

Prevention and Health Promotion

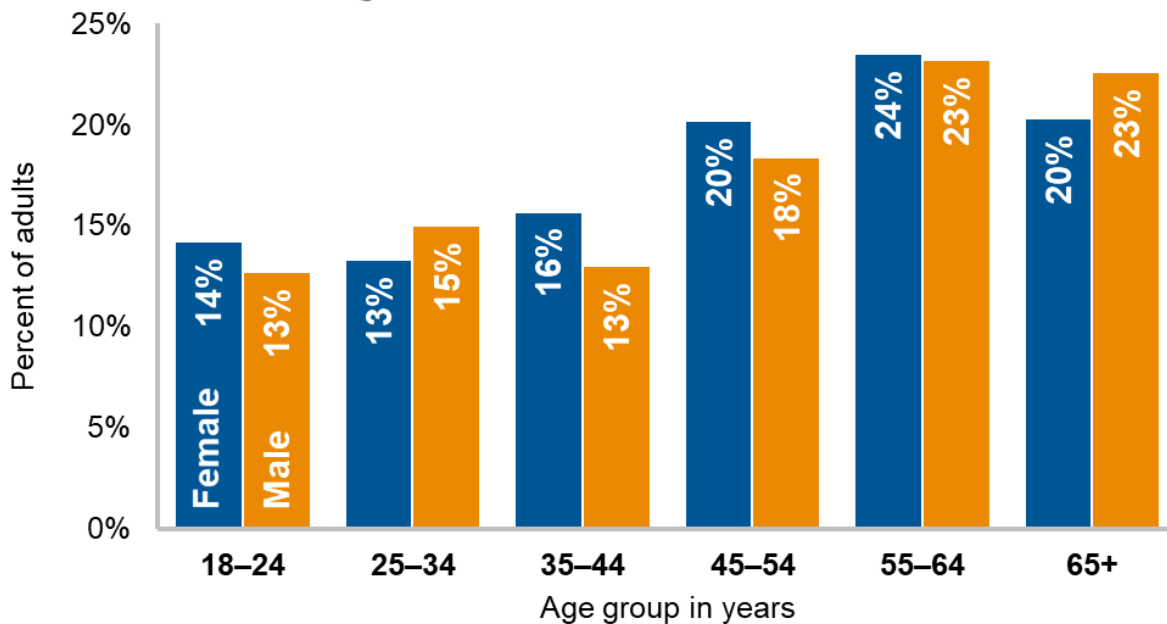
Overall health

Self-reporting health as only fair or poor is an important indicator of a person’s overall health status. From 2010 through 2017, about 16% to 18% of Oregon adults reported fair or poor health.

Data from 2017 show that self-reported fair or poor health increases slightly with age (Figure 1). Overall, women are slightly more likely to report fair or poor health than men.

FIGURE 1

Adults reporting fair or poor health by age and sex, Oregon, 2017

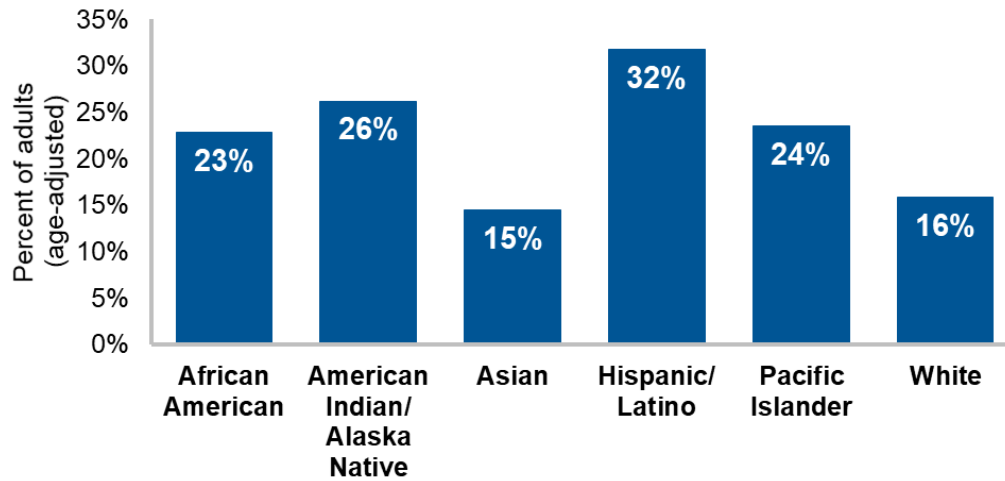


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Asian and white adults have the lowest rate of fair or poor health (Figure 2).

