Measuring State-level Disparities in Unhealthy Days in

Florida

Specific measures, such as prevalence of diabetes and heart disease or rates of smoking, can offer one way to measure health across (or among) populations. Another more-intuitive way to measure health is simply to ask people how healthy they feel. Using survey data designed for this purpose, SHADAC produced state-level estimates of the number of days in the prior month for which people reported poor physical or mental health. The patterns in these data show clear inequities in how self-reported health differs by race and ethnicity, income, and age in the United States.

Definitions
Mentally Unhealthy Days - The average number of days during the past 30 days when an adult's mental health was not good (civilian non-institutionalized population 18 years and over).

Physically Unhealthy Days - The average number of days during the past 30 days when an adult's physical health was not good (civilian non-institutionalized population 18 years and over).
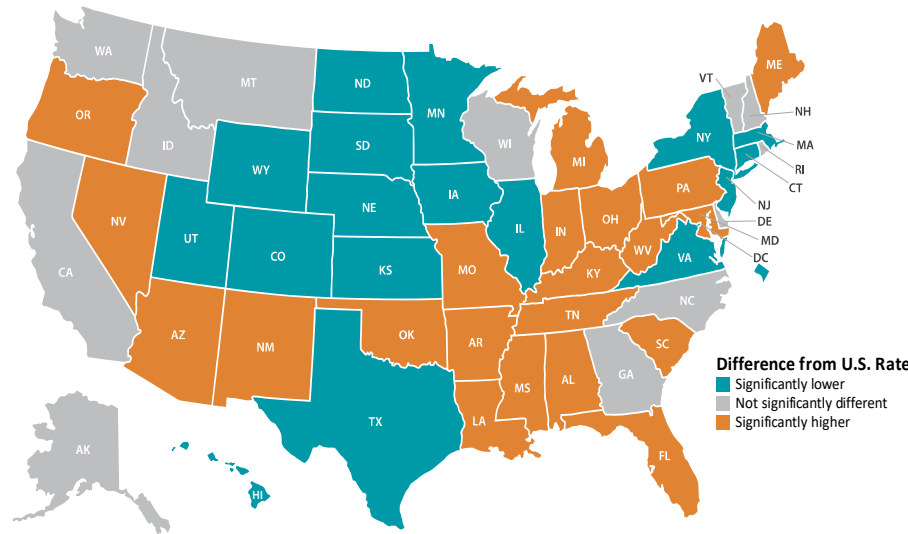
Notes
* Statistically significant difference from the total rate at the 95% confidence level.

‡ Statistically significant difference from the U.S. rate at the 95% confidence level.

Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.
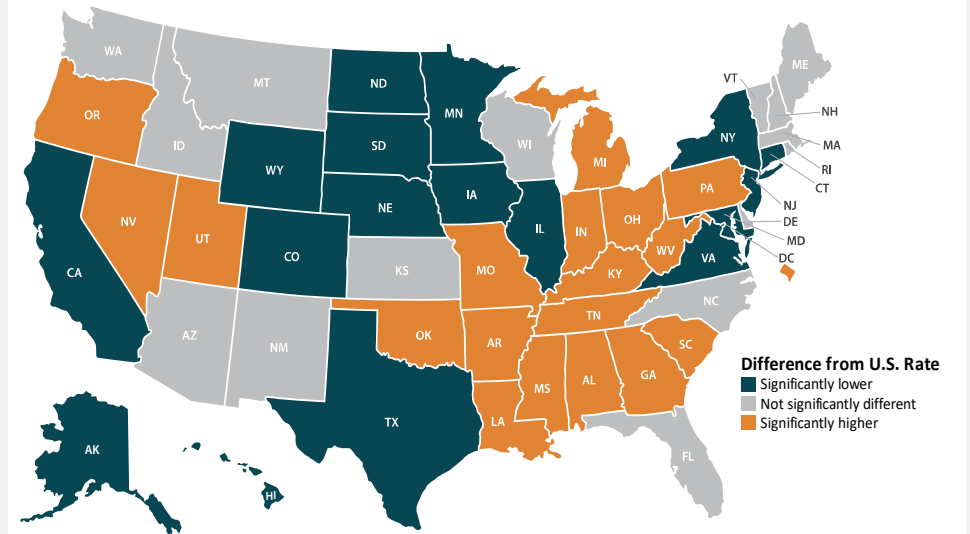
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State vs National Rates

Average Number of _Physically_ Unhealthy Days per Month, 2018-2020

Difference from U.S. Rate
- Significantly lower
- Not significantly different
- Significantly higher

Average Number of _Mentally_ Unhealthy Days per Month, 2018-2020

Difference from U.S. Rate
- Significantly lower
- Not significantly different
- Significantly higher

Race/Ethnicity

Number of physical unhealthy days per month

- Florida
- United States

	Florida	United States
White	4.2‡	3.8
Hispanic	3.7	3.9
Black	3.9	3.6
Any other or multiple races	5.3*	4.7*
Asian or Pacific Islander	1.5*	2.0*
American Indian/Alaska Native	6.0*	5.9*
Total	4.0‡	3.8

Number of mentally unhealthy days per month

- Florida
- United States

	Florida	United States
White	4.3*	4.3*
Hispanic	3.9‡	4.4
Black	3.7	4.0
Any other or multiple races	5.6*	5.9*
Asian or Pacific Islander	2.7*	2.8*
American Indian/Alaska Native	5.8	5.7
Total	4.1	4.2

Income

	Florida	United States
$75,000 and higher	2.2*	2.1*
$50,000-$74,999	3.1*	3.0*
$25,000-$49,999	3.7	3.9
Less than $25,000	6.6*	6.4*
Total	4.0‡	3.8

	Florida	United States
$75,000 and higher	2.9*	3.0*
$50,000-$74,999	3.5*	3.8*
$25,000-$49,999	4.2	4.5
Less than $25,000	5.9*	6.3*
Total	4.1	4.2

Age

	Florida	United States
65+	5.3*	5.1*
40-64	4.5*	4.3*
18-39	2.4*	2.4*
Total	4.0‡	3.8

	Florida	United States
65+	2.6*	2.6*
40-64	4.3	4.1
18-39	5.0‡*	5.3*
Total	4.1	4.2