

Measuring State-level Disparities in Unhealthy Days in

United States

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Notes

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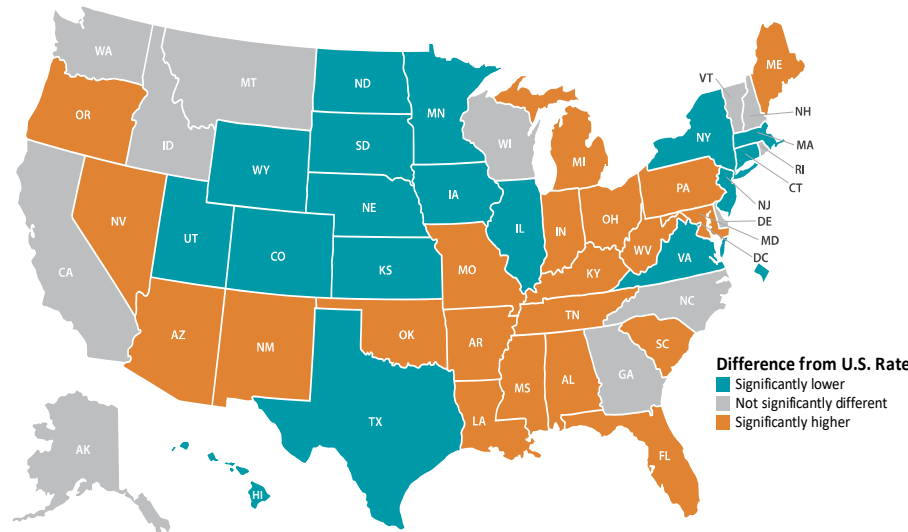
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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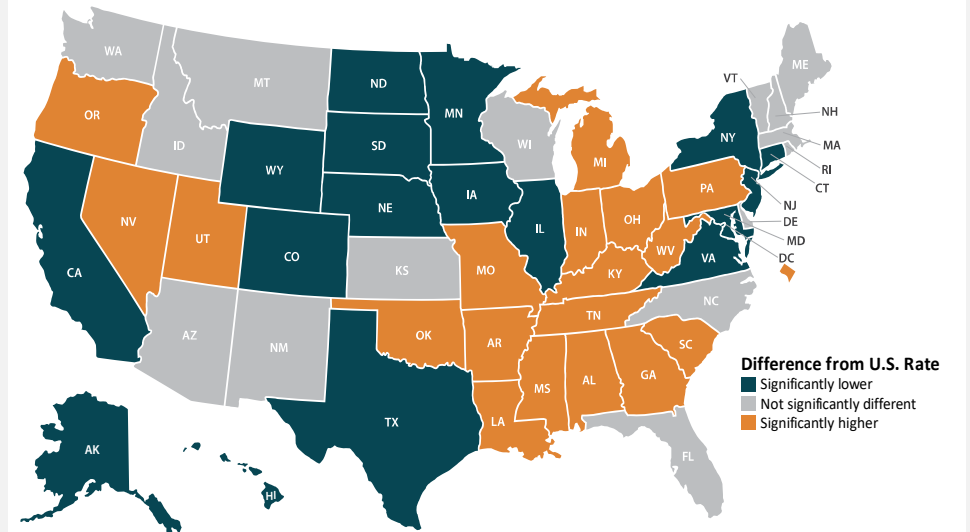
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

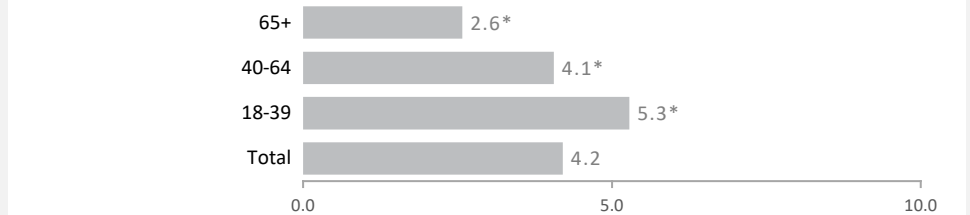
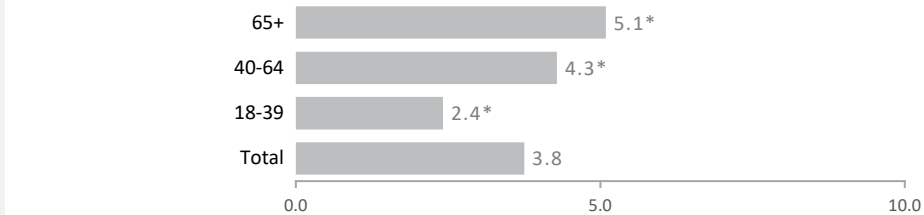
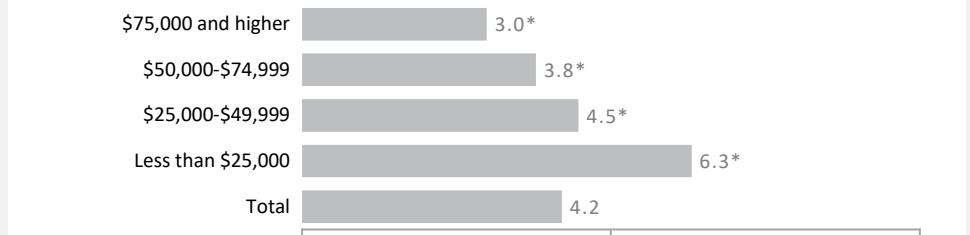
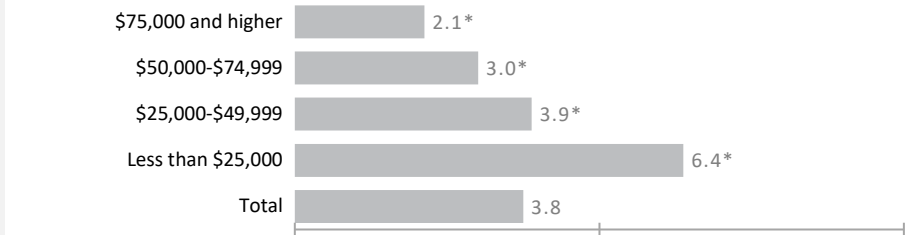
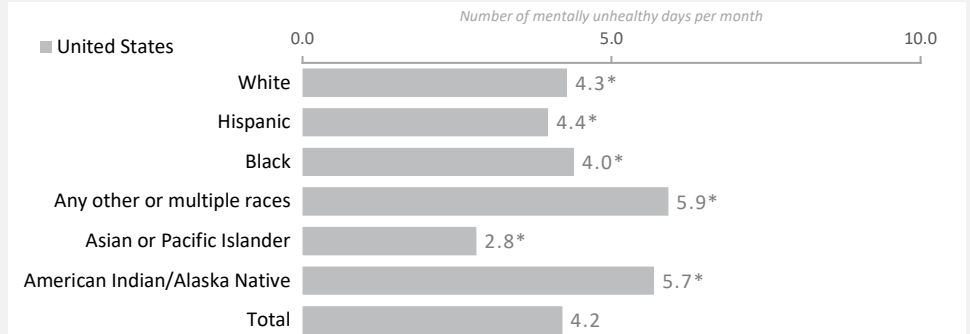
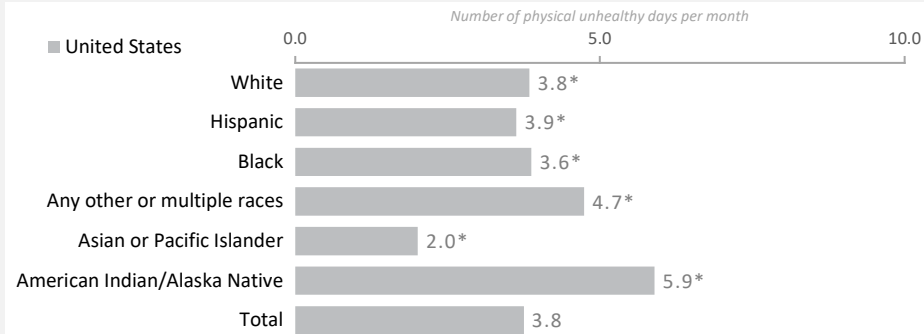


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Alaska

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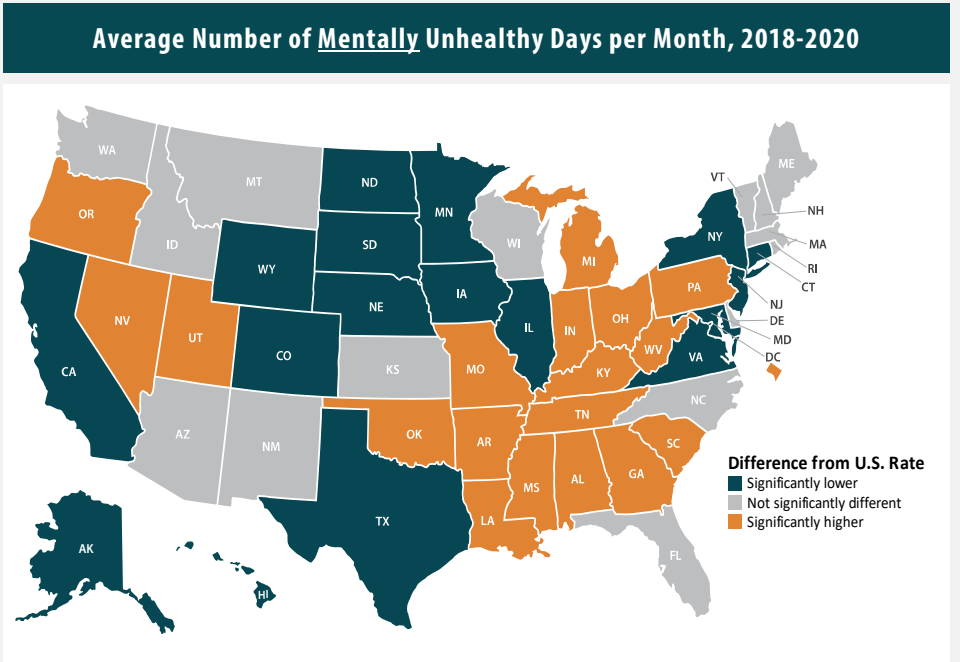
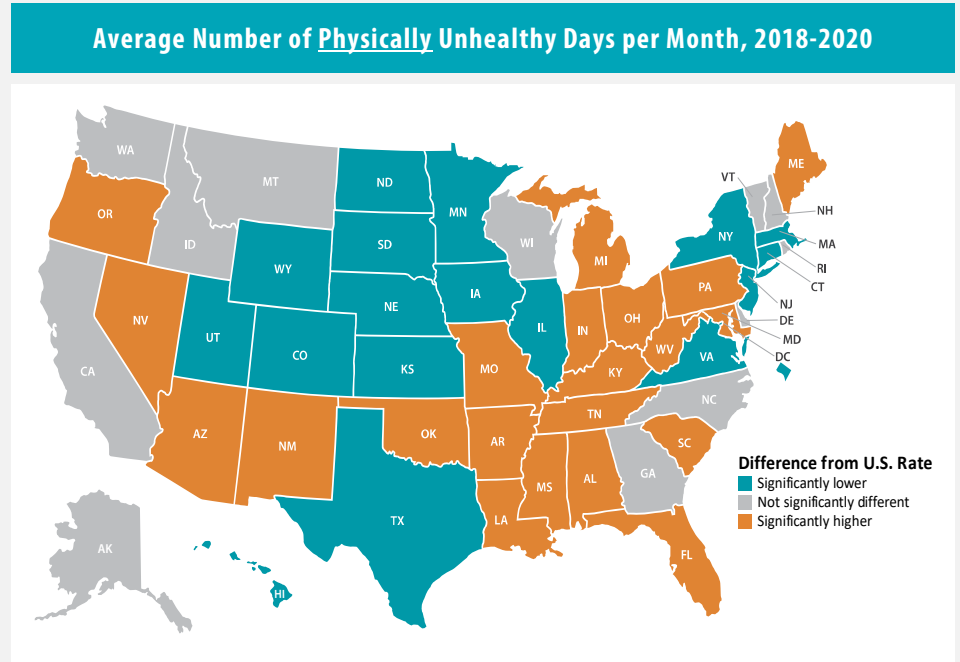
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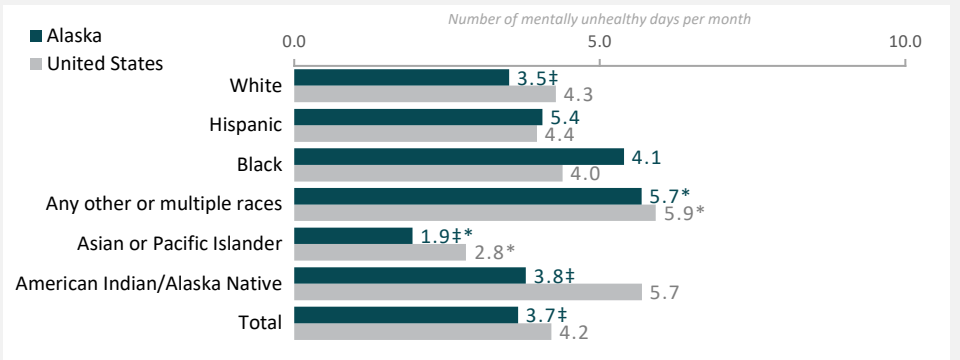
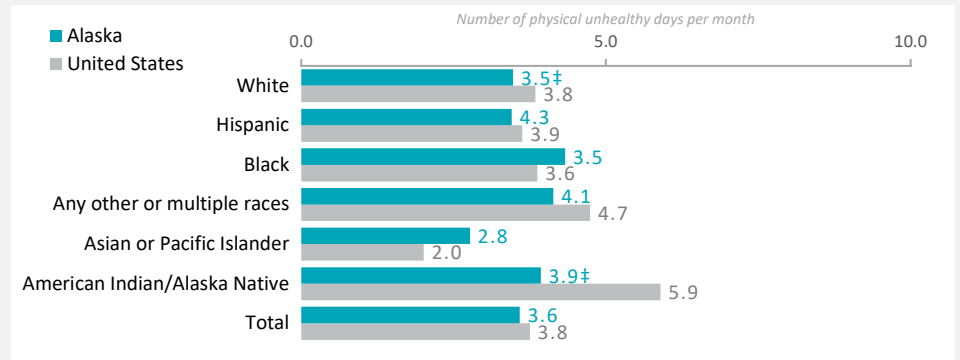
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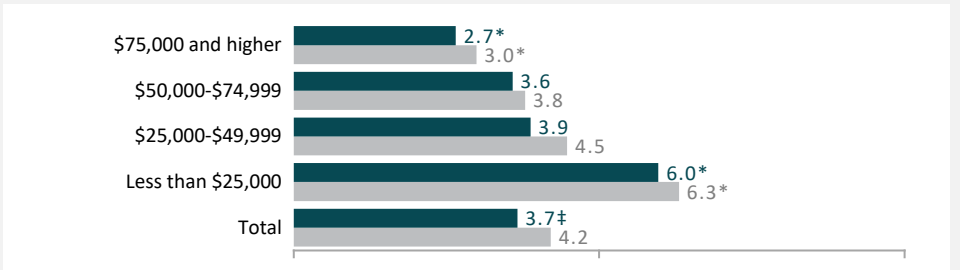
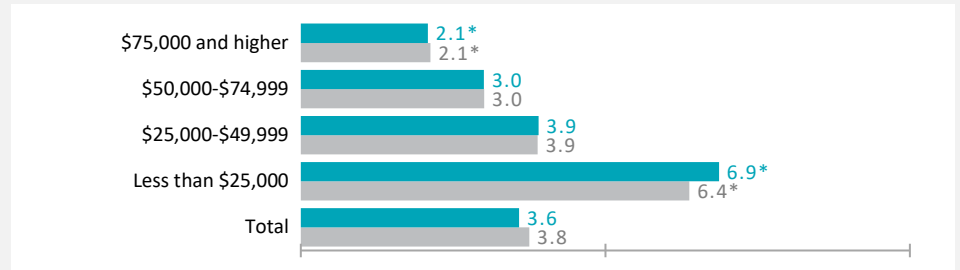
State vs National Rates



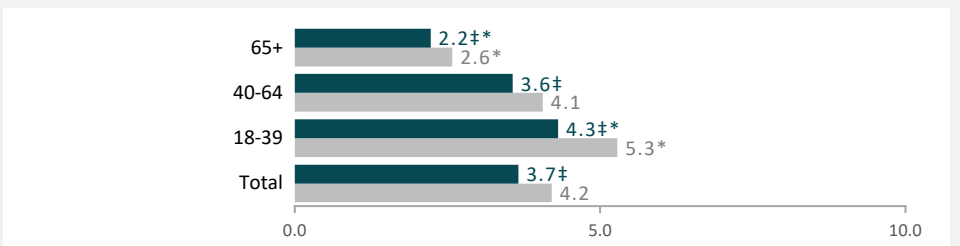
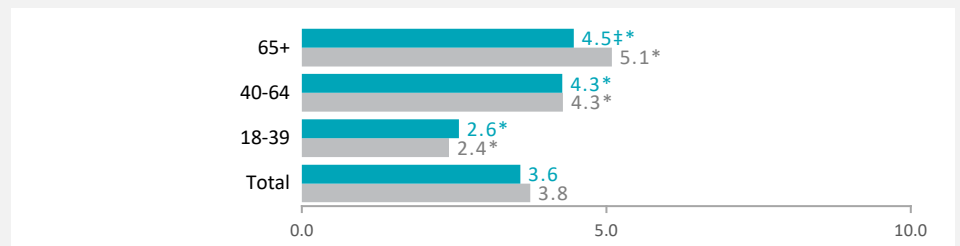
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Alabama

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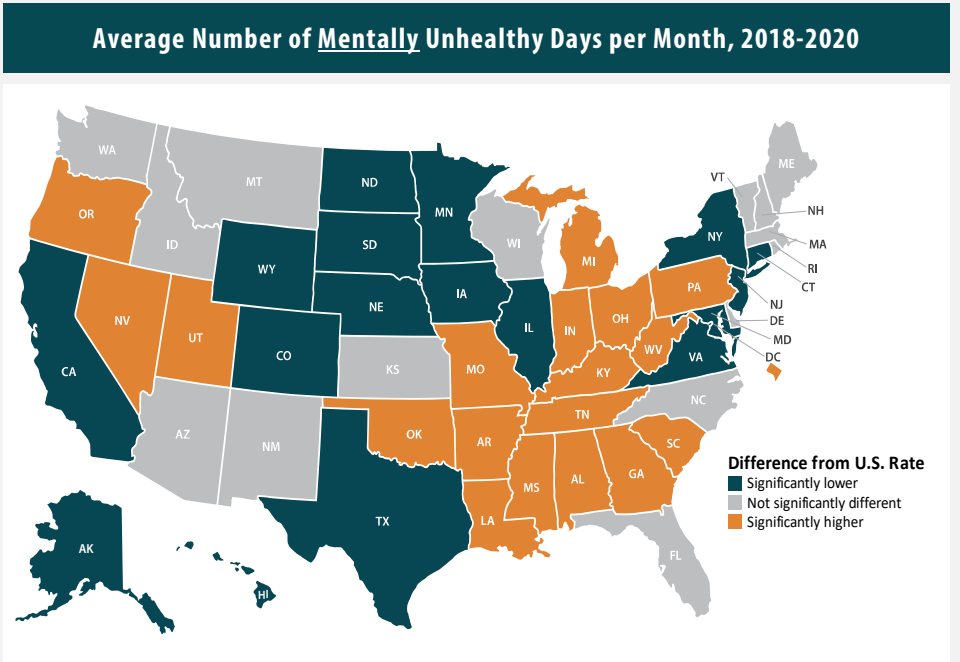
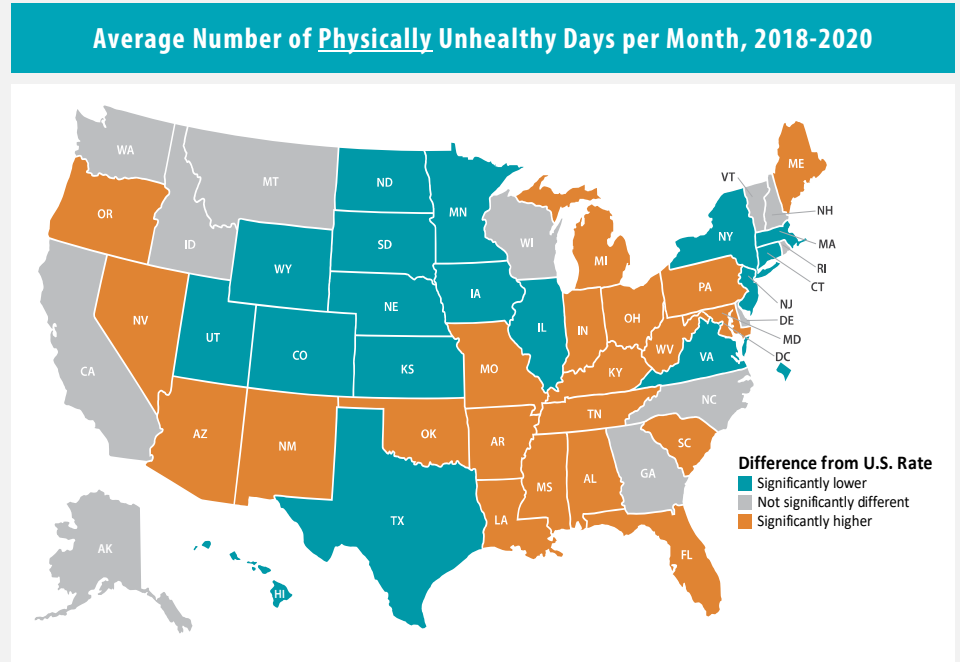
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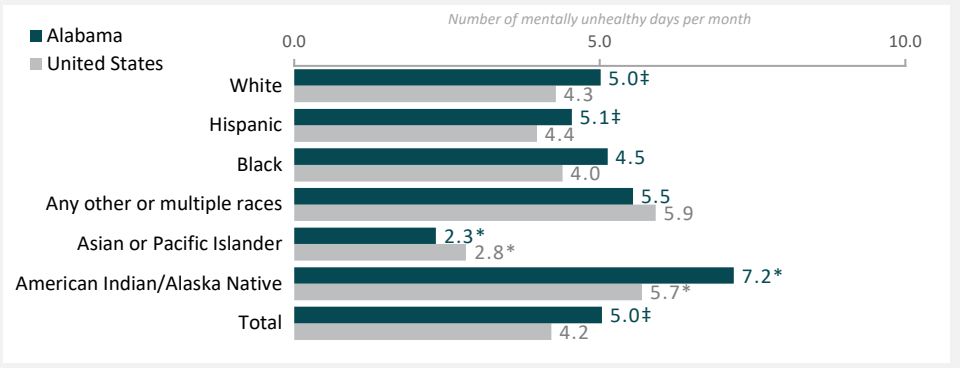
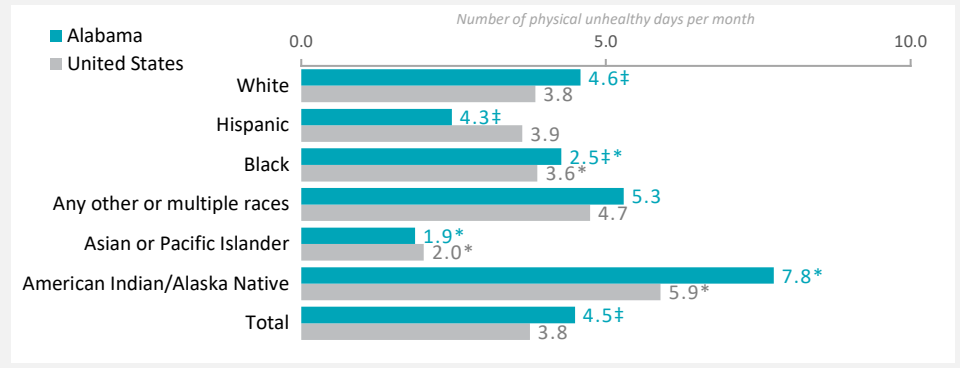
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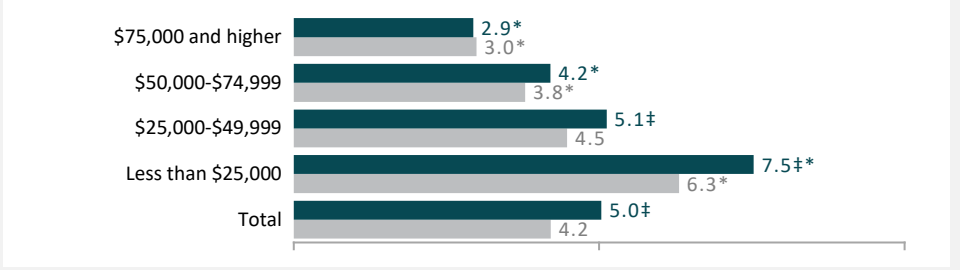
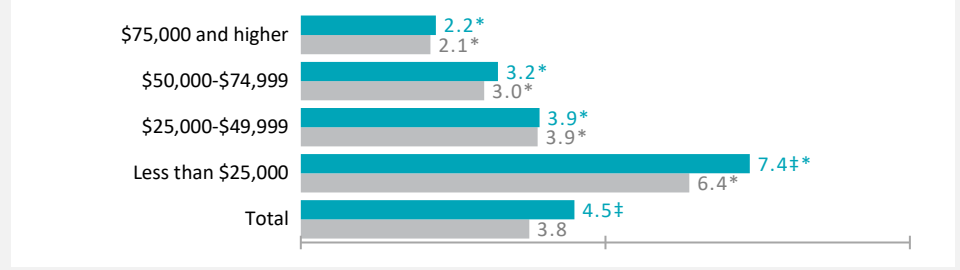
State vs National Rates



