



Health Indicator Profile: Overall Good Health

A person's self-reported general health status helps describe their perceived, overall well-being, even though health-related quality of life is not a direct measure of chronic diseases or other health conditions. Numerous studies have linked self-reported health status with longevity, lifespan, health behaviors, physical and mental health, social connectedness, and productivity.¹

Findings from the 2019 Santa Barbara County CHNA

Measure

The questionnaire measured general health status beginning with one question: "Would you say that in general your health is ...?" Respondents could choose one of the following responses: "excellent," "very good," "good," "fair," or "poor." A comparison of Santa Barbara County respondents over time and compared to Californians in general is provided in Table 1 below.

OVERALL HEALTH QUESTION

"Would you say that in general your health is ...?"

¹Centers for Disease Control and Prevention. (2018). Well-being concepts. Retrieved from <http://www.cdc.gov/hrqol/wellbeing.htm>

Table 1. Percentage of adults with overall good or better health

	2016 Santa Barbara CHNA	2019 Santa Barbara CHNA	2018 California BRFSS	2020 Healthy People Target
	% (95% CI)	% (95% CI)	% (95% CI)	
Overall	80.9 (78.9, 83.6)	77.0 (73.2, 80.9)	81.9 (81.0, 82.8)	79.8
Male	81.7 (78.3, 85.5)	75.5 (69.8, 81.3)	82.8 (81.6, 84.0) [^]	
Female	80.1 (77.1, 83.1)	78.5 (73.4, 83.7)	81.0 (79.7, 82.3)	
Hispanic	71.7 (66.9, 76.4) [^]	68.4 (61.6, 75.1) [^]	72.0 (70.3, 73.7)	
Non-Hispanic White	86.8 (84.3, 89.2) [^]	84.1 (79.5, 88.8)	87.3 (86.3, 88.4)	
Other	86.6 (81.0, 92.2) [^]	81.5 (68.3, 94.6)	NA	
Age 18-44	85.6 (81.9, 89.2) [^]	78.8 (72.9, 84.8)	86.8 (85.7, 88.0) [^]	
Age 45-64	76.2 (72.2, 80.3)	73.1 (66.6, 79.7) [^]	77.9 (76.3, 79.6) [^]	
Age 65+	75.8 (71.9, 79.8)	78.5 (71.8, 85.2)	75.9 (73.4, 78.4) [^]	
< High School	58.6 (50.6, 66.6) [^]	51.3 (39.8, 62.9) [^]	61.2 (58.4, 64.1) [^]	
High School Grad	81.6 (76.5, 86.6)	74.2 (64.8, 83.6)	82.2 (80.3, 84.1) [^]	
Some College	84.9 (81.7, 88.2) [^]	82.9 (77.0, 88.8)	83.8 (82.1, 85.5) [^]	
College Grad	91.1 (89.1, 93.1) [^]	86.9 (81.5, 92.3) [^]	91.7 (90.7, 92.8) [^]	
<\$35,000	70.7 (65.8, 75.5) [^]	63.6 (56.1, 71.0) [^]	70.2 (68.3, 72.0) [^]	
\$35,000-\$74,999	84.1 (79.2, 88.9)	82.9 (74.9, 90.8)	83.7 (81.7, 85.7) [^]	
\$75,000 or Greater	92.0 (89.7, 94.4) [^]	89.2 (83.9, 94.4) [^]	92.2 (91.0, 93.5) [^]	

[^] Significant difference between estimate and Healthy People 2020 target

Health disparities

Santa Barbara County is below the HP 2020 target for self-reported good (or better) health, though the difference is not statistically different (77.0% vs. 79.8%). Santa Barbara County in 2019 is significantly below self-reported good (or better) health when compared to Californians overall in 2018, particularly for males and those aged 18-44. In addition, the table above shows health disparities, with smaller proportions of people with Hispanic ethnicity, without a high school degree and those in the lowest income group reporting good or better health. Between 2016 and 2019, decreases in the proportion of Santa Barbara County residents reporting good or better health occurred in every demographic group except in those 65 or older; however none of the differences were statistically significant.

Most impacted demographic subgroups include those with household incomes below \$35,000, those with less than a high school education, those aged 45-65 years old, and Hispanics (see figures below).

