

Title: Relation Between Insurance Status and Number of Healthy Days in West Virginia

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Background/Purpose: Uninsured adults are less likely to receive services for chronic conditions (Institute of Medicine, 2009). In West Virginia (WV), the uninsured population makes up 8% of the total population (CDC, 2020). This study examines the relation between insurance status and the number of physically unhealthy days reported by adults in WV.

Methods: Utilizing data from the 2020 CDC BRFSS, we conducted a cross tabulation between insurance status and number of physically unhealthy days among 5,689 adults in three age groups in WV.

Results: The omnibus test was significant, (X^2 (DF =2) = 6.61, $p < .05$), with uninsured adults reporting more unhealthy days. This effect also emerged among middle-aged adults, (X^2 (DF =2) = 5.77, $p < .05$). However, the association between unhealthy days and insurance coverage was not significant among younger or older adults.

Conclusions: Insurance status does affect the reported number of physically unhealthy days, especially for middle-aged adults in WV. Future research should examine ways to support middle-aged adults in WV.