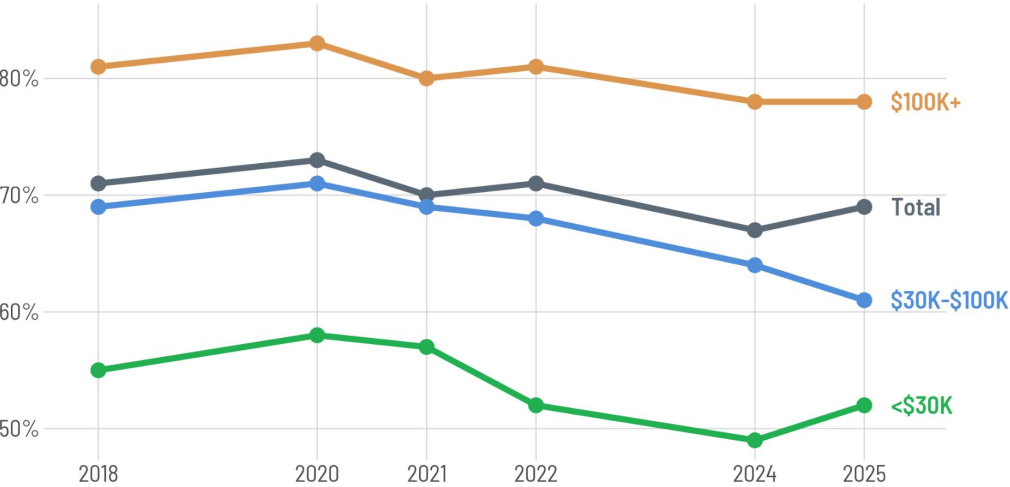


Social Support and Community Trust

Most adults have consistent sources of social and emotional support

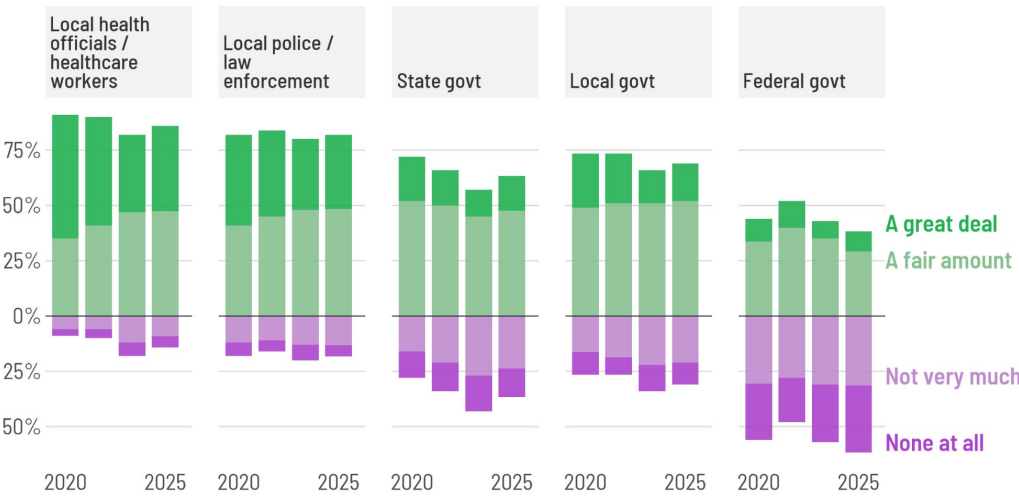
Share of Connecticut adults reporting usually or always receiving the social and emotional support they need by income, 2018-2025



Source: DataHaven Community Wellbeing Survey

Connecticut adults continue to trust local officials but not federal government

Reported levels of trust in institutions, share of Connecticut adults, 2020-2025



Source: DataHaven Community Wellbeing Survey (survey waves 2020, 2021, 2024, and 2025)

In the 2025 survey, compared to people who identify as straight and cisgender, people identifying as LGBTQ+ were:

