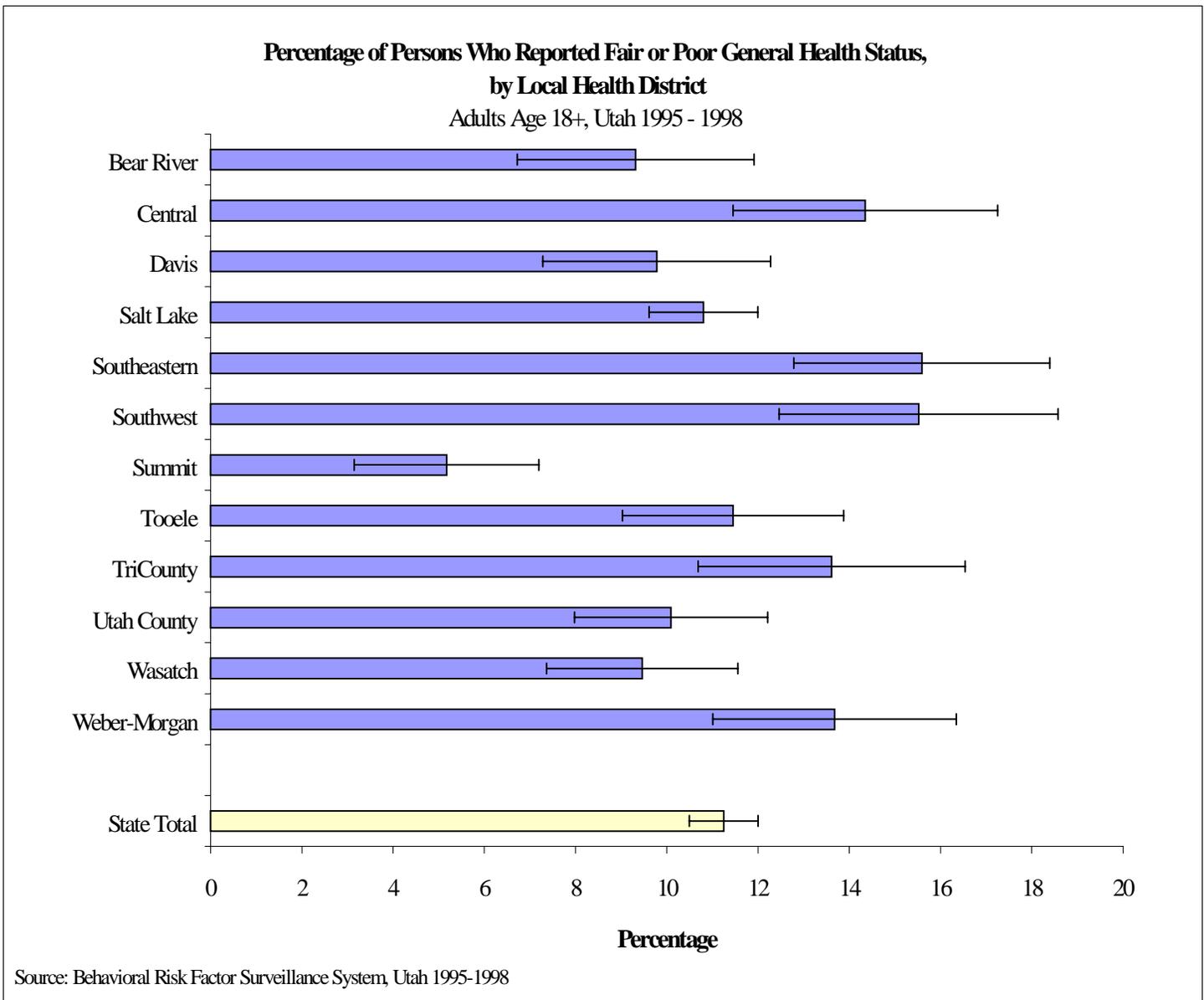


Overall Health Status

Question: Would you say that in general your health is: excellent, very good, good, fair, or poor?

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Self-rated health (SRH) has been collected for many years on National Center for Health Statistics surveys and since 1993 on the state-based BRFSS. SRH is an independent predictor of important health outcomes, including mortality, functional status, and health services utilization. SRH has been found to be a good proxy index for chronic physical health conditions in populations; some studies have shown improvement in self-rated health following an intervention. The percentage of adults reporting good health was recommended by the Institute of Medicine as one of 25 Community Health Profile Indicators.



UTAH GOAL: No goal listed.

