



Figure 1.1 Percentage of Persons Who Were in Fair or Poor Health, Utah, 1996, 2001, 2003, 2004, and 2005

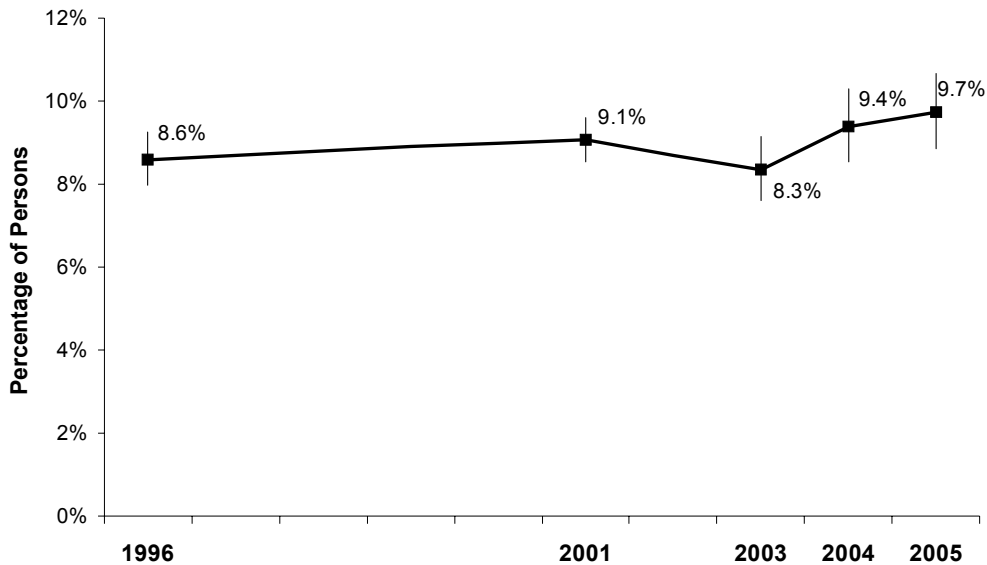
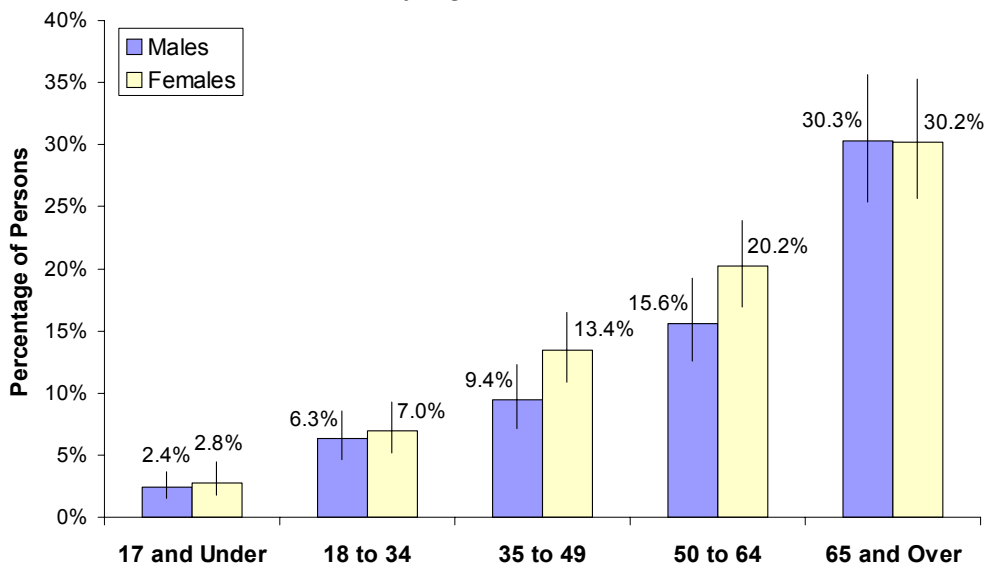


Figure 1.2 Percentage of Persons Who Were in Fair or Poor Health by Age and Sex, Utah, 2005



- Overall, the percentage of Utahns who reported that they had fair or poor physical health increased from 9.4% in 2004 to 9.7% in 2005.
- Across all age groups, females were more likely than males to report fair or poor health.



