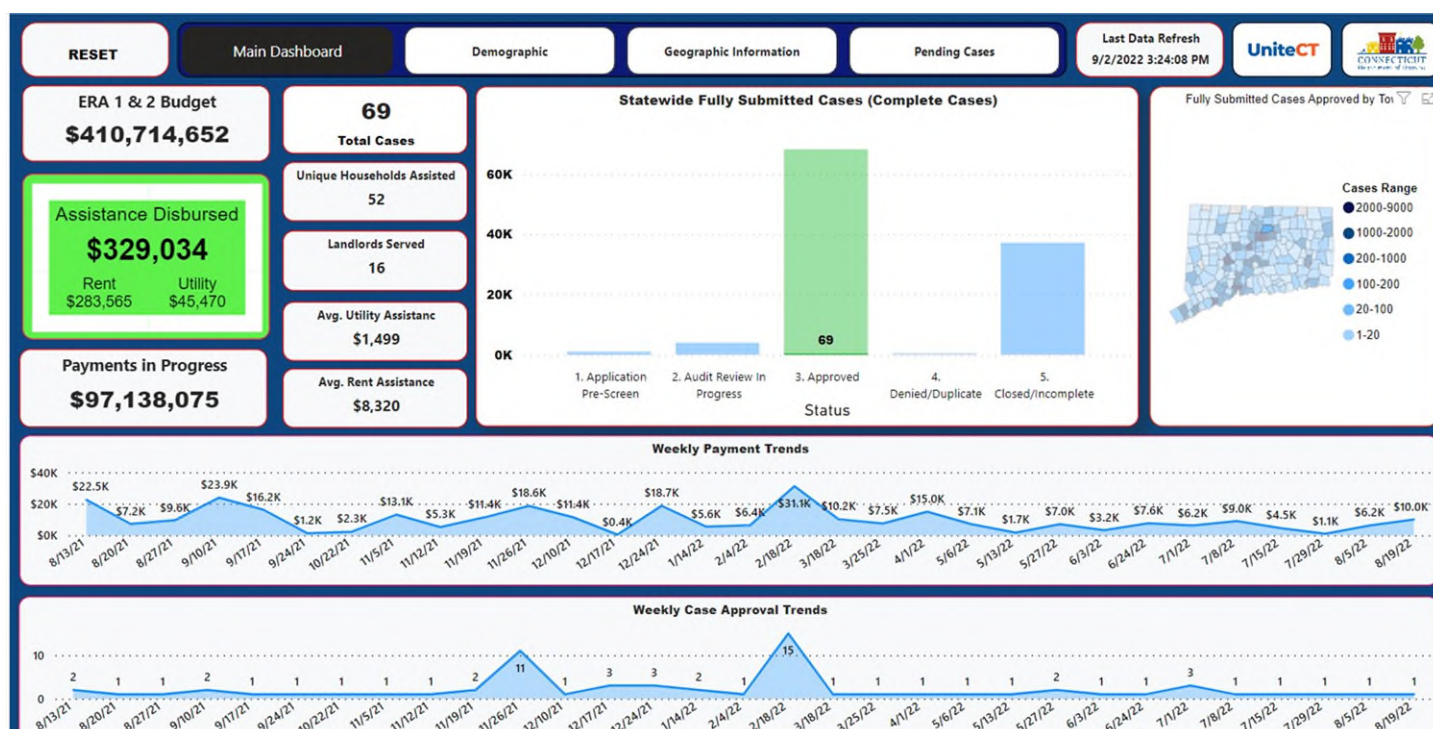
During the pandemic, the Connecticut Department of Housing created UniteCT, an emergency rental assistance program to help tenants and landlords who were financially impacted by the COVID-19 pandemic. Applicants who were eligible could receive up to 12 months and/or \$15,000 for rental assistance. The program recently ended in March 2022.

Data from the program (**Figure 23**) currently shows that there were 69 cases from South Windsor residents for rental assistance, with 4 cases currently pending. Of the approved cases, a total of \$329,034 was approved, with \$45,469.56 for utility assistance and \$283,564.68 for rental assistance. This data further demonstrates that there are South Windsor residents experiencing difficulties paying rent and utilities.

FIG. 23

Connecticut State Department of Housing's UniteCT Program Data Dashboard

Source of Data: <https://portal.ct.gov/DOH/DOH/Programs/UniteCT>



Another resource that is available to elderly and disabled individuals who struggle with housing is the South Windsor Housing Authority, which provides 70 housing units and free transportation.⁴⁴ For those who do not qualify for housing through the Housing Authority, the Connecticut Department of Housing offers low-income families financial assistance through their Rental Assistance Program, to afford a safe housing.⁴⁵

⁴⁴ Town of South Windsor. Housing Authority. Retrieved from <https://www.southwindsor-ct.gov/housing-authority>

⁴⁵ CT Department of Housing. Rental Assistance Program. Retrieved from <https://portal.ct.gov/DOH/DOH/Programs/Rental-Assistance-Program>

Telephone, Computer, and Internet Access

Having a telephone, a computer, and internet access can provide an individual with the ability to socialize, communicate with physicians, and have access to health information, which can be beneficial to health and quality of life. As seen in **Figure 24**, over 80% of South Windsor residents have a cellular plan, a desktop/laptop, and internet subscription. In nearly every category, South Windsor surpasses both PUMA 0900300 and Connecticut. **Figure 25** shows that internet subscription in South Windsor by household income level. As seen, those with an income of \$75K or more are more likely to have internet subscription compared to those who make less.

FIG. 24

Telephone, Computer, and Internet Access in South Windsor, PUMA 0900300, and Connecticut, 2020

Source of Data: U.S. Census Bureau. 2020 American Community Survey 5- Year Estimate (S2801)

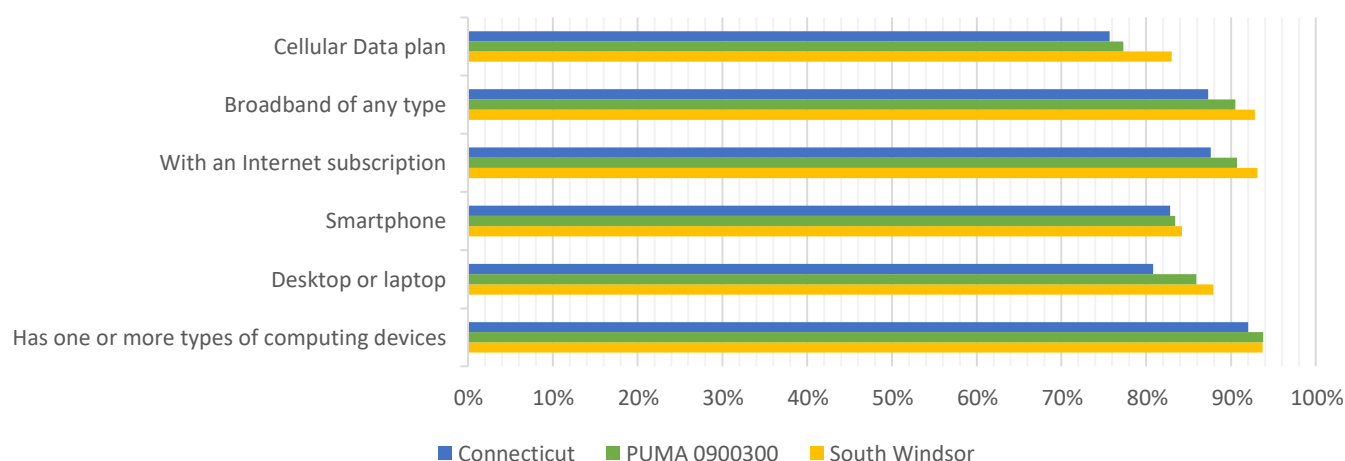
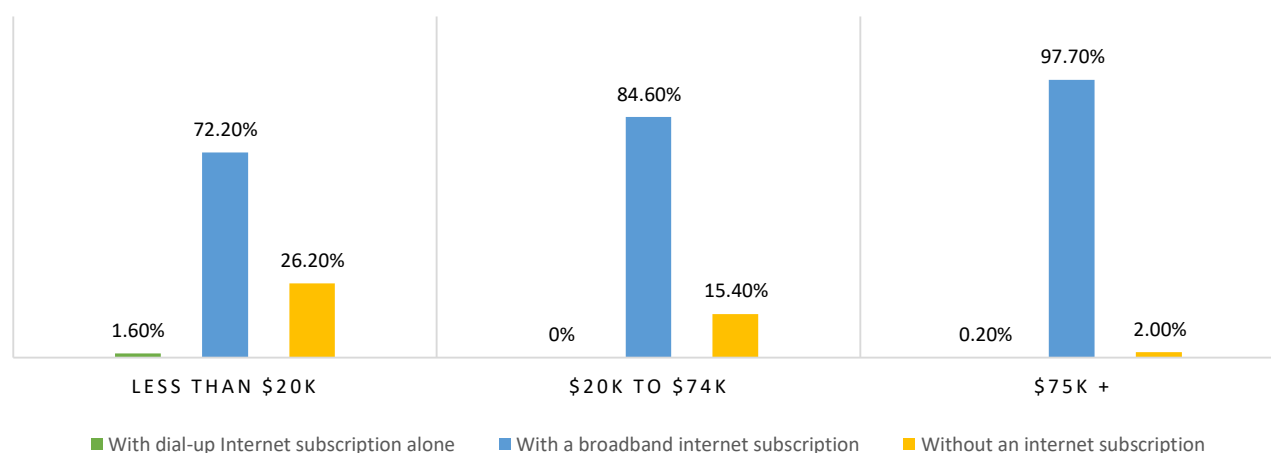


FIG. 25

Internet Subscription Access by Household Income in South Windsor, 2020

Source of Data: U.S. Census Bureau. 2020 American Community Survey 5- Year Estimate (S2801)



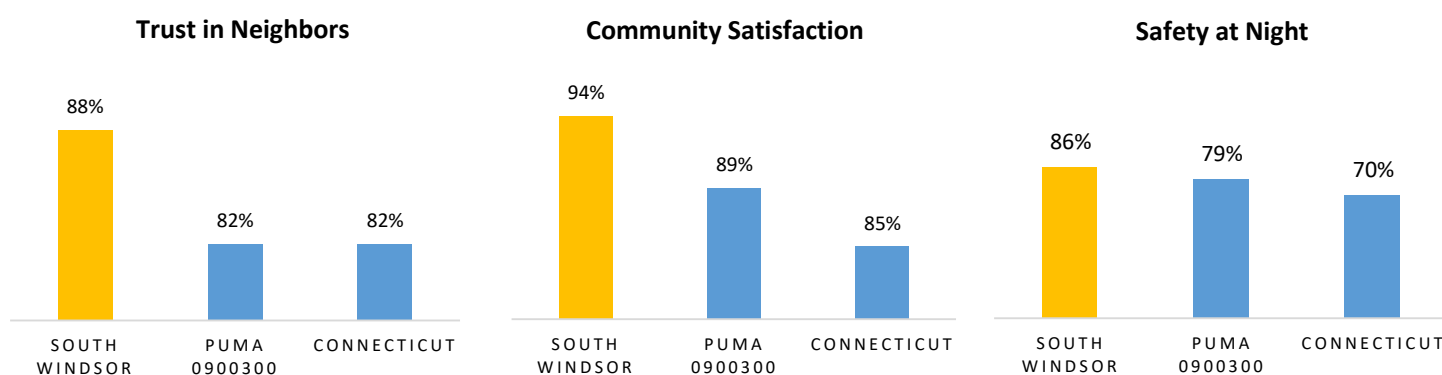
Social Cohesion, Safety, and Crime

According to DataHaven's Greater Hartford Community Wellbeing Index 2019 results, 88% of South Windsor residents are satisfied with their community, 86% feel safe walking at night, and 94% feel that they can trust their neighbors.⁴⁶ In comparison, PUMA 0900300 and Connecticut received lower community satisfaction and safety ratings from their residents as seen in **Figure 26**. Additionally, nearly all respondents of the South Windsor CHNA 2022 survey said that South Windsor was a safe place to live.

FIG. 26

Community Trust, Community Satisfaction, and Safety in South Windsor, PUMA 0900300, and Connecticut, 2019

Source of Data: Data Haven. (2021). South Windsor 2021 Equity Profile



Most of the perceptions of South Windsor residents were accurate as South Windsor is generally safe in comparison to Connecticut and PUMA 0900300 when it comes to crimes against persons as seen in **Figure 27**. However, certain crimes against property, such as burglary and arson, occur more frequently in South Windsor compared to PUMA 0900300 and Connecticut (**Figure 28**). In South Windsor, the crime rate per 100,000 residents for burglary is 193, which is higher than PUMA 0900300 at 146 per 100,000 residents and Connecticut at 181 per 100,000 residents. For arson, the South Windsor crime rate is 7.7 per 100,000, which is significantly higher than PUMA 0900300 at 3.8 and Connecticut at 5.7. Other crimes against property, such as motor vehicle theft and larceny occur less frequently in South Windsor than PUMA 0900300 and Connecticut.

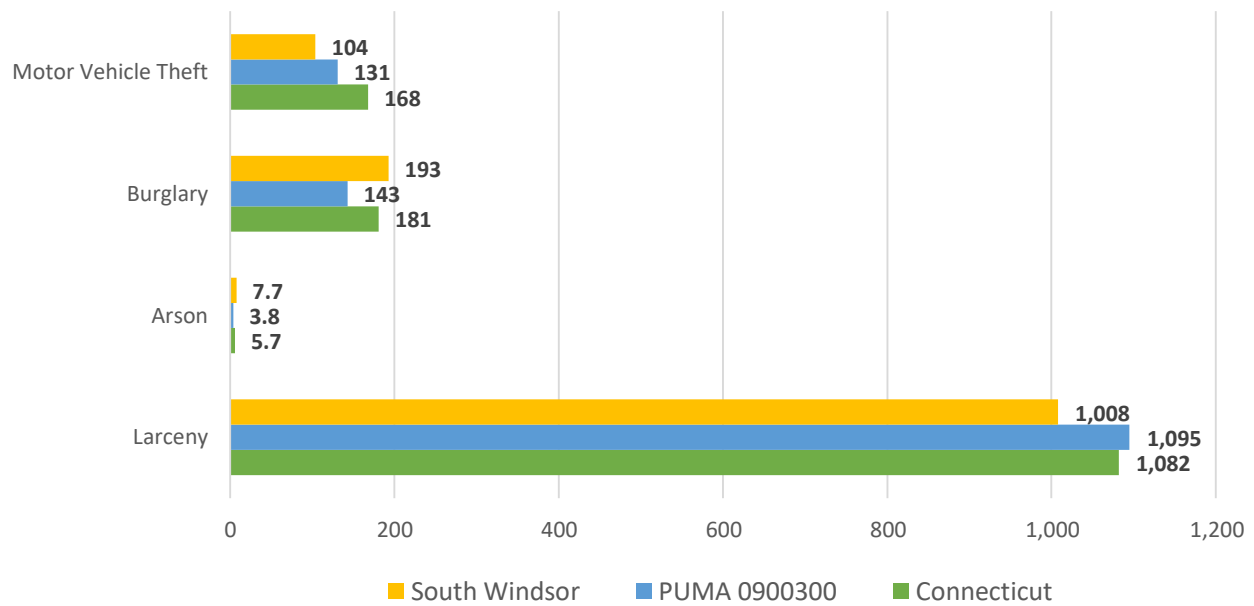
Crime can significantly impact wellbeing, health and quality of life. When crime is low, a community is more likely to be cohesive and have more civic engagement. On the other hand, high levels of crime have been associated with poor birth outcomes, higher perceived stress, poor mental health, as well as poor diet and exercise.⁴⁷

⁴⁶ Data Haven. (2021). South Windsor 2021 Equity Profile. Retrieved from <https://ctdatahaven.org/data-resources/south-windsor-town-equity-report-2021>

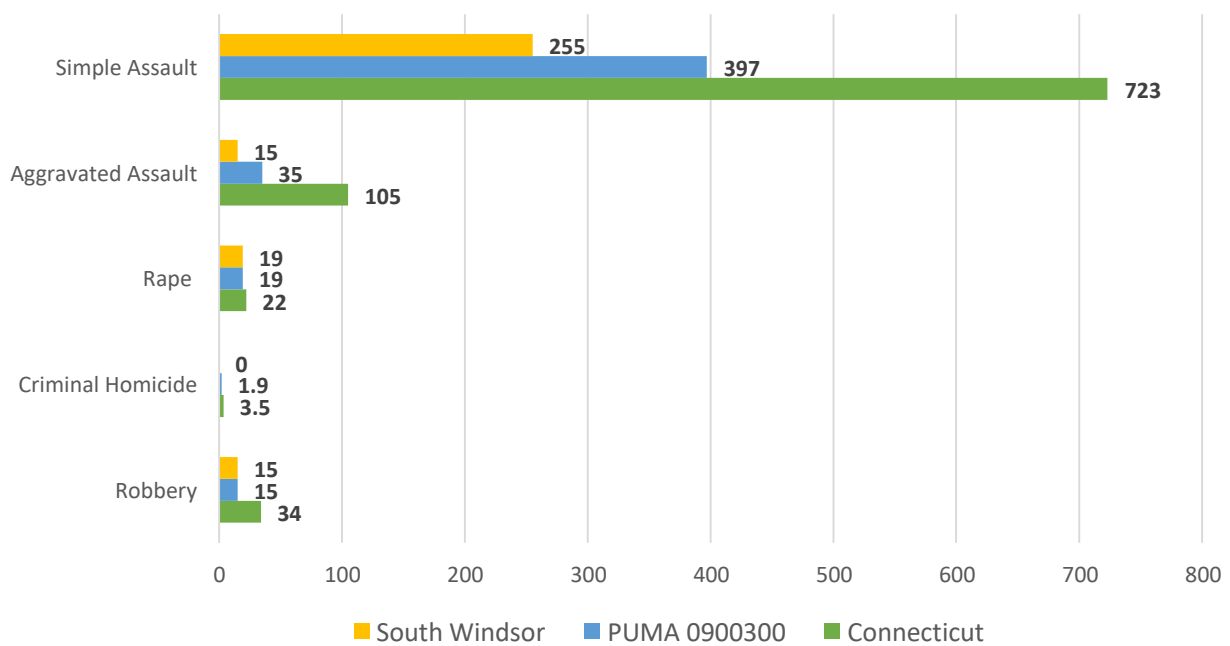
⁴⁷ Lodge, E.K., Hoyo, C., Gutierrez, C.M., Rappazzo, K.M., Emch, M.E., & Martin, C.L. (2021). Estimating Exposures to neighborhood crime by race and ethnicity for public health research. *BMC Public Health*, 21(1), 1078. <https://doi.org/10.1186/s12889-021-11057-4>

FIG. 27**Crime Against Property Rates Per 100,000 Residents in South Windsor, PUMA 0900300, and Connecticut, 2019**

Source of Data: Data Haven. (2021). South Windsor 2021 Equity Profile.

**FIG. 28****Crime Against Persons Rates Per 100,000 Residents in South Windsor, PUMA 0900300, and Connecticut, 2019**

Source of Data: Data Haven. (2021). South Windsor 2021 Equity Profile



ENVIRONMENTAL HEALTH

As earlier discussed, the physical environment contributes to about 20% of an individual's health. This section will discuss the following environmental determinants of health; transportation, parks and open green spaces, air quality, lead, and radon.

Transportation

The ability to commute and commuting itself impacts health. Those who have access to a car and are able to commute have the ability to drive to work to earn income, to commute to medical appointments for an annual checkup, or to drive to a park to walk, all which can positively affect health. There are approximately 406 households in South Windsor (of the 9,753) which do not have a vehicle available.⁴⁸

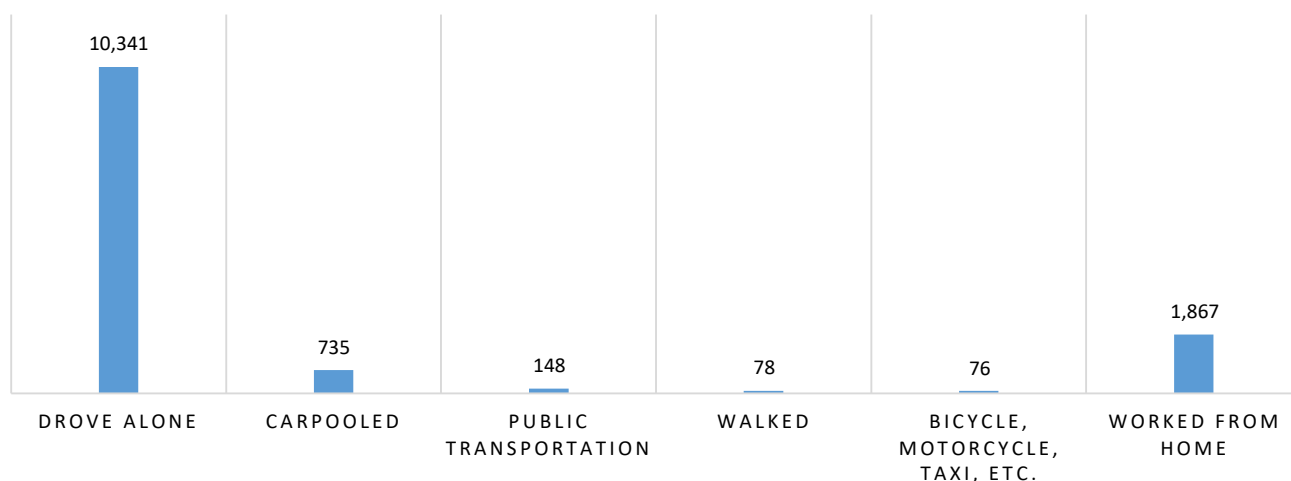
However, commuting itself can be detrimental to health. Sitting for long periods of time during lengthy commutes can negatively impact health due to physical inactivity. In addition, commuting can harm the environment, as exhaust from automobiles pollute the air and reduce air quality.

A majority of South Windsor residents travel alone when going to work, while fewer used other means of transportation, such as carpooling or public transportation as seen in **Figure 29**. Noticeably, a number of residents worked from home. Working from home has become increasingly common during the COVID-19 pandemic, as several businesses changed to remote working.

FIG. 29

Means of Transportation to Work in South Windsor, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (B08141)



⁴⁸ U.S. Census Bureau. (2020). 2020 ACS 5-Year Estimate: (DP04) SELECTED HOUSING CHARACTERISTICS in 3 Geos. Retrieved from https://data.census.gov/cedsci/table?q=south%20windsor&t=Owner%2FRenter%20%28Householder%29%20Characteristics&g=0400000US09_795XX00US0900300&tid=ACSDP5Y2020.DP04

Parks and Green Spaces

Several studies on the association on green spaces and health have found that green spaces are beneficial to mental health and can promote physical activity. A review of green space studies found that there were certain predictors of improved mental health which included higher number of green spaces, higher tree density, easy accessibility, and how the space is being maintained.⁴⁹ Predictors for promoting physical activity included the number of green spaces, proximity from residency, accessibility through public transportation, and availability of exercise amenities.⁴⁹

As seen in **Map 10**, South Windsor has several parks and green spaces. These parks and green spaces are maintained by South Windsor Parks and Recreation and provide 6.5 miles of trails and fields to play soccer, lacrosse, field hockey, and other sports. In addition, Veteran's Memorial Park, has a public pool for residents.

Map 10

Map of South Windsor Parks



⁴⁹ Gianfredi, Vincenza et al. "Association between Urban Greenspace and Health: A Systematic Review of Literature." *International journal of environmental research and public health* vol. 18,10 5137. 12 May. 2021, doi:10.3390/ijerph18105137

Air Quality

The Air Quality Index (AQI) measures the quality of air on a scale from 0 to 500 (**Figure 30**). The quality of air is determined by how polluted the air is by air pollutants such as ground-level ozone, particulate matter, carbon monoxide, sulfur dioxide, and nitrogen dioxide.⁵⁰ The more pollutants in the air, the lower the quality of air and the higher the AQI value. Daily air quality index is displayed on the Connecticut Department of Energy and Environmental Protection's website, <https://portal.ct.gov/DEEP/Air/Forecasting/AQI/Air-Quality-Index>.

With the changing climate, air pollutants are expected to increase, particularly ozone pollution, a mixture of nitrogen oxide emission (from industrial facilities and motor vehicle exhaust) and volatile organic compounds in the air. The presence of ozone pollution can harm healthy individuals, and be especially harmful to individuals with asthma and COPD. According to the American Lung Association's 2020 State of Air report, every Connecticut county received failing grades for ozone pollution, with the Hartford-East Hartford ranking 25th in the nation.⁵¹

However, for particulate matter, all Connecticut counties have passed national standards.⁵¹ Particle pollution are airborne particles such as smoke, dust and soot which come from vehicles, factories, fires, and several other sources. Particle pollution can cause a number of health issues, including asthma attacks, heart attacks, strokes, and lung cancer as particles can get lodge in the lungs and enter the bloodstream.

FIG. 30

Air Quality Index Values

Source: AirNow. (n.d.) Air Quality Index Basics. Retrieved from <https://www.airnow.gov/aqi/aqi-basics/>

AQI Basics for Ozone and Particle Pollution			
Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

⁵⁰ AirNow. (n.d.) Air Quality Index Basics. Retrieved from <https://www.airnow.gov/aqi/aqi-basics/>

⁵¹ American Lung Association. 2020. Connecticut's Air Quality Earns Straight Fs for Ozone, Despite Improvements, Finds 2020 'State of the Air' Report. Retrieved from <https://www.lung.org/media/press-releases/state-of-the-air-connecticut>

Radon

Radon is a naturally occurring radioactive gas which forms when uranium breaks down in rock, soil, and groundwater.⁵² Radon levels found in outdoor air pose a low threat to health. However, when radon enters indoor air in homes and buildings from surrounding soil through gaps and cracks, health issues can arise without forewarning as radon is colorless, odorless, and does not cause symptoms.

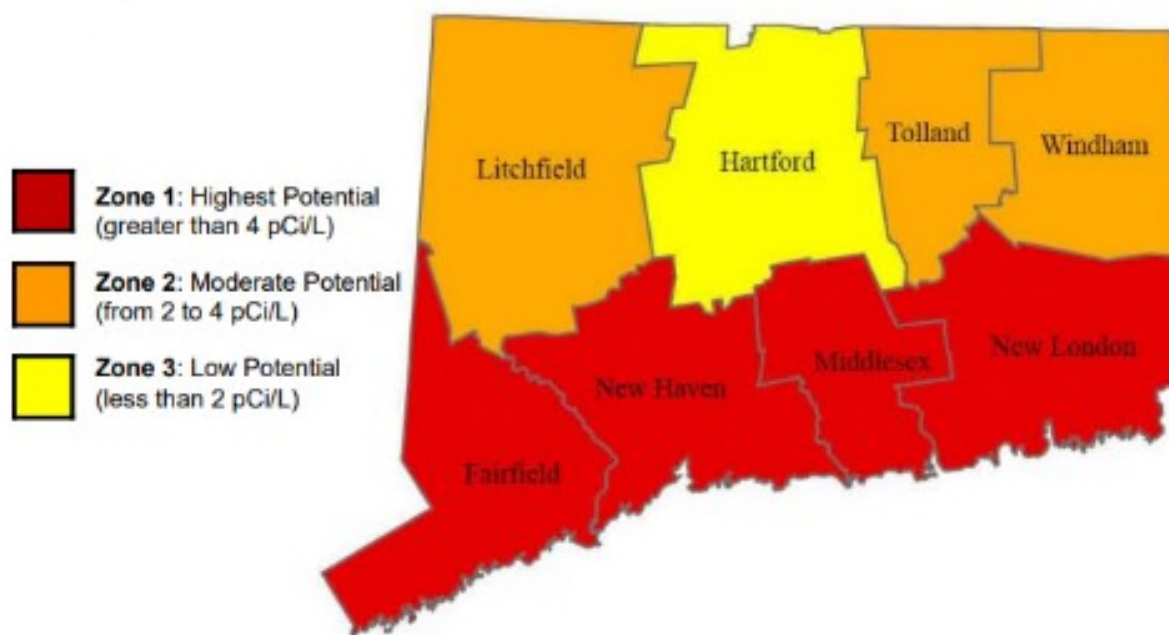
Breathing radon over time can damage lung tissue and raise one's risk of lung cancer. In the U.S., exposure to radon is the second leading cause of lung cancer in nonsmokers, causing about 20,000 lung cancer deaths a year.⁵²

As seen in **Map 11**, Hartford County has low radon potential. This potential was determined by a variety of factors, including indoor radon measurements, geology, aerial radioactivity, soil permeability, and foundation type.⁵² Although Hartford County has low potential, it is still important to have homes checked for radon with a radon test, which can be purchased at a local hardware store.

