Racial and ethnic health disparities are pervasive in Connecticut. It doesn’t have to be this way.

What the data shows

- **5x** Black children and teens were more than five times more likely than white children to go to the emergency room for asthma in 2022.
- **4x** Babies born to Black mothers were four times as likely to die before turning one than babies born to white mothers in 2020.
- **2.6x** Black women are 2.6 times as likely as white women to die within six weeks of childbirth.
- **4x** Black Connecticut residents with diabetes are four times more likely than white residents to have a lower extremity amputated.
- **3x** Hispanic residents are three times more likely.
- **2x** Hispanic women are nearly twice as likely as white women to be diagnosed with cervical cancer.

Life expectancy in CT

- **80.8 years**: Life expectancy overall in Connecticut.  
  **But that varies by where you live.**  
- **68.9 years**: Life expectancy in Northeast Hartford, a neighborhood where 69% of residents are Black and 29% are Hispanic.
- **89.1 years**: Life expectancy in part of Westport, where 91% of residents are white.

Learn more about health disparities and what we can do to improve health for everyone at [www.cthealth.org](http://www.cthealth.org).
What causes disparities?

Differences in access to health care providers, insurance, and resources.
- Compared to white residents, Black and Hispanic Connecticut residents are less likely to have insurance and less likely to have a regular source of care.
- Black and Hispanic Connecticut residents are less likely to have reliable access to transportation, stable housing, and food.

It’s not just socioeconomic status.
- While people with higher incomes tend to have better health outcomes, controlling for income and education does not eliminate disparities.
- For example, Black women with a college education or higher were 1.6 times more likely to die from pregnancy-related causes than white women without a high school diploma.

Experiencing racism affects people’s health.
- Research has linked the experience of racism to physical and mental health consequences, including depression, anxiety, hypertension, breast cancer, and giving birth preterm.

Disparate treatment in health care.
- Research has found that people of color receive unequal treatment in health care. For example:
  - Hispanic patients were half as likely to be given pain medication as white patients when they went to the ER with a broken bone.
  - Before the opioid epidemic, among pediatric patients with appendicitis, Black children and teens were less likely to be given opioids to treat pain.
  - Black patients with heart issues were significantly less likely than white patients to receive therapeutic interventions that can prolong long-term survival.

What can we do?

- Ensure everyone has health care coverage. People with insurance are more likely to get preventive care and have better outcomes and survival rates.
- Collect better data on patients’ race, ethnicity, and language preference. This can be used to identify and address disparities in care and outcomes.
- Use evidence-based practice and treatment guidelines. These have been found to reduce disparate treatment.
- Expand the use of community health worker services. These services can help connect people to care and services, and have been shown to reduce disparities and improve health.
- Increase the number of health care providers of color. Research has found that when a patient of color shares a racial background with his or her provider, the outcomes are better.

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Sources

What the data shows

Asthma emergency department rates: CT Department of Public Health, ED visit rates - primary diagnosis, 2022.


Diabetes-related amputations: CT Department of Public Health, Diabetes Inpatient Hospitalizations, Connecticut Residents.

Cervical cancer diagnoses: KFF, Cervical Cancer Incidence Rates per 100,000 Women, by Race/Ethnicity, 2019.


What causes disparities?


Access to food, housing, and transportation: DataHaven, 2022 Community Wellbeing Survey.


Physical effects of experiencing racism:


Disparate treatment in health care:


What can we do?

Link between coverage and health outcomes:


Evidence-based care and treatment guidelines:


Community health worker services:


Learn more: www.cthealth.org