Table 1. General Health Status: Percentage of Persons Who Were in Fair or Poor Health by Selected Demographic Characteristics, Utah Residents, 2005

Demographic Subgroup	Utah Population Distribution		Survey Estimates of Utahns Who Were in Fair/Poor Health				
	Percentage Distribution	Number of Persons ¹	Percentage of Persons ²			Number of Persons ^{3,4}	Percentage Distribution of Persons in Fair/Poor Health by Subgroup ⁴
			95% Confidence Bounds				
			Lower	Upper			
2005 Utah Population	100.0%	2,528,926	9.7%	8.9%	10.7%	245,900	100.0%
Sex							
Male	50.4%	1,275,758	8.7%	7.7%	9.9%	111,400	45.3%
Female	49.6%	1,253,168	10.7%	9.6%	12.0%	134,400	54.7%
Total, All Utahns	100.0%	2,528,926	9.7%	8.9%	10.7%	245,900	100.0%
Age Group							
17 and Under	31.2%	788,452	2.6%	1.9%	3.6%	20,400	8.3%
18 to 34	29.2%	737,965	6.6%	5.3%	8.2%	48,900	20.0%
35 to 49	18.4%	465,964	11.4%	9.5%	13.5%	52,900	21.6%
50 to 64	12.8%	323,963	18.0%	15.5%	20.7%	58,200	23.8%
65 and Over	8.4%	212,582	30.2%	26.6%	34.1%	64,300	26.3%
Total, All Utahns	100.0%	2,528,926	9.7%	8.9%	10.7%	245,900	100.0%
Sex and Age							
Males, 17 and Under	16.0%	404,656	2.4%	1.6%	3.6%	9,600	3.9%
Males, 18 to 34	14.9%	376,364	6.3%	4.6%	8.6%	23,800	9.7%
Males, 35 to 49	9.4%	237,941	9.4%	7.2%	12.3%	22,400	9.2%
Males, 50 to 64	6.4%	161,253	15.6%	12.5%	19.3%	25,200	10.3%
Males, 65 and Over	3.8%	95,544	30.3%	25.4%	35.7%	28,900	11.8%
Females, 17 and Under	15.2%	383,796	2.8%	1.8%	4.4%	10,700	4.4%
Females, 18 to 34	14.3%	361,601	7.0%	5.2%	9.2%	25,100	10.3%
Females, 35 to 49	9.0%	228,023	13.4%	10.8%	16.5%	30,600	12.5%
Females, 50 to 64	6.4%	162,710	20.2%	16.9%	23.9%	32,900	13.5%
Females, 65 and Over	4.6%	117,038	30.2%	25.7%	35.2%	35,400	14.5%
Total, All Utahns	100.0%	2,528,926	9.7%	8.9%	10.7%	245,900	100.0%
Local Health District ⁵							
Bear River	5.9%	149,705	6.1%	4.2%	8.9%	9,200	3.7%
Central	2.8%	71,046	13.2%	10.2%	16.8%	9,300	3.8%
Davis	10.9%	276,374	6.9%	4.9%	9.6%	19,100	7.8%
Salt Lake	38.4%	970,748	10.6%	9.1%	12.4%	103,300	42.1%
Southeastern	2.1%	52,832	14.6%	11.5%	18.3%	7,700	3.1%
Southwest	7.2%	182,295	9.5%	7.0%	12.8%	17,300	7.0%
Summit	1.4%	36,417	6.3%	4.2%	9.4%	2,300	0.9%
Tooele	2.0%	51,835	10.8%	8.2%	14.1%	5,600	2.3%
TriCounty	1.7%	42,327	12.7%	9.8%	16.3%	5,400	2.2%
Utah County	18.0%	453,977	8.6%	6.6%	11.2%	39,000	15.9%
Wasatch	0.8%	20,138	8.2%	5.8%	11.3%	1,600	0.7%
Weber-Morgan	8.7%	221,232	11.6%	8.8%	15.2%	25,800	10.5%
Total, All Utahns	100.0%	2,528,926	9.7%	8.9%	10.7%	245,900	100.0%
Health Insurance Coverage							
Insured	88.4%	2,236,100	9.2%	8.4%	10.1%	206,000	83.4%
Uninsured	11.6%	292,800	14.0%	10.8%	17.9%	40,900	16.6%
Total, All Utahns	100.0%	2,528,900	9.7%	8.9%	10.7%	245,900	100.0%
Annual Household Income							
Under \$20,000	10.1%	256,400	21.5%	17.1%	26.7%	55,200	24.4%
\$20,000 to <\$45,000	27.5%	695,800	11.6%	10.0%	13.6%	81,000	35.8%
\$45,000 to <\$65,000	23.8%	600,800	6.8%	5.5%	8.5%	41,100	18.2%
\$65,000 and Over	38.6%	975,900	5.0%	4.0%	6.3%	49,100	21.7%
Total, All Utahns	100.0%	2,528,900	9.7%	8.9%	10.7%	245,900	100.0%

See footnotes at end of table.



