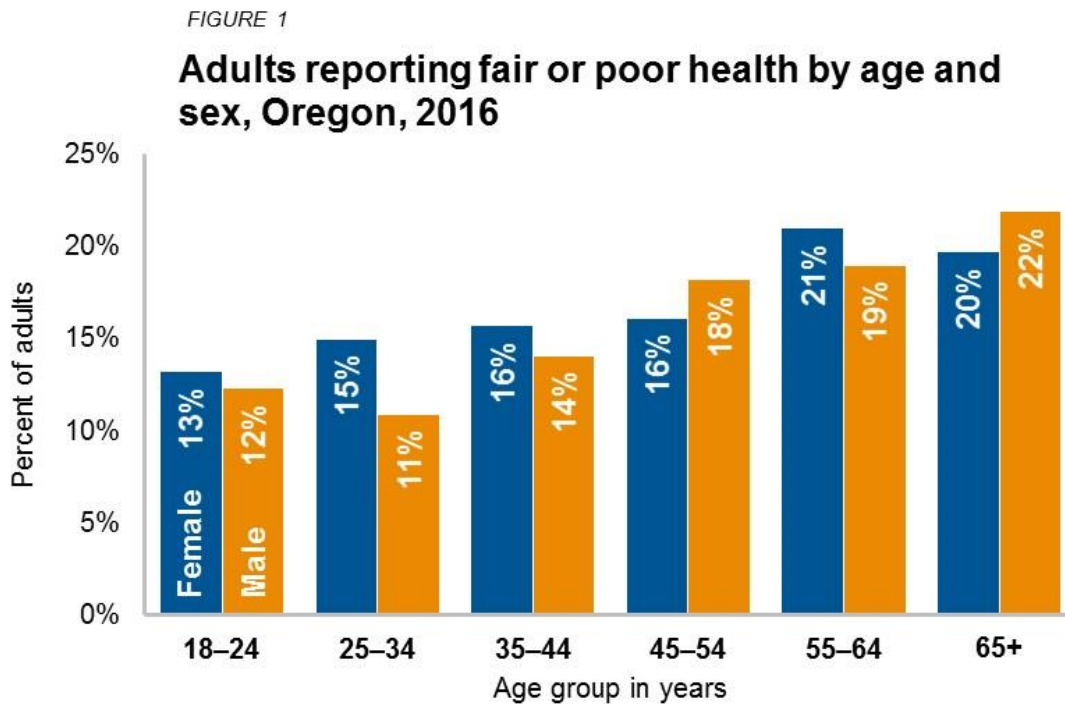


Prevention and Health Promotion

Overall health

Self-reporting health as only fair or poor is an important indicator of a person’s overall health status. From 2010 through 2016, about 16% to 18% of Oregon adults reported fair or poor health.

Data from 2016 show that self-reported fair or poor health increases slightly with age (Figure 1). Overall, similar proportions of men and women reported fair or poor health.

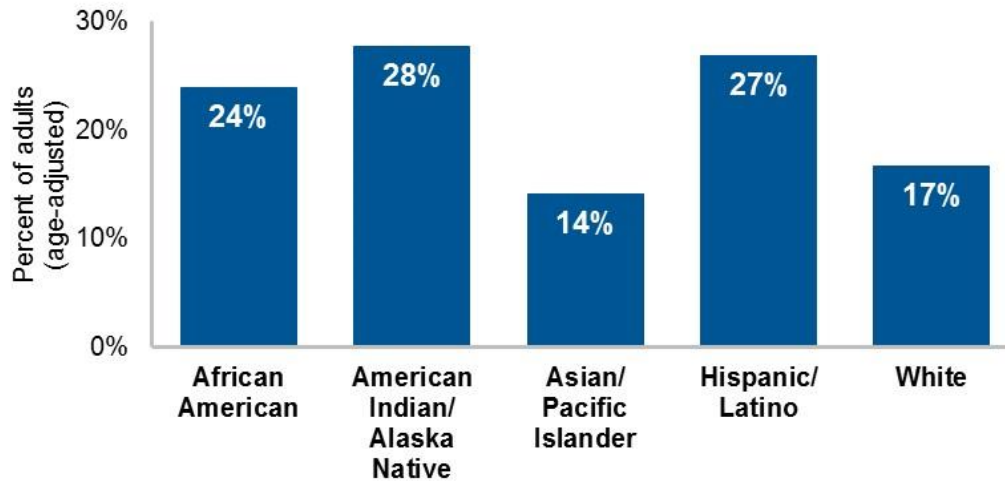


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

A higher percentage of African American, American Indians/Alaska Native and Hispanic adults report fair or poor health than white and Asian/Pacific Islander adults (Figure 2). Although the differences are not statistically significant.

