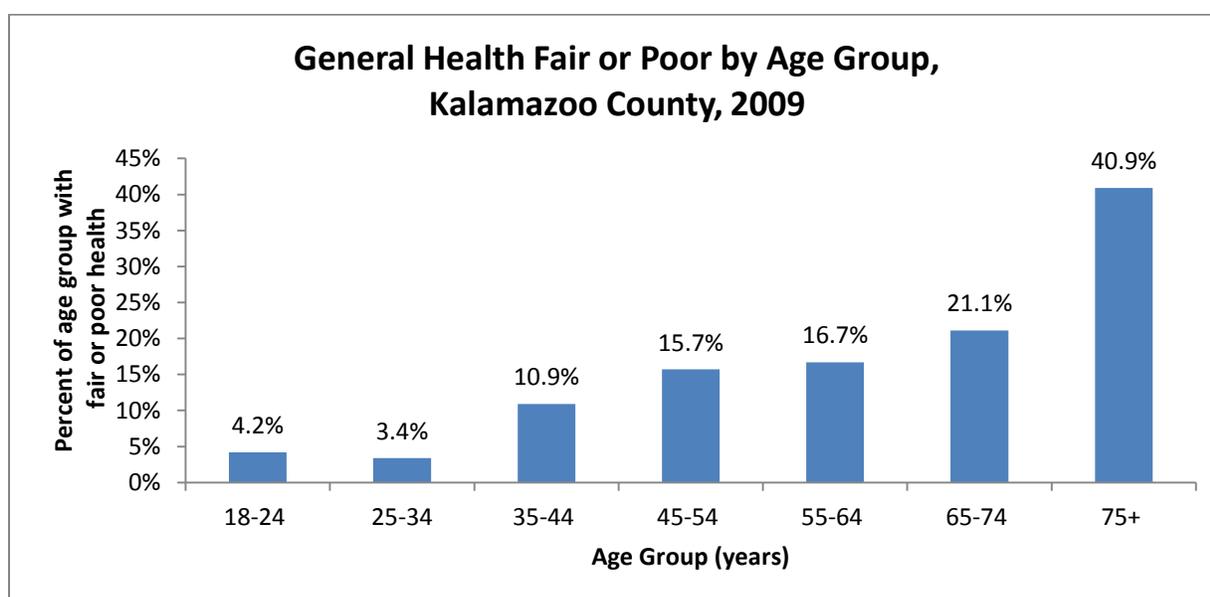


2.1 Health Status

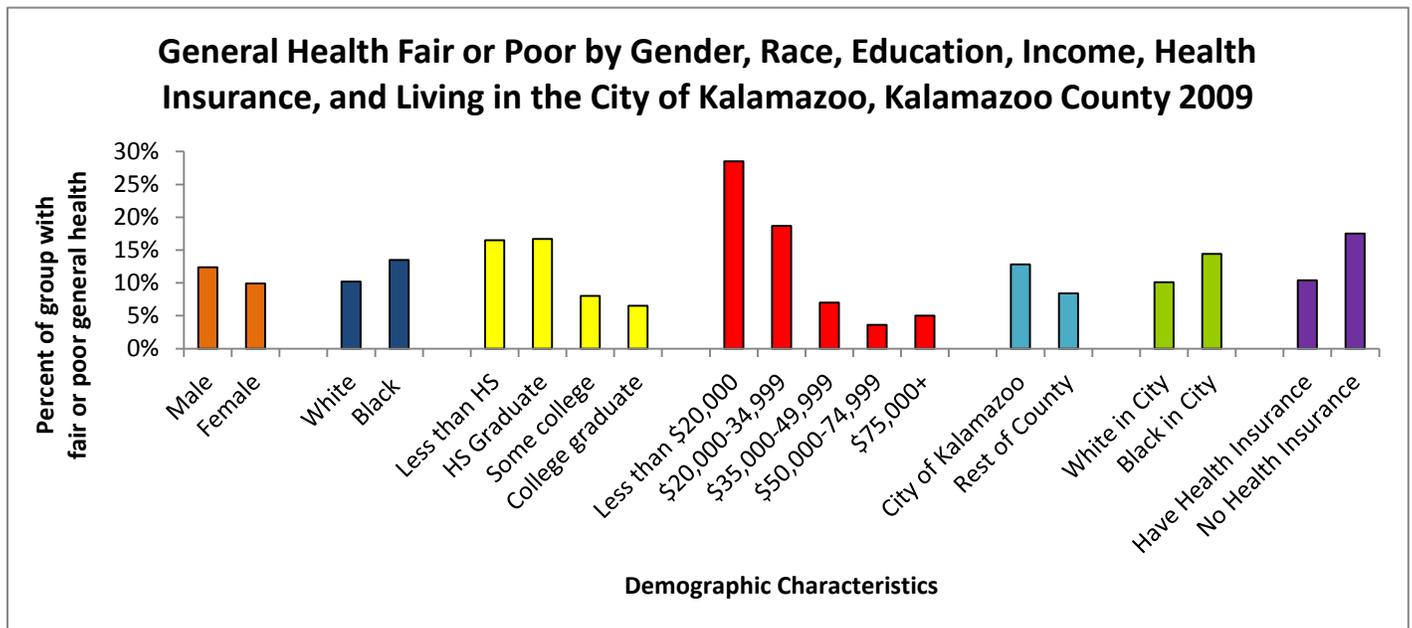
“Health-related quality of life reflects a personal sense of physical and mental health and the ability to react to factors in the physical and social environments.”¹ Health related quality of life may be influenced by behaviors, environmental factors and the community. The indicators presented in this section, general health status and healthy days, have been developed to measure health-related quality of life.

General health status is a reliable self-rated assessment of perceived health. In Kalamazoo County in 2009, 10.9% of adults aged 18 years and older rated their health as fair or poor. The proportion increased with age, and was higher among those with lower incomes, less education, those who were black, those living within the City of Kalamazoo, and those without health insurance.



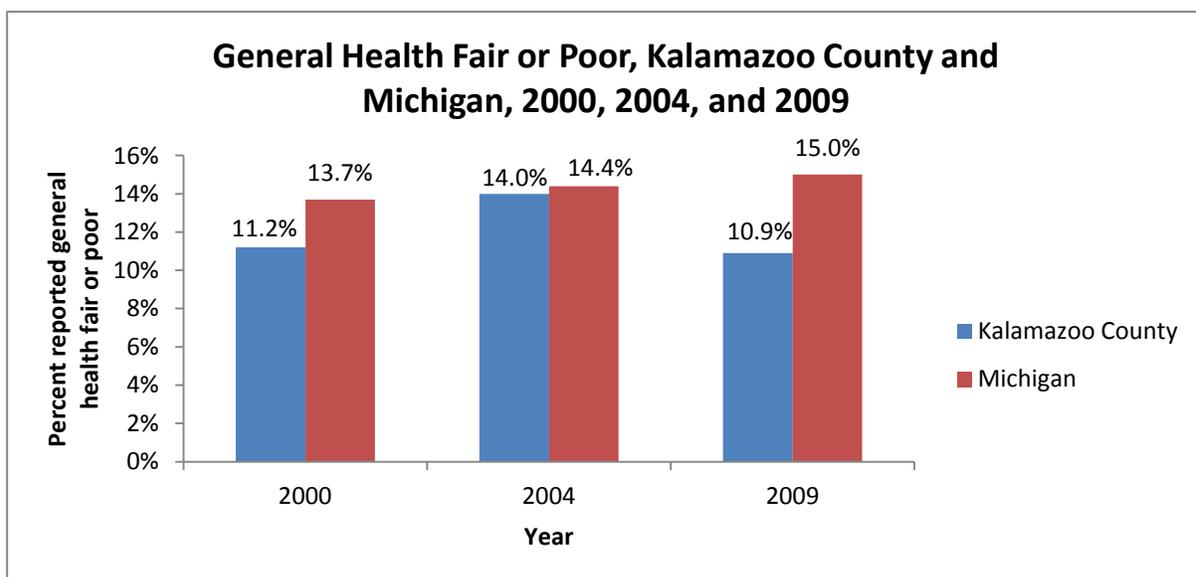
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

¹ Healthy People 2010. 2000. A systematic approach to health improvement. Washington, DC: Office of Disease Prevention (ODP), U.S. Department of Health and Human Services (DHHS). www.healthypeople.gov/document/html/uih/uih_2.htm. (accessed 7/10/12)



Source: Kalamazoo County Behavioral Risk Factor Survey 2009

The percentage of people reporting their general health as fair or poor was higher in Michigan than in Kalamazoo County for all three reported years. The percentage of people with fair or poor health increased over time in Michigan, however the percentage of people with fair or poor health in Kalamazoo County overall decreased between 2004 and 2009.



