

In 1948, the World Health Organization (WHO) defined health as: "Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."<sup>1</sup> This definition has not changed since 1948.

The Centers for Disease Control and Prevention (CDC) created the Health-Related Quality of Life Index (HRQOL) to measure people's complete physical, mental, and social well-being. One part of this index is the Healthy Days Measures. These estimate the number of days in the last month when a person's physical or mental health was not good.<sup>2</sup>

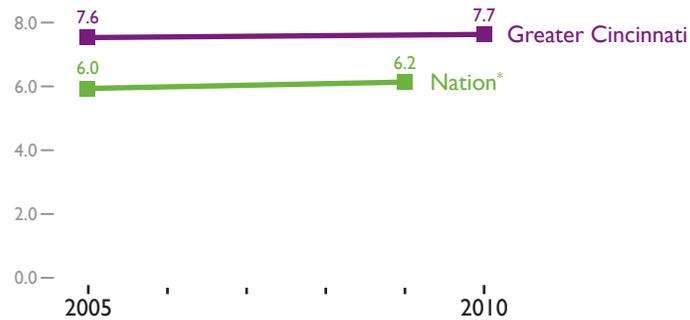
## Half of Adults Reported No Unhealthy Days

Nearly 1 in 2 adults in the region (46%) reported no unhealthy days, either physical or mental, in the last month. Another 1 in 4 adults (25%) reported 14 or more physically or mentally unhealthy days in the last month.

<sup>1</sup> Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948. Available at [www.who.int/about/definition/en/print.html](http://www.who.int/about/definition/en/print.html)

<sup>2</sup> Physical health includes physical illness or injury. Mental health includes stress, depression, or problems with emotions.

## Number of days in the past 30 days that adults felt their physical or mental health was not good



\* National data are from the Center for Disease Control and Prevention (CDC)'s Health-Related Quality of Life Index from 2005 and 2009, the most recent year for which data are available.

## Average Adult Has One Week of Unhealthy Days Per Month

The average adult in Greater Cincinnati experienced 7.7 days—or just over one week—of poor mental or physical health per month. This is compared to just under a week (6.2 days) nationally.<sup>3</sup> Both the national and regional rates have stayed relatively consistent since 2005.

Some groups of adults reported an average of nearly 2 weeks of poor physical or mental health in

<sup>3</sup> National data are from the Center for Disease Control and Prevention (CDC)'s Health-Related Quality of Life Index from 2009, the most recent year for which data are available. The HRQOL can be accessed at <http://apps.nccd.cdc.gov/HRQOL/index.asp>.

the last 30 days, including adults (see graph on back):

- with less than a high school diploma (average of 14.9 days)
- on both Medicare and Medicaid<sup>4</sup> (average of 13.9 days)
- living below 100% of the federal poverty guidelines<sup>5</sup> (FPG; average of 13.4 days)

## Poor Health Limits Activity for Some

Besides increasing quality of life, good health is important for self-

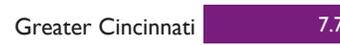
*(continued on back)*

<sup>4</sup> People who are covered by both Medicaid and Medicare fall into two groups: 1) people under age 65 who are disabled and poor, or 2) people over age 65 who are poor.

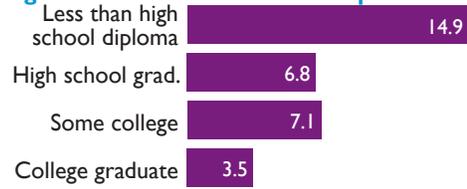
<sup>5</sup> In 2009, 100% of the federal poverty guidelines (FPG) was an annual income of \$22,050 for a family of 4.

care, work, recreation, and other daily activities. In Greater Cincinnati, 3 in 4 adults (76%) reported that they weren't limited at all in their usual activities because of poor physical or mental health. Another 1 in 10 adults (11%) reported that poor mental or physical health limited their usual activities for 2 weeks or more in the last month.

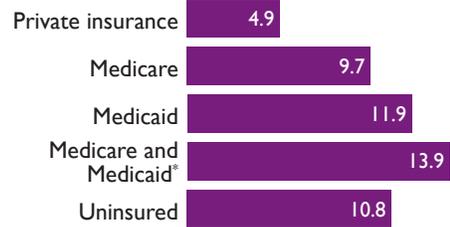
**Average number of days Greater Cincinnati adults reported their physical or mental health was not good**



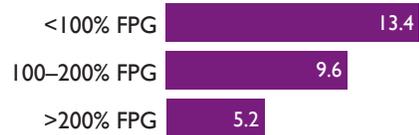
**Highest Level of Education Completed**



**Insurance Status**



**Household Income\*\***



\* People who are covered by both Medicaid and Medicare fall into two groups: 1) people under age 65 who are disabled and poor, or 2) people over age 65 who are poor.

\*\* In 2009, 100% of the federal poverty guidelines (FPG) was an annual income of \$22,050 and 200% FPG was \$44,100, both for a family of 4.