

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 2022 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 to Californians in general is provided in Table 1 below. Healthy People (HP) 2030 changed this self-reported measure of quality of life from a target to an Overall Health and Well-Being Measure; therefore, the Healthy People 2020 target is used as the benchmark 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 by Demographics

	2016 Santa Barbara CHNA	2019 Santa Barbara CHNA	2022 Santa Barbara CHNA	2021 California BRFSS	2020 Healthy People Target
	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	%
Overall	80.9 (78.9, 83.6)	77.0 (73.2, 80.9)	84.2 (80.9, 87.5)^	83.8 (82.6, 84.9)^	79.8
Male	81.7 (78.3, 85.5)	75.5 (69.8, 81.3)	82.9 (77.5, 88.3)	84.2 (82.6, 85.7)^	
Female	80.1 (77.1, 83.1)	78.5 (73.4, 83.7)	85.2 (81.2, 89.3)^	83.4 (81.7, 85.1)^	
Hispanic	71.7 (66.9, 76.4)^	68.4 (61.6, 75.1)^	76.8 (69.7, 84.0)	77.1 (76.0, 79.2)^	
Non-Hispanic White	86.8 (84.3, 89.2)^	84.1 (79.5, 88.8)	89.9 (86.9, 92.9)^	88.4 (86.9, 89.8)^	
Other	86.6 (81.0, 92.2)^	81.5 (68.3, 94.6)	82.8 (74.0, 91.7)	86.2 (83.6, 88.9)^	
Age 18-44	85.6 (81.9, 89.2)^	78.8 (72.9, 84.8)	83.8 (78.3, 89.3)	89.2 (87.7, 90.6)^	
Age 45-64	76.2 (72.2, 80.3)	73.1 (66.6, 79.7)^	83.0 (77.2, 88.9)	79.5 (77.2, 81.7)	
Age 65+	75.8 (71.9, 79.8)	78.5 (71.8, 85.2)	86.3 (81.0, 91.6)^	77.6 (74.9, 80.4)	
< High School	58.6 (50.6, 66.6)^	51.3 (39.8, 62.9)^	71.6 (57.6, 85.5)	65.1 (61.5, 68.7)^	
High School Grad	81.6 (76.5, 86.6)	74.2 (64.8, 83.6)	78.9 (68.4, 89.5)	84.6 (82.2, 87.0)^	
Some College	84.9 (81.7, 88.2)^	82.9 (77.0, 88.8)	82.9 (77.1, 88.7)	84.8 (82.5, 87.0)^	
College Grad	91.1 (89.1, 93.1)^	86.9 (81.5, 92.3)^	90.9 (87.7, 94.0)^	91.7 (90.3, 93.0)^	
<\$35,000	70.7 (65.8, 75.5)^	63.6 (56.1, 71.0)^	70.3 (61.2, 79.3)^	72.5 (70.0, 75.0)^	
\$35,000-\$74,999	84.1 (79.2, 88.9)	82.9 (74.9, 90.8)	80.6 (73, 88.1)	83.1 (80.2, 86.0)	
\$75,000 or greater	92.0 (89.7, 94.4)^	89.2 (83.9, 94.4)^	90.8 (87.4, 94.3)	92.7 (91.4, 94.1)^	

^ Significant difference between estimate and Healthy People 2030 target

Health Disparities

Santa Barbara County is better than the HP 2020 target for self-reported good (or better) health and has overall reported improvement since 2019. Santa Barbara County is significantly above the HP 2020 target for several groups including non-Hispanic whites, those age 65+, and those who graduated from college. Those with household incomes below \$35K were significantly below the target with the lowest reported good or better health at 70.3%. Compared to Californians age 65+, those age 65+ residing in Santa Barbara County report a significantly higher percentage of good or better health, 77.6 vs. 86.3% respectively. As in previous years, in 2022 good or better health increases with increasing education and household income, with those graduating college and those with household incomes at or above \$75k reporting greater than 90%. Although Hispanics saw an 8.4% increase since 2019 for those reporting good or better health, Hispanics remain significantly below their non-Hispanic white counterparts, 76.8 vs. 89.9%.

