

# MIDCOAST DISTRICT:

# Quality of Life

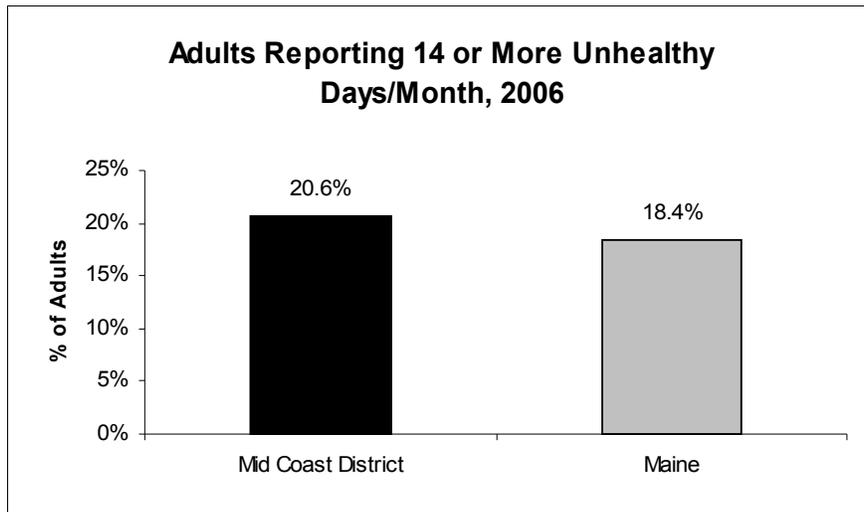
## Healthy Days

The concept of health-related quality of life refers to a person or group's perceived physical and mental health. Survey data in BRFSS include a set of questions related to health-related quality of life entitled "Healthy Days", which ask a core set of questions related to how individuals have reported feeling in terms of their physical and mental health over the last 30 days. This provides a measure of perceptions of well-being. Evidence suggests this can be used not only a measure of individual health but as a proxy for measuring community level health.

Healthy Days measures have been found useful for (1) identifying health disparities in different populations and subgroups and (2) tracking population trends. They can also be used to build broad coalitions around a measure of population health compatible with the World Health Organization's 1948 definition of health: "Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity".

At the state and local level, Healthy Days data can be used for tracking overall progress on achieving the two major goals of *Healthy People 2010*: (1) Increase quality and years of healthy life and (2) eliminate health disparities. Below, one indicator selected from this set of questions, "Unhealthy Days" reflects an estimate of the overall number of days during the previous 30 days when the survey respondent felt that either his or her physical or mental health was not good.

For more information on Healthy Days, contact the BRFSS Program, the Community Health Promotion Program or Maine CDC's epidemiology services at [www.mainepublichealth.gov](http://www.mainepublichealth.gov) and see the US CDC's webpage at [www.cdc.gov/hrqol/findings.htm](http://www.cdc.gov/hrqol/findings.htm).



Source: 2006 BRFSS; Adults reporting poor physical and/or mental health on 14 or more days/month

	Midcoast District Percent (± Margin of Error)	Maine State Percent (± Margin of Error)
Adults Reporting 14 or More Unhealthy Days per Month	20.6 (±3.3)	18.4 (±1.4)