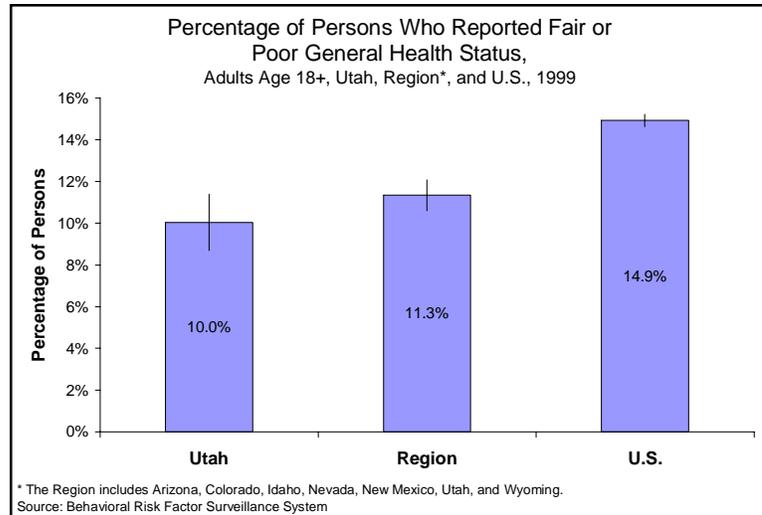


# General Health Status

**Question:** *Would you say that in general your health is: excellent, very good, good, fair, or poor?*

Four health-related quality of life (HRQOL) measures have been included on the BRFSS since 1993. The above question is the first of the set of four questions. It is considered to be a reliable indicator of a person's perceived health and is a good global assessment of a person's well being. The Centers for Disease Control and Prevention has defined HRQOL as "an individual's or group's perceived physical and mental health over time." This measure is directly related to Healthy People 2010's overarching goal to increase quality and years of healthy life. The Institute of Medicine Committee on Using Performance Monitoring to Improve Community Health proposed that the proportion of adults reporting that their general health is good to excellent be included as one of 25 Community Health Profile indicators.



For this report, we looked at the percentage of persons who reported fair or poor health.

- The proportion of adults who reported fair or poor health was lower in Utah for all years than that for the Region or the U.S.
- There was no significant change in the proportion of adults reporting fair or poor health from 1993 to 1999 for Utah and the Region.
- There was an increase in the percentage of persons reporting fair or poor health for the U.S. from 13.4% in 1993 to 14.9% in 1999.

**Utah Objective:** No objective listed.

**HP2000:** No objective listed.

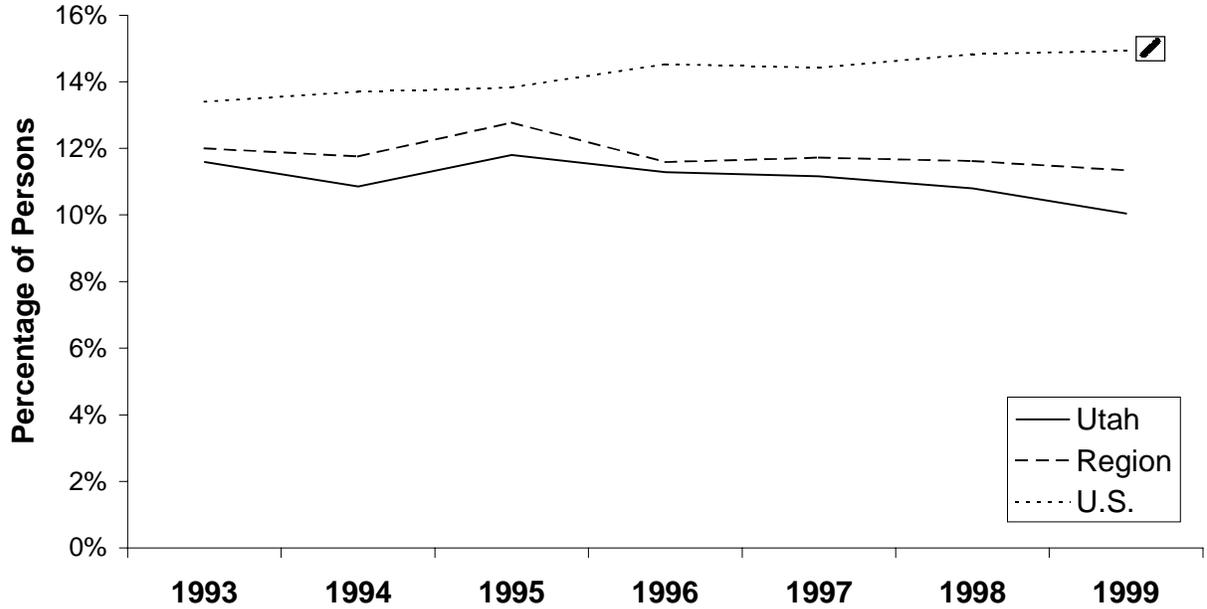
**HP2010:** Overarching: Increase quality and years of healthy life.