MAP 11

EPA Map of Radon Potential in Connecticut

Source: CT DPH. (n.d.). Retrieved from https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/environmental_health/radon/pdf/EPAMapofRadonZonespdf.pdf



⁵² CT DPH. 2021. Basic Radon Facts. Retrieved from https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/environmental_health/radon/2021/DPH-Basic-Radon-Facts-2021.pdf

Lead Poisoning

Lead is a naturally occurring metal that was widely used in products, such as paint, gasoline, and plumbing, to improve the performance of the product. However, several bans were put in place after health effects from lead exposure were found. In 1978 lead paint was banned, followed by a lead solder ban in 1986, and a leaded gasoline ban in 1996.⁵³

However, homes and buildings built before 1980 may still contain lead paint and plumbing. It is estimated that 71% of Connecticut homes were built before 1980.⁵³ In South Windsor, 35% (3,655) of homes were built before in 1969.⁵⁴

There are four primary sources of lead; lead-based paints, dust from lead-based paints, soil contaminated with lead from paint chips or dust, and water contaminated with lead from lead plumbing. Most lead poisoning occurs in children due to a child swallowing dust or lead paint chips. Lead poisoning can cause brain damage, reduced IQ, learning disabilities, developmental delays, hearing loss, and other health problems. For this reason, every child in Connecticut between the ages of 9 months and 35 months must be tested for lead each year through a blood test.⁵⁵

No amount of lead in the body is safe, however the CDC has made recommendations recently that a blood lead level of 3.5 µg/dL is considered as elevated. In Connecticut, 5 µg/dL is considered elevated, following the CDC's previous recommendation in 2012. However, Connecticut is expected to soon lower the elevated blood lead level to 3.5 µg/dL to match the CDC's latest recommendations.

In 2020, 399 South Windsor children were tested for lead. Only one child had an elevated blood lead level of ≥5 µg/dL, 7 children had a blood lead level of ≥ 3.5 µg/dL, and the majority had a blood lead level of <3.5 µg/dL.

Table 3

Lead Tests and Results from Children in South Windsor and Connecticut, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (B25034) and CT DPH. (2020). Childhood Lead Poisoning Surveillance Report. Retrieved from <https://portal.ct.gov/-/media/DPH/EHDW-Lead/Executive-Summary-of-CT--2020-Childhood-Lead-Poisoning-Surveillance-Report-and-prev-data-tables.pdf>

Location	Lead Tests in Children Under 6 Years	<3.5 µg/dL		≥3.5 µg/dL		≥5 µg/dL		≥15 µg/dL		≥20 µg/dL	
South Windsor	399	392	98.2%	7	1.8%	1	0.3%	0	0.0%	0	0.0%
Connecticut	61,317	58,323	95.1%	2,994	4.9%	1,024	1.7%	120	0.2%	58	0.1%

⁵³ CT DPH. (n.d.). About Lead. Retrieved from <https://portal.ct.gov/DPH/Environmental-Health/Lead-Poisoning-Prevention-and-Control/About-Lead>

⁵⁴ U.S. Census Bureau. (2020) 2020 ACS 5-Year Estimate: (B25034) YEARS STRUCTURE BUILT. Retrieved from <https://data.census.gov/cedsci/table?q=south%20windsor&t=Year%20Structure%20Built&tid=ACSDT5Y2020.B25034>

⁵⁵ CT DPH. (n.d.). About Lead. Retrieved from <https://portal.ct.gov/DPH/Environmental-Health/Lead-Poisoning-Prevention-and-Control/About-Lead>

HEALTH BEHAVIORS

Health behaviors refer to actions individuals take that affect their health, and as earlier discussed, it is believed that health behaviors account for 30% of health outcomes. There are several types of health behaviors, including; diet, physical activity, sleep, smoking, substance abuse, risky sexual activity, adherence to medication, and health care seeking behavior. Health behaviors are shaped by several factors including economic factors (e.g., income, education, stress), social factors (e.g., social norms, support from peers), environmental factors (e.g., housing, stores, parks, transportation), cognitive factors (e.g., knowledge, expectations, experience), and behavioral factors (e.g., skills, self-efficacy).

It is important to note that health behaviors are modifiable. There are several ways to change behavior, such as identifying barriers to find solutions, providing education, setting environmental cues, as well as setting timely, attainable and measurable goals. By improving health behaviors, such as participating in a smoking cessation program to quit smoking, one can improve/maintain health and prevent disease.

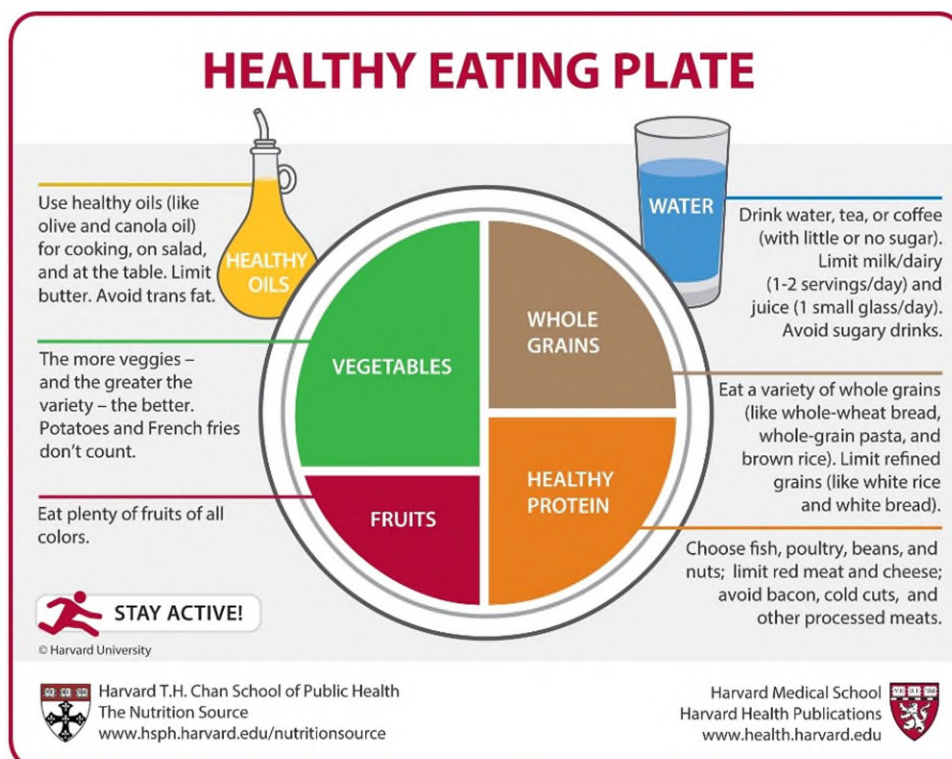
Healthy Eating

Daily food choices can impact your health. Ideally, a healthy diet consists of vegetables, fruits, protein (fish, poultry, beans), whole grains, healthy oils, drinking water, tea, or coffee (Figure 31).

FIG. 31

Harvard's Healthy Eating Plate

Source: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>



However, barriers such as financial constraints, time constraints, lack of cooking knowledge/skills that discourages cooking, and lack of grocery stores nearby (**Food Desert**⁵⁶), can prevent an individual from eating healthy. Overtime, consumption of unhealthy food can lead to chronic diseases, such as obesity, diabetes, cardiovascular disease, and cancer.

According to the U.S. Department of Agriculture (USDA)'s Food Access Research Atlas, South Windsor would not be considered a food desert, as a majority of households have vehicles and access to food sources (e.g., grocery stores, restaurants), and are not low-income.⁵⁷

FOOD INSECURITY

While South Windsor is not a food desert, there are residents who are food insecure. Food insecurity is the lack of access to enough nutritionally adequate food necessary for an active and healthy household. In 2019, there were 428,800 residents in Connecticut who were food insecure, with a majority being in Hartford County (101,420).⁵⁸ Data further shows that 41% of food insecure people in Hartford County and Tolland County did not qualify for federal nutrition assistance, such as Supplemental Nutritional Assistance Program (SNAP).⁵⁹

Food insecurity is typically the result of financial difficulties (e.g., poverty; low income; lack of affordable housing). Those with financial difficulties often have to make tough choices between food and other necessities, such as utilities or rent. According to a 2014 Feeding America study, 73% of food insecure households in Connecticut had to choose between food and utilities, 63% of households had to choose between food and rent, and 68% of households had to choose between food and health care.⁶⁰

Food insecurity in South Windsor can be seen in a few sources of data, including our South Windsor CHNA 2022 survey, the Connecticut Food Bank, South Windsor Public School District, and 2-1-1 calls. In the South Windsor CHNA 2022 survey about 7% of respondents reported issues when buying food during the COVID-19 pandemic and there was mention of food insecurity becoming an issue in town. According to the Connecticut Food Bank, as of 2019, 8.4% of South Windsor residents are food insecure, as seen below.⁶⁰

MAP 12

South Windsor Food-Insecurity Rate, 2019

Source: <https://www.ctfoodbank.org/about-us/hunger-in-connecticut/>



⁵⁶ **Food Desert** is an area where it is difficult to buy affordable and good-quality food

⁵⁷ USDA. Food Access Research Atlas. Retrieved from <https://www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas/>

⁵⁸ Feeding America. 2019. Map the Meal Gap. Retrieved from <https://map.feedingamerica.org/county/2019/overall/connecticut/county/hartford>

⁵⁹ Foodshare. 2019. Hunger in Greater Hartford. Retrieved from http://site.foodshare.org/site/PageServer?pagename=2017_hunger

⁶⁰ Connecticut Food Bank. Hunger in Connecticut. Retrieved from <https://www.ctfoodbank.org/about-us/hunger-in-connecticut/>

From the 4,778 students in the South Windsor Public Schools district, approximately 12.75% students are eligible for free meals and 4.21% of students are eligible for reduced-price meals during the 2021-2022 school year.⁶¹ There are several ways to meet eligibility for reduced-price or free meals, such as residing in a low-income household or residing with a household member who receives SNAP.⁶² It is likely that students who are eligible for reduced-price or free meals face food insecurity at home.

Lastly, data from 2-1-1 counts show how many South Windsor residents are struggling with purchasing food and are in need of food assistance. From August 2021 to July 2022, there were 35 requests from South Windsor residents who had requests regarding food, with the majority looking for financial support to purchase food, such as WIC and SNAP, as seen in **Figure 32**. Overall, while there are thousands who are food insecure in South Windsor, low requests may indicate that many are currently receiving food assistance, such as SNAP or Foodshare.

FIG. 32

2-1-1 Counts Food Requests from August 1, 2021 to July 31, 2022

Source of Data: 2-1-1 Counts. (n.d.) Total Requests. Retrieved from <https://ct.211counts.org/>

	8/1/2021 - 7/31/2022	Food	8/1/2021 - 7/31/2022
Food	35 Requests	Demographics	
Helping Buy Food	29	Gender	Number of Phone Requests
Food Pantries	5	Female	24
Soup Kitchens	0	Male	10
Feeding Children	1	Not available	<5
Home-delivered meals	0	Age	Number of Phone Requests
Holiday meals	0	Under 18	<5
Contacts	0	18 - 29	6
Other	0	30 - 39	<5
		40 - 49	6
		50 - 59	10
		60 - 69	7
		Not available	<5

SNAP is a federal nutrition assistance program that assists eligible food insecure families purchase healthy food. According to Columbia University's SNAP and Food Shopping During COVID-19 map, Hartford County has 54,403 households receiving SNAP, with 34.5% of those households being 60 years or older.⁶³ In Connecticut, SNAP is distributed the first three days of every month.⁶³

Another source of food for those with food insecurity is Foodshare. Foodshare is a regional foodbank which distributes food to community kitchens and shelters throughout Connecticut. In South Windsor, the Wapping Community Church on Ellington Road, acts as a host site for Foodshare and distributes food twice a month.

⁶¹ Edsight. South Windsor School District – Meal Eligibility. Retrieved from https://public-edsight.ct.gov/students/enrollment-dashboard?language=en_US

⁶² South Windsor Schools. Applying for Free and Reduced-Price Meals. Retrieved from https://www.southwindsorschools.org/departments/food_services__chartwells/free_reduced

⁶³ Columbia University. (2020) SNAP and Food Shopping During COVID-19 Map. Retrieved from <https://columbia.maps.arcgis.com/apps/webappviewer/index.html?id=13239c50eb704e05888186ae85230bfc>

Physical Activity

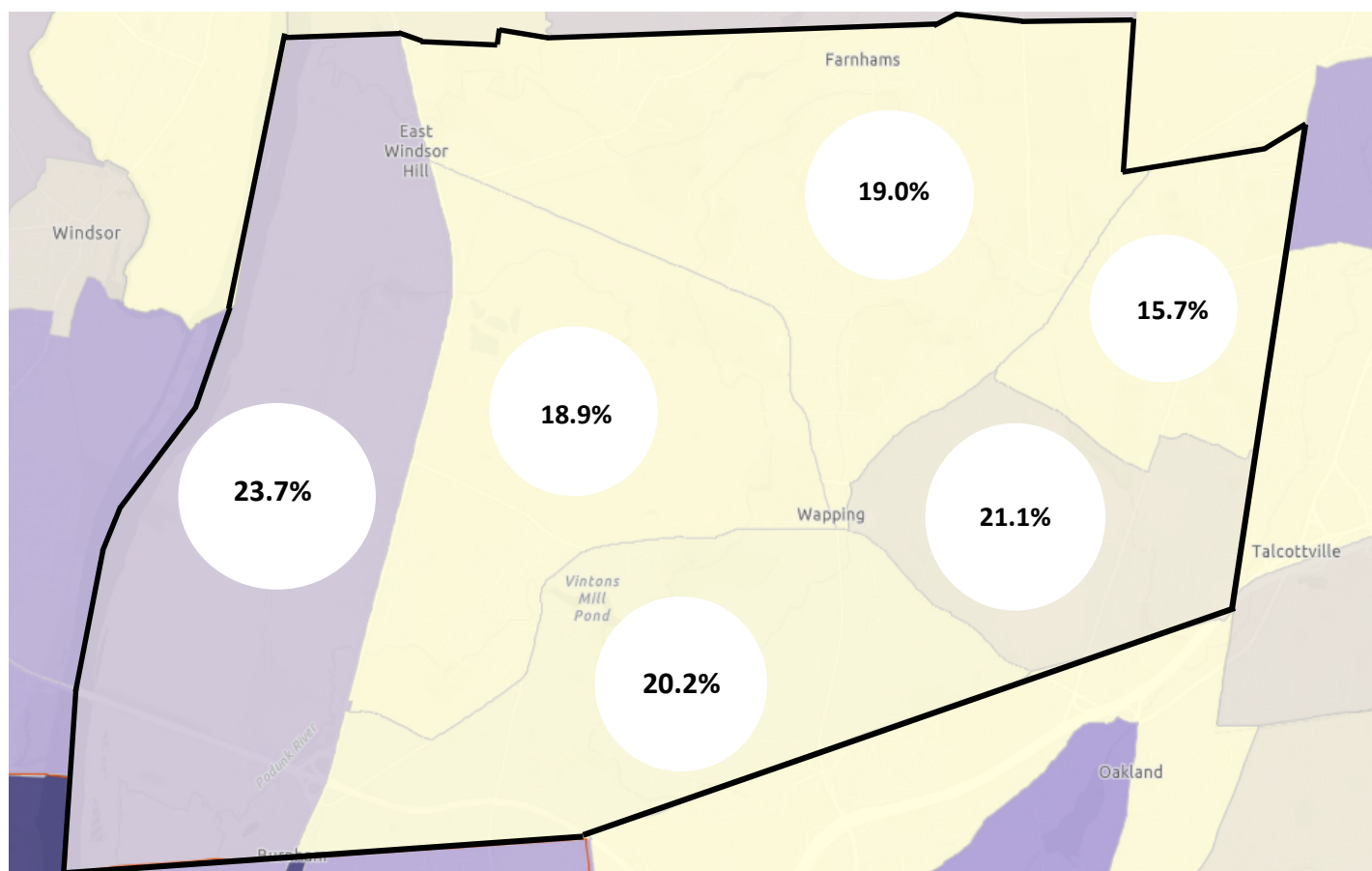
There are a number of health benefits associated with physical activity, such as reducing the risk the of disease (e.g., cardiovascular disease, diabetes, and cancer), weight management, improving mental health, strengthening bone and muscles, and brain health.⁶⁴

There are several resources in South Windsor for residents to be physically active, which include the parks and open spaces, local gyms and fitness centers, as well as sport leagues and exercise classes offered by South Windsor's Parks and Recreation and Senior Center. However, despite resources being available, perceived barriers to physical activity (e.g., lack of time, lack of motivation, fear of injury, etc.) can prevent physical activity. It is estimated that 19.76% of South Windsor residents are physically inactive, as seen in **Map 13**.⁶⁵ Physical inactivity can increase the risk of the same diseases and conditions in which physical activity can prevent or help manage, such as cardiovascular disease and diabetes.

MAP 13

CDC PLACES Map of Physical Inactivity in South Windsor, 2019

Source: <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>



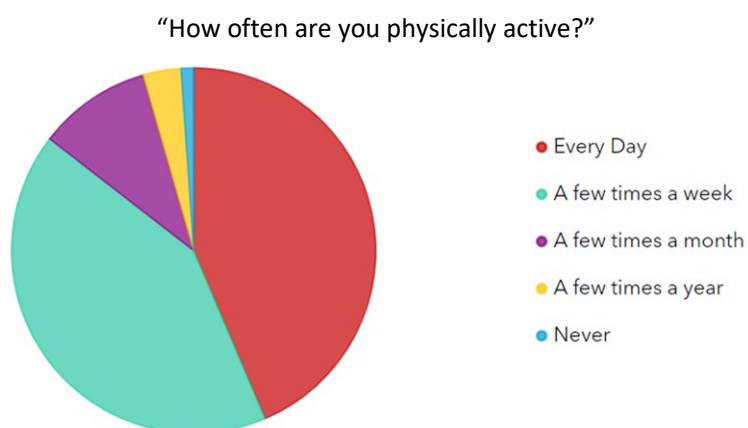
⁶⁴ CDC. (2022). Benefits of Physical Activity. Retrieved from <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

⁶⁵ CDC. (2020). PLACES. Retrieved from <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>

According to our Community Health Needs Assessment Survey, 97% of respondents reported that they are physically active to some degree, as seen in **Figure 33**. Of those who exercise, a majority stay physically active by walking, followed by hiking and running.

FIG. 33

South Windsor CHNA 2022 Survey Response



In Connecticut, the Connecticut Physical Fitness Assessment (CPFA) is conducted to students in grades 4th, 6th, 8th, and high school, to evaluate the school and/or school district’s implemented physical activity programs. The assessment includes four tests; curl up (abdominal muscle strength), mile run (aerobic endurance), push up (upper body muscle strength), and sit and reach (flexibility). To learn more about how these tests are conducted and assessed, visit <https://portal.ct.gov/SDE/Physical-Education/Physical-Education---Test-Administrators-Manual>.

During the 2018 – 2019 school year, 66.2% of South Windsor students who were assessed in all four areas reached the health standard as seen in **Table 4**. Of those, 94.7% passed the curl up test, 81.4% passed the mile run, 81.5% passed the push up test, and 85.3% passed the sit and reach test. Data also shows that the number of students reaching health standard in South Windsor been increasing, as seen in **Table 5**. This demonstrates that the physical education curriculum in South Windsor is effective.

TABLE 4

Percentage of Students Reaching Health Standard in South Windsor and Connecticut, 2018-2019 School Year

Source of Data: https://public-edsight.ct.gov/performance/physical-fitness-tests---students-reaching-health-standard?language=en_US

	South Windsor	Connecticut
All Tests	66.2%	52.9%
Curl Up	94.7%	84.0%
Mile Run	81.4%	71.5%
Push Up	81.5%	73.4%
Sit and Reach	85.3%	82.1%

*Only students that were assessed in all four areas of the assessment were included in this table

Table 5

Trend of South Windsor School District students reaching health students, 2014-2019

Source of Data: https://public-edsight.ct.gov/performance/physical-fitness-tests---students-reaching-health-standard?language=en_US

	2014 - 2015	2015 - 2016	2016- 2017	2017- 2018	2018-2019
All Tests	52.4%	56.4%	55.1%	51.4%	66.2%
Curl Up	89.9%	86.9%	87.9%	90.2%	94.7%
Mile Run	78.1%	82.6%	80.4%	79.0%	81.4%
Push Up	79.0%	81.4%	77.6%	70.9%	81.5%
Sit and Reach	75.3%	82.3%	81.3%	78.7%	85.3%

*Only students that were assessed in all four areas of the assessment were included in this table

Tobacco Use

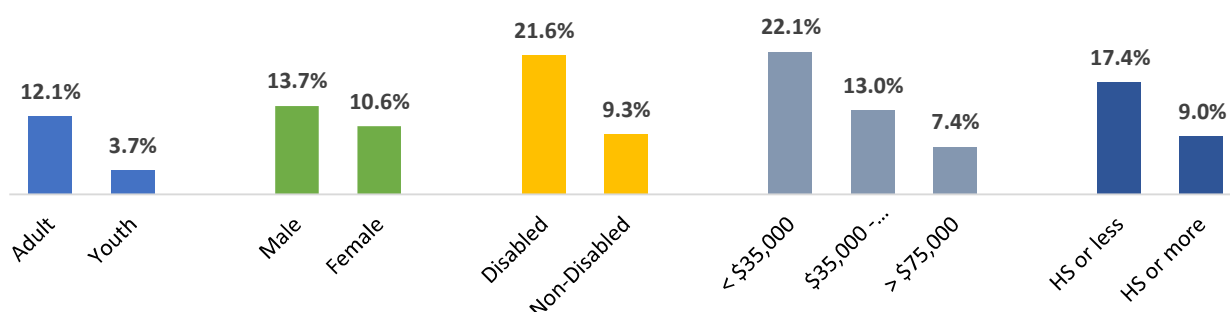
Cigarette smoking is the leading cause of preventable death in the U.S, causing more than 480,000 deaths each year.⁶⁶

Smoking can cause several types of cancer, cardiovascular disease, stroke, respiratory diseases, and other serious health issues.⁶⁶

Connecticut Department of Health (CT DPH) reports that 1 in 8 Connecticut adults (12.1%) are current smokers, with a majority of cigarette smokers being males, adults earning less than \$35,000, adults with no more than a high school degree, and adults with disability (**Figure 34**).⁶⁷ According to Data Haven's Greater Hartford Community Wellbeing Index 2019, 7% of residents in the **Greater Hartford Outer Ring**⁶⁸ area smoke cigarettes.⁶⁹ In South Windsor, it is estimated that 11.7% of South Windsor residents are current smokers.⁷⁰

FIG. 34

Demographics of Current Cigarette Smokers in Connecticut, 2019

Source of Data: CT DPH. (2022). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

⁶⁶ CDC. (2021). Health Effects of Cigarette Smoking. Retrieved from

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm

⁶⁷ CT DPH. (2019). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance. Retrieved from

https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

⁶⁸ **Greater Hartford Outer Ring** defined by Data Haven consists of 23 towns including Andover, Avon, Bolton, Canton, Columbia, Coventry, East Granby, East Windsor, Ellington, Farmington, Glastonbury, Granby, Hebron, Mansfield, Marlborough, Simsbury, Somers, South Windsor, Southington, Stafford, Suffield, Tolland, and Willington.

⁶⁹ Data Haven. (2019). Greater Hartford Community Wellbeing Index 2019. Retrieved from

https://www.ctdatahaven.org/sites/ctdatahaven/files/DataHaven_Greater_Hartford_Index_2019_PrelimFinal.pdf

⁷⁰ CDC. (2020). CDC PLACES. Retrieved from <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65/>

VAPING

Alternative tobacco products, such as electronic-cigarettes (e-cigarettes) and vape pens, have been gaining popularity recently among younger age groups. There are number of reasons to explain the gain in popularity, including the ability to recharge and reuse the e-cigarette, the ability to change the flavor of aerosol, the appearance of the product (sleek and pocket-sized), and the perception that vaping is safe.



How do e-cigarettes work?

An e-cigarette works by heating nicotine, an extract from tobacco, as well as flavors and other chemicals to create an aerosol. This aerosol is then inhaled when vaping.

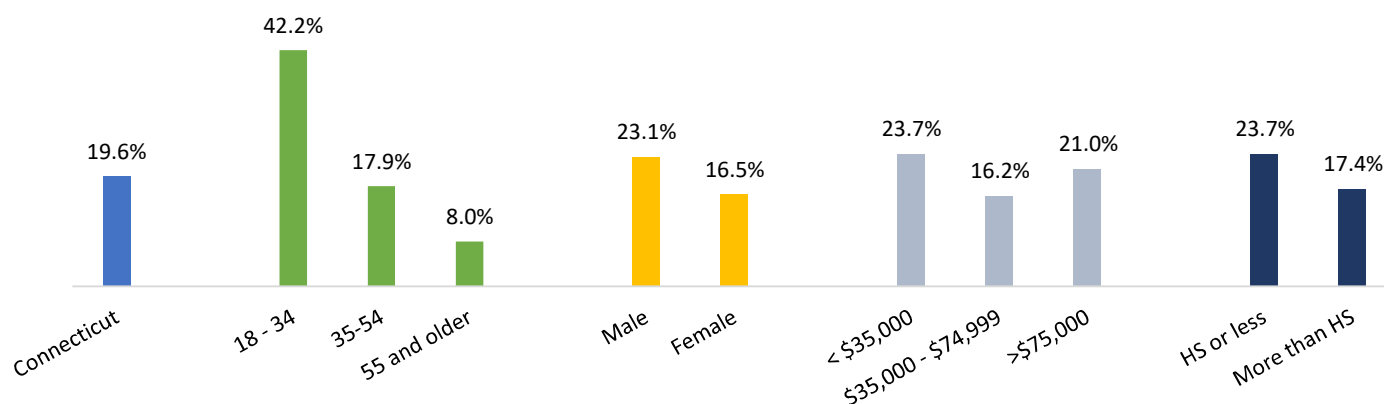
While e-cigarettes have been found to be safer than smoking cigarettes, due to fewer toxins in the product, e-cigarettes are not risk free.⁷¹ E-cigarette users are exposed to nicotine and other harmful substances which may be detrimental to brain development in adolescents. Furthermore, vaping can affect mental health. As a person vapes, they become dependent on nicotine (a chemical that activates dopamine), and when they stop vaping, they can experience withdrawal symptoms, such as irritability, restlessness, anxiety, and depression.⁷² To relieve these symptoms, they vape again. This creates a cycle of nicotine dependence.

