

The Health Status of Kittitas County: Quality of Life

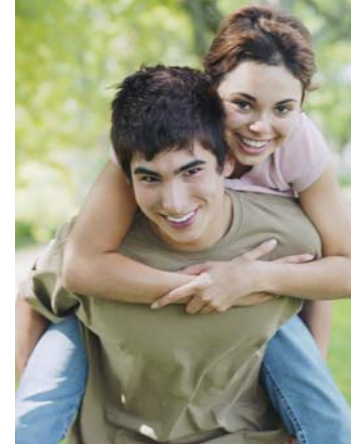


Quality of Life measures how comfortably a population lives. Safety, security, and satisfaction with life are key indicators into a community's quality of life. In Kittitas County, quality of life is similar to the state rate, except for adult mental health, which is a more prevalent problem. Depression and access to health care are also measures of quality of life.

Symbol Key:

- improving from previous years
- worsening from previous years
- neither worsening nor improving
- ☺ Healthy People 2010 Target met
- ☹ Healthy People 2010 Target unmet

Kittitas County residents are, on the whole, healthy, with 63.3% of adults reporting their overall health as "excellent" or "very good." 56.5% of Washington State adults report the same. Good health is one of the major contributors to Quality of Life. People with either a physical or mental disability are more likely to rate their quality of life lower than those without a disability. Some disabilities are caused by illness or injury. By promoting activities that may prevent illness and injury, such as exercise, a good diet, and sufficient sleep, each resident can take action to improve their quality of life.

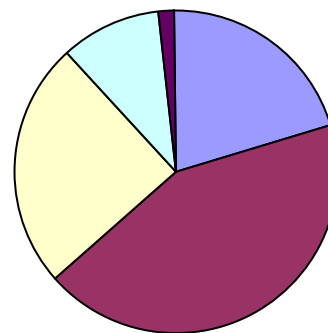


	Kittitas County Rate	Washington State Rate	HP 2010 target
Persons satisfied with Quality of Life (adult)	● 55.1%	● 60.1%	N/A
Persons satisfied with Quality of Life (youth)	● 69.1%	● 64.0%	N/A
Poor mental health (adult)	● 40.4%	● 37.4%	N/A
Depression (youth)	● 29.9%	● 32.6%	N/A
Access to Health Care	● 85.0%	● 84.9%	☹ 100%

****Details and explanations on the back of this page****



Kittitas County General Health



Data Sources and Statistics

Persons satisfied with Quality of Life (adult): This question asked respondents: "During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?" 55% of Kittitas County residents and 60% of Washington State residents have not been kept from usual activities due to poor mental or physical health, promoting a high quality of life. There is currently no Healthy People 2010 objective for this measure. (Source: BRFSS 2004.)

Persons satisfied with Quality of Life (youth) This is measured by a question that asked 10th graders to rate, on a 1-10 scale, how much they agreed with the statement "I am happy with the way my life is right now." 69.1% of Kittitas County 10th graders and 64% of Washington state 10th graders agreed (7+) that they were satisfied with their lives. There is currently no Healthy People 2010 objective for this measure (Source: Healthy Youth Survey 2004.)

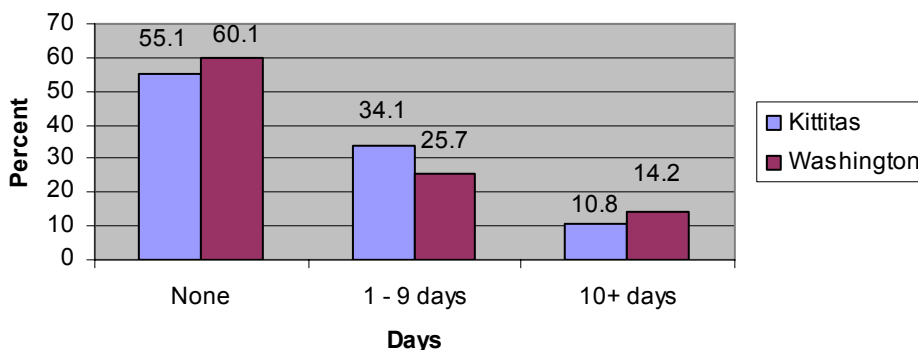
Poor Mental Health (adult): This question asked adults "Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?" 40.4% of Kittitas County adults and 37.4% of Washington State adults answered that they had had between 1 and 30 days of poor mental health during the last month. There is currently no Healthy People 2010 objective for this measure (Source: BRFSS 2004.)

Depression (youth): This is measured by the question "During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?" 29.9% of Kittitas County 10th graders and 32.6% of Washington State 10th graders answered "yes". There is currently no Healthy People 2010 objective for this measure (Source: Healthy Youth Survey 2004.)

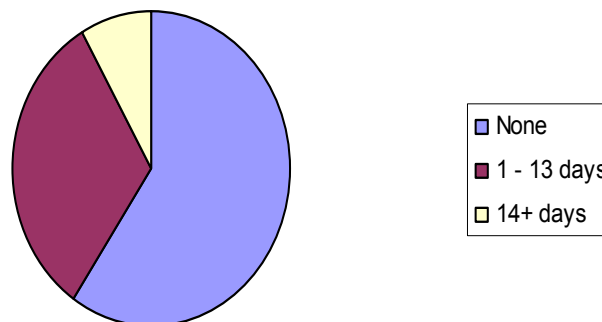
Access to Health Care: Answered by the question "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?" 85% of adults in Kittitas County and 84.9% of adults in Washington State have some sort of insurance that give them access to medical care. However, only 75% in Kittitas County have one provider they think of as a regular doctor. (Source: BRFSS 2004.)



Days Limited by Poor Mental Health



Days of Poor Mental Health per Month



Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?

