

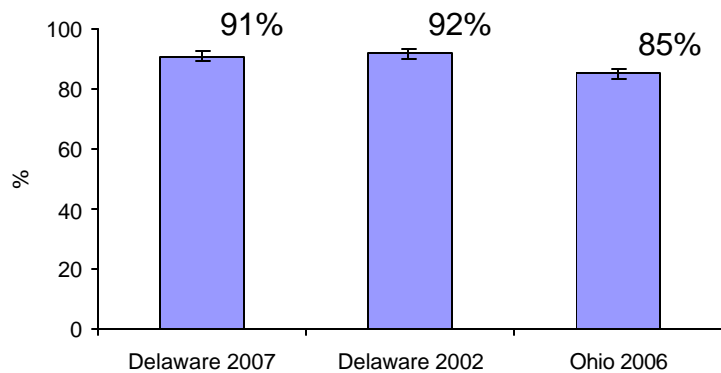
Health Status

Assessing the community’s overall health status provides the “big picture” context in which public health programs and initiatives must operate. How do Delaware County residents rate their health and well-being? As shown below, a majority (66.6%) of Delaware County residents reported their health is “excellent” or “very good,” while a minority (9%) reported their health is “fair” or “poor.” These data are similar to that observed in the County’s 2002 BRFSS.

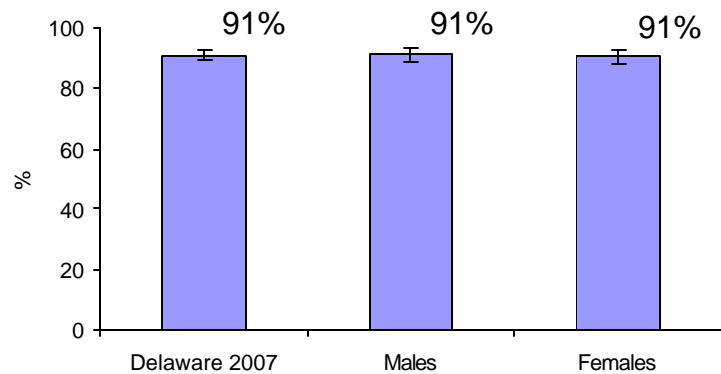
Q2.1: *Would you say that in general your health is excellent, very good, good, fair, or poor?*

Percentage saying “Good,” “Very Good,” or “Excellent”

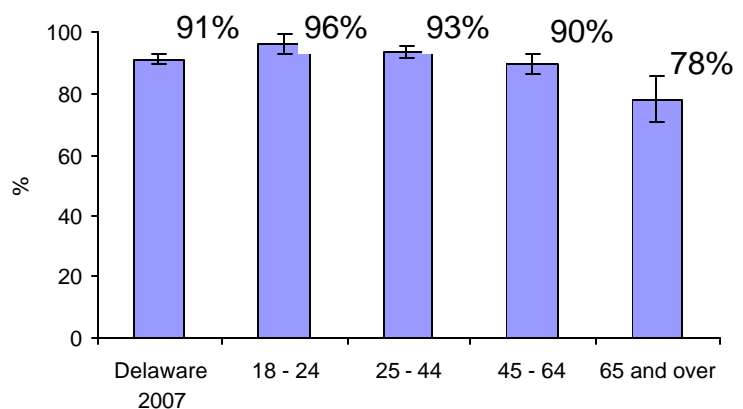
In 2007, Delaware County residents’ ratings of overall health were overwhelmingly positive – a minority (9%) said their health was “fair” or “poor,” 24% said their health was “good,” and a majority (66.6%) said their health was “excellent” or “very good.” These patterns are similar to that observed in 2002 and better than the most recent Ohio data.



