

Health Status Perceptions

Key Findings

In 2005, just under half (49%) of the Sandusky County adults rated their health status as excellent or very good. Conversely, 15% of the adults increasing to 23% of senior citizens and 27% of those with lower annual incomes described their health as fair or poor. Over 1 in 5 adults rated their physical health as not good for four or more days out of the previous month. Adults under the age of 30 (27%) and adults with an annual income of less than \$25,000 (27%) were most likely to report a poorer physical health status.

Adults Who Rated Physical Health Status Excellent or Very Good

- ❖ Sandusky County 49% (2005)
- ❖ Ohio 55% (2004)
- ❖ U.S. 54% (2004)

(Source: BRFSS 2004 for Ohio and U.S.)

General Health Status

- ◆ In 2005, just under half (49%) of Sandusky County adults rated their health as excellent or very good. Sandusky County married adults (51%) and those with higher incomes (54%) were the most likely to rate their health as excellent or very good.
- ◆ Nearly 1 in 7 (15%) adults rated their health as fair or poor. The 2004 BRFSS has identified that 14% of Ohio and 15% of U.S. adults self-reported their health as fair or poor.
- ◆ Sandusky County adults were most likely to rate their health as fair or poor if they:
 - Had an annual household income under \$25,000 (27% gave fair or poor rating)
 - Were 60 years of age or older (23% gave fair or poor rating)
 - Had been diagnosed with high blood pressure (21% gave fair or poor rating)
 - Had been diagnosed with high blood cholesterol (18% gave fair or poor rating)

Physical Health Status

- ◆ In 2005, 21% of Sandusky County adults rated their physical health as not good on four days or more in the previous month.
- ◆ Adults under the age of 30 (27%) reported poorer physical health compared to those ages 30 and older (20%) in the past 30 days.
- ◆ Adults with annual incomes less than \$25,000 (27%) were more likely to report their physical health as not good when compared to those with higher incomes (19%).

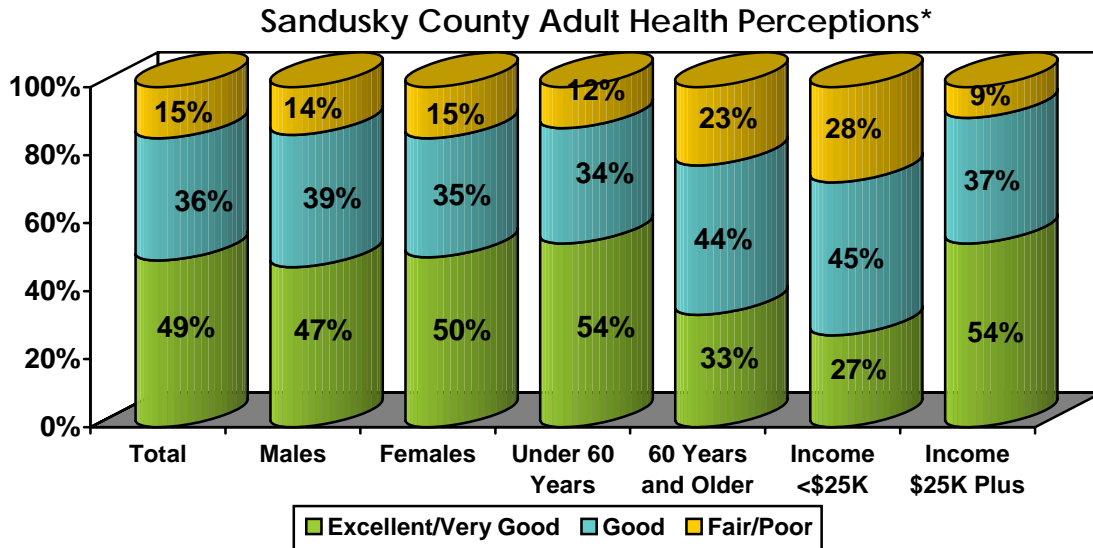
Why is Perceived Health Status Important?

- ❖ 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 Sandusky County adults, who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 49% of all Sandusky County adults, 54% of those under age 60, and 33% of those ages 60 and older rated their health as excellent or very good. The table provides additional information about Sandusky County adult physical status.



**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
Physical Health Not Good in Past 30 Days					
Males	70%	10%	6%	2%	12%
Females	70%	8%	6%	3%	13%
Total	70%	9%	6%	2%	13%