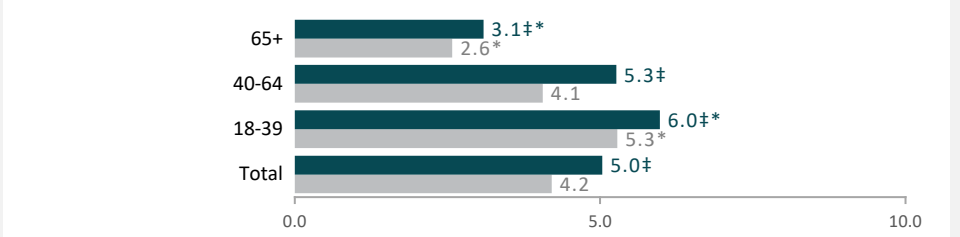
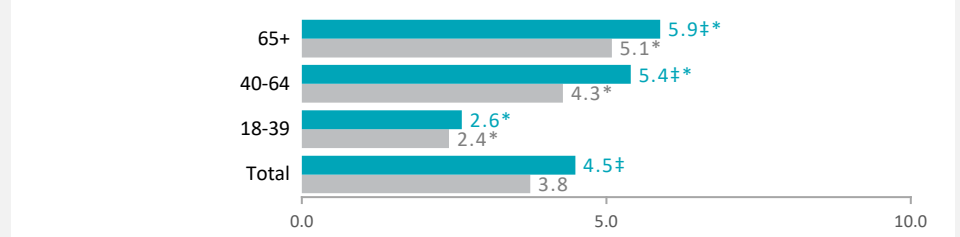
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Arkansas

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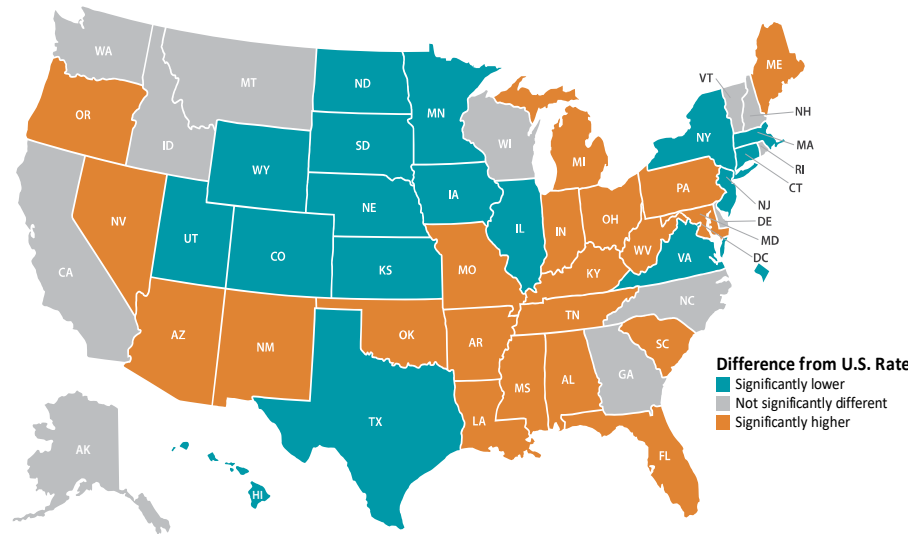
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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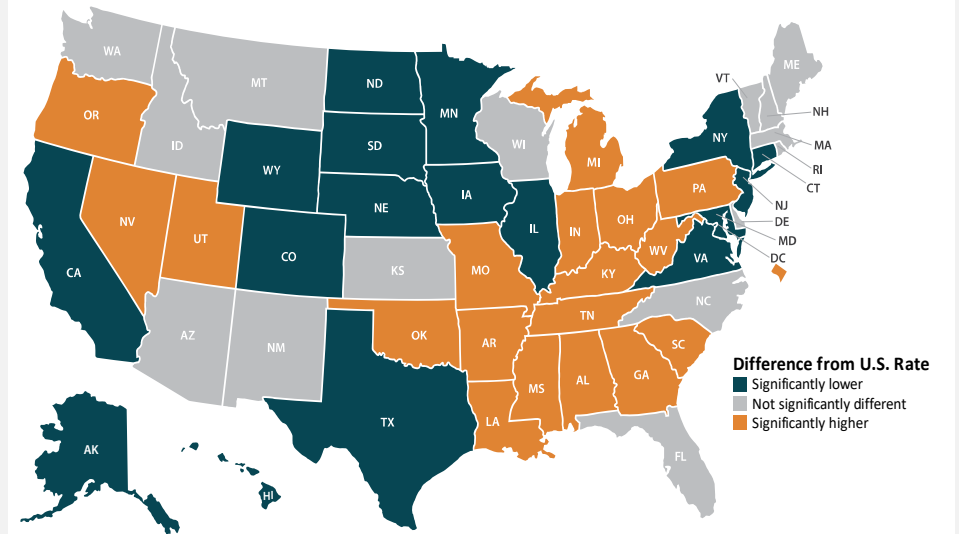
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

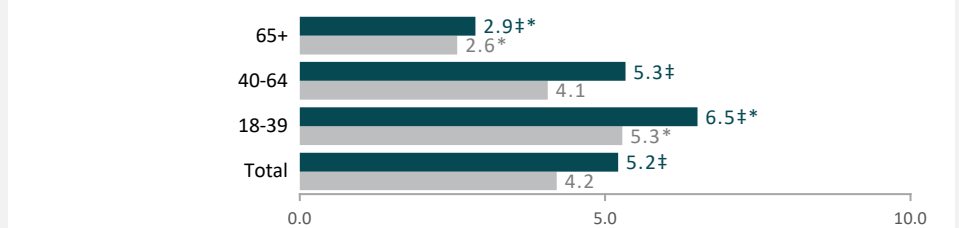
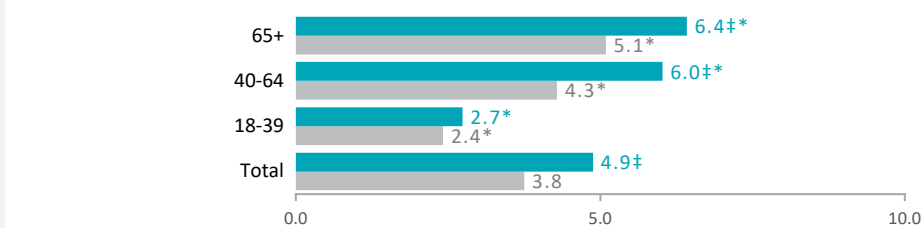
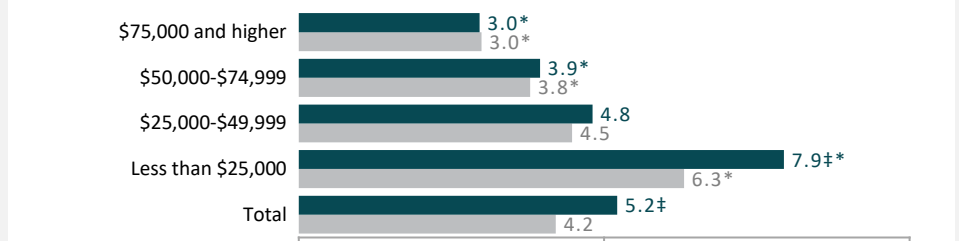
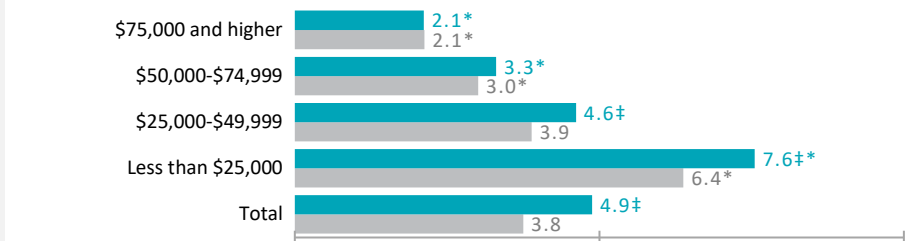
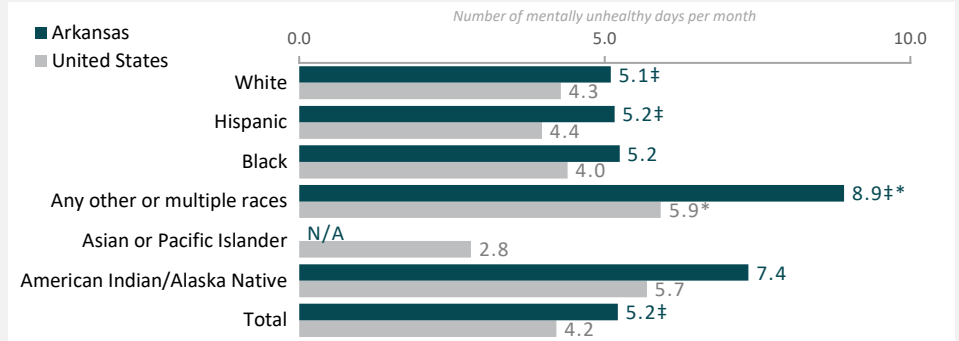
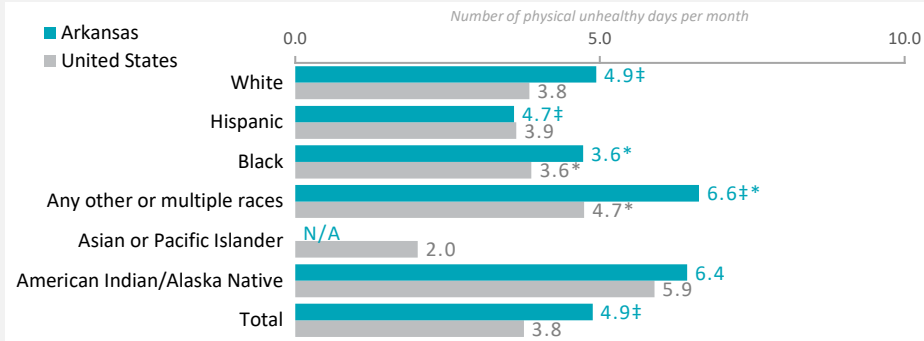


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Arizona

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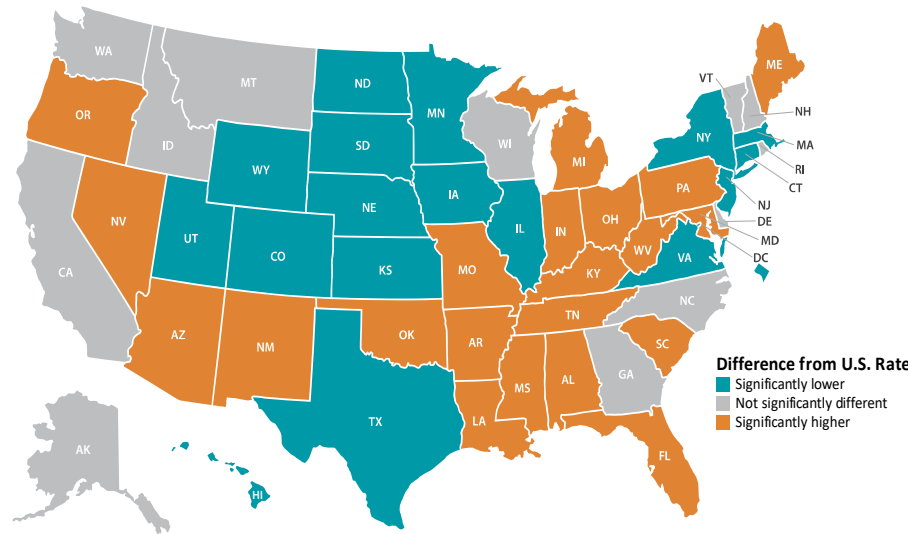
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Average Number of Physically Unhealthy Days per Month, 2018-2020

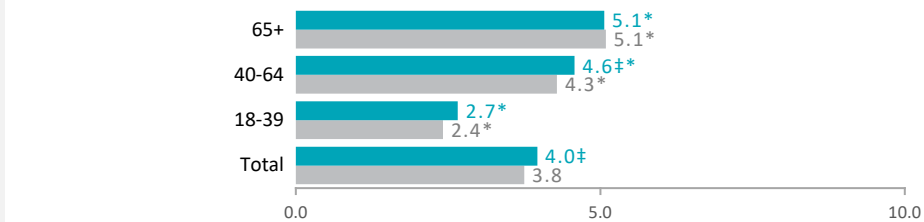
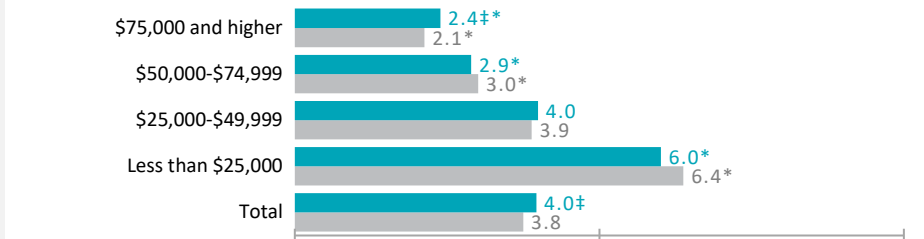
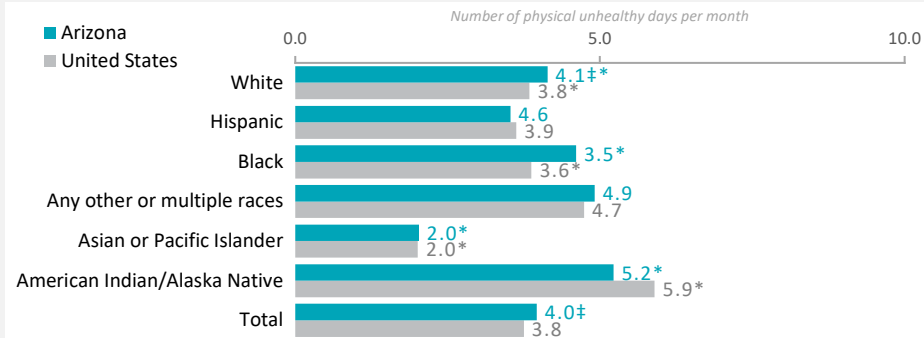


State vs National Rates

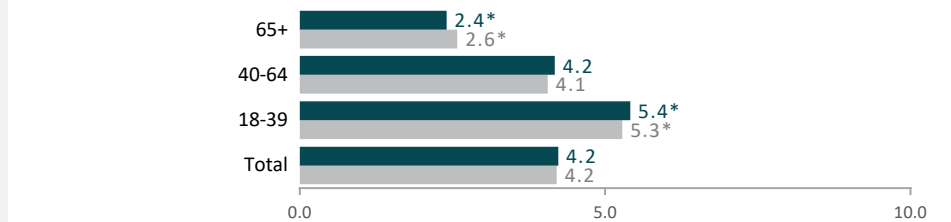
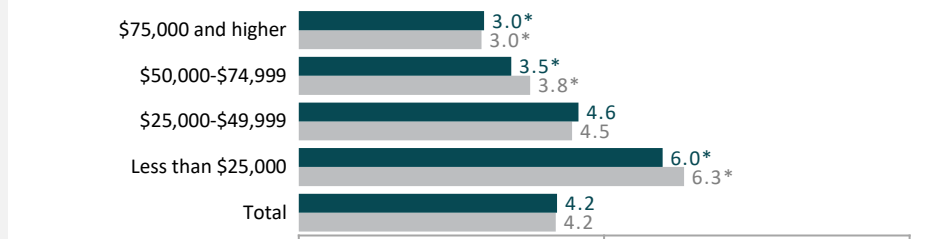
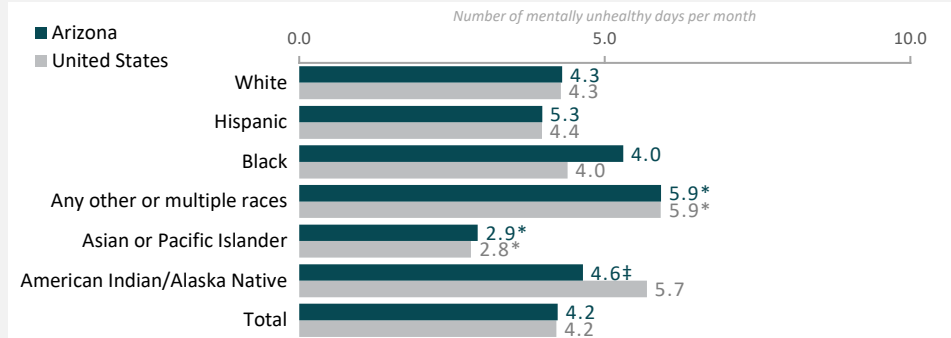
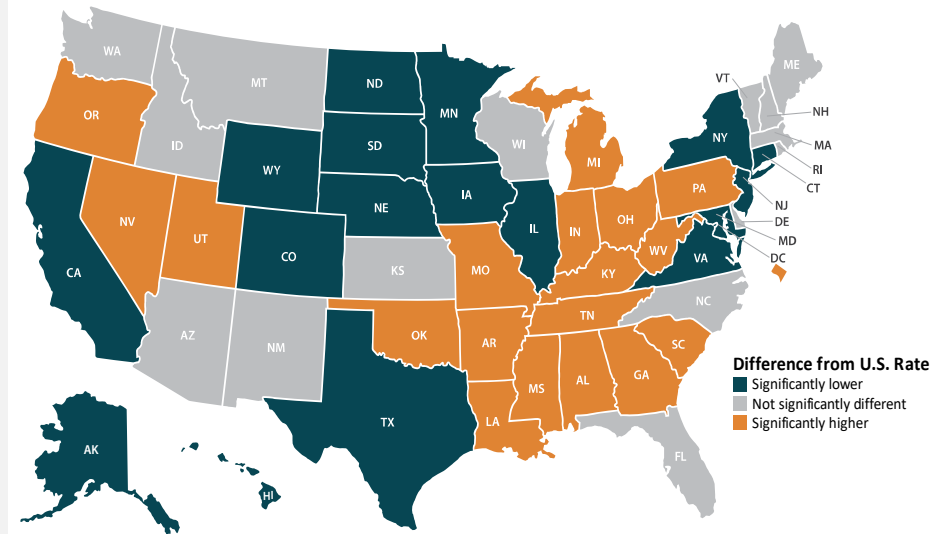
Race/Ethnicity

