The World Trade Center Health Registry (WTCHR) recently conducted a study about health conditions among people exposed to the WTC disaster.

The study looked at 36,897 WTCHR enrollees, including exposed rescue and recovery workers who participated in the New York City Health Department’s 2015-2016 WTCHR survey. The researchers studied patterns of asthma, gastroesophageal reflux disease (GERD), posttraumatic stress disorder (PTSD), depression and health-related quality-of-life (HRQOL) issues.

The study found that:

- 47.8% of participants had one or more 9/11-related health condition.
- Of those who did not have GERD before 9/11, 22.3% reported receiving a diagnosis of GERD after 9/11.
- The more 9/11-related health conditions a person had, the lower their HRQOL score was, especially for people with either PTSD or depression.
- Of those who did not have asthma before 9/11, 15.4% reported receiving a new asthma diagnosis after 9/11, and 76.5% reported lower respiratory symptoms, including wheezing, shortness of breath or cough.
- 14.2% of participants reported PTSD symptoms and 15% reported having depression.

Based on this research, the WTCHR concludes that:

- Half of the survey participants developed at least one 9/11-related health condition by 2015.
- Having more than one 9/11-related health condition was common and often led to a lower HRQOL score.
- Comprehensive physical and mental health care is important for all survivors of complex environmental disasters.

To learn more about the WTCHR’s research, visit nyc.gov/911healthinfo.