In 2019, about 1 in 5 Connecticut adults (19.6%) have tried an e-cigarette, a vape pen, or vapor.⁷³ Of those, 2.5% are current every day e-cigarette smokers and 2.7% are current e-cigarette smokers who smoke occasionally.⁷³ Most who have tried e-cigarettes, are male (23.1%) and between the ages of 18 and 34 (42.2%) as seen in **Figure 35**.⁷³ According to DataHaven's Greater Hartford Community Wellbeing Index 2019, as of 2018, 8% of Connecticut residents living in the Greater Hartford area vape more than once a month.⁷⁴

FIG. 35

Demographics of Connecticut Residents Who Have Ever Tried Vaping, 2019

Source of Data: CT DPH. (2022). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf



⁷¹ Marques, P., Piqueras, L., & Sanz, M. J. (2021). An updated overview of e-cigarette impact on human health. *Respiratory research*, 22(1), 151.

<https://doi.org/10.1186/s12931-021-01737-5>

⁷² CDC. (2022) Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults. Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

⁷³ CT DPH. Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). Retrieved from https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

⁷⁴ Data Haven. (2019). Greater Hartford Community Wellbeing Index 2019. Retrieved from https://www.ctdatahaven.org/sites/ctdatahaven/files/DataHaven_Greater_Hartford_Index_2019_PrelimFinal.pdf

Substance Use (Opioids and Other Drugs)

Opioids are a class of prescription medications used for pain relief which include morphine, oxycodone, and hydrocodone. There are also illegal opioids, including heroin and illicitly manufactured fentanyl. Misuse and abuse of both prescription and illicit opioids have been on the rise, causing the issue to be labeled as an epidemic. When opioids are misused and abused to receive a sense of euphoria, an individual can become opioid dependent which can lead to addiction, overdose incidents, and possibly death from an overdose.

In Connecticut, there have been 8,230 deaths between 2015 and 2022 due to an unintentional drug overdose.⁷⁵ Of those, 24 have occurred in South Windsor, with most involving fentanyl/fentanyl analog.

FIG. 36

Drugs Involved in Unintentional Drug Overdose Deaths in South Windsor, 2015 - 2022

Source of Data: https://public.tableau.com/app/profile/heather.clinton/viz/SUDORS_Dashboard_final2/OverdoseDashboard

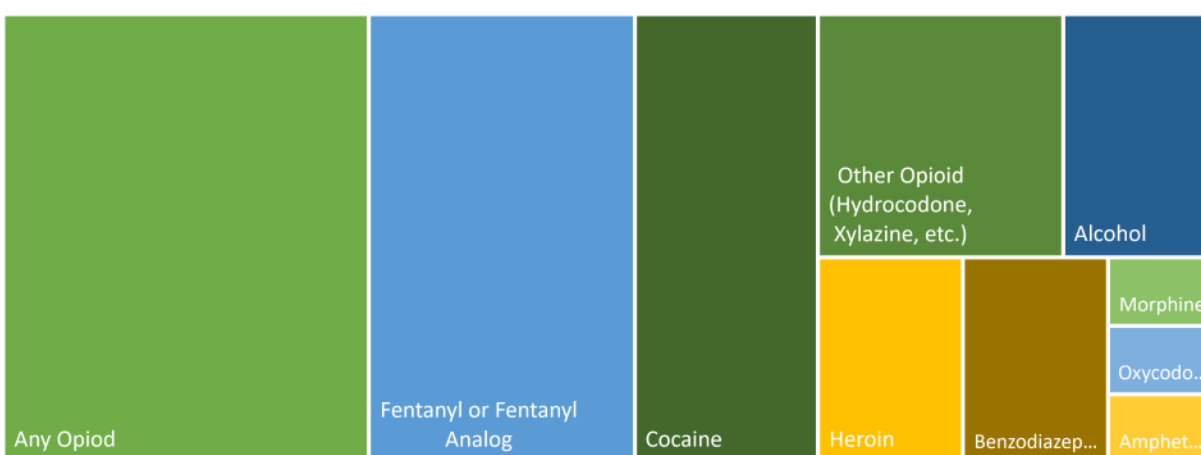


FIG. 37

Age Group of Unintentional Drug Overdose Deaths in South Windsor, 2015 - 2022

Source of Data: https://public.tableau.com/app/profile/heather.clinton/viz/SUDORS_Dashboard_final2/OverdoseDashboard

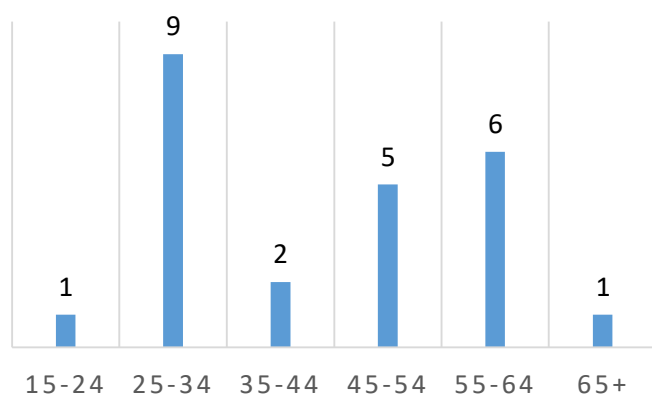
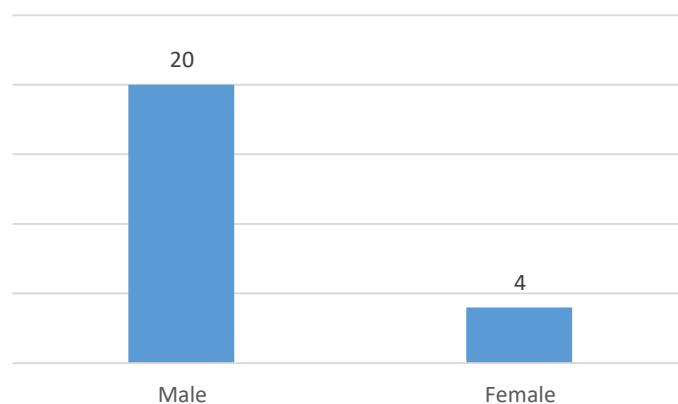


FIG. 38

Gender of Unintentional Drug Overdose Deaths in South Windsor, 2015 - 2022

Source of Data: https://public.tableau.com/app/profile/heather.clinton/viz/SUDORS_Dashboard_final2/OverdoseDashboard



⁷⁵ CT DPH. (2022). Drug Overdose Deaths in Connecticut Data Dashboard, 2015 – 2022. Retrieved from https://public.tableau.com/app/profile/heather.clinton/viz/SUDORS_Dashboard_final2/OverdoseDashboard

Alcohol Use

To reduce the risk of alcohol-related harm it is recommended that adults aged 21 and older drink in moderation by limiting intake to no more than 2 drinks a day for men and no more than 1 drink a day for women.⁷⁶ Having more drinks than the recommended intake is defined as heavy drinking.⁷⁷ A person binge drinks when their blood alcohol concentration reaches 0.08 grams/deciliter after drinking for a two-hour period. Excessive alcohol consumption can be defined as either heavy drinking or binge drinking.

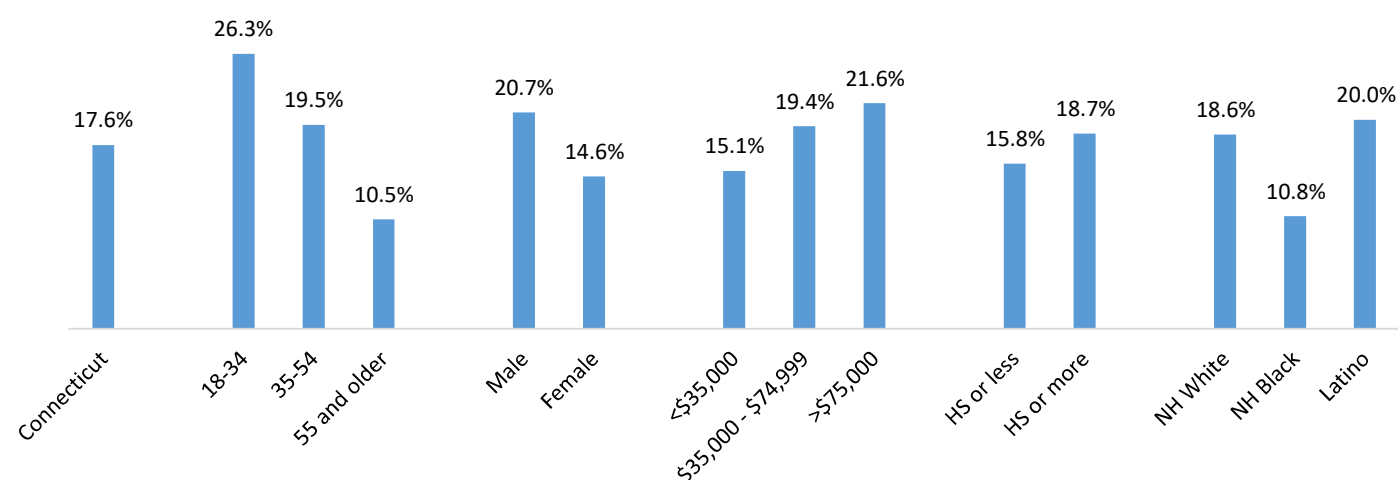
Excessive alcohol consumption overtime can lead to several chronic health issues, such as high blood pressure, heart disease, stroke, liver disease, and cancer.⁷⁸ In addition, it can lead to more immediate health issues, such as injuries (e.g., motor vehicle accidents, falls, drownings), poor pregnancy outcomes, and sexually transmitted disease (as those who binge drink are more likely to have unprotected sex).⁷⁸

In 2019, 17.6% of Connecticut residents excessively drink alcohol.⁷⁹ With 1 in 6 Connecticut adults engaging in binge drinking, and 1 in 16 Connecticut adults heavy drinking. As seen in **Figure 39**, a majority of those who excessively drink alcohol are male, between the ages of 18 and 34, make more than \$75,000, and have more than a high school education. According to Data Haven, in 2018, 6% of adults who reside the Greater Hartford area reported that they drank heavily (more than four drinks for women and more than five drinks for men) at least six times in the past month.⁸⁰ According to CDC PLACES (Population-Level Analysis and Community EstimateS of health measures), as of 2019 it is estimated that 16.1% South Windsor residents binge drink.

FIG. 39

Demographics of Connecticut Residents Excessively Drink Alcohol, 2019

Source of Data: CT DPH. (2022). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf



⁷⁶ CDC. (2022). Excessive Alcohol Use. Retrieved from <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/alcohol.htm>

⁷⁷ CT DPH. (2022). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). Retrieve from https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

⁷⁸ CDC. (2022). Excessive Alcohol Use. Retrieved from <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/alcohol.htm>

⁷⁹ CT DPH. (2022). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). Retrieve from https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

⁸⁰ Data Haven. (2019). Greater Hartford Community Wellbeing Index 2019. Retrieved from https://www.ctdatahaven.org/sites/ctdatahaven/files/DataHaven_Greater_Hartford_Index_2019_PrelimFinal.pdf

Health-Seeking Behaviors

Health-seeking behaviors is a broad concept within health behaviors which refers to “any action or inaction undertaken by individuals who perceive themselves to have a health problem or to be ill for the purpose of finding an appropriate remedy”.⁸¹ Other actions such as maintaining good health and preventing health, such as health screenings also fall under health-seeking behaviors.⁸²

There are several barriers in which can delay or prevent one from seeking health care. These barriers include sociocultural (e.g., lack of social support, display of weakness (due to masculinity norms), language barrier), economic (e.g., low income, lack of health insurance), psychological (fear or embarrassment of treatment), negative past experiences, and poor relationship/communication with health care provider. However, despite the potential barriers, a majority of South Windsor residents go to their annual check-up (81%)⁸² as well as their health screenings.

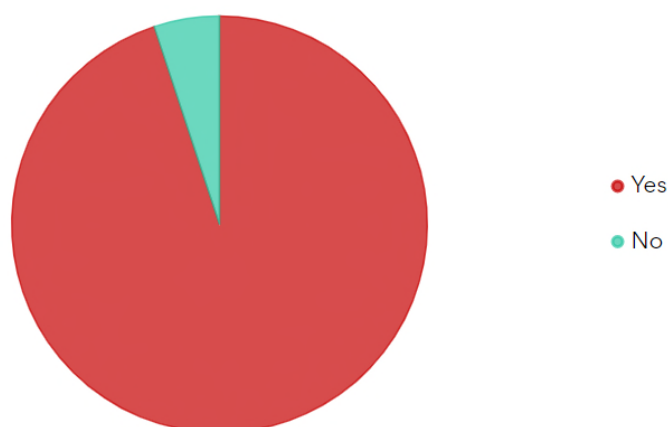
HEALTH SCREENINGS

Health screenings are medical tests that check for specific diseases or health conditions, even before symptoms appear. Common health screenings include mammography, pap smears, and colonoscopy. According to the South Windsor CHNA 2022, 92.3% of respondents self-reported that they receive recommended health screenings as seen in **Figure 40**. Data from the CDC also indicate high rates of health screenings among South Windsor residents. According to the CDC PLACES, in 2018, it is estimated that 83.8% of South Windsor women aged 50 to 74 years received a mammogram, 89.7% of South Windsor women aged 21 to 65 years received a pap smear, and 73.9% of South Windsor adults aged 50 to 75 years received a colonoscopy.⁸²

FIG. 40

South Windsor CHNA 2022 Survey Responses to “Are you regularly receiving recommended health screenings?”

“Are you regularly receiving recommended health screenings?”



⁸¹ Olenja J.(2003). Editorial Health seeking behaviour in context. East African Medical Journal, 80(2):61-2. doi: 10.4314/eamj.v80i2.8689

⁸² CDC. (2020). CDC PLACES. Retrieved from <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>

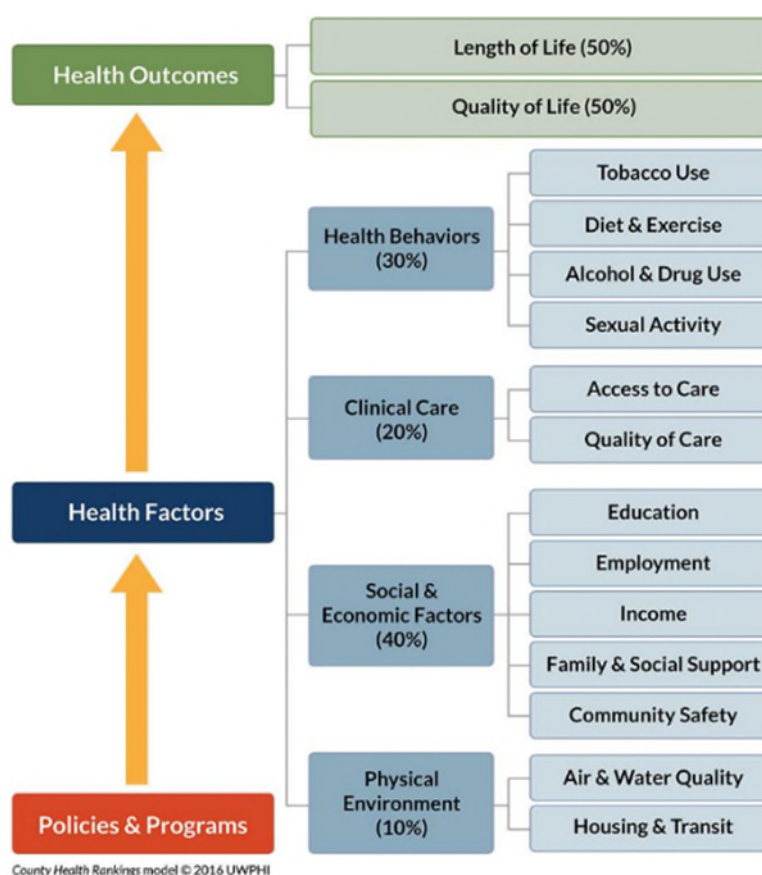
HEALTH OUTCOMES

As earlier discussed, health outcomes are influenced by several factors including genetics, health behaviors, physical environment, medical care, and especially social determinants of health (**Figure 41**). Health outcomes may be positive (e.g., functioning physically and socially, being mentally healthy, having a high quality of life, longer life) or negative (e.g., loss of function, poor quality of life). For this reason, social determinants of health contribute to disparities. When comparing neighborhoods and communities, the impact social determinants of health have on health become apparent as disparities are revealed.

FIG. 41

Health Outcomes Chart

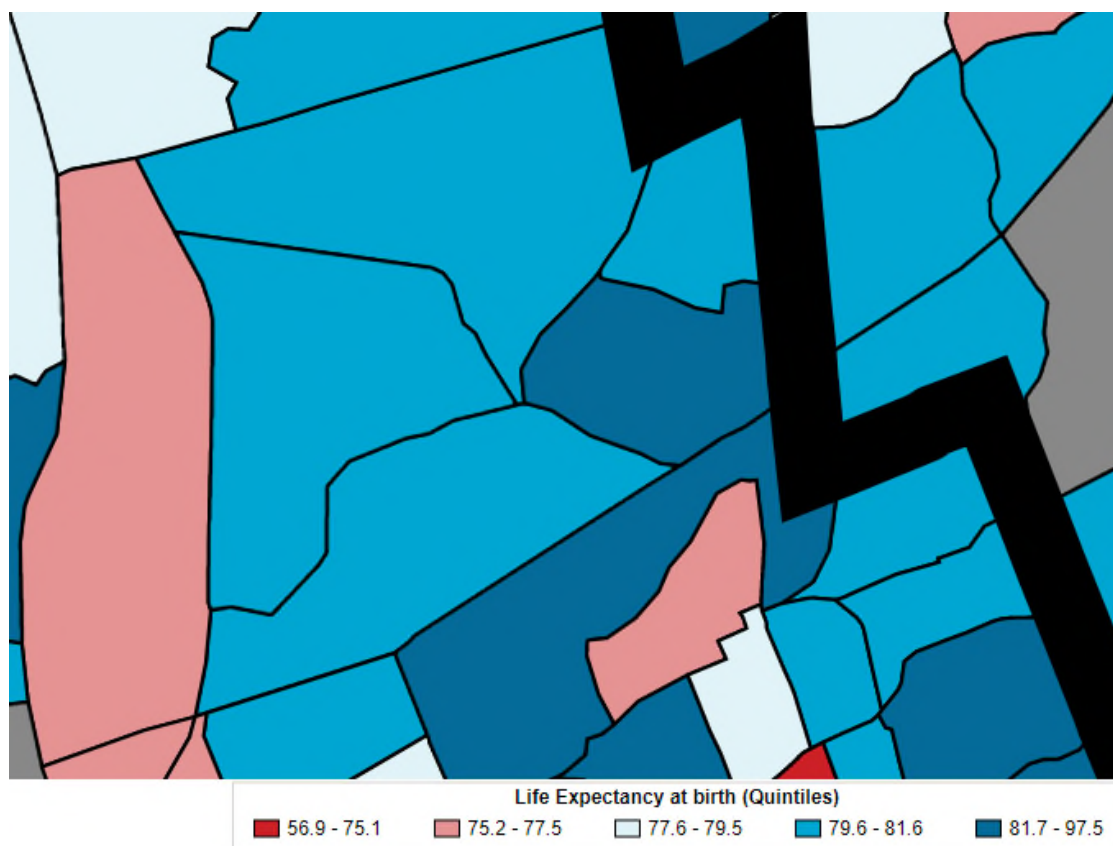
Source: <http://www.countyhealthrankings.org/our-approach>



One piece of data that shows this impact of social determinants of health is life expectancy. Between 2010 - 2015, Census Tract 4873 had a life expectancy of 77.5 years, while Census Tract 4872.01 had a life expectancy of 83.9 years, despite being in the same municipality (**Map 14**). More recent data suggests that life expectancy has dropped throughout the country due to the COVID-19 pandemic. In Connecticut, life expectancy dropped from 80.3 years in 2019 to 78.4 in 2020.

MAP 14**Life Expectancy at Birth of South Windsor Residents, 2010-2015**

Source: CDC National Center of Health Statistics. (2020). Life Expectancy at Birth for U.S. States and Census Tracts, 2010-2015, designed by B Tejada-Vera, B Bastian, E Arias, L Escobedo and B Salant. Retrieved from <https://www.cdc.gov/nchs/data-visualization/life-expectancy/#>

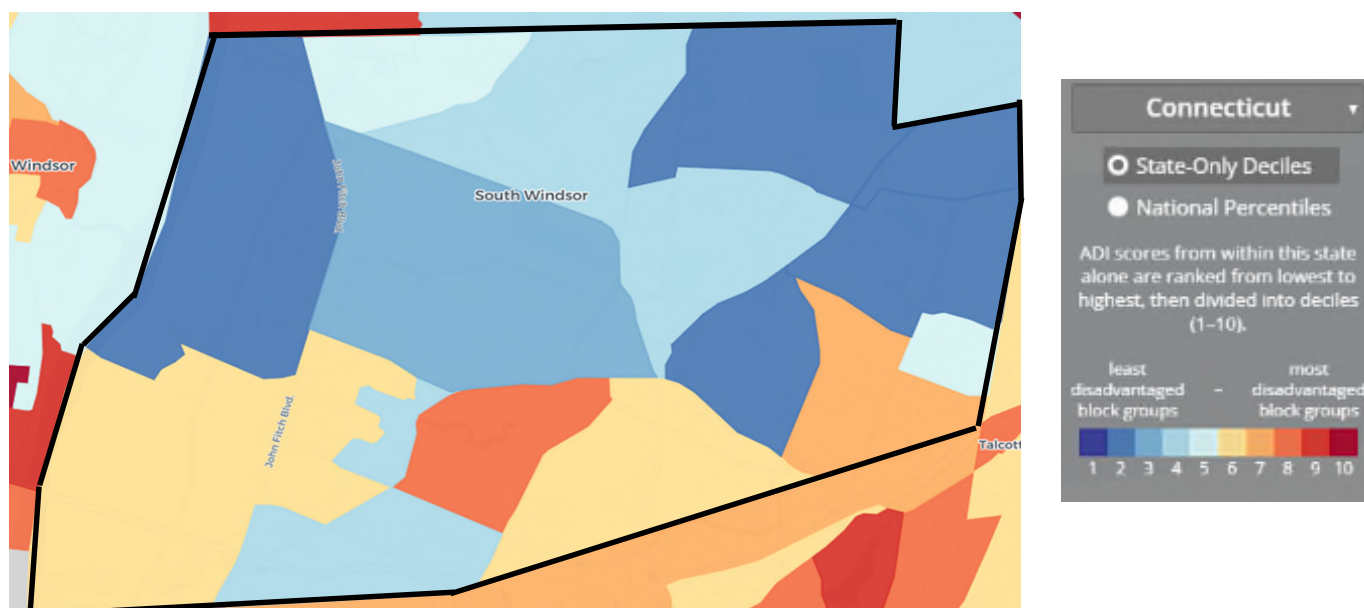


Often times, disadvantaged neighborhoods are more likely to experience poor health outcomes and shorter life expectancies. Disadvantaged neighborhoods are communities where households have median income less than 80% of the statewide median income. In addition to low income, these communities lack resources, employment opportunities, and social cohesion. Due to these socioeconomic factors, residents of disadvantaged neighborhoods are more likely experience poor health outcomes.

In 2018, the University of Wisconsin's School of Medicine and Public Health developed the Neighborhood Atlas to show where disadvantaged neighborhoods are on both the national and local level. To determine whether a neighborhood was disadvantaged, the U.S. Census Bureau's American Community Survey was used as well as several other measures, such as education, employment, income and housing quality. According to the Neighborhood Atlas, South Windsor as a whole would not be considered disadvantaged. However, there are disadvantaged neighborhoods in census tracts 4873, 4875, and 4872.01, as seen in [Map 15](#).

MAP 15

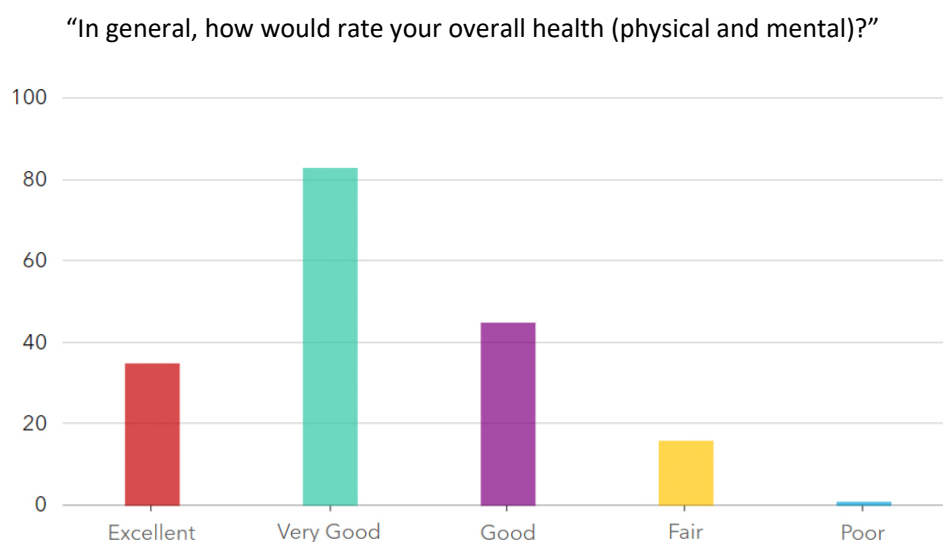
University of Wisconsin School of Medicine and Public Health's Neighborhood Atlas, 2018

Source: <https://www.neighborhoodatlas.medicine.wisc.edu/mapping>

Due to the socioeconomic disparities, individuals who live in disadvantaged areas are also more likely to report their health as “fair” or “poor”. Recent data from DataHaven shows that 61% of PUMA 0900300 residents reported that they are in “excellent” or “very good health”.⁸³ Data from the South Windsor CHNA 2022 survey presented similar results, with 64.8% of respondents reporting that they were in “excellent” or “very good” health.

FIG. 42

South Windsor CHNA 2022 Survey Responses



⁸³ DataHaven. (2021). South Windsor 2021 Equity Profile. Retrieved from <https://ctdatahaven.org/data-resources/south-windsor-town-equity-report-2021>

Leading Causes of Death

Mortality statistics provide information on a community's current health problems, what health problems persist, and what health problems residents are at risk for. With this information, mortality statistics can be used when planning health programs to prevent premature mortality and improve quality of life.

According to CT DPH data, between 2010 and 2014, heart disease, cancer, and chronic lower respiratory disease were the leading causes of death in South Windsor (**Table 6**). Overall, mortality rates among South Windsor residents were lower than those of Connecticut residents, with the exception of kidney disease.

TABLE 6

Age-Adjusted Mortality Rate for Leading Causes of Death in Connecticut and South Windsor, 2010-2014

Source of Data: <https://authoring.ct.gov/DPH/Health-Information-Systems--Reporting/Mortality/Mortality-Tables>

2010 - 2014 Age- Adjusted Mortality Rate (per 100,000)		
Causes of Death	South Windsor	Connecticut
All Causes	646.35	590.42
Heart Disease	149.64	143.06
Cancer	151.89	133.85
COVID-19	N/A (pre-pandemic)	N/A (pre-pandemic)
Accidents (unintentional injuries)	35.32	22.96
Stroke	27.21	21.84
Chronic Lower Respiratory Disease	30.14	26.71
Alzheimer's	16.72	11.9
Diabetes	14.84	9.43
Kidney Disease	12.58	16.62
Septicemia (sepsis)	12.59	N/A (not reported)

Diseases

As earlier noted, diseases and other health conditions, are not health outcomes, but rather intermediate factors that can influence health outcomes. To understand the connection between social determinants of health and health outcomes as well as potential prevention strategies, chronic and infectious diseases were reviewed.

