



INTERACT  
FOR HEALTH

# COMMUNITY HEALTH STATUS SURVEY

MAY 2017



# Income, age and education affect health in our region

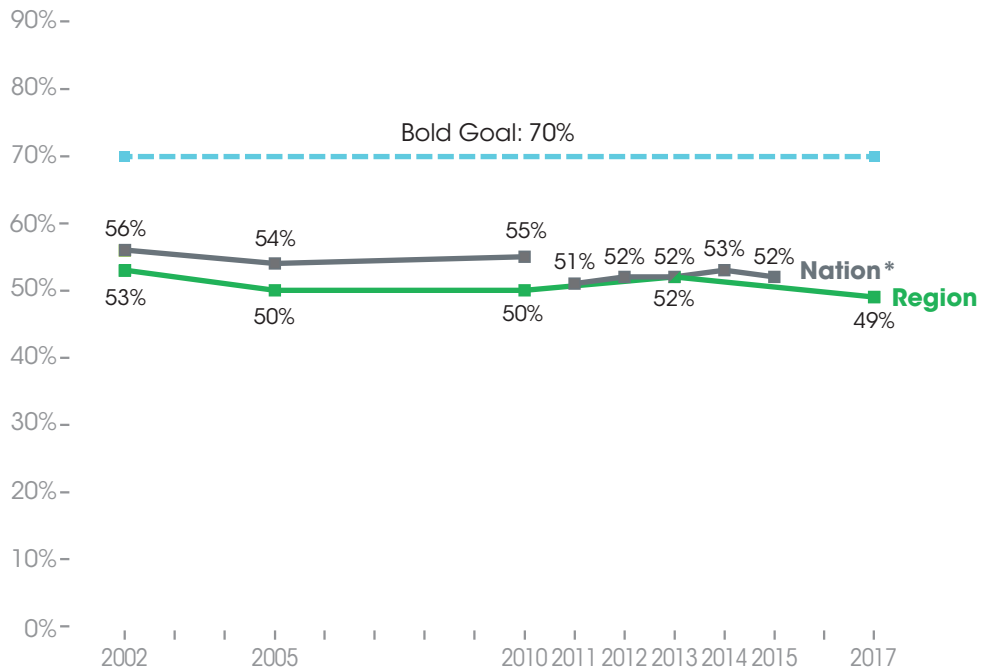
Adults' overall self-rated health status is an important indicator of well-being. To examine self-rated health status across Greater Cincinnati and Northern Kentucky, the 2017 **Community Health Status Survey (CHSS)** asked, "In general, would you say your health is excellent, very good, good, fair or 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.<sup>1</sup>

## 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

## Percentage of adults reporting excellent or very good health



\* National data are from the CDC's Behavioral Risk Factor Surveillance System (BRFSS). BRFSS has changed the way its data are weighted. Data 2011-present should not be directly compared to data before 2011. National data were available only up to 2015.

community's Bold Goals in health in 2011.<sup>2</sup> 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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<sup>1</sup> DeSalvo, K.B., et al. (2006). Clinical Review: Mortality Prediction with a Single General Self-Rated Health Question. *Journal of General Internal Medicine*, 21(3), 267-275.

<sup>2</sup> The Bold Goal: By 2020, at least 70% of the community will report having excellent or very good health. For more information about the Bold Goals, please visit <http://bit.ly/2pypacU>.

Release co-sponsor



United Way  
of Greater Cincinnati

The 2017 Community Health Status Survey (CHSS) is a project of Interact for Health. The CHSS is conducted by the Institute for Policy Research at the University of Cincinnati. A total of 4,261 randomly selected adults residing in eight Ohio counties, nine Kentucky counties and five Indiana counties were interviewed by telephone between Aug. 10, 2016, and March 8, 2017. This included 1,906 landline interviews and 2,355 cell-phone interviews. The potential sampling error for the survey is  $\pm 1.5\%$ . For more information, including other topics and the list of community partners, please visit our website at [www.interactforhealth.org/community-health-status-survey](http://www.interactforhealth.org/community-health-status-survey). The complete survey dataset will be available at [www.oasisdataarchive.org](http://www.oasisdataarchive.org) in 2018. If you have further questions, email Susan Sprigg at [ssprigg@interactforhealth.org](mailto:ssprigg@interactforhealth.org).

