For a lot of us, achieving better health is simply part of our daily routine. For others, particularly people of color, there are more hurdles, making it harder to get — and stay — healthy.
Black Connecticut residents are twice as likely as whites to have diabetes.¹

**TAKE ANDRÉ FOR EXAMPLE.**

He’s healthy for the most part, but is managing diabetes and high blood pressure. André wants to lead a happy and healthy life, but there are obstacles that make addressing his conditions especially difficult.
WHAT KIND OF OBSTACLES?
We’re glad you asked.
André’s employer doesn’t offer insurance, so he bought coverage through the state’s marketplace. Sometimes he struggles to pay his premiums.

Hispanics are 2× more likely to be uninsured than whites in Connecticut.²
Because André’s health plan has a high deductible, he pays a lot out of pocket when he receives care. He delays appointments so he won’t miss work at his hourly job, and sometimes skips his medication, which has landed him in the ER.

In 2016, 1 in 10 adults either delayed or didn’t receive medical care due to cost.  

“I CAN’T AFFORD THIS BILL, OR THAT PRESCRIPTION.”
André goes to a clinic where he sees a different doctor every visit. He answers the same questions and fills out the same forms. It’s not an easy commute, either — he has to take two buses to get there, which takes over an hour.
Today's health care system pays doctors based on how many patients they see instead of the quality of the time spent with them or whether their health improves.
Living on minimum wage doesn’t leave André much money for healthy groceries after paying his monthly bills — even though he knows nutritious food is better for his diabetes.

In 2014, 2× as many black and Hispanic Connecticut residents couldn’t afford food for their families than white residents.\(^5\)
At CT Health we’re working to improve the path to better health for all, especially people of color, by eliminating unnecessary obstacles in and outside the doctor’s office.
Learn how we’re improving the path to health for all:

CTHEALTH.ORG