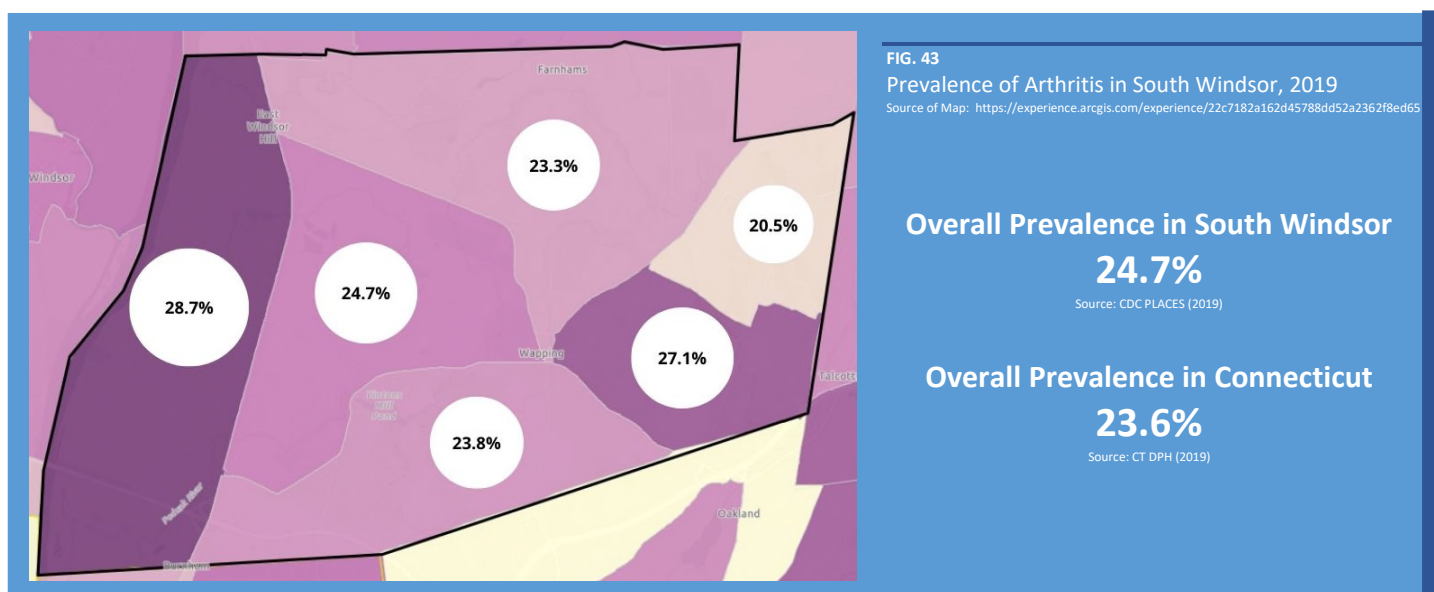
CHRONIC DISEASES

Chronic diseases refer to conditions that last a year or more, and that require ongoing medical attention.⁸⁴ Many chronic diseases are caused by four risk behaviors; tobacco use, poor nutrition, physical activity, and excessive alcohol use.⁸⁴ By making health life choices (e.g., eating healthy, quit smoking), chronic diseases can be prevented or managed.

It is estimated that 6 in 10 Americans have a least one chronic disease.⁸⁵ According to CDC's PLACES map, thousands of South Windsor residents suffer from chronic diseases, with high cholesterol (34.7%), high blood pressure (29.1%), obesity (27%), and depression (17%) being the most prevalent. In comparison to Connecticut, South Windsor has slightly higher rates of arthritis, chronic kidney disease, coronary heart disease, depression, high cholesterol, and stroke.⁸⁶

Arthritis

Arthritis is a disease in which one or more joints become inflamed, causing pain. There are several types of arthritis with the most common being osteoarthritis and rheumatoid arthritis. Risk factors for arthritis include family history, age, gender (female), previous joint injuries, and obesity.



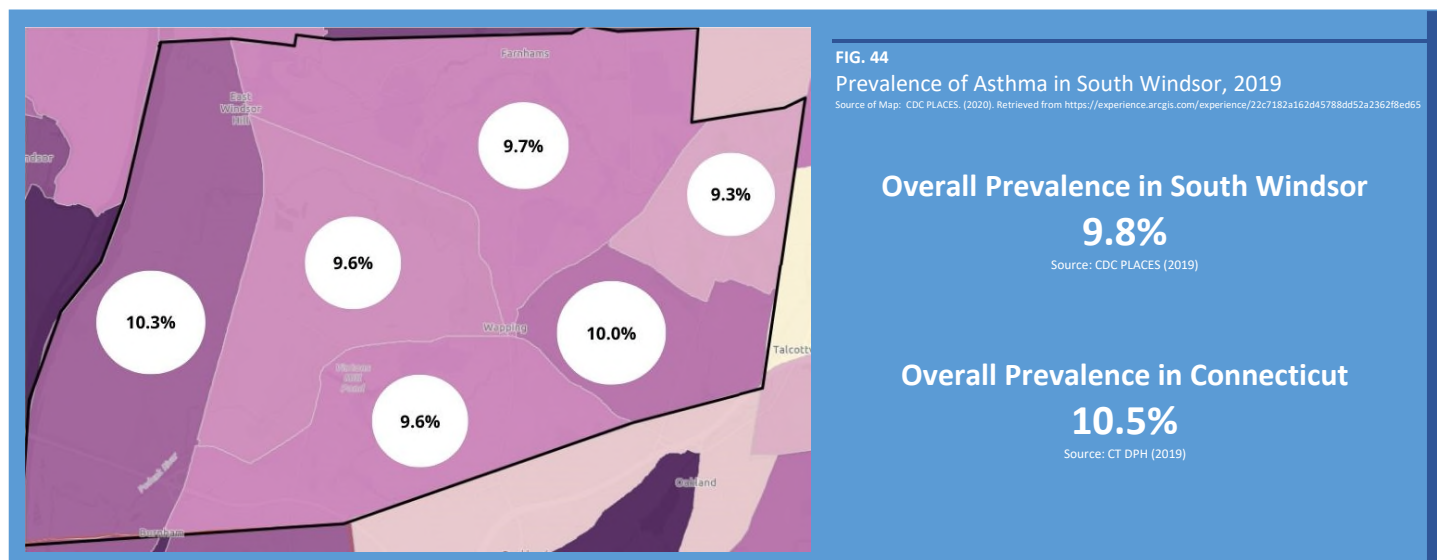
⁸⁴ CDC. (2022). About Chronic Disease. Retrieved from <https://www.cdc.gov/chronicdisease/about/index.htm>.

⁸⁵ CDC. (2022). National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). Retrieved from <https://www.cdc.gov/chronicdisease/index.htm>

⁸⁶ CT DPH. (2022). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). Retrieved from https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

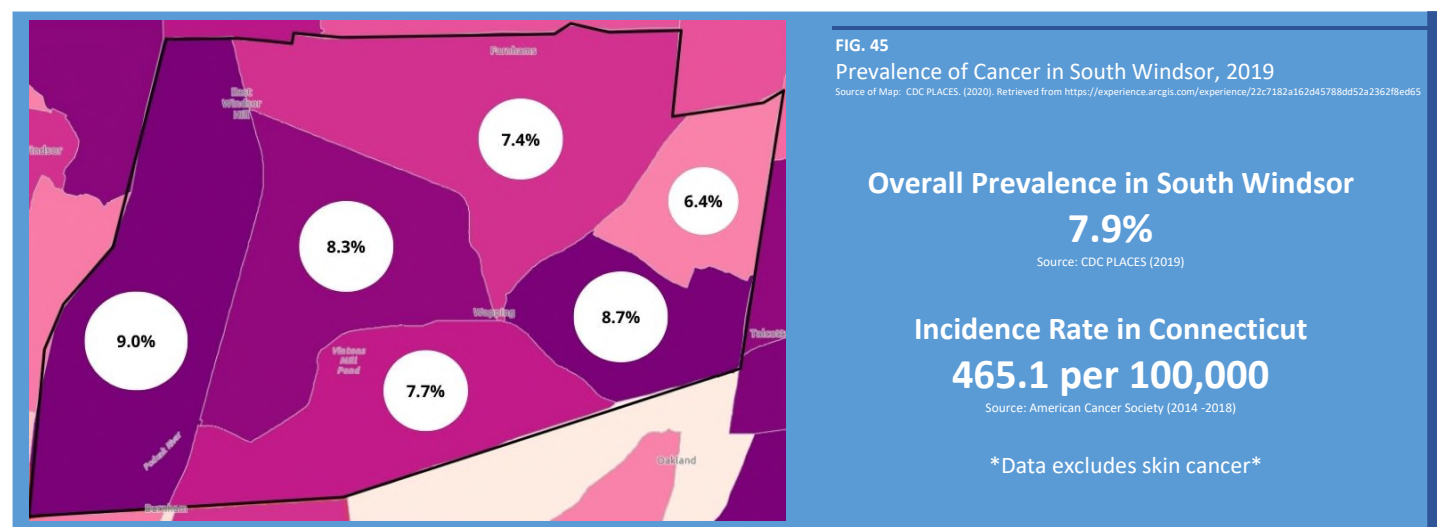
Asthma

Asthma is a condition in which airways in the lungs become narrow and swollen causing symptoms such as breathing difficulties, coughing, and shortness of breath. Asthma triggers vary from person to person, which include airborne allergens, physical activity, air pollutants, and certain medications.



Cancer

Cancer occurs when cells in the body grow abnormally and have the ability to spread to other parts of the body. Common cancers include breast cancer, lung cancer, and colon cancer. According to the National Cancer Institute, 39.5% of men and women will be diagnosed with cancer at some point during their life.⁸⁷



⁸⁷ National Institute of Health. (2020). Cancer Statistics. Retrieved from <https://www.cancer.gov/about-cancer/understanding/statistics>

In South Windsor, between 2010 and 2014, there were 765 cancer cases, with breast cancer and prostate cancer being the most prevalent.

TABLE 7

Cancer Incidence Rate in South Windsor, 2010 - 2014

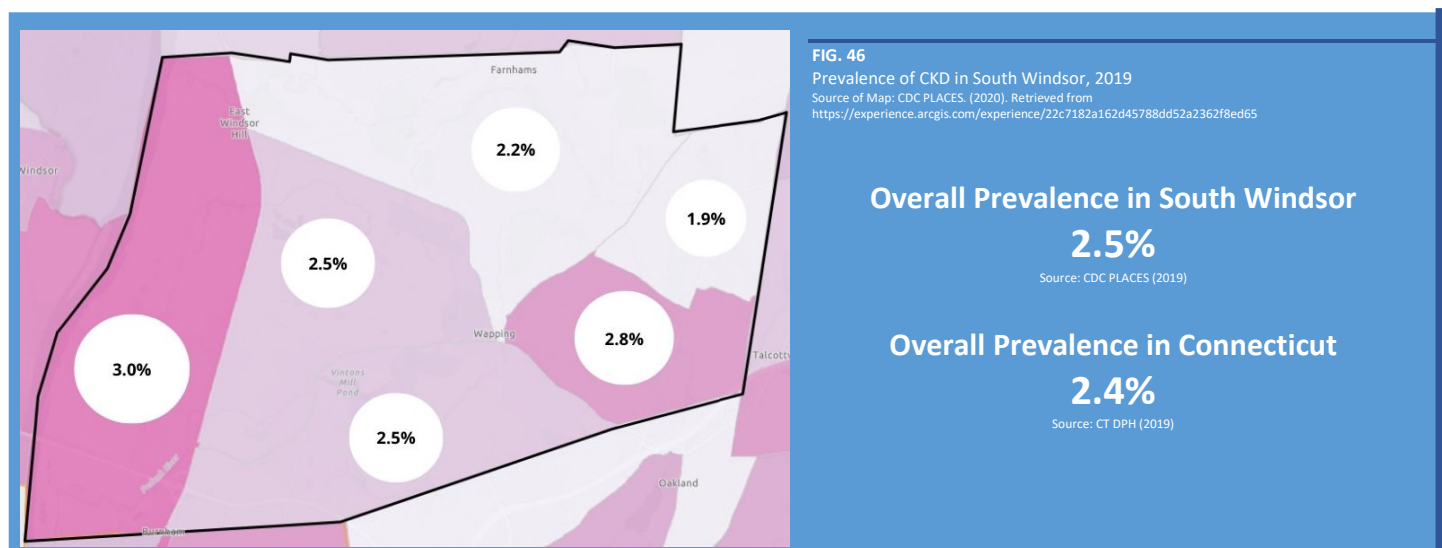
Source: Olson J, Hayes L, Gonsalves L, Mueller L. (2018). Age-Adjusted Cancer Incidence Rates for Connecticut, Leading Cancer Sites by Town, Site, and Sex, 2010-2014. CT DPH. Retrieved from: <https://portal.ct.gov/DPH/Tumor-Registry/Data--Statistics>

Primary Site	Cancer Incidence Rate in South Windsor (2010 - 2014)		
	Number of Cases	Crude Rate	Age - Adjusted Rate
Breast	127	98.5	76.7
Colon and Rectum	54	41.9	31.7
Corpus and Uterus (Female)	22	33	22.8
Kidney and Renal Pelvis	19	14.7	10.6
Leukemia	25	19.4	14.7
Lung and Bronchus	89	69	52.2
Melanoma of the Skin	46	35.7	27.8
Non -Hodgkin Lymphoma	39	30.2	23.8
Oral Cavity and Pharynx	22	17.1	12.9
Ovary (Female)	12	18	12.1
Pancreas	14	10.9	8.2
Prostate (Male)	101	162	122.4
Thyroid	26	20.2	17.9
Urinary Bladder	51	39.6	30.3
All sites	765	593.3	452.2

Chronic Kidney Disease

Chronic Kidney Disease (CKD) is a condition in which the kidneys are damaged and cannot filter blood normally to remove wastes that build up in the body. Often times treatment works to slow progression of kidney damage.

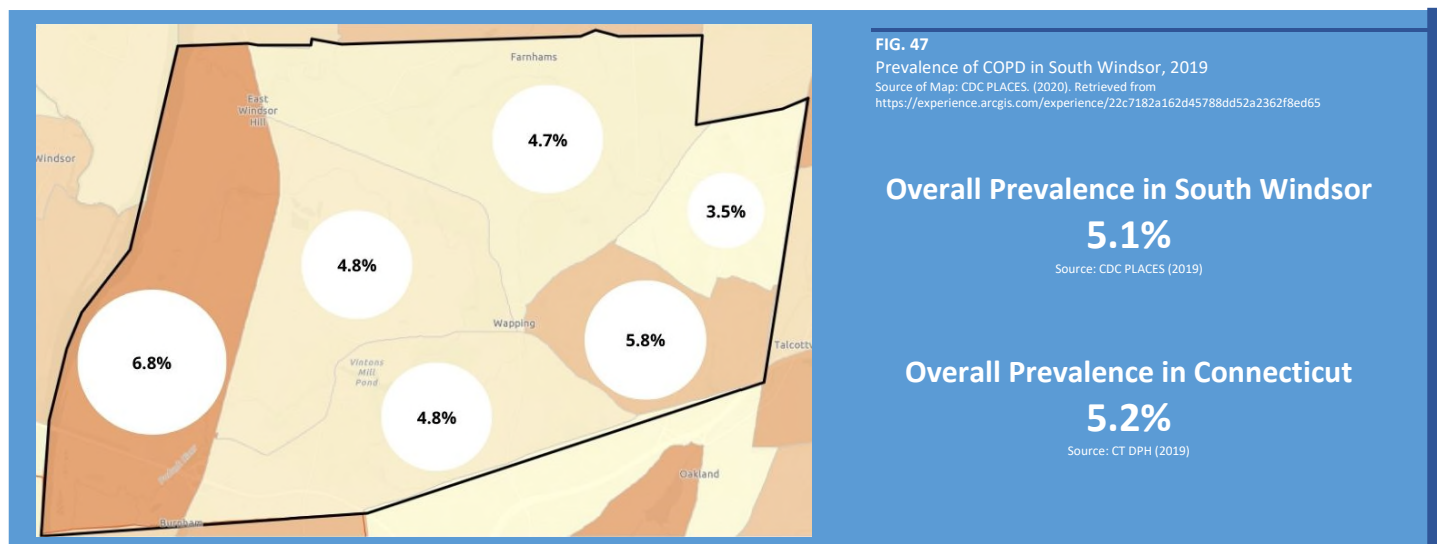
Depending on the severity it might include medications, lifestyle changes, dialysis, or surgery. Risk factors of CKD include heart disease, obesity, family history, and age.



Chronic Obstructive Pulmonary Disease

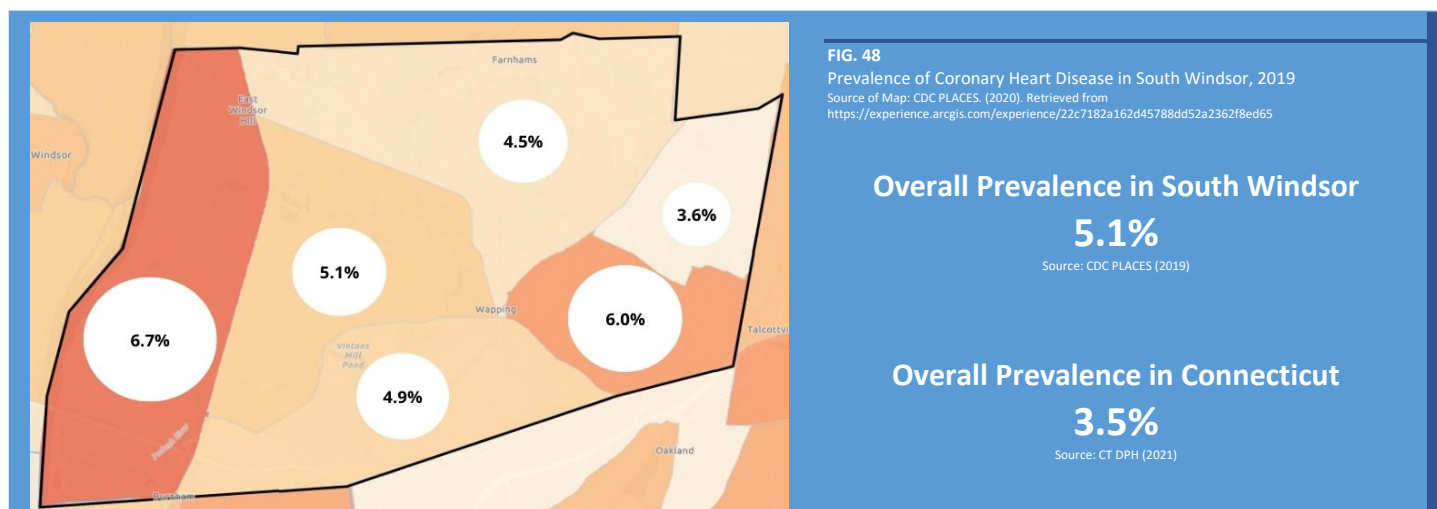
COPD is a group of diseases, including emphysema and chronic bronchitis, which blocks the airflow in the lungs.

Symptoms of COPD include frequent coughing/wheezing, shortness of breath, excess phlegm/mucus production, and difficulty taking a breath. Risk factors for COPD include family history, tobacco smoke exposure, having asthma, and occupational exposure to dusts and chemicals. There are several types of treatments for COPD such as bronchodilators, pulmonary rehabilitation, oxygen therapy, and antibiotics.



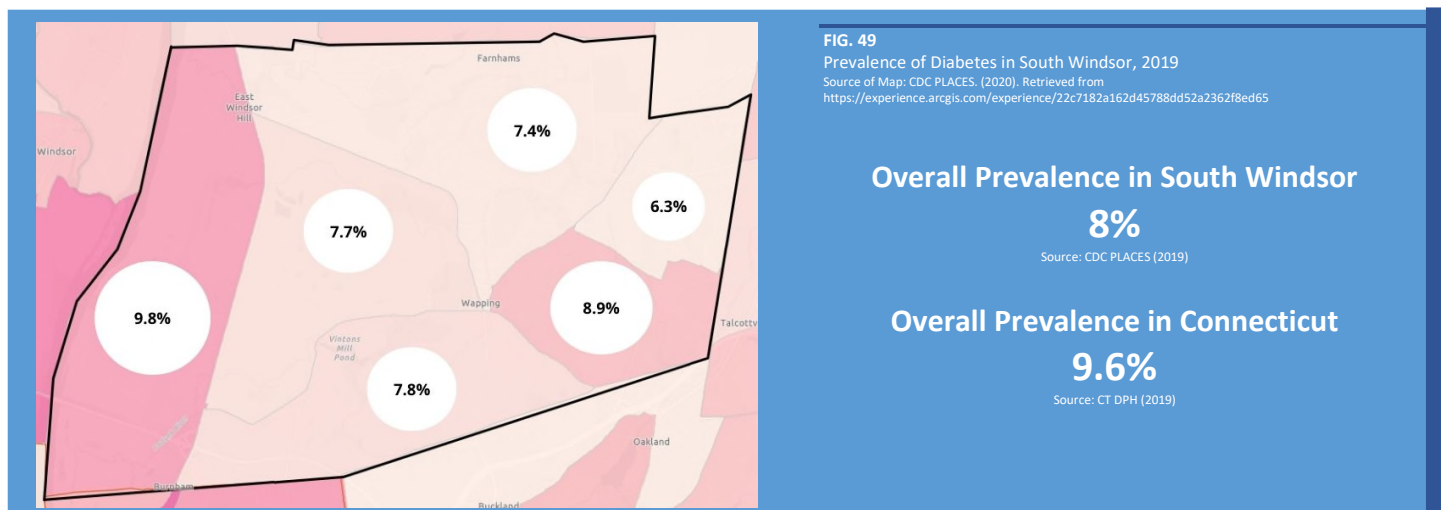
Coronary Heart Disease

Coronary Heart Disease (CHD) is a type of cardiovascular disease that occurs when arteries with plaque cannot deliver oxygen-rich blood to the heart, blocking blood flow. This increases the risk of having a heart attack or stroke. Prevention includes lifestyle changes, medications, quitting smoking, and angioplasty. Risk factors of CHD include age, sex, family history, smoking, obesity, diabetes, and hypertension.



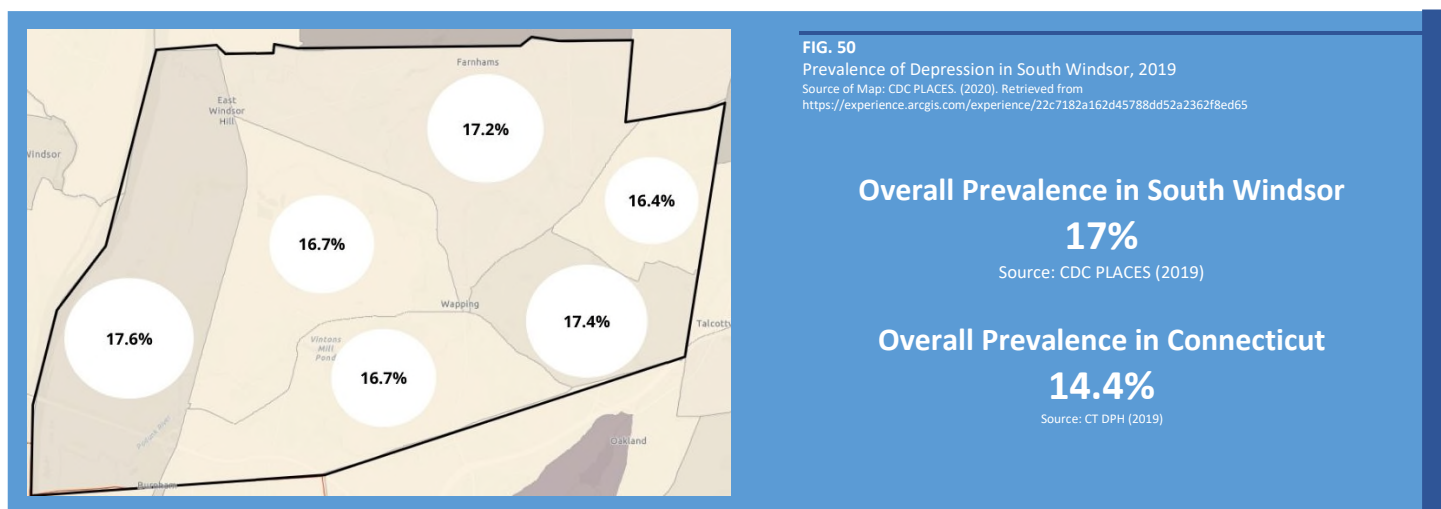
Diabetes

Diabetes is a condition in which the body has trouble regulating sugar in the bloodstream due lack of insulin being made by pancreas (Type 1 Diabetes) or insulin not being used effectively (Type 2 Diabetes). Risk factors for Type 1 diabetes includes family history and age. Risk factors associated with Type 2 diabetes include having prediabetes, being overweight, being 45 years or older, are a person of color. Management of diabetes includes medications, keeping track of blood sugar, exercising, and eating healthy.



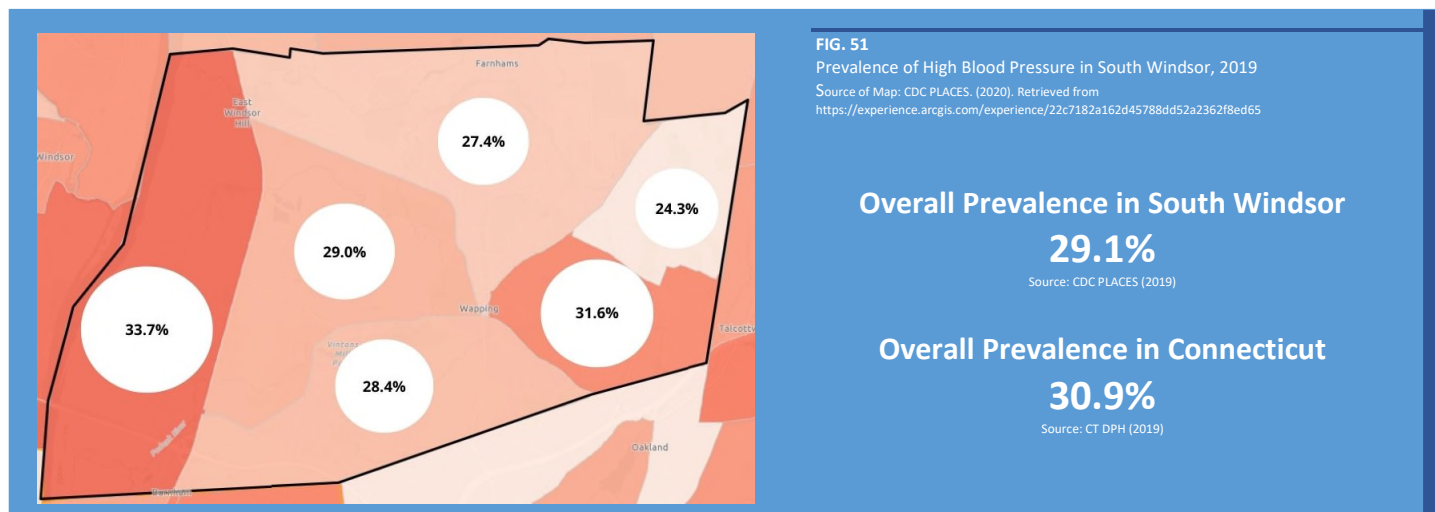
Depression

Depression is a mental health illness which an individual feels a persistent feeling of sadness, hopelessness, loss interest in activities, anxiety, reduced appetite, and tiredness. There are several forms of treatment to treat depression, which include antidepressants and psychotherapy. Risk factors associated with depression include family history, history of trauma, poor nutrition, chronic stress, medication and substance use, and unresolved grief and loss.



