

# HOUSTON HEALTH HIGHLIGHTS

## Health Status and Quality of Life in Harris County

ISSUE 16

October 2019

### What are County Health Rankings?

County Health Rankings is a collaboration between Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute. The rankings provide a reliable source of data for counties across America and serve as a call to action to local leaders and policy makers.

The key feature of County Health Rankings is ranking the health of every county in the nation. By doing this, they provide information on how where we live affects how well and how long we live.

Of the 244 counties in Texas, Harris County ranked at **135** on the "Quality of Life" indicators, which comprised of self rating of health, poor physical health days and poor mental health days in the past month. This places Harris County in the bottom half of all Texas counties for "Quality of Life." For overall health outcomes, Harris County ranked **53/244** among all Texas counties.

## 3.6

Number of days of poor physical health in past 30 days (age adjusted)

## 3.6

Number of days of poor mental health in past 30 days (age adjusted)

Measures of how healthy people are while alive – and people's reports of days when their physical or mental health was not good are a reliable estimate of their recent health.

### According to County Health Rankings:

## 18%

of people in Harris County self-rated their health status as fair or poor

People with "poor" self-rated health had a twofold higher mortality risk than people with "excellent" self-rated health.

Source: <https://www.countyhealthrankings.org/app/texas/2019/measure/outcomes/2/description>