- 2.0x more likely to have no trust at all in local law enforcement
- 1.5x more likely to have no trust at all in the federal government
- 1.5x more likely to screen positive for risk of major depression
- 1.4x more likely to feel somewhat, mostly, or completely anxious
- 1.6x more likely to have postponed medical care in the past year
- 1.9x more likely to have been unable to receive needed mental health treatment or counseling within the past year
- 2.4x more likely to not have access to a car when needed
- 2.5x more likely to miss medical visits due to lack of transportation
- 1.5x more likely to be food insecure
- 1.6x more likely to have ever been evicted from a place they lived

83% of adults in CT are **satisfied with the area they live in**, and levels of satisfaction are high across all groups. Other findings related to quality of life include:

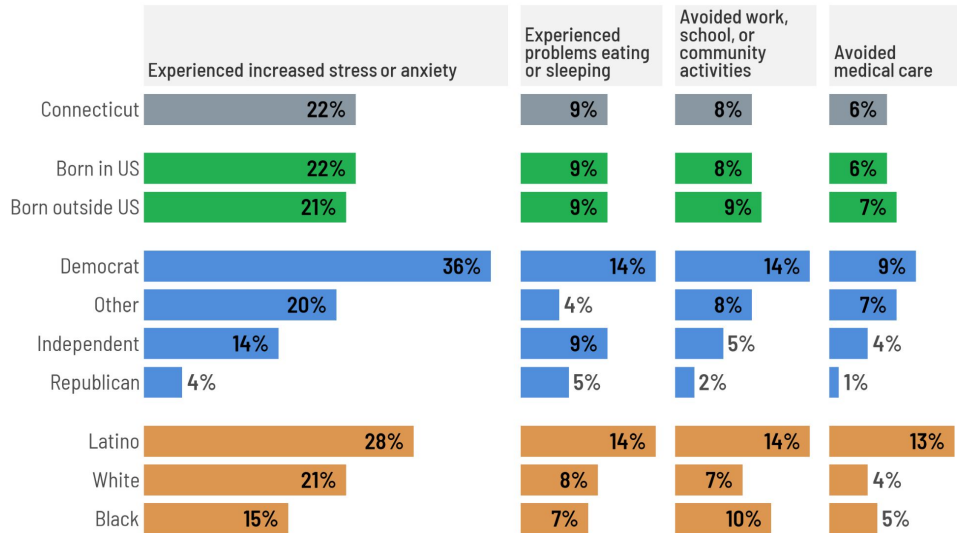
- More than half of adults across all groups reported in the survey crosstabs say that they have **at least a little influence in local government decision making**, with the exception of Latino adults and men with multiple incarceration experiences. Adults with a college degree or earning \$200K/year or more are most likely to feel that they have great or moderate influence on this process.
- Adults in city centers or identifying as Black or Latino are much less likely to feel that **local government is responsive** to resident needs, that parks are in good condition, that affordable produce is available, that residents can find suitable employment, and that their area is a good place to raise children.
- Most adults in CT say that they have a **great deal or fair amount of trust** in state and local government to look out for their interests (62% and 67%, respectively), as well as local police (80%) and health officials (83%). However, trust in the federal government fell to a new low in 2025 (37%), after peaking in 2021.
- 84% of adults agree their **neighbors can be trusted**, but this varies from 65% in urban core towns to 95% in wealthy towns, from 59% for Puerto Rican to 90% for White adults, from 68% for low-income to 96% for high-income adults.
- In urban core towns, 34% of adults are **afraid they or a family member might be hurt by gun violence**, 10% have had a family member hurt or killed by gun violence in the past year, and 10% say they were present when someone was shot, rates that are much higher than the rates in suburban and wealthy towns.
- 9% of adults have been **unfairly stopped or mistreated by police within the past 3 years**, including 5% of White, 19% of Black, and 20% of Puerto Rican adults.

In 2025, the DataHaven Community Wellbeing Survey added two new items related to concerns about immigration enforcement.

Results are similar to results from other national surveys on the topic, showing that many adults are avoiding medical care, travel, and community activities due to these worries. These data could be tracked going forward to better understand how communities are impacted by immigration enforcement or related policies. The 2025 survey was conducted from August 6th to October 16th.

