

# NEWS

from the Consumer Health Action Network  
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## I'm not uninsured So it doesn't affect me, right?

### Wrong.

- One in nine Connecticut residents lacks health coverage and that number is likely to rise.
- The typical uninsured Connecticut resident is a young adult, working in a small business in a service industry, with a family income of about \$30,000/year
- The uninsured are more likely to ignore health problems and delay seeing a doctor, until the problem becomes worse -- more difficult and more expensive to treat
- The uninsured are 25% more likely to die prematurely
- The uninsured get less health care services, but they pay the highest cost for the services they do get -- half of all bankruptcies are caused by medical debt

### I know it's bad, but how does it affect me and my family?

- 85% of the cost of health care for the uninsured falls on all of us -- through higher taxes, higher premiums and higher prices for all health care services – **that is \$108.51 for every American**
- Communities with lots of uninsured people have **fewer hospital beds**, fewer critical health services and are less likely to offer trauma and burn care
- **Emergency room are overcrowded** with uninsured people who have no where else to go, this increases the time you and your family waits in an emergency, even if you have insurance
- Communities with lots of uninsured people have to divert resources away from roads, emergency preparedness and other important things to cover health care
- You and your family's health are at risk when the person making your meal or cutting your hair or sitting next to you is uninsured and can't see a doctor when they are ill – the uninsured are far more likely to work in service occupations
- One in five people infected with HIV is uninsured – less likely to know they have the virus because they can't get regular health care

### What can I do about it?

There are plenty of ways to make a difference.

- It doesn't have to cost money. You don't need any special information or research.
- You can make a difference even if you only have five minutes.
- Politicians respect your voice more than any advocate, professor, or lobbyist -- it's true, we asked them.
- Get informed – visit websites, join a listserv, talk to your neighbors.
- Write a letter, make a call, visit with a legislator, share your story, come to a meeting.
- Learn more – join the Consumer Health Action Network, visit the Healthy Advocacy Toolbox, get on the CT Health Notes listserv, come to a meeting.
- Call us toll-free in Connecticut 1-888-873-4585 to learn more.

**Protect your family, your neighbors, your community, your own health. Get active.**