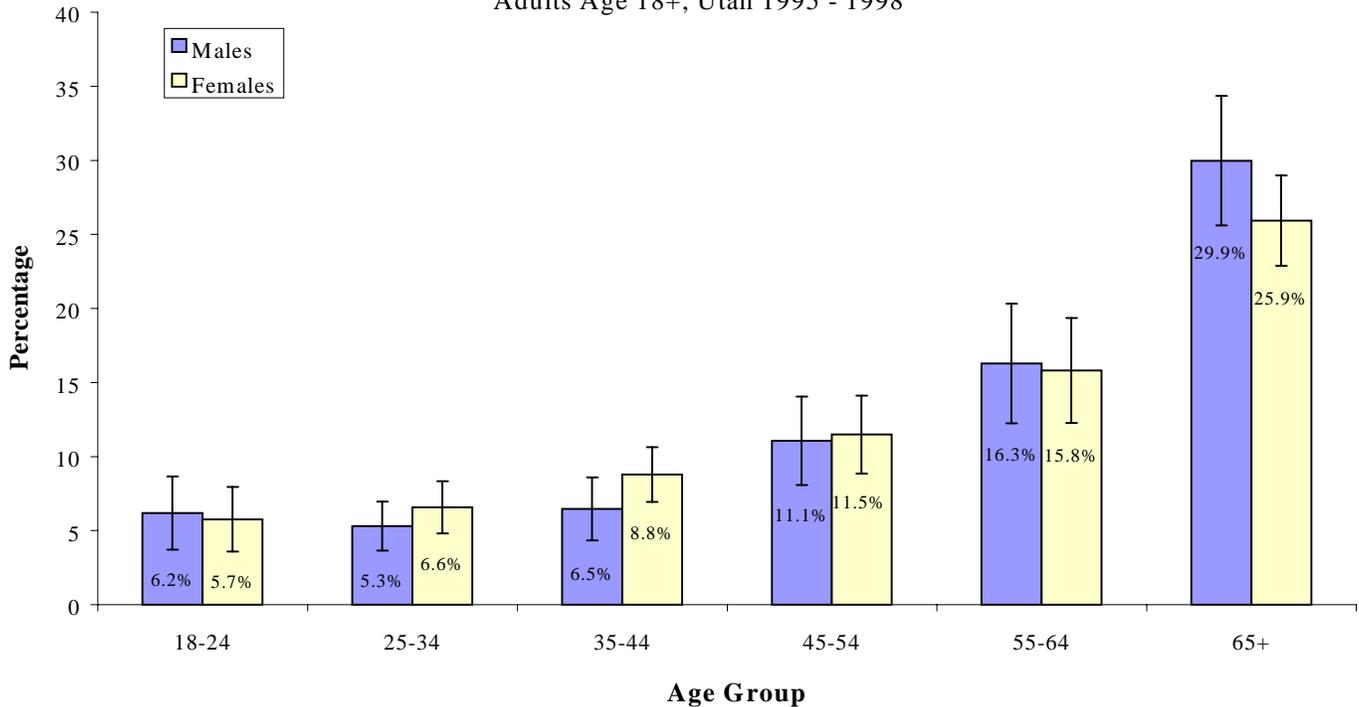
YEAR 2000 GOAL: No goal listed.

YEAR 2010 GOAL 1.6: Increase the percentage of persons reporting good, very good, or excellent general health to at least 90% by 2010.

Overall Health Status

**Percentage of Persons Who Reported Fair or Poor General Health Status,
by Age and Sex**

Adults Age 18+, Utah 1995 - 1998



Source: Behavioral Risk Factor Surveillance System, Utah 1996 and 1998

District	Total Number of Adults in District	Number with Fair/Poor Health Status	Percentage with Fair/Poor Health Status	95% Confidence Intervals	
				Lower	Upper
Bear River	81,406	7,583	9.3%	6.7%	11.9%
Central	41,172	5,908	14.4%	11.5%	17.2%
Davis	143,725	14,053	9.8%	7.3%	12.3%
Salt Lake	554,471	59,908	10.8%	9.6%	12.0%
Southeastern	36,691	5,721	15.6%	12.8%	18.4%
Southwest	82,591	12,820	15.5%	12.5%	18.6%
Summit	16,948	876	5.2%	3.2%	7.2%
Tooele	21,716	2,487	11.5%	9.0%	13.9%
TriCounty	25,089	3,415	13.6%	10.7%	16.5%
Utah County	205,605	20,753	10.1%	8.0%	12.2%
Wasatch	8,535	807	9.5%	7.4%	11.5%
Weber-Morgan	126,711	17,331	13.7%	11.0%	16.3%
State Total	1,344,659	151,193	11.2%	10.5%	12.0%