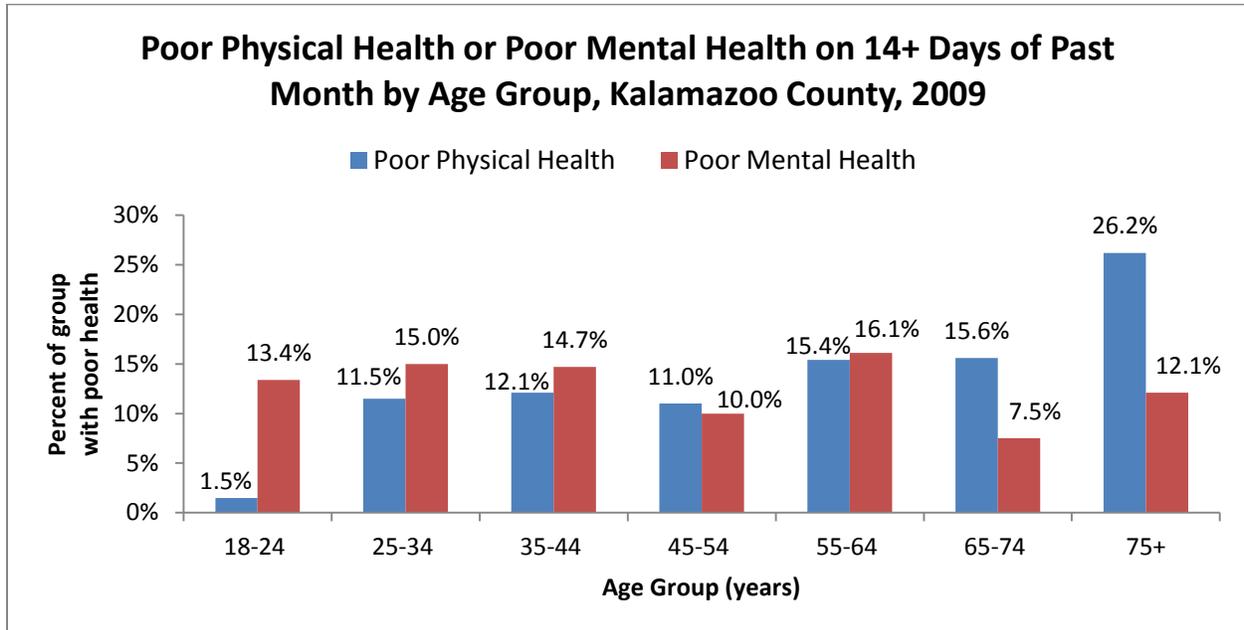
Source: Behavioral Risk Factor Survey, Michigan and Kalamazoo County, 2000, 2004, 2009

General Health Status		
Demographic Characteristics	General Health Fair or Poor^a	
	%	95% C.I.
Total	10.9	(7.9 - 14.9)
Age		
18-24 years	4.2	(1.0 - 15.8)
25-34 years	3.4	(0.8 - 13.5)
35-44 years	10.9	(5.6 - 20.0)
45-54 years	15.7	(9.1 - 25.7)
55-64 years	16.7	(10.1 - 26.4)
65-74 years	21.1	(14.1 - 30.4)
75 years +	40.9	(29.1 - 53.8)
Gender		
Male	12.4	(7.7 - 19.3)
Female	9.9	(6.4 - 15.0)
Race		
White non-Hispanic	10.2	(7.0 - 14.7)
Black non-Hispanic	13.5	(6.7 - 25.6)
Education		
Less than HS	16.5	(5.8 - 38.6)
HS Graduate	16.7	(10.8 - 24.9)
Some college	8.0	(4.3 - 14.3)
College graduate	6.5	(2.6 - 15.1)
Income		
Less than \$20,000	28.5	(17.9 - 42.0)
\$20,000-34,999	18.7	(9.8 - 32.8)
\$35,000-49,999	7.0	(2.3 - 19.1)
\$50,000-74,999	3.6	(1.4 - 9.0)
\$75,000+	5.0	(1.7 - 13.9)
City/Out-County		
City of Kalamazoo	12.8	(8.0 - 19.8)
Rest of County	8.4	(5.0 - 13.8)
Within City of Kalamazoo		
White in City	10.1	(4.7 - 20.2)
Black in City	14.4	(7.2 - 26.7)
Health Insurance		
Have Health Insurance	10.4	(7.4 - 14.5)
No Health Insurance	17.5	(7.8 - 34.7)

^a Proportion who reported that their health, in general, was either fair or poor.

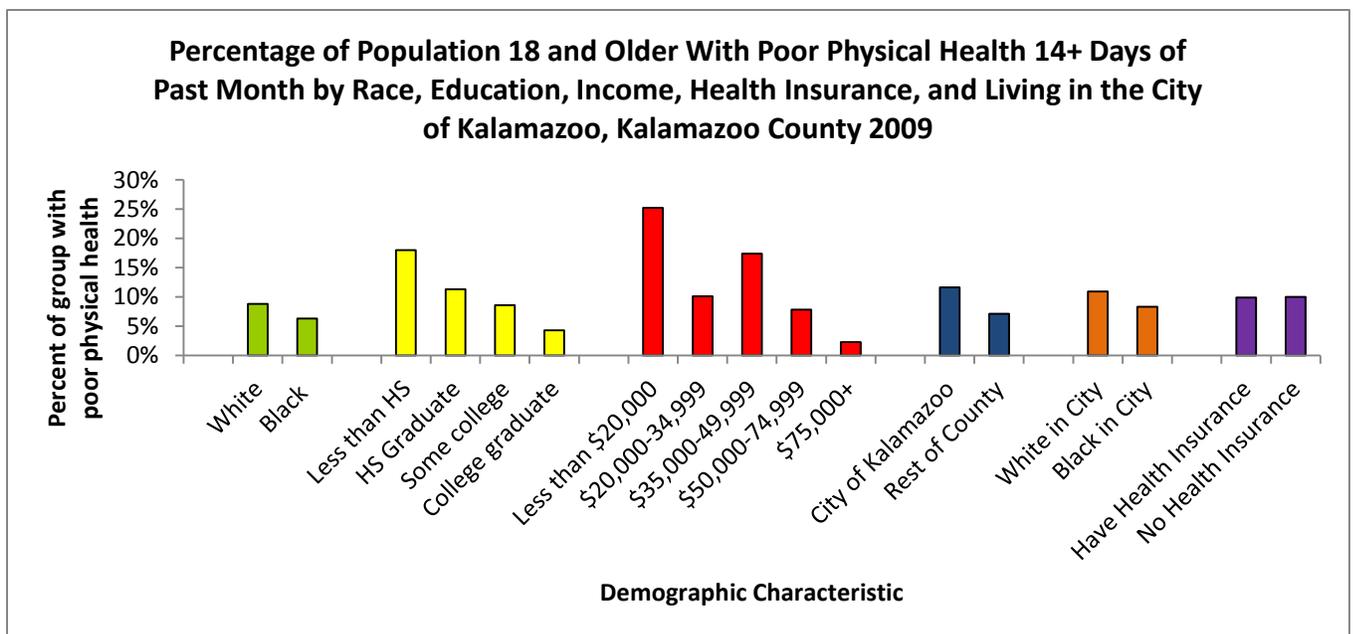
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

Among Kalamazoo County adults in 2009, 9.5% reported that they had experienced poor physical health for at least two weeks in the previous month, and 13.1% reported they had suffered from poor mental health for at least two weeks in the previous month. The proportion of adults reporting poor physical health increased with age, while the proportion reporting poor mental health overall did not follow a trend with age.