Table 1 (continued). General Health Status: Percentage of Persons Who Were in Fair or Poor Health by Selected Demographic Characteristics, Utah Residents, 2005

Demographic Subgroup	Utah Population Distribution		Survey Estimates of Utahns Who Were in Fair/Poor Health				
	Percentage Distribution	Number of Persons ¹	Percentage of Persons ²			Number of Persons ^{3,4}	Percentage Distribution of Persons in Fair/Poor Health by Subgroup ⁴
			95% Confidence Bounds				
			Lower	Upper			
Poverty Status							
<100% Federal Poverty Level	10.6%	268,500	13.2%	10.1%	17.1%	35,500	15.6%
101-200% Federal Poverty Level	22.1%	559,400	12.7%	10.4%	15.3%	70,900	31.2%
201-300% Federal Poverty Level	38.3%	967,500	6.5%	5.3%	7.8%	62,400	27.5%
>300% Federal Poverty Level	29.0%	733,600	7.9%	6.6%	9.5%	58,100	25.6%
Total, All Utahns	100.0%	2,528,900	9.7%	8.9%	10.7%	245,900	100.00%
Education Level							
Some High School	6.7%	117,300	24.6%	19.4%	30.6%	28,800	13.0%
High School Grad/Some College	53.9%	938,900	15.0%	13.5%	16.7%	141,300	63.7%
Technical/Vocational Degree	10.0%	174,000	9.0%	6.7%	12.1%	15,700	7.1%
4 Year College Degree or More	29.3%	510,300	7.1%	5.8%	8.7%	36,100	16.3%
Total, All Utahns Aged 18+	100.0%	1,740,500	12.9%	11.8%	14.1%	224,400	100.0%
Employment Status							
Full Time	50.5%	879,600	8.3%	7.1%	9.7%	72,900	32.7%
Part Time	16.8%	291,600	7.1%	5.3%	9.3%	20,600	9.2%
Retired	11.0%	192,000	29.0%	25.1%	33.2%	55,700	25.0%
Keeping House	11.5%	199,700	10.1%	7.7%	13.1%	20,100	9.0%
Full Time Student	3.1%	53,300	8.6%	4.1%	17.2%	4,600	2.1%
Unemployed/Other	7.1%	124,300	39.3%	33.6%	45.4%	48,900	21.9%
Total, All Utahns Aged 18+	100.0%	1,740,500	12.9%	11.8%	14.1%	224,400	100.0%
Hispanic or Latino Ethnicity							
Hispanic or Latino	10.8%	274,100	13.9%	10.1%	18.8%	38,000	15.7%
Not Hispanic or Latino	89.2%	2,254,800	9.1%	8.3%	10.0%	204,700	84.3%
Total, All Utahns	100.0%	2,528,900	9.7%	8.9%	10.7%	245,900	100.0%
Marital Status							
Married	69.5%	1,209,400	12.1%	10.8%	13.4%	145,900	65.4%
Never Married	19.2%	334,300	8.0%	6.0%	10.8%	26,900	12.1%
Divorced/Separated/Widowed	11.3%	196,700	25.5%	22.0%	29.4%	50,200	22.5%
Total, All Utahns Aged 18+	100.0%	1,740,500	12.9%	11.8%	14.1%	224,400	100.0%

1 Population estimates of sex, age groups, and local health district based on 2005 baseline projections, Governor's Office of Planning and Budget, REMI model system; all others based on the 2005 UHSS and rounded to the nearest 100 persons.

2 Asymmetric confidence bounds were calculated using the logit transformation.

3 Rounded to the nearest 100 persons.

4 Figures in these columns may not sum to the total because of data weighting and missing values on the grouping variables.

