

Data Sheet 55 (DS 055)

Self-Rated Health Assessment

What are we monitoring?

The self-rated health assessment of Blue Mountains residents relative to NSW and Australia.

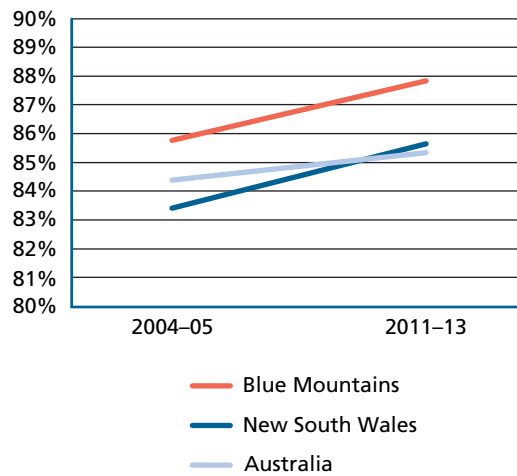
What is the trend?

There are insufficient data points to establish a trend, but there is a positive change between 2004–2005 and 2011–2013. There is a slightly higher rate of self-assessed good health or residents in the Blue Mountains when compared to NSW or Australia.

Why is monitoring this trend important?

Self-rated health is a good reflection on how people are currently feeling (as part of wellbeing) and a good indicator of actual health problems. High levels of good or better self-rated health indicate a generally healthy population that is likely to take action to support their health. This can assist Council to plan appropriate fitness related services for Blue Mountains residents.

Persons with Good, Very Good or Excellent Self-Assessed Health (% Per 100 residents)



Residents with Excellent, Very Good or Good Self-Assessed Health

| Year | 2004-05 | 2011-13 |
|-----------------|---------|---------|
| Blue Mountains | 86% | 88% |
| New South Wales | 83% | 86% |
| Australia | 84% | 85% |

Source: Social Health Atlas of Australian Local Government Areas, Public Health Information Development Unit (PHIDU), Adelaide University, Australia 2004-2005, 2011-2013

Residents with Fair or Poor Self-Assessed Health

| Blue Mountains | | |
|-----------------------|-----------|-----------|
| Year | 2004-05 | 2011-13 |
| Number | 9,048 | 8,126 |
| Per 100 Residents (%) | 14% | 12% |
| New South Wales | | |
| Year | 2004-05 | 2011-13 |
| Number | 900,208 | 840,429 |
| Per 100 Residents (%) | 17% | 14% |
| Australia | | |
| Year | 2004-05 | 2011-13 |
| Number | 2,512,554 | 2,620,662 |
| Per 100 Residents (%) | 16% | 15% |

Source: Social Health Atlas of Australian Local Government Areas, Public Health Information Development Unit (PHIDU), Adelaide University, Australia 2004-2005, 2011-2013