

DESCRIPTION

Self-reported overall health status among adults be a snapshot into the future burden of chronic disease and illness in a community. A recent study found a strong positive correlation among measures of self-reported poor health and the risk factors for chronic health conditions. It also found and a strong negative correlation between poor self-reported health and life expectancy.¹ Self-reports of health status can complement other measures of population health, and be used to identify high need communities, efficiently allocate resources and monitor disparities.

HOW ARE WE DOING

Based on the 2014 Metro SHAPE survey data, 89.2 percent of Ramsey County respondents indicated that their health was good, very good or excellent.² In 2016, 87.8 percent of Minnesota adults self-reported that their health was good or better.³

BENCHMARK INDICATOR

Healthy People 2020: Increase the proportion of adults who self-report good or better physical health.
U.S. Target: 79.8 percent.⁴

DISPARITIES

Adults in the six-county metro area with incomes below 200 percent of the federal poverty level rated their health as lower than those with higher incomes. Adults with no college degree rated their health as lower than those who did have college degrees. About 21.3 percent of adults with only a high school education report fair or poor health status compared to 3.8 percent of those with bachelor's degrees.²

RISK FACTORS

Some of the risk factors that contribute to poor overall health are housing/neighborhood conditions, access to suitable health care, quality education and healthy foods.

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

Saint Paul - Ramsey County Public Health provides data monitoring and reporting for this topic in order to better understand the overall health and current conditions in the community. The information may help inform community partners, policy makers or county program leadership.

- Based on the 2014 Metro SHAPE data, 89.2 percent of Ramsey county respondents indicate that their health is good, very good or excellent. This compares to a Minnesota rate of 87.8 percent.
- Adults with lower income and/or less education report lower health status.

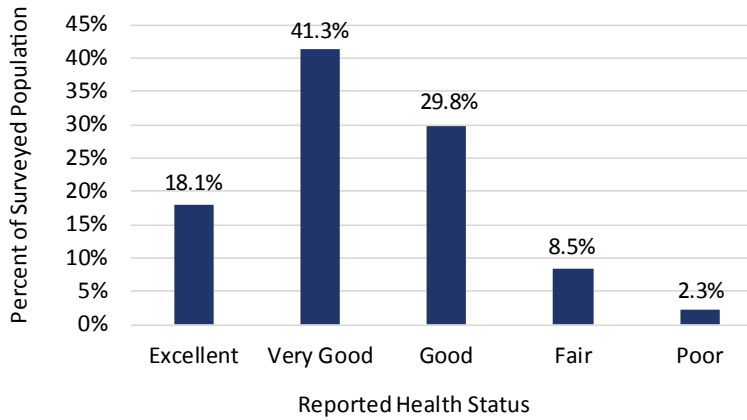
¹ Dwyer-Lindgren L; Mackenbach J; van Lenthe F; Mokdad A. Advancing innovation in health measurement. Population Health Metrics. April 2017. 15:16. <https://doi.org/10.1186/s12963-017-0133-5>. Accessed March 1, 2018.

² 2014 Metro SHAPE Adult Survey – Ramsey County Data Book. Ramsey County Public Health Website. https://www.ramseycounty.us/sites/default/files/Open%20Government/Public%20Health%20Data/ramsey_county_metro_SHAPE_2014_survey.pdf. Accessed August 15, 2017.

³ Behavioral Risk Factor Surveillance System. Centers for Disease Control and Prevention. <https://www.cdc.gov/brfss/brfssprevalence/index.html>. Accessed March 2018.

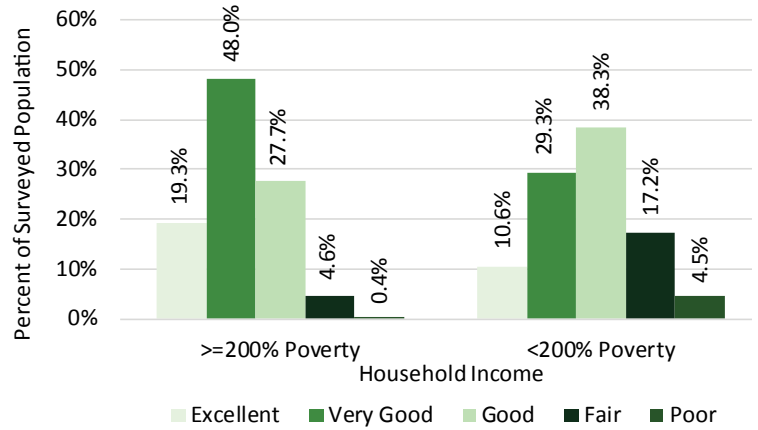
⁴ Health-Related Quality of Life & Well-being. 2020 Topics and Objectives. Healthy People 2020 Web site. <https://www.healthypeople.gov/2020/topics-objectives/topic/Health-Related-Quality-of-Life-Well-Being/objectives#4634>. Accessed November 22, 2017.

Health Status among Adults 25+ Years, Ramsey County 2014



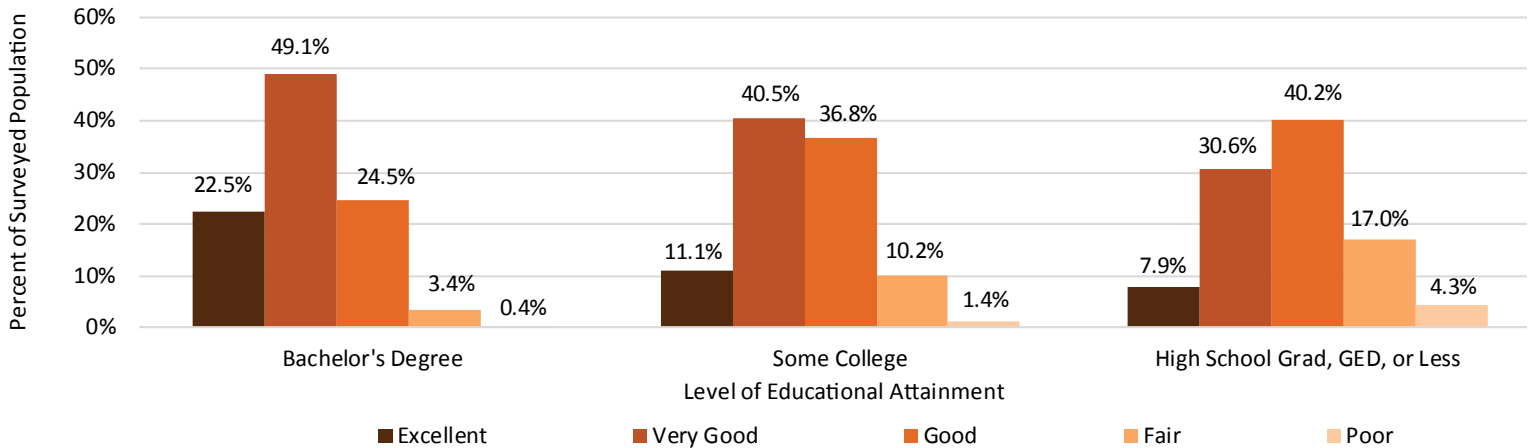
Source: Saint Paul – Ramsey County Public Health. Metro SHAPE.

Health Status by Income, Adults 25+ Years, Six County Metro Area 2014



Source: Metro Public Health Analyst Network.⁵

Health Status by Education, Adults 25+ Years, Six County Metro Area 2014



Source: Metro Public Health Analyst Network.⁵

⁵ Metro Public Health Analyst Network. Metro SHAPE Six County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed March 1, 2018.