

# PRIMARY (PRE-DISEASE) PREVENTION HEALTH PROMOTION TREND INDICATORS

	NATURAL ENVIRONMENT	BUILT ENVIRONMENT	ECONOMIC ENVIRONMENT	MEDICAL CARE SYSTEM		HEALTH STATUS
	Percent of population exposed to air quality that violates EPA standards for ozone. (2008)	Number of pedestrian deaths due to motor vehicle accidents per 100,000 residents. (2008)	Percent of families whose annual household income was less than 200% of the federal poverty line. (2008)	Percent of adults who have not visited a doctor for a routine checkup within the past year. (2008)	Percent of low-income population that did not have their teeth cleaned by a dentist or dental hygienist within the previous year. (2008)	Percent of adults who are obese or overweight. (2008)
CONNECTICUT	100	1.17	18.0	31.4	22.5	59.7
MAINE	0	.99	23.6	28.1	30.7	61.8
MASSACHUSETTS	67.0	1.18	18.9	21.0	22.8	58.1
NEW HAMPSHIRE	35.1	.61	15.0	28.7	24.2	63.1
RHODE ISLAND	81.7	1.33	23.0	20.9	24.2	60.0
VERMONT	0	.16	22.4	33.7	26.8	58.4

HEALTH STATUS (CONT.)	FOOD SYSTEM	CHILD CARE/EDUCATIONAL SYSTEM		BEHAVIORAL PATTERNS			HEALTH LITERACY
Percent of adults reporting experiencing serious psychological distress over the past year. (2007)	Proportion of secondary schools that do not allow students to purchase less nutritious foods and beverages from vending machines or at the school store, canteen or snack bar (2008)	Percent of students who dropped out of public high school. (2008-2009)	Percent of new mothers who began prenatal care during their first trimester of pregnancy. (2006)	Percent of adolescents who are frequent smokers (2007)	Percent of adults & adolescents who get recommended levels of physical activity. (2007)	Percent of adolescents who drink less than 1 serving of soda or pop per day. (2007)	Percent of population that understands key determinants of health factors
6.90	72.0	2.5	84.6	8.9	Adolescents 45.1 Adults 52.4	N/A	
9.04	67.8	4.3	85.8	5.9	Adolescents 43.1 Adults 56	19.9	
7.63	56.8	2.9	86.6	8.1	Adolescents 41.0 Adults 51.4	24.9	
9.02	48.4	1.7	80.9	8.9	Adolescents 46.9 Adults 54.0	24.2	
7.91	63.7	4.4	82.6	6.2	Adolescents 41.9 Adults 49.9	25.2	
8.53	49.9	2.9	83.8	7.9	Adolescents 48.0 Adults 57.6	24.5	

# NOTES ON DATA SOURCES, DEFINITIONS, AND LIMITATIONS

## GENERAL NOTES:

- Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS) are state-based systems of health surveys that collect information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury. Both are telephone surveys. <http://www.cdc.gov/brfss>, <http://www.cdc.gov/yrbss>.
- Low income equals families whose annual household income is less than 200% of the federal poverty guideline

## NATURAL ENVIRONMENT

### 1. Percent of population exposed to air quality that violates EPA standards for ozone. (2008)

**Data Source:** EPA, Air Quality Monitoring, <http://www.epa.gov/airtrends/factbook.html>

**Notes:** Violation defined as an average daily high measurement of O<sub>3</sub> concentration that exceeds the National Ambient Air Quality Primary Standards. Of the available data on common pollutants, (CO, Pb, NO<sub>2</sub>, O<sub>3</sub>, PM<sub>10</sub>, PM<sub>2.5</sub>, SO<sub>2</sub>), Ozone was most consistently available across the region. Although including most of the population, this indicator does not include data from exceptional events, and monitoring data represent air quality in the vicinity of the monitoring site which may not represent county-wide air quality. Furthermore, these estimates were derived from data on 7 of the 8 Connecticut counties, 11 of the 16 Maine counties, 11 of the 14 Massachusetts counties, 8 of the 10 New Hampshire counties, 3 of the 5 Rhode Island counties, and 2 of the 14 Vermont counties. However, the proportions of state populations residing in the represented counties is Connecticut: 96.6%, Maine: 88.3%, Massachusetts: 98.7%, New Hampshire: 87.1%, Rhode Island: 87.6%, and Vermont: 69.6%.