Democrats and Latinos are most likely to say they or someone they know experienced negative impacts due to their immigration status

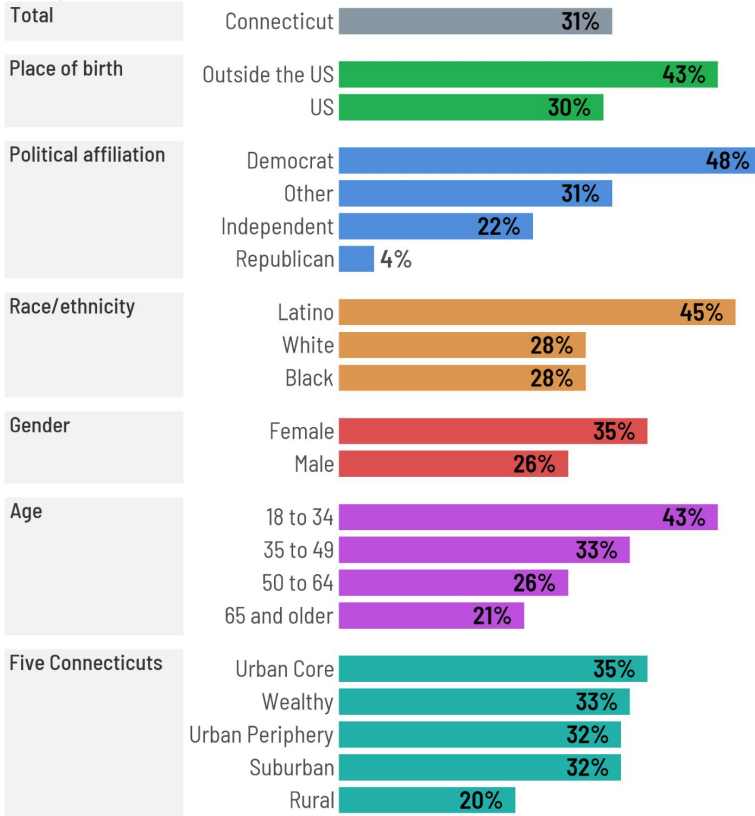
Share of Connecticut adults, 2025



Source: DataHaven Community Wellbeing Survey
Note that only groups with large sample sizes across questions are shown.

Latinos, immigrants, Democrats, and young adults worry most about immigration-related retaliation