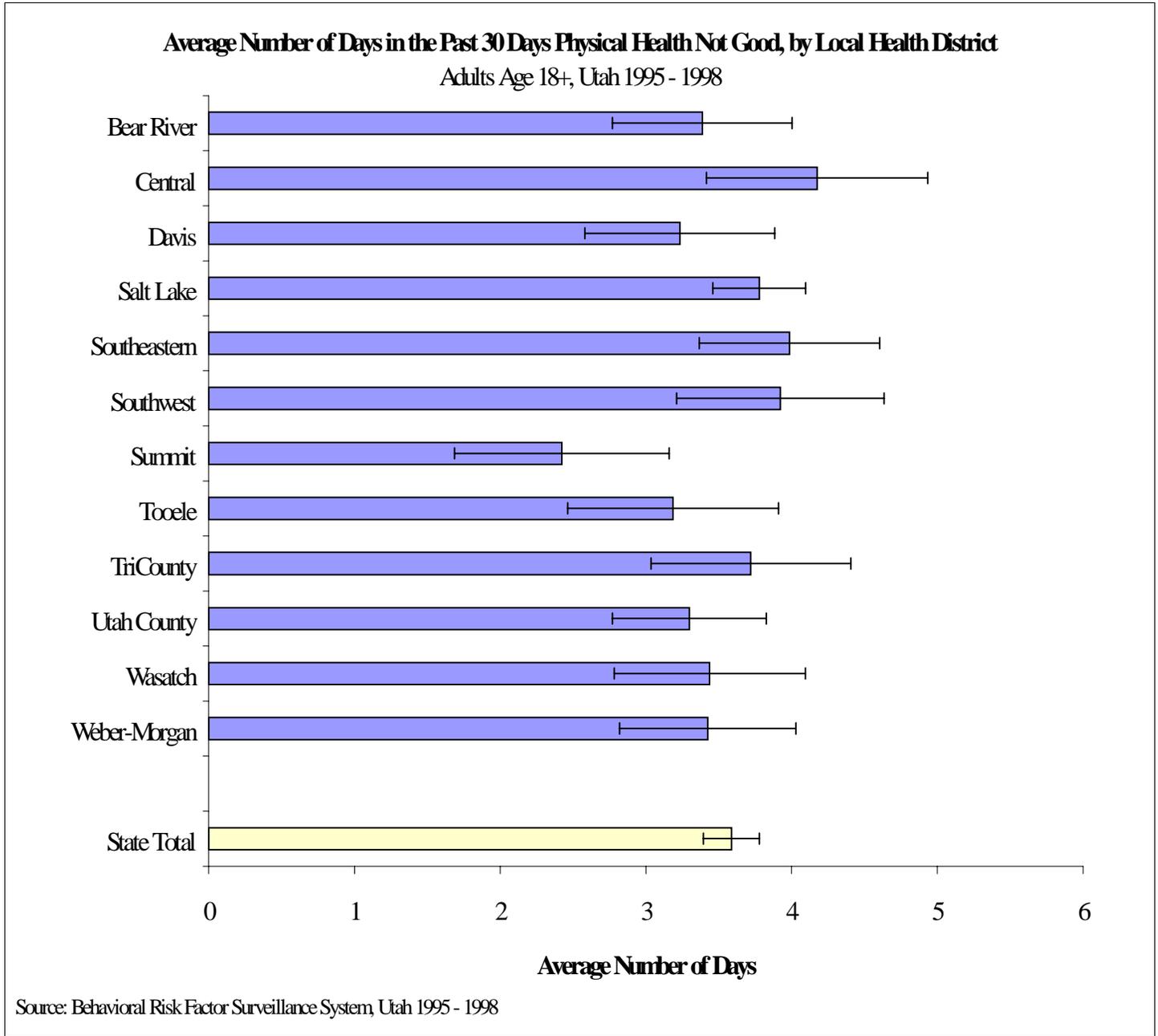
- Fair or poor self-rated health increased with age for both males and females.
- Those living in Summit County were least likely to report fair or poor self-rated health. While those living in Southwest or Southeastern Health Districts were more likely to report fair or poor self-rated health.

Number of Days Physical Health Not Good

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?