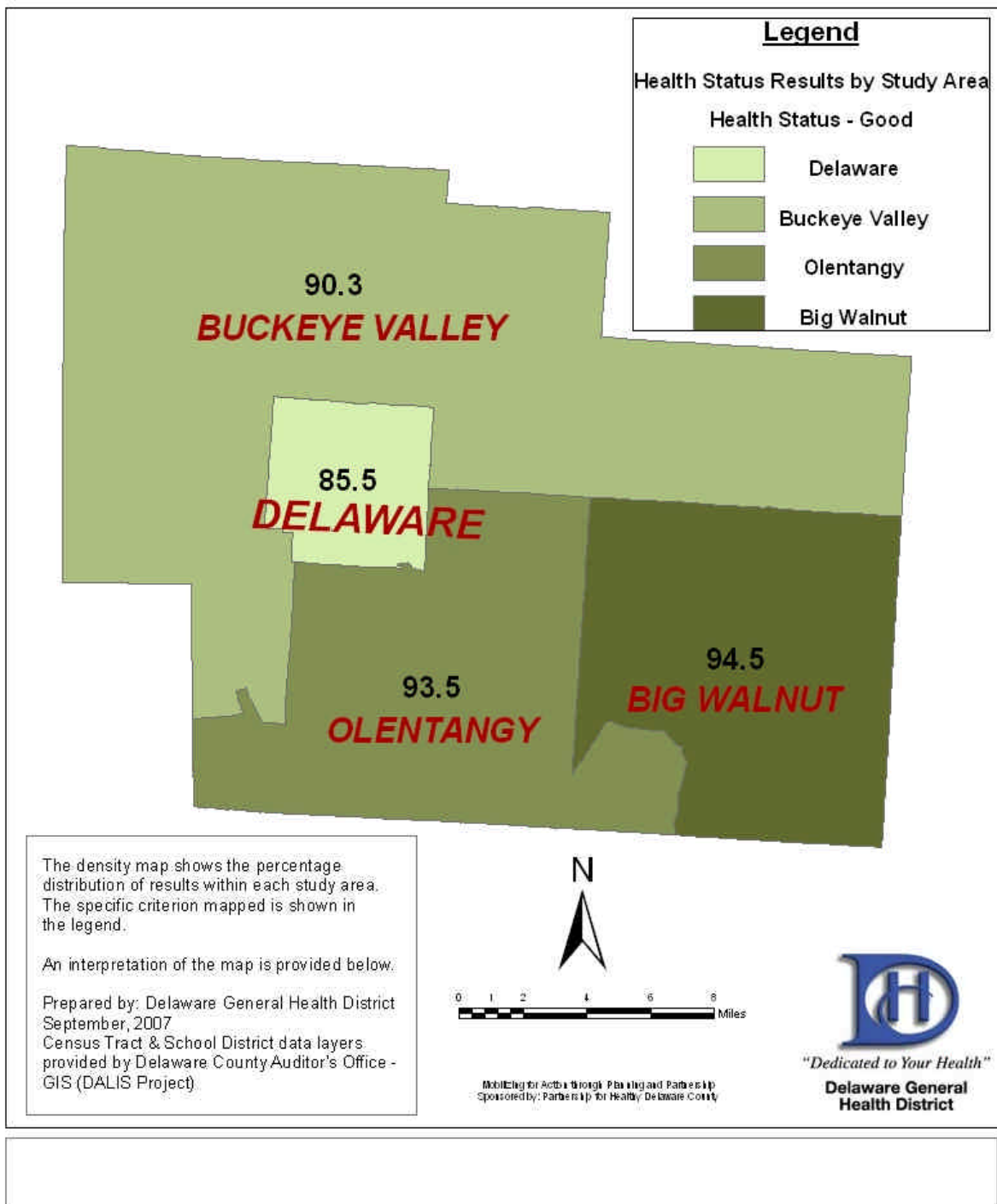
Males and females reported similar ratings of health and well-being – no statistically significant differences were noted on this factor.



Older respondents (65+) were less likely than younger respondents (18-24) or early middle-age respondents (25-44) to report their health was “good” or better.



Adults who Perceived their Health as "Good" or better



As indicated by the above map, those in the Big Walnut and Olentangy regions were more likely to report their health was "good" or better (94.5% and 93.5%). Those in the Delaware region were less likely to report their health was "good" or better (85.5%).