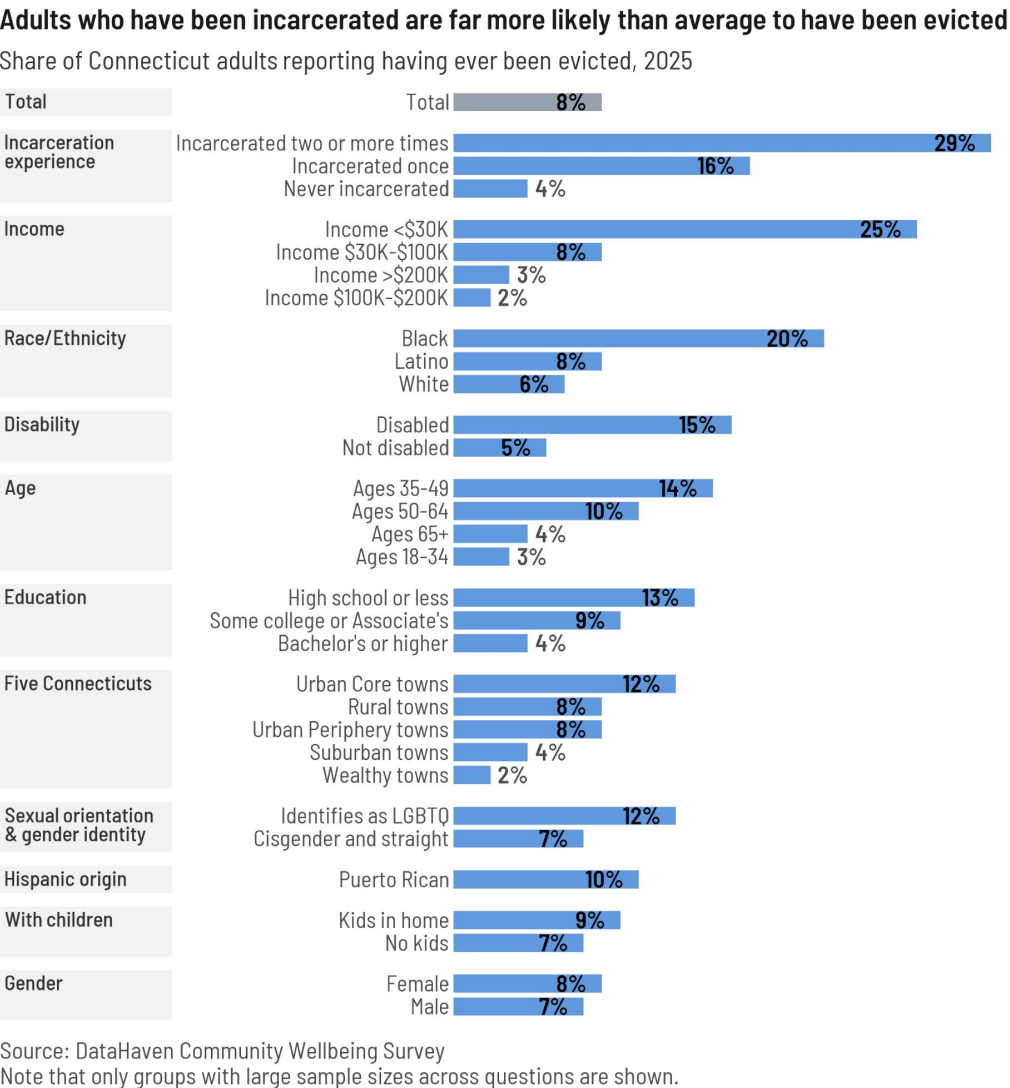
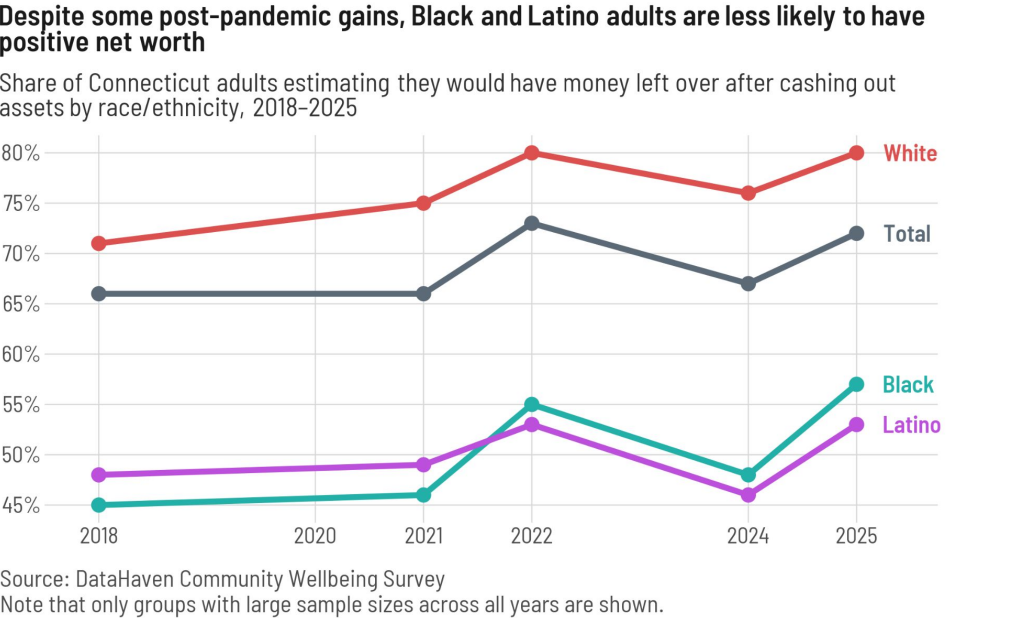
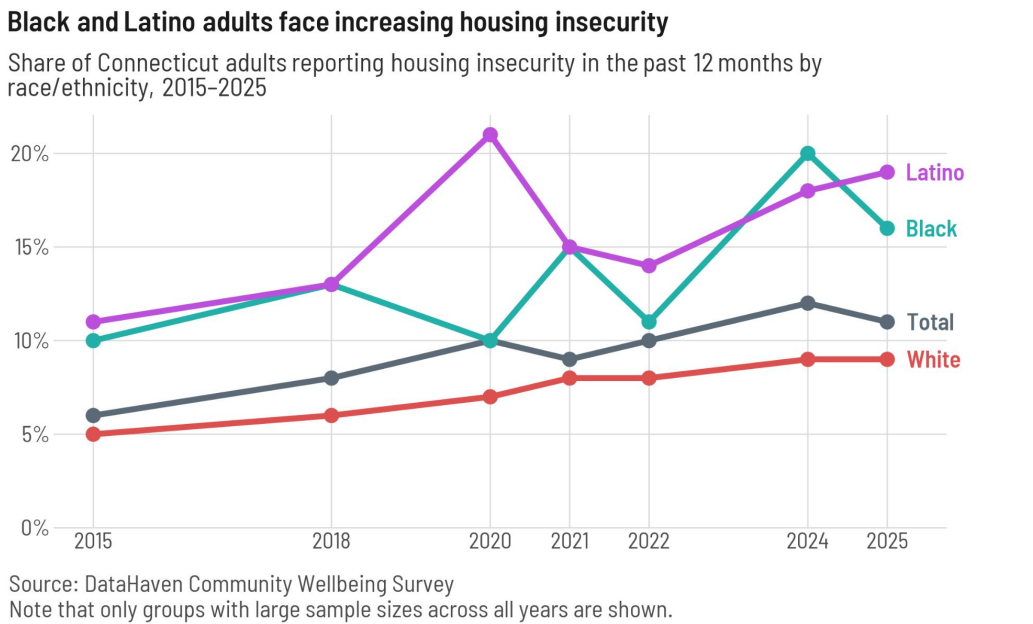
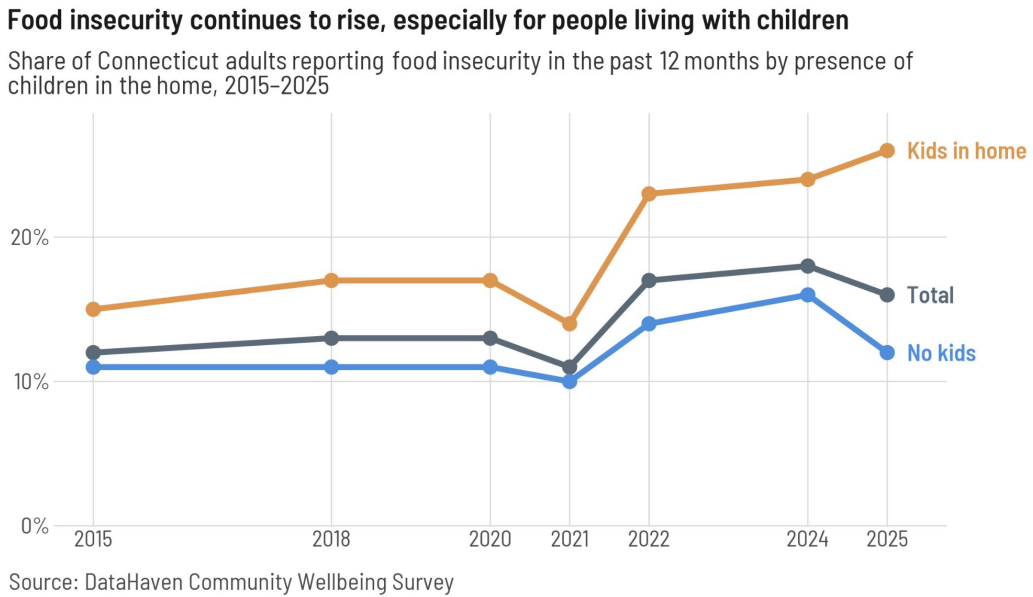
Share of Connecticut adults who worry somewhat or a lot that they or someone they know could be detained, deported, or have their legal immigration status revoked, regardless of their own citizenship or immigration status, 2025



