Health Disparities in the Medi-Cal Population

Overall Health Status

Overall health status is a self-reported measure of a person's perceived health over time. Research has shown that health status is related to chronic diseases (e.g., vascular events, depression, and cancer)[1-3] and the risk factors for chronic diseases (e.g., stress and physical activity).[4-5] Analysis of health status can identify subgroups with poor perceived health, assist in guiding interventions to improve their situations, and avert more serious consequences.[6]

In California, the Multiracial group was more likely to report that their overall health status was good, very good, or excellent (90.4%), followed by Whites (90.0%), Asians/Others (84.5%), African Americans (83.5%), and Latinos (77.3%) (see Figure).

In the California Medi-Cal population, the Multiracial group again was more likely to report that their overall health status was good, very good, or excellent (80.0%), followed by Latinos (78.6%), African Americans (74.7%), Whites (73.9%), and Asians/Others (60.3%). Regardless of race/ethnicity, the Medi-Cal population reported lower rates of overall health status than the general California population.

Figure

Rate of Californians and Medi-Cal Population Who Reported Their Overall Health was Good, Very Good, or Excellent, by Race/Ethnicity, 2009
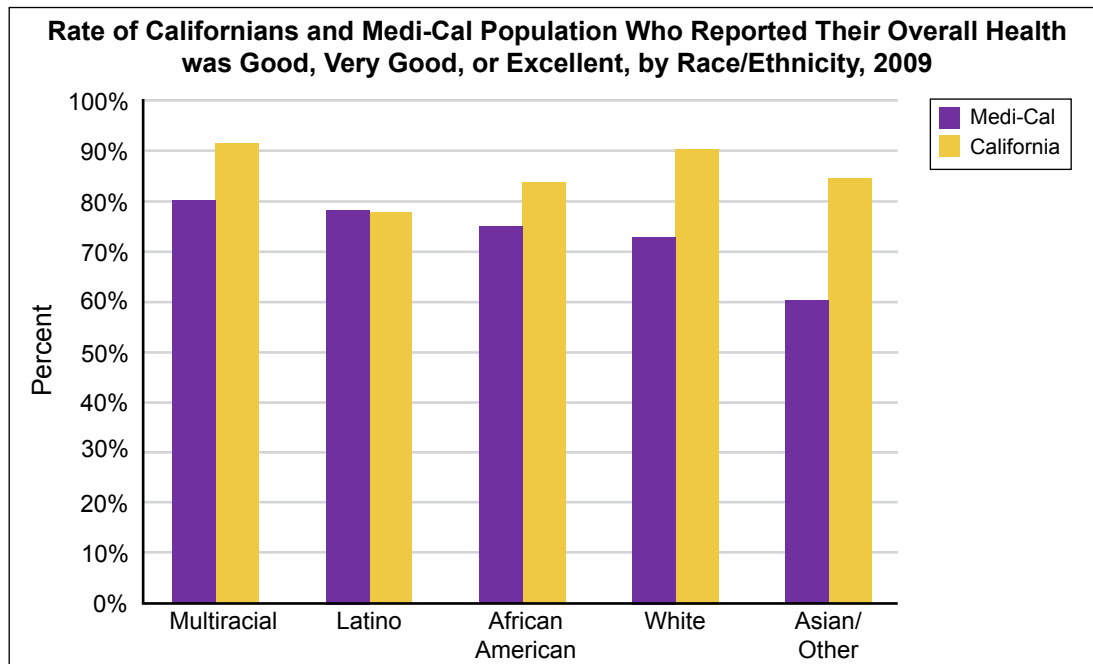
Source: AskCHIS, California Health Interview Survey, 2009.

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Link to Data Sources and Methods