**CDI:** Not used.

**CHSI:** Percent of adults who report fair or poor health.

# General Health Status

Percentage of Persons Who Reported Fair or Poor General Health Status, Adults Age 18+, Utah, Region\*, and U.S., 1993-1999



\* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.  
 Not all states participated in the BRFSS until 1994 (see Appendix A)  
 Source: Behavioral Risk Factor Surveillance System

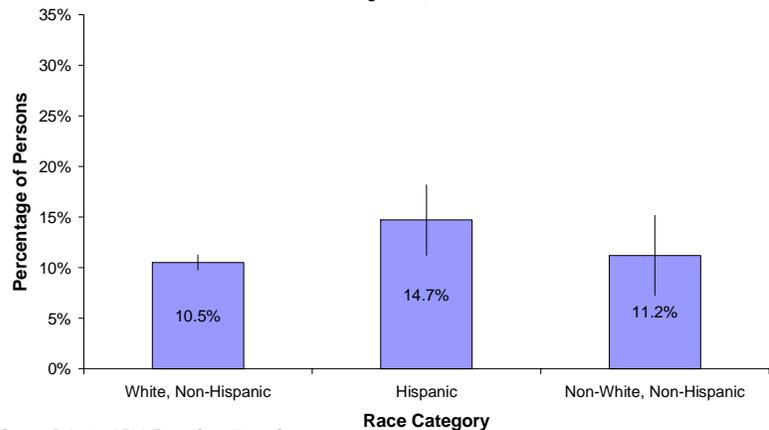
Year	Utah			Region			U.S.		
	Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals	
		Lower	Upper		Lower	Upper		Lower	Upper
1993	11.6%	10.0%	13.2%	12.0%	11.1%	12.9%	13.4%	13.1%	13.7%
1994	10.9%	9.3%	12.4%	11.8%	10.9%	12.6%	13.7%	13.4%	14.0%
1995	11.8%	10.2%	13.4%	12.8%	11.9%	13.6%	13.8%	13.5%	14.2%
1996	11.3%	9.8%	12.7%	11.6%	10.8%	12.4%	14.5%	14.2%	14.8%
1997	11.2%	9.6%	12.7%	11.7%	10.9%	12.5%	14.4%	14.1%	14.7%
1998	10.8%	9.4%	12.2%	11.6%	10.8%	12.4%	14.8%	14.5%	15.1%
1999	10.0%	8.7%	11.4%	11.3%	10.6%	12.1%	14.9%	14.6%	15.2%

 upward linear trend

# General Health Status

- Older adults in Utah were more likely to report fair or poor self-rated health (not graphed). ( $p < 0.0001$ )
- Hispanic persons in Utah were more likely to report poor or fair self-rated health when compared to Utahns who were White, non-Hispanic. ( $p = 0.0228$ )

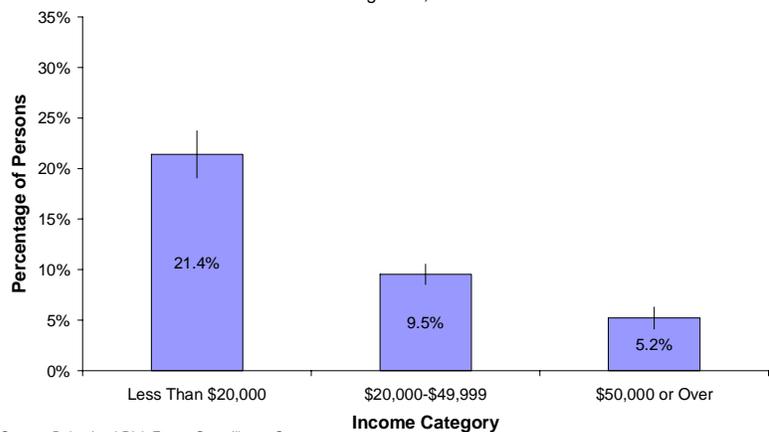
Percentage of Persons Who Reported Fair or Poor General Health Status by Race, Utah Adults Age 18+, 1996-1999



Source: Behavioral Risk Factor Surveillance System

- The proportion of Utah adults who reported fair or poor health status decreased with increasing annual household income. ( $p < 0.0001$ )