Income

Age



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



Measuring State-level Disparities in Unhealthy Days in California

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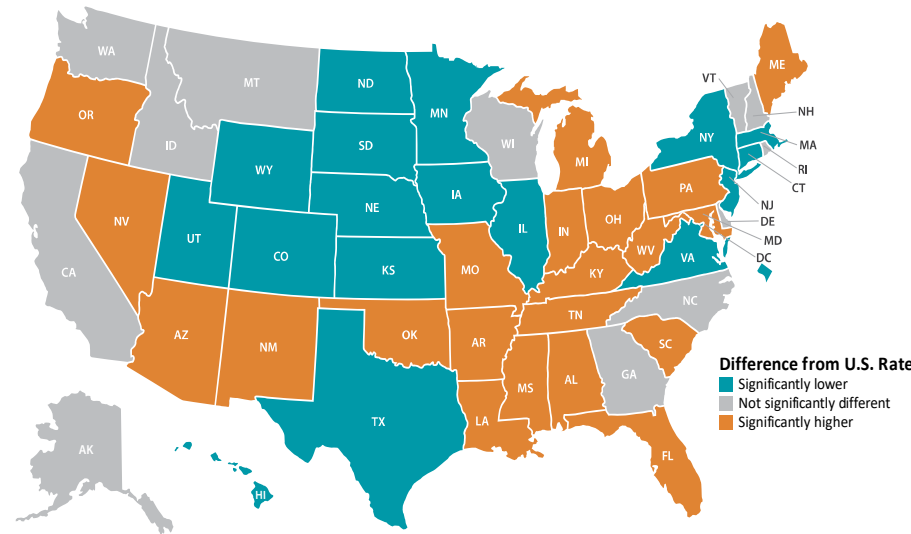
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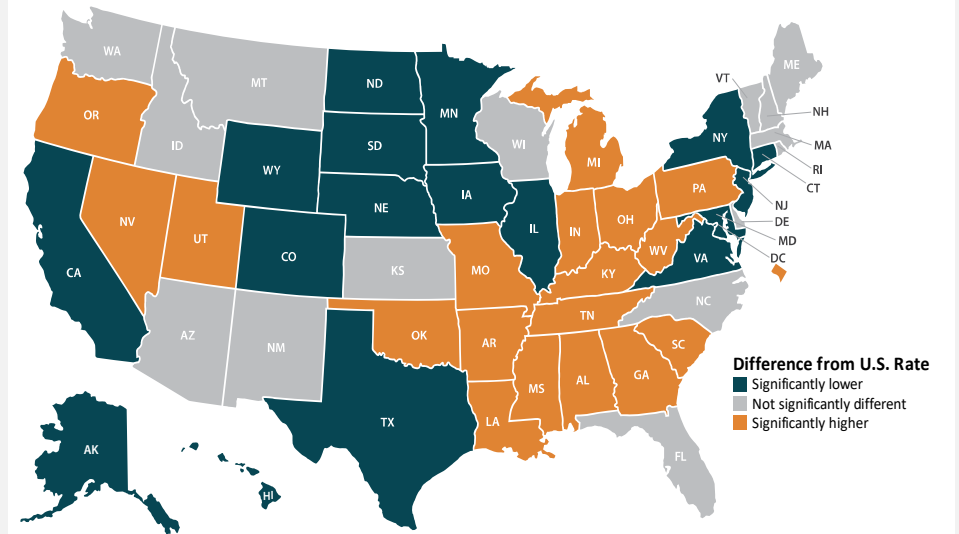


State vs National Rates

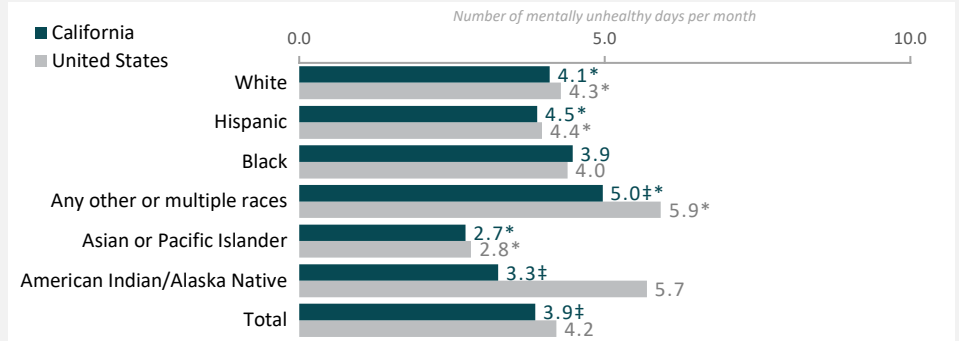
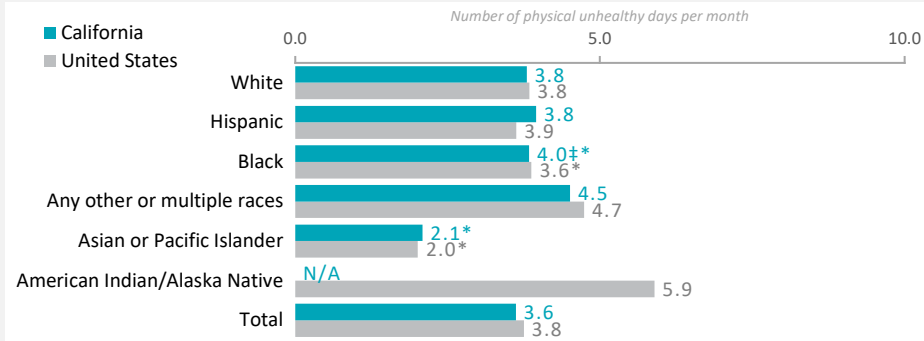
Average Number of Physically Unhealthy Days per Month, 2018-2020



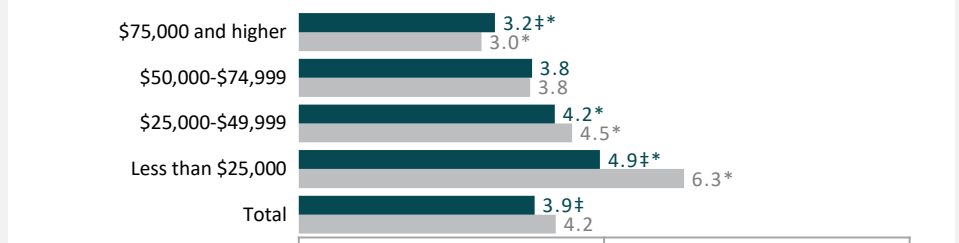
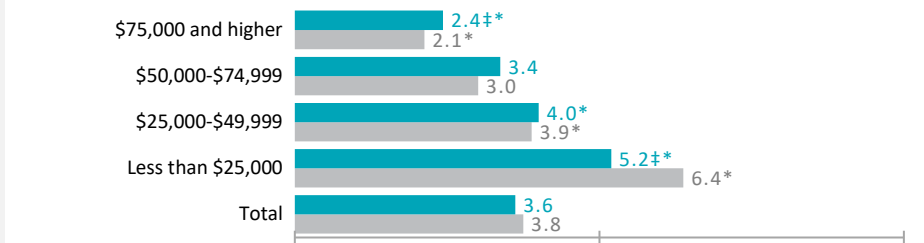
Average Number of Mentally Unhealthy Days per Month, 2018-2020



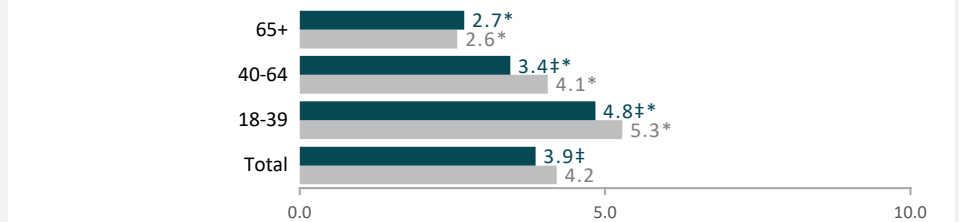
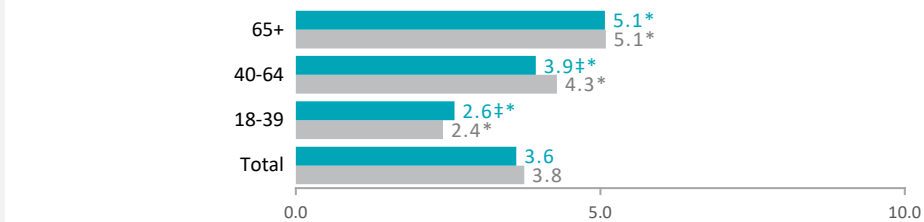
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Colorado

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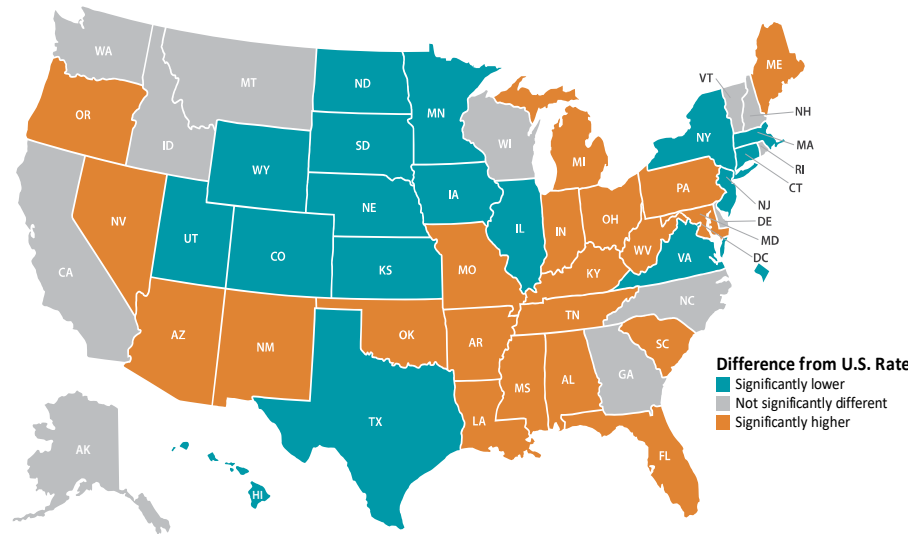
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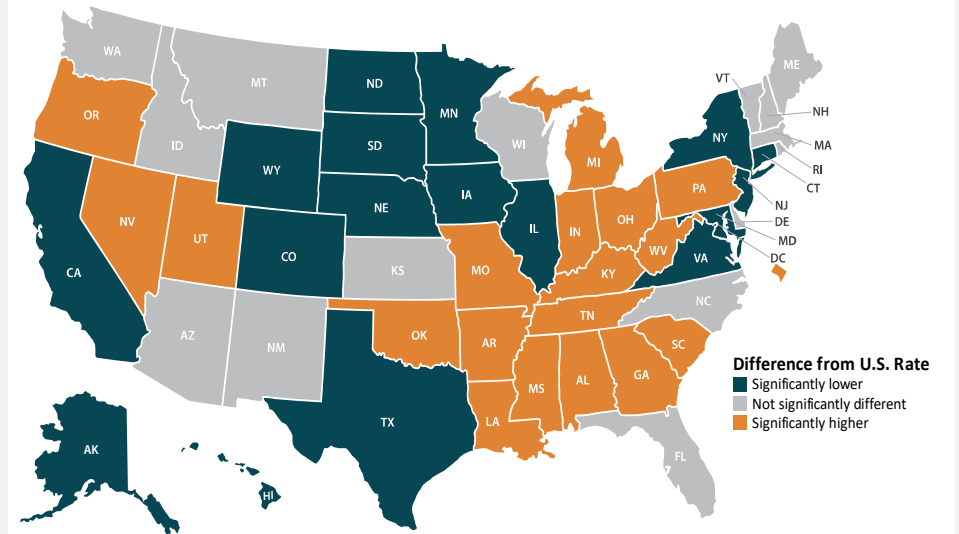


Average Number of Physically Unhealthy Days per Month, 2018-2020

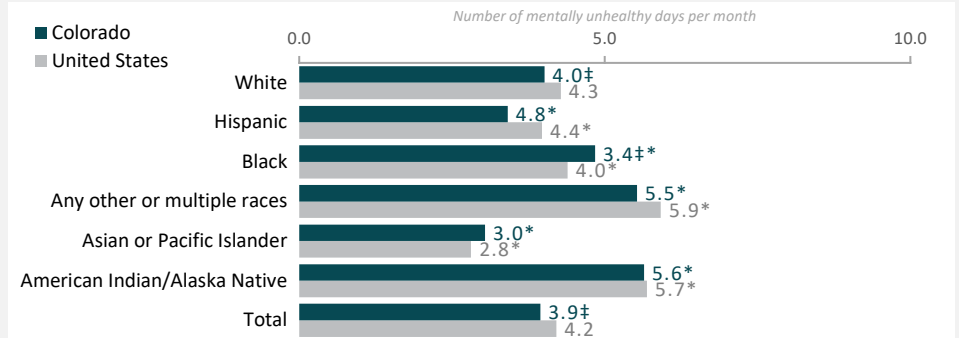
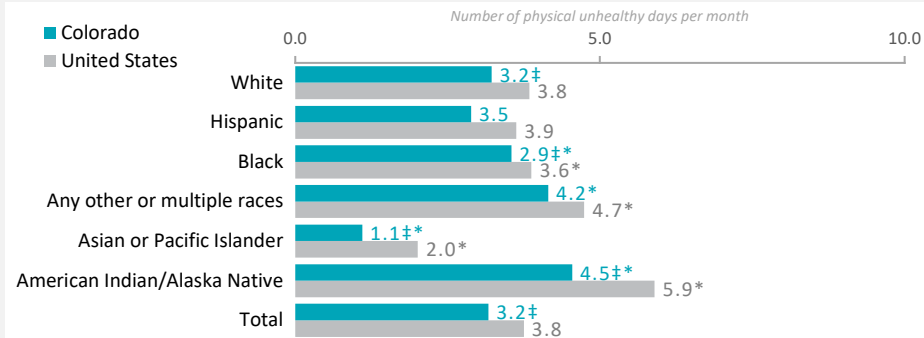


State vs National Rates

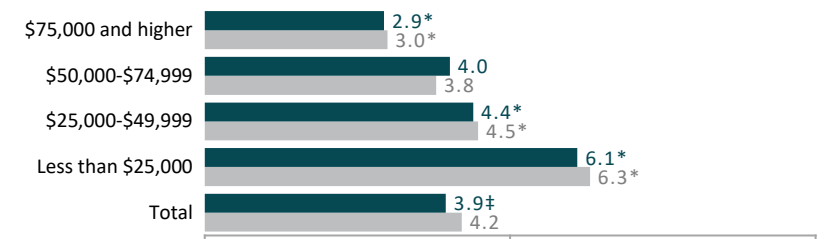
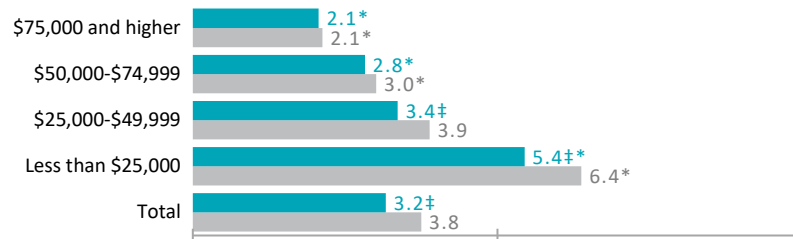
Average Number of Mentally Unhealthy Days per Month, 2018-2020



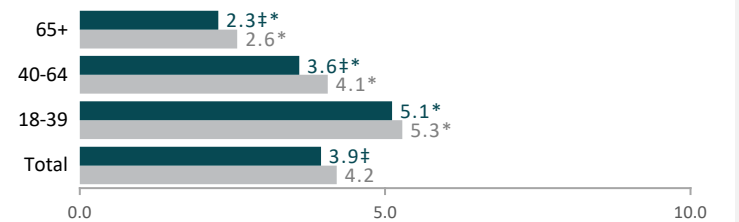
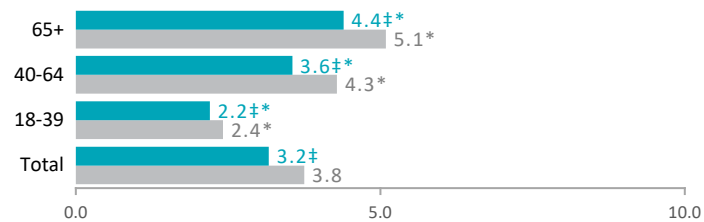
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in

Connecticut

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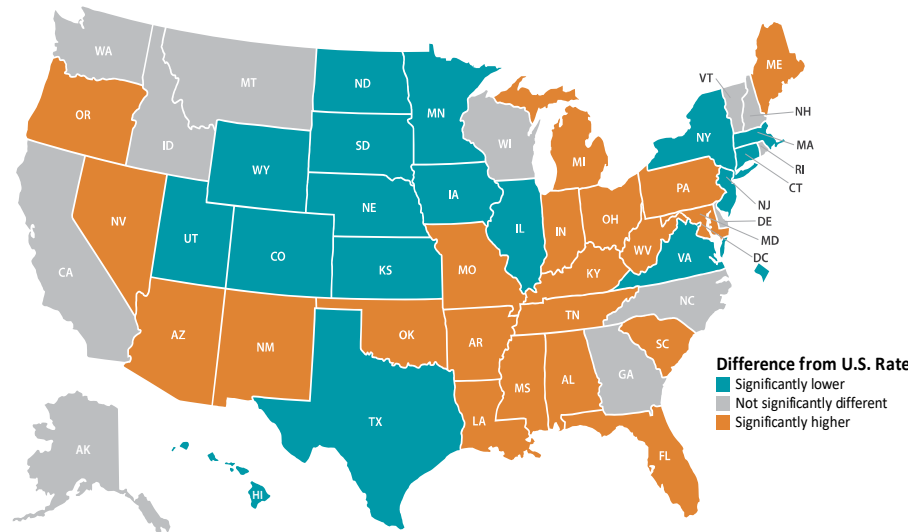
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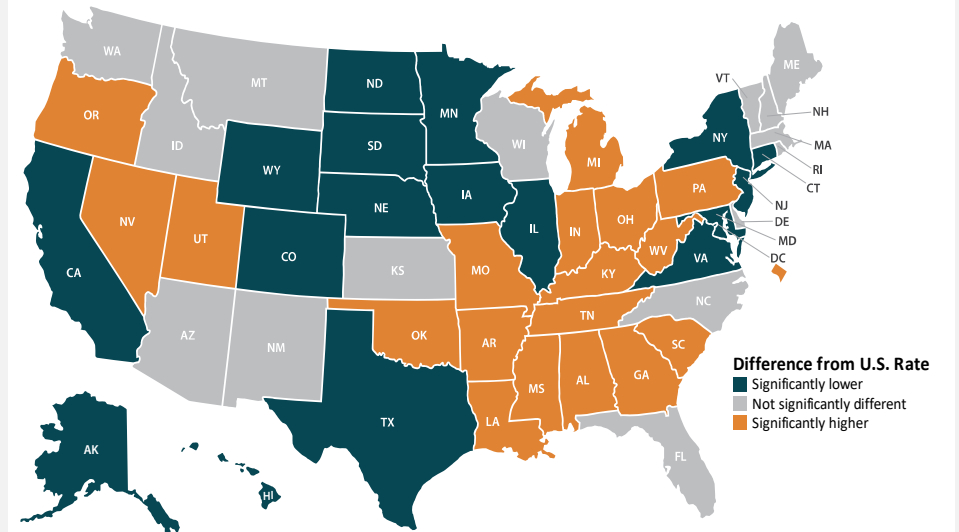


State vs National Rates

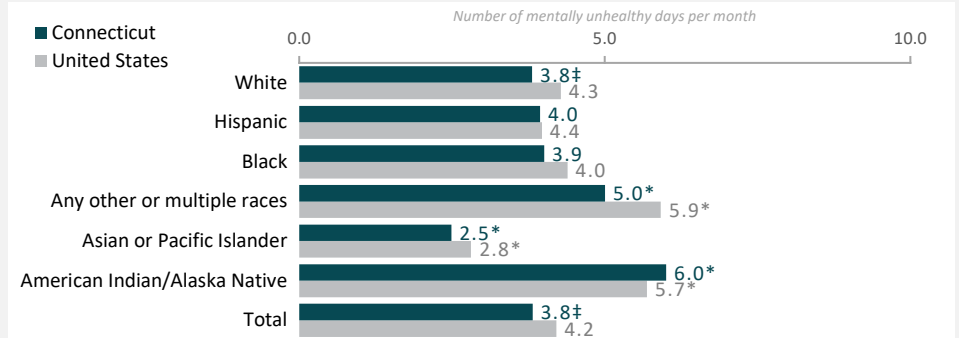
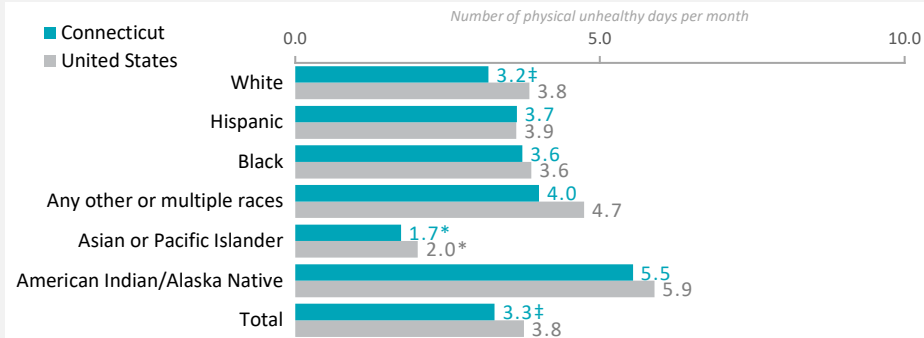
Average Number of Physically Unhealthy Days per Month, 2018-2020



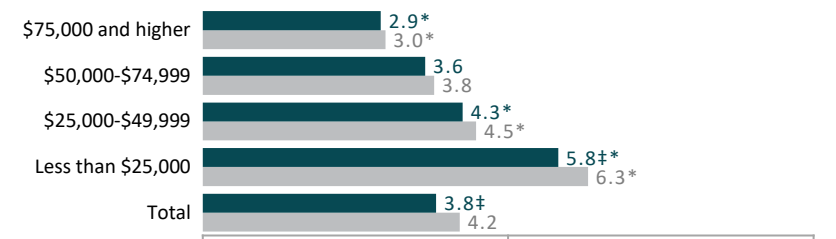
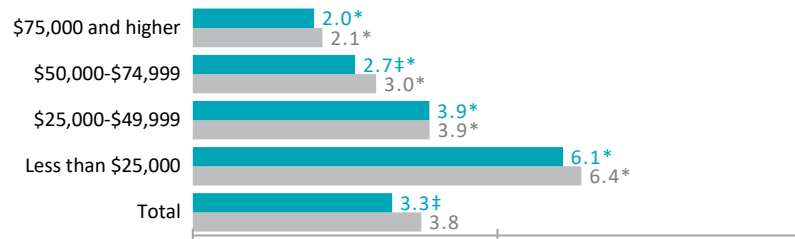
Average Number of Mentally Unhealthy Days per Month, 2018-2020



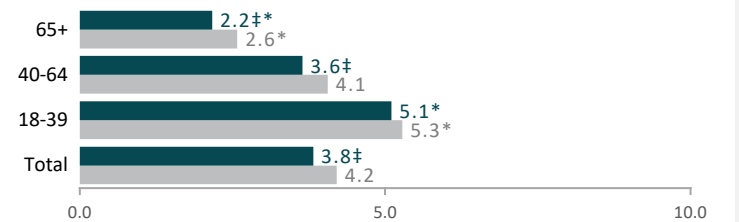
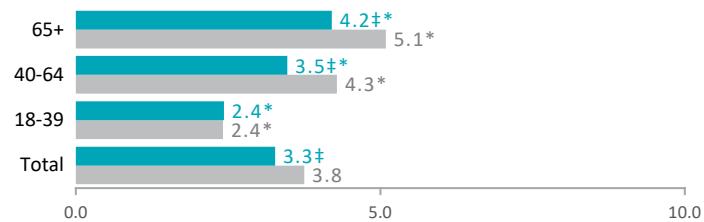
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in

District of Columbia

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

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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.