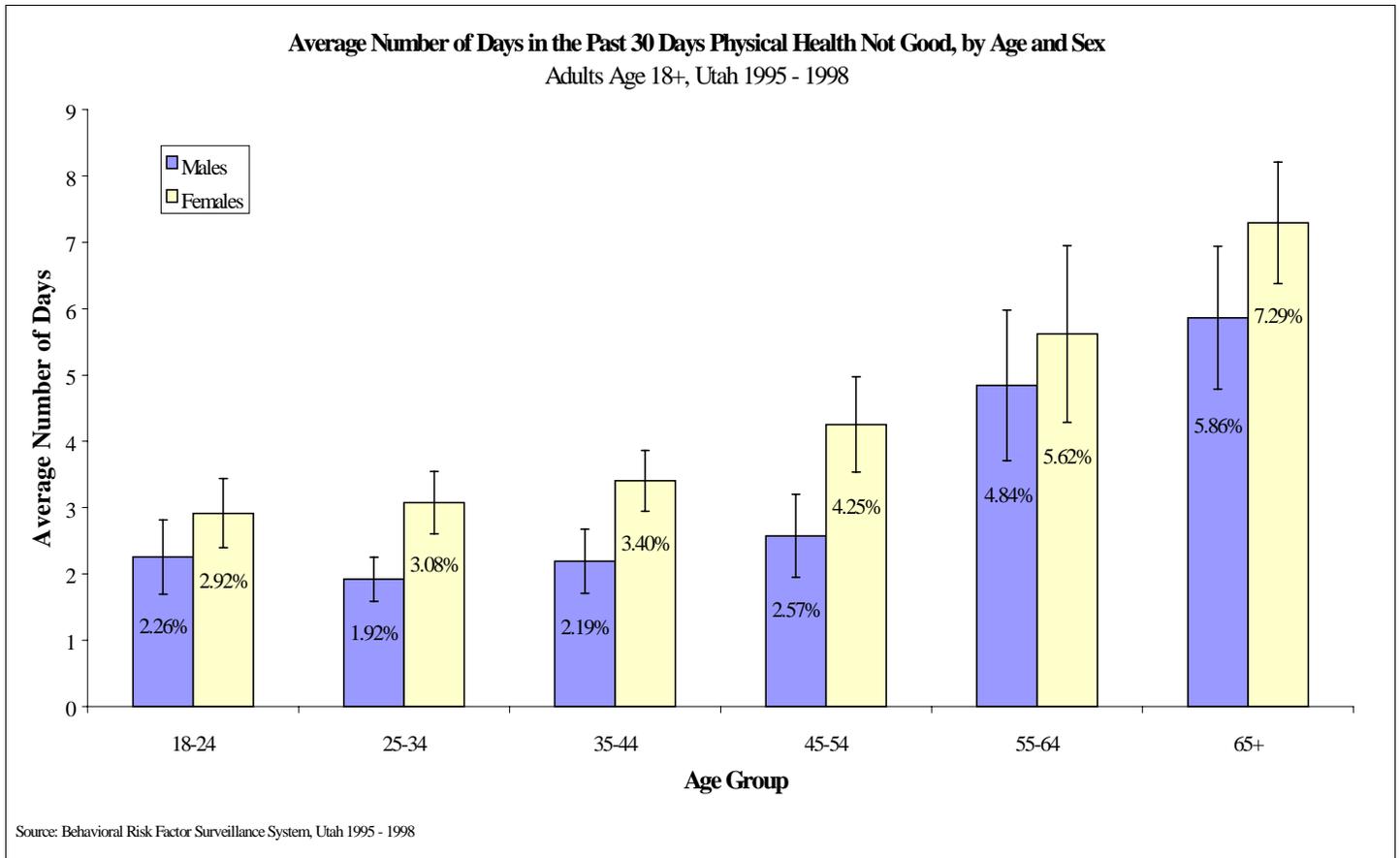
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Much of our understanding of health comes from studies of death rates. However, health is also affected by common conditions, such as arthritis, that are rarely fatal. This measure reflects the effects of a wide range of conditions; both acute and chronic, and fatal and non-fatal.



UTAH OBJECTIVE: No objective listed.
YEAR 2000 OBJECTIVE: No objective listed.
YEAR 2010 OBJECTIVE: No objective listed.

Number of Days Physical Health Not Good



District	# Days Phys. Health Not Good	95% Confidence Intervals	
		Lower	Upper
Bear River	3.4	2.8	4.0
Central	4.2	3.4	4.9
Davis	3.2	2.6	3.9
Salt Lake	3.8	3.5	4.1
Southeastern	4.0	3.4	4.6
Southwest	3.9	3.2	4.6
Summit	2.4	1.7	3.2
Tooele	3.2	2.5	3.9
TriCounty	3.7	3.0	4.4
Utah County	3.3	2.8	3.8
Wasatch	3.4	2.8	4.1
Weber-Morgan	3.4	2.8	4.0
State Total	3.6	3.4	3.8