Figure 1. 2019 Percentage of adults reporting good or better health by demographic group

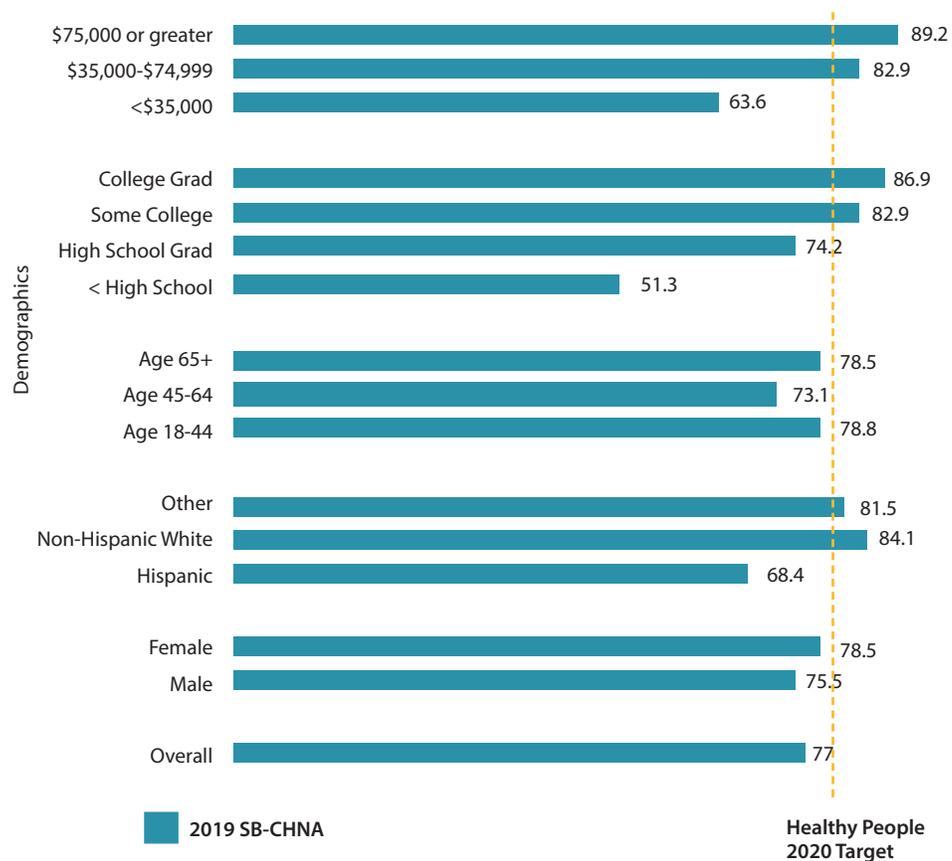
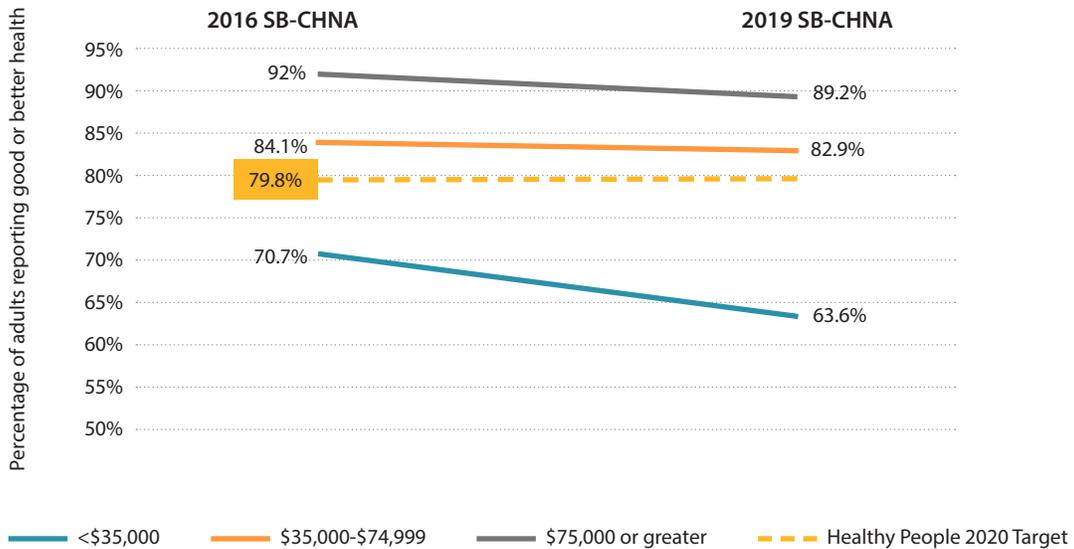