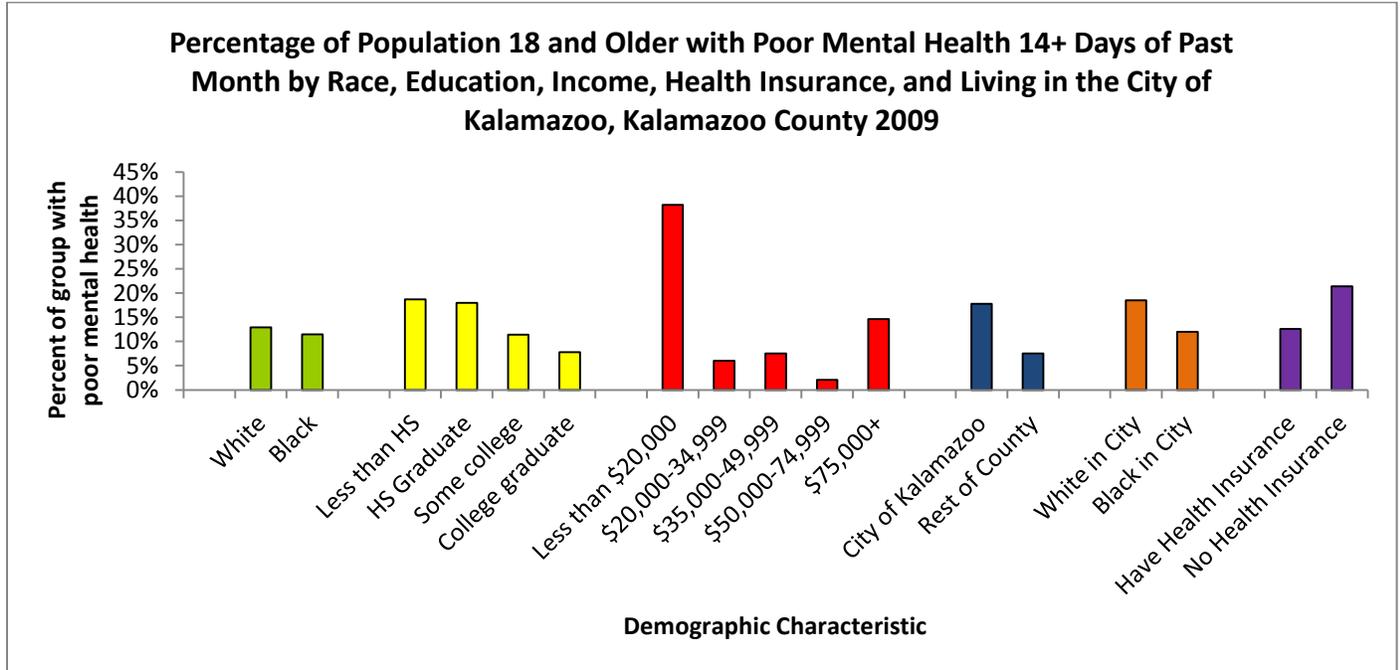
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

The proportion of adults reporting poor physical health for at least two weeks was highest among those with lower incomes, less education, those who were white, those who lived in the City of Kalamazoo, and those who were white and lived in the city of Kalamazoo.



Source: Kalamazoo County Behavioral Risk Factor Survey 2009

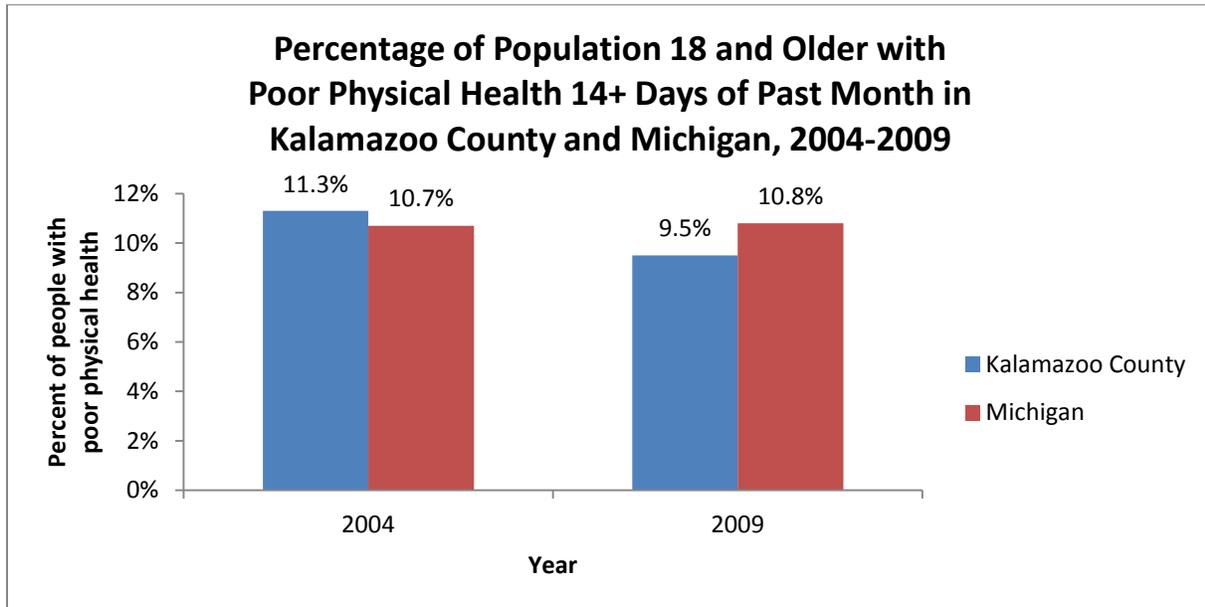
The same risk groups reported having poor mental health for at least two weeks in the past month at higher rates than other groups. However, while people with and without health insurance reported approximately the same percentage of poor physical health, people without health insurance reported a higher proportion of poor mental health for at least two weeks in the past month than those with health insurance.



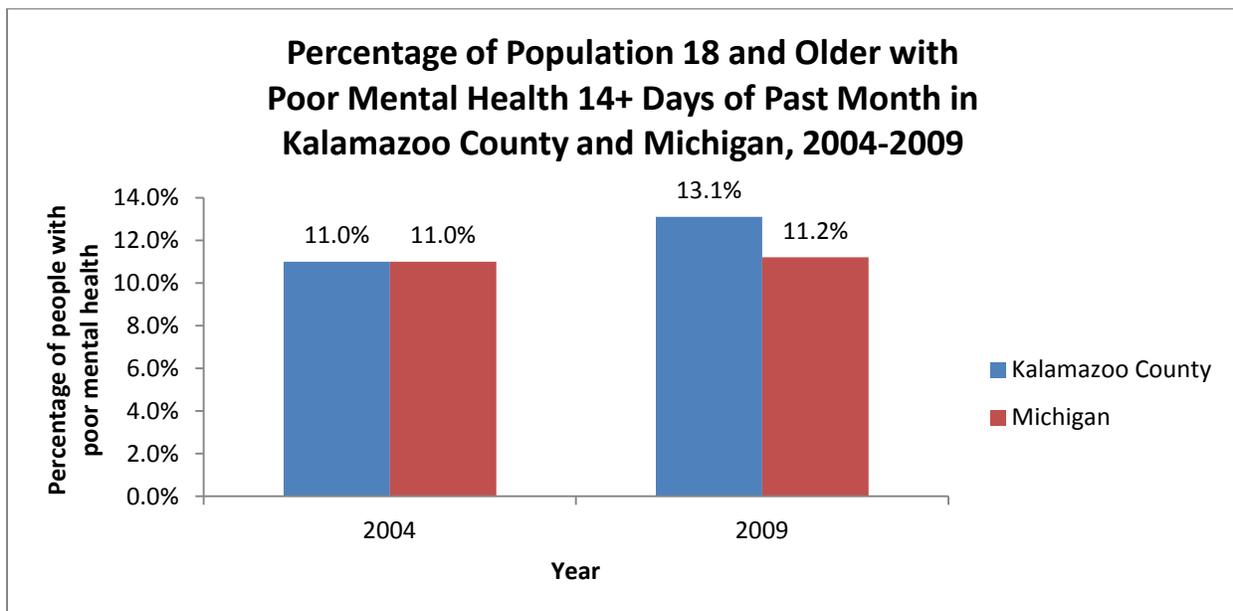
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

There was a notable difference in disparity by income for physical and mental health morbidity reporting: those among the population earning less than \$20,000 were 11.0 times more likely to report having experienced poor physical health for two weeks than those among the population earning more than \$75,000, and 2.6 times more likely to report having experienced poor mental health for two weeks than those among the population earning more than \$75,000.

The proportion of people reporting poor physical health 14+ days out of the past month was similar between 2004 and 2009 in Michigan and decreased slightly between these years in Kalamazoo County (statistically, rates were similar across time and between Kalamazoo and Michigan). The proportion of people reporting poor mental health 14+ days out of the past month was similar in 2004 and 2009 in both Michigan in Kalamazoo County. In 2009, Kalamazoo County had a slightly higher percentage of people with poor mental health than in Michigan (not a statistically significant difference).

