



In March 2010,  
 The William W. Backus Hospital's  
 Community Services Department  
 partnered with Holleran,  
 a national healthcare research firm,  
 to perform a comprehensive  
 Community Health  
 Needs Assessment.

The telephone survey to assess the health of residents in New London and Windham Counties was based on questions developed by the Centers for Disease Control and Prevention, so the results could be compared on a national and state level and shared with community stakeholders.

### TAKING THE PULSE



### OF OUR COMMUNITY

Thank you to everyone in eastern Connecticut who assisted in the completion of this assessment, and to future partners as we work to address the region's most significant health issues.

To download the entire report, visit  
[backushospital.org/communityservices](http://backushospital.org/communityservices)

### Assessment Overview

#### The research and survey included:

- Secondary data profile (population and households' statistics, mortality rates, maternal and child health indicators, etc.)
- Household survey among 1,109 randomly selected adults
- Physician focus group
- Focus group with parents of young children

### Key Community Strengths

- **Women's Health:** Screenings for breast and cervical cancer are high, with 90%+ compliance
- **Cancer Rates:** Cancer incidence rates are well below state and national averages
- **Oral Health Care:** An estimated 75% visit a dentist at least once a year
- **Immunizations:** Approximately 44% have an annual flu shot and about 30% have had a pneumonia shot
- **Seatbelt Use:** 90% of area adults "always" wear a seatbelt

### Areas of Opportunity

- **Obesity:** 68.6% of adults are overweight or obese — that translates into an estimated 175,000 adults in our region.
- **Tobacco Use:** Nearly half of area adults have smoked at least 100 cigarettes in their lifetime; 40% are regular smokers.
- **Alcohol Use:** 6 out of 10 drink alcohol in an average month and among those, 35% engage in binge drinking in an average month.
- **Asthma:** 18% of adults and 17% of children in the area have been diagnosed with asthma.
- **Mental Health:** Area adults are more likely to have had a diagnosis of depression or anxiety disorder compared to the nation.