



# SELF-REPORTED HEALTH 健康自我評價

**BACKGROUND** Self-reported health and quality of life are among the most commonly used indicators to assess general population health. While the subjective assessment of health reflects the internal interpretation of one's own health, self-reported quality of life reflects one's physical, mental, and social well-being. Self-reported poor health status is related to higher risk of functional impairment and frequent healthcare utilization.

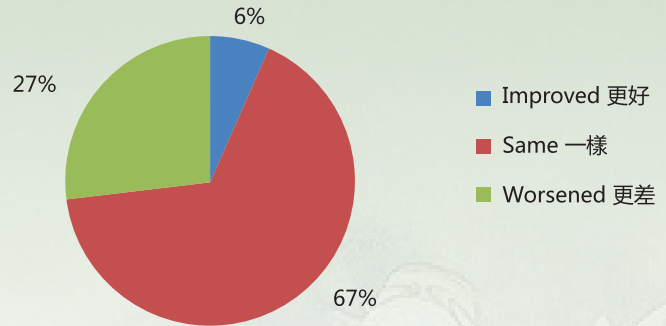
**STUDY RESULTS** Nearly 40% of our study participants reported their general health status as fair or poor, which is higher than national estimates. One in three reported worsened health compared with last year (27%). More participants perceive their quality of life as fair (54%) as compared with good (36%).

**背景** 自評健康狀況和生活品質中最常使用指標去評價全面人口的健康。自評健康主觀反應了一個人內在對自己健康的身體,心理,和社會康樂的理解。自評健康差容易導致身體功能障礙和頻繁使用健康服務資源。

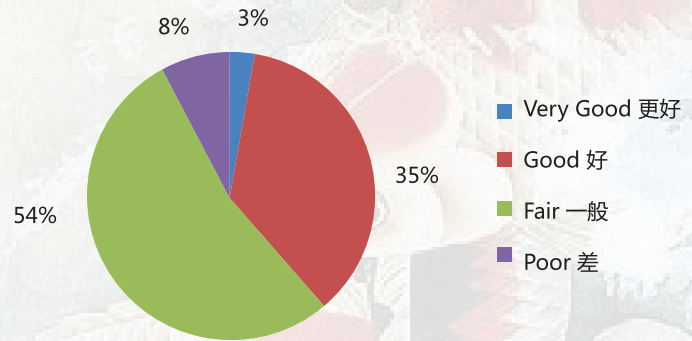
**研究結果** 有40%的研究參與者報告他們的全面健康狀況為差或一般。近三分之一的人認為他們的健康比去年變差(27%)。多數認為他們的生活質量一般(54%)。



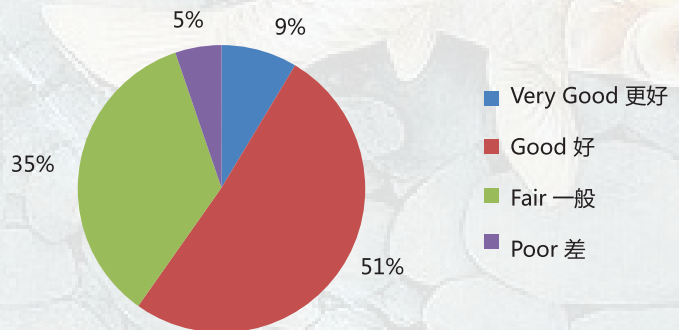
## HEALTH COMPARED TO PREVIOUS YEAR 健康與去年相比



## QUALITY OF LIFE 生活品質



## GENERAL HEALTH 基本健康



**CONCLUSION** Compared with the U.S general population, our study participants are more likely to rate their health and quality of life as fair or poor. Physical, mental, and social well-being are the foundation for a productive lifestyle, and our study suggests that Chinese immigrants could face many health challenges in life.

**總結** 相比於美國的普遍人群,我們研究的參與者更普遍的認為自己健康差,生活質量不好。由於良好的身體心理狀況是積極生活方式的根本,本研究指出華裔移民生活裡面臨許多健康挑戰。