5 These rates have not been age-adjusted. Age-adjusted rates are available upon request.

- Utahns who lacked any kind of health insurance were significantly more likely than Utahns with insurance coverage to report that they were in fair or poor health (14.0% and 9.2% respectively).
- Hispanic/Latino persons were also significantly more likely to report fair or poor health than others (13.9% and 9.1% respectively).



Figure 2.1 Average Number of Days in the Previous 30 Days When Mental Health Was Poor by Age and Sex, Utah Adults, 2005

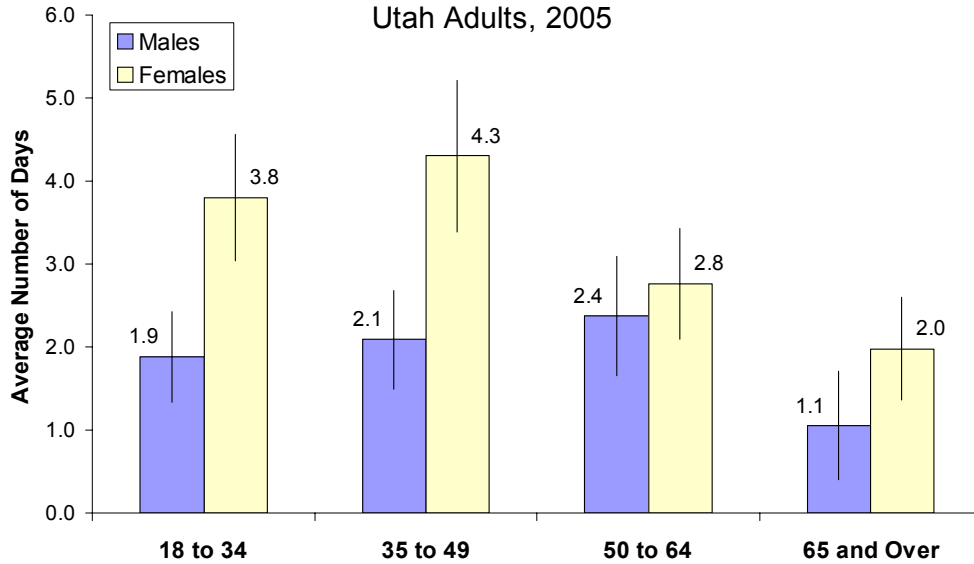
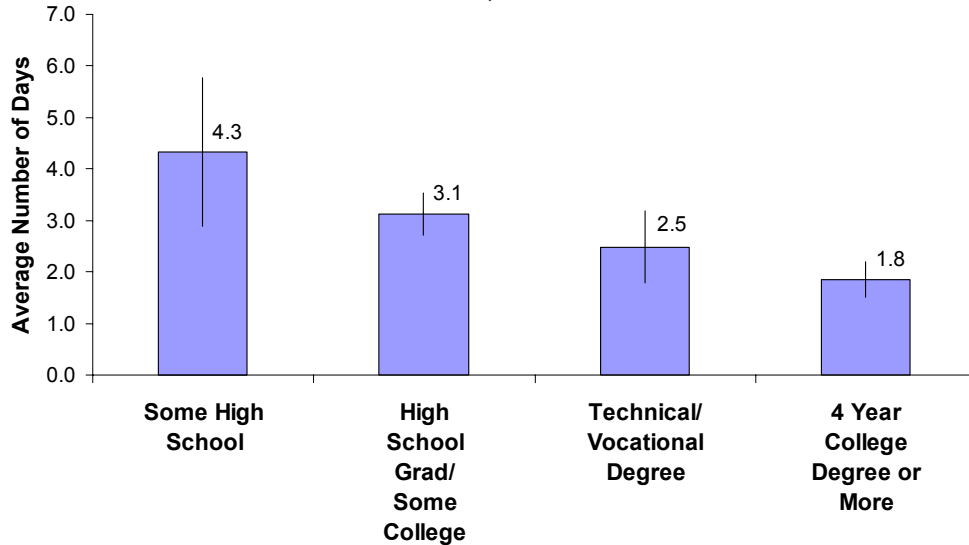


Figure 2.2 Average Number of Days in the Previous 30 Days When Mental Health Was Poor by Education, Utah Adults, 2005



- Mental health is an important component of overall well-being. Regardless of age, women in Utah who were 18 or older on average reported more days of poor mental health in the past 30 days than men (3.4 and 1.9 days, respectively).



