

<b>Indicator:</b>	<b>Self-rated Health Status (A1)</b>
Domain:	General Health Status
Sub-domain:	Self-rated Health
Demographic group:	Women aged 18-44 years.
Data resource:	Behavioral Risk Factor Surveillance System (BRFSS). <a href="http://www.cdc.gov/BRFSS/">http://www.cdc.gov/BRFSS/</a>
Data availability:	Core item - available in all states annually.
Numerator:	Female respondents aged 18-44 years who reported their general health status was excellent, very good, or good.
Denominator:	Female respondents aged 18-44 years who reported their general health status was excellent, very good, good, fair, or poor (excluding unknowns and refusals).
Measures of frequency:	Crude annual prevalence and 95% confidence interval, weighted using the BRFSS methodology (to compensate for unequal probabilities of selection, and adjust for non-response and telephone non-coverage).
Period of case definition:	Current.
Significance:	Self-rated health (SRH) status is a simple measure of health-related quality of life that has also been related to general happiness and life satisfaction. <sup>1,2</sup> SRH is recognized as an indicator of a population's overall well-being as lower ratings of subjective health status have consistently been associated with increased mortality, incident adverse health events, health care utilization, and illness severity, even after medical risk factors have been accounted for. <sup>1,3-7</sup>
Limitations of indicator:	This measure is based on self-assessment only and does not include an objective health component. SRH is a subjective measure, making it difficult to know its reliability and validity. However, studies suggest SRH has a moderate reliability (by comparing response at initial interview with the response after 1 year) and high validity (given the strong correlation with various adverse health outcomes). <sup>8</sup>
Related Healthy People 2010 Objective(s):	Overarching goal 1. To increase quality and years of healthy life.

## References:

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4. Kaplan GA, Goldberg DE, Everson SA, et al. Perceived health status and morbidity and mortality: evidence from the Kuopio Ischaemic Heart Disease Risk Factor Study. *Intl J Epidemiol* 1996; 25:259-265.
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7. Lee SJ, Moody-Ayers SY, Landefeld CS, et al. The relationship between self-rated health and mortality in older black and white Americans. *J Am Geriatr Soc* 2007; 55:1624-29.
8. Nelson DE, Holtzman D, Bolen J, et al. Reliability and validity of measures from the Behavioral Risk Factor Surveillance System (BRFSS). *Soc Prev Med* 2001; 46 Suppl 1: S3-S42.