Additional Subgroup Differences:**Ethnicity:**

- Non-whites were less likely to report their health was “good” or better (82.7%).

Education:

- Those with lower education (less than high school and high school grad or equivalent) were less likely to report their health was “good” or better (73.1% and 84.9%, respectively).
- Those with higher education (post-graduate degree) were more likely to report their health was “good” or better (97.8%).

Employment:

- Those who were unemployed or who had an “other” employment status were less likely to report their health was “good” or better (77.3% and 84.4%, respectively).
 - *Note: “Other” employment status includes students, homemakers, and retired adults.*
 - *Note: Because the number of unemployed participants is low (under 50), these statistics should be interpreted cautiously.*
- Those who were employed were more likely to report their health was “good” or better (94.3%).

Household income:

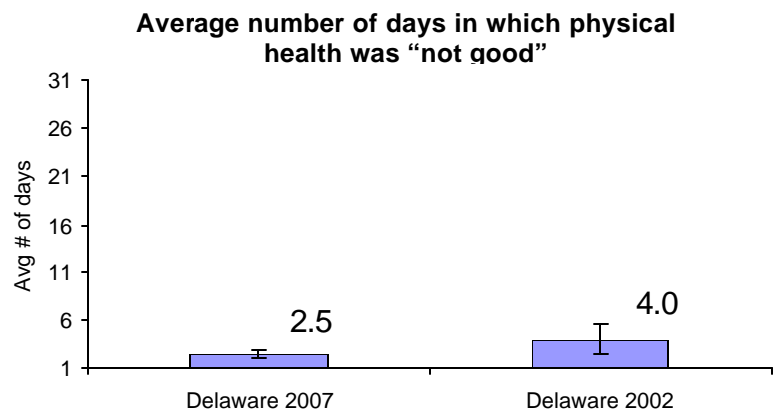
- Those with lower household incomes (less than \$25,000 or between \$25,000-\$75,000) were less likely to report their health was “good” or better (69.9% and 86.7%, respectively).
- Those with higher incomes (between \$75,000-\$150,000 and greater than \$150,000) were more likely to report their health was “good” or better (95.9%, and 98.2%, respectively).

Physical Health in Past 30 Days

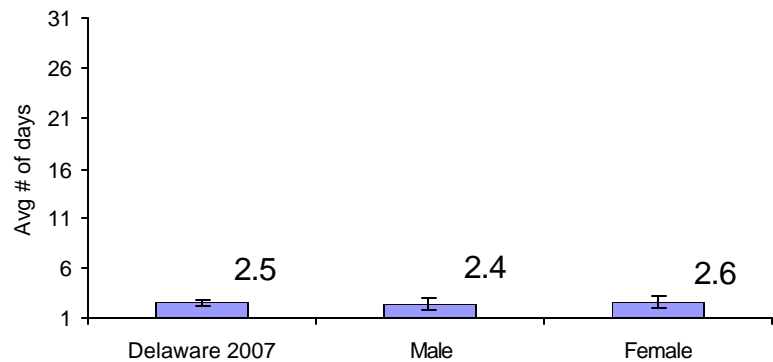
Focusing on the physical health of Delaware County residents over the past 30 days, how many days did they report their health was “not good?” Knowing this information adds to our understanding of the quality of life experienced by County residents. As shown below, a majority (66.2%) of Delaware County residents reported having 0 days in which their physical health was “not good” during the month preceding the survey. This finding is consistent with the overall percentage who believed their health to be “excellent” or “very good.”

Q2.2: For how many days during the past 30 days was your physical health not good?

