



Education, poverty, age affect health in Greater Cincinnati

Adults' overall self-rated health status is an important indicator of well-being. To examine self-rated health status across our region, the 2013 Greater Cincinnati Community Health Status Survey (CHSS) asks, "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.

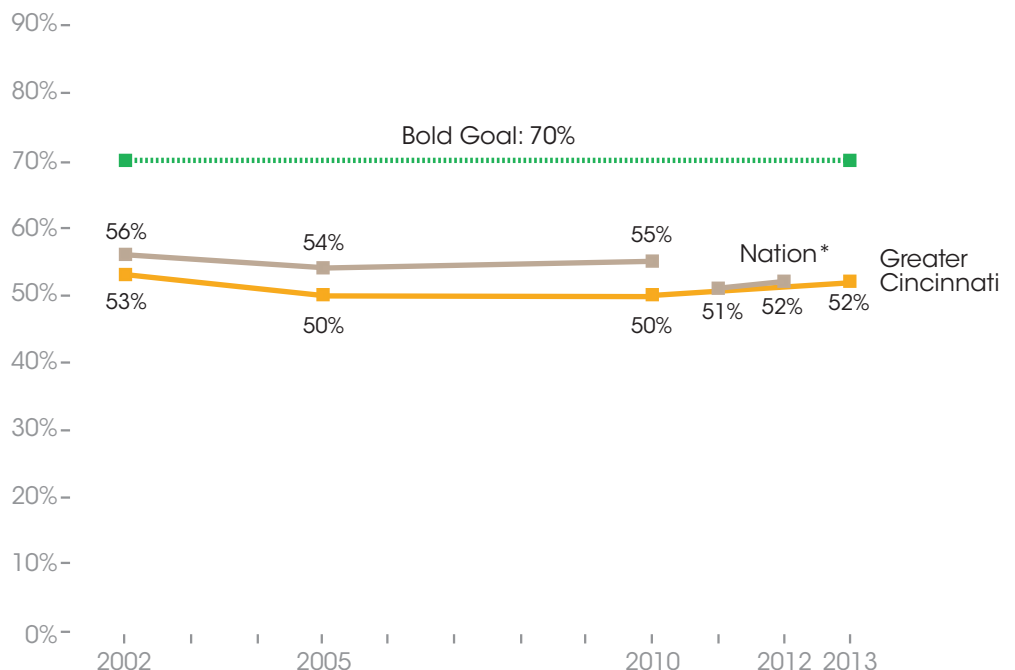
Half of Greater Cincinnati adults report excellent or very good health

About 5 in 10 adults in the Cincinnati region (52%) report excellent or very good health. That is a slight increase from 2010, placing Greater Cincinnati at the national average.

This important indicator of general health was adopted as one of our community's Bold Goals in health in 2011.¹ Though slightly more residents reported excellent or very good health in recent years, we are still well below the Bold Goal.

¹ The Bold Goal: By 2020, at least 70% of the community will report having excellent or very good health. For more information on the Bold Goals, please visit <http://www.uwgc.org/community-impact/bold-goals>.

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 2012.

Education a factor in very good or excellent health

Adults with at least a college degree are more than twice as likely as adults who did not finish high school to report excellent or very good health. Nearly 7 in 10 adults (69%) with a college degree or higher report excellent or very good health. Only 3 in 10 adults (29%) with less than a

high school education report excellent or very good health.

People in poverty less likely to report excellent or very good health

About 3 in 10 adults (32%) living at or below 100% of the Federal Poverty

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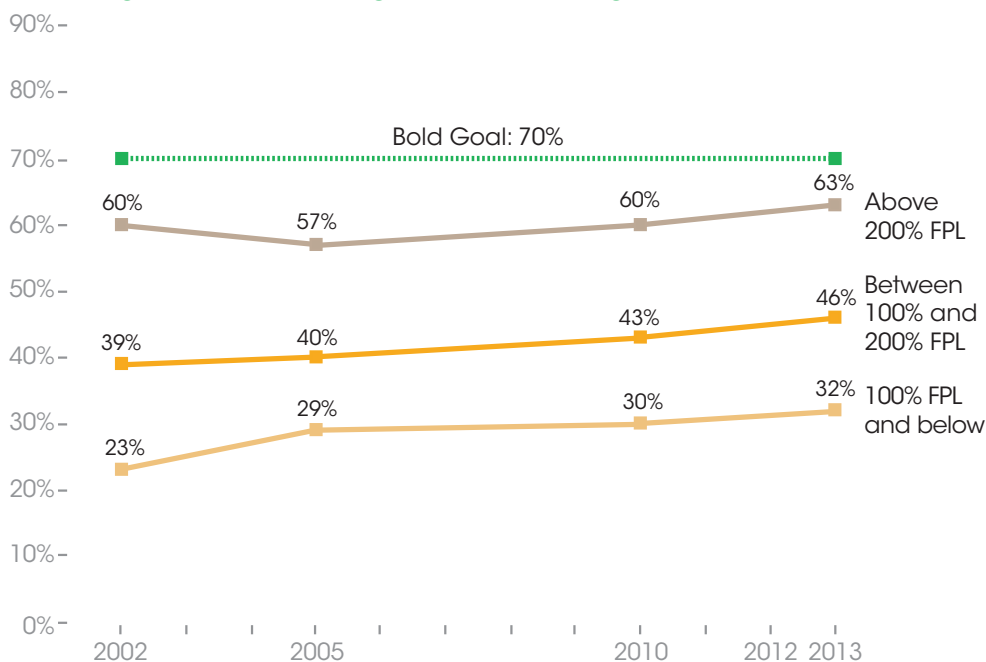
Level (FPL)² report excellent or very good health. This compares with nearly 5 in 10 adults (46%) living between 100% and 200% FPL and more than 6 in 10 adults (63%) living above 200% FPL. This disparity has been consistent in our community for the last decade and reflects the situation in many communities across the country.

Age and self-reported health linked

Age is also a factor in self-reported health. Nearly 7 in 10 adults (69%) age 18 to 29 report excellent or very good health. This compares with 5 in 10 adults (52%) age 30 to 45, 5 in 10 adults (46%) age 46 to 64 and 4 in 10 adults (38%) 65 years and older.

²The federal poverty level in 2012 was \$23,050 for a family of four; 200% FPL was \$46,100.

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



Excellent or very good health