## BUILT ENVIRONMENT

### 2. Number of pedestrian deaths due to motor vehicle accidents per 100,000 residents. (2008)

**Data Source:** Fatality Analysis Reporting System Encyclopedia, National Highway Traffic Safety Administration, Department of Transportation, <http://www-fars.nhtsa.dot.gov>.

**Notes:** This system contains data on all vehicle crashes in the United States that occur on a public roadway and involve a fatality.

## ECONOMIC ENVIRONMENT

### 3. Percent of families whose annual household income was less than 200% of the federal poverty line. (2008)

**Data Source:** U.S. Census Bureau, Current Population Survey, 2009 Annual Social and Economic Supplement, <http://www.census.gov/hhes/www/poverty/poverty.html>

**Notes:** This data source provides monthly labor force data with supplemental data on work experience, income, noncash benefits and migration. Data consists of a probability sample of the civilian noninstitutional population of the US living in housing units and members of the Armed Forces living in civilian housing units on a military base or in a household not on a military base. Standard errors describe the reliability of the estimates are: CT: 1.3, MA: 1.1, ME: 1.6, NH:1.2, RI: 1.5, VT: 1.6.

## MEDICAL CARE SYSTEM

### 4. Percent of adults age 18 or above who have not visited a doctor for a routine checkup within the past year. (2008)

**Data Source:** Behavioral Risk Factor Surveillance System (BRFSS)

**Notes:** Confidence intervals around these estimates are: CT: 29.8-32.9, MA: 20.2-21.9, ME: 26.8-29.3, NH: 27.4-30.0, RI: 19.4-22.4, VT: 32.4-34.9.

### 5. Percent of low-income population that did not have their teeth cleaned by a dentist or dental hygienist within the previous year. (2008)

**Data Source:** Behavioral Risk Factor Surveillance System (BRFSS)

**Notes:** Confidence intervals around these estimates are: CT: 20.9-24.1, 21.7-23.8, ME: 29.2-32.3, NH: 22.8-25.7, RI: 22.4-26.1, VT: 25.4-28.3. To convert the BRFSS categorical income question to proportion of the federal poverty line, income values were assigned the midpoint of the selected category, and total number of adults and children in the household were summed to determine the appropriate federal poverty guideline for comparison (2008 values).

## HEALTH STATUS

### 6. Percent of adults who are obese or overweight. (2008)

**Data Sources:** Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS) <http://www.oas.samhsa.gov/nsduh/2k7nsduh/2k7results.pdf>

**Notes:** Confidence intervals around these estimates are: CT: 58.2-61.3, ME: 60.4-63.1, MA: 57.0-59.1, NH: 61.7-64.4, RI: 58.2-61.7, VT: 57.2-59.8.

### 7. Percent of adults age 18 and older reporting experiencing serious psychological distress over the past year. (2007)

**Data Source:** National Surveys on Drug Use and Health <http://www.oas.samhsa.gov/nsduh/2k7nsduh/2k7Results.pdf>

**Note:** Serious psychological distress is a nonspecific indicator of past-year mental health symptoms associated with depression, anxiety and phobias.

## THE FOOD SYSTEM

### 8. Proportion of secondary schools that do not allow students to purchase less nutritious foods and beverages from vending machines or at the school store, canteen or snack bar (2008)

**Data Source:** School Health Profiles, Principal Survey, 2008.

[http://www.cdc.gov/healthyyouth/profiles/2008/profiles\\_report.pdf](http://www.cdc.gov/healthyyouth/profiles/2008/profiles_report.pdf)

**Note:** Less nutritious foods and beverages are defined as baked goods, salty snacks, candy, soda pop and fruit drinks.

