Income, age and education affect health in our region

Adults’ overall self-rated health status is an important indicator of well-being. To examine self-rated health status across Greater Cincinnati and Northern Kentucky, the 2017 Community Health Status Survey (CHSS) asked, “In general, would you say your health is excellent, very good, good, fair or poor?” Research has made a strong and powerful link between a person’s response to this question and their predicted length and quality of life.¹

**HALF OF REGION’S ADULTS REPORT EXCELLENT OR VERY GOOD HEALTH**

About 5 in 10 adults in the region (49%) reported excellent or very good health. This is a slight decline from 2013 (52%). The percentage of adults reporting excellent or very good health has remained stable since 2002 in the region and nation.

This important indicator of general health was adopted as one of our community’s Bold Goals in health in 2011.² A large gap remains between the self-reported health of adults in the region and the community’s Bold Goal.

**MORE-EDUCATED ADULTS REPORT BETTER HEALTH**

Adults with at least a college degree were more than twice as likely as adults who did not finish high school to report excellent or very good health.

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Nearly 7 in 10 adults with a college degree or more education (66%) reported excellent or very good health. Only a little more than 2 in 10 adults with less than a high school education (24%) reported excellent or very good health. This is a decline since 2013 (29%).

**PEOPLE IN POVERTY LESS LIKELY TO REPORT VERY GOOD OR EXCELLENT HEALTH**

Fewer than 3 in 10 adults earning 100% or less of the Federal Poverty Guidelines (FPG)³ (28%) reported excellent or very good health. This compares with nearly 5 in 10 adults (48%) earning between 100% and 200% FPG and nearly 6 in 10 adults (56%) earning more than 200% FPG.

This disparity has been consistent in our community for more than a decade. It occurs in many communities across the country as well. These findings match national and international work that has identified economic stability and education as some of the key social factors that influence health.⁴

**YOUNGER ADULTS REPORT BETTER HEALTH**

Age is also a factor in self-reported health. Six in 10 adults ages 18 to 29 (60%) reported excellent or very good health. This compares with 5 in 10 adults ages 30 to 45 (50%), more than 4 in 10 adults ages 46 to 64 (45%) and 4 in 10 adults ages 65 and older (40%). Though they reported the best health of any age group, adults ages 18 to 29 were less likely to report excellent or very good health in 2016 (60%) than in 2013 (69%).

³ In 2015, 100% of the Federal Poverty Guidelines was $24,250 for a family of four; 200% FPG was $48,500.