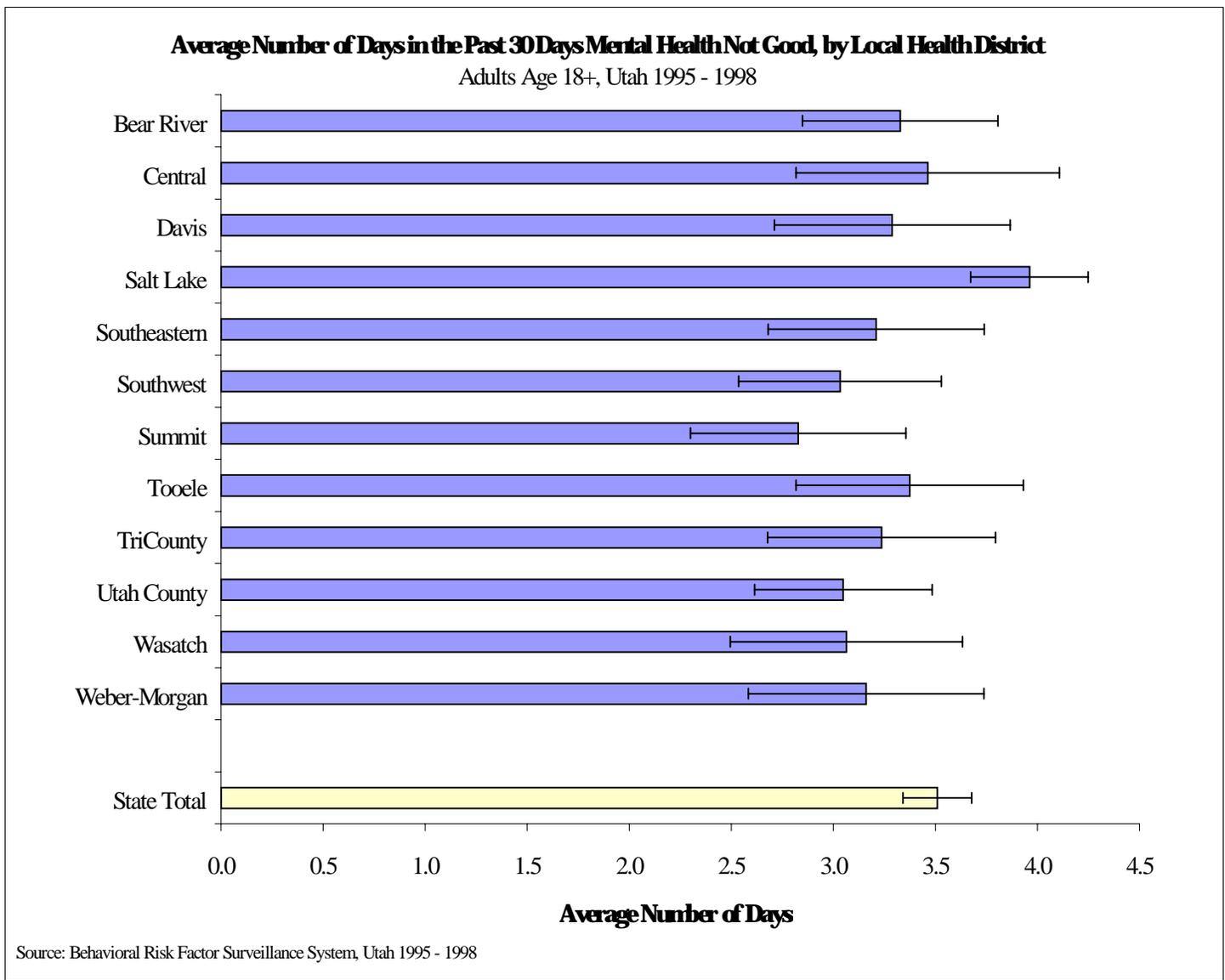
- The number of days that Utahns reported not having good physical health increased with age. There was a significant increase for males aged 45-54 versus those 55-64.

Number of Days Mental Health Not Good

Question: Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health NOT good?