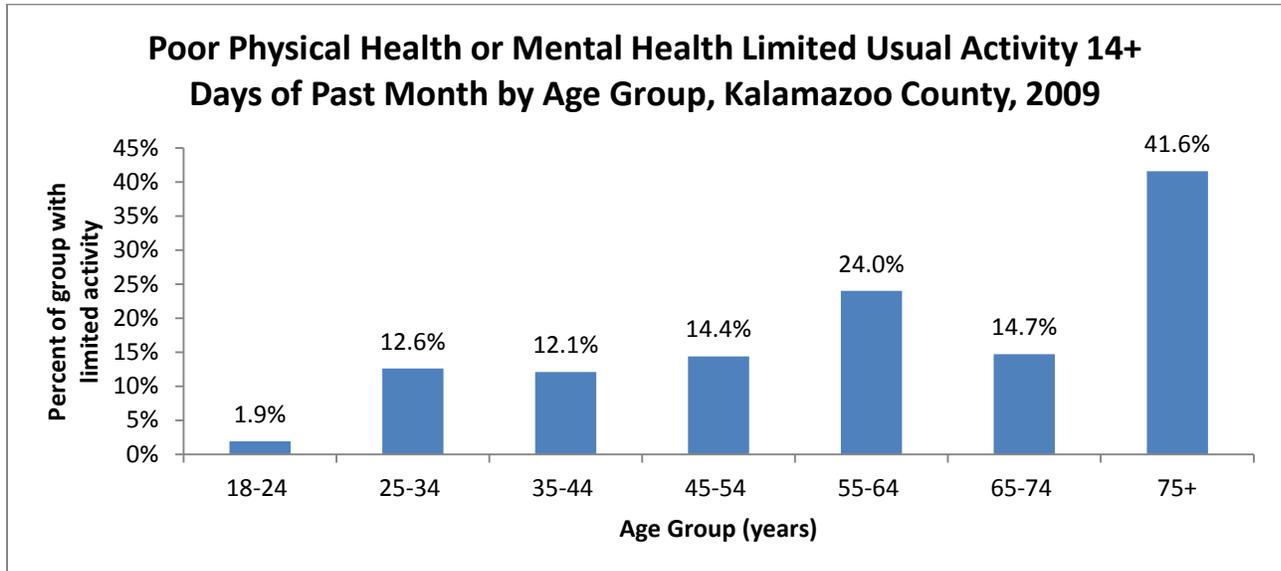


Source: Behavioral Risk Factor Survey, Michigan and Kalamazoo County, 2004-2009



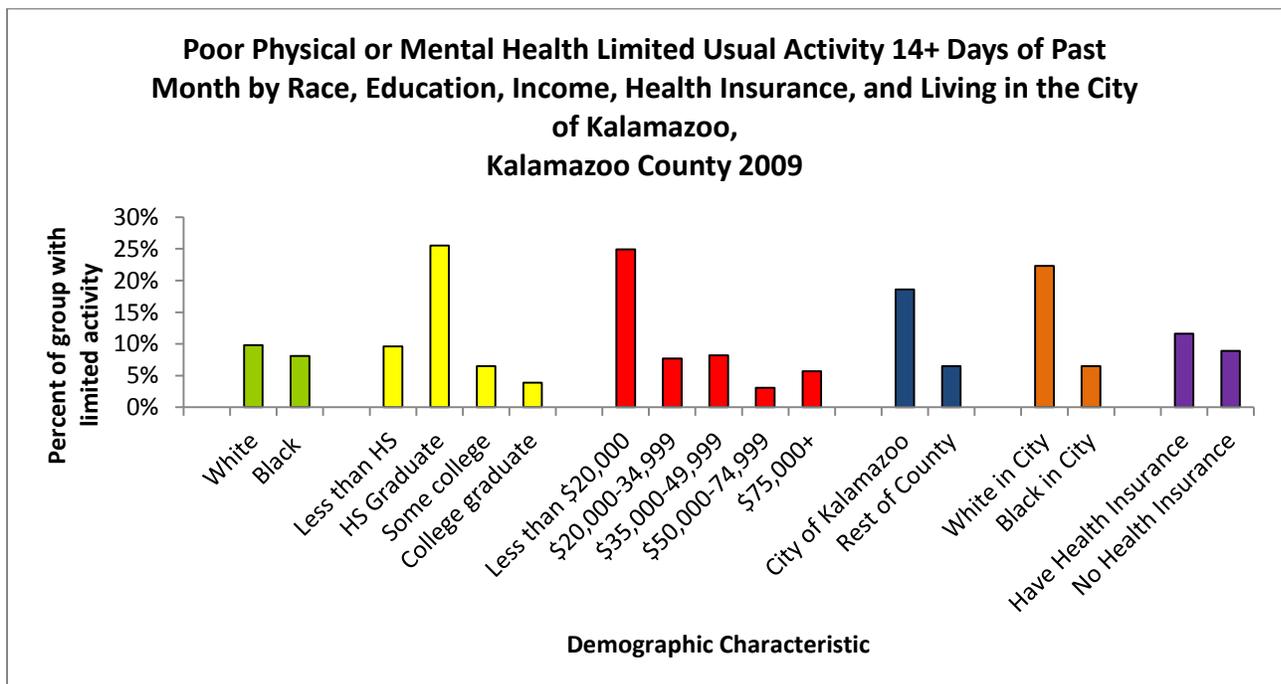
Source: Behavioral Risk Factor Survey, Michigan and Kalamazoo County, 2004-2009

When asked to rate how their physical and mental health affected their ability to carry out their usual activities, 10.5% of the adult population reported that poor physical or mental health limited their usual activity for two weeks or longer during the previous month in Kalamazoo County in 2009. Overall, the proportion reporting this level of limitation increased with age.



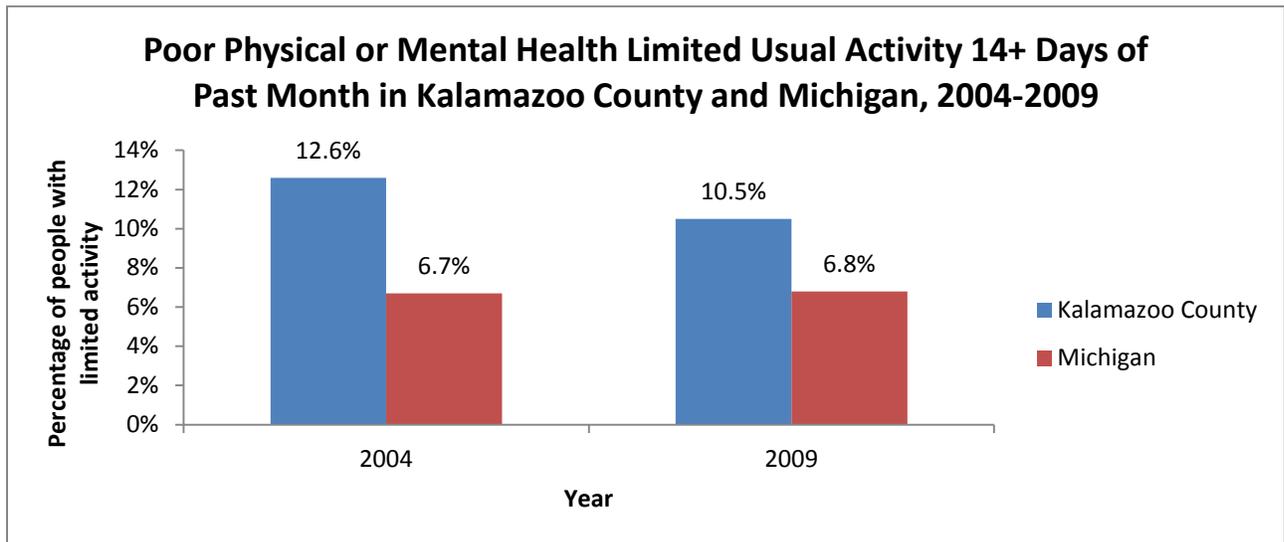
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

As with the other health-related quality of life indicators above, groups reporting the most activity limitation due to poor physical or mental health were those with lower incomes, less education, living in the City of Kalamazoo, or were white and living in the City of Kalamazoo.