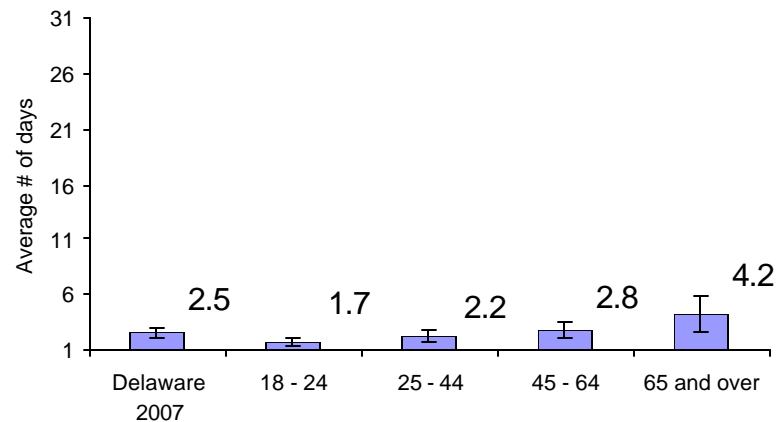
In 2007, most Delaware County residents report good physical health. In the 30 days preceding the survey, **a majority (66.2%) said they had 0 days in which their physical health was “not good”** and 22.3% said they had 5 days or fewer in which their physical health was not good. However, 5.2% reported having 20 days or more in which their physical health was not good.



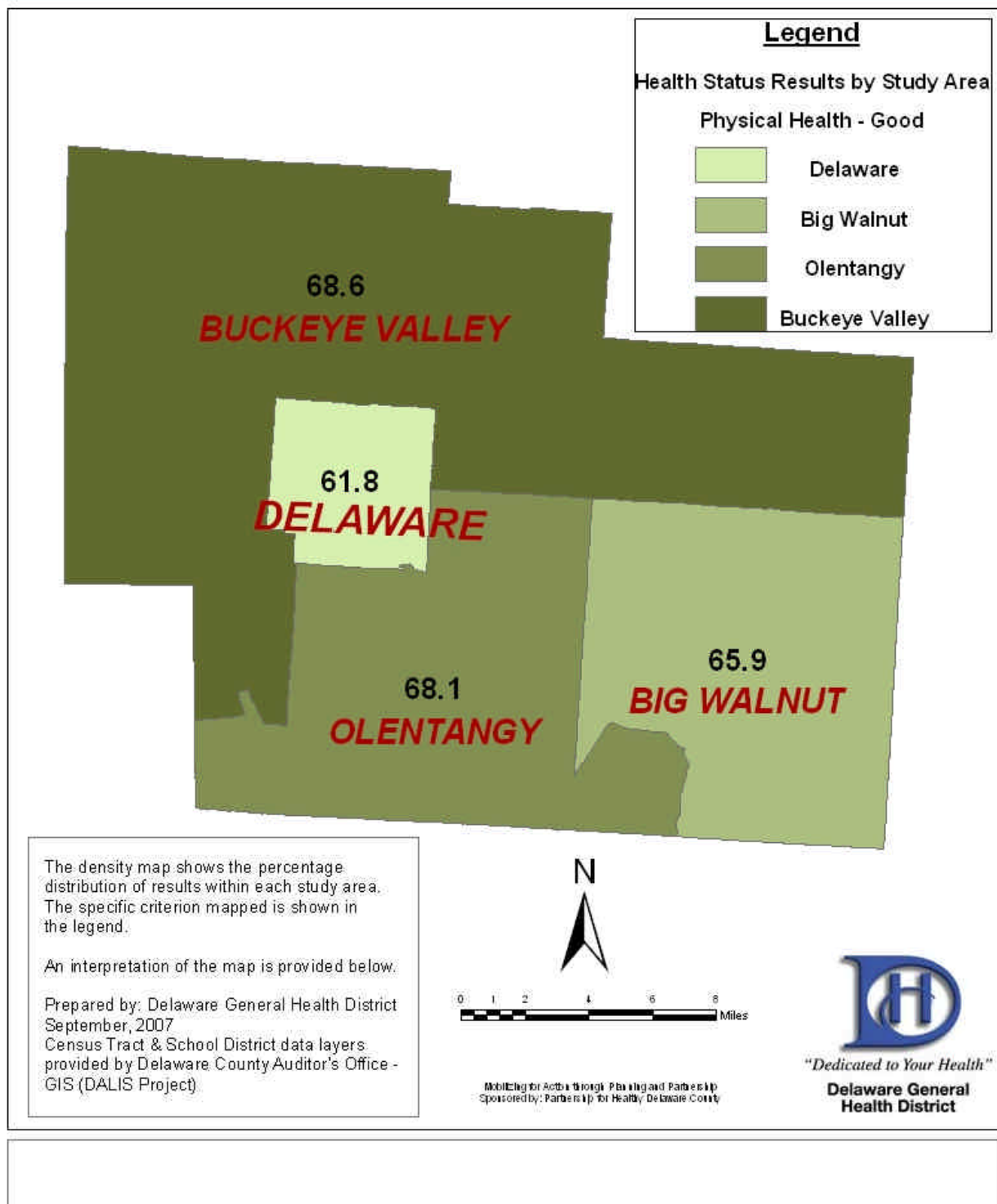
On average, males and females reported a similar number of poor physical health days in the 30 days preceding the survey. No statistically significant differences were noted.



