



EMBARGOED UNTIL NOVEMBER 25 AT 1:00PM

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## **New Data Reveals Worsening Financial, Food, and Housing Insecurity in Connecticut**

*40 Percent of Adults Report Financial Insecurity as Connecticut Faces Economic Struggles in 2024;  
Highest rates in a decade*

**NEW HAVEN, Conn., November 25, 2024** — In one of the richest states in the U.S., a newly released report from DataHaven highlights concerning trends in financial, food, and housing insecurity across Connecticut. According to the 2024 DataHaven Community Wellbeing Survey, released today at a statewide event celebrating the organization's 30th Anniversary, nearly 40 percent of adults in Connecticut are struggling financially, marking the highest rate of financial insecurity since the start of statewide data collection in 2015. The report also reveals a troubling rise in food and housing insecurity, with certain populations facing disproportionately high rates of hardship.

The survey also highlights disparities in how different populations experience financial, food, and housing insecurity. Certain groups, such as immigrants from Puerto Rico, people with disabilities, and LGBTQ+ individuals, face significantly higher levels of insecurity in all three areas. The gender gap is especially notable, with women reporting higher rates of financial hardship than men across most indicators.

While today's announcement focused on financial and food insecurity in Connecticut, the full survey results, including information on a wide range of topics such as the quality of parks and bike lanes, trust in local and state government, access to mental health services, social support, discrimination, and life satisfaction, can be found on the DataHaven website. Future releases will highlight trends observed by DataHaven in those areas during the past 10 years of this survey program.

### **Financial Insecurity: A Growing Concern**

In 2024, 40 percent of Connecticut adults report they are "just getting by" or are struggling financially, up significantly from previous years. This figure represents the highest level of financial insecurity recorded since DataHaven began tracking the issue more than a decade ago.

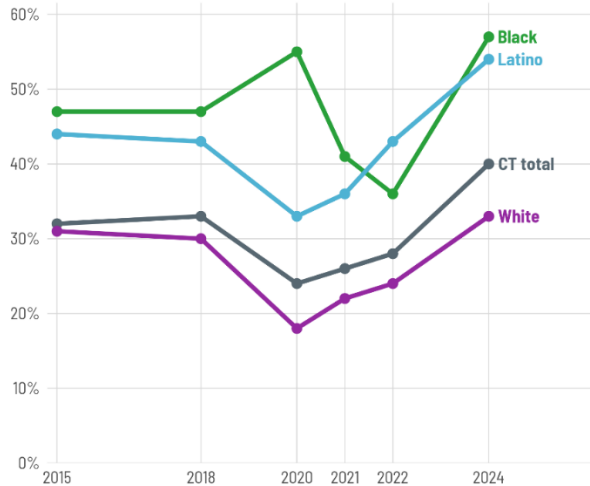
While financial security improved temporarily in 2020 and 2021 due to federal pandemic relief programs, these gains have largely been reversed as those programs ended and living costs have continued to rise. Financial insecurity concerns were reported across the state in all demographic

groups, however, more than 50 percent of households with incomes under \$100,000 and the Black and Latino communities report feeling financially insecure.

"The financial strain faced by so many Connecticut residents is a major concern, especially given the rising costs of housing, healthcare, and everyday essentials," said DataHaven Executive Director Mark Abraham. "These trends highlight the urgent need for policy solutions that provide long-term economic stability for our communities."

**More than half of all Black and Latino adults feel financially insecure**

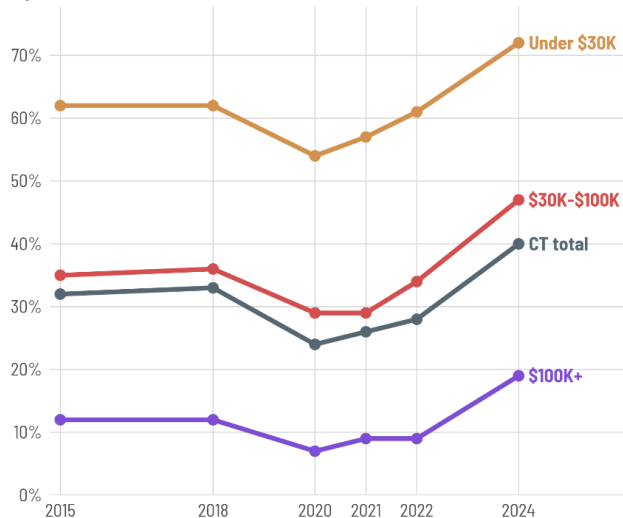
Share of Connecticut adults who say they're just getting by financially  
By race/ethnicity, 2015-2024