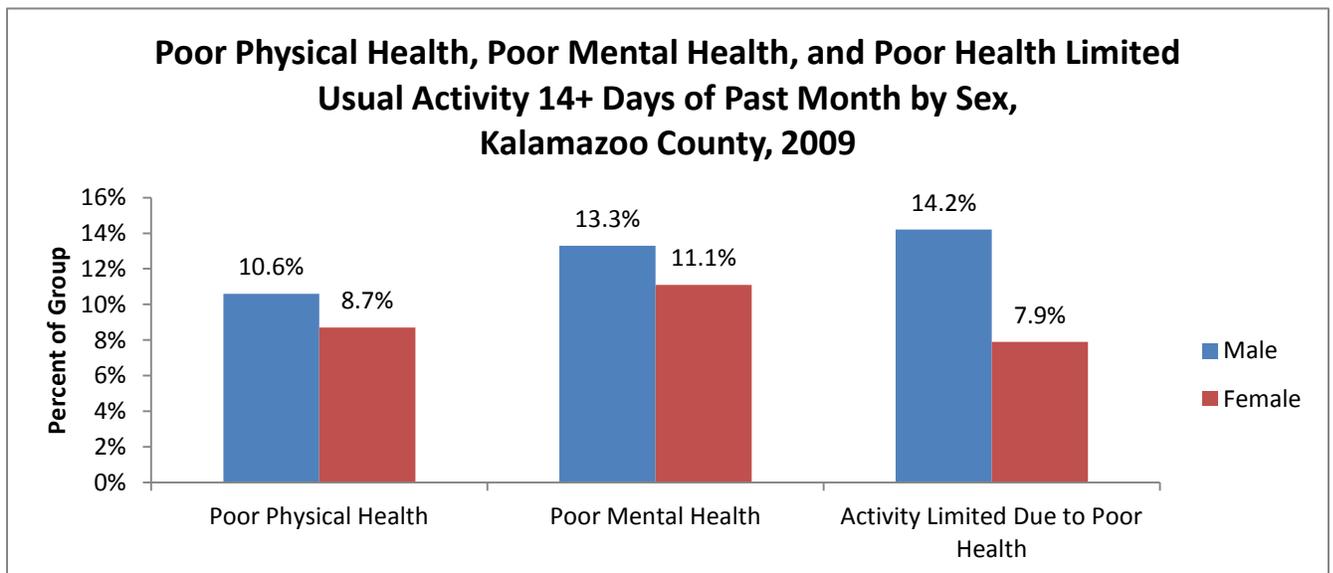
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

In both 2004 and 2009 Kalamazoo County had a higher proportion of people with limited activity 14+ days of the month due to poor health than in Michigan.



Source: Behavioral Risk Factor Survey, Michigan and Kalamazoo County, 2004-2009

A higher proportion of men reported poor physical health, poor mental health, and usual activity limited by poor health for two or more weeks in the previous month than women.



Source: Kalamazoo County Behavioral Risk Factor Survey 2009

Physical and Mental Health Status on at Least 14 Days in the Past Month						
Demographic Characteristics	Poor Physical Health^a		Poor Mental Health^b		Physical or Mental Health Limited Usual Activity^c	
	%	95% C.I.	%	95% C.I.	%	95% C.I.
Total	9.5	(6.7 - 13.2)	13.1	(9.1 - 18.3)	10.5	(6.6 - 16.3)
Age						
18-24 years	1.5	(0.2 - 10.6)	13.4	(5.1 - 30.7)	1.9	(0.3 - 13.5)
25-34 years	11.5	(3.5 - 31.8)	15.0	(5.9 - 33.2)	12.6	(2.5 - 45.1)
35-44 years	12.1	(6.7 - 21.0)	14.7	(8.4 - 24.5)	12.1	(5.6 - 24.5)
45-54 years	11.0	(5.8 - 19.7)	10.0	(5.8 - 16.9)	14.4	(6.5 - 28.8)
55-64 years	15.4	(9.1 - 25.0)	16.1	(7.5 - 31.3)	24.0	(13.4 - 39.2)
65-74 years	15.6	(9.4 - 24.8)	7.5	(3.3 - 16.1)	14.7	(6.4 - 30.5)
75 years +	26.2	(15.1 - 41.6)	12.1	(3.9 - 31.9)	41.6	(21.5 - 64.9)
Gender						
Male	10.6	(6.2 - 17.8)	13.3	(7.7 - 22.1)	14.2	(7.3 - 25.7)
Female	8.7	(5.7 - 13.1)	11.1	(7.2 - 16.7)	7.9	(4.3 - 14.0)
Race						
White non-Hispanic	8.8	(5.8 - 13.0)	12.9	(8.6 - 19.0)	9.8	(5.6 - 16.6)
Black non-Hispanic	6.3	(2.6 - 14.5)	11.5	(4.9 - 24.4)	8.1	(2.7 - 21.8)
Education						
Less than HS	18.0	(6.1 - 42.6)	18.7	(5.5 - 47.4)	9.6	(3.1 - 25.8)
HS Graduate	11.3	(6.5 - 18.9)	18.0	(10.7 - 28.7)	25.5	(13.9 - 41.9)
Some college	8.6	(4.7 - 15.2)	11.4	(6.2 - 20.1)	6.5	(2.6 - 15.4)
College graduate	4.3	(2.3 - 7.7)	7.8	(3.4 - 17.1)	3.9	(1.7 - 8.7)
Income						
Less than \$20,000	25.2	(15.0 - 39.2)	38.2	(24.1 - 54.5)	24.9	(13.4 - 41.7)
\$20,000-34,999	10.1	(4.7 - 20.4)	6.0	(2.7 - 13.1)	7.7	(2.6 - 20.6)
\$35,000-49,999	17.4	(5.5 - 42.9)	7.5	(3.0 - 17.7)	8.2	(2.2 - 26.2)
\$50,000-74,999	7.8	(3.5 - 16.2)	2.1	(0.6 - 7.0)	3.1	(0.6 - 13.9)
\$75,000+	2.3	(0.9 - 5.7)	14.6	(7.1 - 27.7)	5.7	(1.1 - 25.0)
City/Out-County						
City of Kalamazoo	11.6	(6.8 - 19.2)	17.8	(10.3 - 29.0)	18.6	(8.8 - 35.0)
Rest of County	7.1	(3.9 - 12.7)	7.5	(4.2 - 12.8)	6.5	(3.4 - 12.3)
Within City of Kalamazoo						
White in City	10.9	(5.1 - 21.9)	18.5	(8.7 - 35.0)	22.3	(8.3 - 47.6)
Black in City	8.3	(3.4 - 19.0)	12.0	(5.1 - 25.9)	6.5	(3.0 - 13.6)
Health Insurance						
Have Health Insurance	9.9	(6.8 - 14.1)	12.6	(8.3 - 18.5)	11.6	(7.1 - 18.3)
No Health Insurance	10.0	(4.6 - 20.5)	21.4	(11.9 - 35.5)	8.9	(3.1 - 23.3)

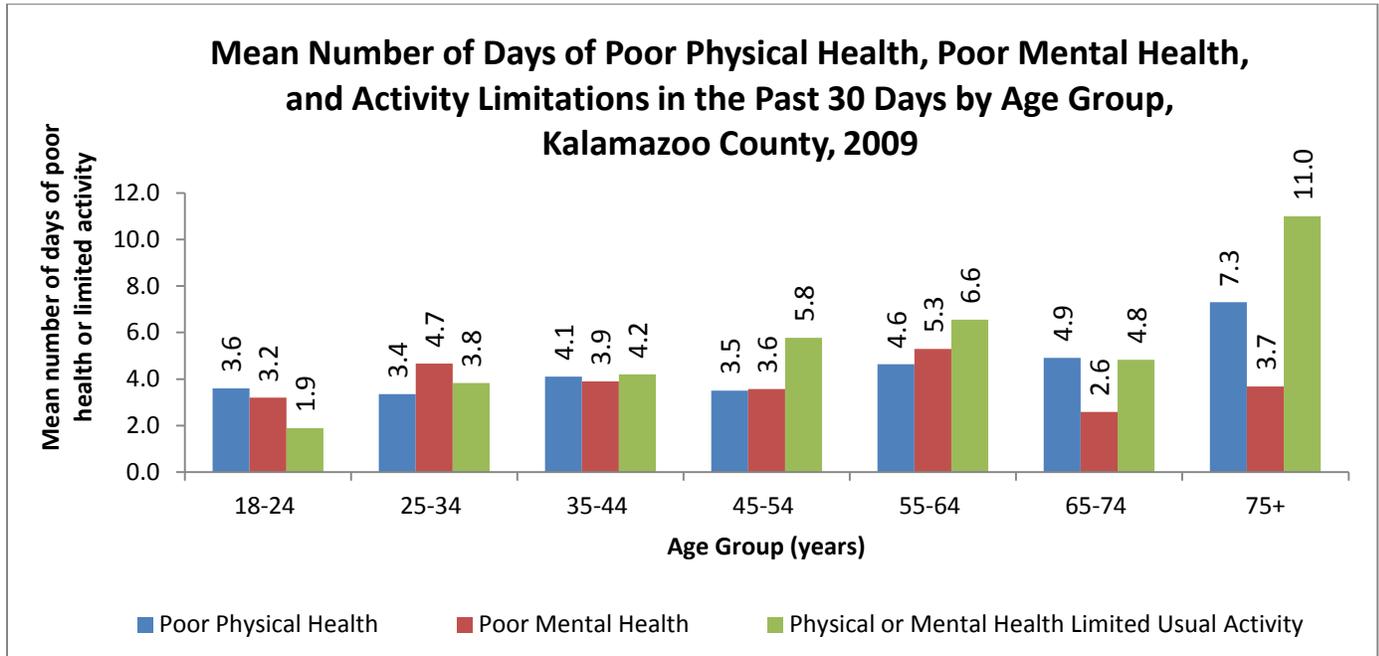
^a Among all adults, the proportion who reported 14 or more days of poor physical health, which includes physical illness and injury, during the past 30 days.