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

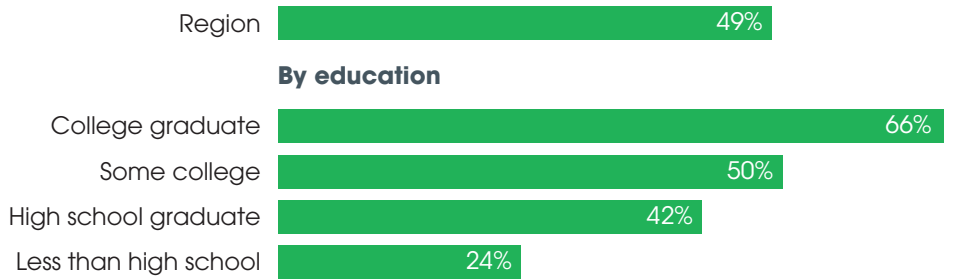
Fewer than 3 in 10 adults earning 100% or less of the Federal Poverty Guidelines (FPG)<sup>3</sup> (28%) reported excellent or very good health. This compares with nearly 5 in 10 adults (48%) earning between 100% and 200% FPG and nearly 6 in 10 adults (56%) earning more than 200% FPG.

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.<sup>4</sup>

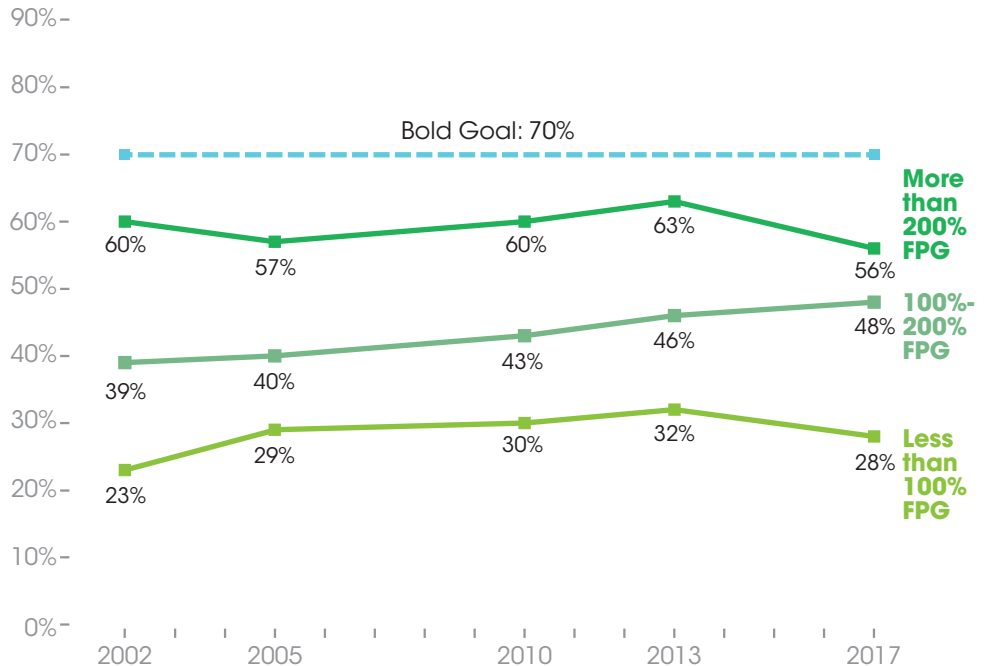
## YOUNGER ADULTS REPORT BETTER HEALTH

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%).

## Excellent or very good health



## Percentage of adults reporting excellent or very good health by poverty status



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

<sup>4</sup> Healthy People 2020. (2016). Social Determinants of Health. Accessed April 17, 2017, at <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>.