Figure 2. Percentage of adults reporting good or better health by income in 2016 and 2019 with HP 2020 Target



Factors and health outcomes associated with self-reported health

Figure 3 below depicts the five health indicators that were most significantly related to self-reported poor or fair health and includes obesity (BMI ≥ 30), physical inactivity, housing insecurity, low resilience, and history of stroke. The percentage of those reporting poor or fair health across these five subgroups is much higher than the general adult population estimates for both California (2018) and Santa Barbara County (2019) which are 19% and 23% respectively.

Four health indicators remained independently correlated with poor or fair health after adjusting for all other variables including demographics (age, sex at birth, race/ethnicity, and education level). Obesity was no longer significantly associated with poor/fair health once controlling for demographic variables.

Those reporting any of the four health indicators were all at increased odds of reporting poor or fair health. The odds of reporting poor or fair health were 2.6 times greater for those who reported being inactive compared to those reporting being physically active. Likewise, the odds of reporting poor or fair health were 3.2 times greater for those who reported housing insecurity compared to those who did not and 4.4 times greater for those reporting low resilience when compared to those reporting mid/high resilience. Stroke showed the largest association with the odds of reporting poor or fair health being 7.8 times greater than the odds for those without a history of stroke.

Figure 3. Percentage of adults reporting fair/poor health by significant related risk factors

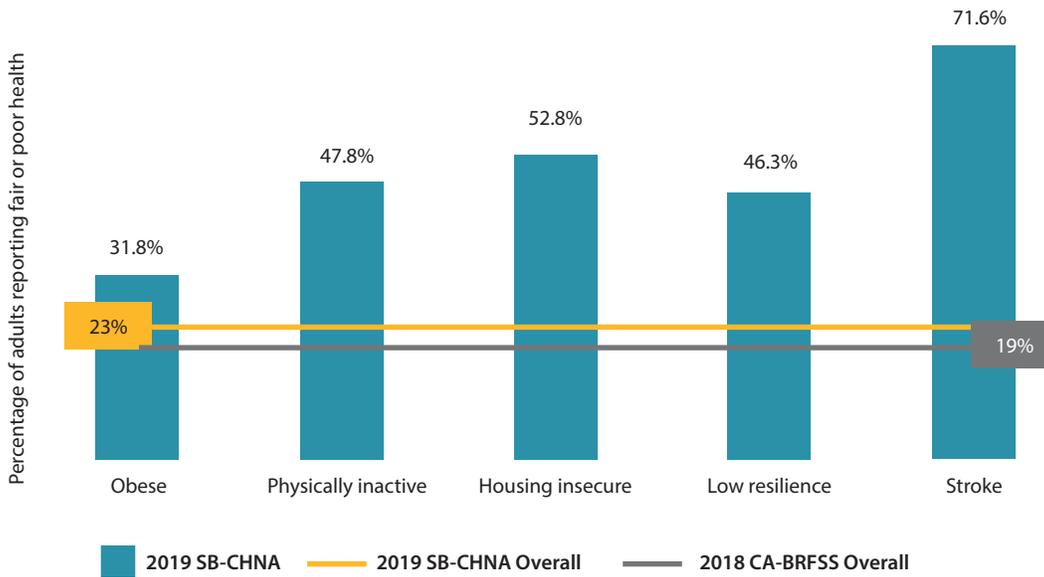


Table 2. Odds ratio estimates for fair or poor health by significant related risk factors

Significant related risk factor	Point estimate	95% confidence limits	
Stroke	7.8	2.6	23.3
Low resilience	4.4	1.9	10.0
Housing insecure	3.2	1.3	7.9
Physically inactive	2.6	1.1	5.9
Obese	1.7	0.8	3.6

Note: The degrees of freedom in computing the confidence limits is 641.