

## HEALTH-RELATED QUALITY OF LIFE

Health-related quality of life encompasses multiple aspects of health and is often measured in different ways, including self-reported health status and the number of days in the past month that a person felt that either their physical or mental health was not good.<sup>14</sup>

In 2010, 54.2 percent of women reported being in excellent or very good health, while 29.5 percent reported being in good health and 16.3 percent reported being in fair or poor health. Self-reported health status was similar among men and women but varied greatly by age, education, and race and ethnicity. About 60 percent of women aged 18–34 years reported excellent or very good health compared to 39.4 percent

of women aged 65 and older (data not shown). Nearly 70 percent of women with a college degree reported excellent or very good health compared to less than one-quarter of women without a high school diploma. Conversely, fair or poor health was only reported by 7.5 percent of women with a college degree compared to 40.6 percent of women of who had not finished high school.

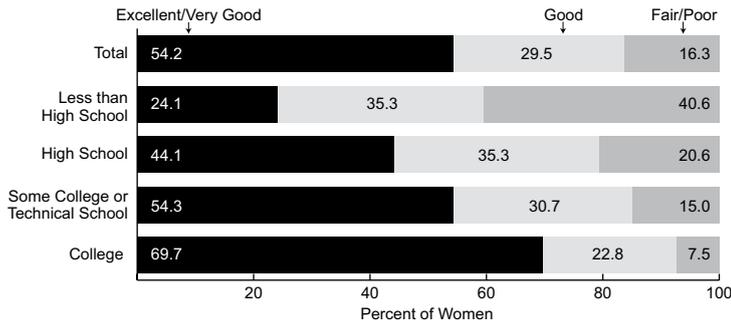
With regard to race and ethnicity, fair or poor health was more likely to be reported among Hispanic (29.5 percent), non-Hispanic American Indian/Alaska Native (26.0 percent), non-Hispanic Black (23.2 percent), and non-Hispanic Native Hawaiian/Other Pacific Islander women (20.8 percent) compared to non-Hispanic White and non-Hispanic Asian women (12.9 and 12.7

percent, respectively; data not shown).

In 2010, women reported more physically and mentally unhealthy days than men. Women reported an average of 3.9 days of poor physical health, compared to 3.3 days per month for men. Similarly, women reported an average of 4.1 mentally unhealthy days, while men reported an average of 3.0 days per month (data for men not shown). While physically unhealthy days per month consistently increased with age, mentally unhealthy days decreased at age 65 and older. For example, on average, women aged 18–34 years reported only 2.5 physically unhealthy days per month but 4.4 mentally unhealthy days, whereas women aged 65 and older reported 5.7 physically unhealthy days per month but only 2.6 mentally unhealthy days.

### Self-Reported Health\* Among Women Aged 18 and Older, by Level of Education, 2010

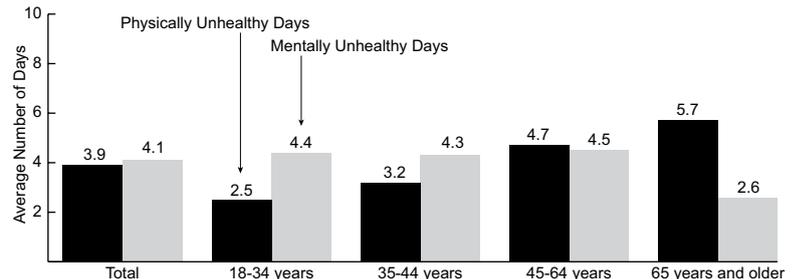
Source II.7: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System



\*Estimates are age-adjusted.

### Average Number of Physically and Mentally Unhealthy Days\* in Past Month Among Women Aged 18 and Older, by Age, 2010

Source II.7: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System



\*Self-reported number of days in past 30 days that physical or mental health were not good; total estimates are age-adjusted.