

Quality of Life

Summary / Recommendations: In 2006, Louisiana residents were more likely to report fair or poor health if they were 65 or older, female, Black, reported lower income, achieved a lower level of education, or were unable to work. Rates for poor mental and physical health were highest among Louisiana residents with low income and education levels and residents who were unable to work.

General health status , physical and mental health among adults among adults, overall and by select categories. Behavioral Risk Factor Surveillance System, Louisiana 2006

Characteristics+	General Health Fair or Poor [^]			Physical Health Not Good ⁺⁺			Mental Health Not Good ^{**}		
	Sample Size*	%	95% CI	Sample Size*	%	95% CI	Sample Size*	%	95% CI
Total	1481	18.4	(17.3-19.5)	871	10.8	(9.9-11.7)	735	10.4	(9.4-11.3)
Age									
18-34	107	7.9	(6.1-9.8)	58	4.4	(3.0-5.9)	133	10.4	(8.3-12.6)
35-54	475	17.1	(15.4-18.9)	295	10.6	(9.2-12.0)	334	11.1	(9.7-12.6)
55+	899	31.6	(29.7-33.6)	518	18.2	(16.6-19.9)	268	9.3	(8.1-10.5)
Gender									
Male	466	16.9	(15.2-18.7)	239	8.6	(7.3-10.0)	197	8.8	(7.3-10.4)
Female	1015	19.8	(18.5-21.1)	632	12.7	(11.6-13.9)	538	11.8	(10.6-12.9)
Race									
White	919	16.0	(14.9-17.3)	587	10.2	(9.2-11.1)	502	10.0	(9.0-11.1)
Black	440	24.6	(22.0-27.3)	211	12.4	(10.3-14.5)	177	11.7	(9.5-13.9)
Education	61								
< High school	388	34.3	(30.3-38.2)	212	20.1	(16.7-23.4)	154	16.0	(12.9-19.2)
High school grad	585	22.1	(20.0-24.2)	311	11.4	(9.8-13.1)	239	11.4	(9.5-13.2)
Some college/grad	505	11.9	(10.7-13.1)	346	8.0	(7.0-9.0)	342	8.3	(7.2-9.4)
HH Income									
<\$25,000	725	31.7	(29.1-34.3)	412	18.6	(16.4-20.8)	295	15.0	(12.9-17.1)
\$25,000-\$49,999	293	17.0	(14.7-19.4)	174	9.5	(7.7-11.4)	168	10.3	(8.2-12.4)
\$50,000+	157	6.8	(5.6-8.0)	98	4.0	(3.1-5.0)	146	6.6	(5.3-7.9)
Employment									
Employed	353	9.9	(8.6-11.2)	167	4.8	(3.8-5.8)	253	7.2	(6.0-8.5)
Self-employed	561	27.9	(25.5-30.3)	309	14.9	(13.0-16.7)	160	8.9	(7.1-10.6)
Unemployed	211	15.1	(12.6-17.7)	131	9.6	(7.5-11.7)	155	13.4	(10.8-16.0)
Unable to work	351	61.6	(56.5-66.7)	262	49.0	(43.7-54.3)	166	32.6	(27.5-37.6)

* Percentages are based on weighted data estimates. Un-weighted sample size (general health) = 1481. Un-weighted sample size (physical health) = 871. Un-weighted sample size (mental health) = 735.

+In this analysis, data for each category are included only for persons for whom the data were available; excluded data were either unknown or refused..

[^]The proportion of respondents who reported that their health, in general, was either fair or poor.

⁺⁺ The proportion who reported 14 or more days of poor physical health, which includes physical illness and injury, during the past 30 days.

^{**} The proportion who reported 14 or more days of poor mental health, which includes stress, depression, and problems with emotions during the past 30 days.

The general health of a population can be assessed by examining residents' perceived health (*Healthy People 2010*, 2000). General health status is also measured by such indicators as vital statistics, quality of life, risks, self-report questionnaires and various other factors (*Healthy People 2010*, 2000).