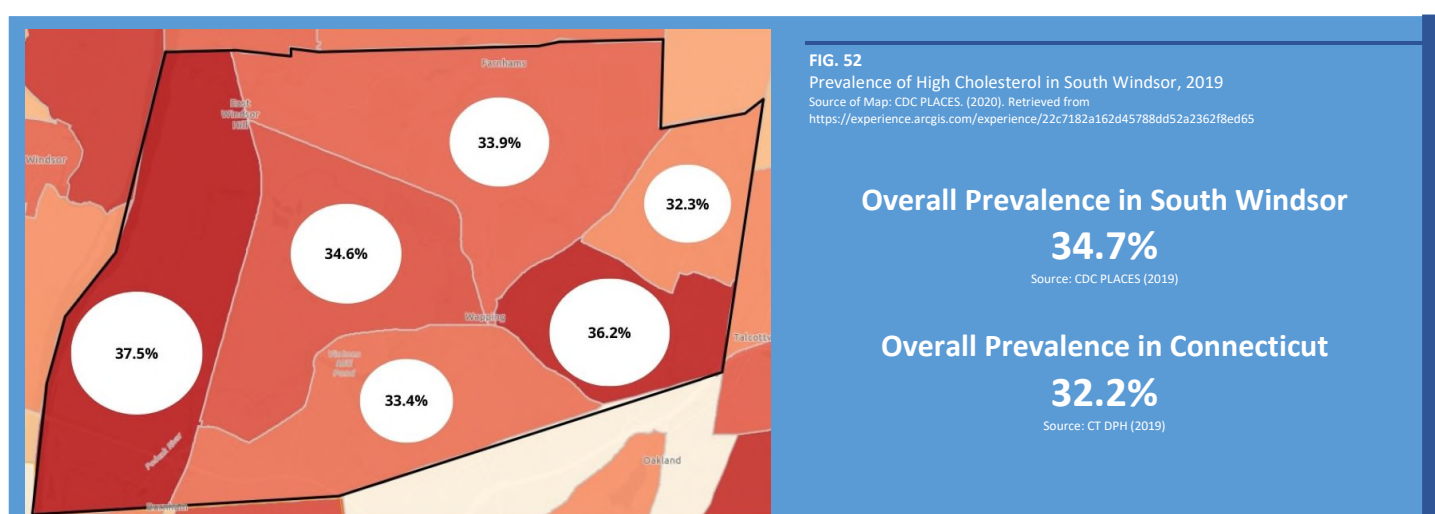
High Blood Pressure

High blood pressure is a common condition that occurs when the force of blood against the artery walls is high, which can lead to serious health problems such as heart disease and stroke. Lifestyle changes (low -salt diet and exercise) and medication can help manage high blood pressure.



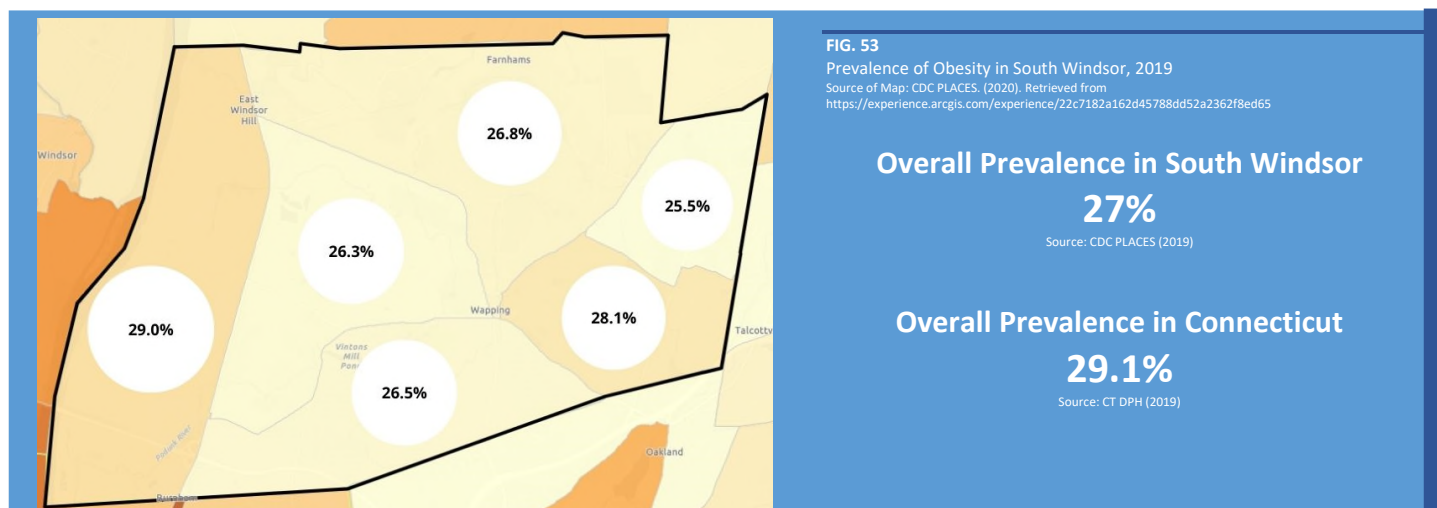
High Cholesterol

High cholesterol is a condition when there is a high amount of cholesterol in the blood. Having high cholesterol can cause fatty deposits to build up in arteries potentially leading to a clot that can cause a heart attack or stroke. High cholesterol can be managed with lifestyle changes and medications.



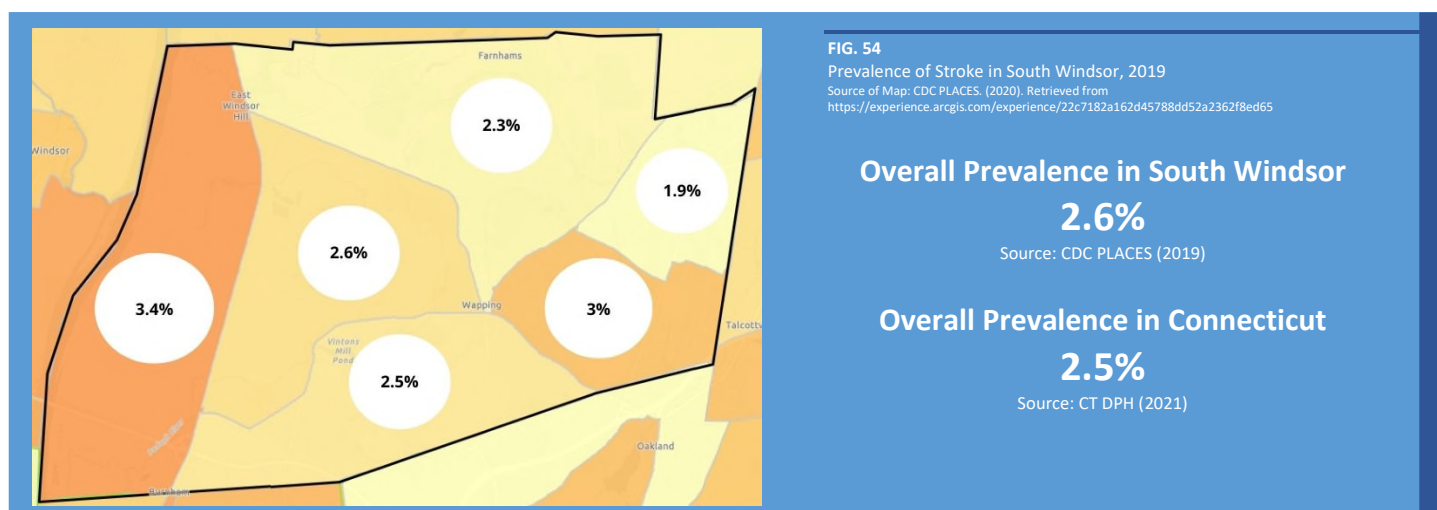
Obesity

Obesity is defined as excessive fat accumulation (BMI of 30 or greater) which increases the risk of disease and other health problems, such as type 2 diabetes and certain cancers. Obesity occurs when the intake of calories is higher than the calories burned. In addition to eating patterns, obesity can be caused by family history, lack of sleep, lack of physical activity, and some medications.



Stroke

A stroke occurs when arteries leading to and within the brain are damaged, causing interruption of blood flow. Symptoms of a stroke may include difficulty speaking, walking, and numbness of face, arms and legs. Risk factors for stroke include age, gender (men), race (higher risk among African Americans), high blood pressure, high cholesterol, obesity, heart disease, and smoking.



COMMUNICABLE DISEASES

Communicable diseases (also known as infectious diseases) are illnesses that are the result of a pathogen (e.g., bacteria, virus, fungi). Communicable diseases can spread from person to person or from animal to person. There are several communicable diseases, including chickenpox/shingles (varicella), rabies, salmonella, influenza, E. coli, and hepatitis. Overall, South Windsor has few cases of communicable diseases, as seen in **Table 8**, both prior and during the pandemic. This is due to a number of preventive measures, such as health department inspections, vaccinations, and personal protection habits.

Health department inspections at food establishments can greatly reduce the possibility of a food borne pathogen (e.g., salmonellosis, norovirus) outbreak. During food establishment inspections, the sanitarian checks food handling, food storage, food temperatures, food safety, kitchen equipment, and sanitation. Furthermore, sanitarians also conduct health department inspections at cosmetology locations to ensure that both staff and clients are safe from communicable diseases, such as hepatitis and fungal infections. Vaccinations can also prevent infection and spread of some communicable diseases such as hepatitis, influenza, varicella, and others. Lastly, using personal protection can prevent infection and transmission. Examples include hand washing, wearing long clothes to prevent tick bites, and using a condom to practice safe sex and prevent sexually transmitted diseases.

To learn more about communicable diseases and see national data, please visit <https://www.cdc.gov/nchs/fastats/infectious-immune.htm>

TABLE 8

Communicable Disease Cases in South Windsor (2018-2021)

Source of Data: CT DPH – Connecticut Electronic Disease Surveillance System

Disease or Condition Name	Case Count			
	2018	2019	2020	2021
Anthrax	0	0	0	0
Babesiosis	1	1	0	0
Botulism	0	0	0	0
Bruceellosis	0	0	0	0
Calicivirus/Norovirus	0	0	0	0
Campylobacteriosis	4	2	4	1
Carbon Monoxide Poisoning	0	0	0	0
Coronavirus Infections	0	0	1,837	1,287
Creutzfeldt-Jakob Disease	0	0	0	0
Cryptosporidiosis	0	1	1	1
Cyclosporiasis	0	0	0	0
Dengue Fever	0	0	0	0
Diphtheria	0	0	0	0
Eastern Equine Encephalitis	0	0	0	0
Ehrlichiosis	0	0	0	0
Enterotoxigenic E. coli (ETEC)	0	0	0	0
Giardiasis	1	1	0	0
Glanders	0	0	0	0
Group A streptococcus	0	0	0	2
Group B streptococcus	1	4	0	1
Haemophilus influenzae	0	0	1	1
Hansen's Disease (Leprosy)	0	0	0	0
Hemolytic Uremic Syndrome	0	0	0	0
Hepatitis A	0	1	0	0
Hepatitis B	0	0	0	0
Hepatitis C	3	6	3	5
Influenza	70	42	36	1
Legionellosis	1	0	2	1
Listeriosis	1	0	0	0
Lyme Disease	3	2	3	2
MIS-C	0	0	0	0

Malaria	0	0	0	0
Measles	0	0	0	0
Meningococcal Disease	0	0	0	0
Mercury Poisoning	0	0	0	0
Middle East Respiratory Syndrome Coronavirus (MERS-CoV)	0	0	0	0
Mumps	0	0	0	0
Outbreak, Other Etiology	0	0	0	0
Outbreak, Unknown Etiology	0	0	0	0
Pertussis	0	0	0	0
Plague	0	0	0	0
Q fever	0	0	0	0
Rabies - Human	0	0	0	0
Rotavirus	0	0	0	0
Rubella	0	0	0	0
Salmonellosis	4	3	5	4
Shiga toxin producing organism	0	1	0	0
Shigellosis	0	0	0	0
Staphylococcus aureus (MRSA, VISA, VRSA, TSS)	0	1	7	12
Streptococcus pneumoniae	0	3	1	0
Tetanus	0	0	0	0
Tularemia	0	0	0	0
Varicella	0	0	0	0
Vibrio sp.	0	0	2	0
Viral Hemorrhagic Fevers	0	0	0	0
West Nile virus	0	0	0	0
Yersiniosis	0	1	0	0
Zika Virus Infection	0	0	0	0
Total Number of Cases	89	69	1,902	1,318

TABLE 9**Sexually Transmitted Disease Cases in South Windsor, 2019**

Source of Data: CT DPH – Connecticut Electronic Disease Surveillance System

Sexually Transmitted Diseases	Case Count
	2019
Chlamydia	44
Gonorrhea	12
Syphilis	1

Coronavirus (SARS-CoV-2)

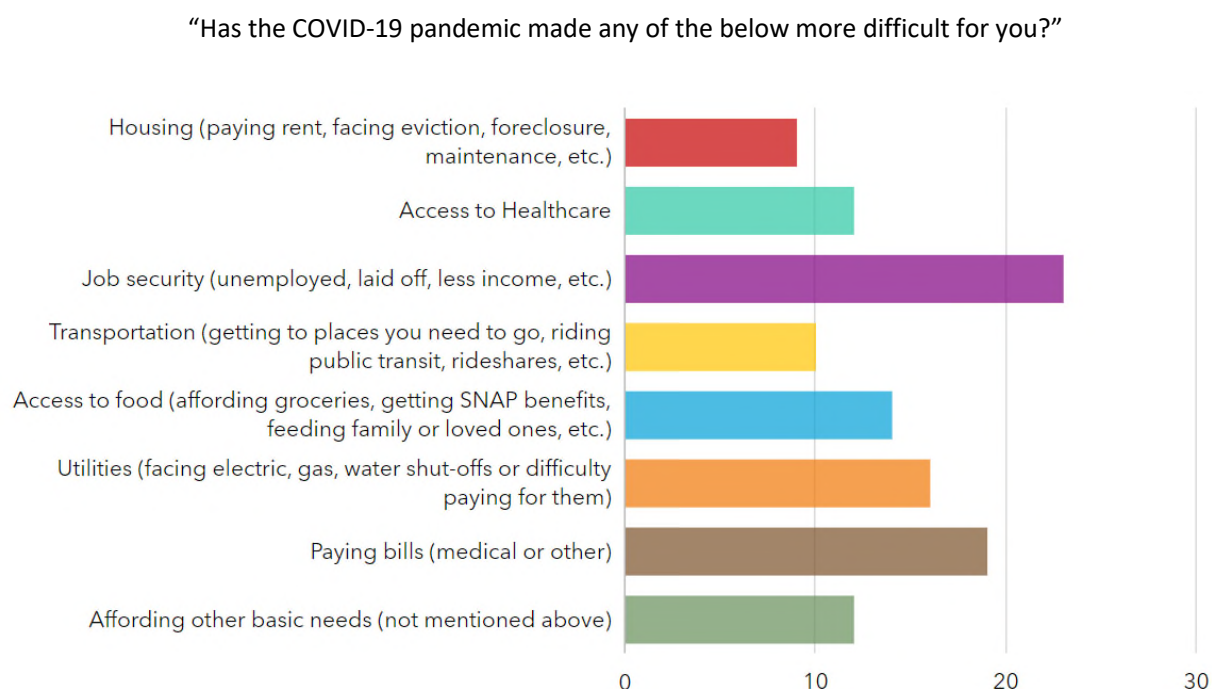
Coronavirus (COVID-19) is an infectious respiratory disease caused by a virus called SARS-CoV-2. Those who become infected with COVID-19 can experience a variety of symptoms, which may be mild (e.g., fever/chills, cough, and loss of taste or smell) or severe (e.g., shortness of breath, chest pain).

According to the Town of South Windsor's COVID-19 Resource Hub⁸⁸, there was a total of 4,281 positive COVID-19 cases in South Windsor as of May 2022. In addition, there were 69 COVID-19 deaths in South Windsor, with a majority of those among residents 50 years or older. To prevent COVID-19 transmission, hospitalization and death, approximately 7,754 COVID-19 vaccines were administered by the South Windsor Health Department in partnership with the Windsor Health Department as well as CT DPH and Griffin Health. As of June 2022, about 84.8% of South Windsor residents are fully vaccinated.⁸⁹

The COVID-19 pandemic caused more than physical illness, it tested and impacted one's mental and emotional health. The pandemic caused loneliness from lack of socialization, anxiety when going out to crowded areas, and stress due to financial and employment concerns, as seen in **Figure 55**. The pandemic has impacted everyone and continues to do so, as new variants arise.

FIG. 55

South Windsor CHNA 2022 Survey Responses



⁸⁸ Town of South Windsor. (2020). COVID-19 Resource Hub. <https://coronavirus-response-south-windsor-ct-southwindsorct.hub.arcgis.com/>

⁸⁹ CT DATA. (2022). COVID-19 Vaccinations by Town. Retrieved from <https://data.ct.gov/Health-and-Human-Services/COVID-19-Vaccinations-by-Town/x7by-h8k4>

Mental Health

Much like physical health, mental health is an equally important component of overall health. Mental health refers to one's emotional, psychological, and social well-being, which affects how one thinks, acts, feels, and copes with stress.⁹⁰

It is important to note that poor mental health and mental illness are two separate terms. An individual may experience poor mental health, without being diagnosed with a mental health illness. On the other hand, an individual with a mental illness, such as depression and anxiety, may experience periods of mental well-being. There is no single cause for mental illness, rather a number of factors such as genetics, socioeconomic factors, environmental factors, and the presence of physical chronic disease, can increase one's risk. Moreover, mental illness can increase the risk of physical health issues, such as diabetes and heart disease.

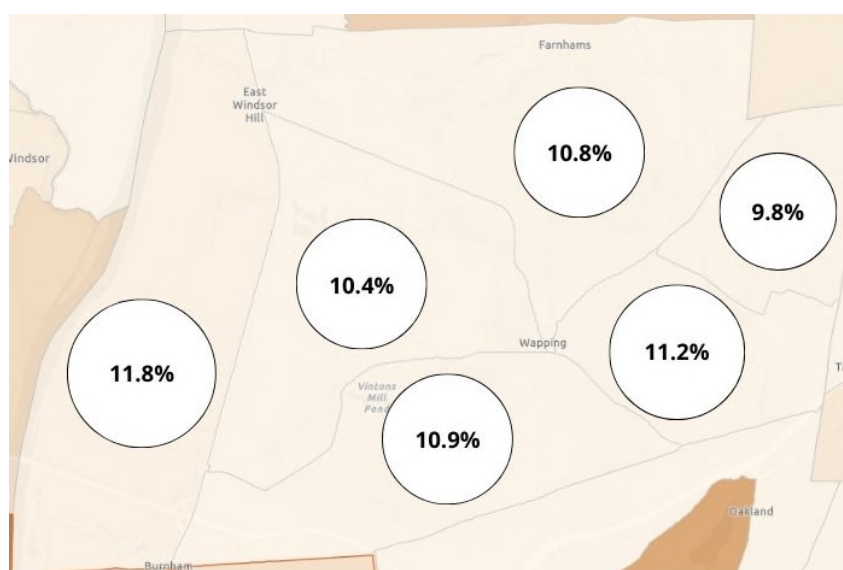
Lastly, it is important to highlight that mental health changes over time. One who had mental well-being, may suddenly experience poor mental health due to new stressors (e.g., longer work hours, death of loved one) or current stressors exceeding their ability to cope impacting their mental health.

According to CDC PLACES, it is estimated that 10.8% of South Windsor residents in 2019 had poor mental health for more than 14 days.⁹¹ However, with the current pandemic and economic hardships many are experiencing, it is likely that many more residents experience poor mental health. In Connecticut, it is estimated that 11.3% of adults had poor mental health in 2019.⁹²

MAP 16

Prevalence of Poor Mental Health in South Windsor, 2019

Source of Map: CDC PLACES. (2020). Retrieved from <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>



⁹⁰ CDC. (2021). About Mental Health. Retrieved from <https://www.cdc.gov/mentalhealth/learn/index.htm>

⁹¹ CDC. (2020). CDC PLACES. Retrieved from <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>

⁹² CT DPH. (2022). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). Retrieve from https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

2-1-1 counts data shows that between August 1st, 2021 and July 31st, 2022, there were 233 requests for mental health and addictions among South Windsor residents.⁹³ Of those, 137 requests were for crisis intervention and suicide, 62 requests were for mental health services, and 29 were for substance abuse and addictions. A majority of individuals who requested services were youth (80 phone requests) and female (126 phone requests). As shown below (**Figure 56**), mental health and addictions is consistently the most requested category. However, between August 1st, 2020 and July 31st, 2021, 2-1-1 was used for vaccine scheduling, which is the reason for the over 3,500 health care and COVID-19 requests.

FIG. 56

United Way 2-1-1 Requests, August 1st, 2021 – July 31st, 2022

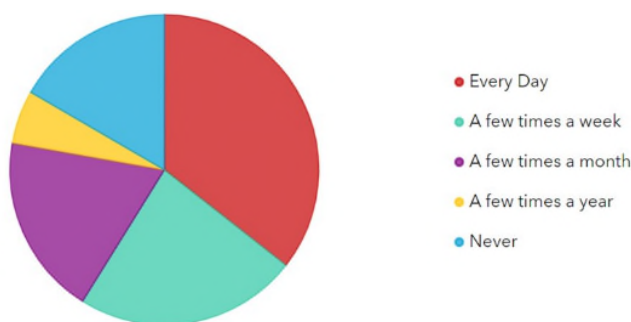
Source of Data: 2-1-1 Counts. Retrieved from: <https://ct.211counts.org/>

	8/1/2021 - 7/31/2022	Mental Health & Addictions	8/1/2021 - 7/31/2022
Mental Health & Addictions	233 Requests	Demographics	
Substance abuse & addictions	29	Gender	Number of Phone Requests
Marriage & Family	0	Female	126
Crisis intervention & suicide	137	Male	91
Mental health services	62	Not available	16
Mental health facilities	5	Age	Number of Phone Requests
Other	0	Under 18	80
		18 - 29	42
		30 - 39	29
		40 - 49	11
		50 - 59	11
		60 - 69	24
		Not available	36

	8/1/2018 - 7/31/2019	8/1/2020 - 7/31/2021	8/1/2021 - 7/31/2022
2-1-1 Request Categories	738 Requests	4150 Requests	885 Requests
Housing & Shelter	127	169	205
Food	14	35	35
Shelter	93	71	76
Healthcare & COVID-19	89	3,508	164
Mental Health & Addictions	190	181	233
Employment & Income	65	61	57
Clothing & Household	6	3	3
Childcare & Parenting	2	2	5
Government & Legal	51	45	54
Transportation Assistance	12	8	6
Education	1	9	2
Disaster	4	7	3
Other	84	51	42

⁹³ 2-1-1 counts. Top service request. Retrieved from <https://ct.211counts.org/>

FIG. 57



Oral Health

Oral health affects overall health; therefore, it is important to maintain good oral hygiene. To improve and maintain oral health, it is recommended to visit the dentist at least once a year (ideally every six months), brush twice a day, floss daily, and drinking fluoridated water. In addition, avoid behaviors associated with poor oral health, such as smoking, excessive alcohol consumption, and consuming sugary food and beverages. Following these recommendations can prevent dental cavities, gum disease, and other diseases associated with poor oral health, such as diabetes and heart disease.⁹⁴

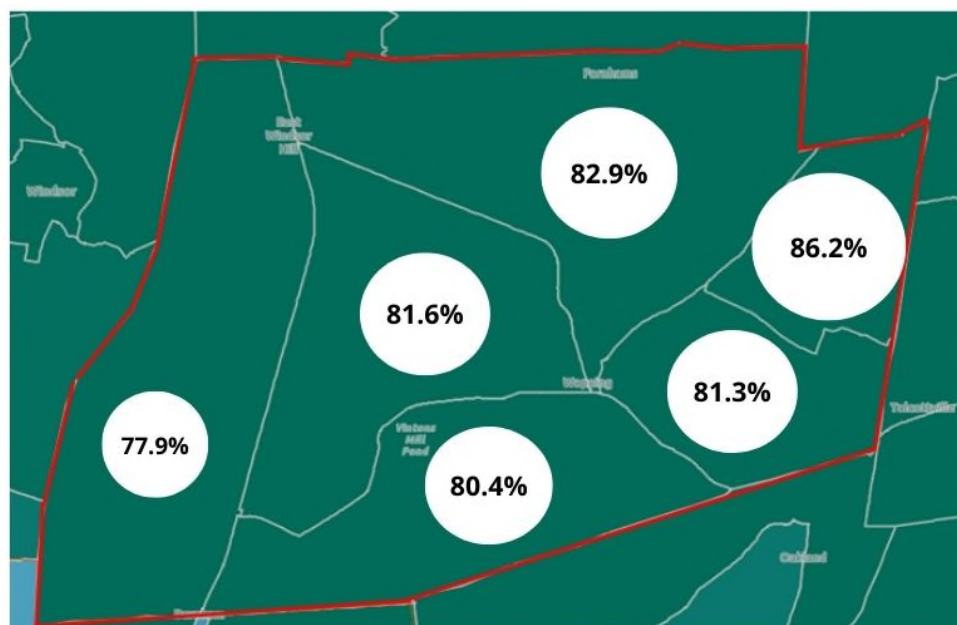
Maintaining oral health can be difficult, especially for low-income adults and older adults, as Medicaid is not required to provide dental benefits to enrollees, and traditional Medicare does not cover routine dental care. Additionally, other barriers such as geographic location (distance from dental care), time constraints, language barriers, and lack of transportation can prevent access to dental care.