## THE CHILD CARE/EDUCATIONAL SYSTEM

### 9. Percent of students who dropped out of public high school. (2008-2009)

**Data Source:** State Departments of Education: CT: <http://www.csde.state.ct.us/public/cedar/cedar/dropout/index.htm> ME: <http://www.maine.gov/education/enroll/dropouts/2008/dropout08.htm> MA: [http://profiles.doe.mass.edu/state\\_report/indicators.aspx](http://profiles.doe.mass.edu/state_report/indicators.aspx) NH: [http://www.education.nh.gov/data/documents/dropouts08\\_09.pdf](http://www.education.nh.gov/data/documents/dropouts08_09.pdf) RI: see Notes VT: [http://education.vermont.gov/new/pdfdoc/data/dropout/educ\\_data\\_dropout\\_completion\\_09.pdf](http://education.vermont.gov/new/pdfdoc/data/dropout/educ_data_dropout_completion_09.pdf)

**Notes:** High School covers grades 9 – 12; CT and ME data are for 2007-2008; RI data is for grade cohorts, not overall per year – the 2007-2008 data lists dropouts as 9:577; 10:581; 11:476; and 12:452 and October enrollment as 9:13,614; 10:12,203; 11:10,833; 12:10,709. These numbers would result in a drop out rate of 4.4% for that year. Data here: <http://www.ride.ri.gov/applications/statistics.aspx>

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However, the data on cohort graduation indicate that of students entering secondary school in CT in 2005-2006 who should have graduated in 2009, 75.5% graduated, 13.9% dropped out over the 4 year period, 4.9% got their GED, and 5.7% were retained in school (stayed back). Data available at: <http://www.ride.ri.gov/ride/GraduationRates.aspx>

**10. Percent of women who gave birth in 2006 who began prenatal care during their first trimester of pregnancy. (2006)**

**Data Source:** National Vital Statistics System <http://205.207.175.93/VitalStats/TableViewer/tableView.aspx?ReportId=15102>, <http://www.cdc.gov/nchs/pressroom/data/prenatal18.pdf>

**Note:** NH and VT data not comparable to the other states due to the version of the birth certificate utilized during this time. In 2006, NH and VT had already adopted the 2003 birth certificate revisions, while the other states had not yet done so.

**BEHAVIORAL PATTERNS**

**11. Percent of adolescents who are frequent smokers. (2007)**

**Data Source:** Youth Risk Behavior Surveillance System (YRBSS)

**Definition:** Current frequent smoking is defined as smoking cigarettes on at least 20 of the 30 days prior to the survey.

**Notes:** Confidence intervals for the above estimates are: CT: 7.4-10.8, MA: 6.5-10.0, ME: 4.0-8.7, NH 7.4-10.8, RI: 4.1-9.2, VT: 5.6-10.9.

**12. Percent of adults & children who get recommended levels of physical activity. (2007)**

**Data Source:** Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS)

**Notes:** YRBSS: youth who were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on five or more of the

seven days before the survey. BRFSS: adults with 30+ minutes of moderate physical activity five or more days per week, or vigorous physical activity for 20+ minutes three or more days per week. Note that the definition of recommended levels of physical activity are different in the BRFSS versus the YRBSS.

Confidence intervals for the above estimates are: Adolescents: CT: 41.8-48.5, MA: 38.4-43.6, ME 38.0-48.4, NH: 43.9-49.9, RI: 38.7-45.2, VT: 44.9-51.1. Adults: CT: 50.8-54.0, MA: 50.2-52.6, ME: 54.4-57.6, NH: 52.4-55.6, RI: 47.7-52.1, VT: 56.0-59.2.

**13 Percent of adolescents who drink less than 1 serving of soda or pop per day. (2007)**

**Data Source:** Youth Risk Behavior Surveillance System (YRBSS)

**Notes:** A serving is defined as a can, bottle or glass of soda or pop (not including diet soda or diet pop) at least 1 time per day during the seven days before the survey. Connecticut did not include this question in their YRBSS survey. Confidence intervals around these estimates are: MA: 22.2-27.8, ME: 16.1-24.4, NH: 21.2-27.4, RI: 21.8-29.0, and VT: 20.0-29.6.