

Physical Health Past 30 Days

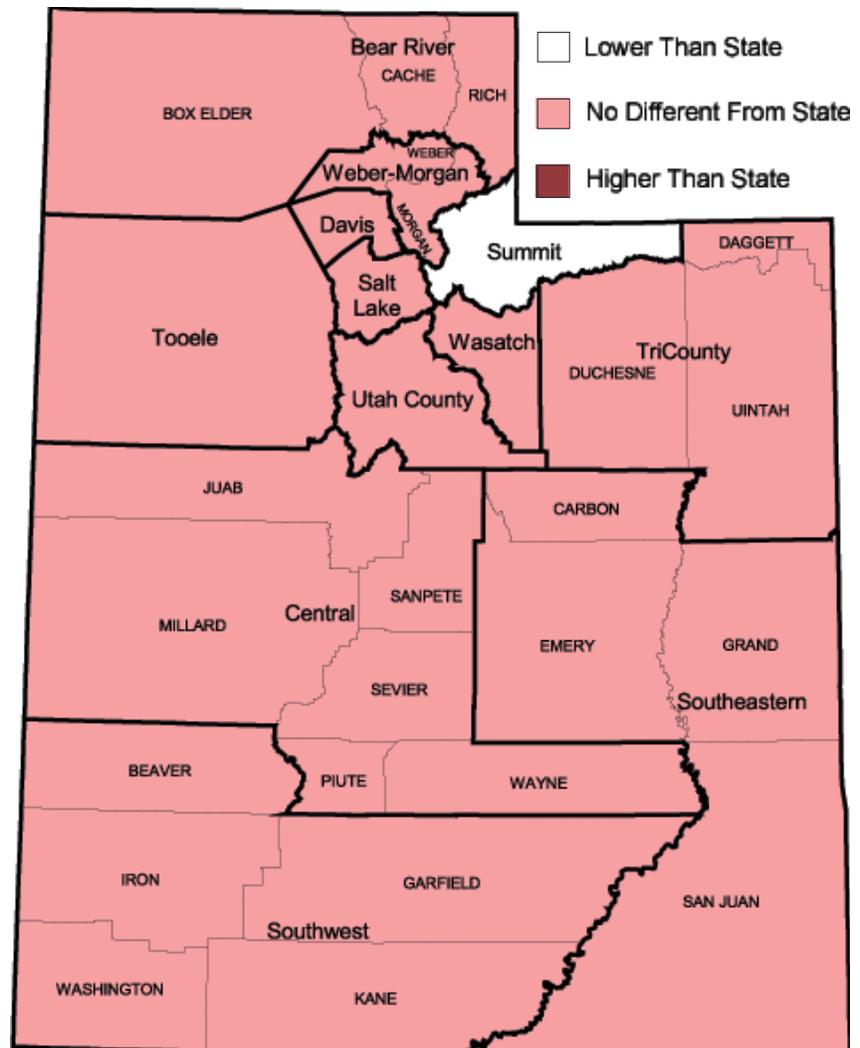


Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

Traditionally, ill health has been measured only in its severe manifestations at the individual level. However, self-assessed physical health status has proved to be as good a predictor of mortality and morbidity as many objective measures of health.¹ The Institute of Medicine recommended this measure as one of 25 Community Health Profile Indicators. For this report, we looked at the percentage of respondents who reported at least one day in the past 30 days when their physical health was not good.

- Adults in Summit County Health District were less likely to report a recent poor physical health day as compared to the state total. None of the other health districts were found to differ significantly from the state total.
- Approximately 39.3% of Utah adults reported a recent poor physical health day as compared to only 33.6% in the entire U.S. This difference was significant even after age adjustment.
- Utah County Health District reported the highest rate at 43.8% while Summit County Health District's rate was lowest at 32.7%.

Recent Poor Physical Health Day(s) by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999-2001