FIGURE 2

Adults reporting fair or poor health by race/ethnicity, Oregon, 2015–2017



Notes: All other groups exclude Hispanic ethnicity

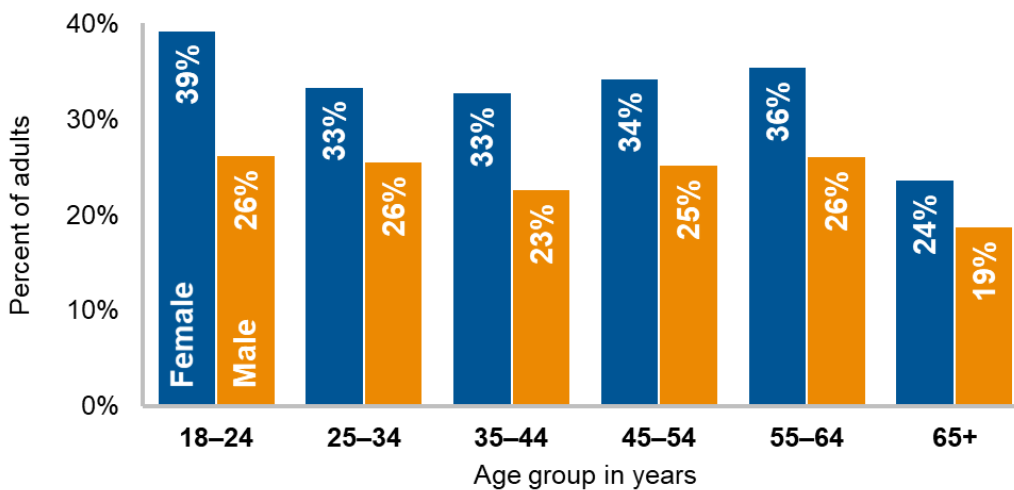
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) Race Oversample

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

In 2017, more than one in four Oregonians (29%) 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 (Figure 3).

FIGURE 3

Adults reporting that poor physical or mental health limits daily activities by age and sex, Oregon, 2017

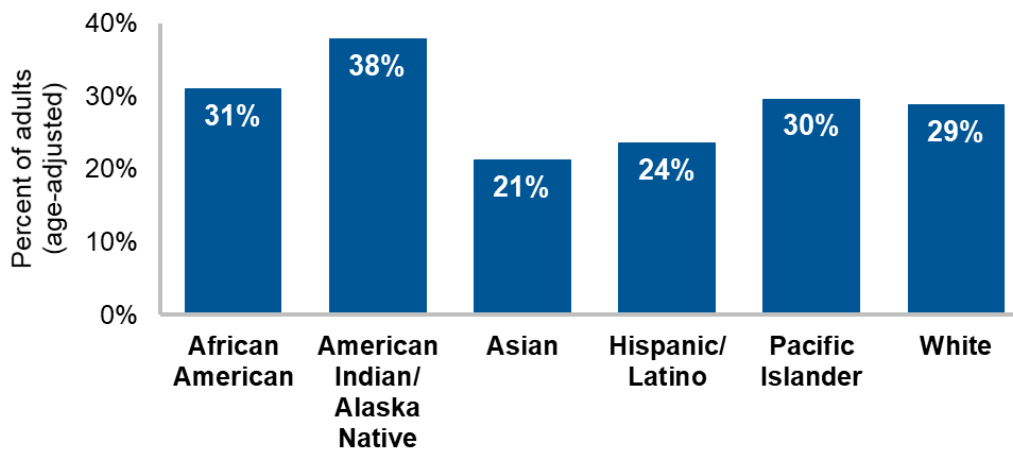


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Activity limitation also varies by race (Figure 4). American Indians/Alaska Natives have the highest prevalence of activity limitations due to poor physical or mental health.

FIGURE 4

Adults reporting that poor physical or mental health limits daily activities by race/ethnicity, Oregon, 2015–2017



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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Date Updated: October 28, 2019

[Oregon State Health Profile](#)

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