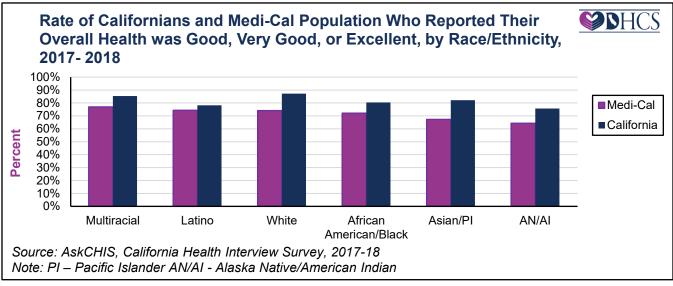# Overall Health Status

Self-rated overall health status has been shown to be a strong predictor of morbidity and mortality.[1-2] Research indicates a strong relationship between poor self-rated health status and the onset of chronic conditions such as stroke, arthritis, heart disease, diabetes, and lung disease.[2] Poor self-rated health status has also been associated with risk factors for chronic disease (e.g. smoking and mental distress).[3] Self-rated health is valid across different races and ethnicities thereby allowing for comparisons of overall health between these groups.[4] Understanding disparities in self-rated overall health status can be useful in guiding intervention and prevention strategies in order to improve health status and avert more serious consequences.[5]

In California, Whites were more likely to report that their overall health status was good, very good, or excellent (87.2%), while in the Medi-Cal population the Multiracial group had the highest rate (76.9%). Regardless of race/ethnicity, the Medi-Cal population reported lower rates than the California population.

Figure

Rate of Californians and Medi-Cal Population Who Reported Their Overall Health was Good, Very Good, or Excellent, by Race/Ethnicity, 2017- 2018

Source: AskCHIS, California Health Interview Survey, 2017-18
Note: PI – Pacific Islander AN/AI - Alaska Native/American Indian

Link to Overall Health Status 2013 Fact Sheet

1. Bamia C, Orfanos P, Juerges H, et al. Self-rated health and all-cause and cause-specific mortality of older adults: Individual data meta-analysis of prospective cohort studies in the CHANCES Consortium. *Maturitas*. 2017;103:37-44.
2. Latham K, Peek CW. Self-rated health and morbidity onset among late midlife U.S. adults. *J Gerontol B Psychol Sci Soc Sci.* 2013;68(1):107-116.
3. Rohrer, JE, Arif A, Denison A, Young R, Adamson S. Overall self-rated health as an outcome indicator in primary care. *J Eval Clin Pract*. 2007;13(6):882-888.
4. Allen CD, McNeely CA, Orme, JG. Self-rated health across race, ethnicity, and immigration status for US adolescents and young adults. *J Adolesc Health*. 2016; 58(1):47-56.
5. Centers for Disease Control and Prevention (CDC). *Health-Related Quality of Life (HRQOL)*. October 31, 2018. http://www.cdc.gov/hrqol/concept.htm. Accessed July 20, 2020.

Link to Data Sources and Methods