

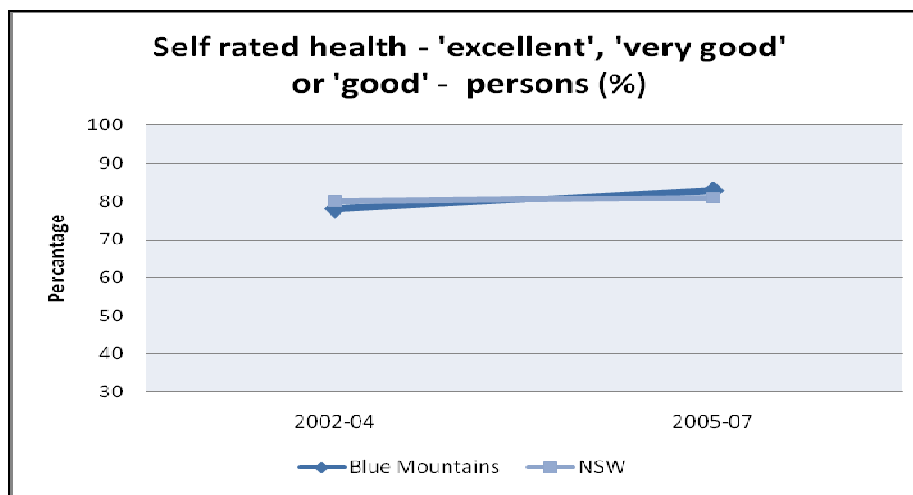
Population – health

What are we monitoring?

Resident self rated health as compared with NSW

What is the trend?

The trend shows an improvement in self rated health for Blue Mountains residents, and that self rated health of 'good' or better is slightly higher than the NSW average.



SELF RATED HEALTH – EXCELLENT, VERY GOOD OR GOOD						
	BLUE MOUNTAINS			NSW		
Year	Male %	Female %	Persons %	Male %	Female %	Persons %
2002-04	79	78	78	81	80	80
2005-07	86	79	83	83	79	81

This data includes those responding excellent, very good, or good to a global self-rated health status question. The question used to define the indicator was: Overall, how would you rate your health during the last 4 weeks: Was it excellent, very good, good, fair, poor, or very poor?

Why is monitoring this trend important?

Self rated health is both a good reflection of how people are currently feeling (as part of well being) and a good indicator of actual health problems. High levels of good or better self rated health indicate a generally healthy population.

Source: NSW Health (2009). New South Wales Population Health Survey. 2005-2007 Report on adult health. Blue Mountains Division of General Practice.