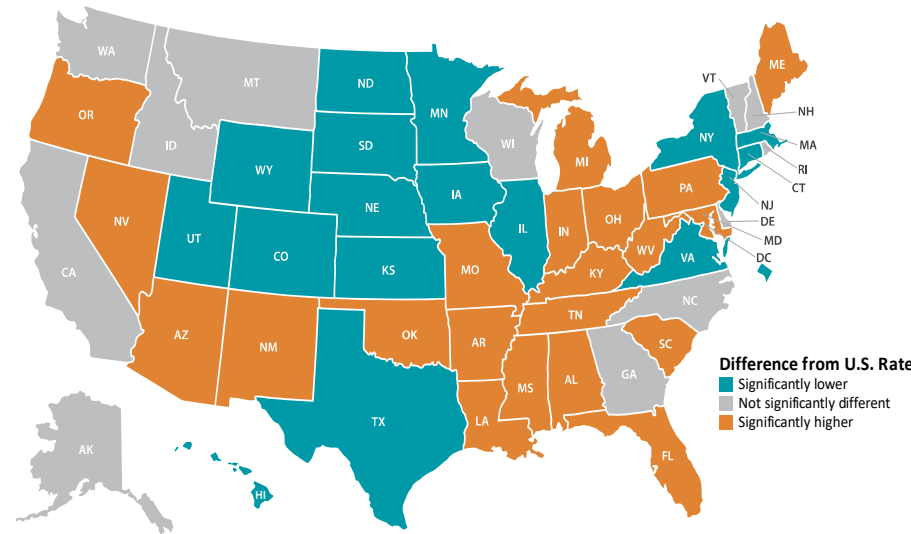
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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

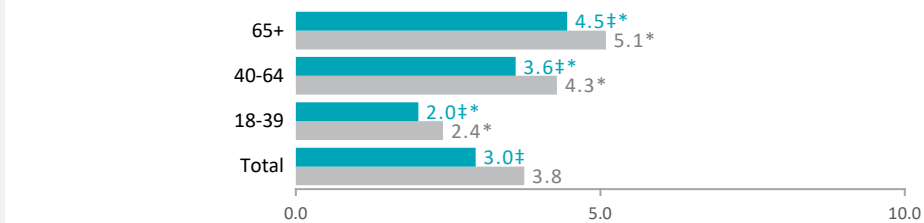
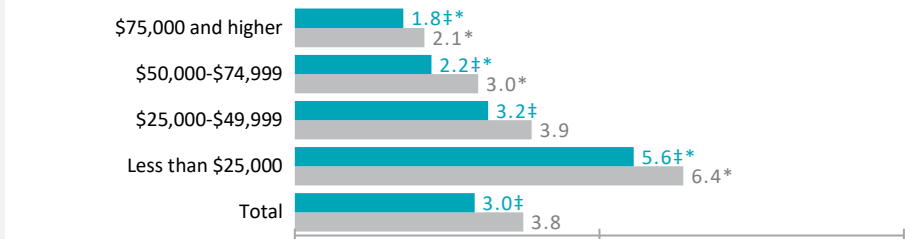
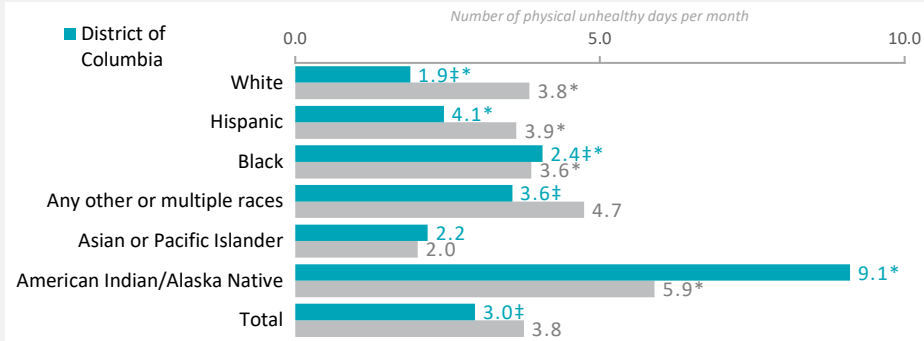


State vs National Rates

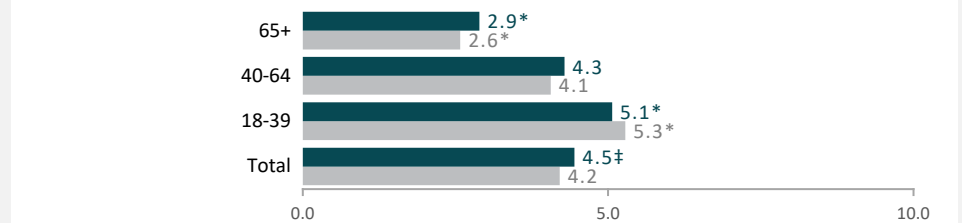
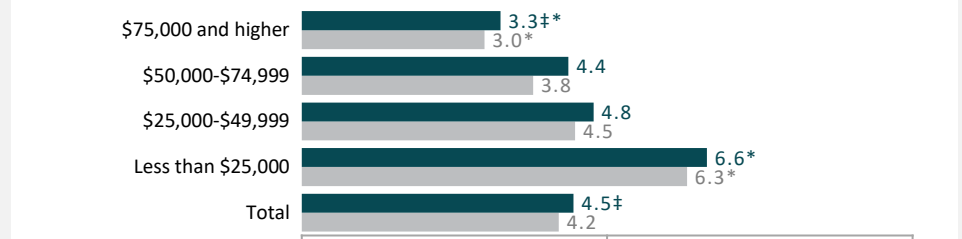
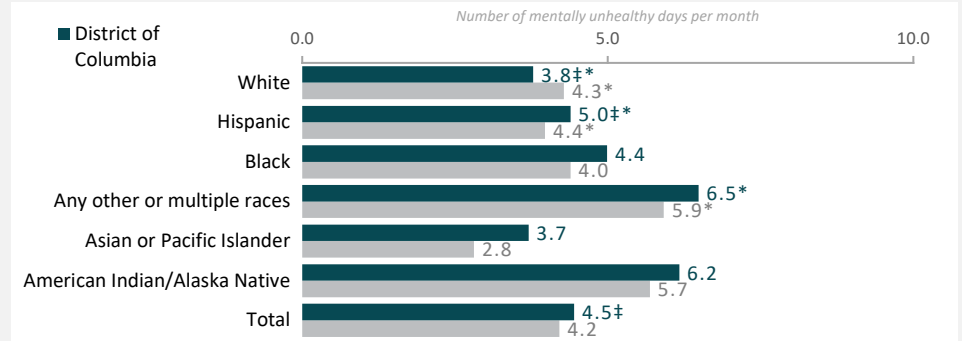
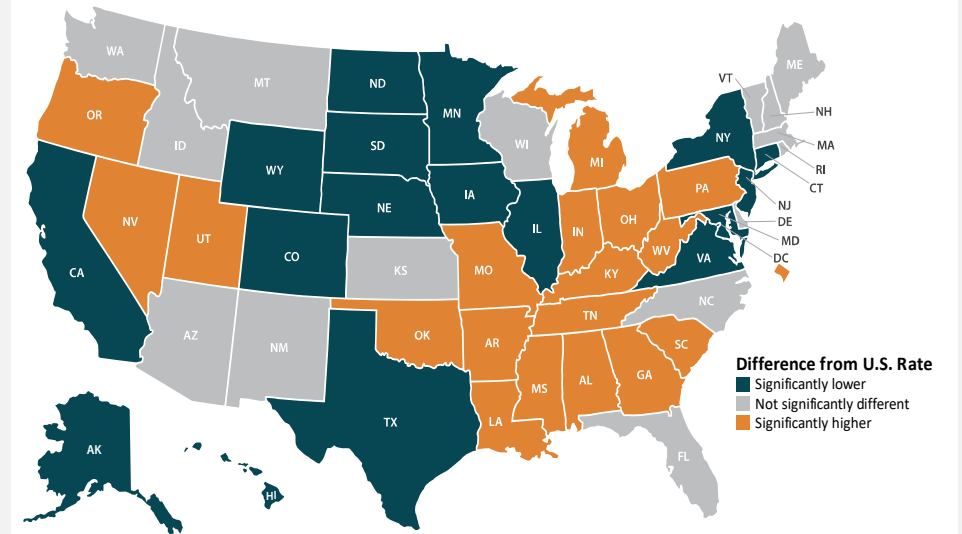
Race/Ethnicity

Income

Age



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



Measuring State-level Disparities in Unhealthy Days in Delaware

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

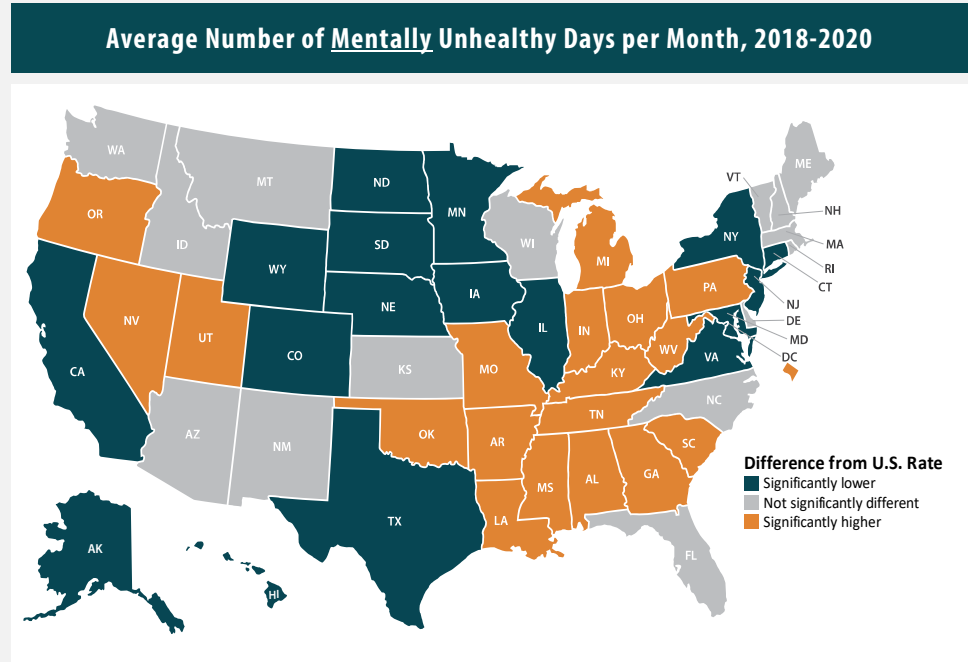
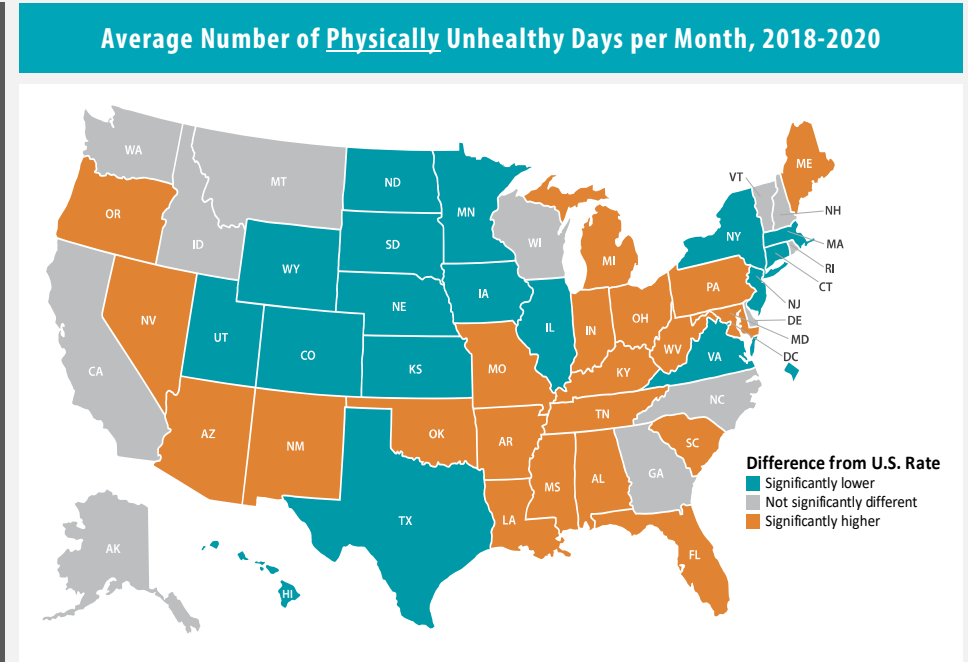
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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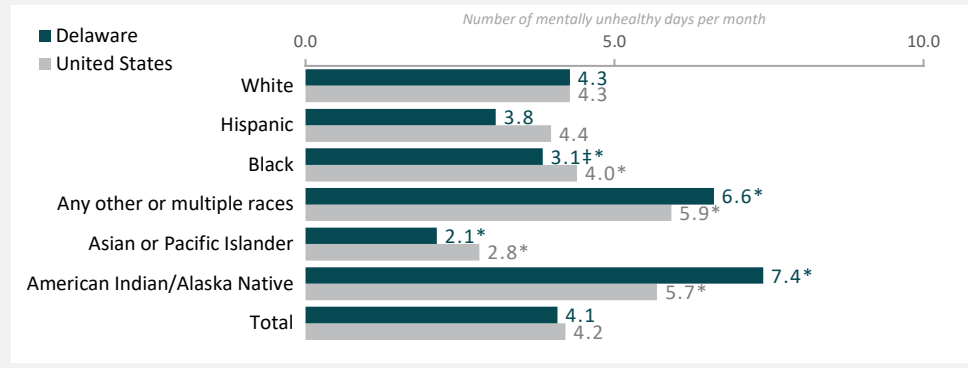
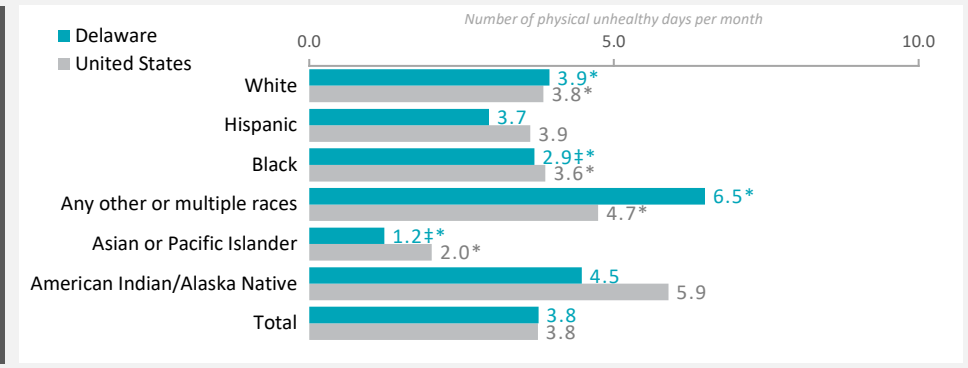
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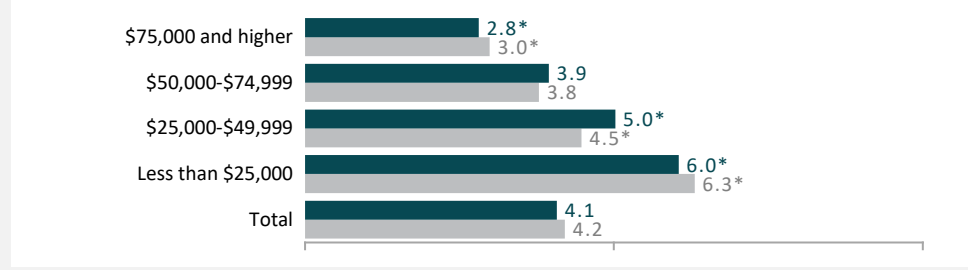
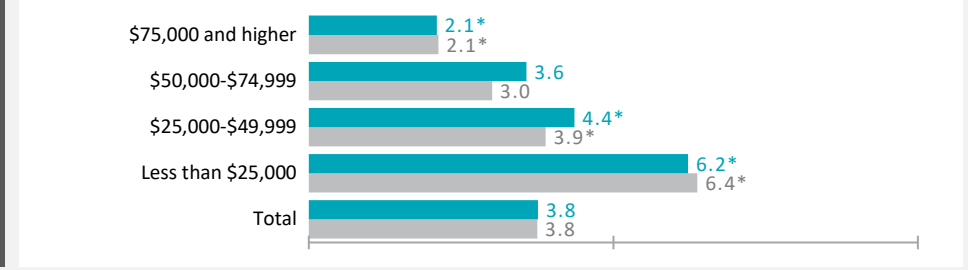
State vs National Rates



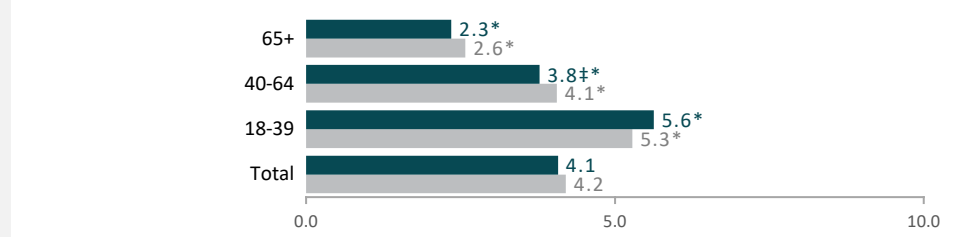
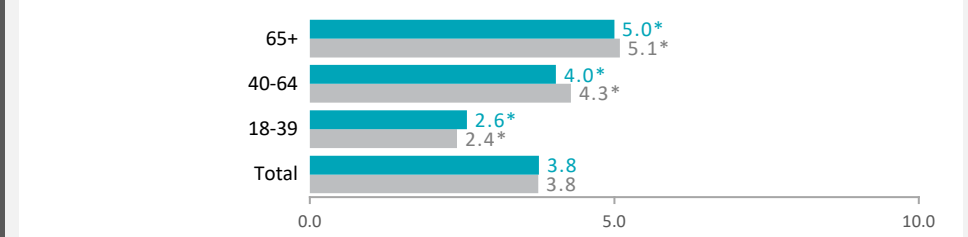
Race/Ethnicity