Table 2. General Health Status: Average Number of Days in the Previous 30 Days When Mental Health Was Poor
by Selected Demographic Characteristics, Utah Residents Aged 18 and Over, 2005

Demographic Subgroup	Utah Population Distribution		Survey Estimates of Number of Days in Previous 30 Days When Mental Health Was Poor				
	Percentage Distribution	Number of Adults ¹	Avg. Number of Days ²			Total Number of Days ^{3,4}	Percentage Distribution of Number of Days by Subgroup ⁴
			95% Confidence Bounds				
			Lower	Upper			
2005 Utah Population, Adults 18+	100.0%	1,740,474	2.7	2.5	3.0	4,758,600	100.0%
Sex							
Male	50.0%	871,102	1.9	1.6	2.3	1,693,300	36.5%
Female	50.0%	869,372	3.4	3.0	3.8	2,952,100	63.5%
Total, All Utahns Aged 18+	100.0%	1,740,474	2.7	2.5	3.0	4,758,600	100.0%
Age Group							
18 to 34	42.4%	737,965	2.9	2.4	3.4	2,152,700	44.6%
35 to 49	26.8%	465,964	3.2	2.6	3.8	1,493,000	30.9%
50 to 64	18.6%	323,963	2.6	2.1	3.1	837,700	17.3%
65 and Over	12.2%	212,582	1.6	1.2	2.1	345,500	7.2%
Total, All Utahns Aged 18+	100.0%	1,740,474	2.7	2.5	3.0	4,758,600	100.0%
Sex and Age							
Males, 18 to 34	21.6%	376,364	1.9	1.3	2.4	706,500	15.0%
Males, 35 to 49	13.7%	237,941	2.1	1.5	2.7	497,000	10.5%
Males 50 to 64	9.3%	161,253	2.4	1.6	3.1	381,900	8.1%
Males, 65 and Over	5.5%	95,544	1.1	0.4	1.7	101,000	2.1%
Females, 18 to 34	20.8%	361,601	3.8	3.0	4.6	1,374,900	29.1%
Females, 35 to 49	13.1%	228,023	4.3	3.4	5.2	981,300	20.8%
Females 50 to 64	9.3%	162,710	2.8	2.1	3.4	449,400	9.5%
Females, 65 and Over	6.7%	117,038	2.0	1.4	2.6	231,500	4.9%
Total, All Utahns Aged 18+	100.0%	1,740,474	2.7	2.5	3.0	4,758,600	100.0%
Local Health District⁵							
Bear River	5.8%	101,710	2.9	2.0	3.8	295,200	6.2%
Central	2.8%	49,249	2.4	1.6	3.2	119,300	2.5%
Davis	10.7%	186,183	2.4	1.7	3.1	446,400	9.4%
Salt Lake	39.1%	680,155	2.6	2.1	3.0	1,749,500	36.9%
Southeastern	2.2%	37,604	3.4	2.5	4.4	129,200	2.7%
Southwest	7.5%	130,527	3.1	2.1	4.0	398,400	8.4%
Summit	1.5%	26,547	2.3	1.4	3.2	61,400	1.3%
Tooele	2.0%	34,392	3.2	2.3	4.1	109,600	2.3%
TriCounty	1.7%	28,971	3.4	2.4	4.3	97,300	2.1%
Utah County	17.1%	297,244	2.5	1.9	3.1	737,700	15.6%
Wasatch	0.8%	13,719	2.6	1.8	3.5	36,100	0.8%
Weber-Morgan	8.9%	154,173	3.6	2.4	4.8	562,200	11.9%
Total, All Utahns Aged 18+	100.0%	1,740,474	2.7	2.5	3.0	4,758,600	100.3%
Health Insurance Coverage							
Insured	87.0%	1,514,800	2.7	2.4	3.0	4,053,900	84.2%
Uninsured	13.0%	225,600	3.4	2.5	4.2	758,800	15.8%
Total, All Utahns Aged 18+	100.0%	1,740,500	2.7	2.5	3.0	4,758,600	100.0%
Annual Household Income							
Under \$20,000	11.5%	200,000	4.0	3.1	5.0	806,500	17.1%
\$20,000 to <\$45,000	27.8%	484,700	3.7	3.1	4.3	1,773,200	37.5%
\$45,000 to <\$65,000	23.1%	402,000	2.6	2.0	3.2	1,056,700	22.4%
\$65,000 and Over	37.6%	653,700	1.7	1.3	2.0	1,088,200	23.0%
Total, All Utahns Aged 18+	100.0%	1,740,500	2.7	2.5	3.0	4,758,600	100.0%

See footnotes at end of table.