Older respondents (65+) reported significantly more days of poor physical health as compared to 18-24 year olds and 25-44 year olds.



Adults who had 30 "Good" Physical Health days in the past month



No statistically significant differences were observed among the four regions.

Additional Subgroup Differences:

Ethnicity:

- Non-whites reported more days in which their physical health was “not good” as compared to whites (average days were 3.8 and 2.4, respectively), a statistically significant difference.

Education:

- Those with less than high school education and high school degrees or equivalent reported more days in which their physical health was “not good” (average days were 5.5 and 3.7, respectively).
- Those with college or post-graduate degrees reported fewer days in which their physical health was “not good” (1.9 and 1.1, respectively).

Employment:

- Those whose employment status was classified as “other” reported more days in which their physical health was “not good” as compared to those who were employed (average days were 4.2 and 1.9, respectively), a statistically significant difference.

Household income:

- As household income decreases, the average number of days in which one’s physical health was “not good” increases significantly:
 - Income of \$150,000+ = average number of days was 1.4
 - Income of \$75,000 – under \$150,000 = average number of days was 1.6
 - Income of \$25,000 – under \$75,000 = average number of days was 3.2
 - Income of \$25,000 and less = average number of days was 5.9.
 - The differences among all of the above categories are statistically significant, with the exception of the top two income categories.