^b Among all adults, the proportion who reported 14 or more days of poor mental health, which includes stress, depression, and problems with emotions, during the past 30 days.

^c Among all adults, the proportion who reported 14 or more days of activity limitation due to poor physical or mental health during the past 30 days.

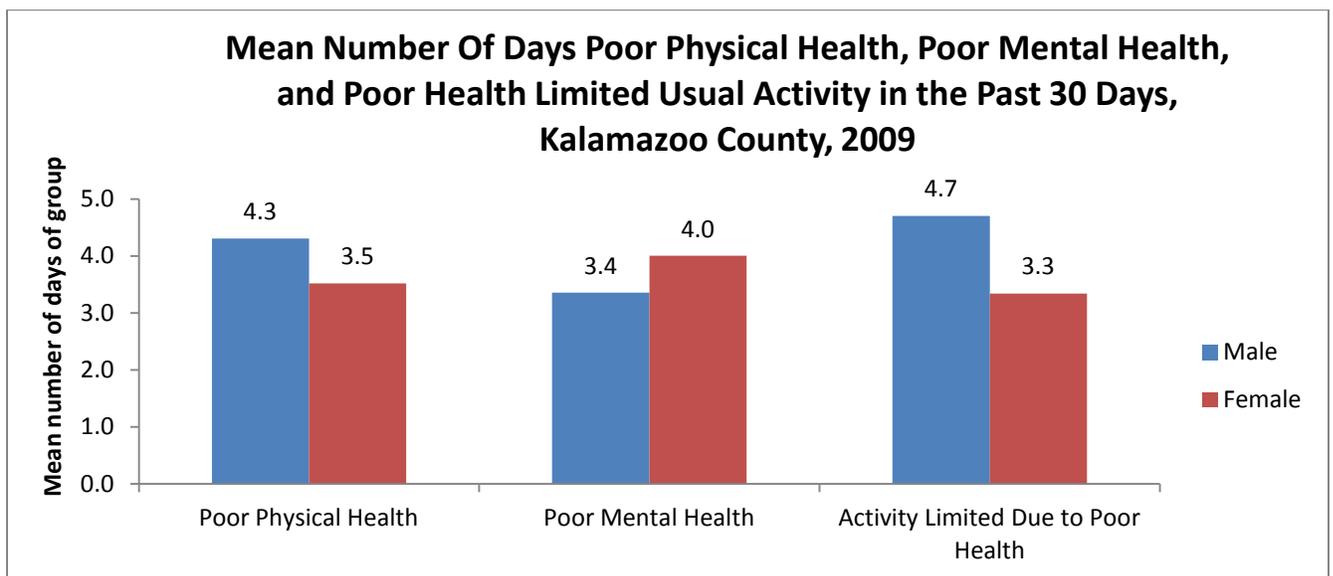
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

In the past 30 days, Kalamazoo County adults reported an average of 3.9 days that they were in poor physical health, an average of 3.8 days that they were in poor mental health, and an average of 4.0 days where physical or mental health limited their usual activity in 2009. The mean number of days where adults were in poor physical health or had normal activity limitations due to their health status in the past 30 days increased with age, however the mean number of days where adults were in poor mental health over the past month remained fairly constant with age.



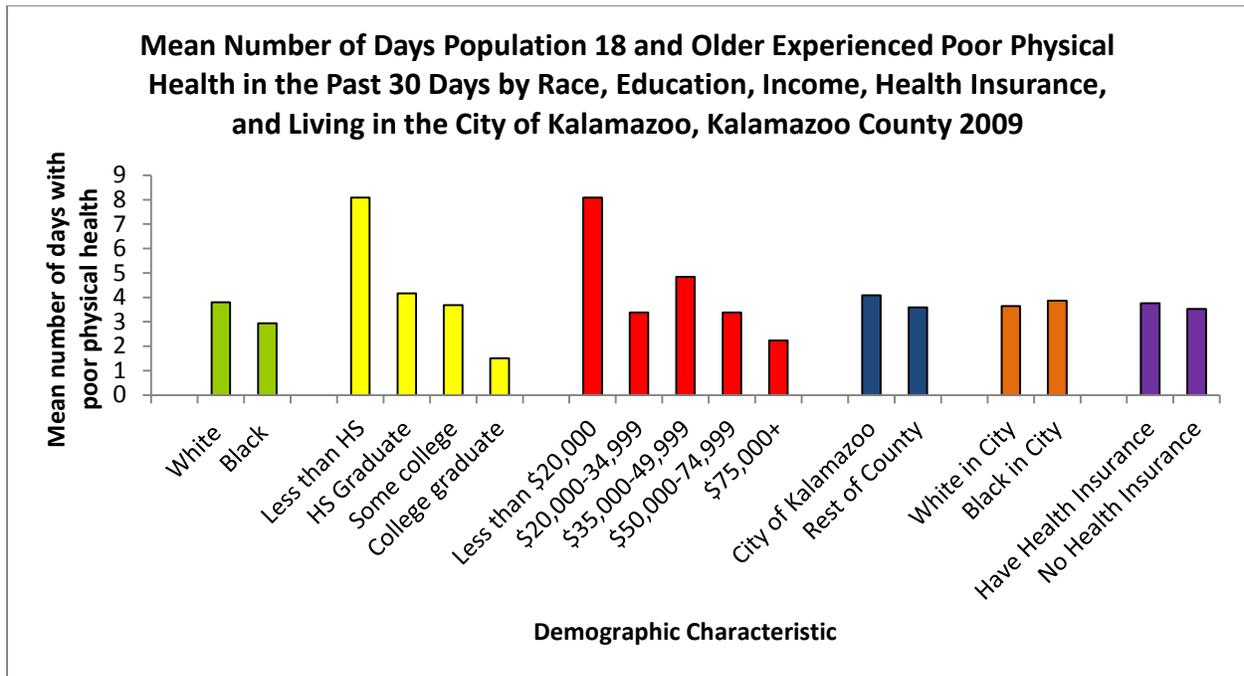
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

On average, men reported having poor physical health and limited activity due to poor health more days in the past month than women. However, women reported having more days of poor mental health in the past month than men.



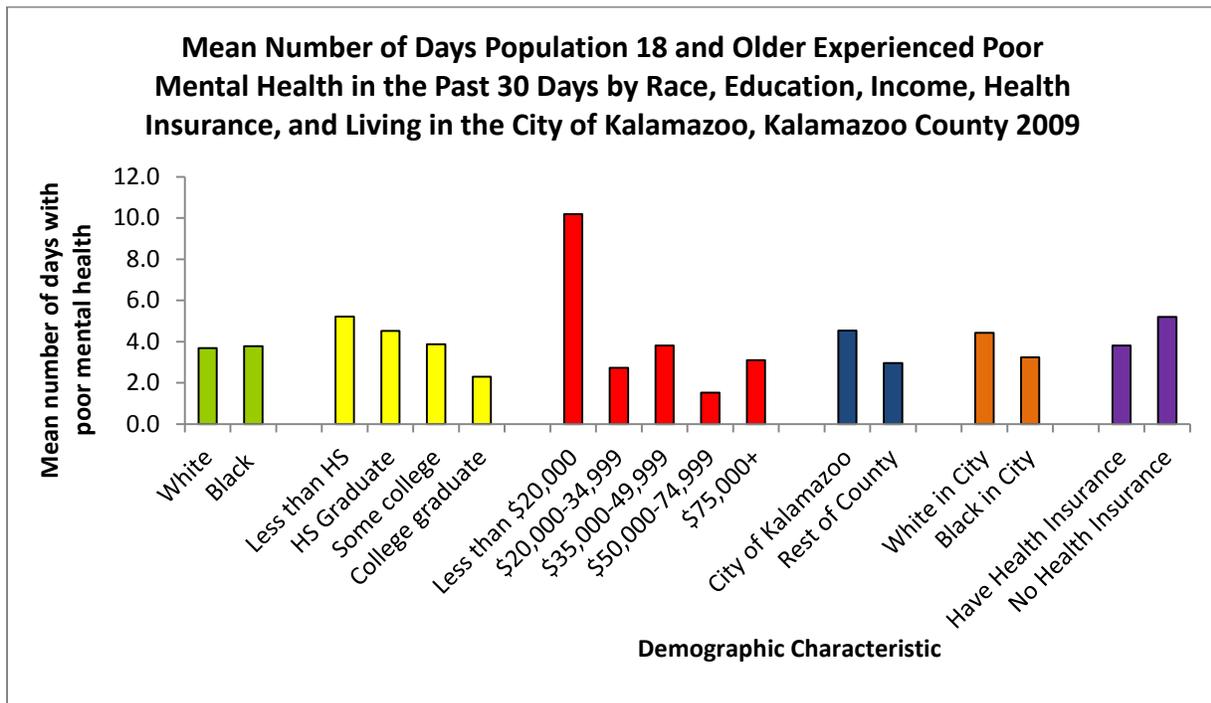
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

The highest number of days of poor physical health in the past 30 days was reported by those with lower incomes, less education, and those who were white in 2009.



