

Self-Rated Health

Why Is This Important?

Self-rated health is a person's state of physical, mental and social well-being, as reported by that person. Self-rated health is an excellent predictor of the overall health status of the population and is associated with population rates of disease and premature death. People with poor self-rated health are more likely to have symptoms of chronic illness and use health care services. Self-rated health tends to decrease with age. Higher income and more education are linked to better self-rated health.

What Is Being Done?

[HealthLine 811](#) provides health information and access to professional advice.

[LiveWell](#) provides chronic disease management programs and services.

[Measuring Equity in Saskatoon Health Region Plans and Strategies](#)

To Learn More:

[What is Health Equity?](#) A Primer for the Health Care System

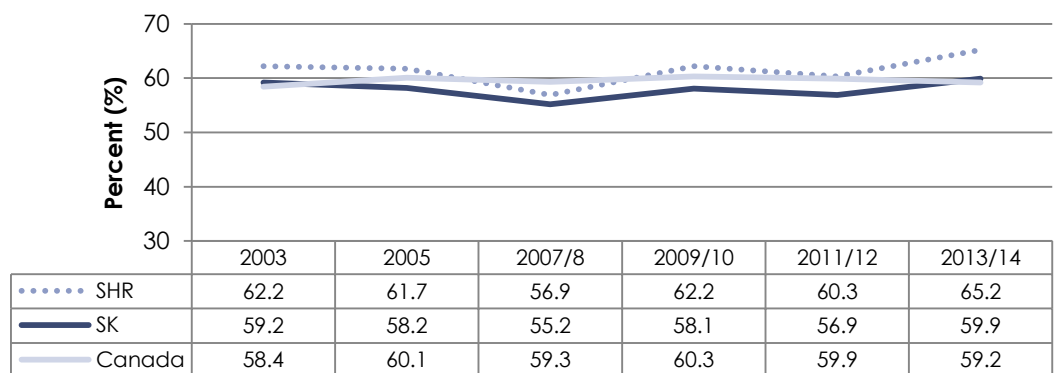
Chief Medical Health Officer's [Call to Action](#)

Highlights

Individuals with higher incomes, more education and residing in areas of most advantage enjoy better self-rated health.

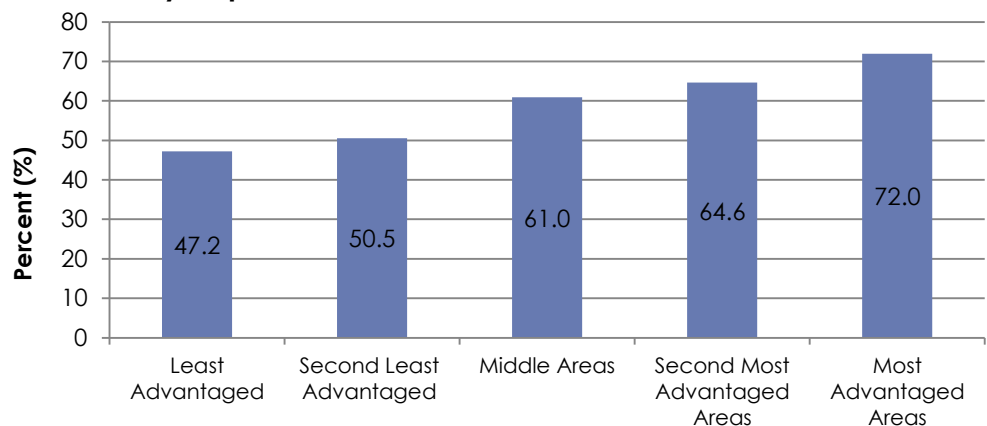
- Over six in ten (65.2%) people reported their health as “very good” or “excellent” in 2013/14 (Figure 1). This is slightly higher than previous years and higher than provincial and national rates. By contrast about 100,000 people in the Region do not rate their health this well.
- People living in areas of highest advantage were significantly more likely to rate their health as “very good” or “excellent” compared to residents living in areas of least advantage (72.0% compared to 47.2%; Figure 2).
- Self-rated health varies by [sub-group](#), including age, household income, area of advantage, and education.

Figure 1: Individuals Reporting Self-rated Health as “Very Good” or “Excellent,” Saskatoon Health Region, Saskatchewan, and Canada, 2003 to 2014



Source: [Statistics Canada](#)

Figure 2: Individuals Reporting Self-rated Health as “Very Good” or “Excellent” by Deprivation Index Quintile, Saskatoon, 2008 to 2012



Source: [Statistics Canada](#)

This study was conducted, in part, with data provided by the Saskatchewan Ministry of Health to the Health Quality Council. The interpretations and conclusions herein do not necessarily represent those of the Saskatchewan Ministry of Health or Government of Saskatchewan. The analyses are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.