



# Fewer than half of Kentucky adults report excellent or very good health

In the United States, life expectancy has decreased in recent years.<sup>1</sup> In Kentucky, death rates for cancer, chronic respiratory disease, accidents, kidney disease, diabetes, blood poisoning, heart disease and drug overdose are among the nation's highest.<sup>2</sup>

The **Kentucky Health Issues Poll (KHIP)** asked Kentucky adults how they would rate their own health. Studies show that this general self-rated health status is associated with actual health conditions and risk of dying.<sup>3</sup> KHIP is jointly funded by Interact for Health and the Foundation for a Healthy Kentucky.

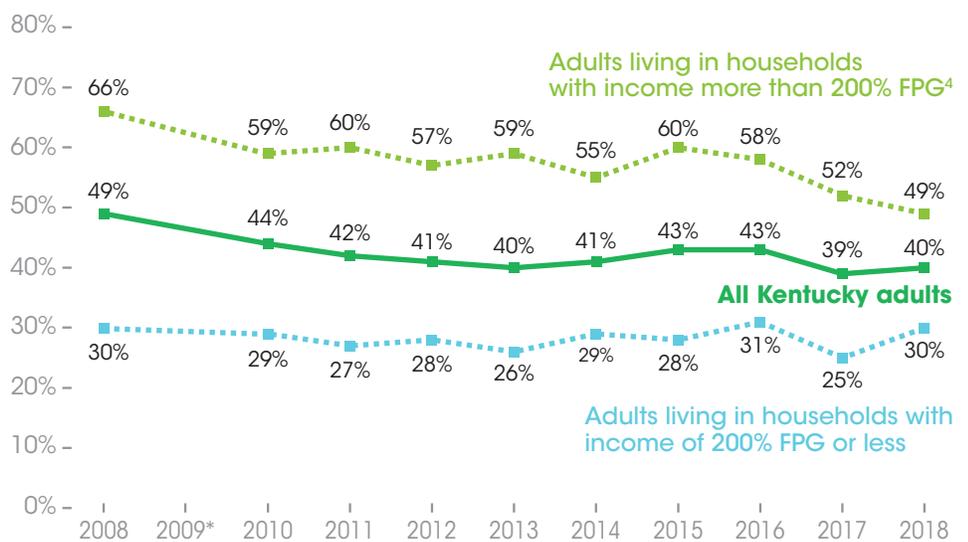
KHIP asked, "Would you say that, in general, your health is excellent, very good, good, fair or poor?" Overall, the percentage of Kentucky adults reporting excellent or very good health has dropped from almost half in 2008 (49%) to 4 in 10 in 2018 (40%).

<sup>1</sup> Centers for Disease Control and Prevention, National Center for Health Statistics. Mortality in the United States, 2017. Accessed Jan. 2019 from <https://bit.ly/2BG7thD>.

<sup>2</sup> Centers for Disease Control and Prevention, National Center for Health Statistics. Stats of the State of Kentucky. Accessed Jan. 2019 from <https://bit.ly/2G8x4Dr>.

<sup>3</sup> DeSalvo, K.B., et al. (2006) Mortality Prediction with a Single General Self-Rated Health Question: A Meta-Analysis. Journal of General Internal Medicine. 21(3). 267-275.

**Kentucky adults reporting excellent or very good health**



\* The question "Would you say that in general your health is excellent, very good, good, fair or poor?" was not asked by KHIP in 2009.  
SOURCE: 2018 Kentucky Health Issues Poll (released February 2019)



## Higher-income adults' health status declines

In 2008, more than 6 in 10 Kentucky adults (66%) who lived in households with income more than 200% of the Federal Poverty Guidelines (FPG)<sup>4</sup> said their health was excellent or very good. In 2018 only 5 in 10 of these Kentucky adults (49%) said this. Since 2008 about 3 in 10 Kentucky adults who lived in households

with income of 200% FPG or less have consistently reported excellent or very good health.

Overall, adults with lower household incomes were less likely than adults with higher household incomes to report excellent or very good health. Research has identified economic stability as one of the key social factors influencing the health of a community.<sup>5</sup>

<sup>5</sup> U.S. Department of Health and Human Services. Office of Disease Prevention and Health Promotion. Healthy People 2020: Social Determinants of Health. Accessed Jan. 2019 from <https://bit.ly/1RjVZUH>.

<sup>4</sup> In 2017, 200% FPG was \$49,200 for a family of four. The value is set yearly.

These findings, unless otherwise noted, are from the Kentucky Health Issues Poll, funded by the Foundation for a Healthy Kentucky and Interact for Health. The Kentucky Health Issues Poll was conducted Aug. 26-Oct. 21, 2018, by the Institute for Policy Research at the University of Cincinnati. A random sample of 1,569 adults from throughout Kentucky was interviewed by telephone. This included 697 landline interviews and 872 cell phone interviews with cell phone users. In 95 of 100 cases, the statewide estimates will be accurate to  $\pm 2.5\%$ . There are other sources of variation inherent in public opinion studies, such as nonresponse, question wording or context effects that can introduce error or bias. For more information about the Kentucky Health Issues Poll, please visit [www.healthy-ky.org](http://www.healthy-ky.org) or [www.interactforhealth.org/about-khip/](http://www.interactforhealth.org/about-khip/).