As of 2018, 76.5% of Connecticut residents visited the dentist in the past year, with a majority of those who visited being insured and having household earnings of \$75,000 or more.⁹⁵ It is estimated that 81.7% of South Windsor residents had a dental visit in 2018, with the fewest going to a dental visit residing in census tracts 4872.01 and 4873.⁹⁶

MAP 17

Dental Visits Among South Windsor Residents in 2018

Source of Data: CDC PLACES. (2019). <https://experience.arcgis.com/experience/22c71>



⁹⁴ CDC. (2022). Oral Health Conditions. Retrieved from

<https://www.cdc.gov/oralhealth/conditions/index.html#:~:text=Poor%20oral%20health%20is%20associated,consuming%20sugary%20foods%20and%20beverages>

⁹⁵ CT DPH. (2021). Health Indicators and Risk Behaviors in Connecticut: Results of the 2018 Connecticut Behavioral Risk Factors Surveillance Survey. Retrieved from <https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/BRFSS/BRFSS2018CTReport.pdf>

⁹⁶ CDC. (2019). PLACES. Retrieved from <https://storymaps.arcgis.com/stories/5f9de6f3797f470ab8132db337808d38/edit>

Maternal Health

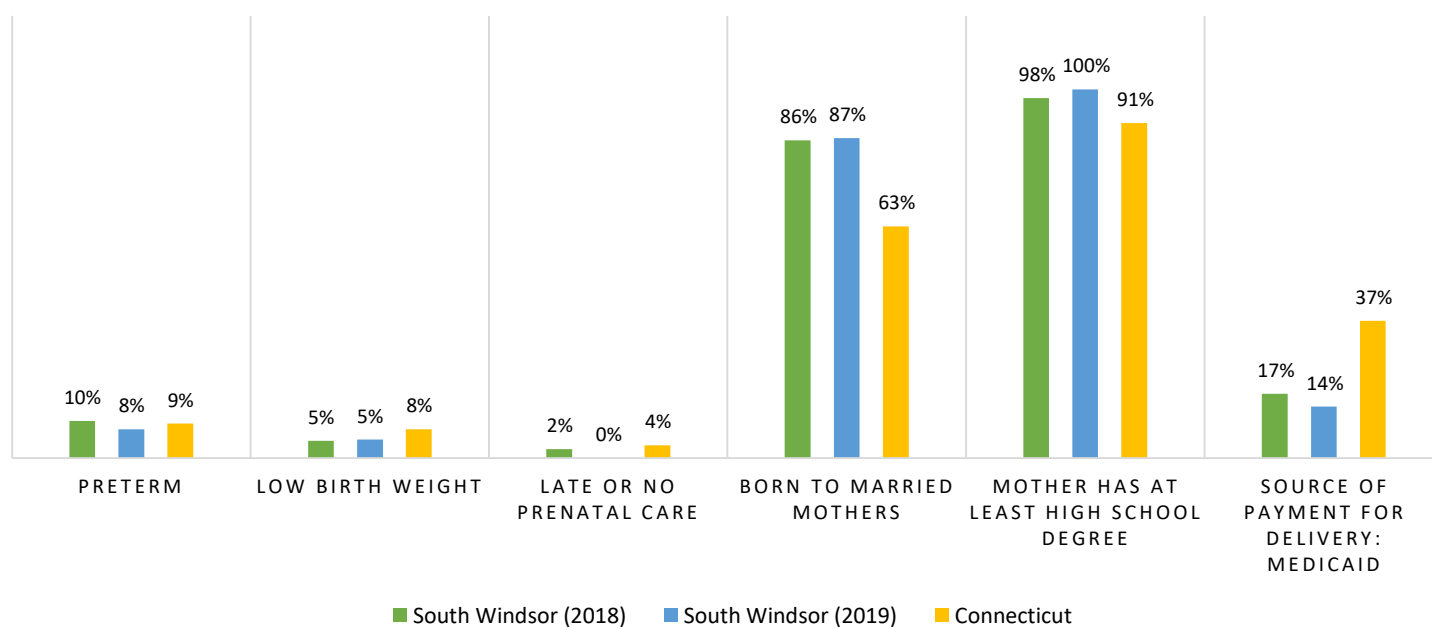
There are several factors that affect pregnancy and birth outcome, including the mother's age, socioeconomic status (e.g., income, education), preconception health status, as well as access to prenatal care, which is important for monitoring the health of the mother and infant during pregnancy. Inadequate prenatal care increases the risk for maternal and infant mortality, pregnancy complications, and poor birth outcomes (e.g., preterm, low birth weight) which are often accompanied by short-term and long-term medical complications, possibly affecting the infant's quality of life.

In 2019, there were 218 infants born to South Windsor residents.⁹⁷ A majority of infants were born healthy and full term; however, 17 infants were born preterm (7.8%), 11 infants had a low birth weight (5%), and there were 2 neonatal deaths.⁹⁷ Overall, South Windsor residents are more likely to experience better birth outcomes than Connecticut as a whole.

FIG. 58

Maternal and Infant Health in South Windsor, 2019

Source of Data: CT DPH. (2019). 2019 Provisional Report Tables. Retrieved from <https://portal.ct.gov/dph/Health-Information-Systems--Reporting/Hisrhome/Vital-Statistics-Registration-Reports>



⁹⁷ CT DPH. (2019). 2019 Provisional Report Tables. Retrieved from <https://portal.ct.gov/dph/Health-Information-Systems--Reporting/Hisrhome/Vital-Statistics-Registration-Reports>

ACCESS TO HEALTH CARE AND HEALTH CARE UTILIZATION

As mentioned previously, access to health care contributes to one's health, as health care provides preventive care (e.g., vaccines, screenings) as well as medical treatments when one falls ill (e.g., medications, therapy). However, due to barriers, such as lack of health insurance, some may not have access to care.

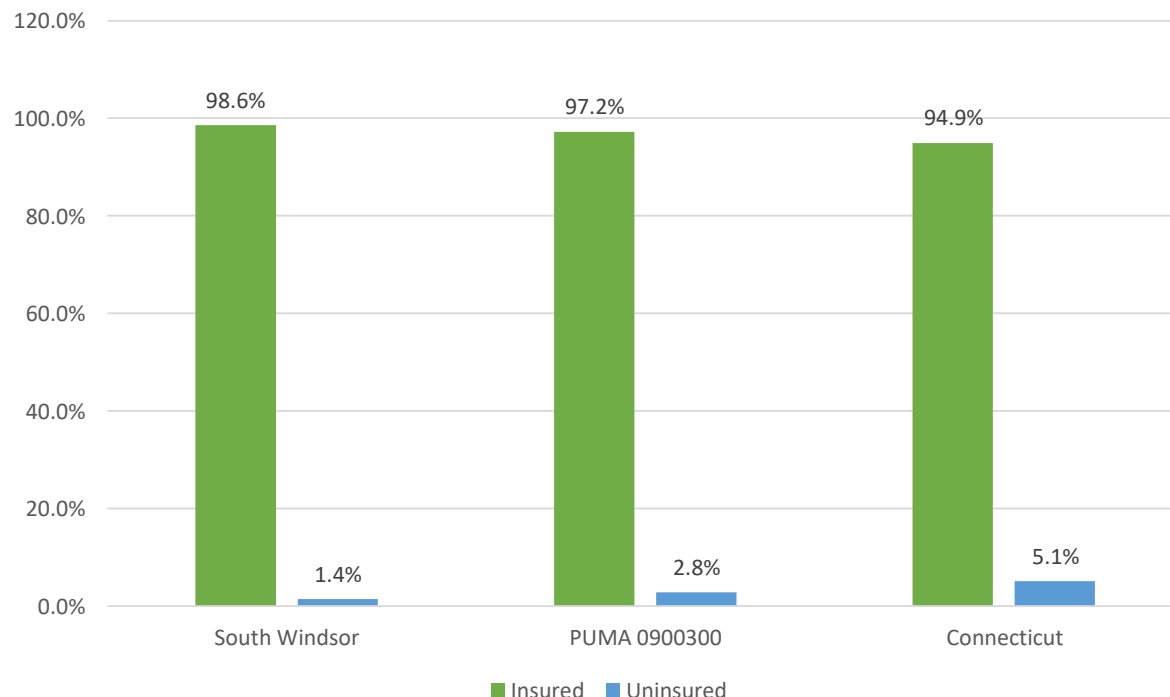
Health Insurance

According to the U.S. Census Bureau's 2020 ACS 5-Year Estimate data, approximately 98.6% of civilian non-institutionalized South Windsor residents have health insurance (with 84.6% of those on employer-based private health insurance) and 1.4% of residents are uninsured.⁹⁸ Similarly, nearly all respondents to the South Windsor CHNA 2022 survey reported they had health insurance. In comparison, 2.8% of PUMA 0900300 residents are uninsured, and 5.1% of Connecticut residents are uninsured.

FIG. 59

Health Insurance Coverage in South Windsor, PUMA 0900300, and Connecticut, 2020

Source of Data: U.S. Census Bureau. 2020 ACS 5-Year Estimate. (S2701)



⁹⁸ U.S. Census Bureau. (2020). 2020 ACS 5-Year Estimate: (S2701): SELECTED CHARACTERISTICS OF HEALTH INSURANCE COVERAGE IN THE UNITED STATES. Retrieved from <https://data.census.gov/cedsci/table?q=south%20windsor&t=Income%20%28Households,%20Families,%20Individuals%29&g=1400000US09003487100,09003487201,09003487202,09003487300,09003487400,09003487500>

Health Care Utilization

According to the South Windsor CHNA 2022 survey, a majority of residents who participated said that they would go to their primary care physician or an urgent care for a general health issue (cough, sore throat, ear infection, etc.).

Moreover, as previously discussed, the majority of survey respondents said they regularly receive health screenings (mammogram, blood pressure screenings, colonoscopy, etc.). This data suggests that most South Windsor residents have access to and utilize their health care resources.

There are several medical offices for primary care, urgent care, and specialized care in South Windsor. Additionally, there are a number of hospitals nearby South Windsor for acute care, such as Hartford Hospital, St. Francis Hospital & Medical Center, and Manchester Memorial Hospital.

According to hospital data, a majority of hospitalizations among Connecticut adults are COPD and heart failure, while asthma and gastroenteritis are the leading causes of hospitalizations among Connecticut children.

FIG. 60

Leading Causes of Preventable Hospitalizations among Connecticut residents, 2017

Source of Data: CT DPH. (2020). Chapter 7: Health Systems. Retrieved from https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/state_health_planning/SHA-SHIP/HCT2025/SHA-Chapters/9_Health-Systems-chapter_CT_SHA_Report_Final060520-9.pdf

Leading Causes of Preventable Hospitalizations among Connecticut Adults (2017)	
Heart Failure	400 per 100,000
COPD	421 per 100,000
Urinary Tract Infection	135 per 100,000
Dehydration	131 per 100,000
Pneumonia	145 per 100,000

Leading Causes of Preventable Hospitalizations among Connecticut Children (2017)	
Asthma	89 per 100,000
Gastroenteritis	37 per 100,000
Perforated Appendicitis	23 per 100,000
Urinary Tract Infection	14 per 100,000
Diabetes with short-term complication	10 per 100,000

CONCLUSION

This community health needs assessment has provided a summary of the health determinants, health outcomes, and community resources currently impacting the health of South Windsor residents. From the data collected we were able to identify several areas of improvement.

Multiple sources of data, such as CDC PLACES and 2-1-1, revealed that many South Windsor residents experience **poor mental health**. In addition, **food insecurity** and **housing stability** continue to be an issue for many in South Windsor according to Foodshare and the U.S. Census Bureau ACS 5-Year estimate, respectively. Health behaviors associated with chronic disease, such as **poor diet and lack of exercise**, are another concern as chronic diseases such as high blood cholesterol is prevalent in South Windsor. Lastly, there is a greater need for **health education and community resource awareness**. By providing educational material on health-related information and raising awareness on local resources, it can help an individual overcome a barrier. It is important to note that with the current COVID-19 pandemic, the health and health-related issues discussed above have likely worsened.

The key findings of this assessment will be utilized in developing future health programs that will help address the issues identified above and improve health outcomes.

SUMMARY

CHNA 2022
KEY FINDINGS

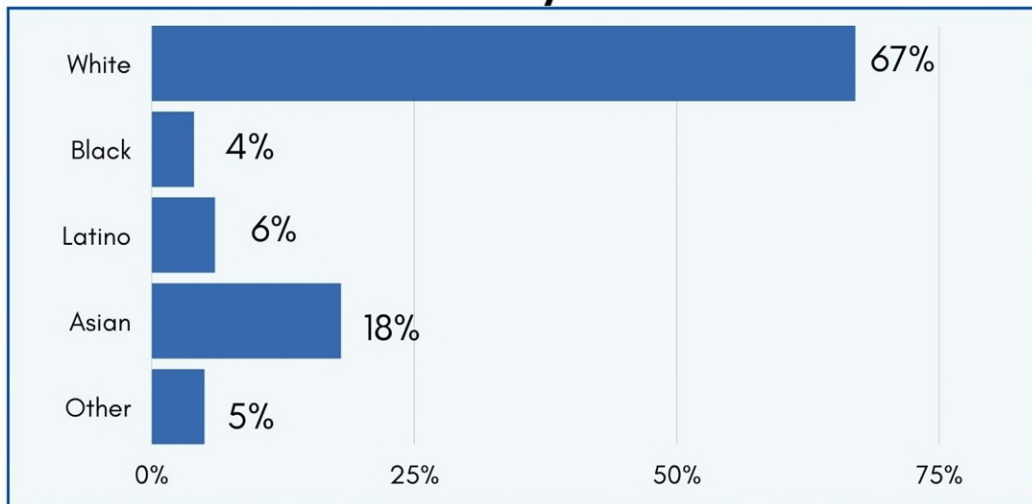
South Windsor



Demographics

26,918 residents

Diversity



Age Distribution

11.5%

under 18 years

77.0%

18 years and older

16.1%

65 years and older

Languages

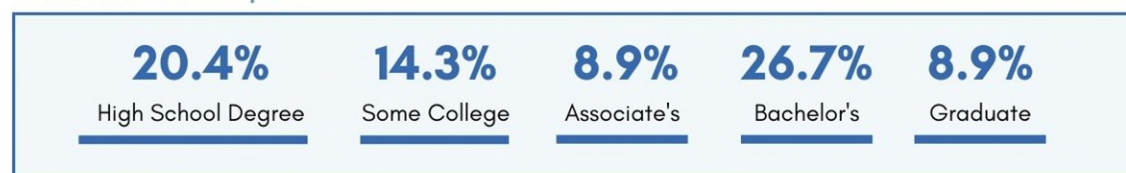
20.3%

of South Windsor residents
speak another language
other than English at home.

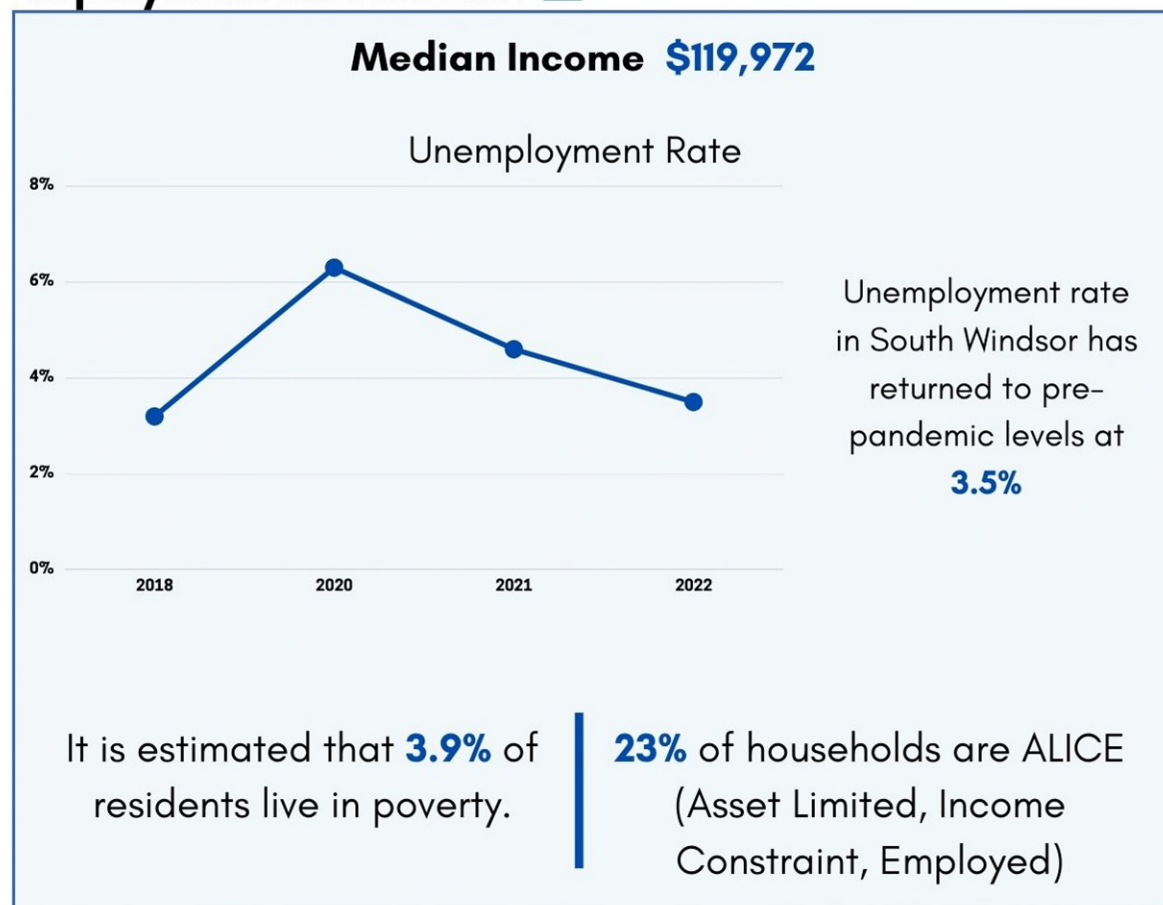
With 3.9% speaking Spanish,
11.5% speaking Other Indo-
European Languages, and 4.9%
speaking other languages.

Socioeconomic Factors

Education



Employment and Income



Housing



Owner-occupied

86% of housing units are owner-occupied

39% of homeowners are cost-burdened



Renter-occupied

14% of housing units are renter-occupied

51.4% of renters are cost-burdened

Environmental Factors

Transportation

4.2%

of South Windsor households
do not have a car

74%

of South Windsor residents
drove alone to work

Air Quality

Every Connecticut county received **failing** grades for ozone pollution. However for particulate matter, all Connecticut counties have **passed** national standards.

Parks

In South Windsor, parks provide **6.5 miles of trails**, as well as green spaces, fields for various sports, and a public pool.

These parks include Nevers Park, Wapping Park, and Major Michael Donnelly Preserve, Rye Street Park, Lawrence Road park, Linear Park, and Veteran's Memorial Park.

Lead and Radon

Of the 399 South Windsor children tested in 2020 for lead, **7 children** had an elevated blood lead level at 3.5 µg/dL, and one child had an elevated blood lead level at 5 µg/dL.

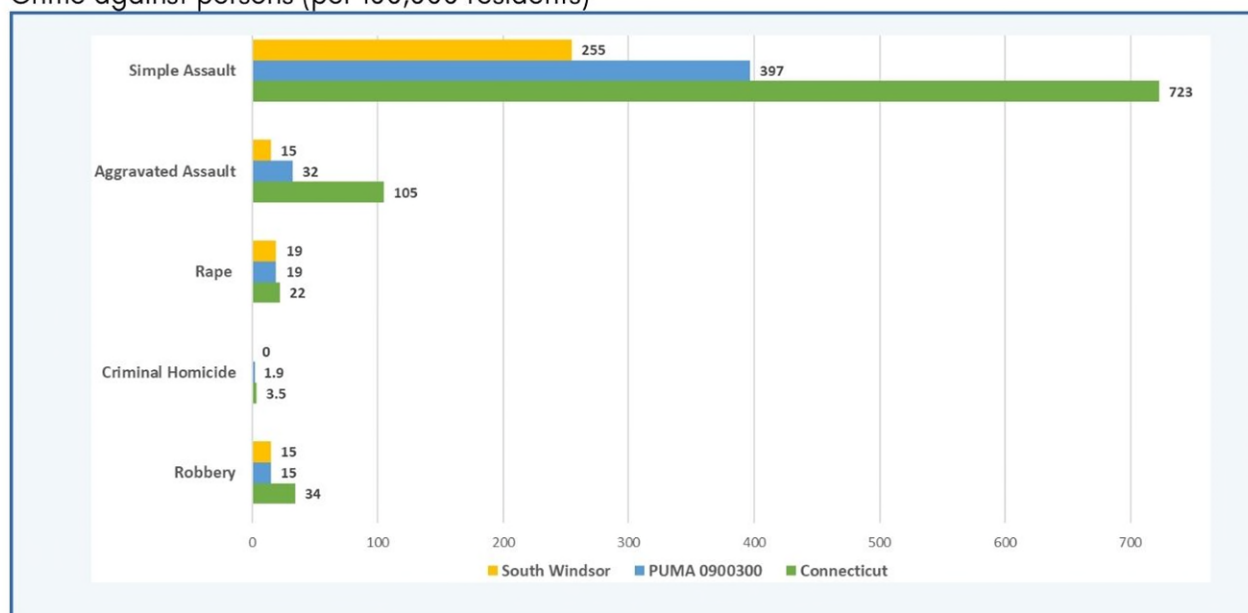
Hartford County has a **low radon potential**.

Social Cohesion, Crime, and Safety

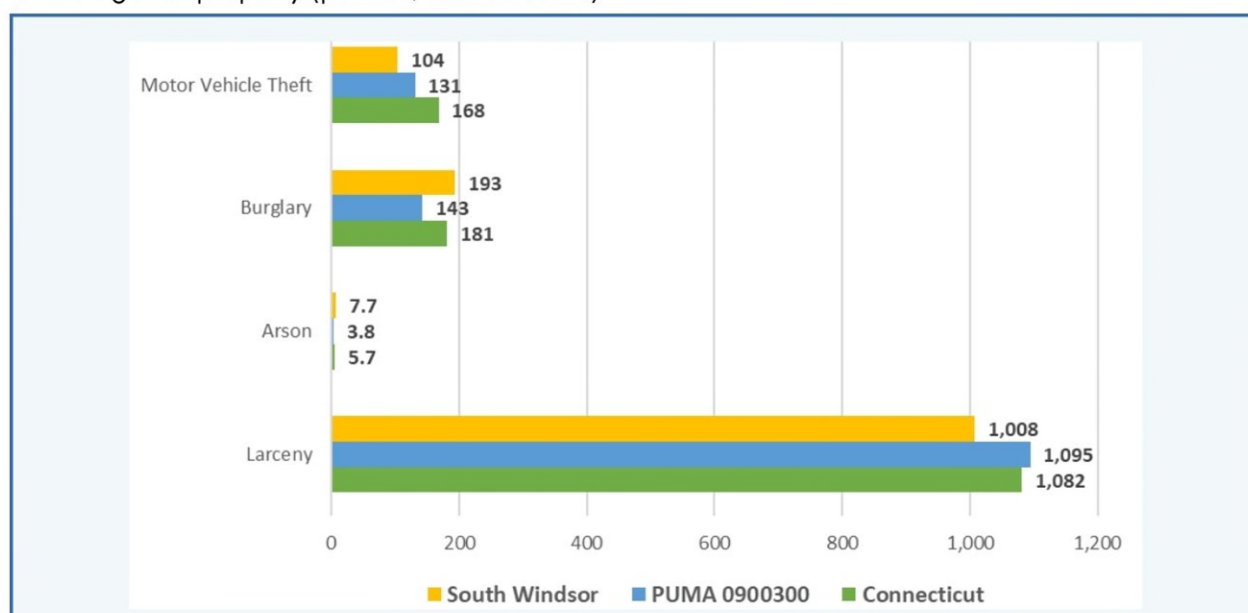
According to DataHaven's Greater Hartford Community Wellbeing Index 2019 results, **88%** of South Windsor residents are satisfied with their community, **86%** feel safe walking at night, and **94%** feel that they can trust their neighbors.

Most of the perceptions of South Windsor residents were accurate as South Windsor is generally safe in comparison to neighboring towns and Connecticut when it comes to crimes against persons. However, certain crimes against property, burglary and arson, **occur more frequently in South Windsor** compared to PUMA 0900300 and Connecticut.

Crime against persons (per 100,000 residents)



Crime against property (per 100,000 residents)



During the 2021-22 school year, **17%** of South Windsor students were eligible for free or reduced-price meals.

8% of residents in the Greater Hartford (Outer Ring) area vape more than once a month.

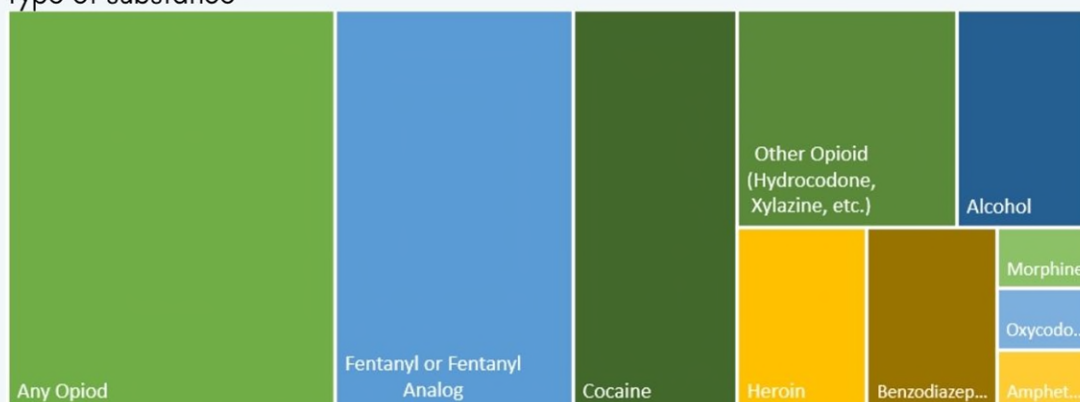
16.1% of South Windsor residents binge drink.

Health Behaviors

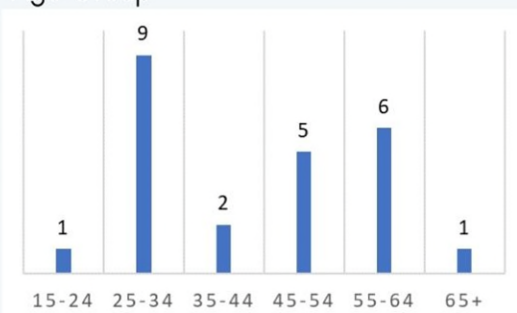
Substance Use

Between 2015 and 2022, there have been **24 unintentional drug overdose deaths** in South Windsor, with most involving fentanyl/fentanyl analog and occurring in young men.

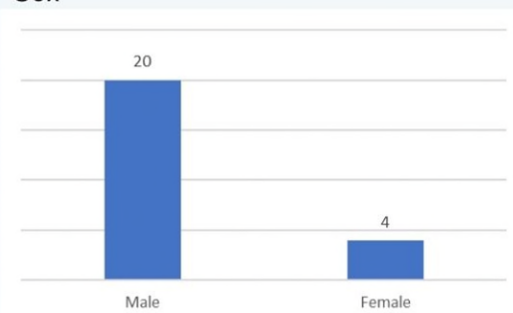
Type of substance



Age Group



Sex



Health Seeking Behaviors

According to the town-wide community health survey, **92.3%** of respondents self-reported that they receive recommended health screenings

"Are you regularly receiving recommended health screenings?"



Health Outcomes

Percentage of South Windsor residents with disease or condition



Arthritis
24.7%



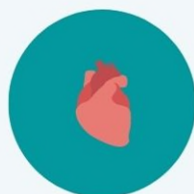
Asthma
9.8%



Cancer
7.9%



**Kidney
Disease**
2.5%



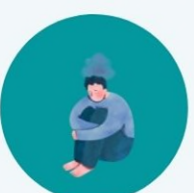
**Coronary
Heart Disease**
5.1%



COPD
7.9%



Diabetes
24.7%



Depression
17%



HBP
29.1%



High Cholesterol
34.7%



Obesity
27%



Stroke
2.62%

Health Outcomes

Oral Health

81.7% of South Windsor residents in 2019 visited the dentist annually

Maternal and Child Health

In 2019, **218 babies** were born to South Windsor residents.

93.1% of mothers received prenatal care in their first trimester

5% had a low birth weight

7.8% were born preterm

From 2018 to 2019, there has been an **improvement** in birth weight and full term births among South Windsor infants.

Mental Health

10.8% of South Windsor residents in 2019 had poor mental health

However, according to our town-wide survey, about **87%** of respondents say they engage in activities to support mental health. With most supporting their mental health with exercising, mediation, and socialization.

Healthcare Resources and Access to Care

Within South Windsor, there are several primary care physicians, pediatricians, specialty care providers, mental health professionals, therapists, assisted living facilities for seniors, and more. Additionally, there are a number of acute care hospitals nearby, such as CT Children's Hospital and Manchester Memorial Hospital.