Source: DataHaven Community Wellbeing Survey **DataHaven**

**For lower-income adults, financial insecurity continues rising**

Share of Connecticut adults who say they're just getting by financially  
By income, 2015-2024



Source: DataHaven Community Wellbeing Survey **DataHaven**

**Food Insecurity: The tale of two Connecticuts**

The survey also reveals troubling levels of food insecurity, with 18 percent of Connecticut adults reporting that they could not afford enough food for themselves or their family at some point over the past year. While food insecurity briefly improved in 2021 with the expansion of the Child Tax

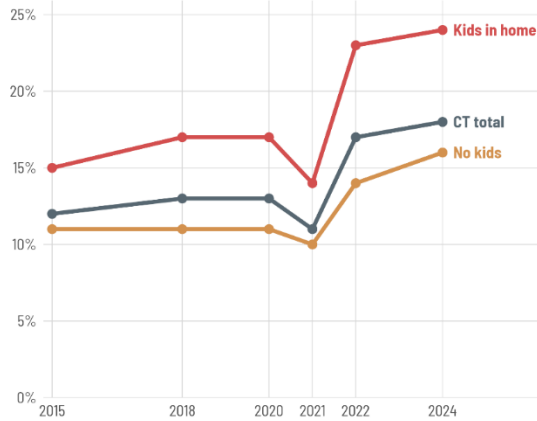
Credit, the rate has since worsened, with communities in urban areas and among Black and Latino adults seeing some of the most significant increases. In cities, food insecurity affects nearly 1 in 3 adults, underscoring the urgent need for targeted interventions in areas of concentrated poverty.

With food insecurity at record highs in 2024, the rates still varied considerably by town, from 6 percent in Greenwich and 7 percent in Fairfield, to 27 percent in New Haven, 30 percent in Bridgeport, 34 percent in Waterbury, and 35 percent in Hartford. In Hartford, 29 percent of adults said they had received groceries or meals from an emergency food service within the past year, compared to just 2 percent of adults in Fairfield.

Food insecurity rates remain higher in cities and among Black and Latino populations. Recent immigrants from Puerto Rico, persons with disabilities, formerly incarcerated adults, and LGBTQ+ individuals report some of the highest levels of food insecurity, approaching 40 percent. There is also a pronounced gender gap, with women reporting higher rates of financial and food insecurity compared to men.

**After losing relief programs, food insecurity rates are higher than before the pandemic**

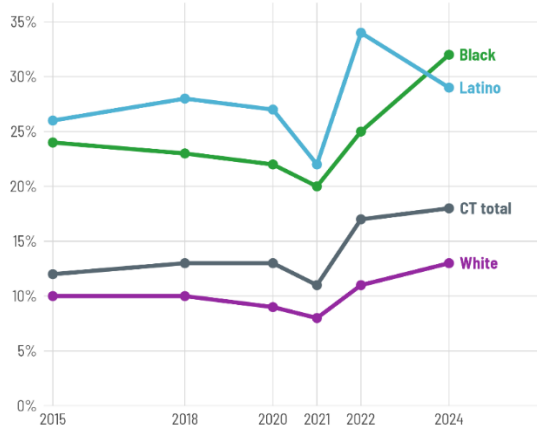
Share of Connecticut adults reporting food insecurity  
By presence of children, 2015-2024