Income



Age



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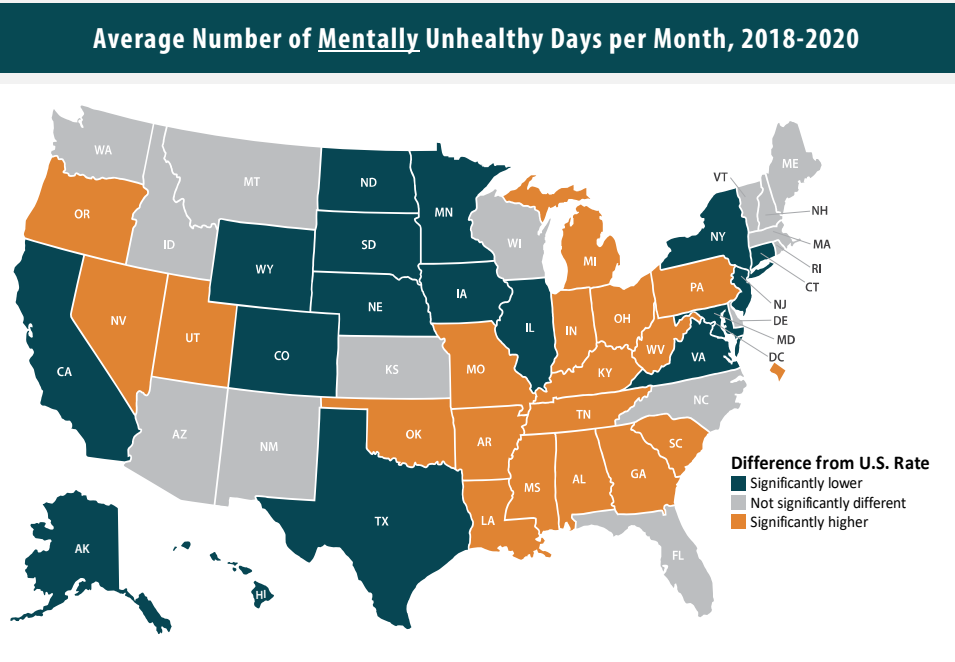
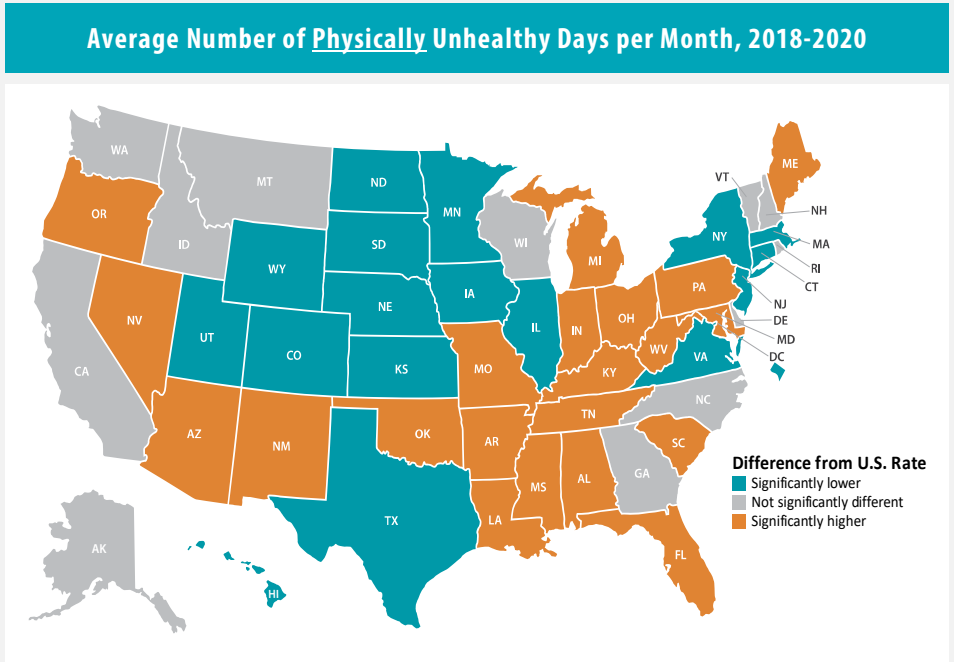
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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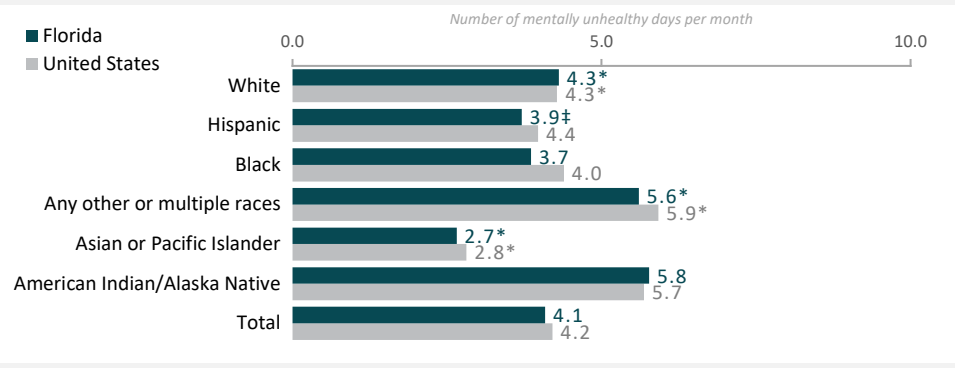
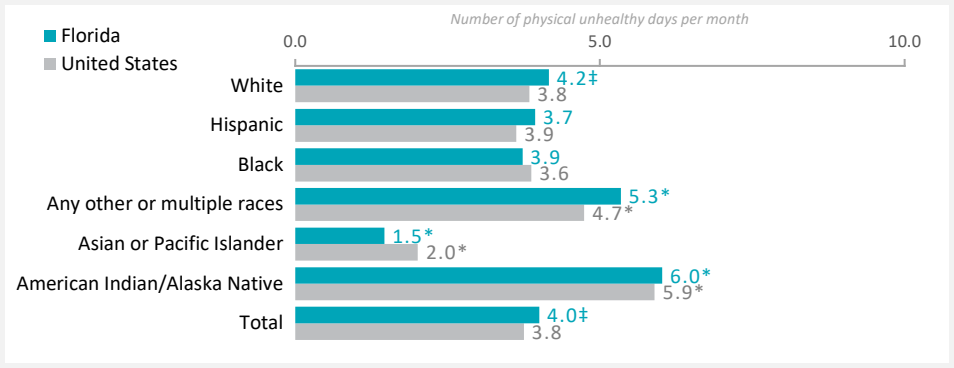
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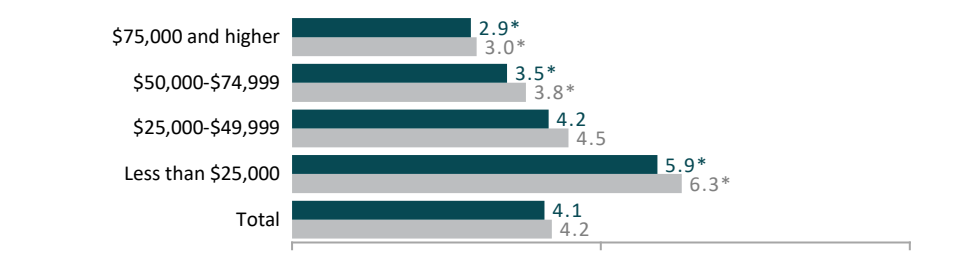
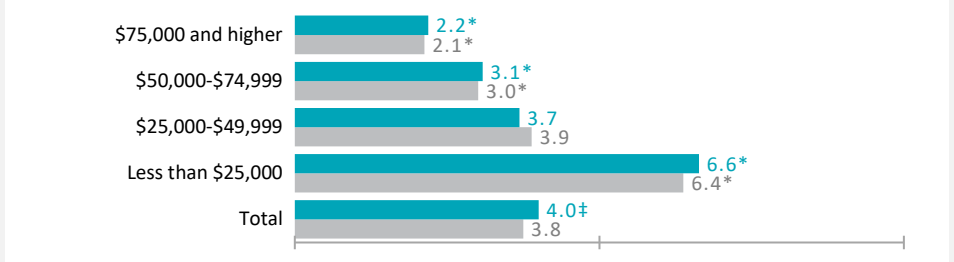
State vs National Rates



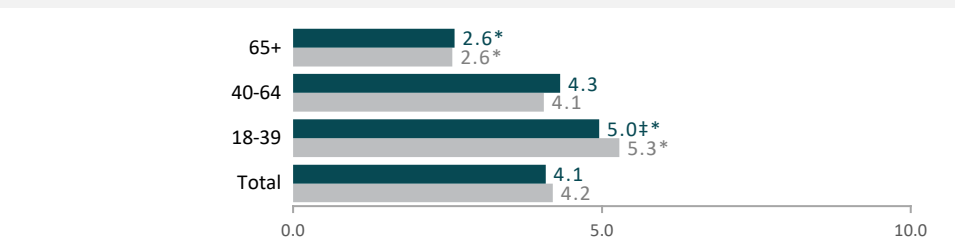
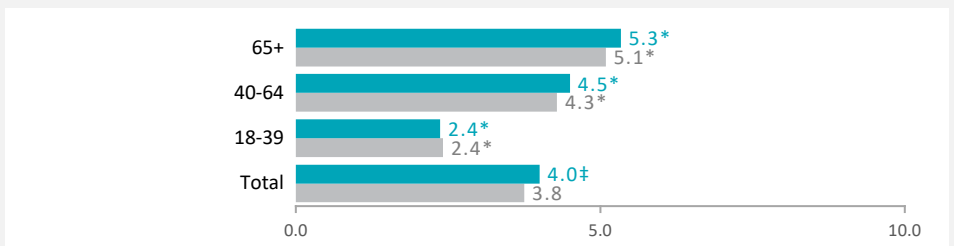
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Georgia

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.

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Notes

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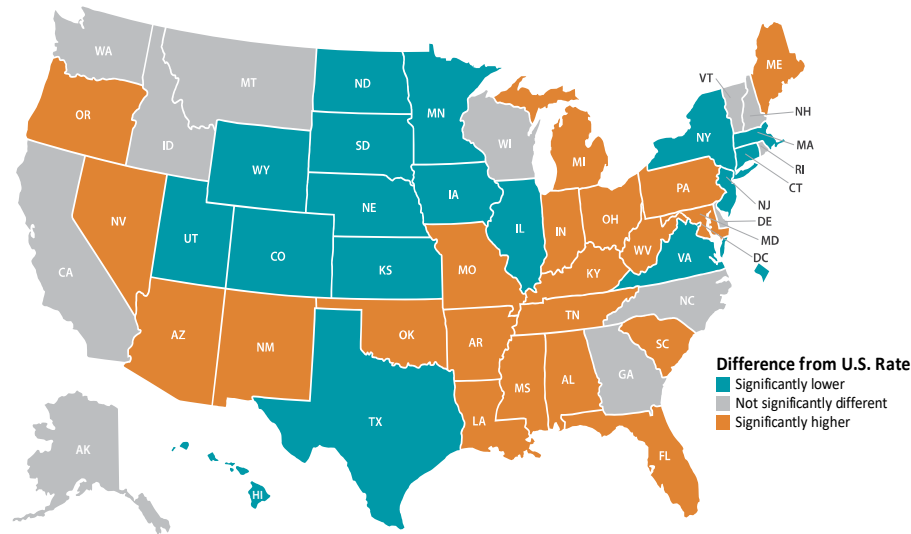
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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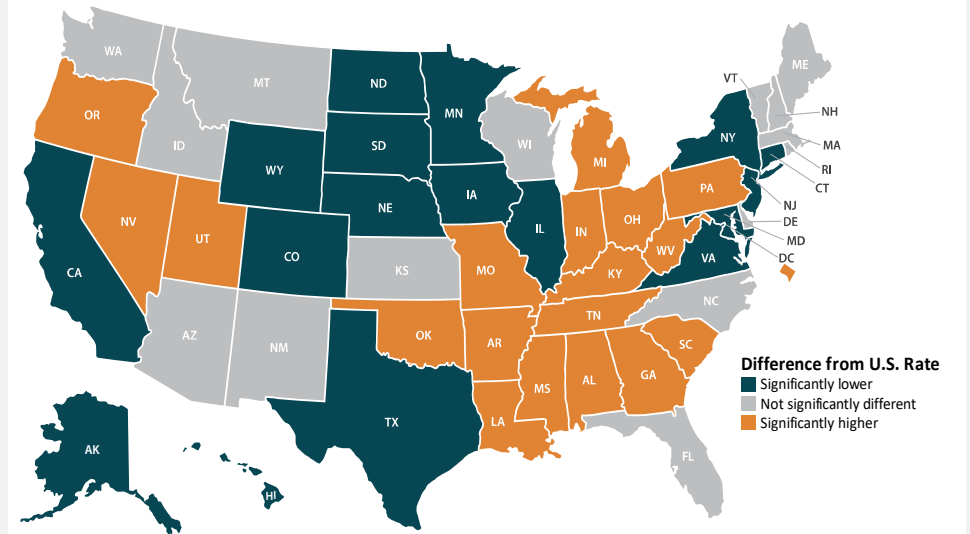


Average Number of Physically Unhealthy Days per Month, 2018-2020

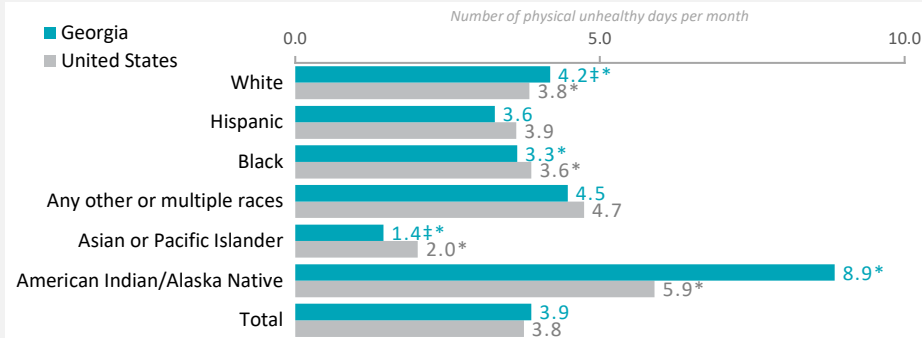


State vs National Rates

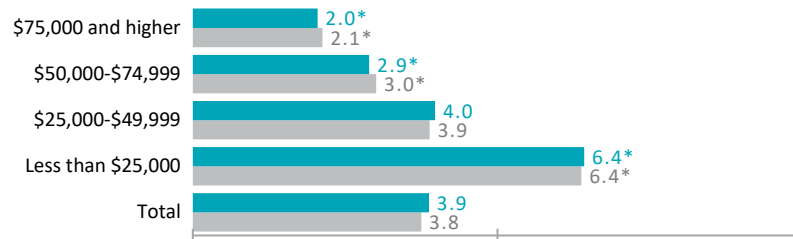
Average Number of Mentally Unhealthy Days per Month, 2018-2020



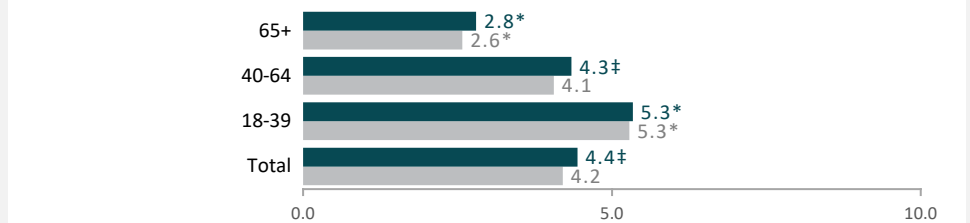
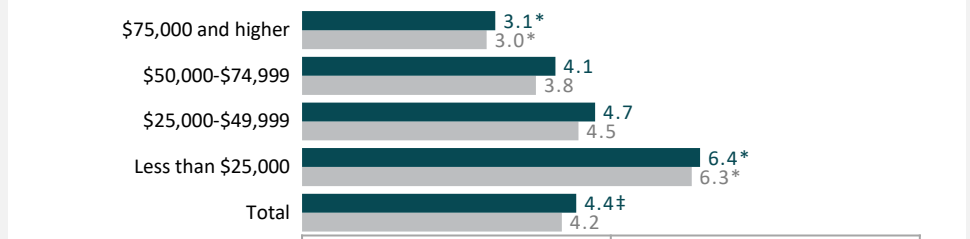
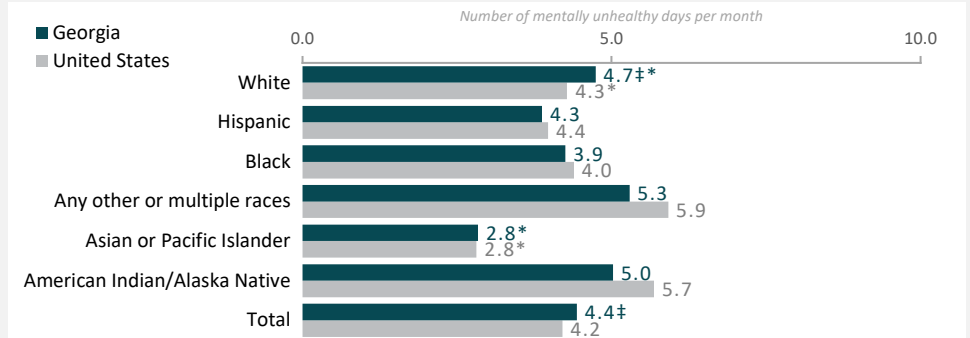
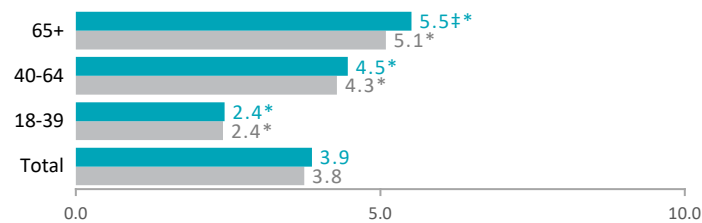
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Hawaii

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.

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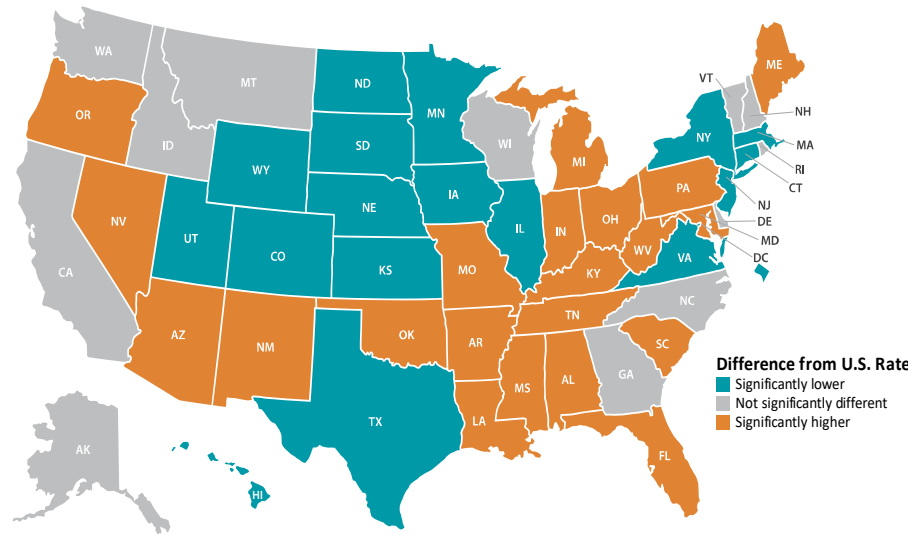
Notes
 * Statistically significant difference from the total rate at the 95% confidence level.
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Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

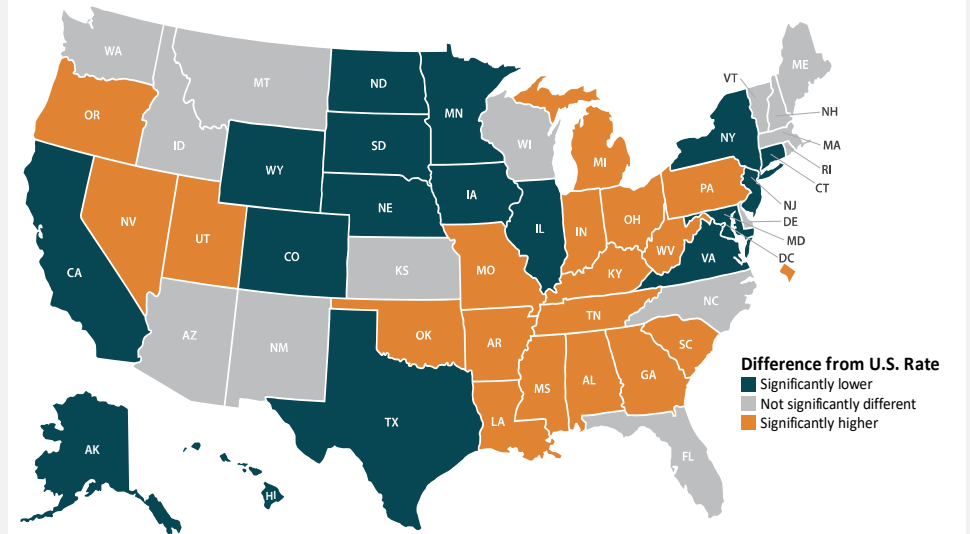
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Average Number of **Physically Unhealthy Days** per Month, 2018-2020



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

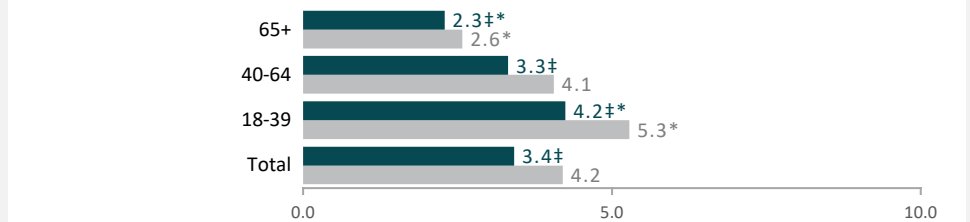
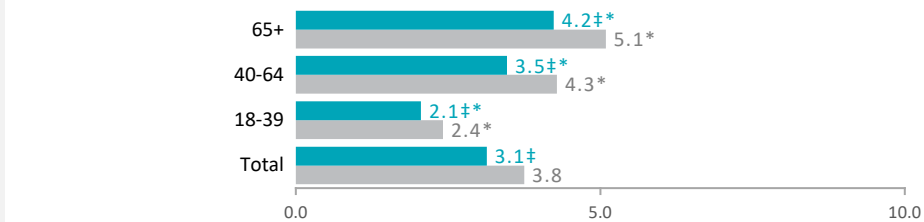
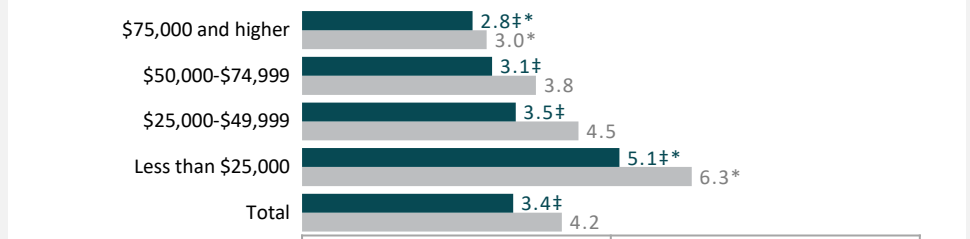
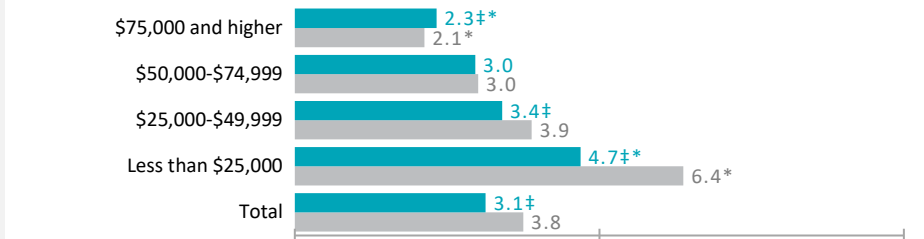
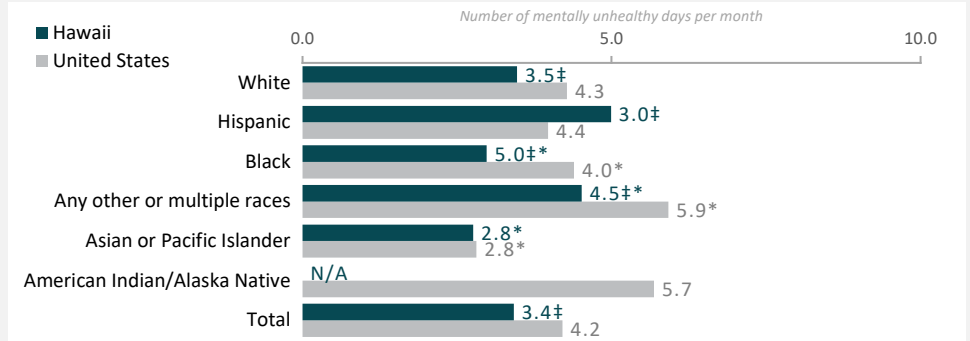
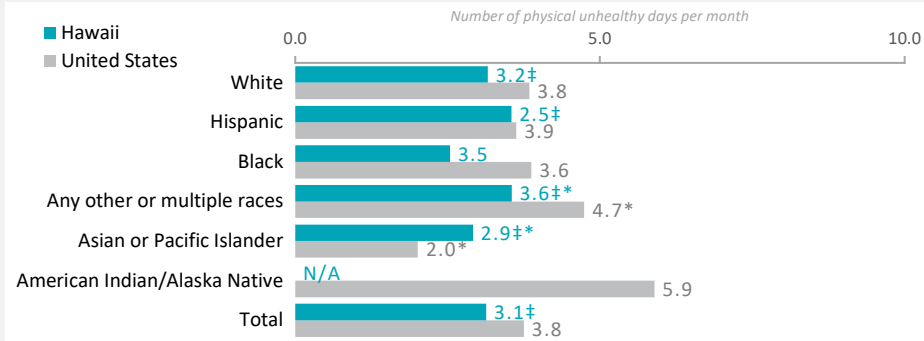


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in

Iowa

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.