Although there are several resources in town available, they may not be accessible to everyone due to barriers. According to the U.S. Census Bureau it estimated that **98.6%** of South Windsor residents are insured.

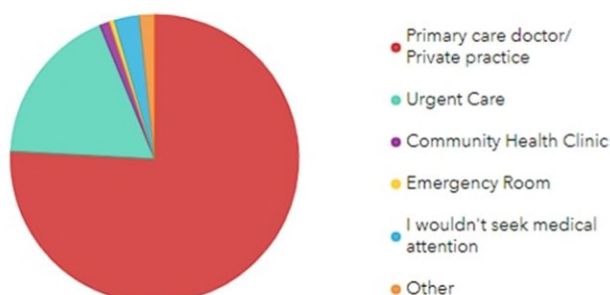
Moreover, **a majority of survey participants responded that they do not have challenges nor barriers when getting care (85%).**

In the last 12 months, did you experience challenges or barriers to getting care for your physical health and/or mental health?



When asked on the survey which health care resource would they utilize if they had a general health issue (e.g., sore throat, ear infection, cough), **most responded that they would go to their primary care doctor (74%).**

If you had a general health issue (e.g., flu, sinus infection, ear infection), which type of health care setting would you go to?



REFERENCES

- ¹ **Primary Data** is data that has been collected first-hand.
- ² **Secondary Data** is already existing data that has been previously collected by another researcher for another purpose.
- ³ U.S. Department of Health and Human Services. (n.d.) Social Determinants of Health. Retrieved from <https://health.gov/healthypeople/objectives-and-data/social-determinants-health>
- ⁴ **Quantitative Data** refers to data that can be quantified or counted and given a numerical value.
- ⁵ **Census tracts** are geographic regions used by U.S. Census Bureau for collecting census data.
- ⁶ **Qualitative data** refer to data that is non-numerical and describes qualities or characteristics. For example, qualitative data can be opinions or views collected during interviews, focus groups, or surveys.
- ⁷ **Social-Desirability Bias** refers to a type of response bias in which respondents provide answers viewed favorably by others rather than truthful answers.
- ⁸ **Question Order Bias** refers to a type of response bias in which respondents may think differently due to the order in which the questions were given. For example, earlier questions may affect how the respondent answers later questions.
- ⁹ Town of South Windsor. (2021). 2022 Operating and Capital Budget. Retrieved from https://www.southwindsor-ct.gov/sites/g/files/vyhlf3831/f/uploads/budget_final_2021-2022_for_website_printing.pdf
- ¹⁰ U.S. Census Bureau. (2022). South Windsor Town, Hartford County, Connecticut Geography Profile. Retrieved from <https://data.census.gov/cedsci/profile?q=0600000US0900371390>
- ¹¹ U.S. Census Bureau. (2020). South Windsor Town, Hartford County, Connecticut Geography Profile. Retrieved from <https://data.census.gov/cedsci/profile?q=0600000US0900371390>
- ¹² U.S. Census Bureau. (2022). 2020 ACS 5-Year Estimate: (S1101) HOUSEHOLDS AND FAMILIES. Retrieved from <https://data.census.gov/cedsci/table?q=south%20windsor&t=Household%20Size%20and%20Type&g=795XX00US0900300>
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- ¹⁵ U.S. Census Bureau. (2022). South Windsor Town, Hartford County, Connecticut Geography Profile. Retrieved from <https://data.census.gov/cedsci/profile?q=0600000US0900371390>
- ¹⁶ DataHaven. (2021). South Windsor 2021 Equity Report. Retrieved from https://www.ctdatahaven.org/sites/ctdatahaven/files/south_windsor_profile_v1.pdf
- ¹⁷ U.S. Census Bureau. (2020). 2020 Decennial Census: (S1601) LANGUAGES SPOKEN AT HOME. Retrieved from <https://data.census.gov/cedsci/table?q=south%20windsor&t=Language%20Spoken%20at%20Home&tid=ACSST5Y2020.S1601>
- ¹⁸ EdSight. (2022). South Windsor Public School Enrollment Trend. Retrieved from <https://edsight.ct.gov/SASPortal/main.do>
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Figures

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32 2-1-1 Counts Food Requests from August 1, 2021 to July 31, 2022. Source: 2-1-1 Counts. (n.d.) Total Requests. Retrieved from <https://ct.211counts.org/>

33 CHNA 2022 Survey Responses to "How often are you physically active?" Source: South Windsor Health Department 2022 Community Health Needs Assessment Survey

34 Demographics of Current Cigarette Smokers in Connecticut, 2019 Source: CT DPH. (2022). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). Retrieved from https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

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Source: CT DPH. (2022). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). Retrieved from https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

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Source: CT DPH. (2022). Drug Overdose Deaths in Connecticut Data Dashboard, 2015 – 2022. Retrieved from https://public.tableau.com/app/profile/heather.clinto/n/viz/SUDORS_Dashboard_final2/OverdoseDashboard

37 Age Group of Unintentional Drug Overdose Deaths in South Windsor, 2022

Source: CT DPH. (2015-2022). Drug Overdose Deaths in Connecticut Data Dashboard, 2015 – 2022. Retrieved from https://public.tableau.com/app/profile/heather.clinto/n/viz/SUDORS_Dashboard_final2/OverdoseDashboard

38 Gender of Unintentional Drug Overdose Deaths in South Windsor, 2022

Source: CT DPH. (2015-2022). Drug Overdose Deaths in Connecticut Data Dashboard, 2015 – 2022. Retrieved from https://public.tableau.com/app/profile/heather.clinto/n/viz/SUDORS_Dashboard_final2/OverdoseDashboard

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Source: CT DPH. (2021). Health Indicators and Risk Behaviors in Connecticut: Results of the 2018 Connecticut Behavioral Risk Factors Surveillance Survey. https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

40 CHNA 2022 Survey Responses to “Are you regularly receiving recommended health screenings?”

Source: South Windsor Health Department Community Health Needs Assessment Survey

41 Health Outcomes Chart

Source: County Health Rankings. (n.d.) Measures & Data Sources Retrieved from <https://www.countyhealthrankings.org/explore-health-rankings/measures-data-sources>

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Source: South Windsor Health Department 2022 Community Health Needs Assessment Survey

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Sources: CDC. (2020). CDC PLACES. Retrieved from <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65> AND CT DPH. (2022). Health Indicators and Risk Behaviors in Connecticut: 2019 Results of the Connecticut Behavioral Risk Factor Surveillance Survey (BRFSS). Retrieved from https://portal.ct.gov/-/media/DPH/BRFSS/2019-BRFSS-Annual-Report-draft-XZ-for-pdf_update_1.pdf

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9 Connecticut Renter Cost-Burden Map, 2015

Source: CT Housing Finance Authority. 2020. Retrieved from https://www.chfa.org/assets/1/6/Connecticut_HNA.pdf

10 Map of South Windsor Parks

11 EPA Map of Radon Potential in Connecticut

Source: CT DPH. (n.d.). Retrieved from https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/environmental_health/radon/pdf/EPAMapofRadonZonespdf.pdf

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16 Prevalence of Poor Mental Health in South Windsor, 2019

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17 Dental Visits Among South Windsor Residents in 2018

Source of Data: CDC PLACES. (2020). Retrieved from <https://experience.arcgis.com/experience/22c71>

Tables

1 Population Change From 2010 to 2020 in South Windsor, PUMA 0900300, and Connecticut by Age, 2020 Source of Data: DataHaven. (2021). South Windsor 2021 Equity Profile. Retrieved from https://www.ctdatahaven.org/sites/ctdatahaven/files/DataHaven_Greater_Hartford_Index_2019_PrelimFinal.pdf

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4 Percentage of Students Reaching Health Standard in South Windsor and Connecticut, 2018-2019 School Year

Source of Data: https://public-edsight.ct.gov/performance/physical-fitness-tests--students-reaching-health-standard?language=en_US

5 Trend of South Windsor School District students reaching health students, 2014-2019

Source of Data: https://public-edsight.ct.gov/performance/physical-fitness-tests--students-reaching-health-standard?language=en_US

6 Age-Adjusted Mortality Rate for Leading Causes of Death in Connecticut and South Windsor, 2010-2014

Source of Data: <https://authoring.ct.gov/DPH/Health-Information-Systems--Reporting/Mortality/Mortality-Tables>

7 Cancer Incidence Rate in South Windsor, 2010 - 2014

Source: Olson J, Hayes L, Gonsalves L, Mueller L. (2018). Age-Adjusted Cancer Incidence Rates for Connecticut, Leading Cancer Sites by Town, Site, and Sex, 2010-2014. CT DPH. Retrieved from: <https://portal.ct.gov/DPH/Tumor-Registry/Data--Statistics>

8 Communicable Disease Cases in South Windsor (2018-2021)

Source of Data: CT DPH – Connecticut Electronic Disease Surveillance System

9 Sexually Transmitted Disease Cases in South Windsor, 2019

Source of Data: CT DPH – Connecticut Electronic Disease Surveillance System

APPENDIX

Appendix 1: Survey Questions

There were approximately 50 questions on the survey, all of which were optional. Additionally, at the bottom of each section respondents had the opportunity to share additional thoughts on the topic. The survey took about 15 to 20 minutes to complete. Those who completed the survey were able to enter a \$50 Amazon gift card raffle. In total, there were 183 respondents who participated.

To view the survey questions and results, please visit <https://arcg.is/1neanq>, or see below.

I. Demographics

1. **What is your gender identity?** Male | Female | Other
2. **What age group do you fall under?** 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65+
3. **Which race/ethnicity best describes you?**
White | Black | Latino | Asian | American Indian | Native Hawaiian/Pacific Islander | Other Race | Multiple Races
4. **How long have you lived in South Windsor?**
Open-Ended

II. Living in South Windsor

1. **How would you describe South Windsor?** Open-Ended
2. **If someone was moving to South Windsor, what would you say are South Windsor's biggest strengths?** Open-Ended
3. **If someone was moving to South Windsor, what would you say are South Windsor's biggest weaknesses or concerns?** Open-Ended
4. **Are you satisfied with the quality of life in South Windsor?**
Very Satisfied | Satisfied | Neutral | Dissatisfied | Very Dissatisfied
5. **Is South Windsor a good place to raise children?**
Definitely | Probably | Neutral | Possibly | Definitely not
6. **Is South Windsor a good place to grow old?**
Definitely | Probably | Neutral | Possibly | Definitely not
7. **Is South Windsor a safe place to live?**
Definitely | Probably | Neutral | Possibly | Definitely not
8. **Is there a sense of civic responsibility and engage in South Windsor?**
To a great extent | Somewhat | Neutral | Very Little | Not at All
9. **Are there adequate social services available to South Windsor?**
To a great extent | Somewhat | Neutral | Very Little | Not at All
10. **How often do you use services in South Windsor that directly or indirectly benefit you overall well-being?**
Everyday | A few times a week | A few times a month | A few times a year | Never
11. **How satisfied are you with the health-related programs and services offered by the Town of South Windsor?**
Very Satisfied | Satisfied | Neutral | Dissatisfied | Very Dissatisfied
12. **Is there sufficient resources and services available in South Windsor to support residents in need?**
To a great extent | Somewhat | Neutral | Very Little | Not at All
13. **Are discrimination and racism prevalent issues in South Windsor?**
To a great extent | Somewhat | Neutral | Very Little | Not at All

III. Individual Health

- In general, how would you rate your overall health (physical and mental)?**
Excellent | Very Good | Good | Fair | Poor
- How often are you physically active?**
Everyday | A few times a week | A few times a month | A few times a year | Never
- How often do you actively engage in ways to support your mental health?**
Everyday | A few times a week | A few times a month | A few times a year | Never
- Do you have health insurance?**
Yes | No
- Are you regularly receiving recommended health screenings?**
Yes | No
- In the last 12 months, did you experience challenges or barriers to getting care for your physical or mental health?**
Yes | No
- How would you like to improve your health?** Open-Ended

IV. Community Health

- What is the most pressing health issue in South Windsor?**
Chronic Diseases | Communicable Diseases | Poor Mental Health | Tobacco Use | Substance Abuse | Underage Drinking | Obesity | Environmental Issues | Other
- What population is most affected by the issue you selected?**
Youth | Adults | Elderly | Low-Income Families | People of Color | Other
- From what you have experienced or seen, what barriers or challenges do people face when dealing with this issue?**
Financial Constraints | Lack of health insurance | Lack of social support | Lack of available resources | Lack of understanding or knowledge on the health issue/resources available | Language barriers | Transportation Barriers | Fear/Hesitancy | Social norms/stigma/discrimination | Other
- Do you know of any programs, resources, or services in South Windsor that can assist in addressing these issues, or already is?**
Yes | No | Not Sure
- How would like this health addressed?** Open-Ended
- If you had a general health issue, which type of health care setting would you go to?**
Primary care doctor | Urgent Care | Community Health Clinic | Emergency Room | I wouldn't seek medical attention | Other

V. COVID-19

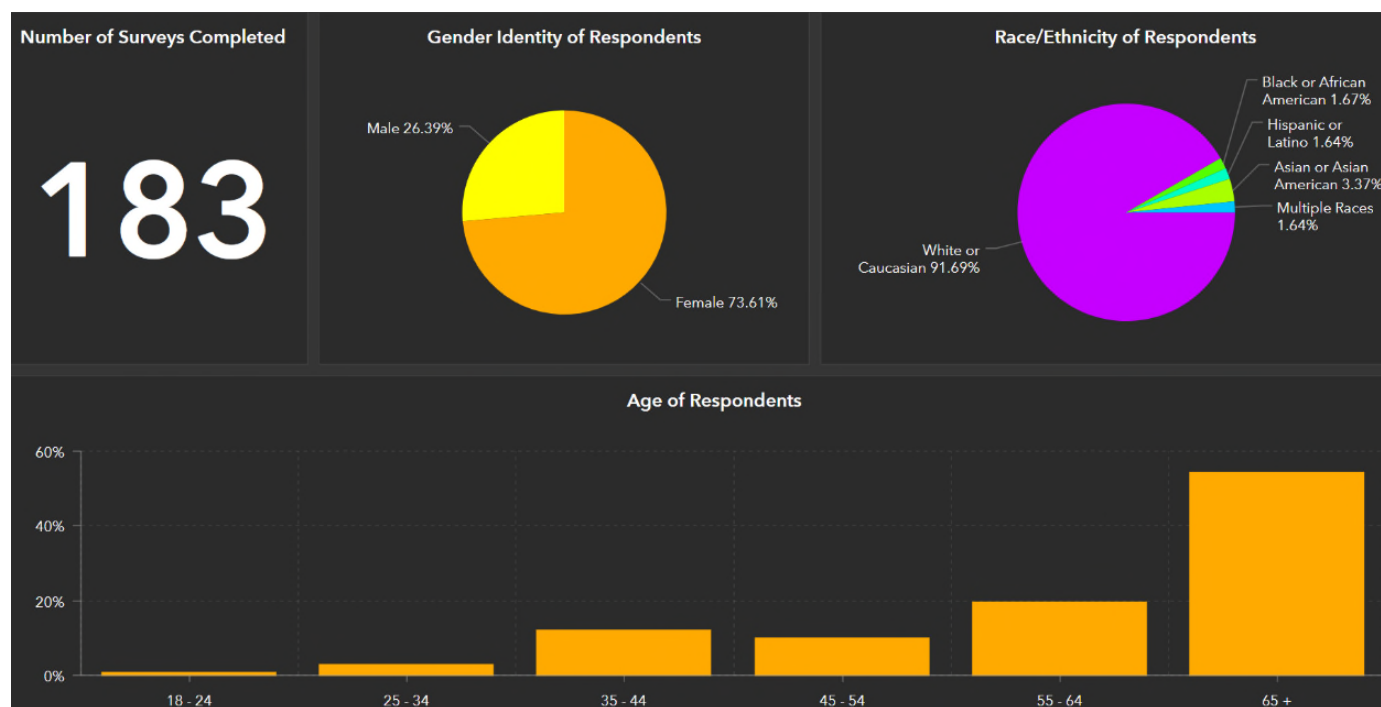
- In your opinion, which 3 health topics do South Windsor residents need more information about?**
Substance Abuse Prevention | Preparing for emergencies | Elder care | Stress management | Caring for family members with special needs/disabilities | Going to the doctor for check-ups | Eating well/Nutrition | Managing Weight | Personal Safety | Exercise/Fitness | Childcare/Parenting | Anger Management | Getting flu shots and other vaccines
- How has the COVID-19 pandemic affected the South Windsor community?** Open - Ended
- Has the COVID-19 pandemic made any of the below more difficult for you?**
Housing | Access to Healthcare | Job security | Transportation | Access to food | Utilities | Paying Bills | Affording other basic needs

VI. South Windsor Health Department

- Where do you seek information about the Town of South Windsor?**
Town of South Windsor website | Emergency Notifications (Everbridge) | Facebook | Twitter | Newspaper | Word of Mouth | Television | Telephone | Radio | Other
- The South Windsor Health Department primarily uses Facebook to communicate with the public. How would you prefer to receive health news or information from the health department?** Open - Ended
- Have you ever reached out to the South Windsor Health Department?** Yes | No

Appendix 2: Survey Responses

I. Demographics of Respondents



II. Living in South Windsor Responses

How would you describe South Windsor?

- "Typical CT River valley town...once agricultural, now a generic suburban town/bedroom community. Good schools." – Survey Respondent
- "Safe, clean, tranquil, friendly, close to shopping and parks and dependable police, fire, community services, and public works. Lacks sidewalks and sufficient public transportation." – Survey Respondent
- "South Windsor seems like a pretty normal CT town. It's evolving to be more progressive but still retains its historic charm. It has many recreational programs and good schools." – Survey Respondent
- "A smallish town with a lot of community activities. A lot of opportunities for community engagement." – Survey Respondent
- "It's a small yet growing town that supports the community with ongoing developments in education and elderly community, business and infrastructure. We are close to Hartford yet far from the traffic. We have many local events for all ages." – Survey Respondent

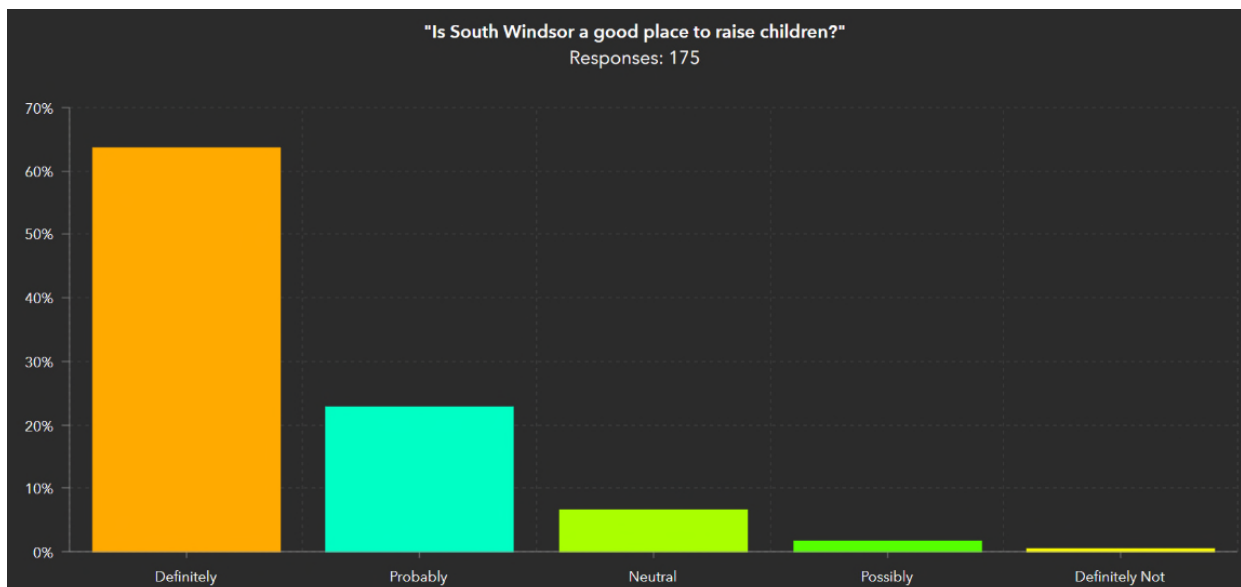
If someone was moving to South Windsor, what would you say are South Windsor's biggest strengths?

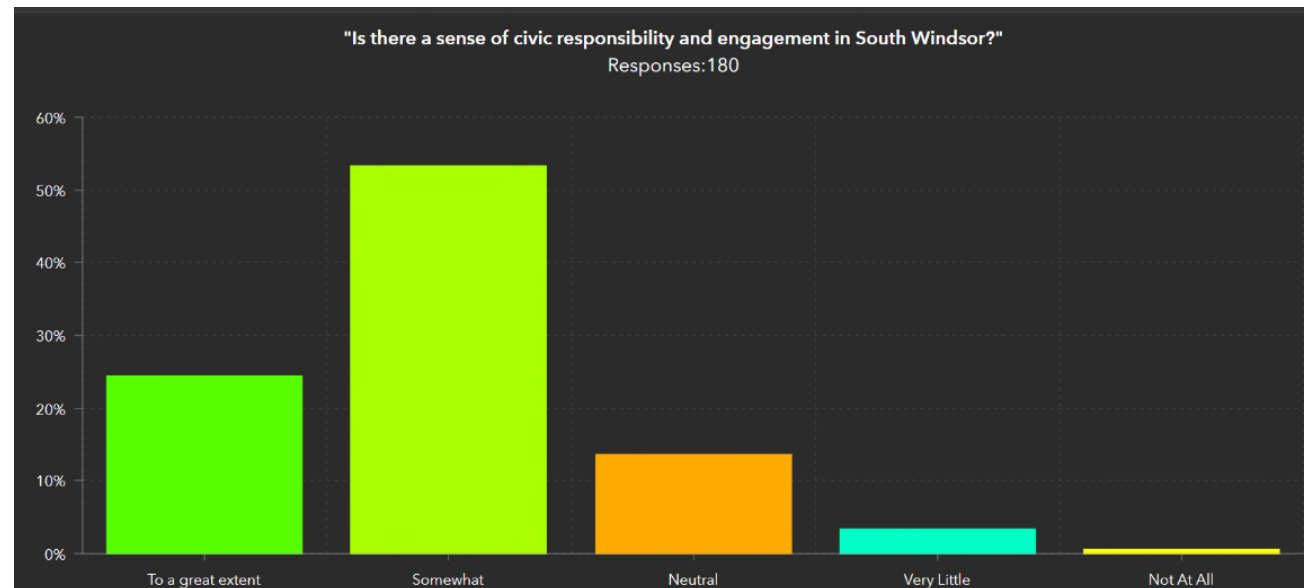
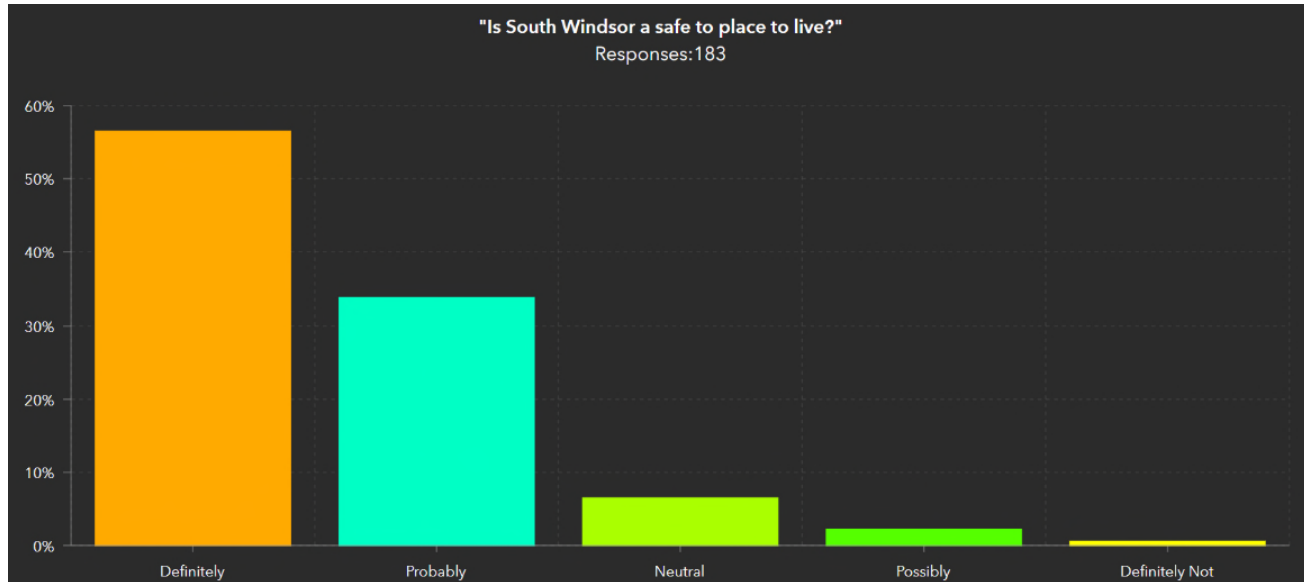
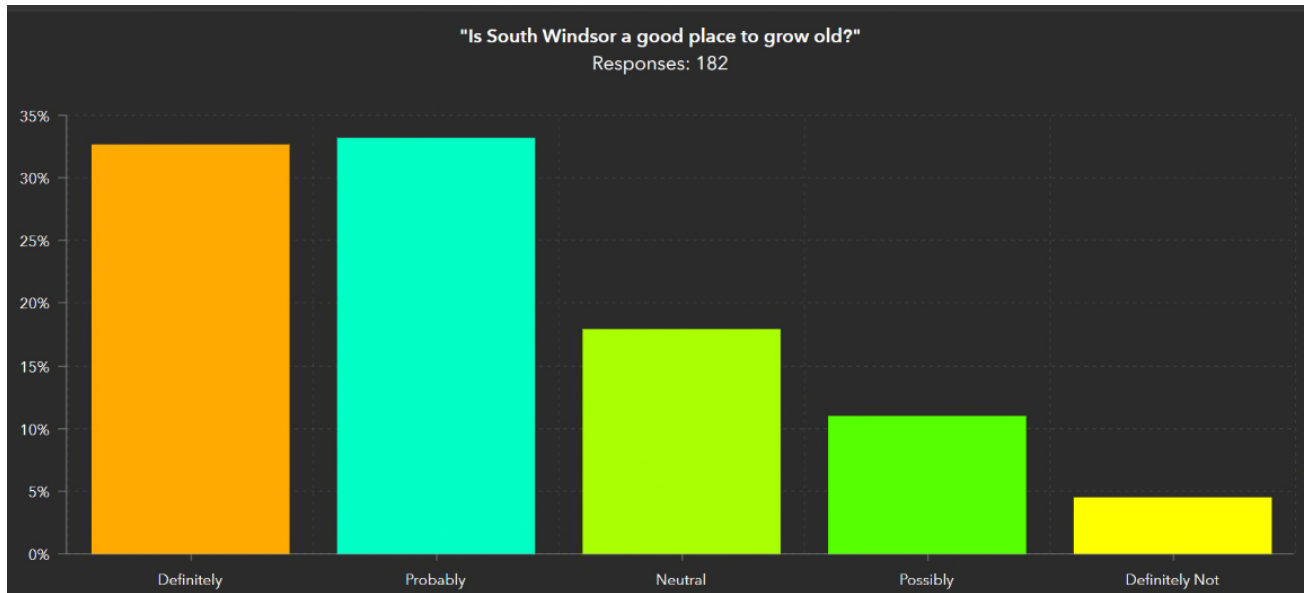
- "Safety, cost of living, housing, sense of community/social support, recreational facilities/community open spaces, resources and good schools." – Survey Respondent
- "South Windsor schools are great. Location is ideal - close to shipping, cities and highways Very nice neighborhoods in town." – Survey Respondent
- "The school system, and the police department who works with and not against the community. The parks are nice as well." – Survey Respondent
- "Recreational facilities/community open spaces, excellent library, close to everything, a good combination of suburban and rural." – Survey Respondent

