



# What Kentuckians Think About Their Own Health Status

Results From The Health Foundation of Greater Cincinnati  
and the Foundation for a Healthy Kentucky



The 2008 *Kentucky Health Issues Poll* asked Kentuckians if they would say their own health was excellent, very good, good, fair, or poor. Almost half of all respondents rated their own health as excellent (20%) or very good (29%).

## Excellent or Very Good Health Status

As age increased, the percentage of people rating their health as excellent or very good decreased. As education level and income increased, the percentage who rated their health as excellent or very good increased.

There were minor differences between men and women and between African Americans and whites.

Kentuckians more likely to rate their own health as **excellent** or **very good** included those:

- with a college degree (76%)
- living above 200% of the federal poverty guidelines (FPG; 66%)<sup>1</sup>
- ages 18 to 29 (64%)
- living in Northern Kentucky (58%)
- with some college education but not a college degree (58%)

- living in the Lexington area (57%)
- living in the Louisville area (56%)
- ages 30 to 45 (55%)

## Fair or Poor Health Status

Just over 2 in 10 Kentuckians rated their health as fair (12%) or poor (9%). As education level and income decreased, the percentage who rated their health as fair or poor increased. As age increased, the percentage who rated their health as fair or poor increased.

There were minor differences between men and women and between African Americans and whites.

Kentuckians more likely to rate their own health as **fair** or **poor** included those:

- living below 100% FPG (44%)
- with less than a high school education (41%)
- ages 65 and over (38%)
- living in the Appalachian Area Development Districts (ADDs; 34%)
- ages 46 to 64 (32%)
- living at 100–200% FPG (29%)

Kentuckians **more** and **less** likely within demographic groups to rate their own health as excellent or very good

Demographic Group	% who rate health as excellent or very good
<b>Kentucky</b>	49%
<b>Age</b>	
18 to 29	64%
65 and over	31%
<b>Education</b>	
College graduate	76%
Less than high school	28%
<b>Family Income</b>	
Above 200% FPG <sup>1</sup>	66%
Below 100% FPG	24%
<b>Health Insurance</b>	
Insured	51%
Uninsured	45%
<b>Geographic Region</b>	
Northern Kentucky	58%
Appalachian ADDs	38%

<sup>1</sup> 100% of the federal poverty guidelines (FPG) in 2007 was an annual income of \$20,650 for a family of 4.

<sup>1</sup> 200% of the federal poverty guidelines (FPG) in 2007 was an annual income of \$41,300 for a family of 4.