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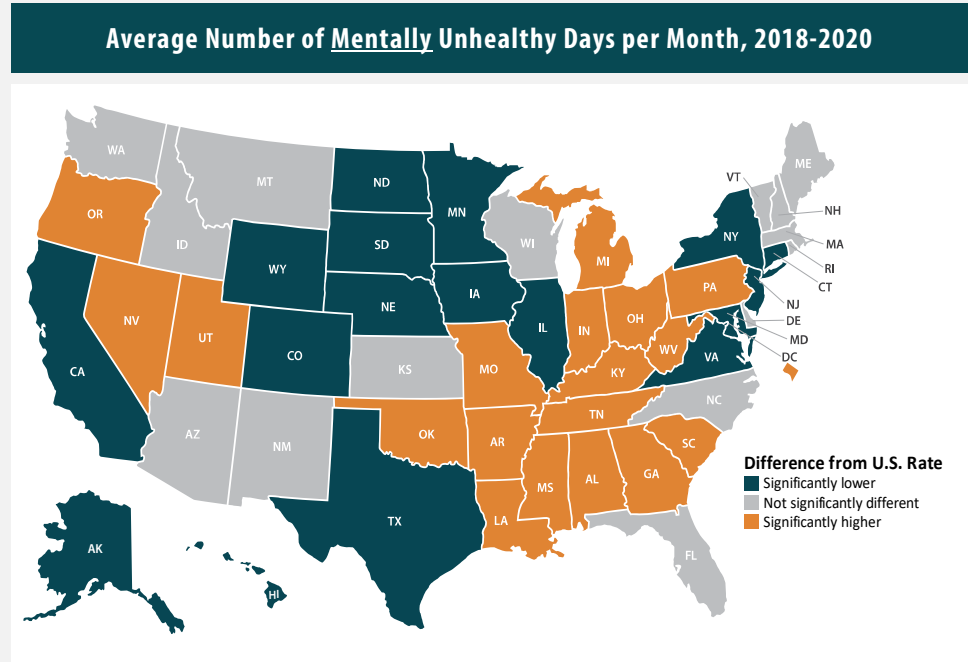
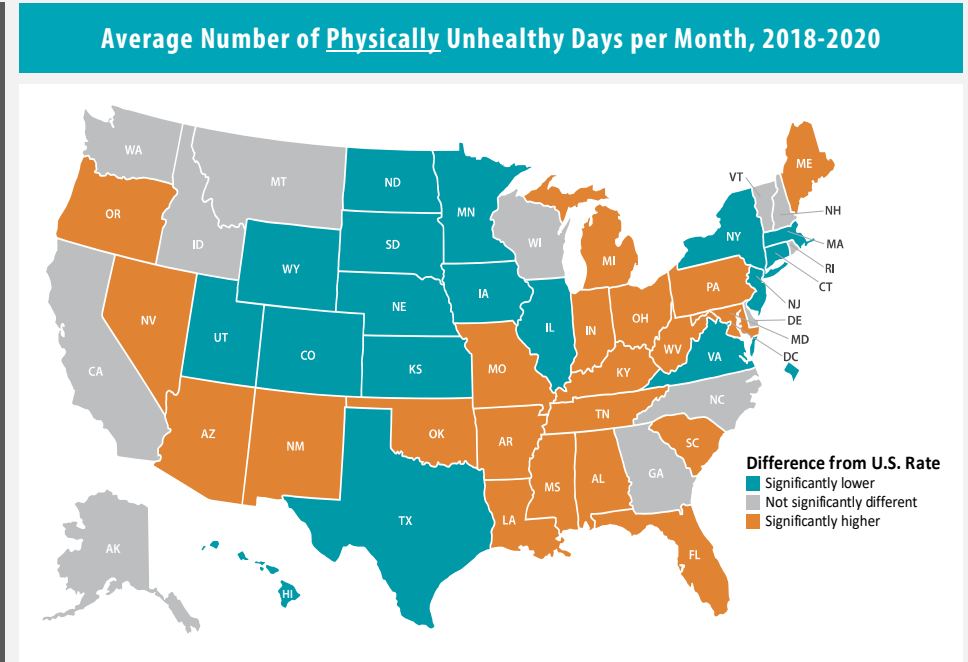
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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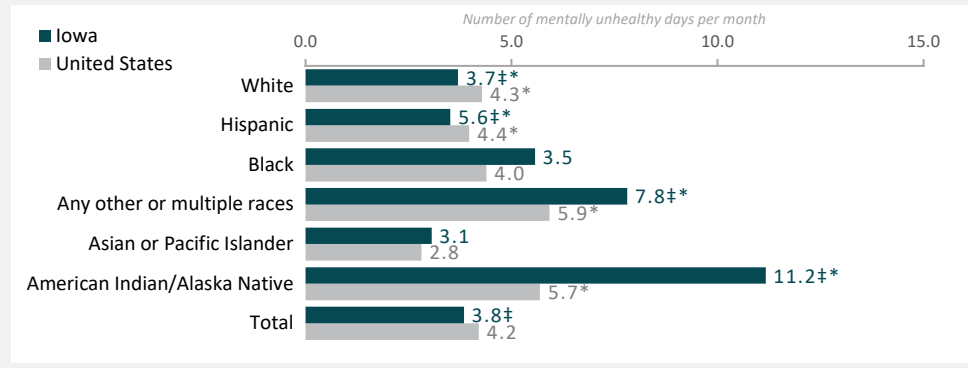
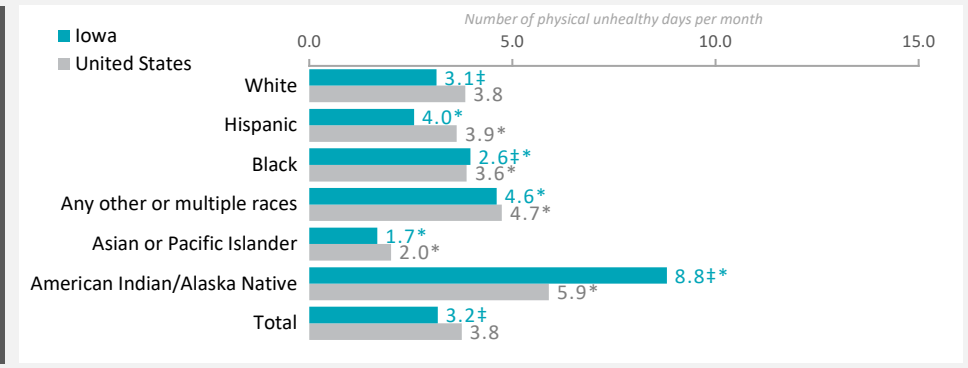
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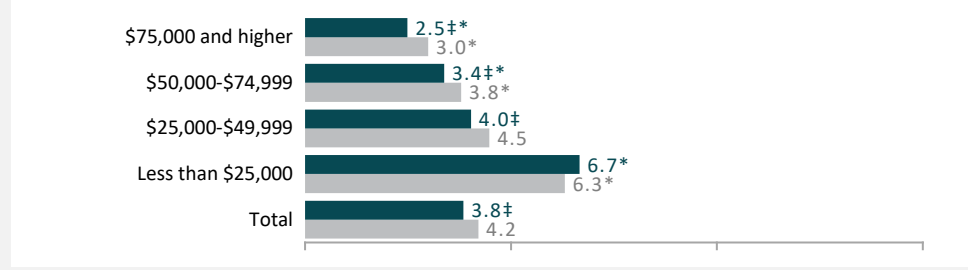
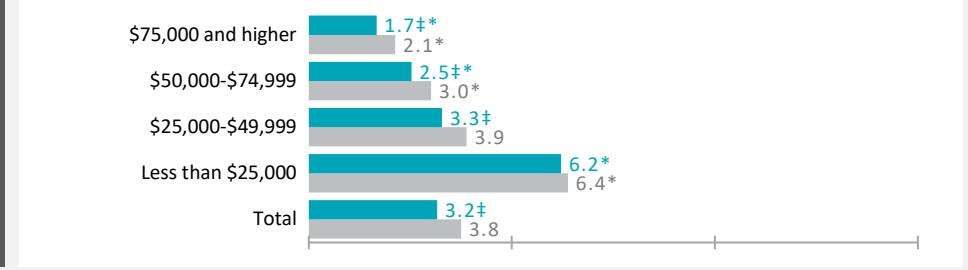
State vs National Rates



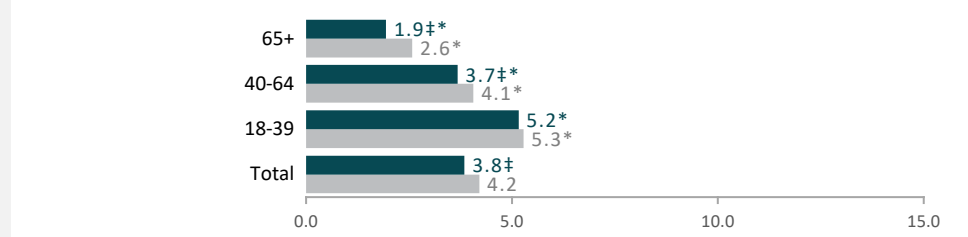
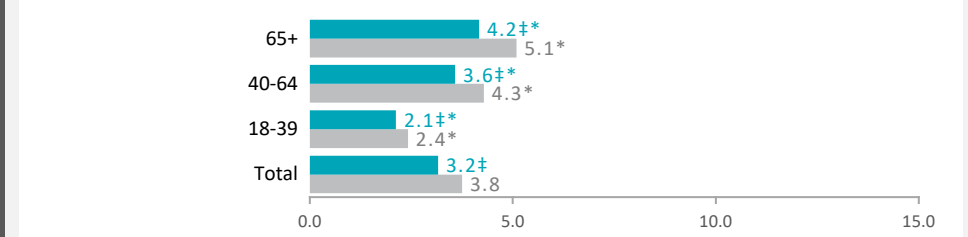
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Idaho

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.

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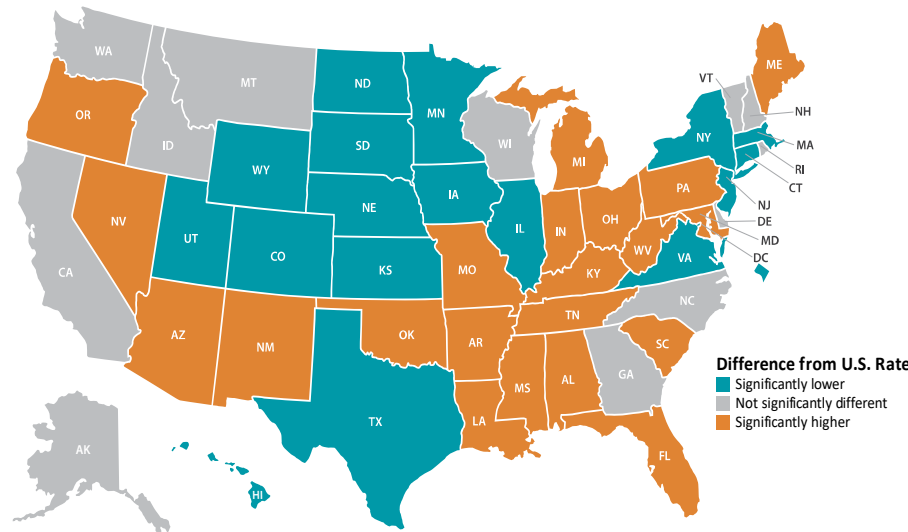
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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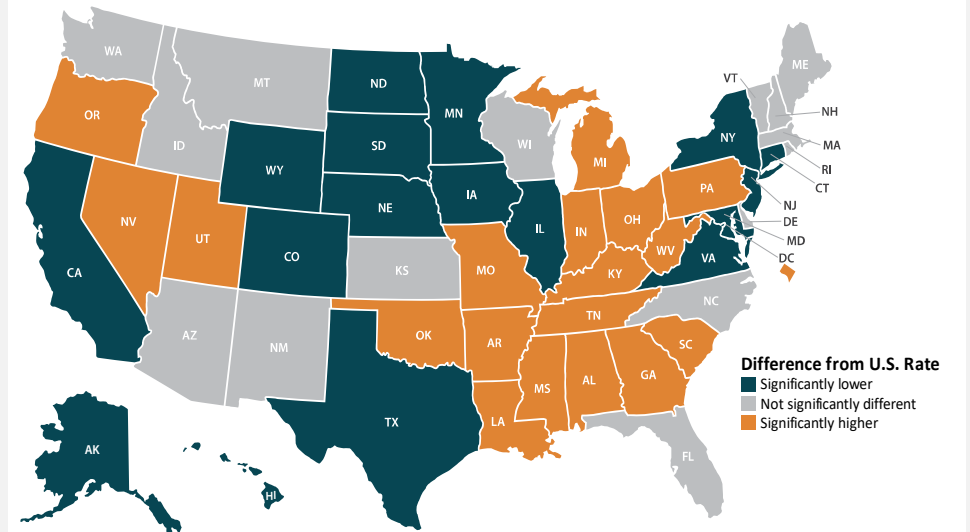
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

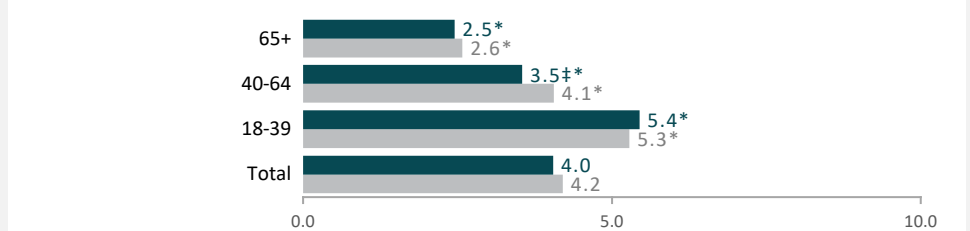
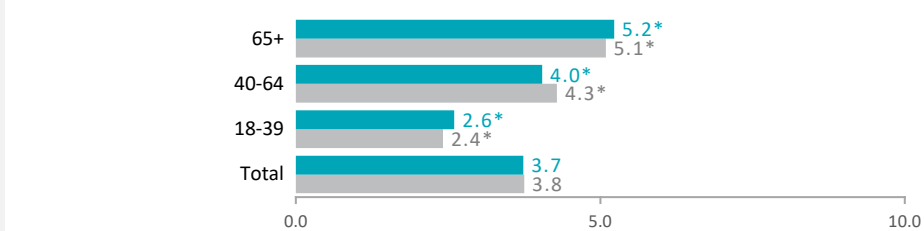
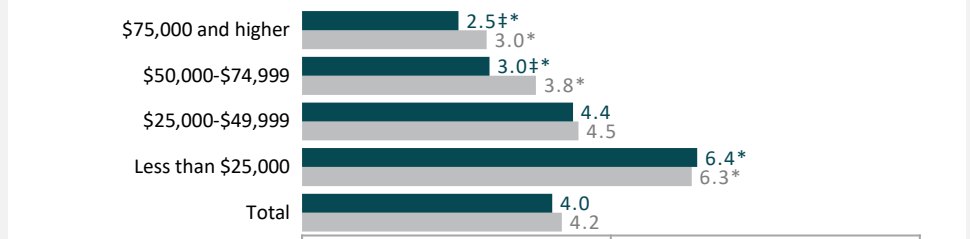
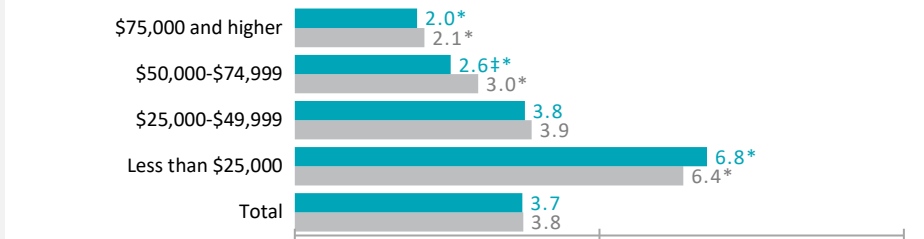
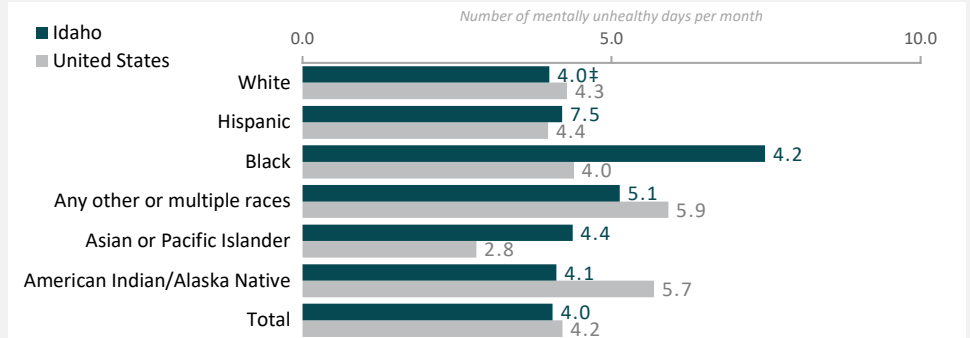
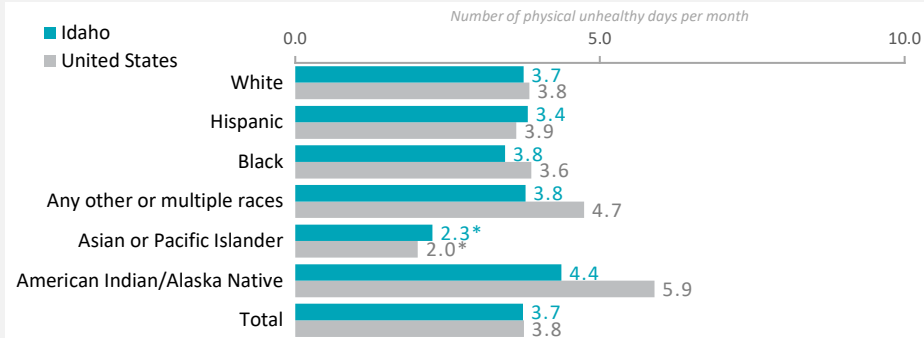


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Illinois

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.