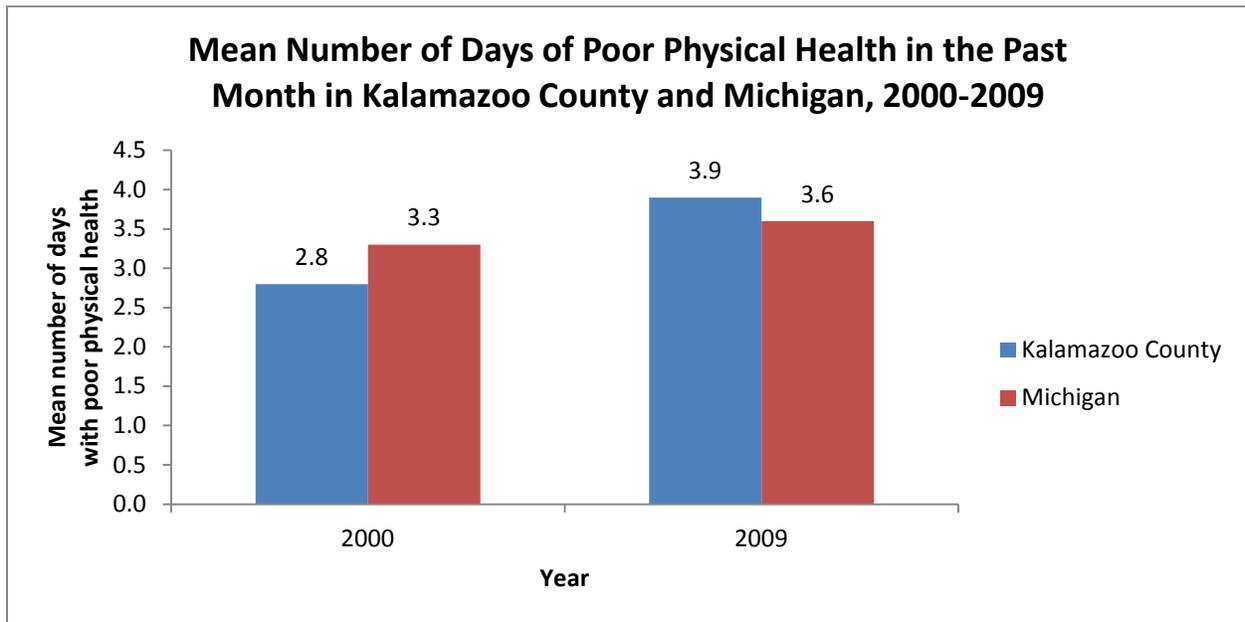
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

The highest number of days of poor mental health in the past month was reported by those with less education, lower incomes, those who lived in the City of Kalamazoo, those without health insurance, and those who were white and lived in the city of Kalamazoo.



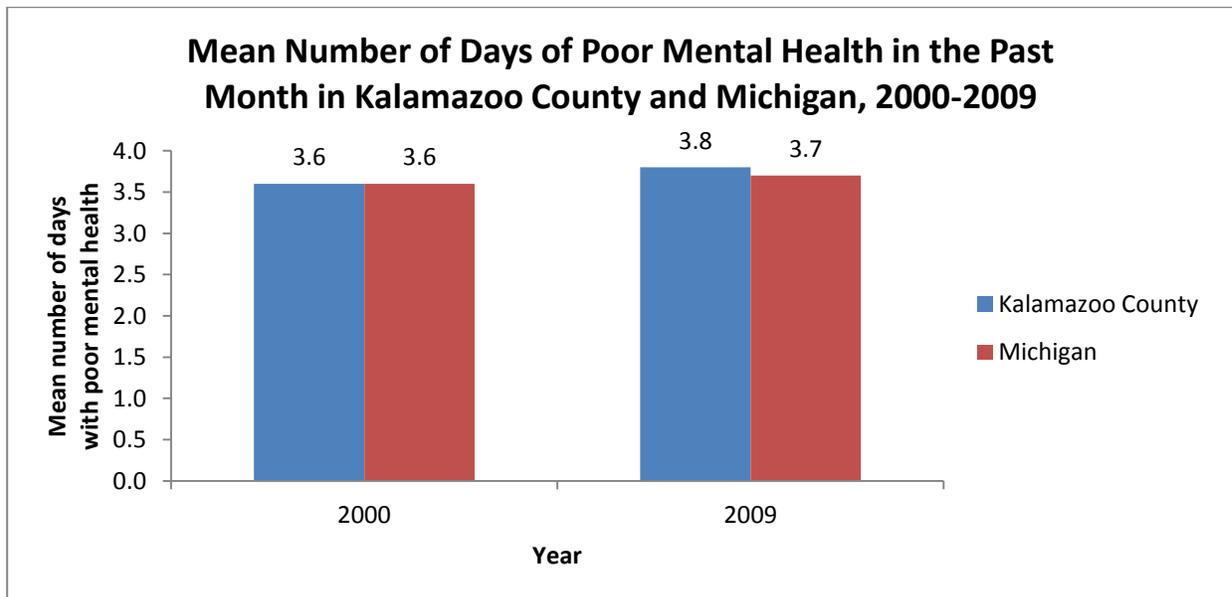
Source: Kalamazoo County Behavioral Risk Factor Survey 2009

The mean number of days of poor physical and mental health in the last month in Kalamazoo County increased over time (mean number was similar in Michigan between 2000 and 2009).



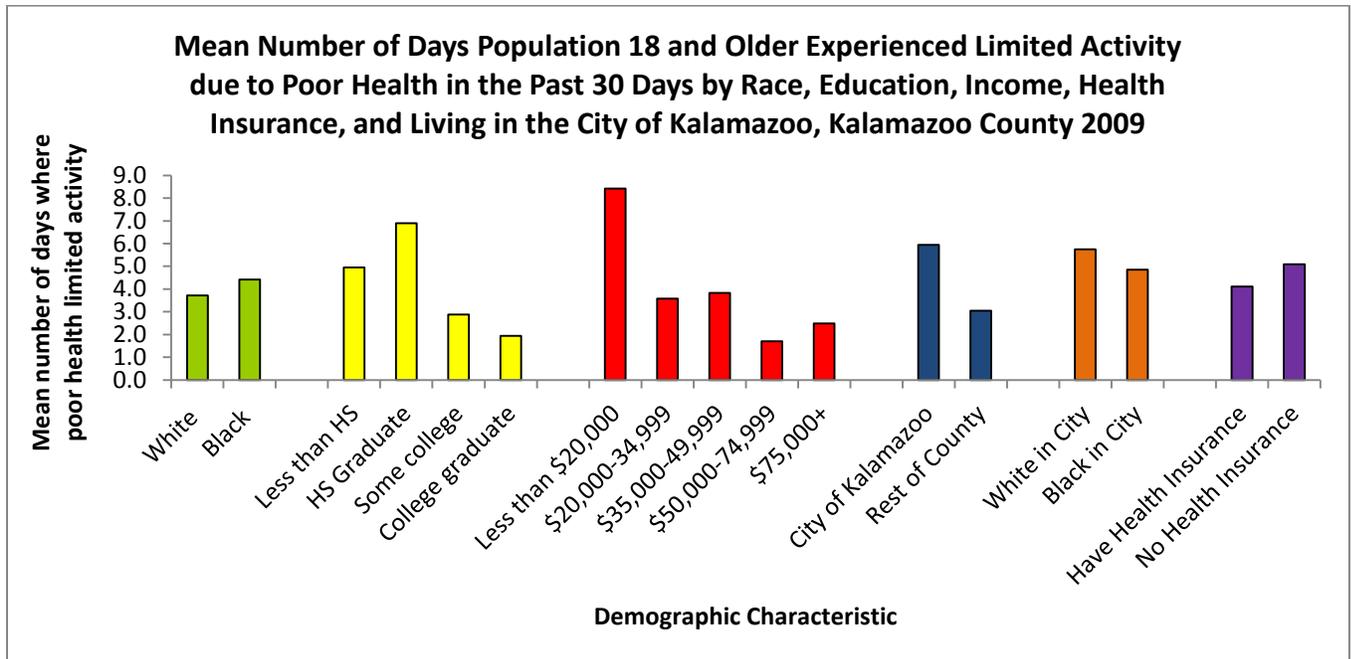
Source: Behavioral Risk Factor Survey, Michigan and Kalamazoo County, 2000-2009

In 2000, the mean number of days of poor mental health over a 30 day period was the same for Kalamazoo County and Michigan, and rates were similar in 2009.