Source: DataHaven Community Wellbeing Survey
Note that only groups with large sample sizes across questions are shown.

Economic Security and Housing

Food, housing, and transportation insecurity hit an all-time high in the 2024 DataHaven Community Wellbeing Survey, after dropping significantly in 2021 (during the months when the expanded child tax credit was active). These levels of economic insecurity remain high as of the 2025 survey, especially for Latino adults and families with children. At the same time, **net worth is increasing** for some families. The 2025 survey was conducted from August 6th to October 16th.



2025 DataHaven Community Wellbeing Survey Statewide Data Release and Partner Luncheon

The survey asked adults if they or their household members had ever received public assistance:

- 9% had received **rental housing assistance** or lived in a subsidized housing unit, including 5% who currently did.
- 36% had received **Medicaid/HUSKY**, including 24% who received it in the past 5 years, and 19% who currently did.
- 26% had received **SNAP**, including 20% who received it in the past 5 years, and 13% (~380,000 adults in CT) who had received SNAP within the past 30 days.
- 11% of adults, including 25% of adults who report that they have a disability, had used a **food pantry, food bank, or emergency food service** within the past 12 months.
- Looking at the two questions above in combination, 5.6% of adults (~160,000 adults in CT) are current SNAP recipients who used a food pantry or emergency food service within the past year, while 7.8% (~220,000 adults in CT) are current SNAP recipients who had not used a pantry in the past year. **This suggests high demand for food assistance** as SNAP is reduced or cut off (see ctdatahaven.org/snapcuts for more information).

The 2025 survey includes new questions related to **housing and criminal justice**. Findings include:

- When asked if they had ever been evicted, 8% of adults in CT said yes. 2% of adults in CT have been evicted more than once. Evictions are more likely to impact men ages 18 to 64 with incarceration experience, adults with a disability, and adults identifying as Black, Puerto Rican, or LGBTQ.
- In the past year, 13% of adults, including 21% of adults earning under \$30K/year, have let people stay with them for 2 weeks or more because they had no other place to stay.
- 31% of adults in CT have had an immediate family member held in jail or prison. 13% of adults experienced this within the past 5 years. Of adults who have experienced this, over one third said they **spent money to stay in touch or lost money as a result**. In addition, 10% of men ages 18-64 have been held in a jail or prison two more more times.
- 18% of renters, including 26% of renters in urban core towns, have recently had an issue with their housing that they think may be in violation of the housing code.

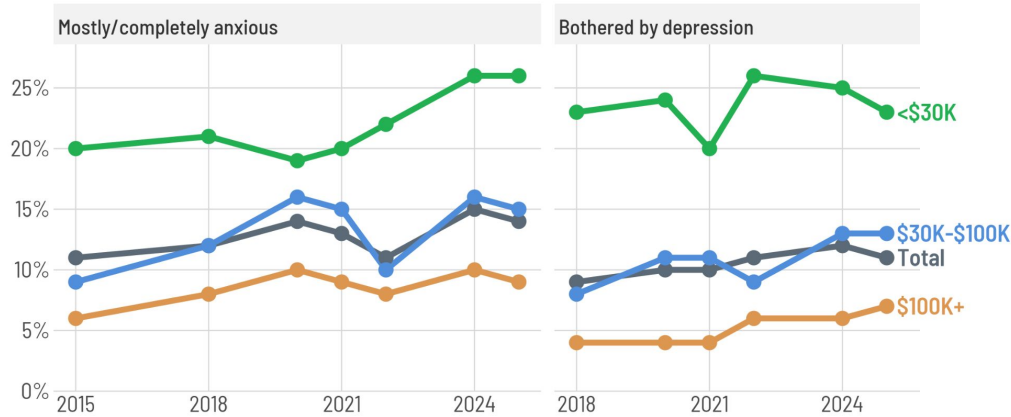
Community Health and Access to Care

2025 DataHaven Community Wellbeing Survey Statewide Data Release and Partner Luncheon

Questions in the DataHaven Community Wellbeing Survey are prioritized by a statewide advisory council. Health-related topics include chronic conditions, mental health, substance use, and access to care. Most of these measures have been relatively stable over time, though they reveal large health disparities between different demographic groups and neighborhoods in Connecticut. Since the survey began, cigarette smoking has become less common, but rates of **cannabis use, vaping, and anxiety and depression** have increased. The 2025 survey was conducted from August 6th to October 16th.