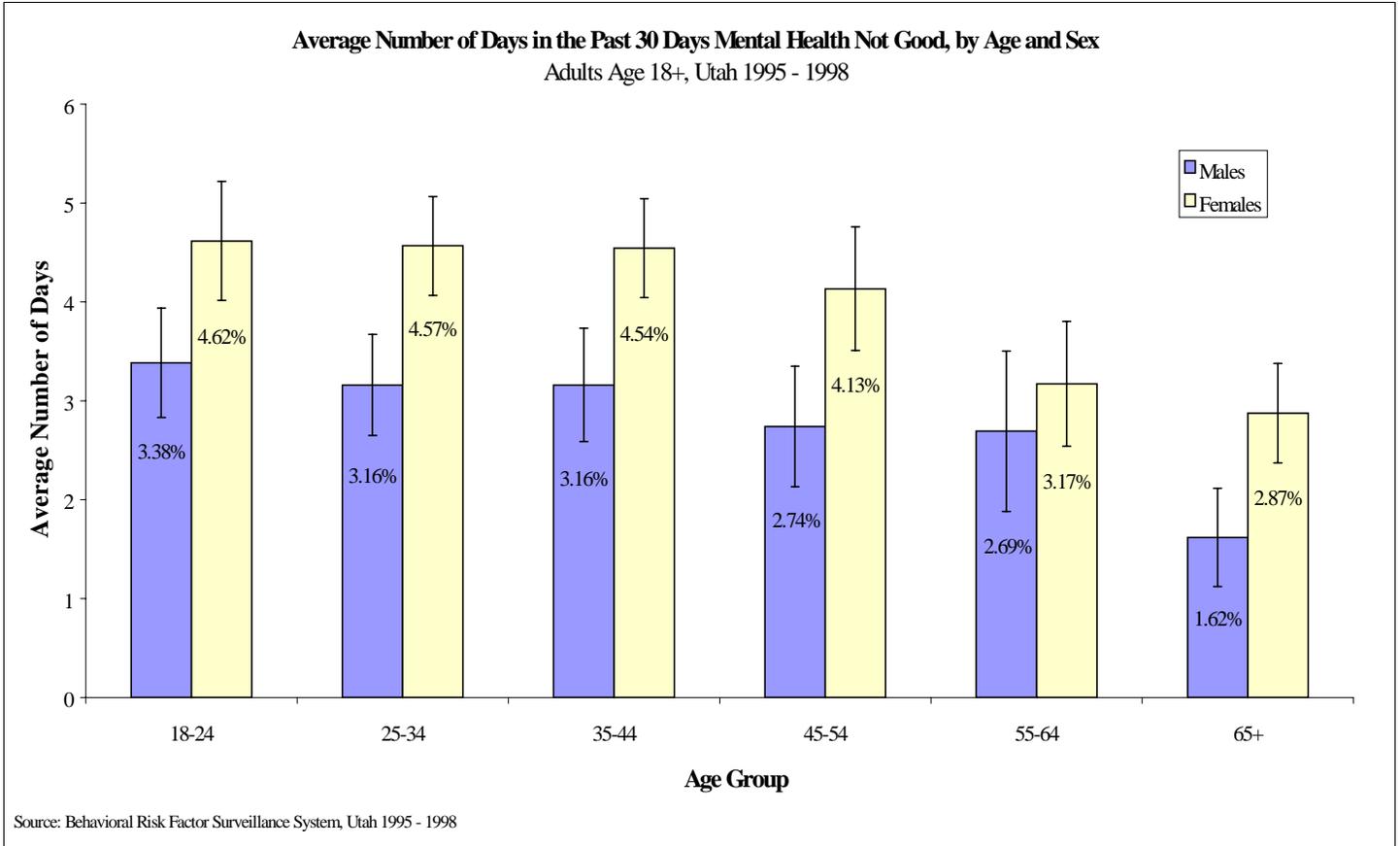
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A recent World Health Organization (WHO)/World Bank study, *The Global Burden of Disease*, found that unipolar depression was the most common cause of disability world wide; and 3 other mental illnesses were in the top ten causes of disability. Depression was also the second leading cause of lost years of healthy life (after heart disease). Recent advances in treatment of depression make it possible to help many more people with mental illness, but they are under used due to cost and the stigmatization of mental illness. Mental health and mental disorders can be affected by numerous conditions ranging from biologic and genetic vulnerabilities to acute or chronic physical dysfunction to environmental conditions and stresses.



UTAH OBJECTIVE: No objective listed.
YEAR 2000 OBJECTIVE: No objective listed.
YEAR 2010 OBJECTIVE: No objective listed.

Number of Days Mental Health Not Good



District	# Days Mental Health Not Good	95% Confidence Intervals	
		Lower	Upper
Bear River	3.3	2.9	3.8
Central	3.5	2.8	4.1
Davis	3.3	2.7	3.9
Salt Lake	4.0	3.7	4.2
Southeastern	3.2	2.7	3.7
Southwest	3.0	2.5	3.5
Summit	2.8	2.3	3.4
Tooele	3.4	2.8	3.9
TriCounty	3.2	2.7	3.8
Utah County	3.0	2.6	3.5
Wasatch	3.1	2.5	3.6
Weber-Morgan	3.2	2.6	3.7
State Total	3.5	3.3	3.7