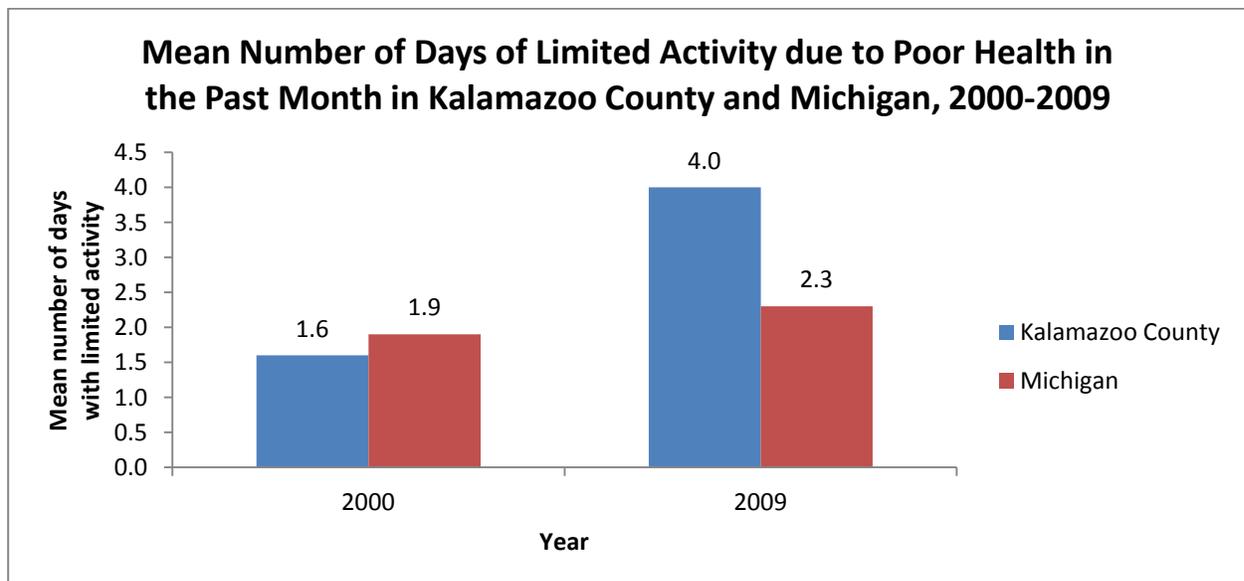
Source: Behavioral Risk Factor Survey, Michigan and Kalamazoo County, 2000-2009

As with the mean number of days with poor mental health, groups reporting the most activity limitation due to poor physical or mental health were those with lower incomes, less education, those who were black, living in the City of Kalamazoo, without health insurance, or who were white and living in the City of Kalamazoo.



Source: Kalamazoo County Behavioral Risk Factor Survey 2009

Over time, the mean number of days where usual activity was limited due to poor mental or physical health in the past month increased in Kalamazoo County. In 2009, Kalamazoo County had a greater mean number of days in the past month where activity was limited due to poor health than in was reported in Michigan.



Source: Behavioral Risk Factor Survey, Michigan and Kalamazoo County, 2000-2009

Mean Number of Days of Poor Physical Health, Poor Mental Health, and Activity Limitations in the Past 30 Days						
Demographic Characteristics	Poor Physical Health^a		Poor Mental Health^b		Physical or Mental Health Limited Usual Activity^c	
	Mean # of Days	95% C.I.	Mean # of Days	95% C.I.	Mean # of Days	95% C.I.
Total	3.9	(3.0 - 4.7)	3.8	(2.9 - 4.8)	4.0	(2.8 - 5.1)
Age						
18-24 years	3.6	(1.8 - 5.4)	3.2	(1.1 - 5.3)	1.9	(0.4 - 3.4)
25-34 years	3.4	(0.6 - 6.1)	4.7	(2.4 - 6.9)	3.8	(1.2 - 6.5)
35-44 years	4.1	(2.2 - 6.0)	3.9	(2.4 - 5.3)	4.2	(1.7 - 6.7)
45-54 years	3.5	(1.8 - 5.2)	3.6	(2.0 - 5.1)	5.8	(2.9 - 8.7)
55-64 years	4.6	(2.5 - 6.7)	5.3	(1.9 - 8.7)	6.6	(3.2 - 9.9)
65-74 years	4.9	(2.9 - 7.0)	2.6	(0.9 - 4.3)	4.8	(1.6 - 8.1)
75 years +	7.3	(3.6 - 11.0)	3.7	(0.1 - 7.3)	11.0	(4.4 - 17.6)
Gender						
Male	4.3	(2.9 - 5.7)	3.4	(2.1 - 4.6)	4.7	(2.5 - 6.9)
Female	3.5	(2.5 - 4.6)	4.0	(2.7 - 5.3)	3.3	(2.2 - 4.5)
Race						
White non-Hispanic	3.8	(2.8 - 4.8)	3.7	(2.6 - 4.7)	3.7	(2.4 - 5.0)
Black non-Hispanic	2.9	(1.3 - 4.6)	3.8	(2.0 - 5.6)	4.4	(1.5 - 7.3)
Education						
Less than HS	8.1	(5.3 - 10.9)	5.2	(0.5 - 10.0)	5.0	(2.5 - 7.4)
HS Graduate	4.2	(2.3 - 6.0)	4.5	(2.6 - 6.4)	6.9	(3.9 - 9.9)
Some college	3.7	(2.3 - 5.1)	3.9	(2.4 - 5.4)	2.9	(1.0 - 4.7)
College graduate	1.5	(0.9 - 2.1)	2.3	(1.3 - 3.2)	1.9	(1.0 - 2.9)
Income						
Less than \$20,000	8.1	(5.0 - 11.2)	10.2	(6.8 - 13.6)	8.4	(4.8 - 12.0)
\$20,000-34,999	3.4	(1.3 - 5.4)	2.7	(1.3 - 4.1)	3.6	(1.1 - 6.1)
\$35,000-49,999	4.8	(1.2 - 8.5)	3.8	(1.7 - 5.9)	3.8	(0.9 - 6.8)
\$50,000-74,999	3.4	(1.7 - 5.1)	1.5	(0.7 - 2.3)	1.7	(0.1 - 3.3)
\$75,000+	2.2	(0.7 - 3.8)	3.1	(1.4 - 4.8)	2.5	(1.1 - 3.9)
City/Out-County						
City of Kalamazoo	4.1	(2.4 - 5.8)	4.5	(3.0 - 6.1)	5.9	(3.3 - 8.5)
Rest of County	3.6	(2.4 - 4.8)	3.0	(1.7 - 4.2)	3.0	(1.8 - 4.3)
Within City of Kalamazoo						
White in City	3.6	(1.3 - 5.9)	4.4	(2.4 - 6.5)	5.7	(1.7 - 9.8)
Black in City	3.9	(2.0 - 5.8)	3.2	(1.7 - 4.8)	4.9	(3.4 - 6.3)
Health Insurance						
Have Health Insurance	3.8	(2.8 - 4.7)	3.8	(2.8 - 4.8)	4.1	(2.9 - 5.3)
No Health Insurance	3.5	(1.5 - 5.5)	5.2	(2.9 - 7.5)	5.1	(2.4 - 7.8)
<p>^a Among all adults, the mean number of days during the past 30 days in which physical health, which includes physical illness and injury, was not good.</p> <p>^b Among all adults, the mean number of days during the past 30 days in which mental health, which includes stress, depression, and problems with emotions, was not good.</p> <p>^c Among all adults, the mean number of days during the past 30 days in which poor physical or poor mental health kept the respondent from doing usual activities, such as self-care, work, or recreation.</p>						

Source: Kalamazoo County Behavioral Risk Factor Survey 2009