Mental Health in Past 30 Days

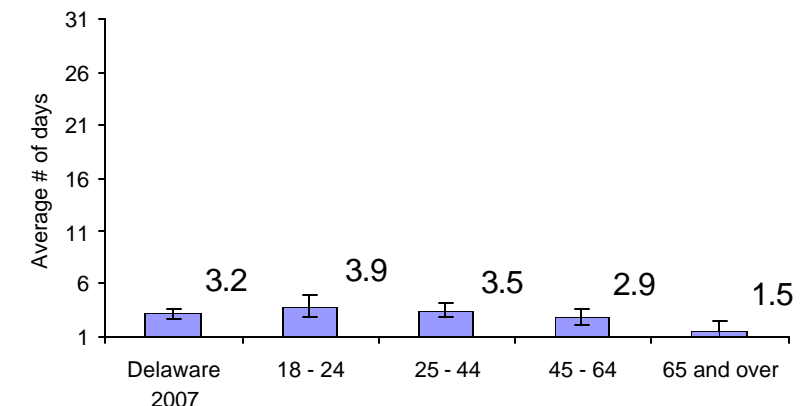
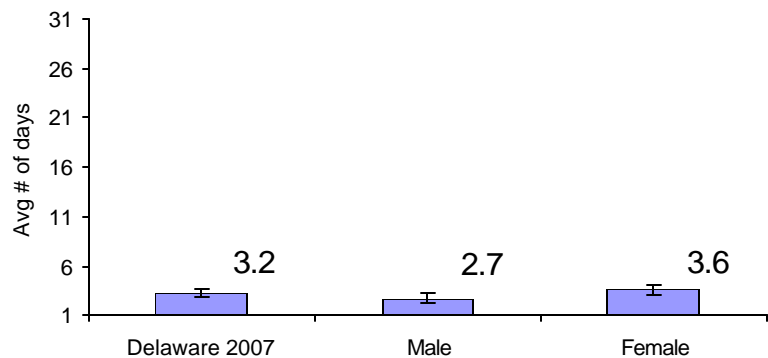
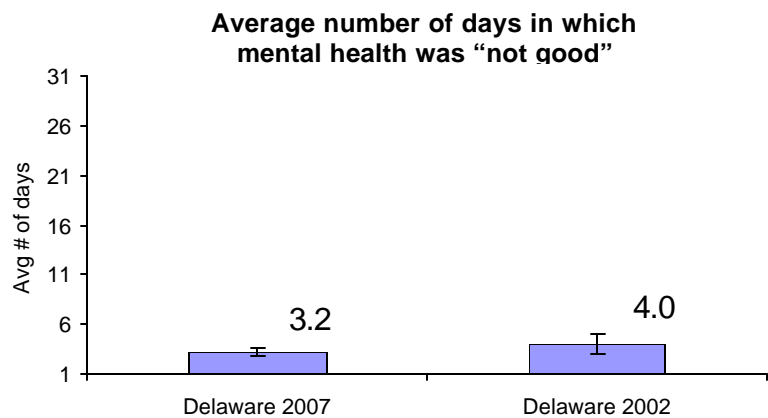
Focusing on the mental health of Delaware County residents over the past 30 days, how many days did they report their mental health was “not good?” Knowing this information adds to our understanding of the quality of life experienced by County residents. Overall, a majority (66.3%) of Delaware County residents reported having 0 days in which their mental health was “not good” during the month preceding the survey. This finding is consistent with the overall percentage who believed their mental health to be “excellent” or “very good.”

Q2.3: For how many days during the past 30 days was your mental health not good?