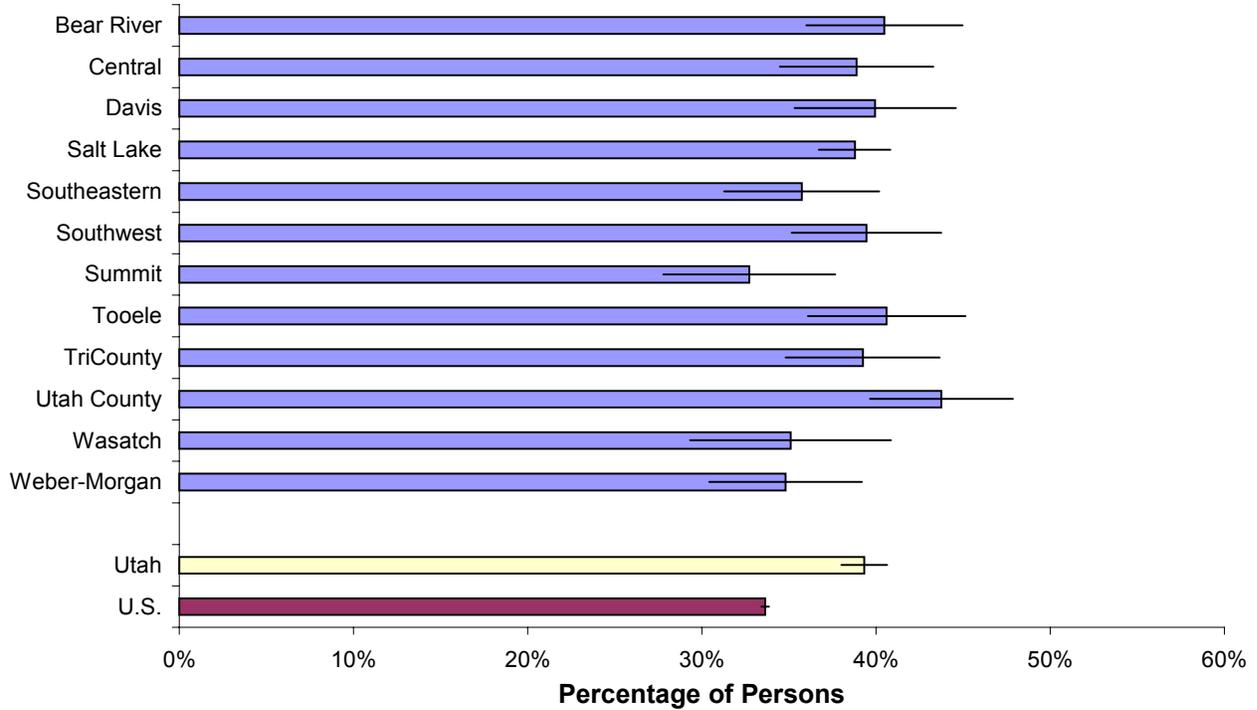


Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Source: Behavioral Risk Factor Surveillance System



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Percentage of Persons Who Reported One or More Days Poor Physical Health in the Past 30 Days*
by Local Health District, Utah, and U.S., Adults Ages 18+, 1999-2001



* crude rates
Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number With Poor Physical Health Day	Percent	95% CI Range	Percent	95% CI Range	
Bear River	614	91,817	37,200	40.5%	36.0% 45.0%	40.1%	35.7% 44.5%	
Central	604	43,286	16,800	38.9%	34.5% 43.3%	39.9%	35.5% 44.2%	
Davis	582	155,816	62,200	40.0%	35.3% 44.6%	39.7%	35.0% 44.4%	
Salt Lake	2,670	627,857	243,500	38.8%	36.7% 40.8%	38.6%	36.6% 40.7%	
Southeastern	583	36,451	13,000	35.7%	31.3% 40.2%	36.3%	32.0% 40.6%	
Southwest	642	97,595	38,500	39.5%	35.2% 43.8%	39.7%	35.4% 44.0%	
Summit	604	21,092	6,900	32.7%	27.8% 37.7%	34.5%	30.1% 39.0%	
Tooele	701	27,012	11,000	40.6%	36.1% 45.1%	41.0%	36.4% 45.5%	
TriCounty	584	26,359	10,300	39.2%	34.8% 43.7%	39.7%	35.2% 44.1%	
Utah County	871	245,264	107,300	43.8%	39.6% 47.9%	42.1%	38.1% 46.1%	
Wasatch	546	10,154	3,600	35.1%	29.3% 40.9%	35.2%	29.7% 40.7%	
Weber-Morgan	611	140,822	49,000	34.8%	30.4% 39.2%	34.9%	30.6% 39.1%	
Utah	9,612	1,523,525	599,200	39.3%	38.0% 40.7%	39.1%	37.8% 40.4%	
U.S.				33.6%	33.4% 33.9%	33.7%	33.5% 33.9%	

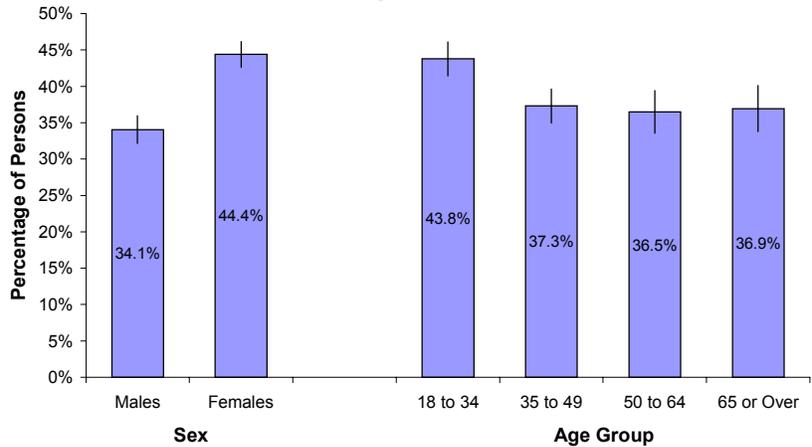
** Age adjusted to U.S. 2000 standard population