Lower-income adults are about twice as likely as the state average to feel anxious or depressed

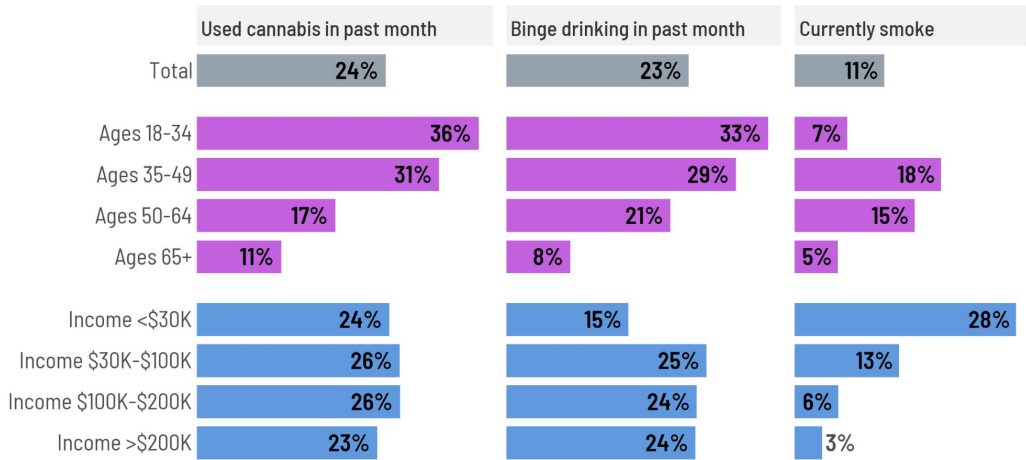
Share of Connecticut adults reporting having been mostly or completely anxious the previous day (2015–2025), and feeling depressed, down, or hopeless more than half the days of the previous month (2018–2025)



Source: DataHaven Community Wellbeing Survey

Cannabis use and binge drinking are more common among young adults, but cut across income levels

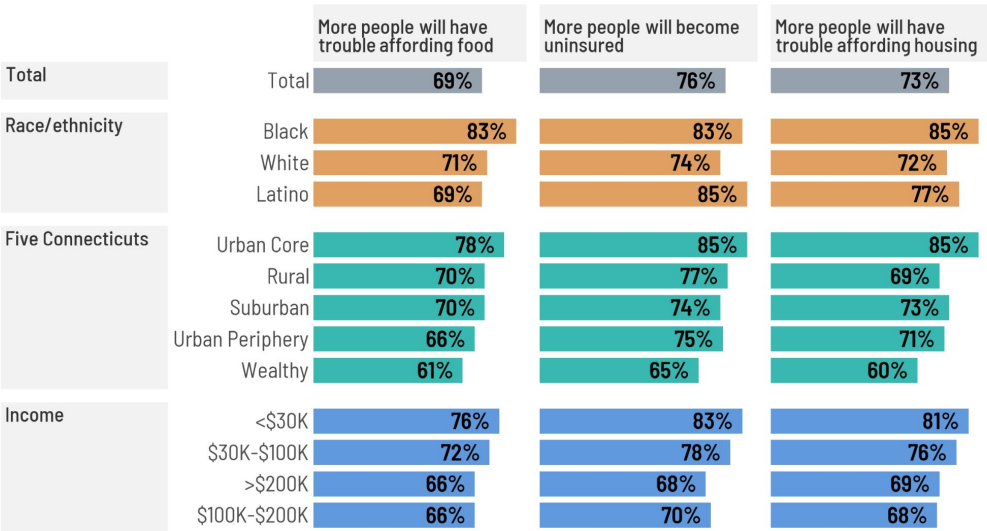
Share of Connecticut adults reporting current substance use by age and income, 2025



Source: DataHaven Community Wellbeing Survey

Across income, race, and location, the majority of Connecticut adults are concerned about cuts to food, housing, and healthcare assistance