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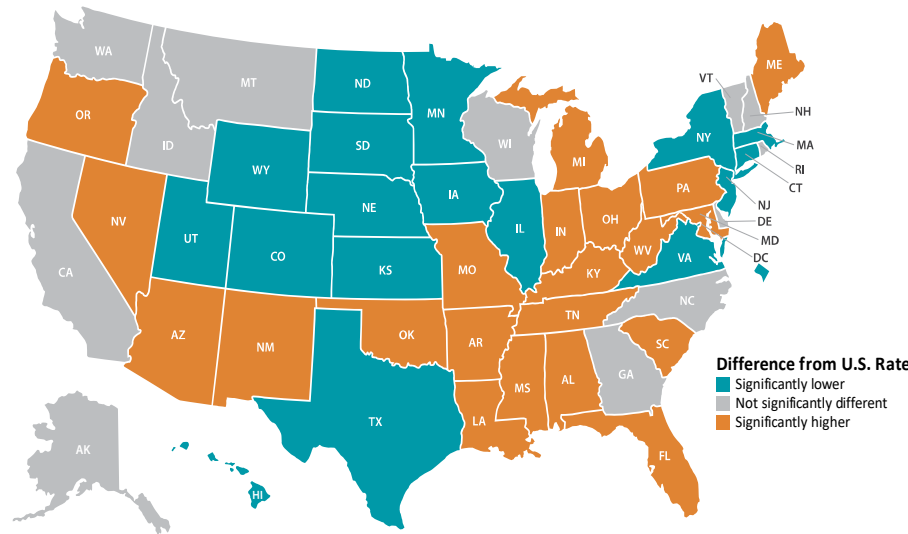
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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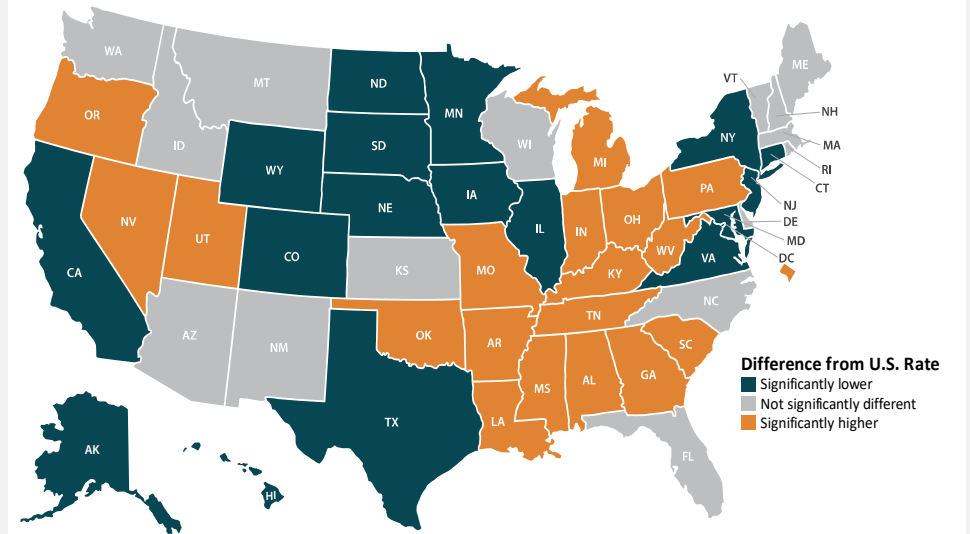
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

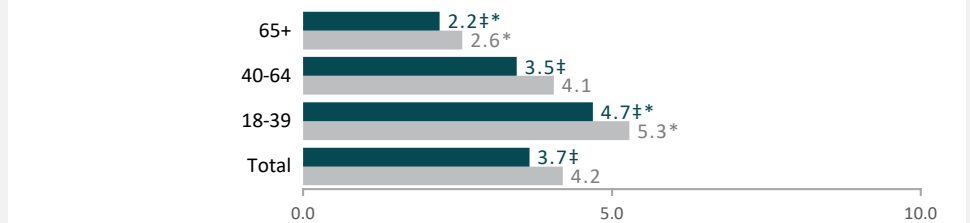
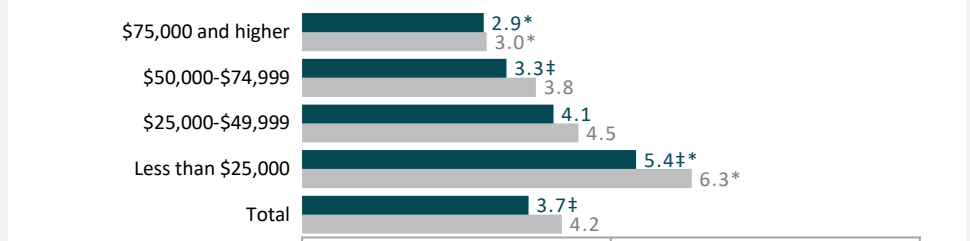
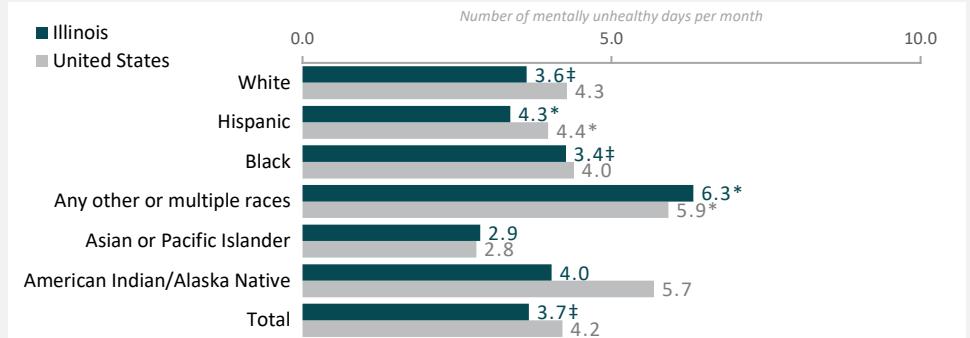
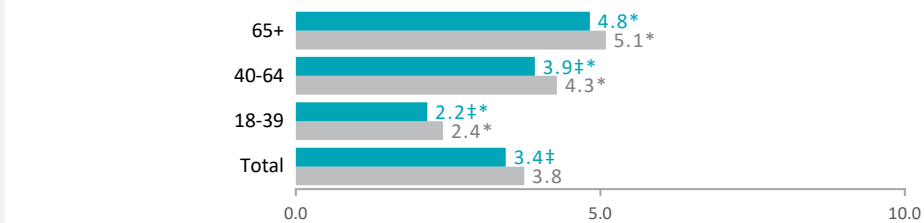
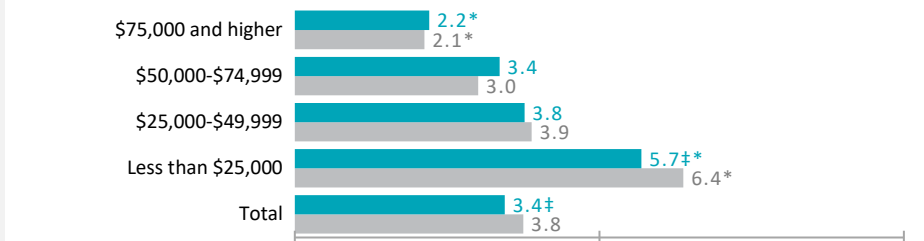
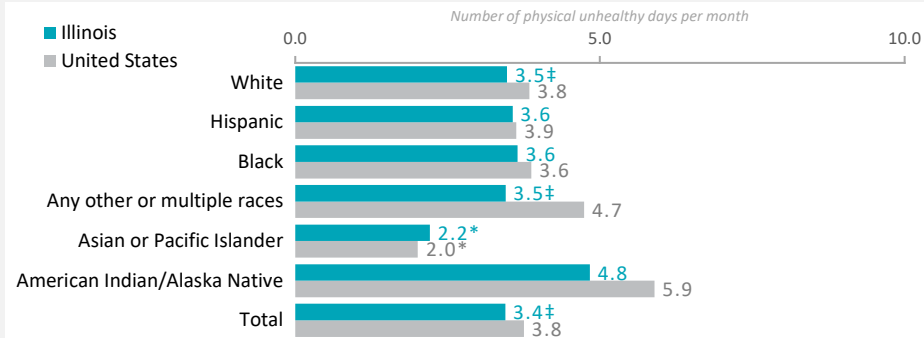


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Indiana

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.

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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).

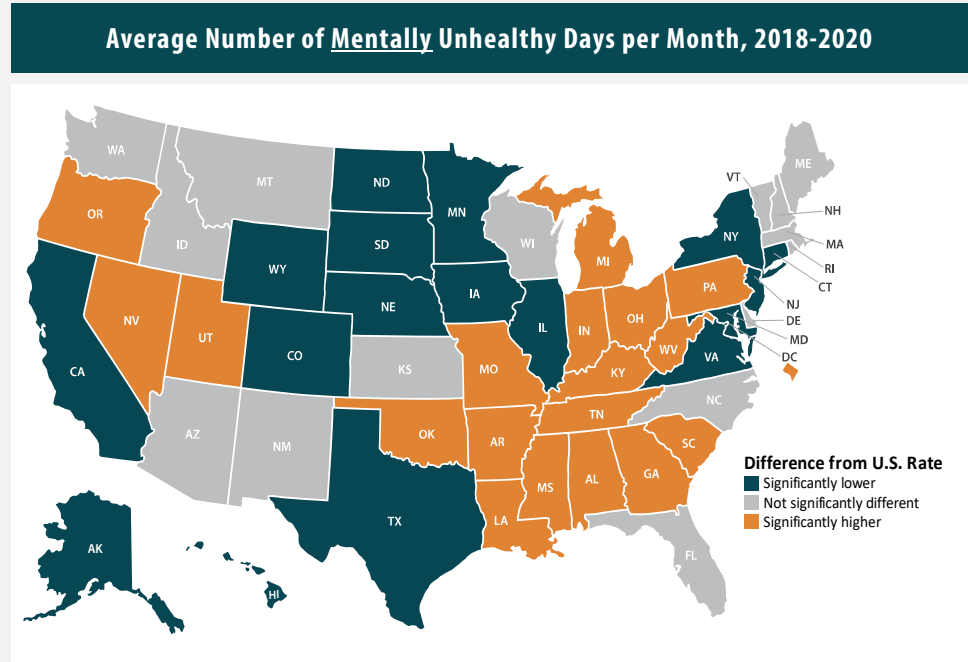
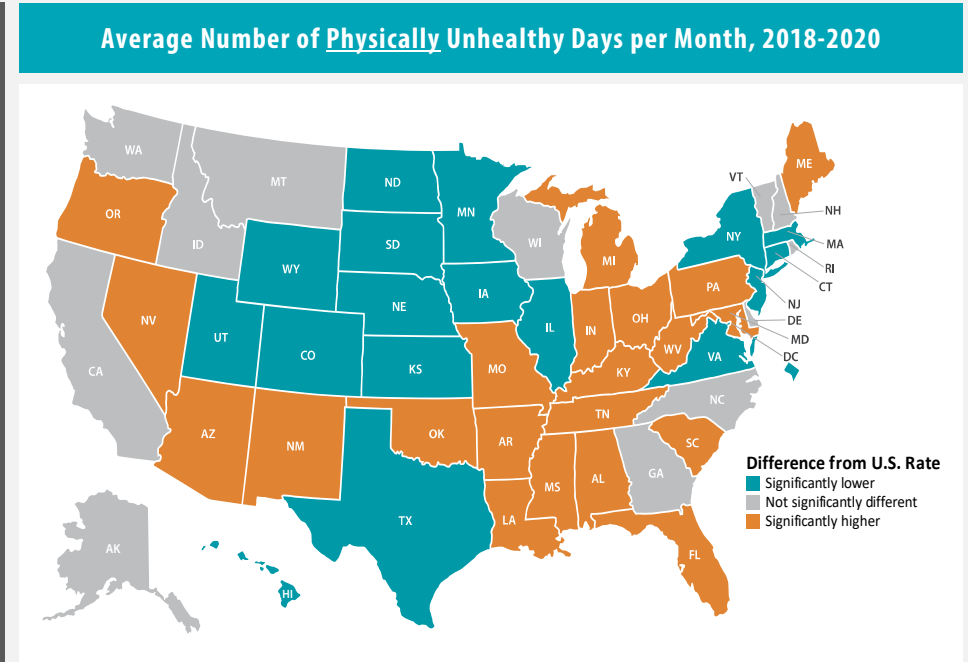
Notes
 * Statistically significant difference from the total rate at the 95% confidence level.
 ‡ Statistically significant difference from the U.S. rate at the 95% confidence level.

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

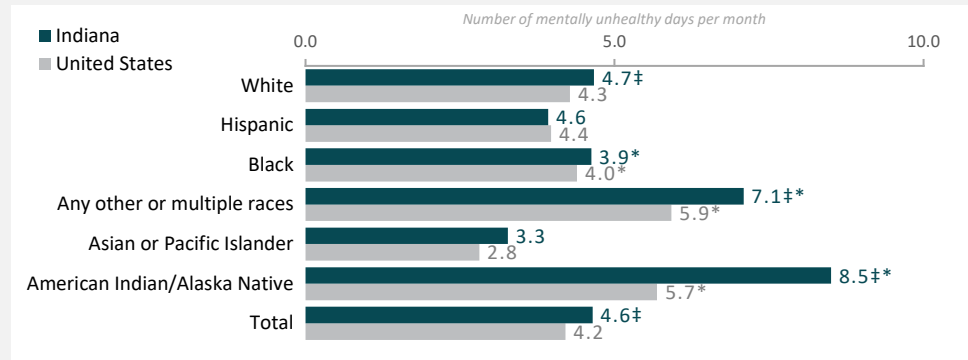
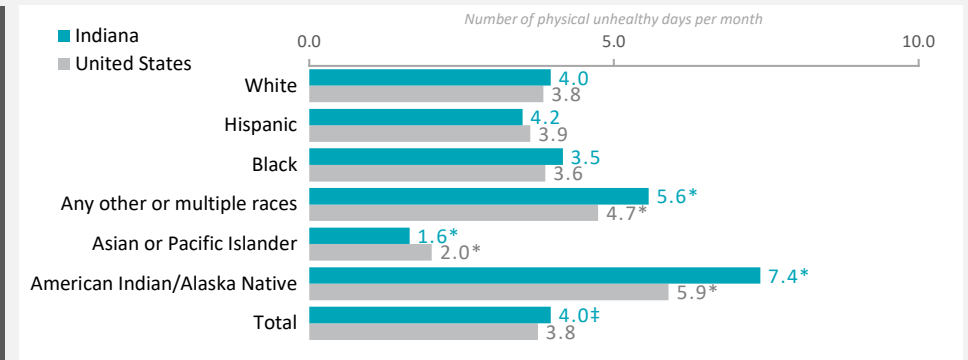
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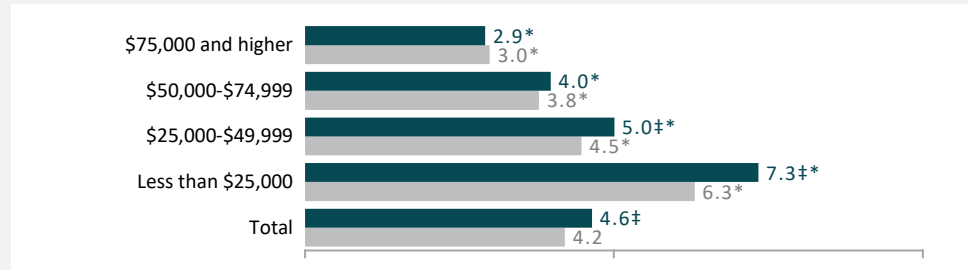
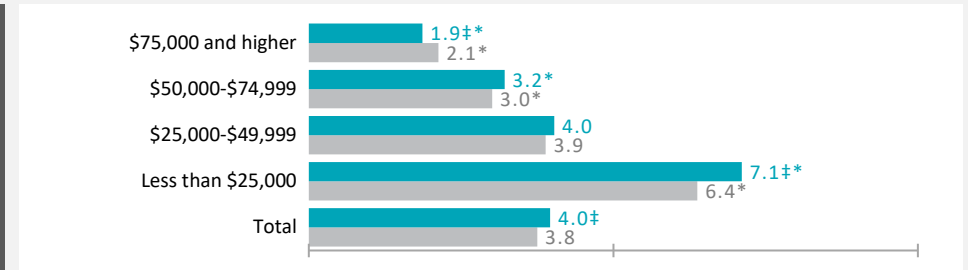
State vs National Rates



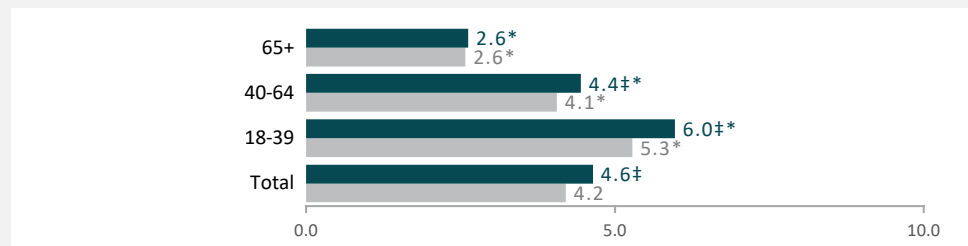
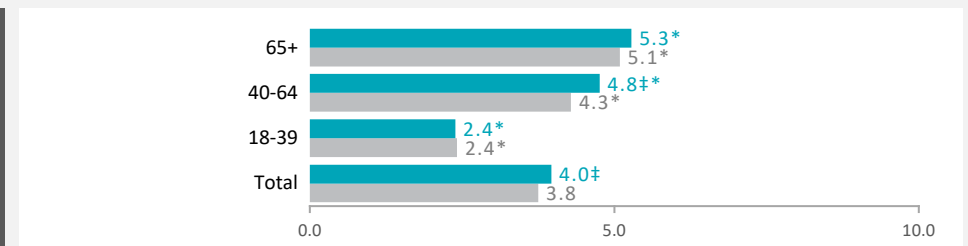
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Kansas

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.

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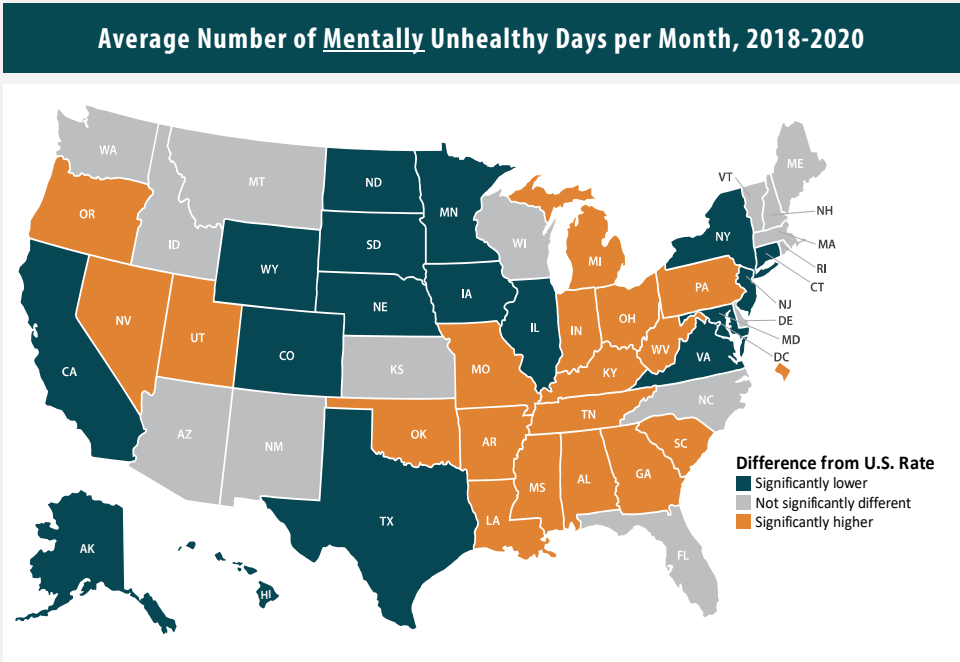
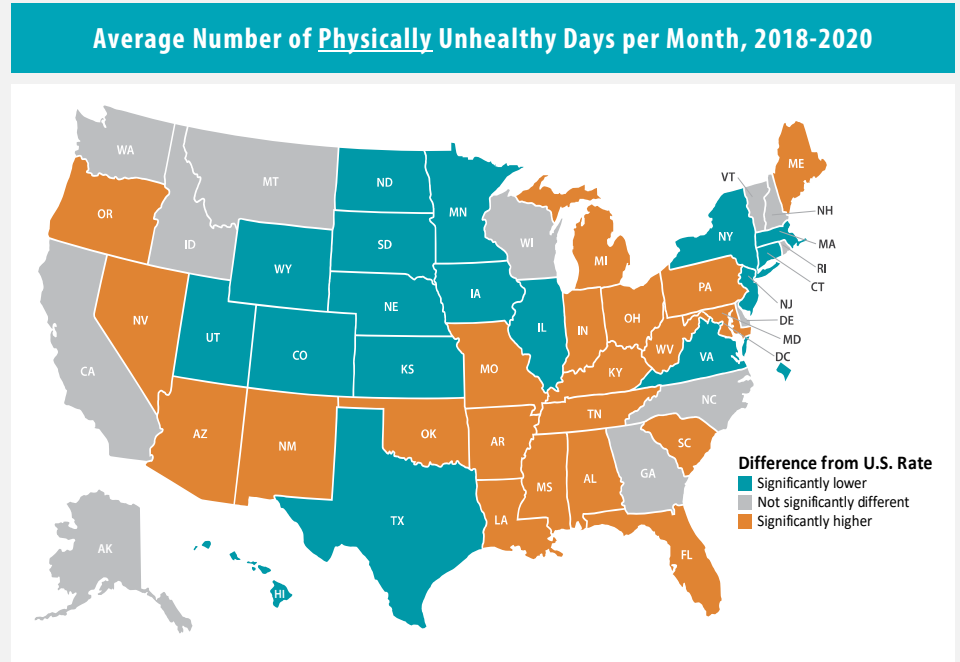
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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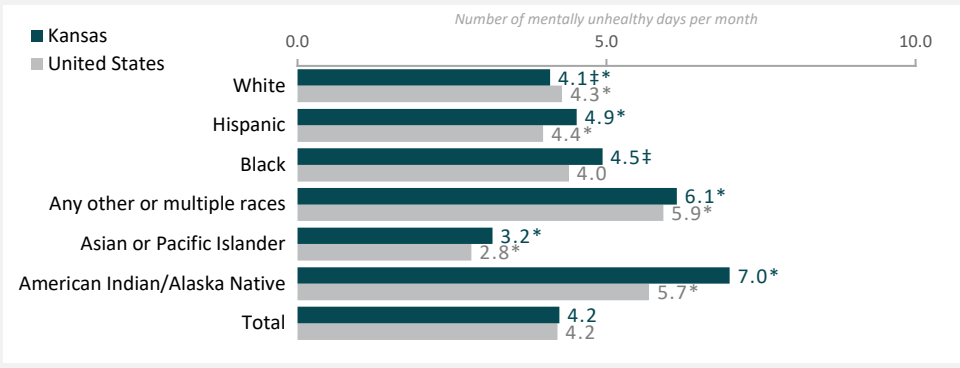
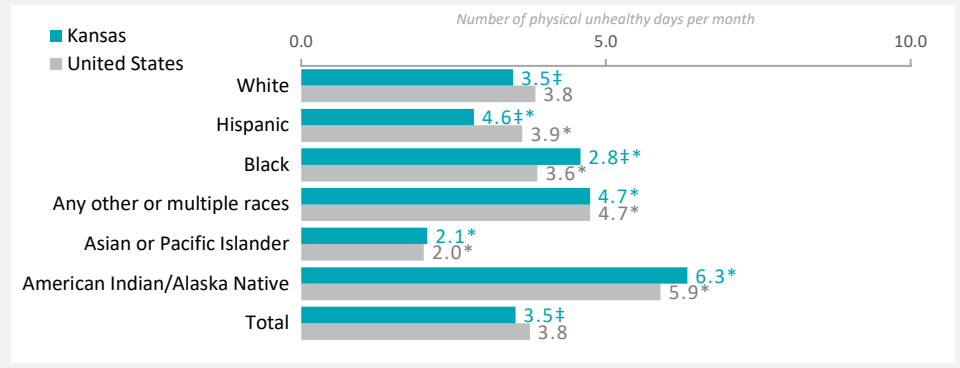
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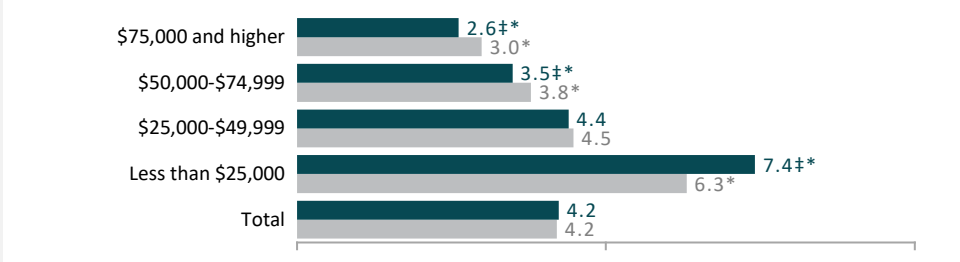
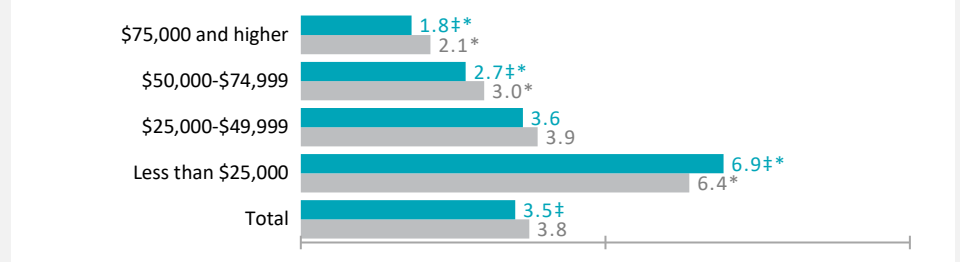
State vs National Rates