Source: DataHaven Community Wellbeing Survey DataHaven

**After losing relief programs, food insecurity rates are higher than before the pandemic**

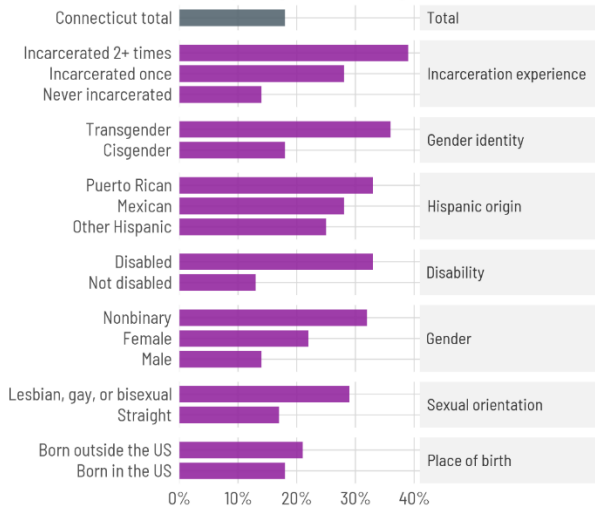
Share of Connecticut adults reporting food insecurity  
By race/ethnicity, 2015-2024



Source: DataHaven Community Wellbeing Survey DataHaven

**Inclusion of new demographic groups in our surveying gives a more nuanced view of basic needs of residents**

Share of Connecticut adults reporting food insecurity, 2024



Source: DataHaven Community Wellbeing Survey

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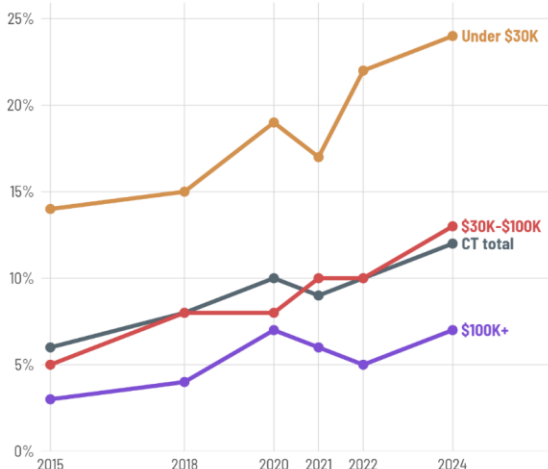
**Housing Insecurity: Rising Struggles for Renters and Homeowners Alike**

Housing insecurity has also worsened in Connecticut, with 12 percent of adults reporting that they could not afford to pay for housing at some point in the past year, up from just 6 percent in 2015. This increase in housing insecurity is concerning, as many renters continue to face rising rents, while homeowners also grapple with the impacts of high property taxes and maintenance costs. In particular, renters are facing more acute challenges, with rates of housing insecurity approaching 20 percent for those living in rental units.

"The rising rate of housing insecurity underscores the need for increased investment in affordable housing and stronger protections for renters," said Abraham. "As the cost of housing continues to climb, we must ensure that everyone in Connecticut has access to safe, stable, and affordable housing."

**Almost 1 in 4 lower-income adults faces housing insecurity**

Share of Connecticut adults reporting housing insecurity by income, 2015-2024



Source: DataHaven Community Wellbeing Survey

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## **Conclusion: A Call to Action**

The data underscores the urgent need for policy interventions and community-driven solutions to address rising rates of financial, food, and housing insecurity in Connecticut. As the state faces continued economic challenges, the need for expanded support for vulnerable populations is more pressing than ever.

## **About the DataHaven Community Wellbeing Survey:**

The DataHaven Community Wellbeing Survey (DCWS) uses probability sampling to create highly-reliable local information that is not available from any other public data source. The DCWS is a comprehensive, statewide survey that covers a wide range of topics, from public parks and fresh food access to behavioral health. The data, collected from thousands of households across all 169 towns in Connecticut, provides critical insights into the challenges faced by residents in every part of the state. DataHaven works in collaboration with a diverse statewide Advisory Council made up of over 300 organizations to ensure that the survey reflects the needs of all Connecticut communities.

The 2024 DataHaven Community Wellbeing Survey estimates are based on in-depth interviews with 7,458 randomly-selected adults in every Connecticut town, primarily conducted by live telephone by interviewers based at Siena College, and carry a maximum margin of error of +/- 1.5 percentage points. Reported trends since 2015 are based on interviews with more than 50,000 randomly-selected adults over that time period. Datasets describing community conditions within each of the state's cities and towns are available on the DataHaven website.

## **About DataHaven:**

DataHaven is a nonprofit organization dedicated to improving the quality of life in Connecticut through the use of data and research. By providing free, accessible information and promoting data-driven decisions, DataHaven supports communities, policymakers, and organizations in addressing critical social challenges.

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