Self reported health status

- Across all eight cities, the majority of respondents stated that their health was good or extremely good.
- Females, people living on low incomes, and people living on their own were more likely than others to state that their health was poor.

WHAT THIS IS ABOUT
Self reported health is a global measure of health. It is subjective and complements the findings from more objective and direct health outcome measures. This indicator has two measures, both of which are from the Eight Cities Quality of Life Survey 2002:
- Self reported health status
- Self reported health of lifestyle.

WHAT DID WE FIND?
Self reported health status

Across all eight cities, the majority of respondents stated that their health was ‘good’ or ‘extremely good’ overall. Low percentages stated that their health was poor - ranging from 3% to 6%. Some were significantly more likely than others to state that their health was poor or very poor - such as females, people living in single person households or non-family households, those living in a household that earns less than $20,000 per year, and those not employed.

Self reported healthy lifestyle

Similar to findings for self reported health, the majority of survey respondents also stated that their lifestyle was healthy or very healthy. Very few respondents rated their lifestyle as unhealthy - approximately 4% across the cities.

Those significantly more likely to state that their lifestyle was unhealthy or very unhealthy were people aged 18 to 25 years (especially young men), those living in a household with more than five members, those living in a household that earns less than $20,000 per year, and those on a personal income of less than $20,000 per year.
Self reported health status

Continued...

**RESIDENTS’ RATING OF HEALTH OF THEIR LIFESTYLE (2002)**

Data source: Eight Cities Quality of Life Survey 2002. ‘Don’t know’ responses are not shown on the graph therefore figures might not add to 100 percent.

- **Very healthy**
- **Healthy**
- **Neither healthy nor unhealthy**
- **Unhealthy**
- **Very unhealthy**