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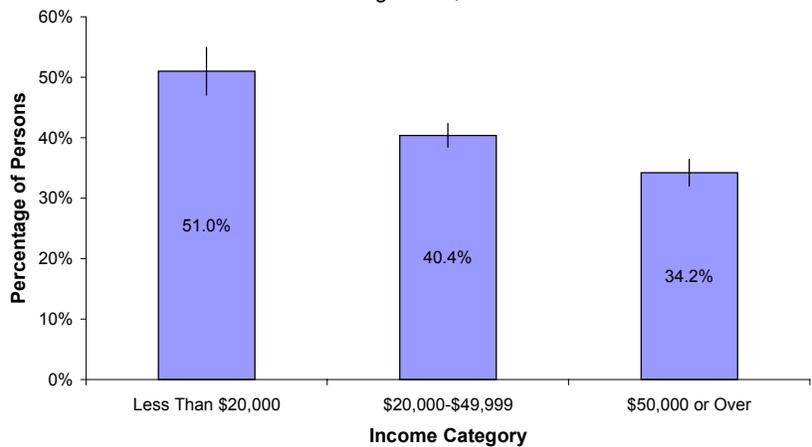
- Females were more likely to report a recent poor physical health day (44.4%) than were males (34.1%) in Utah.
- Young adults ages 18-34 were more likely than other age groups to report at least one day of poor physical health in the past 30 days.

Percentage of Persons Who Reported One or More Days Poor Physical Health in the Past 30 Days by Sex and Age, Utah Adults Ages 18+, 1999-2001



- Adults with annual household incomes less than \$20,000 were much more likely to report a recent poor physical health day than those with higher incomes.
- College graduates were less likely to report a recent poor physical health day than adults with less education (not graphed).

Percentage of Persons Who Reported One or More Days Poor Physical Health in the Past 30 Days by Income, Utah Adults Ages 18+, 1999-2001



Utah Objective: No objective listed.

HP2010 Objective: Overarching: Improve the quality and years of healthy life and eliminate health disparities.



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Percentage of Persons Who Reported One or More Days Poor Physical Health in the Past 30 Days by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 - 2001.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Persons Who Reported Recent Poor Physical Health ²			Number of Persons ^{1,3}	Distribution of Persons Who Reported Recent Poor Physical Health by Category
			95% Confidence Intervals				
			Lower	Upper			
Days Poor Physical Health							
Zero	60.7%	924,300					
One or More	39.3%	599,200					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	34.1%	32.1%	36.0%	256,700	42.9%
Females	50.5%	769,800	44.4%	42.6%	46.2%	341,600	57.1%
Total, All Adults	100.0%	1,523,500	39.3%	38.0%	40.7%	599,200	100.0%
Age Group							
18 to 34	42.6%	648,500	43.8%	41.4%	46.1%	283,800	46.7%
35 to 49	28.5%	433,700	37.3%	35.0%	39.6%	161,700	26.6%
50 to 64	16.4%	250,000	36.5%	33.5%	39.4%	91,200	15.0%
65 or Over	12.6%	191,300	36.9%	33.8%	40.1%	70,700	11.6%
Total, All Adults	100.0%	1,523,500	39.3%	38.0%	40.7%	599,200	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	39.8%	38.4%	41.2%	535,200	89.8%
Hispanic	8.3%	126,000	35.3%	29.6%	41.0%	44,400	7.4%
Non-White, Non-Hispanic	3.4%	51,500	32.2%	25.1%	39.3%	16,600	2.8%
Total, All Adults	100.0%	1,523,500	39.3%	38.0%	40.7%	599,200	100.0%
Income							
Less Than \$20,000	13.6%	207,700	51.0%	47.1%	55.0%	105,900	17.6%
\$20,000-\$49,999	47.8%	727,500	40.4%	38.4%	42.4%	293,800	48.9%
\$50,000 or Over	38.6%	588,400	34.2%	32.0%	36.4%	201,400	33.5%
Total, All Adults	100.0%	1,523,500	39.3%	38.0%	40.7%	599,200	100.0%
Education							
Less Than High School	6.0%	91,700	42.9%	36.8%	49.1%	39,400	6.6%
H.S. Grad or G.E.D.	30.1%	458,100	40.0%	37.7%	42.4%	183,400	30.6%
Some Post High School	35.1%	534,100	41.7%	39.4%	44.0%	222,700	37.2%
College Graduate	28.9%	439,500	35.0%	32.6%	37.3%	153,700	25.7%
Total, All Adults	100.0%	1,523,500	39.3%	38.0%	40.7%	599,200	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.