

# HEALTH-RELATED QUALITY OF LIFE

Health-Related Quality of Life (HRQOL) is a measure of a person's perception of their own physical and mental health. The CDC validated a compact set of measures to assess HRQOL, known as the "Healthy Days Measures." They assess a person's sense of well-being based on four measures: 1) self-rated health, 2) number of recent days when physical health was not good, 3) number of recent days when mental health was not good, and 4) number of recent days when activities were limited because of poor physical or mental health ("recent" is defined as within the last 30 days).

## SELF-RATED GENERAL HEALTH

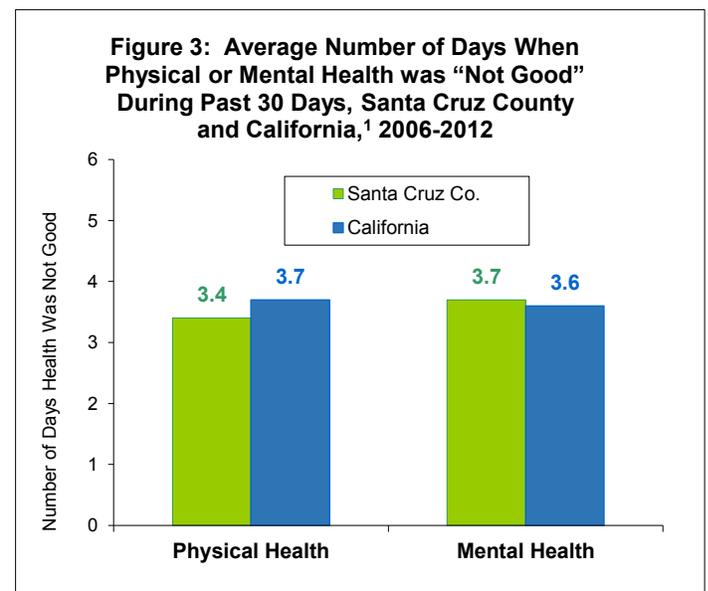
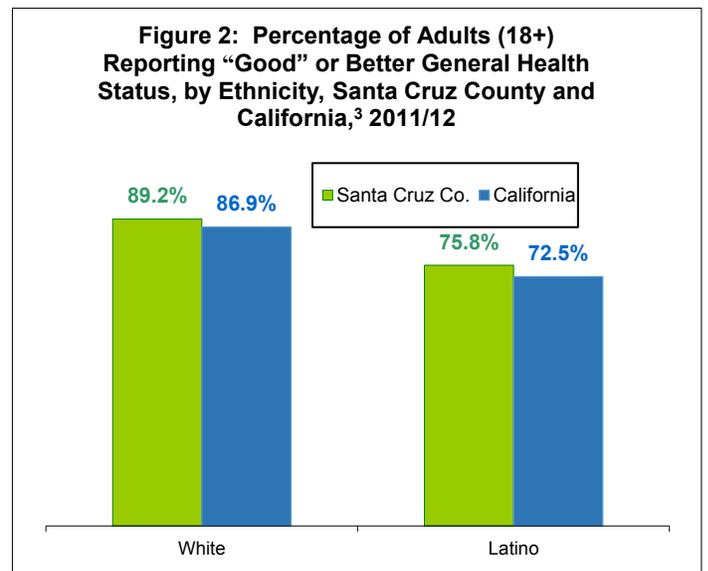
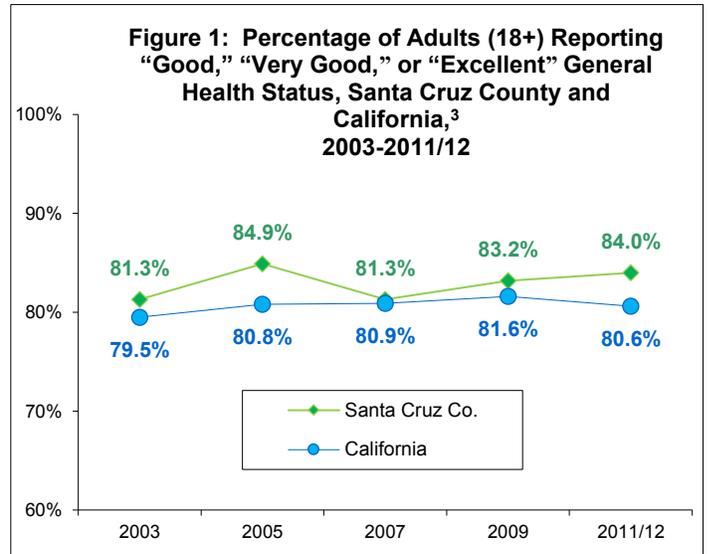
Since 1993, CDC's Behavioral Risk Factor Surveillance System (BRFSS) national survey has included these questions. BRFSS asks people, "In general, would you say that your health is excellent, very good, good, fair, or poor?" From 2006 to 2012, on average, 83.6% of adults in Santa Cruz County said their health was good, very good, or excellent, compared to 81.5% of adults statewide.<sup>1</sup> National data for 2006 through 2010, the most recent years accessible, were similar to Santa Cruz County data.<sup>2</sup>

This question is also asked regularly through the statewide California Health Interview Survey<sup>3</sup> (CHIS), and again, Santa Cruz County consistently fares a little better than California (see Figure 1). However, both locally and statewide there was a significantly lower good-health percentage among Latinos than among Whites (see Figure 2).

In 2011 the CAP survey<sup>4</sup> added the question about general health. In 2013, CAP similarly found that 82.5% of adults reported good (or better) general health. However, Latinos again were significantly less likely than Whites to report good or better general health (69.2% versus 87.0%).

## PHYSICAL HEALTH

BRFSS asks respondents on how many of the past 30 days their physical health was not good. From 2006 to 2012, Santa Cruz County residents reported an average of 3.4 days, compared to 3.7 days statewide (see Figure 3). Santa Cruz County ranked in the top quartile of the state. The national average was also 3.7 days.<sup>1</sup>



# HEALTH-RELATED QUALITY OF LIFE

---

## MENTAL HEALTH

BRFSS also asks, “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?” Santa Cruz County residents reported an average of 3.7 days, compared to 3.6 days statewide, from 2006 to 2012 (see Figure 3). The national average was 3.5 days.<sup>1</sup>

<b>Sources</b>	<p>(1) National Center for Health Statistics, Health Indicators Warehouse. Accessed May 12, 2015. <a href="http://www.healthindicators.gov/Indicators/Fair-or-poor-health-adults-percent_5/Profile/ClassicData">http://www.healthindicators.gov/Indicators/Fair-or-poor-health-adults-percent_5/Profile/ClassicData</a>.</p> <p>(2) Health-Related Quality of Life, BRFSS Trend Data. Accessed May 12, 2015. <a href="http://apps.nccd.cdc.gov/HRQOL/">http://apps.nccd.cdc.gov/HRQOL/</a></p> <p>(3) California Health Interview Survey. UCLA Center for Health Policy Research. Accessed March 2015. <a href="http://www.chis.ucla.edu/">http://www.chis.ucla.edu/</a>.</p> <p>(4) Applied Survey Research. <i>Community Assessment Project Report: Year 18 (2012)</i>. <a href="http://www.appliedsurveyresearch.org/storage/database/quality-of-life/santacruzcap/cap18_2012/CAP_Year18_CompleteReport.pdf">http://www.appliedsurveyresearch.org/storage/database/quality-of-life/santacruzcap/cap18_2012/CAP_Year18_CompleteReport.pdf</a>.</p>
----------------	--