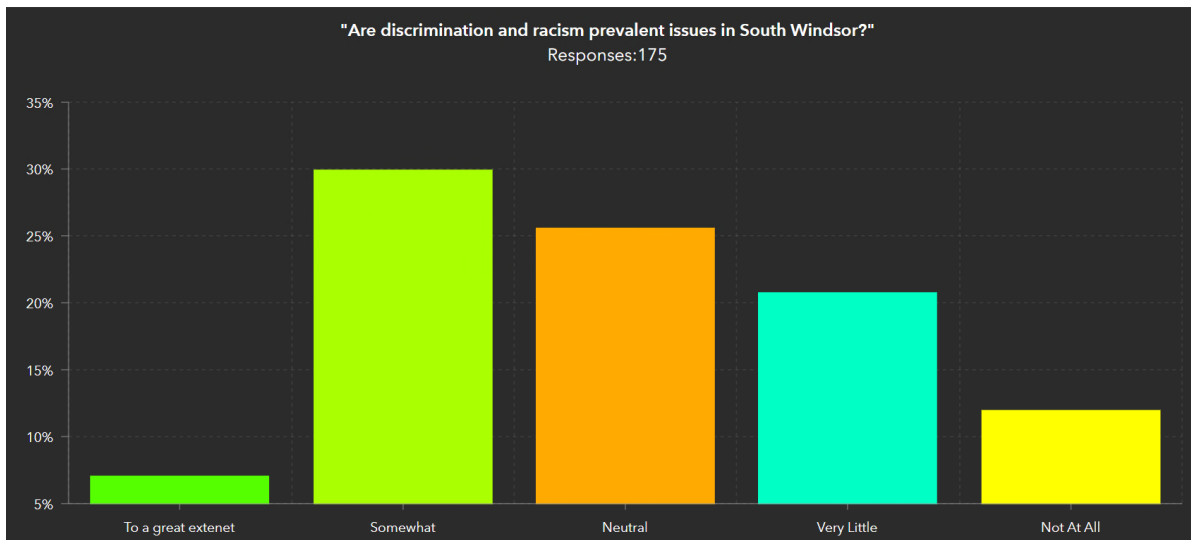
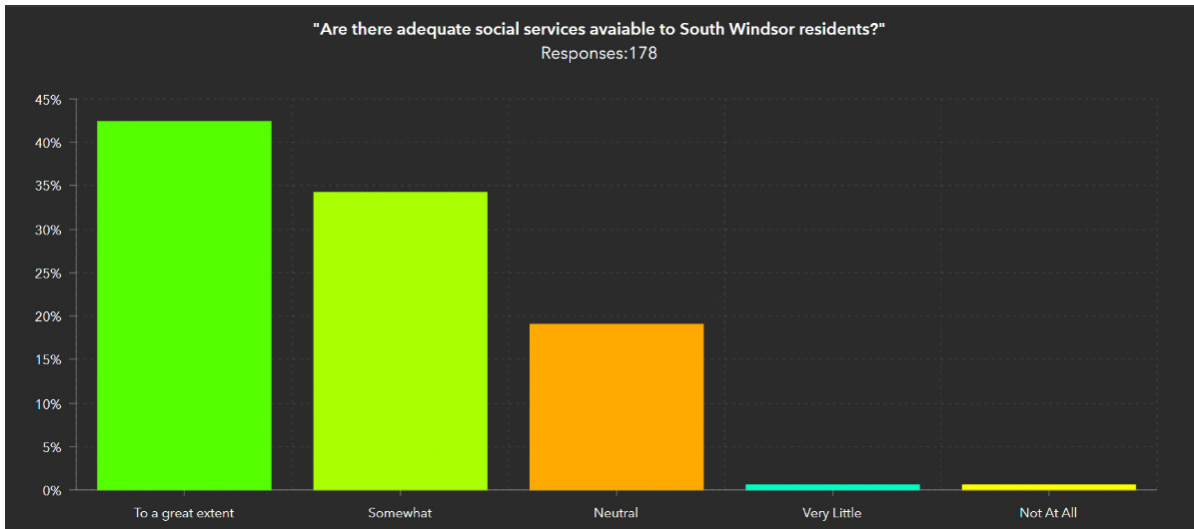
- "It's a nice, peaceful community. Taxes are just like other small towns. Lots of walking trails. Great Community Center. Lots of shopping close by. More medical services are added all the time." – Survey Respondent

If someone was moving to South Windsor, what would you say are South Windsor's biggest weaknesses or concerns?

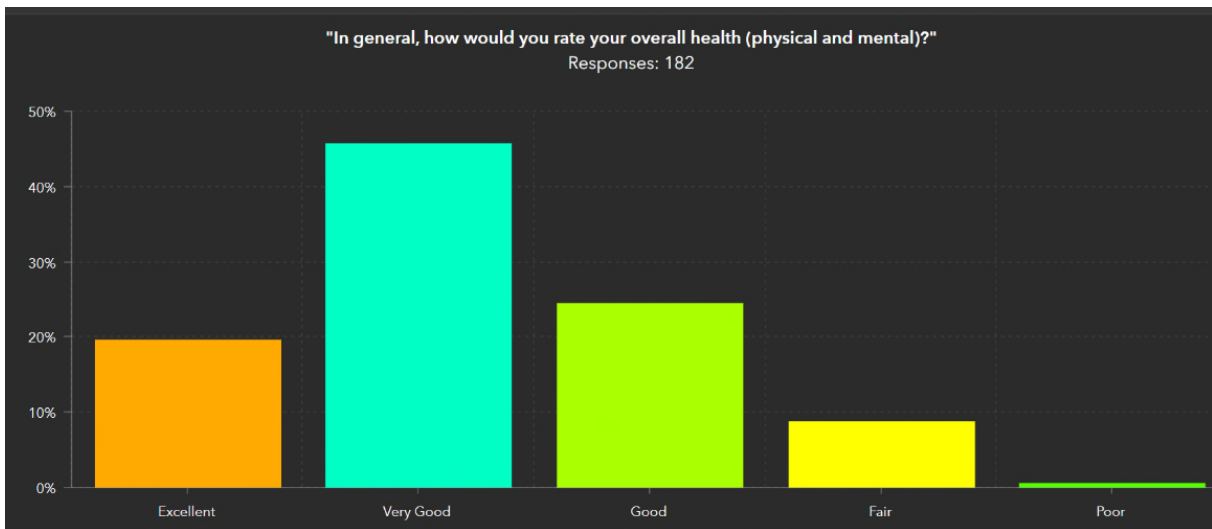
- "We could use more affordable housing but most residents object to affordable housing." – Survey Respondent
- "Taxes are a bit too high but comparable with surrounding towns" – Survey Respondent
- "Limited mass transit. No town center. Limited small local business/retail. Many warehouses" – Survey Respondent
- "Too many warehouses and distribution centers that put too many trucks on local roads." – Survey Respondent
- "Transportation without a car (unless a senior), little lower - low cost housing cost of living - taxes - high BUT services/safety/roads - good. Political divide Lack of sufficient senior housing - small houses/rental units." – Survey Respondent
- "Cost of living, lack of sidewalks in many parts of town, taxes are high, lack of planning for where to allow commercial development to maintain the rural feel of the town" – Survey Respondent







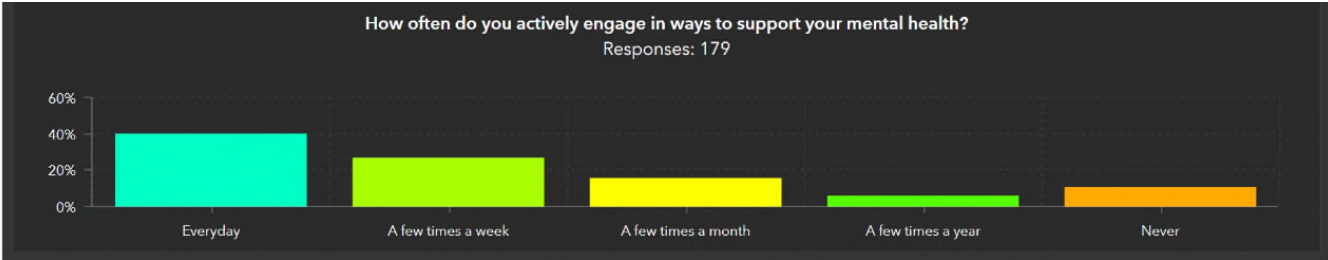
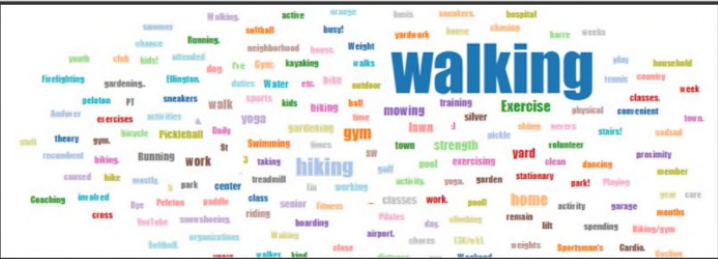
III. Individual Health





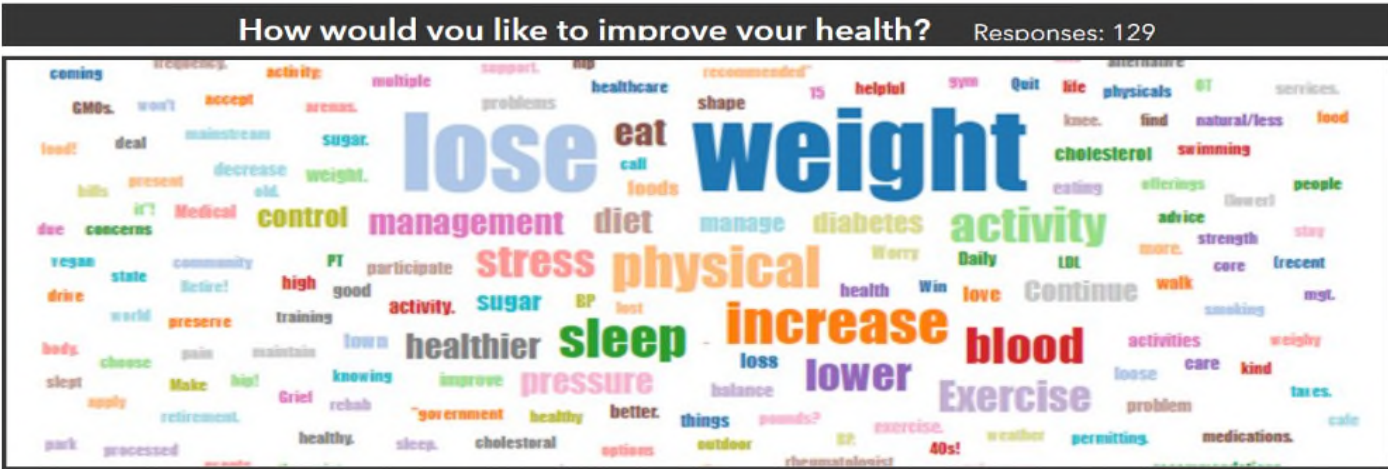
How do you stay physically active? Responses: 151

There were several different responses, with the most frequent responses being walking, hiking, and going to the gym.



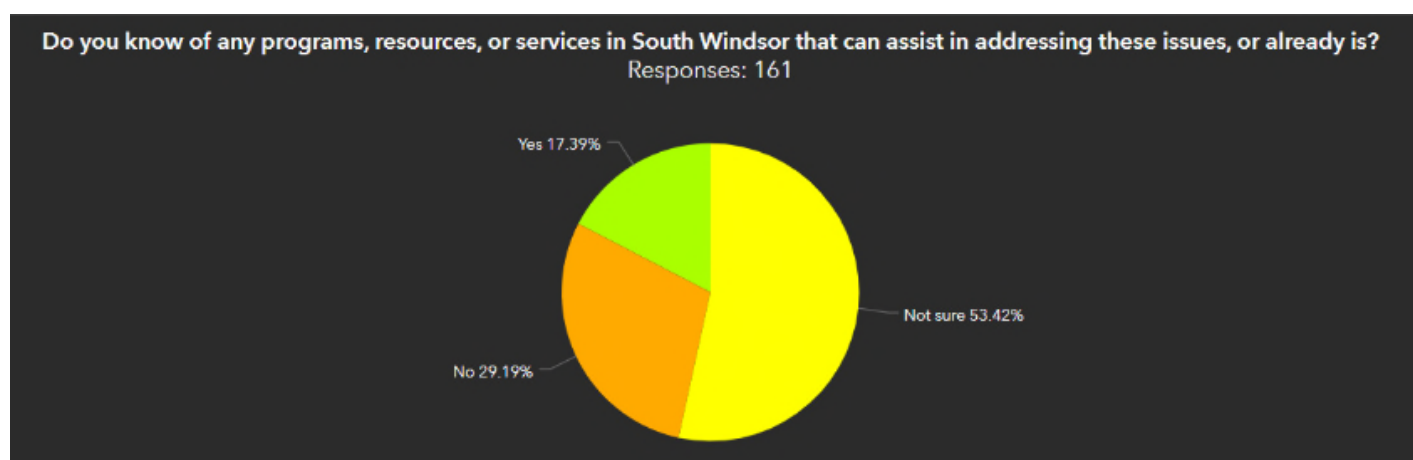
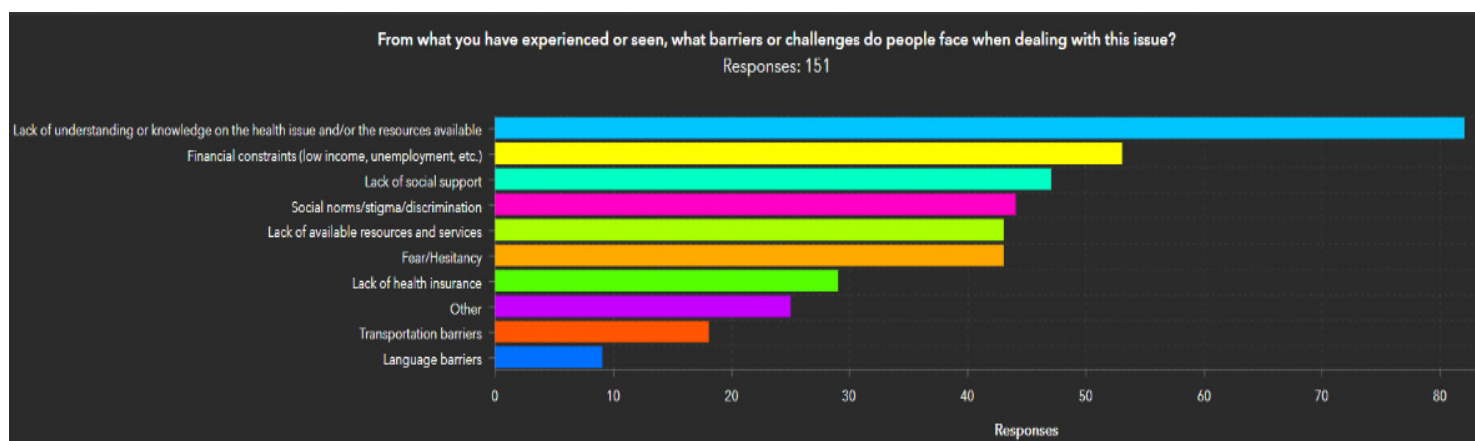
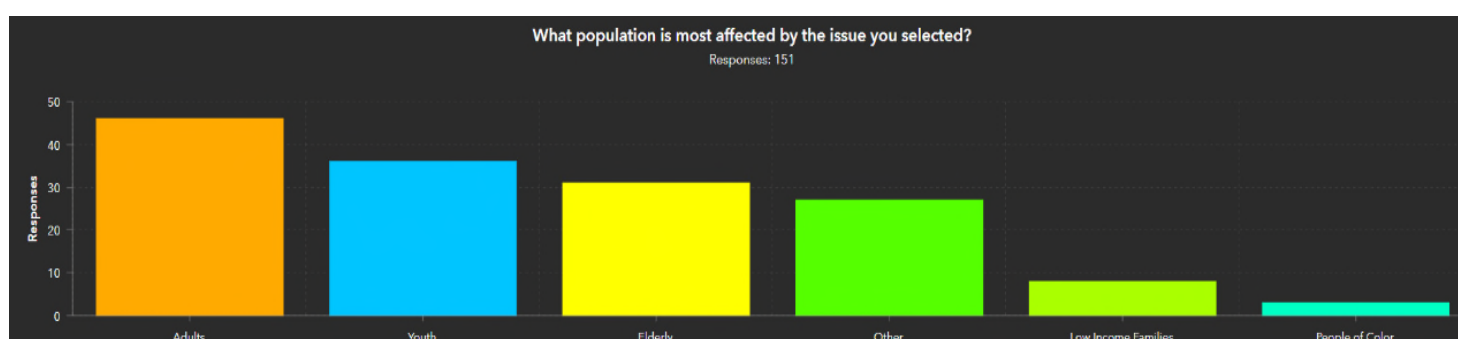
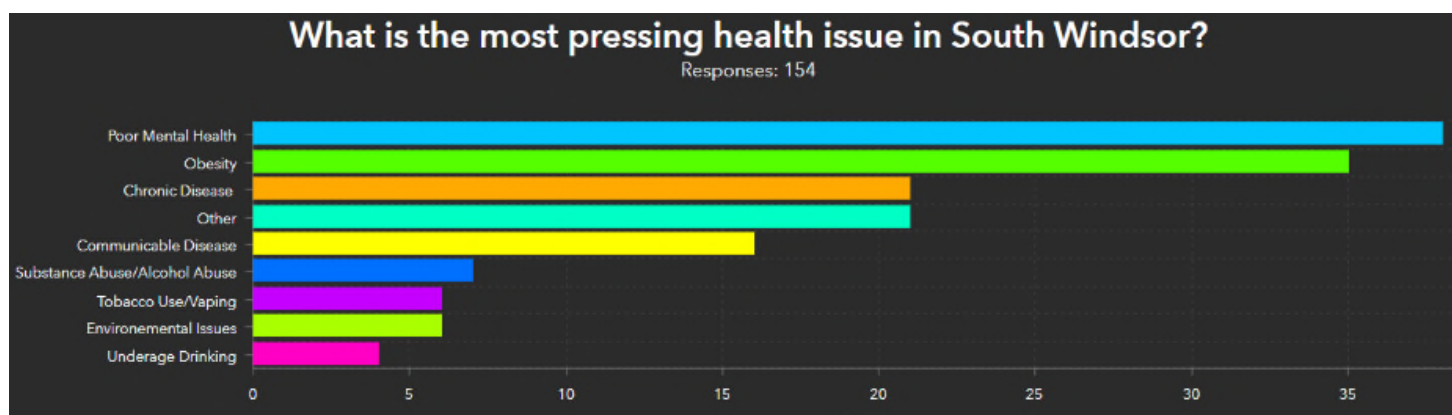
How do you support your mental health? Responses

There were a variety of responses, however many respondents said that they support their mental health by exercising, socializing, meditation, church, and yoga were the most frequent responses.



Respondents frequently listed weight loss, improving diet, sleeping better, and lowering blood pressure as improvements they would like to make.

IV. Community Health Responses



How would you like this health issue addressed?

Poor Mental Health:

"More programs in middle and high schools." – Survey Respondent

"To make sure it's started in the schools where the youth will hear it first hand... we need to make sure they are aware of the supports they have and how to find them." – Survey Respondent

"More open communication." – Survey Respondent

"More mental health supports in the schools that children can access during school hours, more community resources and services in this area." – Survey Respondent

"Directory of resources in South Windsor for families for youth from toddler through age 21 where to get resources for a variety of health conditions that families in this community face daily." – Survey Respondent

"A community center with programs for people of all ages to cover all kinds of community services, support groups, health classes..."

"Move funding if possible." – Survey Respondent

"If medical care had ways of referring patients in need - without constraints of networks - putting patient first - getting them help - or at least referrals so many practices full; patients unable to be seen." – Survey Respondent

Obesity:

"Town to put pressure on manufacturers of food." – Survey Respondent

"The issue of obesity is obviously complex, but in its simplest form, is about education starting in the schools and being continually reinforced." – Survey Respondent

"The cost of living needs to come down. So folks can buy quality food." – Survey Respondent

"More multi use paths that are bike useable. Fun runs/rides." – Survey Respondent

"Address in the schools and provide information for students to bring home and share with adults." – Survey Respondent

"I think there should be more exercise classes for adults at the rec. Maybe like a beginner running group, or a walking bunch, or a bike class. Or just more group exercise classes." – Survey Respondent

"More recreational activities easily accessible at low cost." – Survey Respondent

"Making availability of resources more widely known." – Survey Respondent

"Offer free services." – Survey Respondent

Chronic Diseases:

"More educational programs on nutrition and exercise" – Survey Respondent

"More publicity about resources for healthy eating & healthy activities." – Survey Respondent

"Individuals should take responsibility for themselves." – Survey Respondent

"Health insurance for all regardless of income." – Survey Respondent

"More educational programs in the Community Center." – Survey Respondent

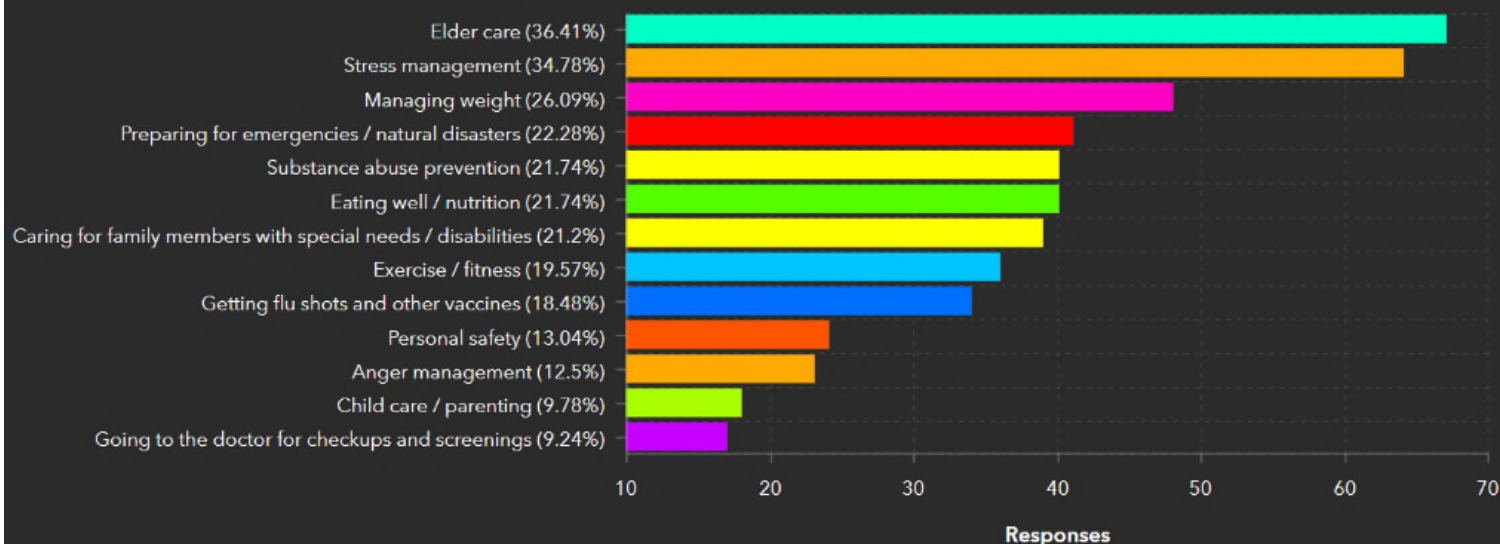
"Free programs on line." – Survey Respondent

"Having more general practitioners, doctors available." – Survey Respondent

V. COVID-19

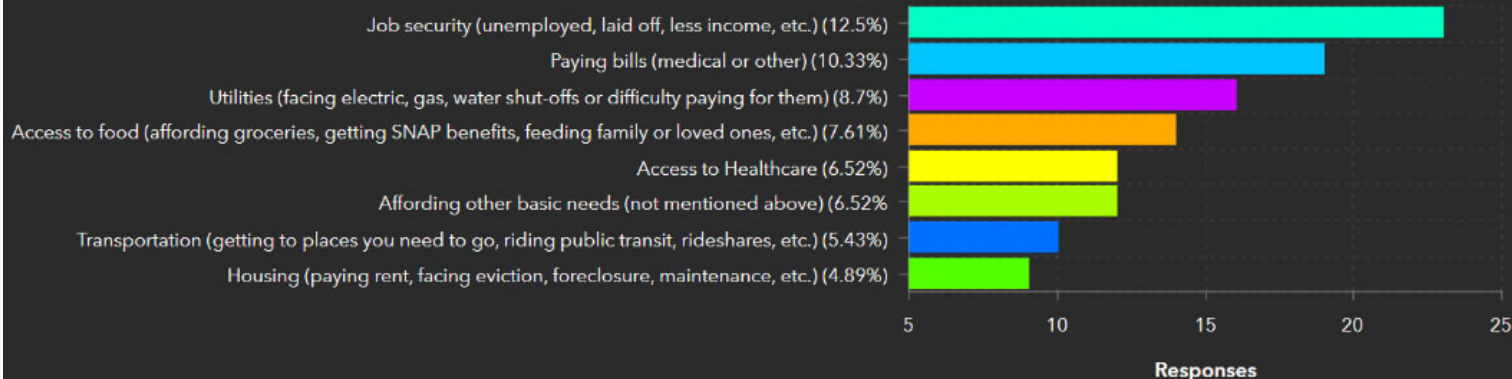
"In your opinion, which 3 health topics do South Windsor residents need more information about?"

Responses: 174



"Has the COVID-19 pandemic made any of the below more difficult for you?"

Responses: 62



"How has the COVID-19 pandemic affected the South Windsor community?"

"IT SEEMS TO HAVE MADE PEOPLE ANGRY. FOR THE FIRST TIME THAT I CAN RECALL, I HAVE HEARD THAT SOME ARE AFRAID TO GO TO A PUBLIC MEETING BECAUSE OF THE ANIMOSITY/TENSION."

"ECONOMICALLY AND SOCIALLY."

"WE ARE MORE INSULATED AND LESS INTERACTIVE"

"IT HAS BEEN PARTICULARLY HARD ON CHILDREN AND THE ELDERLY. ADAPTING TO CHANGES BY IT HAVE BEEN CHALLENGING."

"PEOPLE ARE MORE STRESSED."

"CREATED A DIVIDE AMONG THE RESIDENTS ABOUT MASKS, VACCINES, REMOTE SCHOOLING."

"LACK OF EMPLOYEES IN LOCAL BUSINESS. VERY FEW CHECKERS IN THE GROCERY STORES."

"STUDENTS FELL BEHIND WHEN SCHOOLS WERE CLOSED AND NOT OPEN AT FULL CAPACITY. BUSINESSES SUFFERED WHEN FORCED TO CLOSE OR REDUCE CAPACITY. BUSINESSES SUFFERED WHEN STATE AND TOWN MASK MANDATES WERE IN EFFECT. PEOPLE WERE MADE FEARFUL OF SOCIALIZING WITH THEIR OWN RELATIVES AND NEIGHBORS."

VI. South Windsor Health Department