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

Figure 1. 2022 Percent Reporting Good or Better Health by Demographic Group

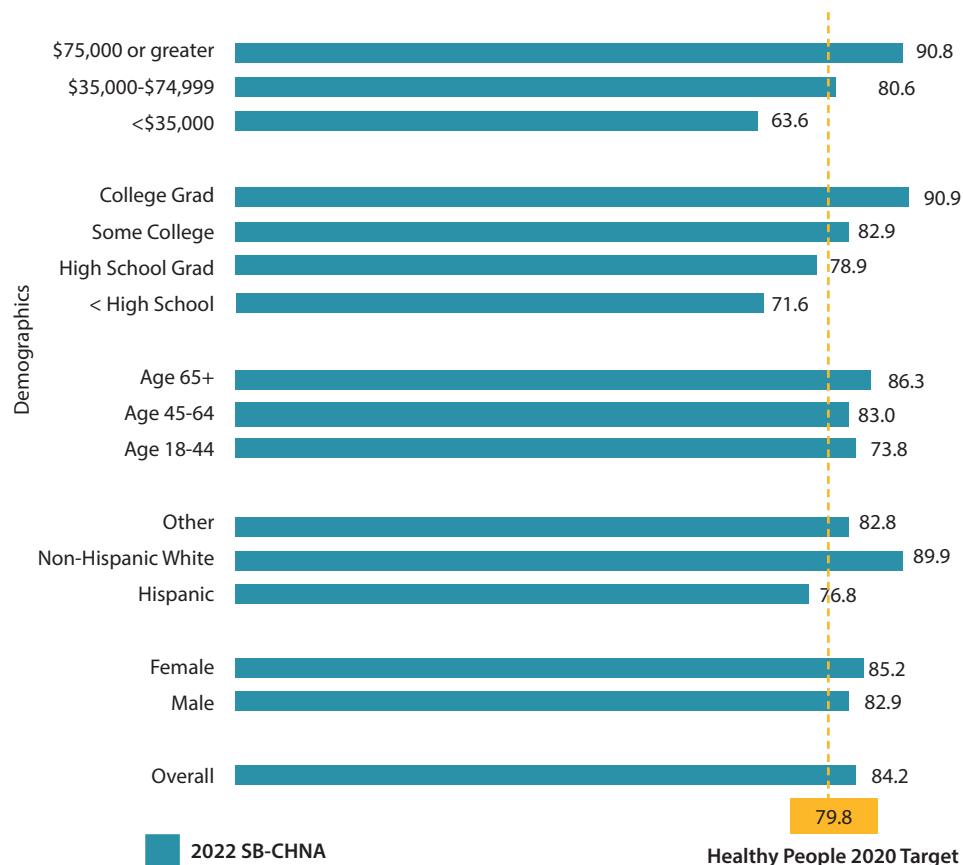
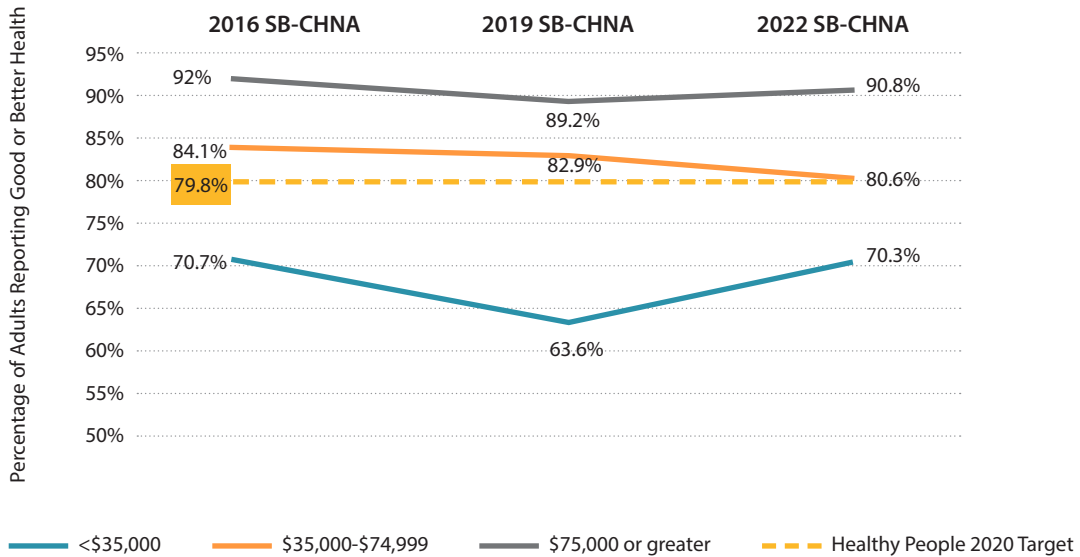