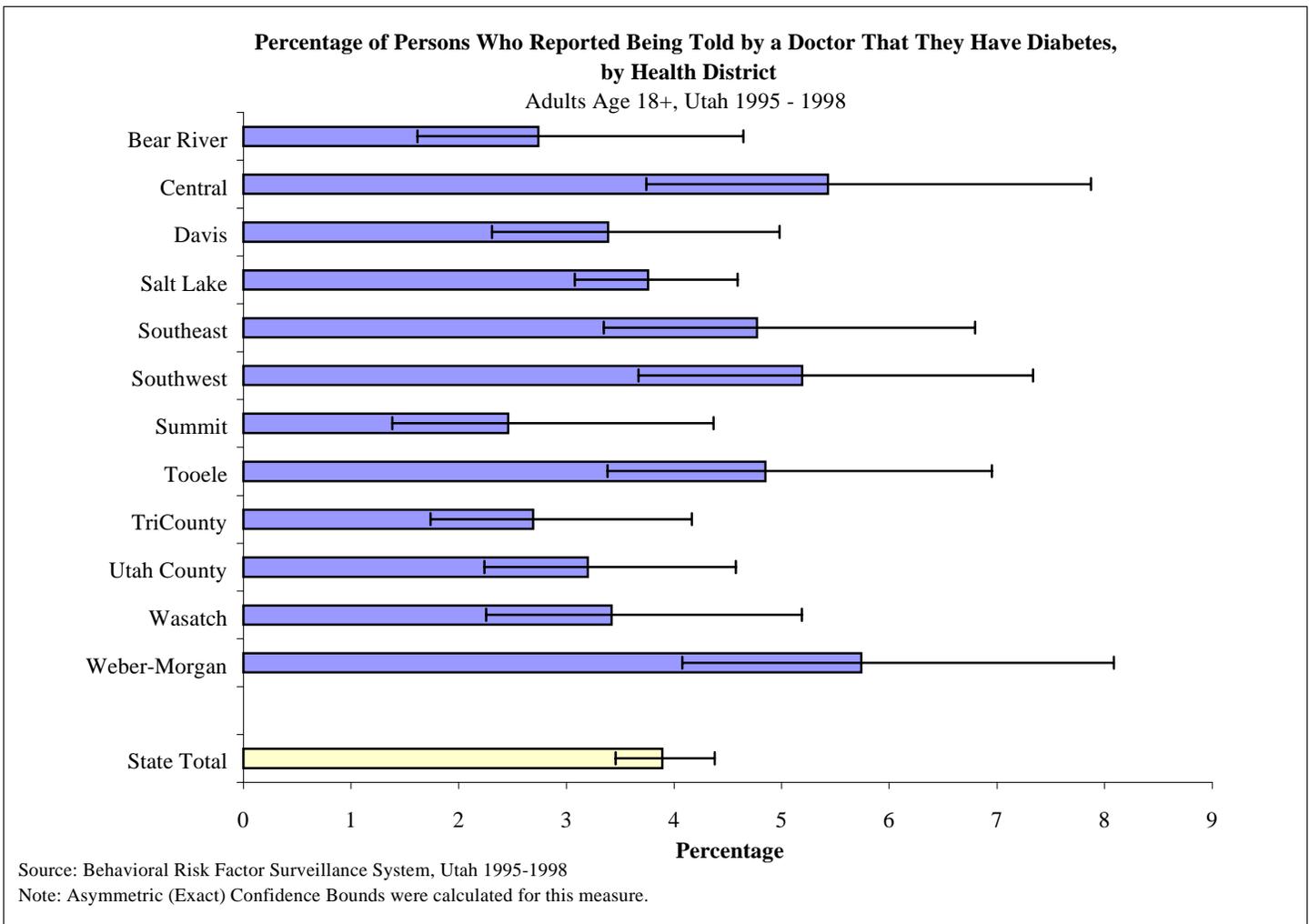
- The number of days when mental health was not good during a month decreased with age for both males and females.
- Those living in Salt Lake County reported a greater number of days when their mental health was not good on average.

Diabetes

Question: Have you ever been told by a doctor that you have diabetes?

