



Promoting Health and Cost Control in States (PHACCS)

CONNECTICUT

The Promoting Health and Cost Control in States (PHACCS) initiative at Trust for America's Health (TFAH) highlights state legislative and administrative actions that support better health and an economic return on investment or state cost savings, while addressing community-level root causes of poor health.

PHACCS Policies Adopted in Connecticut



Universal Pre-Kindergarten Programs NO YES



Universal School Breakfast NO YES



Universal School Lunch NO YES



Syringe Access Program NO YES



Smoke-Free Laws NO YES



Complete Streets NO YES



Earned Income Tax Credit NO YES



Paid Sick Leave NO YES



Paid Family Leave NO YES



Ban the Box NO YES

Advancing PHACCS Policies in Connecticut

Spotlight: Paid Sick Leave

The state has been making incremental progress toward providing universal paid sick leave coverage by 2027. Connecticut's paid sick time law initially went into effect in 2012, only covering employees' paid hourly wages, and only for certain service jobs for employees working for businesses with 50 or more employees. Since the initial law covered about 12% of workers in the state, the Connecticut legislature passed an expansion to the law in 2024, signed into law that year. This update to the law meant that beginning January 1, 2025, workers of nearly every occupation will be eligible for coverage under the law. The policy expansion set out that by 2025 employers with at least 25 employees; by 2026 those with at least 11 employees; and those with at least one employee beginning January 1, 2027, will have to comply with the law.

Senate Bill 913, Public Act 11-52. <https://www.cga.ct.gov/2011/act/pa/2011PA-00052-R00SB-00913-PA.htm>. Accessed January 6, 2026

Pazniokas, Mark. "First expansion of CT paid sick days law wins passage". CT Mirror. May 6, 2024. <https://ctmirror.org/2024/05/06/ct-paid-sick-days-law-wins-passage/>. Accessed January 6, 2026

Connecticut's Official State Website. "Governor Lamont Signs Legislation Expanding Connecticut's Paid Sick Days Laws To Include More Workers." May 28, 2024. https://portal.ct.gov/governor/news/press-releases/2024/05-2024/governor-lamont-signs-legislation-expanding-paid-sick-days-laws?language=en_US. Accessed January 6, 2026



State Cigarette Excise Tax Rates

TAX: \$4.35 TIER: HIGH

State Excise Tax Rates for Beer and Distilled Spirits



Distilled Spirits

TAX: \$5.94 TIER: MIDDLE

Beer

TAX: \$0.24 TIER: MIDDLE

Tax rates are expressed by tier: high (top 25%), middle, and low (lowest 25%)

For more information, please contact TFAH at info@tfah.org



Promoting Health and Cost Control in States (PHACCS)



Policy	Health Evidence	Economic Evidence
Goal 1: Support the Connections Between Health & Learning		
Universal Pre-Kindergarten Programs	Associated with lower rates of obesity, depression, alcohol use, and tobacco use. Support improved socioemotional outcomes and academic outcomes.	Universal pre-K has a positive return on investment and is also cost-effective to program participants, their parents, taxpayers, and society through reductions in healthcare and education spending, and increased earnings for program participants.
School Nutrition Programs	Decrease the risk for food insecurity and address child hunger, improve nutrition quality and reduce obesity rates. Supports academic outcomes, including improved school attendance, and improved cognitive and academic performance.	The school breakfast and lunch programs generate \$40 billion in health and economic benefits, a higher value than their combined annual budget.
Goal 2: Employ Harm Reduction Strategies to Prevent Substance Misuse Deaths & Related Diseases		
Syringe Access Programs	Reduce the rate of infectious diseases among intravenous drug users. Influence other outcomes, such as greater promotion of naloxone, prevention overdose education, and connections to treatment.	Syringe access programs can yield cost savings within a year by preventing new cases of HIV and hepatitis and their associated costs for treatment.
Goal 3: Promote Healthy Behavior		
Smoke-Free Policies	Smoke-free policies decrease tobacco use, exposure to secondhand smoke, smoking-related illnesses and mortality.	Smoke-free policies can reduce secondhand smoke exposure and related medical expenditures.
Tobacco Pricing Strategies	Reduced smoking and rates of smokeless tobacco usage. Improved pre- and post-natal outcomes for pregnant women and babies.	Generate cost savings and avoid lost productivity due to poor tobacco-related health outcomes.
Alcohol Pricing Strategies	Increasing the price of alcohol leads to decreased alcohol consumption, less excessive drinking, decreased mortality from liver cirrhosis, and reduced alcohol-related violence.	Save billions of dollars in medical expenses and can also increase state revenue.
Goal 4: Promote Active Living & Connectedness		
Complete Streets	Attract active transportation for biking and walking by improving transportation connectivity. Can help mitigate the impacts of inactive lifestyles and improve health outcomes by promoting physical activity.	Have been associated with economic development, increased home values, and creating economic vitality.
Goal 5: Ensure Safe, Healthy, & Affordable Housing for All		
Housing Rehabilitation Loan & Grant Programs	Positive effects on overall physical and mental health by reducing hazards within a home. Reduce hospitalizations, mitigate heat-related illnesses and cold-related health problems. Can support older adults to age in place.	Improve home values, neighborhood quality and stability by promoting stable housing. Benefits low-income owners by reducing bill costs providing them with more income.
Rapid Re-Housing Programs/ Housing First	Rapid re-housing is linked to improved physical and mental health, greater self-sufficiency, reduced substance use and decreased rates of homelessness.	Improve financial stability and employment outcomes for participants. Supports efforts to maintain employment.
Goal 6: Economic Well-Being		
Earned Income Tax Credit (EITC)	Associated with improved maternal and child health, increased food security and improved mental health outcomes.	Improved likelihood of completing higher education. Reduces likelihood of living in poverty, and criminal convictions.
Earned Sick Leave	Increases opportunities to access preventive healthcare. Reduces exposure to transmissible diseases in the workplace and occupational injury.	Increases labor productivity and profit for employers reduce employee turnover, saving employers the cost of hiring and training replacements.
Paid Family Leave	Improves maternal and child health by reducing the risk of birth-related health issues for mothers and their babies. Can support positive mental and physical health outcomes for parents.	Provides economic security to caregivers, increase employee retention, and saves employers the cost of training new hires.
Fair Hiring Protections (Ban-the-Box)	Increased employment for justice-involved individuals. Improves economic well-being from employment, which influences health outcomes.	Increased lifetime earnings for formerly justice-involved individuals.