



Greater Cincinnati adults report fewer healthy days

The World Health Organization defines health as "... a state of complete physical, mental and social well-being, and not merely the absence of disease and infirmity." This definition has not changed since it was developed in 1948.

The Centers for Disease Control and Prevention (CDC) created the Health-Related Quality of Life Index to measure a person'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.¹

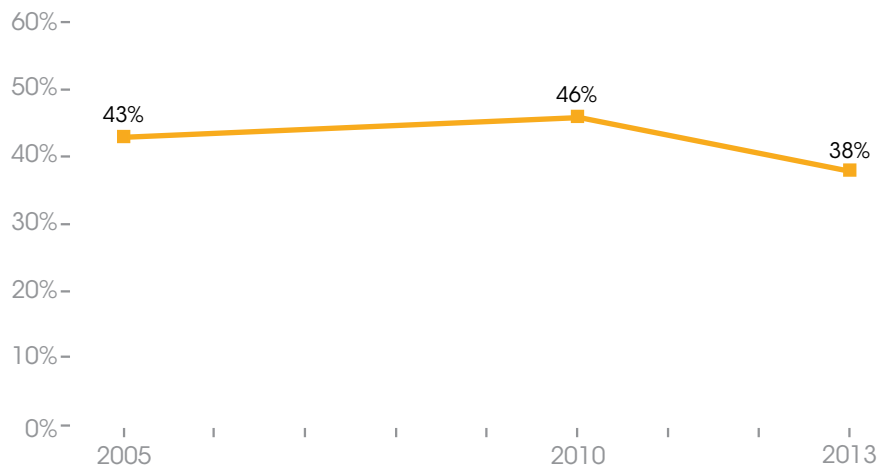
Number of unhealthy days experienced by adults rose in 2013

In 2013, fewer than 4 in 10 (38%) Greater Cincinnati adults reported that they had no physically or mentally unhealthy days in the past month. This is less than the nearly 5 in 10 (46%) adults who reported this in 2010.

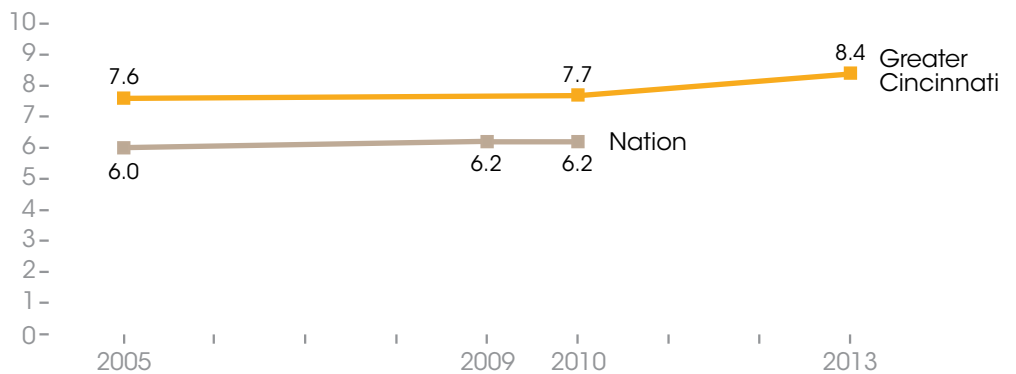
The number of unhealthy days experienced by an average Greater Cincinnati adult in the past month

¹ Physical health includes physical illness or injury. Mental health includes stress, depression or problems with emotions.

Percentage of adults reporting no physically or mentally unhealthy days in the past month



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



has increased since 2010. In 2013, the average number of unhealthy days per adult was 8.4. This is up from 7.7 days in 2010 and 7.6 days in 2005. This compares with 6.2 days per adult nationwide in 2010, the

most recent year for which data are available.²

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² National data are from the CDC's Health-Related Quality of Life Index: <http://apps.nccd.cdc.gov/HRQL/TrendV.asp?State=1&Category=1&Measure=5>

Uninsured, lower income, less educated adults more likely to report unhealthy days

Nearly 4 in 10 uninsured Greater Cincinnati adults (37%) reported 14 or more unhealthy days in the past month. That compares with more than 2 in 10 insured adults (24%).

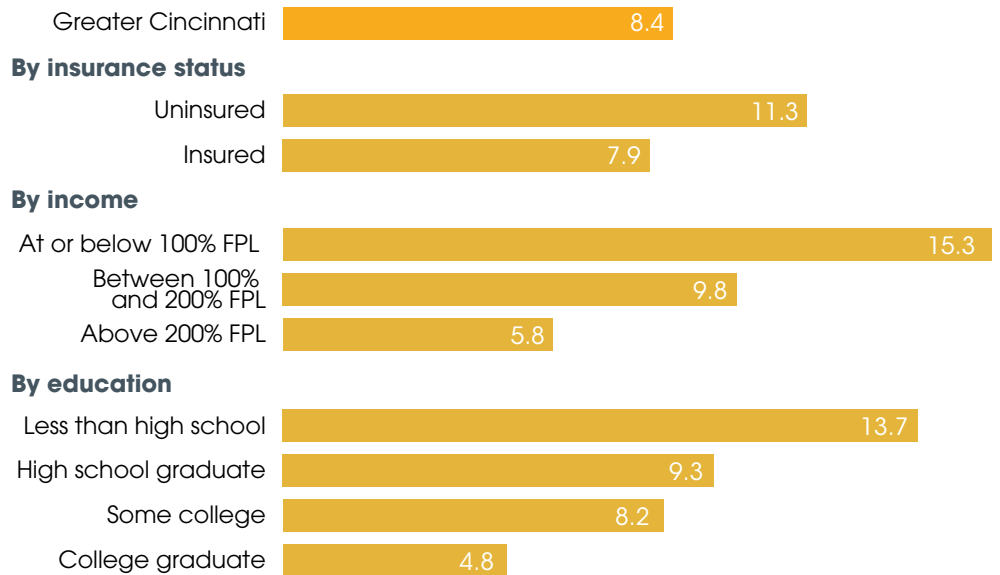
Among adults living at 100% of the Federal Poverty Level (FPL)³ or below, more than half (52%) reported at least 14 unhealthy days in the last month. This compares with 3 in 10 adults living between 100% and 200% FPL (31%), and fewer than 2 in 10 adults (16%) living above 200% FPL.

Only 1 in 10 college graduates (13%) had 14 or more unhealthy days, compared with 3 in 10 high school graduates (30%) and 5 in 10 adults without a high school diploma (47%).

Health limits usual activities for 1 in 4 adults

Another important aspect of health is how it affects usual daily activity. Among Greater Cincinnati adults, 26% reported that poor physical or mental health limited their usual activities, such as self-care, work or recreation, for at least one day during the previous month. More than 1 in 10 adults (11%) were limited for at least 14 or more days in the past 30 days.

Average number of days in the past 30 days that Greater Cincinnati adults felt their physical or mental health was not good



³The Federal Poverty Level (FPL) in 2012 was \$23,050 for a family of four; 200% FPL was \$46,100.