Table 2 (continued). General Health Status: Average Number of Days in the Previous 30 Days When Mental Health Was Poor by Selected Demographic Characteristics, Utah Residents Aged 18 and Over, 2005

Demographic Subgroup	Utah Population Distribution		Survey Estimates of Number of Days in Previous 30 Days When Mental Health Was Poor				
	Percentage Distribution	Number of Adults ¹	Avg. Number of Days ²			Total Number of Days ^{3,4}	Percentage Distribution of Number of Days by Subgroup ⁴
			95% Confidence Bounds				
			Lower	Upper			
Poverty Status							
<100% Federal Poverty Level	10.0%	173,300	3.9	3.0	4.9	682,100	13.9%
101-200% Federal Poverty Level	20.2%	351,300	3.6	2.9	4.3	1,262,800	25.7%
201-300% Federal Poverty Level	34.2%	594,400	2.8	2.3	3.4	1,693,700	34.4%
>300% Federal Poverty Level	35.7%	621,500	2.1	1.7	2.4	1,279,700	26.0%
Total, All Utahns Aged 18+	100.0%	1,740,500	2.7	2.5	3.0	4,758,600	100.0%
Education Level							
Some High School	6.7%	117,300	4.3	2.9	5.8	508,700	10.6%
High School Grad/Some College	53.9%	938,900	3.1	2.7	3.5	2,928,400	60.8%
Technical/Vocational Degree	10.0%	174,000	2.5	1.8	3.2	432,700	9.0%
4 Year College Degree or More	29.3%	510,300	1.8	1.5	2.2	942,900	19.6%
Total, All Utahns Aged 18+	100.0%	1,740,500	2.7	2.5	3.0	4,758,600	100.0%
Employment Status							
Full Time	50.5%	879,600	2.6	2.2	3.0	2,256,300	47.1%
Part Time	16.8%	291,600	2.6	2.0	3.2	760,400	15.9%
Retired	11.0%	192,000	1.8	1.3	2.3	349,100	7.3%
Keeping House	11.5%	199,700	2.5	1.8	3.3	505,600	10.6%
Full Time Student	3.1%	53,300	2.3	1.3	3.2	121,900	2.5%
Unemployed/Other	7.1%	124,300	6.4	5.0	7.8	798,500	16.7%
Total, All Utahns Aged 18+	100.0%	1,740,500	2.7	2.5	3.0	4,758,600	100.0%
Hispanic or Latino Ethnicity							
Hispanic or Latino	9.5%	164,600	3.3	1.9	4.8	551,100	11.7%
Not Hispanic or Latino	90.5%	1,575,900	2.6	2.4	2.9	4,160,400	88.3%
Total, All Utahns Aged 18+	100.0%	1,740,500	2.7	2.5	3.0	4,758,600	100.0%
Marital Status							
Married	69.5%	1,209,400	2.1	1.8	2.4	2,546,400	55.0%
Never Married	19.2%	334,300	3.5	2.7	4.4	1,178,800	25.5%
Divorced/Separated/Widowed	11.3%	196,700	4.6	3.8	5.4	903,000	19.5%
Total, All Utahns Aged 18+	100.0%	1,740,500	2.7	2.5	3.0	4,758,600	100.0%

1 Population estimates of sex, age groups, and local health district based on 2005 baseline projections, Governor's Office of Planning and Budget, REMI model system; all others based on the 2005 UHSS and rounded to the nearest 100 persons.

2 Symmetric confidence bounds.

3 Rounded to the nearest 100 persons.

4 Figures in these columns may not sum to the total because of data weighting and missing values on the grouping variables.

5 These rates have not been age-adjusted. Age-adjusted rates are available upon request.

- As a percentage of the total number of poor mental health days reported, 63.5% were reported by women.
- Those who reported higher than average days of poor mental health were also more likely to: live in poverty, have lower levels of education, be unemployed, lack health insurance, and be of Hispanic or Latino ethnicity.