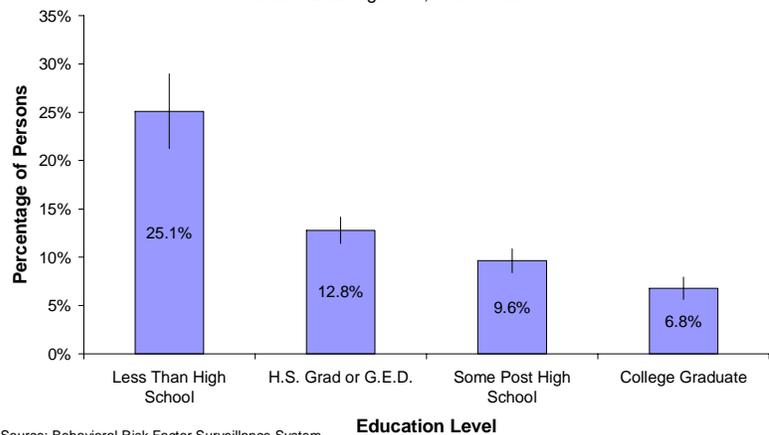
Percentage of Persons Who Reported Fair or Poor General Health Status by Income, Utah Adults Age 18+, 1996-1999



Source: Behavioral Risk Factor Surveillance System

- Utah adults with less education were more likely to report fair or poor health status. ( $p < 0.0001$ )
- The highest proportion of Utah adults who reported fair or poor health were those with less than a high school education.

Percentage of Persons Who Reported Fair or Poor General Health Status by Education, Utah Adults Age 18+, 1996-1999



Source: Behavioral Risk Factor Surveillance System

# General Health Status

## Percentage of Persons Who Reported Fair or Poor General Health Status by Selected Demographic Characteristics, Utah Adults Age 18+, 1996-1999.

Demographic Subgroup	Utah Population		Survey Estimates of Respondents Who Reported Fair or Poor General Health Status					
	Distribution	Number of Adults <sup>1</sup>	Percentage of Adults Who Reported Fair or Poor General Health Status	95% Confidence Intervals			Number of Adults <sup>1, 2</sup>	Distribution of Adults Who Reported Fair or Poor General Health Status by Category
				Lower	Upper			
<b>General Health Status</b>								
Excellent	25.5%	350,300						
Very Good	36.8%	506,100						
Good	26.9%	369,300						
Fair	8.1%	111,600						
Poor	2.7%	37,000						
Total, All Adults Age 18+	100.0%	1,374,400						
<b>Sex</b>								
Males	48.7%	669,400	10.1%	9.0%	11.1%	67,300	45.3%	
Females	51.3%	705,000	11.5%	10.6%	12.5%	81,300	54.7%	
Total, All Adults Age 18+	100.0%	1,374,400	10.8%	10.1%	11.5%	148,600	100.0%	
<b>Age Group</b>								
18 to 34	37.0%	507,900	6.1%	5.1%	7.1%	30,800	20.8%	
35 to 49	31.4%	432,100	8.4%	7.2%	9.5%	36,100	24.4%	
50 to 64	17.5%	239,900	14.1%	12.1%	16.0%	33,700	22.8%	
65 or Over	14.2%	194,500	24.4%	22.0%	26.8%	47,400	32.0%	
Total, All Adults Age 18+	100.0%	1,374,400	10.8%	10.1%	11.5%	148,600	100.0%	
<b>Race</b>								
White, Non-Hispanic	90.9%	1,249,100	10.5%	9.8%	11.3%	131,500	88.7%	
Hispanic	5.6%	77,200	14.7%	11.2%	18.2%	11,400	7.7%	
Non-White, Non-Hispanic	3.5%	48,100	11.2%	7.3%	15.2%	5,400	3.6%	
Total, All Adults Age 18+	100.0%	1,374,400	10.8%	10.1%	11.5%	148,600	100.0%	
<b>Income</b>								
Less Than \$20,000	18.3%	251,300	21.4%	19.1%	23.7%	53,800	37.8%	
\$20,000-\$49,999	50.5%	694,200	9.5%	8.5%	10.6%	66,200	46.5%	
\$50,000 or Over	31.2%	428,900	5.2%	4.1%	6.3%	22,400	15.7%	
Total, All Adults Age 18+	100.0%	1,374,400	10.8%	10.1%	11.5%	148,600	100.0%	
<b>Education</b>								
Less Than High School	6.6%	90,700	25.1%	21.2%	29.0%	22,800	15.4%	
H.S. Grad or G.E.D.	30.5%	418,800	12.8%	11.4%	14.2%	53,600	36.1%	
Some Post High School	34.0%	467,100	9.6%	8.4%	10.9%	45,000	30.3%	
College Graduate	28.9%	397,800	6.8%	5.6%	8.0%	27,000	18.2%	
Total, All Adults Age 18+	100.0%	1,374,400	10.8%	10.1%	11.5%	148,600	100.0%	

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of missing values on the grouping variables.

Source: Utah Behavioral Risk Factor Surveillance System