FIGURE 2

Adults reporting fair or poor health by race/ethnicity, Oregon, 2010–2011



Notes: All other groups exclude Hispanic ethnicity

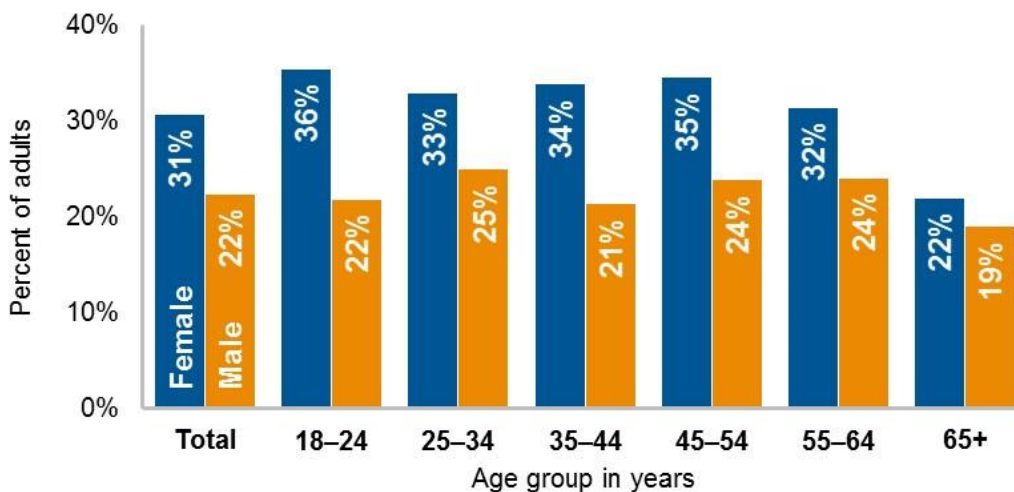
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) Race Oversample

The ability to participate in daily activities is an important measure of the overall health and well-being of the population.

In 2016, over one-fourth of Oregonians (27%) reported that physical or mental health issues limited their daily activities during the past 30 days, with a higher proportion of women reporting limitations than men (31% vs. 22%; Figure 3).

FIGURE 3

Adults reporting that poor physical or mental health limits daily activities by age and sex, Oregon, 2016

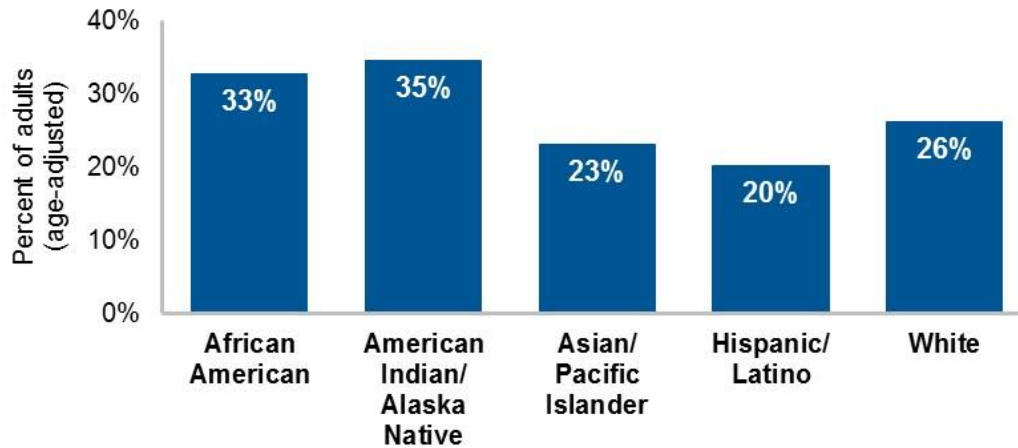


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Activity limitation also varied by race (Figure 4). Data from 2010-2011 show that compared to whites, American Indians/Alaska Natives had a significantly higher prevalence of activity limitations. While for Hispanics, the prevalence was significantly lower.

FIGURE 4

Adults reporting that poor physical or mental health limits daily activities 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?” and responses of “1 or more days” to question: “During the past 30 days, how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”

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[Oregon State Health Profile](#)

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