

Module: General Health

NNHS.Q35: Would you say that in general your health is...? (N=2,317)

	Total	Male (N=814)	Female (N=1,503)
Excellent	11.7% (8.8%, 15.4%)	8.9% (5.8%, 13.5%)	13.3% (9.7%, 17.9%)
Very Good	14.9% (11.8%, 18.5%)	18.3% (12.9%, 25.2%)	11.6% (8.3%, 15.8%)
Good	40.6% (36.4%, 44.9%)	40.6% (33.4%, 48.1%)	40.7% (35.8%, 45.7%)
Fair	26.7% (23.4%, 30.4%)	26.4% (20.1%, 33.7%)	27.6% (22.6%, 33.1%)
Poor	6.2% (4.4%, 8.5%)	5.9% (3.3%, 10.2%)	6.9% (4.5%, 10.6%)

General Health, by Age Group, Response of "Fair" or "Poor"

	Point	Lower	Upper	N
<30	13.6%	8.8%	20.5%	322
30-39	26.9%	18.7%	37.0%	269
40-49	36.2%	27.6%	45.8%	326
50-59	48.7%	40.3%	57.2%	503
60-69	44.3%	34.3%	54.9%	454
70-79	50.3%	38.2%	62.5%	311
80+	48.5%	32.9%	64.3%	132

Module: General Health

General Health, by Agency, Response of “Fair” or “Poor”

Agency	Point	Lower	Upper	N
Chinle	34.9%	28.6%	41.9%	705
Eastern	26.5%	21.8%	31.9%	476
Ft. Defiance	33.8%	24.0%	45.2%	343
Northern	37.7%	29.4%	46.8%	516
Western	34.5%	25.3%	45.0%	277

NNHS.Q36: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

	Mean	Lower Estimate	Upper Estimate	N
# Days	5.62	4.70	6.53	2,259
Male	5.41	4.25	6.57	796
Female	5.94	4.95	6.93	1,463

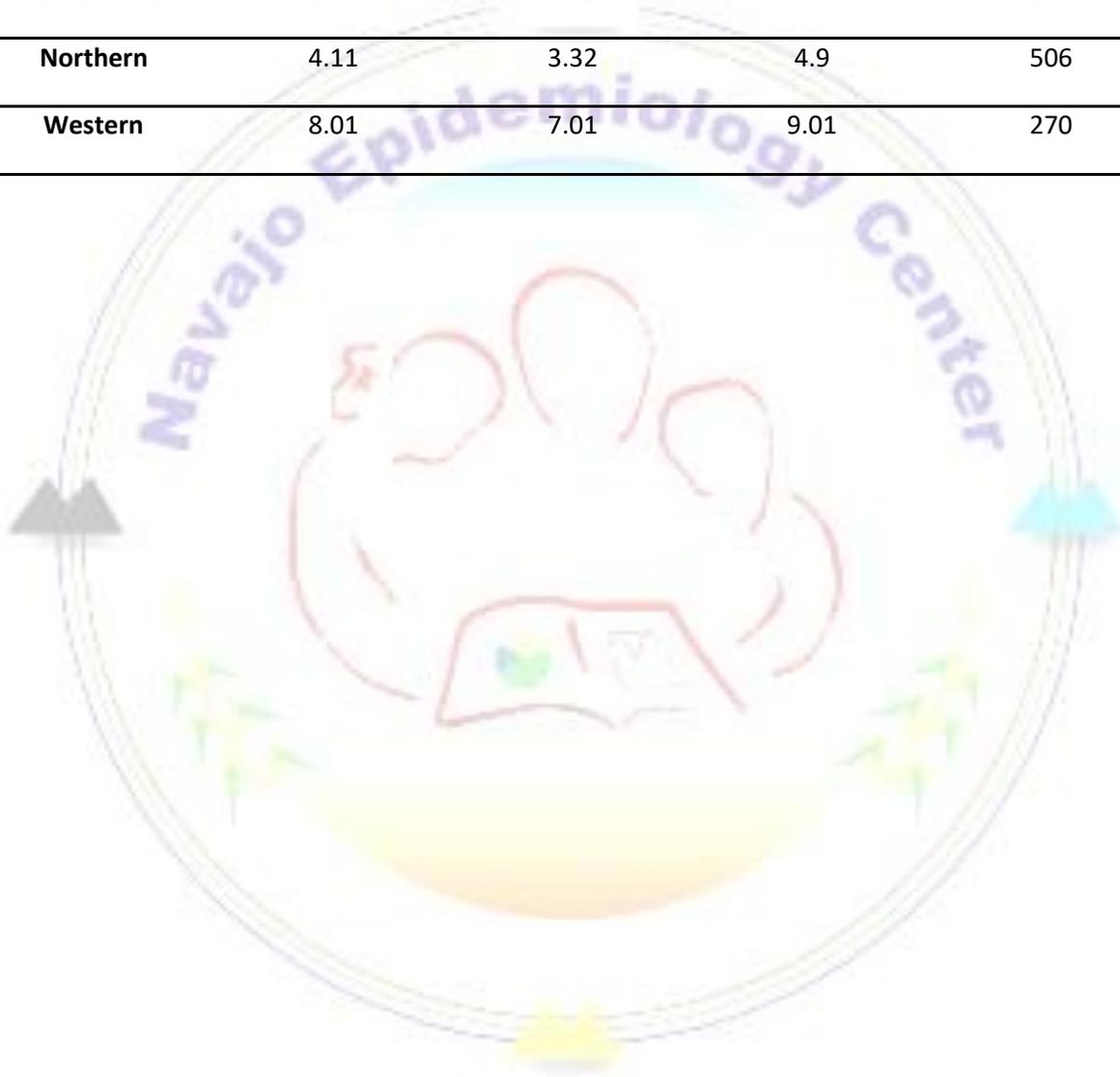
How many days during the past 30 days was your physical health not good, by Age group

