

Self-Reported Health

Self-reported health is one way of measuring an individual's current health status. This measure has been found to be predictive of future mortality¹ and of the development of chronic conditions.²

In 2006, 59.6% (95% CI 56.0-63.2) of Huron County residents rated their health as excellent or very good (**Figure 1**). This is consistent with previous years.

There were no significant differences in self-rated health between men and women in 2006; however, self-rated health declined as age increased. In Huron County 72.7% (95% CI 66.3-79.2) of 25-44 year olds reported having excellent or very good self-reported health compared to just 36.5% (95% CI 28.7-44.3) of adults aged 65 years and older.

The impact of socioeconomic status on health becomes apparent when self-rated health is examined by education and income level (**Figure 2**). Self-reported health significantly improved as both education and income level increased. In 2006, 74.8% (95%CI 69.8-79.8) of Huron County college or university graduates reported excellent or very good health versus 37.2% (95% CI 30.0-44.4) of individuals who did not complete high school ($p < 0.0001$). Similarly, 76.1% (95% CI 69.0-83.2) of individuals with a household income of \$80,000 or more a year reported excellent or very good health, while just 37.2% (95% CI 28.9-45.5) of individuals with a household income of \$30,000 or less reported the same.

1 Idler EL and Benyamini Y. Self-rated health and mortality: A review of twenty-seven community studies. *Journal of Health and Social Behavior*. 1997;38:21-37.
2 Kopec JA, Schultz SE, Goel V. and Williams JI. Can the Health Utilities Index measure change? *Medical Care*. 2001;39(6):562-574.

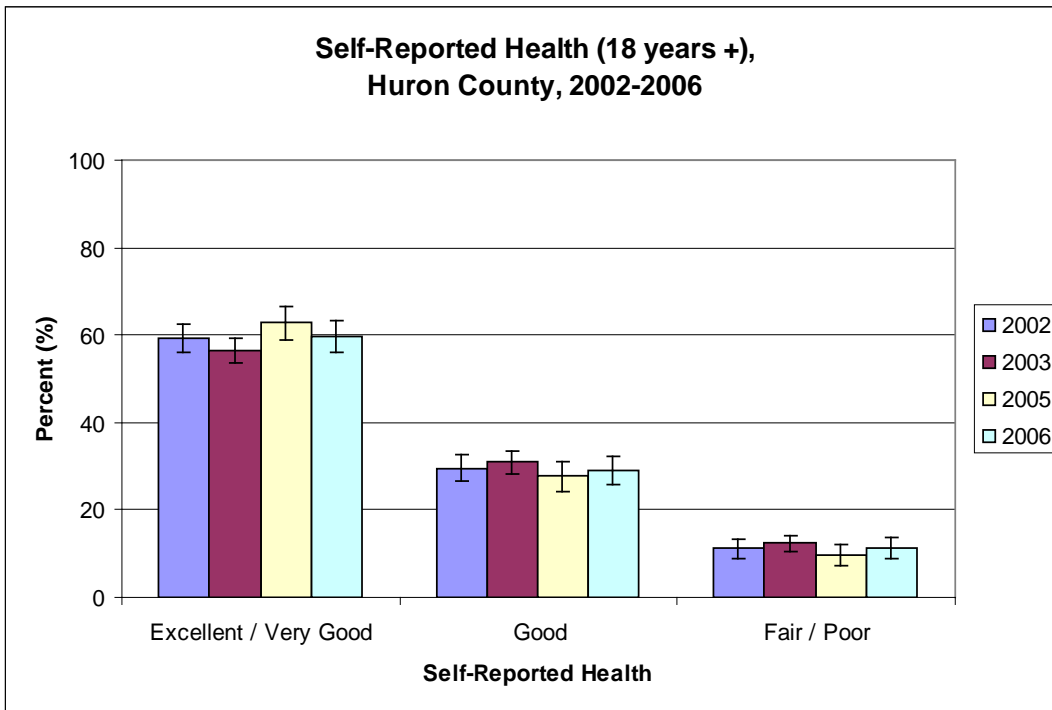


Figure 1. Self-reported health status of Huron County residents aged 18 years and older from 2002 to 2006. 2004 data was not collected. *Source: Rapid Risk Factor Surveillance System, 2002 (n=880), 2003 (n=1211), 2005 (n=620) and 2006 (n=718).*

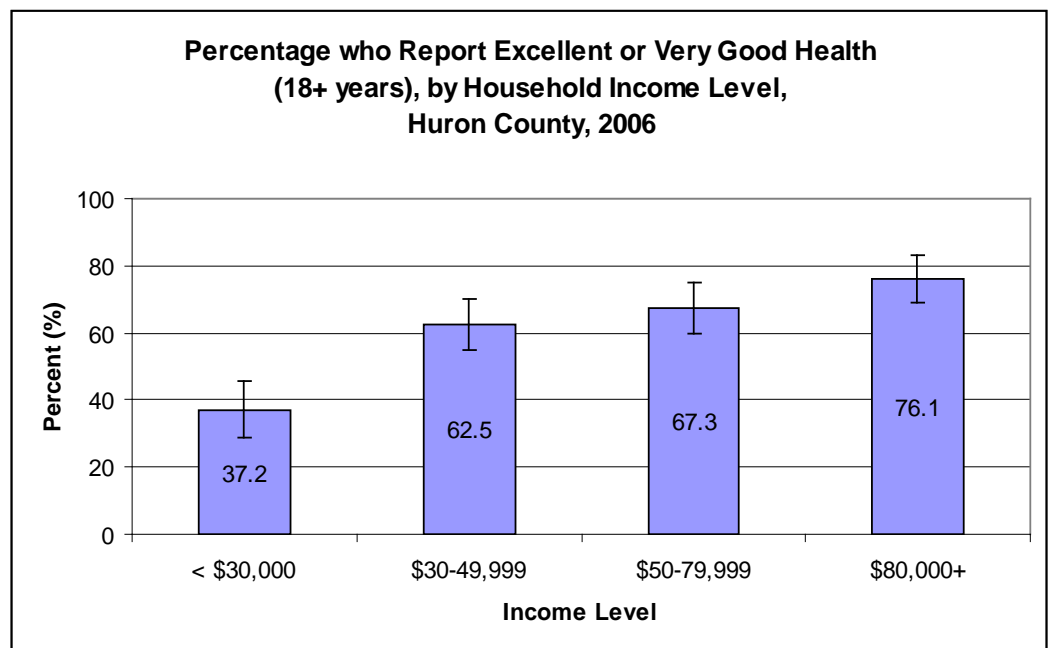


Figure 2. Percentage of Huron County adults (18 years and older) who reported excellent or very good health, by household income level, 2006. *Source: Rapid Risk Factor Surveillance System, 2006 (n=574).*