

## Health Status Perceptions

### Key Findings

In 2009, over half (51%) of the Allen County adults rated their health status as excellent or very good. Conversely, 19% of the adults increasing to 32% of those with incomes less than \$25,000 described their health as fair or poor.

### General Health Status

- ◆ In 2009, over half (51%) of Allen County adults rated their health as excellent or very good. Allen County adults with higher incomes (59%) were most likely to rate their health as excellent or very good, compared to 32% of those with incomes less than \$25,000.
- ◆ 19% of adults rated their health as fair or poor. The 2008 BRFSS has identified that 16% of Ohio and 14% of U.S. adults self-reported their health as fair or poor.
- ◆ Allen County adults were most likely to rate their health as fair or poor if they:
  - Were 65 years of age or older (27%)
  - Had an annual household income under \$25,000 (32%)
  - Had high blood cholesterol (29%) or high blood pressure (28%)
  - Were widowed (50%) or separated (39%)

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

- ◆ Allen County 51% (2009)
- ◆ Ohio 55% (2008)
- ◆ U.S. 55% (2008)

(Source: BRFSS 2008 for Ohio and U.S.)

### Physical Health Status

- ◆ In 2009, 21% of Allen County adults rated their physical health as not good on four days or more in the previous month, increasing to 40% of those with incomes less than \$25,000.
- ◆ 31% of those who did not exercise reported poorer physical health in the past 30 days as compared to 19% of those who did exercise.

### Mental Health Status

- ◆ In 2009, 22% of Allen County adults rated their mental health as not good on four days or more in the previous month, increasing to 29% of those with incomes less than \$25,000.
- ◆ 83% of those who seriously considered attempting suicide reported poorer mental health in the past 30 days as compared to 18% 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, increasing to 31% of those with incomes less than \$25,000.

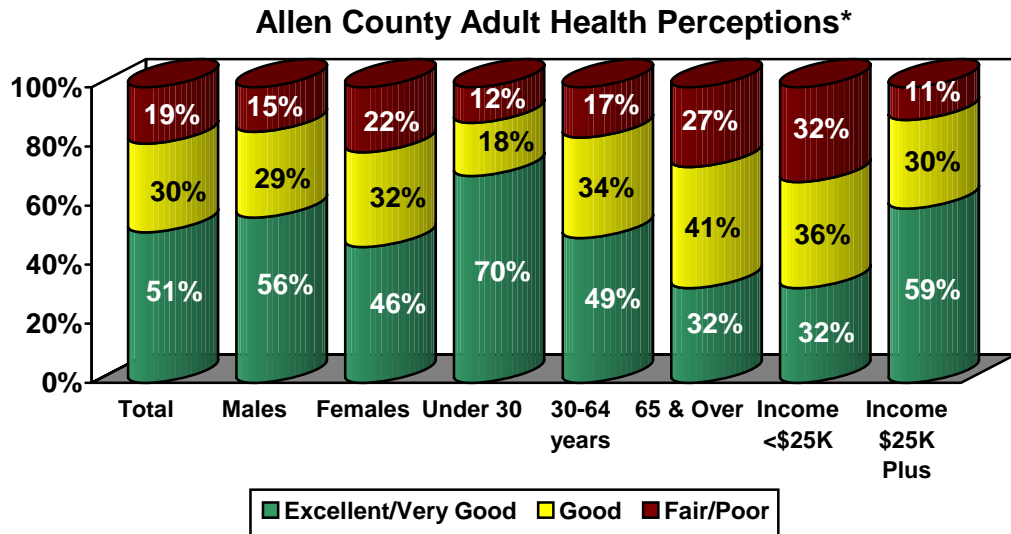
### 2002 Allen County Comparison Data

- ◆ 47% of Allen County adults rated their health as excellent or very good.
- ◆ 25.9% of Allen County adults considered their mental health to be poor or okay/fair.

(Source: Allen County Assessment 2002)

## Health Status Perceptions

The following graph shows the percentage of Allen County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 51% of all Allen County adults, 70% 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?"  
 Source: 2009 Allen County Health Risk and Community Needs Assessment

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%	12%	6%	1%	15%
Females	56%	14%	5%	2%	18%
Total	59%	13%	5%	1%	16%
<b>Mental Health Not Good in Past 30 Days*</b>					
Males	70%	4%	5%	1%	14%
Females	54%	13%	5%	0%	19%
Total	62%	9%	5%	1%	16%

\*Totals may not equal 100% as some respondents answered not sure.  
 Source: 2009 Allen County Health Risk and Community Needs Assessment