Figure 2. 2016-2022: Percent Reporting Good or Better Health by Household Income



Factors and Health Outcomes Associated with Self-Reported Health

Figure 3 below depicts the six health indicators that were most significantly related to self-reported poor or fair health and includes receiving dental care in the past 12 months, 15 or greater poor mental health days in the past month, physical inactivity, no health care provider, obesity, and housing insecurity. The percentage of those reporting poor or fair health across four of these six subgroups is much higher than the general adult population estimates for both California (2021) and Santa Barbara County (2022) which are both approximately 16.0%. Those reporting housing insecurity had the highest percentage of reporting poor or fair health at 38.4%, followed by 15 or greater poor mental health days in the past month at 36.1%.

Five of the six health indicators remained significantly associated with reported poor or fair health after controlling for demographics with a 3-to-5-fold increase in the odds of reporting poor or fair health.

Figure 3. Percentage of Adults Reporting Fair/Poor Health by Significant Related Factors

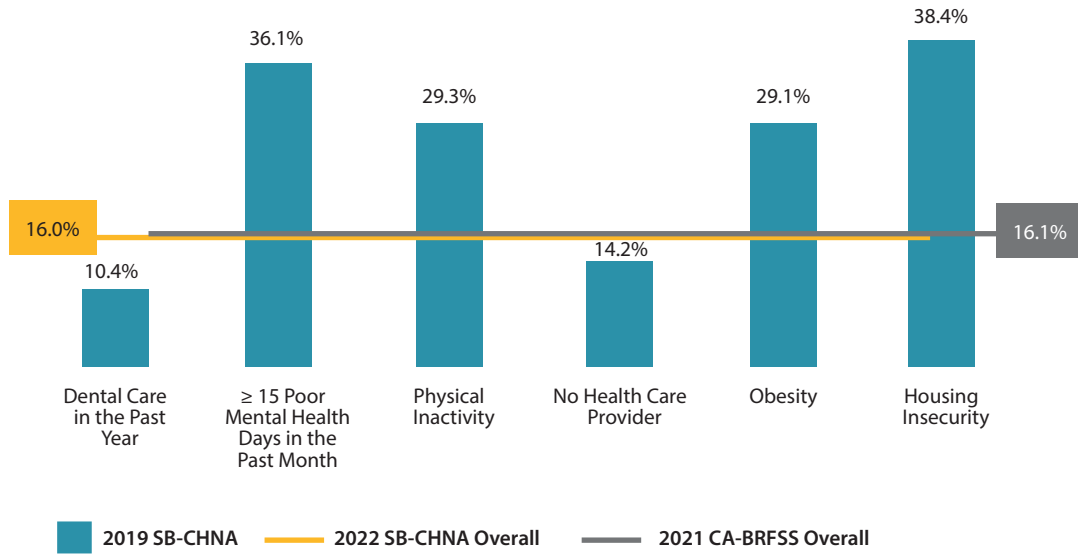


Table 2. Odds Ratio Estimates for Fair or Poor Health by Significant Related Factors

Significant Related Factor	Point Estimate	95% Confidence Limits	
Dental Care in Past Year	3.2	1.4	7.0
Half Month Mentally Unwell	4.1	1.8	9.3
Physical Inactivity	3.3	1.5	7.3
No Health Care Provider	0.1	0.0	0.6
Obesity	3.0	1.2	7.1
Housing Insecurity	4.9	1.7	14.2

NOTE: The degrees of freedom in computing the confidence limits is 1209.

Conclusion

Self-reported overall health is an important measure for assessing the well-being of a population. Santa Barbara County (SBC) is doing better than the Healthy People 2020 national target, and those age 65+ in SBC are doing significantly better than Californians age 65+. Disparities still exist by race/ethnicity, as Hispanics remain significantly below their non-Hispanic white counterparts, even with an 8.4% increase since 2019 among Hispanics reporting good or better health. Disparities also exist across subgroups for those with the least education and those with lowest and middle incomes. These findings show that addressing health by sub-populations' needs is important to improving well-being for all residents in the county.