	Point	Lower	Upper	N
<30	2.86	1.12	4.60	309
30-39	4.26	2.53	5.99	263
40-49	5.43	3.54	7.32	321
50-59	7.08	4.48	9.69	486
60-69	8.68	5.53	11.83	445
70-79	9.42	5.95	12.90	306
80+	10.49	6.01	14.98	129

Module: General Health

How many days during the past 30 days was your physical health not good, by Agency

Agency	Point	Lower	Upper	N
Chinle	4.44	2.94	5.94	687
Eastern	4.02	2.51	5.53	468
Ft. Defiance	6.98	4.59	9.37	328
Northern	4.11	3.32	4.9	506
Western	8.01	7.01	9.01	270



Module: General Health

NNHS.Q37: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days was your mental health not good?

	Mean	Lower Estimate	Upper Estimate	N
# Days	4.49	3.70	5.27	2,255
Male	3.90	2.79	5.01	800
Female	5.39	4.23	6.56	1,455

How many days was your mental health not good, by Age Group

	Point	Lower	Upper	N
<30	2.43	1.30	3.56	319
30-39	4.51	2.04	6.99	262
40-49	3.76	2.63	4.90	324
50-59	5.92	3.23	8.62	481
60-69	4.86	3.10	6.62	442
70-79	8.43	5.54	11.32	300
80+	9.42	2.76	16.08	127

How many days was your mental health not good, by Agency

Agency	Point	Lower	Upper	N
Chinle	4.16	3.14	5.17	683
Eastern	3.16	2.28	4.05	467
Ft. Defiance	5.26	3.24	7.28	332
Northern	3.99	2.20	5.78	499
Western	6.39	4.88	7.89	274

Module: General Health

NNHS.Q38: During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

	Mean	Lower Estimate	Upper Estimate	N
# Days	6.11	4.78	7.45	1,407
Male	5.34	4.01	6.67	454
Female	6.49	4.73	8.25	953

How many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation, by Age Group

	Point	Lower	Upper	N
<30	2.38	1.28	3.48	145
30-39	4.76	2.81	6.72	152
40-49	5.15	3.18	7.12	186
50-59	6.90	3.35	10.44	321
60-69	9.45	5.90	13.01	307
70-79	10.87	7.09	14.67	213
80+	13.36	4.99	21.73	83

Module: General Health

How many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation, by Agency

Agency	Point	Lower	Upper	N
Chinle	9.81	7.63	11.98	331
Eastern	5.11	3.80	6.42	254
Ft. Defiance	6.54	4.91	8.17	242
Northern	2.01	1.19	2.83	361
Western	7.69	5.26	10.12	219

NNHS.Q39: During the past 30 days, for about how many days have you felt very healthy and full of energy?

	Mean	Lower Estimate	Upper Estimate	N
# Days	19.19	18.14	20.24	1,338
Male	20.04	18.44	21.65	448
Female	18.62	17.23	20.01	890

Module: General Health

How many days have you felt very healthy and full of energy, by Age Group

	Point	Lower	Upper	N
<30	22.00	19.70	24.31	143
30-39	20.84	17.33	24.35	148
40-49	20.08	17.76	22.40	174
50-59	16.88	13.76	20.01	307
60-69	17.77	14.81	20.74	292
70-79	15.18	11.52	18.84	194
80+	13.67	8.46	18.88	80

How many days have you felt very healthy and full of energy, by Agency

Agency	Point	Lower	Upper	N
Chinle	16.73	14.66	18.79	309
Eastern	18.23	16.57	19.89	242
Ft. Defiance	19.70	17.33	22.07	231
Northern	19.31	17.60	21.03	353
Western	19.98	17.85	22.12	203