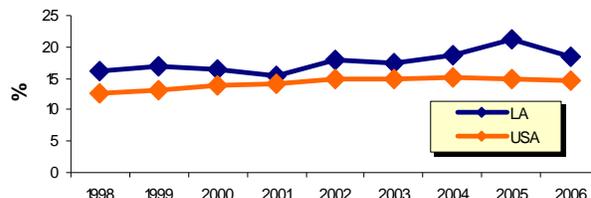
In 2006, 18.4% [95% CI: 17.3-19.5] of Louisiana residents reported that their health, in general, was either fair or poor. More than a third 36.1% [95% CI: 33.3-38.9] of adults 65 and older reported that their health was either fair or poor, which was the highest prevalence out of all other age groups. In addition, females were more likely to report fair or poor health status than males: 19.8% [95% CI: 18.5-21.1] for women, versus 16.9% [95% CI: 15.2-18.7] for men.

Black Louisiana residents were also more likely to report fair or poor health than their White counterparts: 24.6% [95% CI: 22.0-27.3] for Black residents, 16.0% [95% CI: 14.9-17.3] for White residents. As education level and household income increased, the prevalence fair or poor general health status decreased. Louisiana residents who reported being unable to work had the highest prevalence of fair or poor health status at 61.6% [95% CI: 56.5-66.7].

When asked how many days of poor physical health or poor mental health they had experienced over the last 30 days, 10.8% [95% CI: 9.9-11.7] answered that that they had 14 or more days of poor physical health. Similarly, 10.4% [95% CI: 9.4-11.3] reported having at least 14 days of poor mental health during that time period.

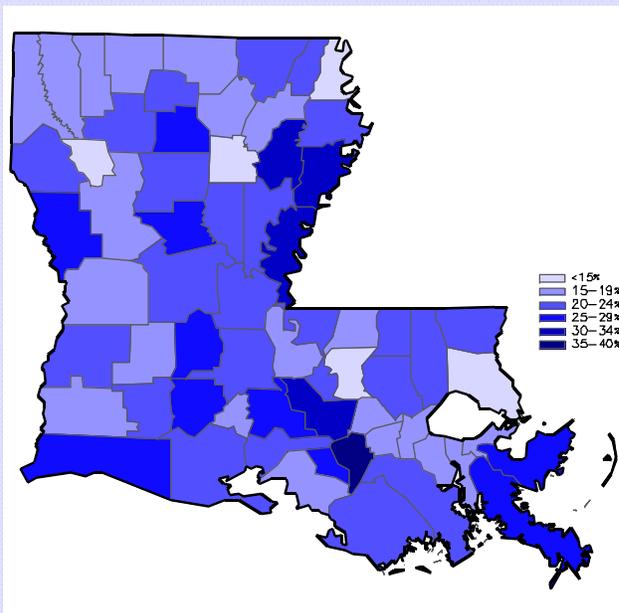
High numbers of poor physical health days was more prevalent among older residents, females, those with lower levels of household income and education, those who were self-employed, and especially those who reported being unable to work. High numbers of poor mental health days were more likely to be reported by females, those with lower levels of household income and education and those who were unemployed or unable to work.

US & LA residents that reported their health fair or poor 1998-2006



Over the last decade, the proportion of Louisiana residents reporting fair or poor health has remained higher than the national proportion

Percentage of Louisiana Residents that reported having Poor or Fair Health by Parish 2004-2006and Region+**



Parish	N	%	95% CI
Assumption	121	35.3	[21.5 - 47.5]
Concordia	118	34.7	[22.2 - 47.3]
Iberville	117	32.3	[21.4 - 43.3]
Franklin	137	31.9	[22.3 - 41.3]
Tensas*	41	30.6	[9 - 52.2]
Evangeline	140	29.5	[20 - 39]
Sabine	125	28.2	[18.2 - 38.2]
Plaquemine	82	27.5	[16.3 - 38.7]
St Bernard	111	27.5	[15.7 - 39.3]
Jackson	95	27.2	[12.3 - 42.2]

* Denotes categories less than 50 respondents. Inferences based on categories with less than 50 respondents should be used with caution.

**The 2004, 2005, and 2006 BRFSS data files were combined to increase the sample size by parish.

Region	N	%	95% CI
1	960	14.3	[11.7 - 16.9]
2	950	13.4	[10.9 - 16]
3	890	14.7	[12.1 - 17.4]
4	909	11.5	[9.1 - 13.9]
5	906	14.7	[12.1 - 17.3]
6	914	12.9	[10.6 - 15.2]
7	948	15	[12.4 - 17.5]
8	933	13.6	[11.1 - 16.1]
9	959	12.7	[10.4 - 15]

+ LA Residents that indicated fair or poor health by region (LA 2004 BRFSS)