



# World Trade Center Health Registry 2013 Report





Dear Enrollees:

With your help, we continue to track the long-term health effects of people exposed to the 9/11 disaster and assist you in obtaining health care through the World Trade Center (WTC) Health Program.

More than 43,000 enrollees responded to the 2011-2012 Wave 3 Survey, which provided us with a comprehensive look at your health status 10 years after 9/11. Currently, we are studying what many of you told us about diabetes; asthma control; post-traumatic stress disorder; and other medical conditions and health care needs. We plan to begin sharing these findings in 2014.

When Hurricane Sandy devastated the tri-state area in late 2012, we were especially concerned about those of you who lived in affected areas. In April 2013, we sent a survey to 4,300 enrollees in flooded areas and about 4,300 others who lived nearby. We sought to determine the mental and physical health effects of Hurricane Sandy among persons exposed to the 9/11 disaster. More than 4,000 of you have now completed a Hurricane Sandy Survey.

Our Treatment Referral Program has been expanded to help enrollees or family members get care through the federal WTC Health Care Program (WTCHP). The WTCHP provides 9/11-related medical care at no cost to eligible responders and survivors. We have linked more than 1,100 enrollees to the WTCHP, and we continue to provide this assistance.

This year, the Registry began to help enrollees document their eligibility for two critical programs established by the Zadroga Act: the WTCHP and the September 11th Victim Compensation Fund (VCF). Through our efforts, the federal government agreed to accept the information you provided during the first Registry survey in 2003-2004 to help support your eligibility for these two programs when little or no documentation is available.

If you have any questions, please contact us at 866-NYC-WTCR (866-692-9827) or [wtdhr@health.nyc.gov](mailto:wtdhr@health.nyc.gov) or visit [nyc.gov/9-11HealthInfo](http://nyc.gov/9-11HealthInfo).

Thank you for your ongoing commitment to the Registry.

Sincerely,

Mark Farfel, ScD  
Director

## About the Registry

The World Trade Center Health Registry is the largest post-disaster public health registry in United States history, tracking the health of more than 71,000 people directly exposed to the WTC disaster. The Registry was established by the New York City Department of Health and Mental Hygiene and the federal Agency for Toxic Substances and Disease Registry. The National Institute for Occupational Safety and Health has funded the Registry since May 2009.

## Our Mission

- Identify and track the long-term physical and mental health effects of 9/11
- Share findings and recommendations with enrollees, others affected, the public, the WTC Health Program and policymakers
- Respond to health concerns and assess gaps in care for 9/11-related health problems
- Offer guidance to public health professionals in planning for potential future emergencies

## WTC Health Program

The federal WTC Health Program provides medical services for 9/11-related health problems at no cost to eligible responders and survivors.

For more information, call 888-982-4748 or visit [cdc.gov/wtc/](http://cdc.gov/wtc/).

## Recent Findings

- The Registry's first cancer analysis found that the overall cancer rate in 2007-2008 among people directly exposed to the 9/11 disaster was not different than that of New York State residents during this period. The study, however, did find small increases in rates of three types of cancer—prostate cancer, thyroid cancer, and multiple myeloma—among **rescue/recovery workers** during this period. This study analyzed cancer diagnoses among nearly 56,000 adult Registry enrollees who resided in New York State at the time of their enrollment. (*Journal of the American Medical Association*, 2012).
- Respiratory symptoms six to seven years after 9/11 were associated with 9/11 dust cloud exposure in **younger children** and with behavior problems in **adolescents**. Other risk factors for respiratory symptoms included living in low-income households. (*Journal of Asthma*, 2013).
- A study of 14,388 **rescue/recovery workers** five to six years after 9/11 found that 40% of those with lower respiratory symptoms and 57% of those with likely posttraumatic stress disorder (PTSD) had both types of symptoms. Rescue/recovery workers with this combination, or comorbidity, had more severe illness than responders with respiratory symptoms alone or probable PTSD alone. Responders who were comorbid were about three times more likely to report fair or poor general health, and twice as likely to report being unable to perform usual activities for 14 or more days in the month before completing their 2006-2007 survey. Health care providers are encouraged to address both mental and physical health outcomes among 9/11 exposed persons. (*American Journal of Industrial Medicine*, 2013).
- High levels of unmet mental health needs and poor mental health days were reported by **adult enrollees** with probable PTSD symptoms five to six years after 9/11, especially among those who also reported being diagnosed with a mental health condition. However, those with a mental health condition are a vulnerable group. They were much less likely to use mental health services despite having perceived a need for mental health care. (*Social Science and Medicine Journal*, 2013).
- A study that examined the course of probable PTSD among nearly 3,000 **police officer responders** five to six years after 9/11 found that people with larger social networks and more interactions with family and friends had reduced PTSD symptoms, even among those who were highly exposed, compared with people with smaller social networks and fewer interactions with family and friends. (*Anxiety, Stress & Coping*, 2013).
- Another Registry study found that 9/11-related exposures among men, especially those who performed intensive rescue/recovery work, were associated with an increased risk of heart disease hospitalization. The risks were even higher among both women and men with probable PTSD at the time of enrollment in the Registry in 2003-2004. (*Journal of the American Heart Association*, 2013).

Additional information about the Registry's more than 40 published papers may be found at [nyc.gov/9-11HealthInfo](http://nyc.gov/9-11HealthInfo).

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## 9/11 Treatment Referral Program

The Registry's 9/11 Treatment Referral Program was created to help enrollees and other potentially eligible people get care for 9/11-related health problems at no out-of-pocket cost.

So far, we've helped more than 1,100 enrollees find services and get care. If you think you, a loved one or someone you know may have a 9/11-related health problem, contact the Registry's 9/11 Treatment Referral Program at 888-WTC-7848 (888-982-7848).