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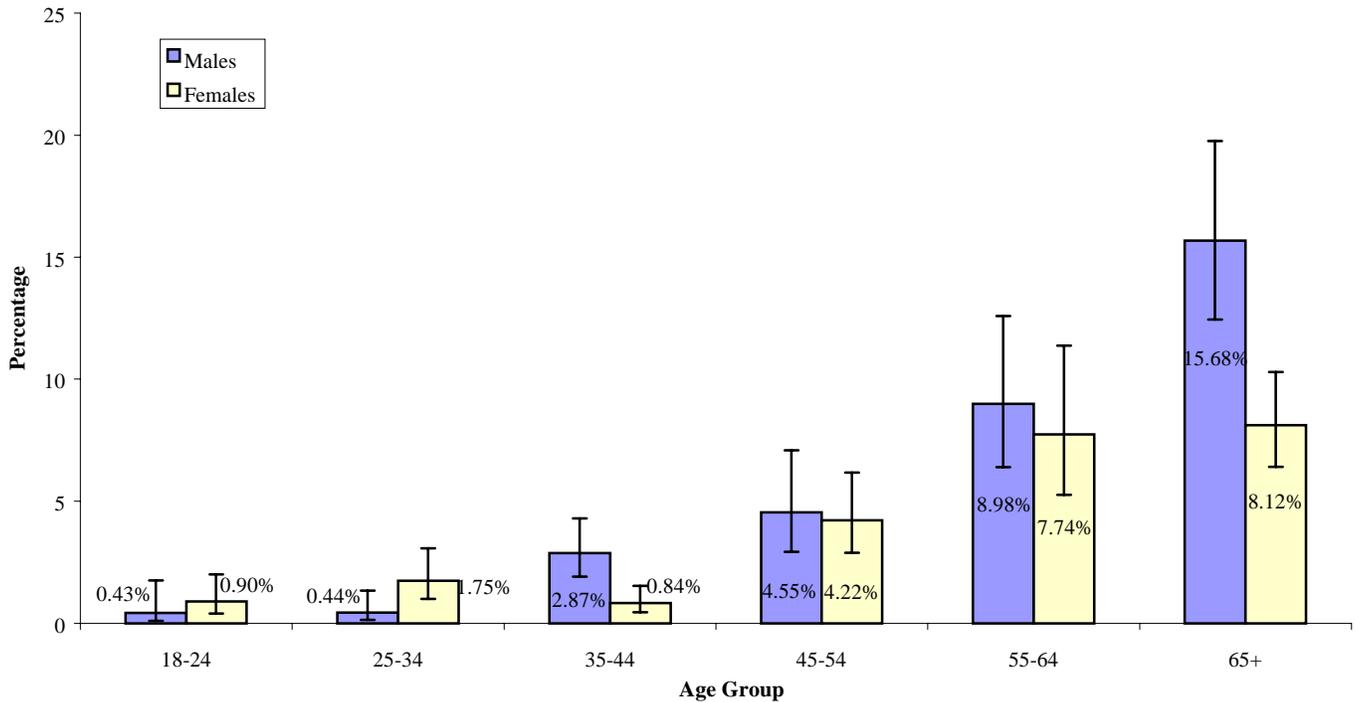
Diabetes is a chronic metabolic disease and is the seventh leading cause of death in the United States. Complications of diabetes can lead to heart disease, stroke, kidney failure, blindness, and limb amputation. The disease takes two forms: type 1 and type 2. Type 1 diabetes occurs when the pancreas cannot produce insulin. People with type 1 diabetes must take insulin to live. The disease usually manifests itself during childhood, and affects about 1 in every 600 school-aged children in the U.S. Less than 10% of all diabetes cases are type 1. Type 2 diabetes occurs when the body cannot effectively use insulin to process glucose for energy. Those at risk for type 2 diabetes generally are people who are over 40 years of age, overweight, have a family history of diabetes, or belong to certain ethnic groups such as American Indians or Hispanics. Complications can be prevented or controlled through normalization of glucose levels attained with proper diet and exercise along with appropriate medical care. Access to appropriate primary care is essential for persons with diabetes. Nationally it is estimated that between 30-50% of those people with diabetes have not yet been diagnosed.



UTAH OBJECTIVE: Reduce diabetes to a prevalence of no more than 20 per 1,000 people.
YEAR 2000 OBJECTIVE 17.11: Reduce diabetes to a prevalence of no more than 25 per 1,000 (2.5%) people (Not used above because data only includes people \geq 18 years).
YEAR 2010 OBJECTIVE 18.2: Reduce the prevalence of diagnosed diabetes to less than 25 per 1,000 population.

Diabetes

Percentage of Persons Who Reported Being Told by a Doctor That They Have Diabetes, by Age and Sex
Adults Age 18+, Utah 1995-1998



Source: Behavioral Risk Factor Surveillance System, Utah 1995-1998
Note: Asymmetric (Exact) Confidence Bounds were calculated for this measure.

District	Total Number of Adults in District	Number of Adults Told Had Diabetes	Percentage Told Had Diabetes	Asymmetric Confidence Intervals	
				Lower	Upper
Bear River	81,406	2,231	2.7%	1.6%	4.6%
Central	41,172	2,236	5.4%	3.7%	7.9%
Davis	143,725	4,872	3.4%	2.3%	5.0%
Salt Lake	554,471	20,848	3.8%	3.1%	4.6%
Southeast	36,691	1,750	4.8%	3.3%	6.8%
Southwest	82,591	4,286	5.2%	3.7%	7.3%
Summit	16,948	417	2.5%	1.4%	4.4%
Tooele	21,716	1,053	4.9%	3.4%	7.0%
TriCounty	25,089	675	2.7%	1.7%	4.2%
Utah County	205,605	6,579	3.2%	2.2%	4.6%
Wasatch	8,535	292	3.4%	2.3%	5.2%
Weber-Morgan	126,711	7,273	5.7%	4.1%	8.1%
State Total	1,344,659	52,307	3.9%	3.5%	4.4%

- The BRFSS diabetes prevalence estimates are different from those reported by the 1996 Utah Health Status Survey (HSS). Reasons for this difference include: a difference in age groups sampled (BRFSS included only Utahns 18 years old and older. HSS includes all ages), a difference in time periods, differences in how the questions were asked and limitations of the precision of both sets of estimates.
- The Utah Department of Health Diabetes Control Program is conducting a statewide media campaign to increase awareness about the burden of diabetes in Utah.