

Quality of Life

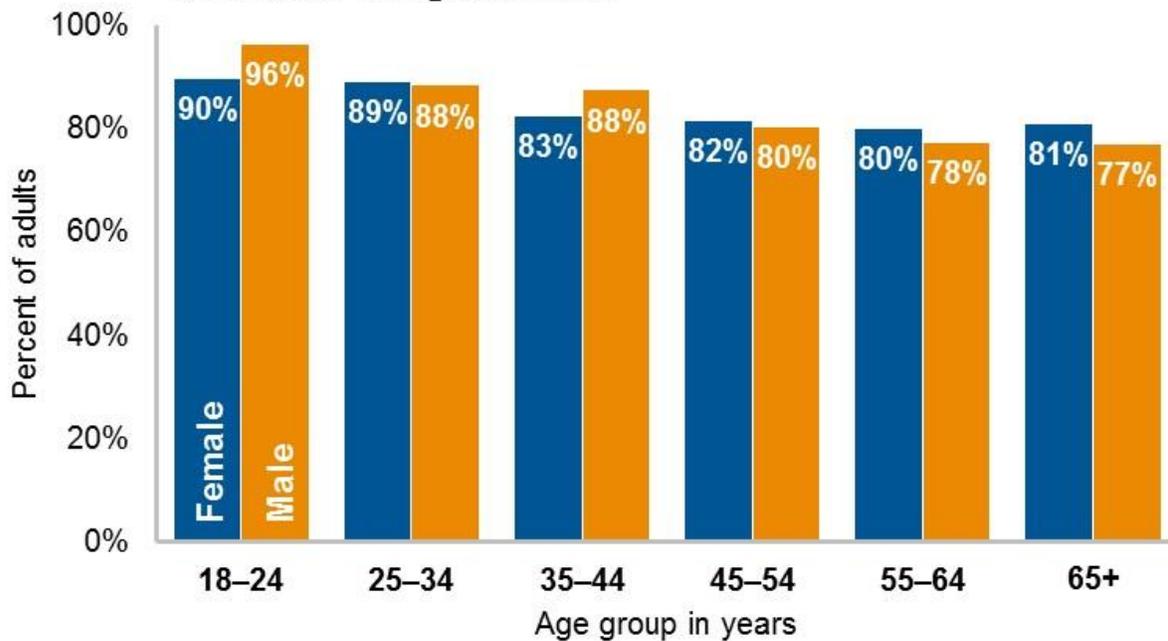
Good or excellent health

Self-reported good or excellent health is a measure of health and well-being, which is an important indicator of the overall health status of the population. From 2000 through 2014, about 84% of Oregon adults reported good to excellent health.

Data from 2014 show that self-reported good to excellent health declines slightly with age (Figure 1). Very similar proportions of men and women reported good to excellent health.

FIGURE 1

Adults reporting good to excellent health by age and sex, Oregon, 2014

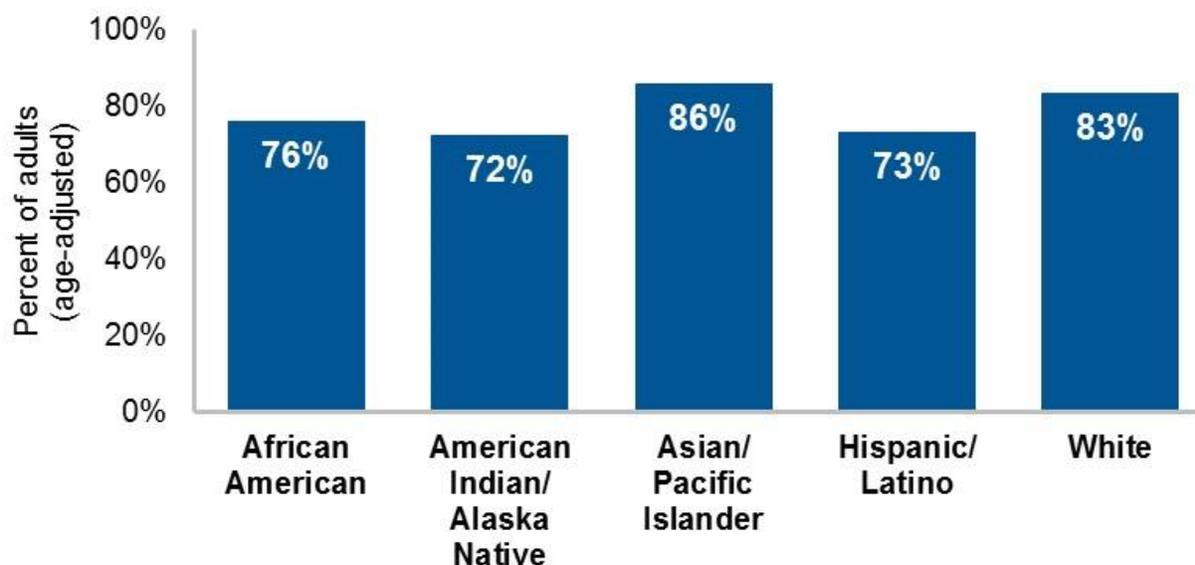


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

For African Americans, American Indians/Alaska Natives and Hispanics, the percentage of adults reporting good or excellent health was significantly lower than that of whites (Figure 2). For Asian/Pacific Islanders, the percentage was slightly higher, but the difference was not statistically significant.

FIGURE 2

Adults reporting good to excellent health by race/ethnicity, Oregon, 2010–2011



Notes: All other groups exclude Hispanic ethnicity

Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) Race Oversample

Additional Resources: [Oregon Behavioral Risk Factor Surveillance System \(BRFSS\)](#)

About the Data: Data source is the Oregon Behavioral Risk Factor Surveillance System (BRFSS). BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. Data include responses of “good,” “very good” or “excellent” to question: “How is your general health?”

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[Oregon State Health Profile](#)

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