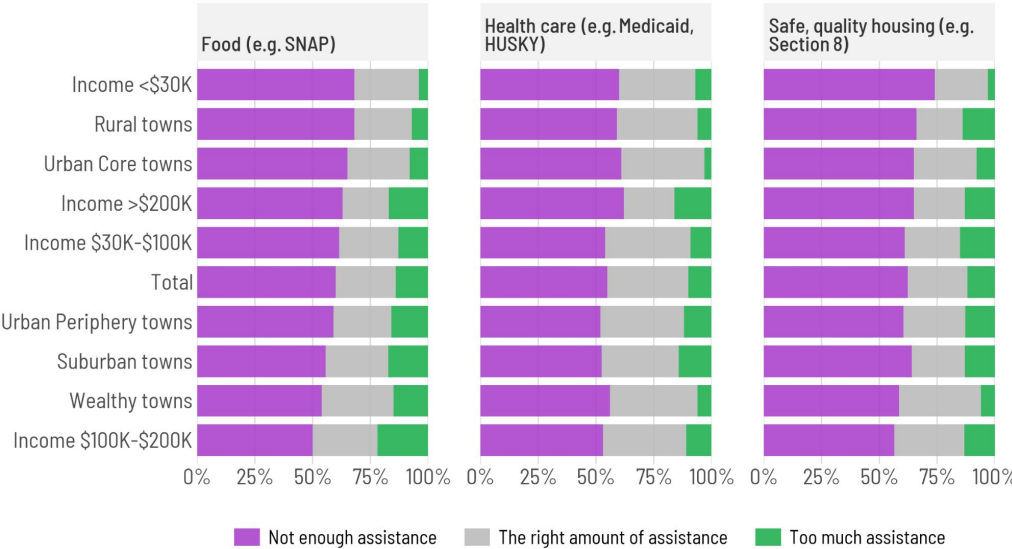
Share of Connecticut adults who report being very or somewhat concerned about possible impacts of current governmental policies, 2025



Source: DataHaven Community Wellbeing Survey
Note that only groups with large sample sizes across questions are shown.

Across income and location, the majority of adults feel not enough assistance is given to low-income residents

Ratings of amount of government assistance available to people with limited incomes for basic needs, share of Connecticut adults, 2025



Source: DataHaven Community Wellbeing Survey

In the 2025 DataHaven Community Wellbeing Survey, respondents who currently or recently had Medicaid, or insurance through the state health insurance exchange (Access Health CT), were asked if they had any concerns about losing their own coverage. To gain further insight, 80 respondents who currently have insurance through the state health insurance exchange, and who expressed concern about the potential loss of that coverage, were asked an open-ended question. Respondents represented all age and race/ethnicity groups, as well as all “Five Connecticut” town groupings. Those concerned about the potential loss of their insurance were asked: **Why are you concerned that you or a family member might be unable to remain enrolled in this health insurance plan?**

Open-ended responses were coded thematically. Respondents identified one or more of the following as responsible for their level of concern:

- **Government policy** (24 people) - federal and state policies impacting the state health insurance exchange
- **Cost of medical care** (18 people) - the overall high costs associated with receiving medical care including high premiums
- **Cost of living** (15 people) - high costs of living requiring cost cutting in other areas of respondents’ spending
- **Uncertainty & change** (13 people) - factors creating confusion
- **Higher medical need** (8 people) - health conditions that required increased medical care
- **Employment** (5 people) - the relationship between full time employment and access to health insurance
- **Access to care** (4 people) - waiting lists or geographic barriers that limited access to care

Respondents in their own words

- **“I’m self employed. I won’t be able to afford health insurance. [At] my age it’s more [than] my mortgage.”** -White 50-64 year old female living in the suburbs.
- **“[S]o much stuff going on right now with Trump getting rid of food stamps and other government assistance.”** -Black 35-49 year old female living in the urban core.
- **“I take several medications that are costly without insurance. Health insurance is very expensive outside the ACA.”** -White 18-34 year old male living in an urban periphery town.
- **“[B]ecause things are getting expensive. At this time we cannot afford to get our own health insurance. They kicked us out of HUSKY. They gave us blue cross blue shield. It doesn’t cover [a lot] so we still have to pay.”** -Hispanic 35-49 year old female living in the urban core.
- **“[B]ecause they’re getting rid of everything to help.”** -White 50-64 year old female living in the suburbs.