

# Measuring State-level Disparities in Unhealthy Days in

# United States

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.

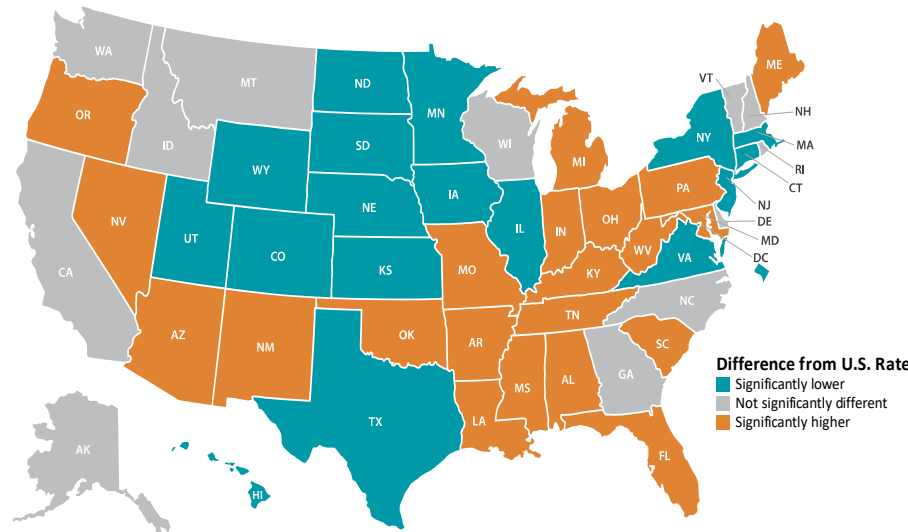
[View a different state](#)

[Visit State Health Compare](#)

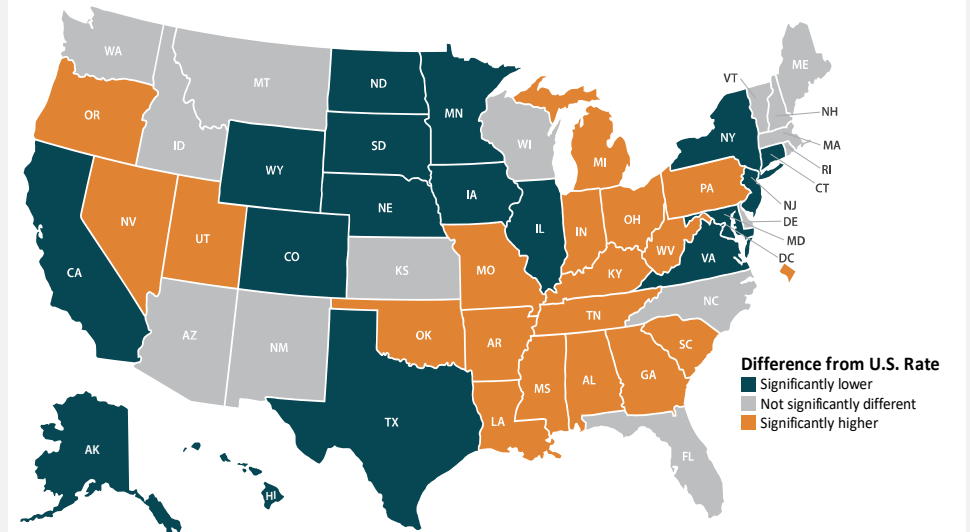


State vs National Rates

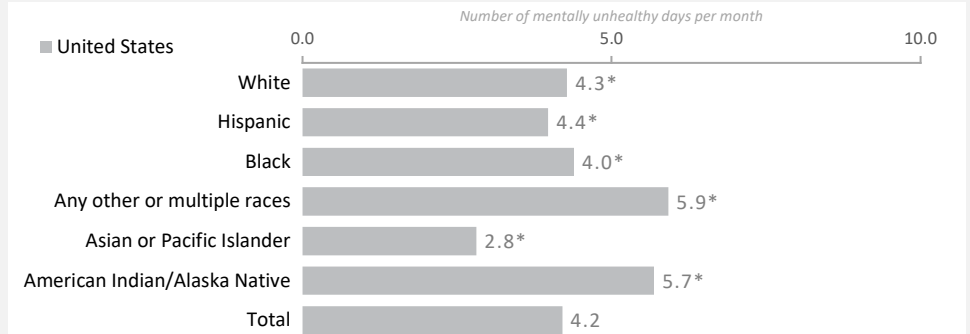
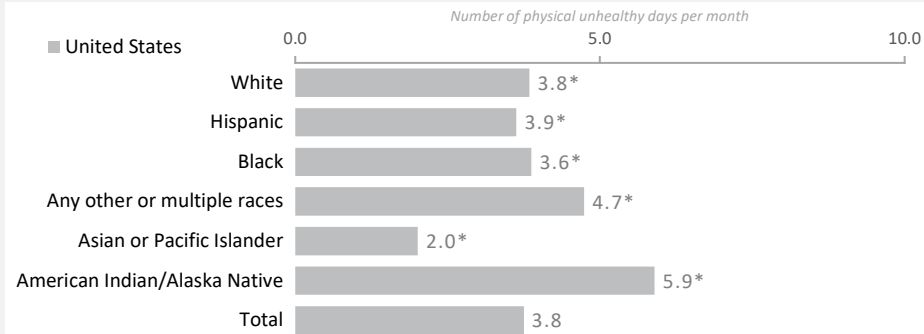
## Average Number of Physically Unhealthy Days per Month, 2018-2020



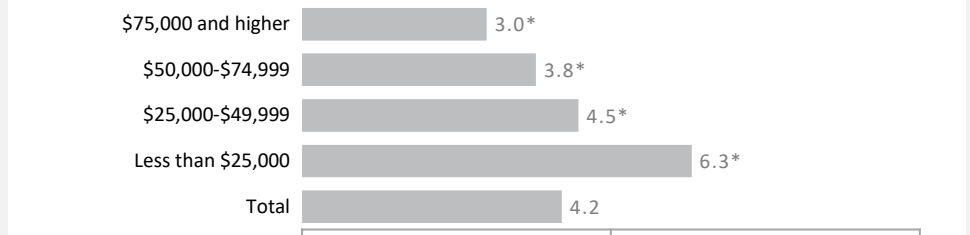
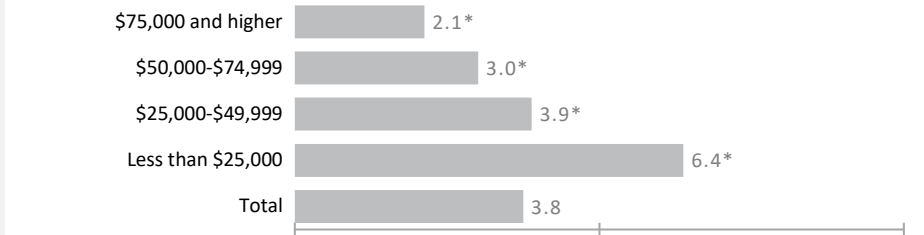
## Average Number of Mentally Unhealthy Days per Month, 2018-2020



Race/Ethnicity



Income



Age