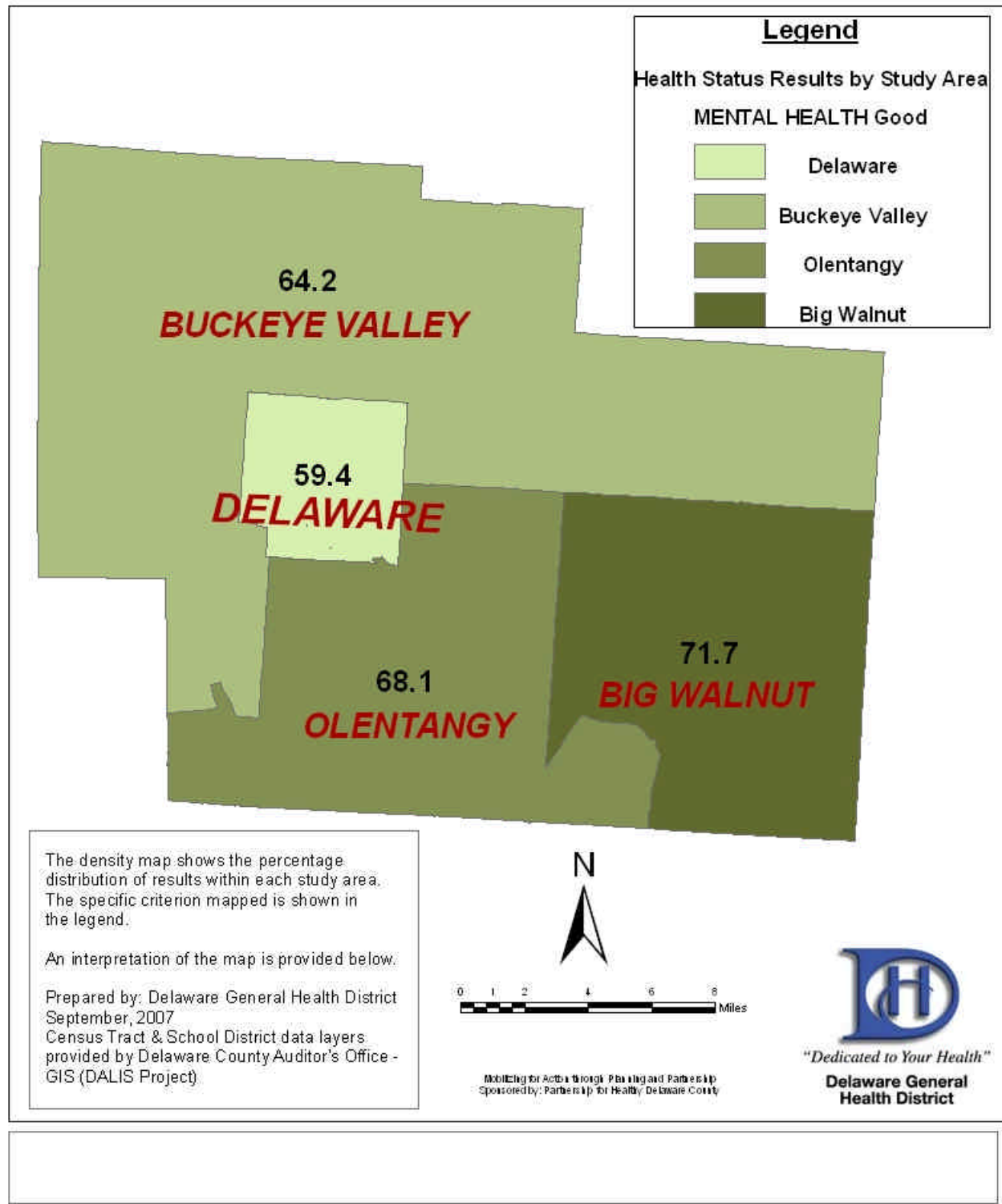
In 2007, most Delaware County residents report good mental health. In the 30 days preceding the survey, a majority (66.3%) said they had 0 days in which their mental health was “not good” and 19.6% said they had 5 days or fewer in which their mental health was not good. However, 5.9% reported having 20 days or more in which their mental health was not good.

On average, females reported slightly more days in which their mental was “not good” as compared to males. Though a small difference, it is statistically significant.

Older respondents (65+) reported significantly fewer days of poor mental health as compared to 18-24 year olds and 25-44 year olds.



Adults who had 30 "Good" mental health days in the past month



Those in the Delaware region were less likely to report having 30 days in which their mental health was good (59.4%), while those in the Big Walnut region were more likely to report having 30 days in which their mental health was good (71.7%).

Additional Subgroup Differences:

Ethnicity:

- No significant differences were noted between whites and non-whites on this question.

Education:

- Those with less than high school education and high school degrees or equivalent reported more days in which their mental health was “not good” (average days were 5.6 and 4.6, respectively).
- Those with as compared to those with college or post-graduate degrees (average days were 2.9 and 1.2, respectively).

Employment:

- Those who were unemployed reported more days in which their mental health was “not good” as compared to those who were employed (average days were 5.7 and 3, respectively), a statistically significant difference.

Household income:

- As household income decreases, the average number of days in which one’s mental health was “not good” increases significantly:
 - Income of \$150,000+ = average number of days was 1.3
 - Income of \$75,000 – under \$150,000 = average number of days was 2.2
 - Income of \$25,000 – under \$75,000 = average number of days was 4.4
 - Income of \$25,000 and less = average number of days was 7.2.
 - The differences among all of the above categories are statistically significant, with the exception of the top two income categories.

Another map related to this topic was prepared by DGHD – the percentage of those surveyed in each region who reported having 20 or more “NOT good” mental health days in the past month. In other words, looking across the county, where are the geographic areas of greatest need?

Adults who had 20 or more "NOT Good" Mental Health days in the past month

