

# Health Status Perceptions

## Key Findings

*In 2008, over half (54%) of the Auglaize County adults rated their health status as excellent or very good. Conversely, 11% of the adults increasing to 21% of those over the age of 65 described their health as fair or poor.*

## General Health Status

- ◆ In 2008, over half (54%) of Auglaize County adults rated their health as excellent or very good. Auglaize County adults with higher incomes (61%) were most likely to rate their health as excellent or very good, compared to 28% of those with incomes less than \$25,000.
- ◆ 11% of adults rated their health as fair or poor. The 2007 BRFSS has identified that 16% of Ohio and 15% of U.S. adults self-reported their health as fair or poor.
- ◆ Auglaize County adults were most likely to rate their health as fair or poor if they:
  - Were 65 years of age or older (21%)
  - Had an annual household income under \$25,000 (31%)
  - Had high blood cholesterol (17%) or high blood pressure (22%)
  - Were widowed (21%)

## Adults Who Rated General Health Status Excellent or Very Good

- ◆ Auglaize County 54% (2008)
- ◆ Ohio 54% (2007)
- ◆ U.S. 54% (2007)

*(Source: BRFSS 2006 for Ohio and U.S.)*

## Physical Health Status

- ◆ In 2008, 21% of Auglaize County adults rated their physical health as not good on four days or more in the previous month, increasing to 36% of those with incomes less than \$25,000.
- ◆ 33% of those with health impairments that limit activities reported poorer physical health in the past 30 days as compared to 15% of those who do not have any health impairments.

## Mental Health Status

- ◆ In 2008, 19% of Auglaize County adults rated their mental health as not good on four days or more in the previous month, increasing to 24% of women.
- ◆ Of those who reported poorer mental health, 45% had medical treatment prescribed for their depression.
- ◆ 79% of those who seriously considered attempting suicide reported poorer mental health in the past 30 days as compared to 16% of those who did not contemplate suicide.
- ◆ About one in five (22%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.

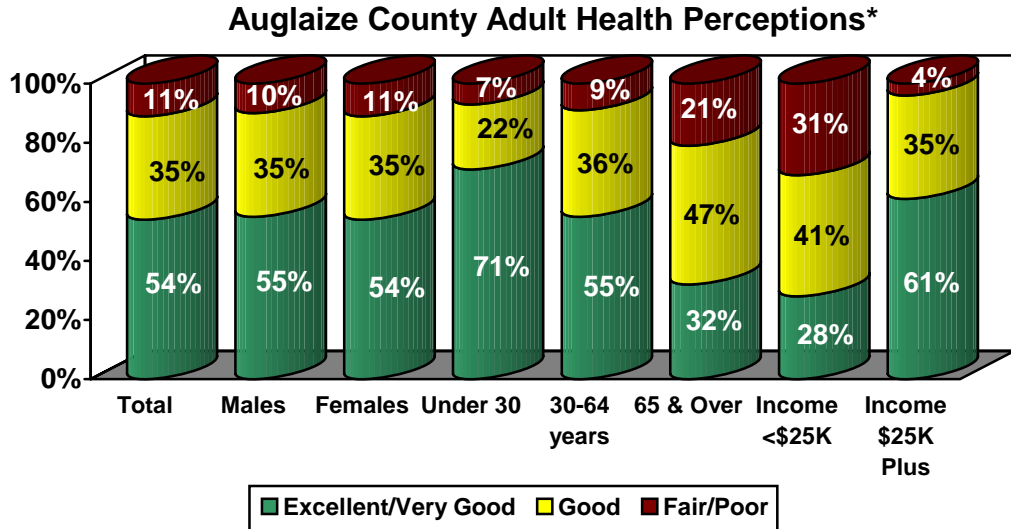
## Why is Health Status Important?

- ◆ Self-perceptions of health serve as measurements of the existent burden of chronic illness.
- ◆ People tend to seek professional care if they perceive their health as poor. This provides an estimate of the pending need for health care providers.
- ◆ Perceived health status ratings assist in evaluating a community's quality of life, identifying communities with an increased need for early diagnosis, prevention and education.

*(Source: Measuring Healthy Days, CDC)*

# Health Status Perceptions

The following graph shows the percentage of Auglaize County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 54% of all Auglaize County adults, 71% of those under age 30, and 32% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.



\*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
<b>Physical Health Not Good in Past 30 Days*</b>					
Males	62%	15%	8%	2%	9%
Females	57%	12%	9%	2%	13%
Total	60%	13%	9%	2%	11%
<b>Mental Health Not Good in Past 30 Days*</b>					
Males	74%	6%	4%	1%	10%
Females	59%	12%	6%	1%	17%
Total	67%	9%	5%	1%	13%

\*Totals may not equal 100% as some respondents answered not sure.