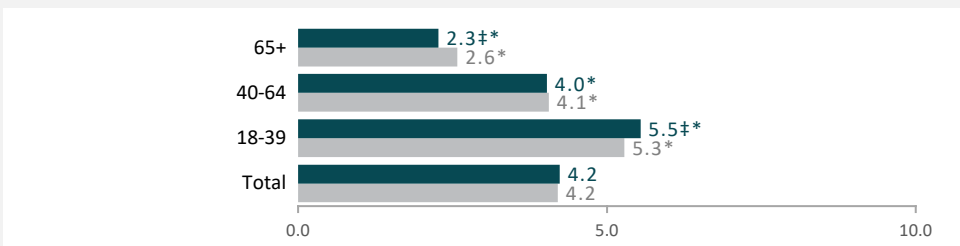
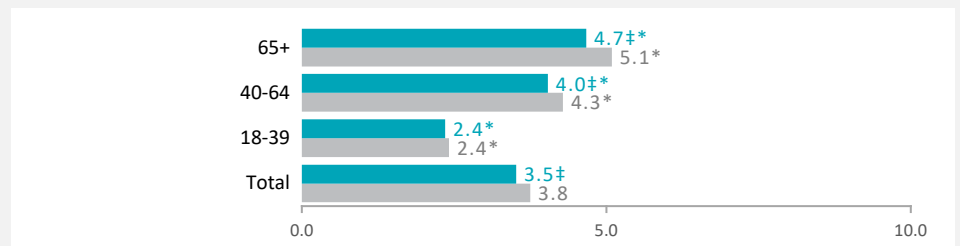
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Kentucky

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.

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Notes

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

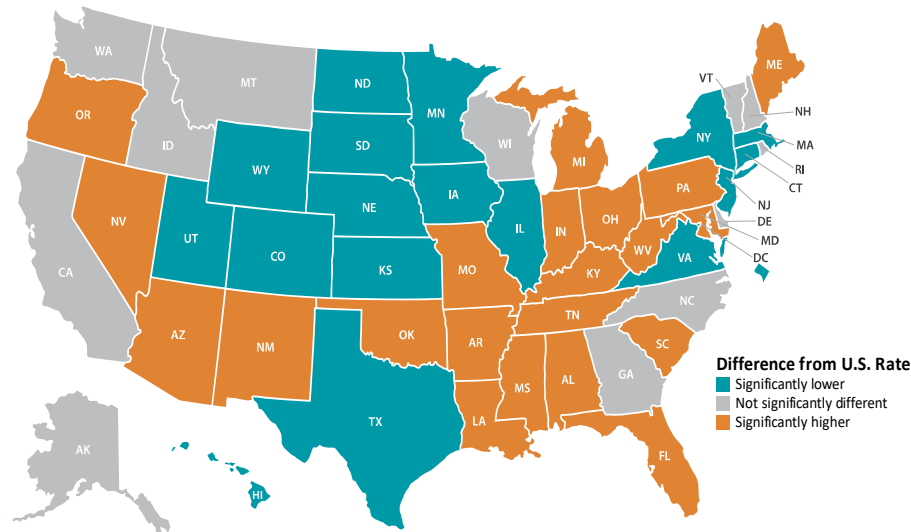
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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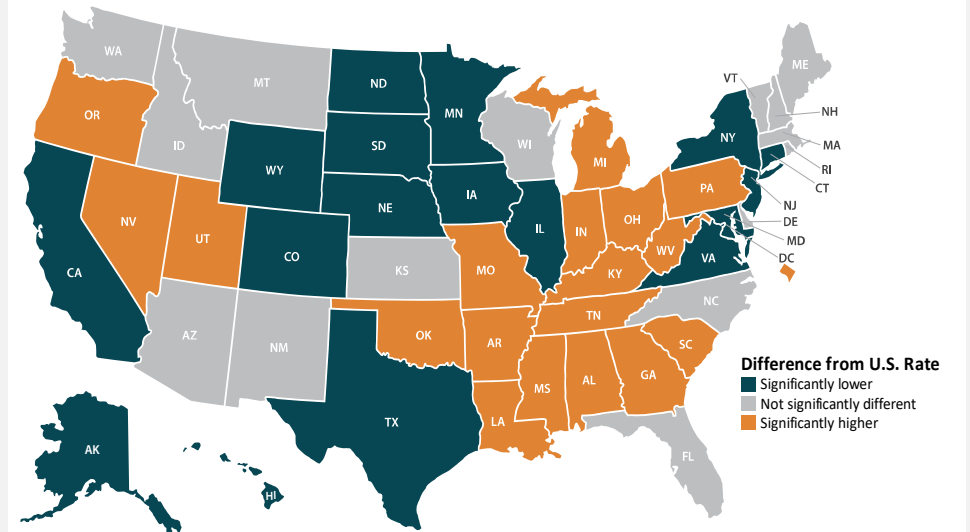
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

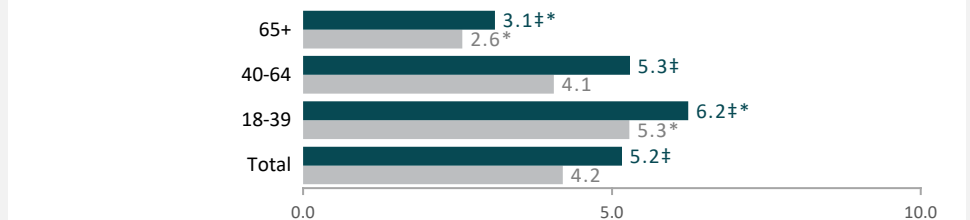
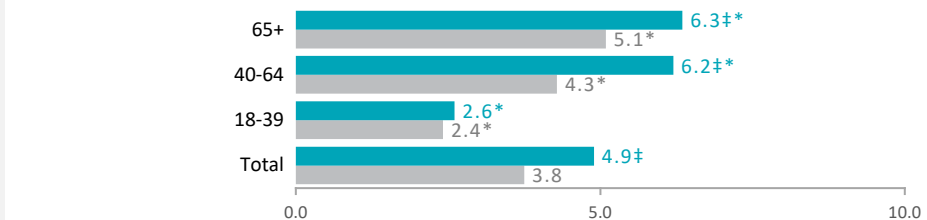
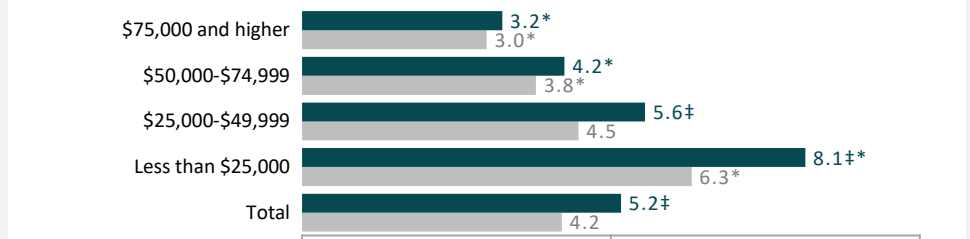
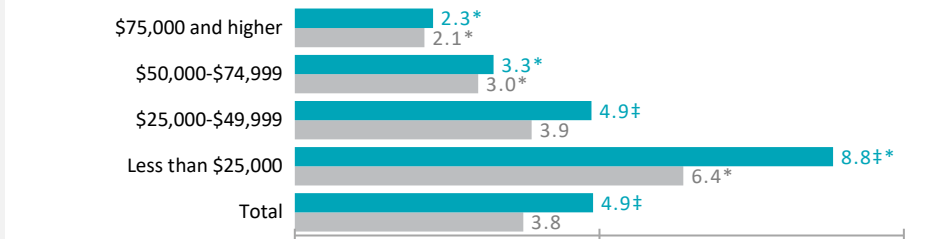
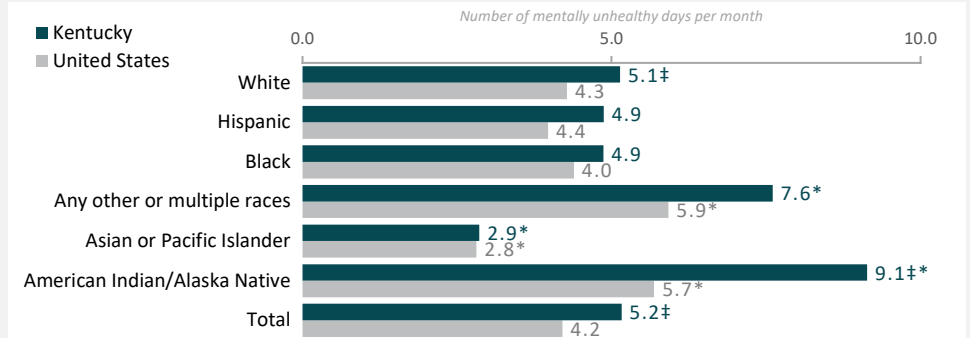
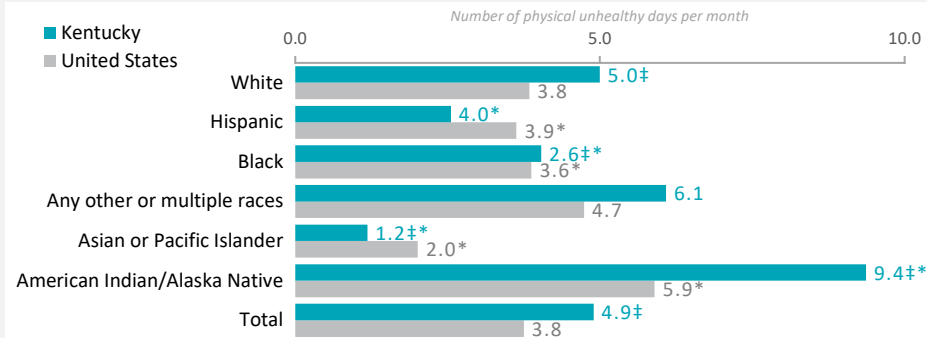


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Louisiana

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.

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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).

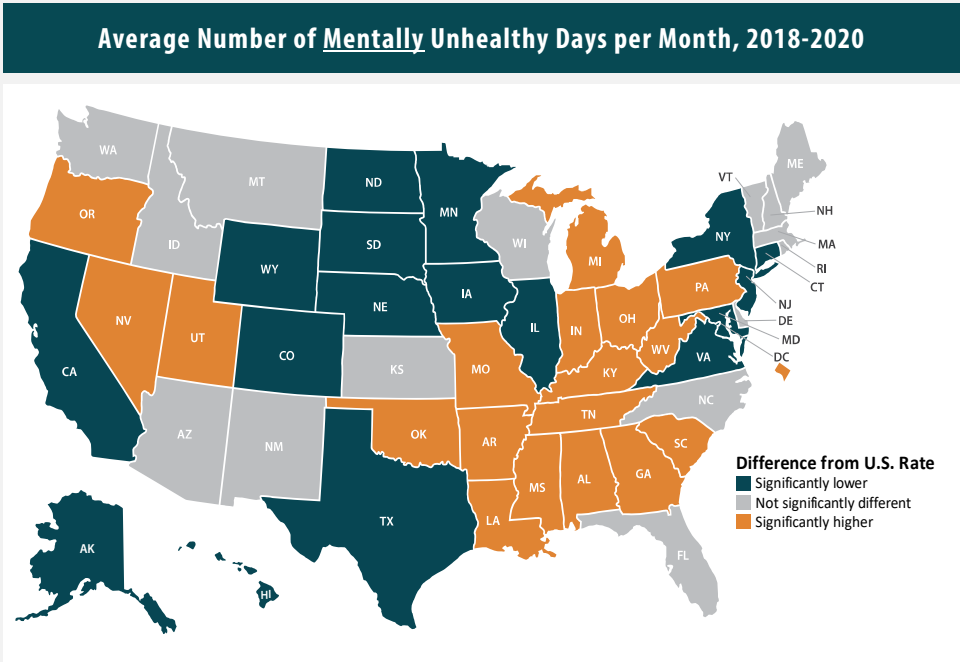
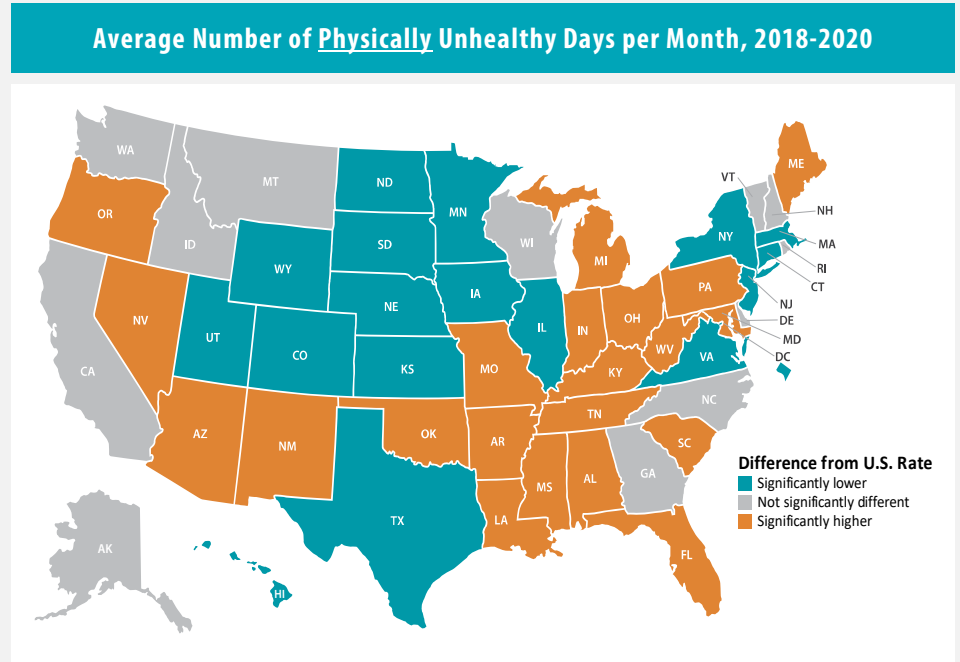
Notes
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Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

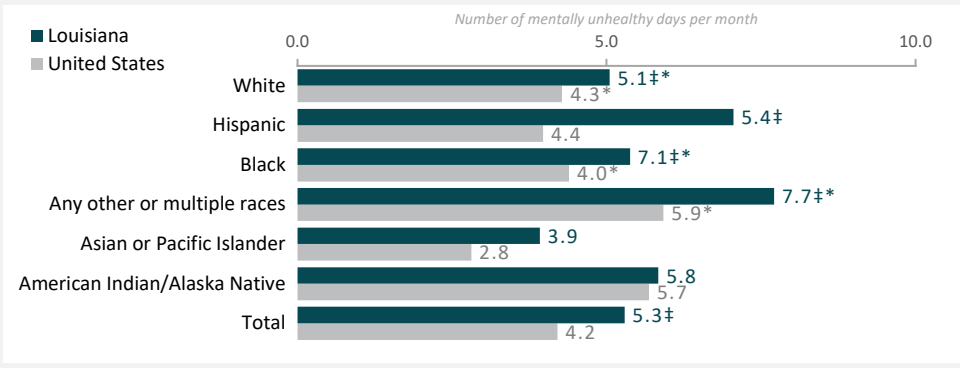
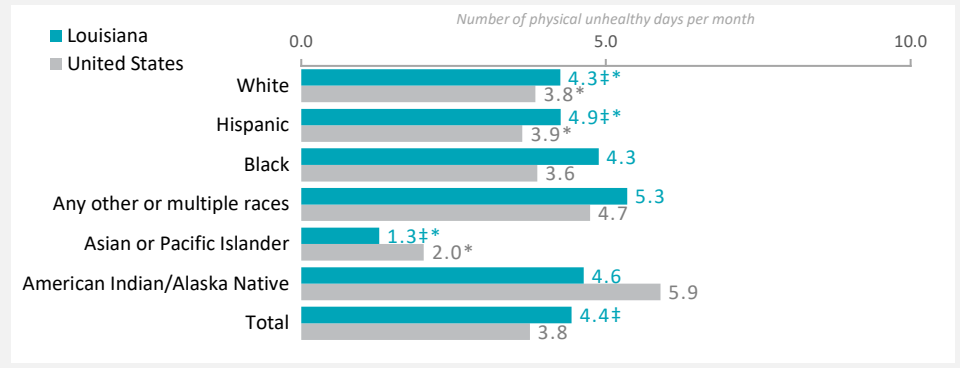
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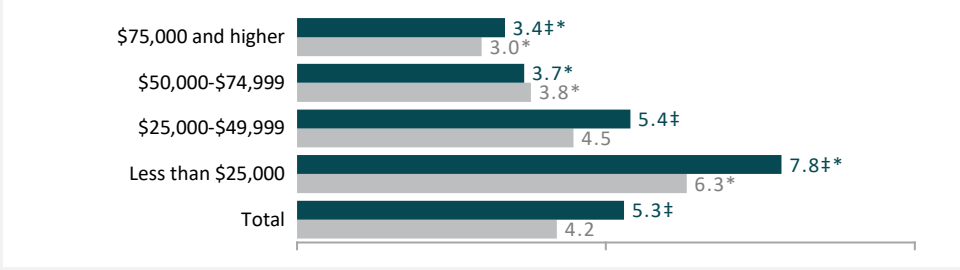
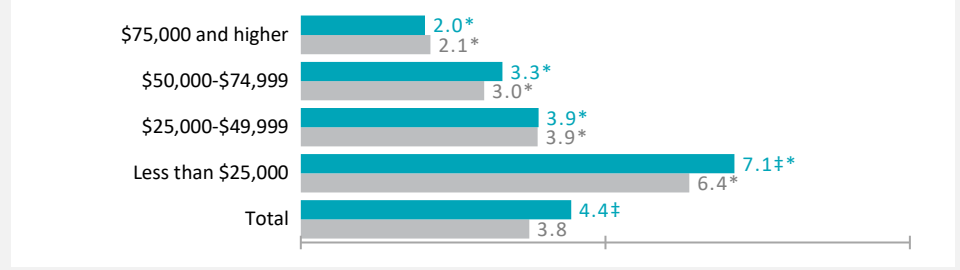
State vs National Rates



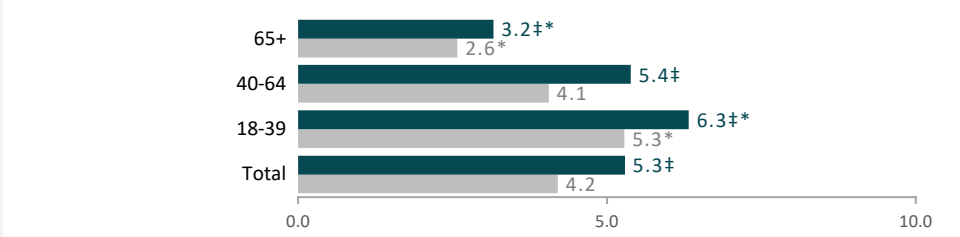
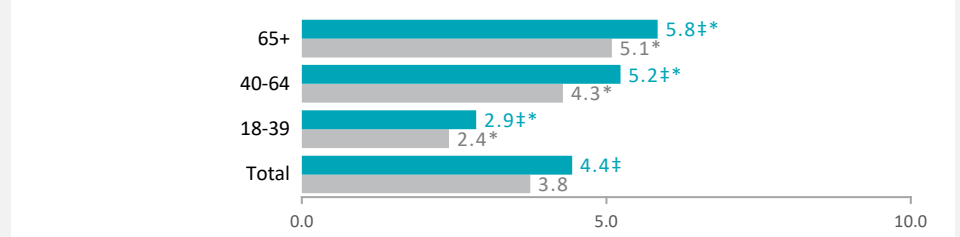
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in

Massachusetts

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.

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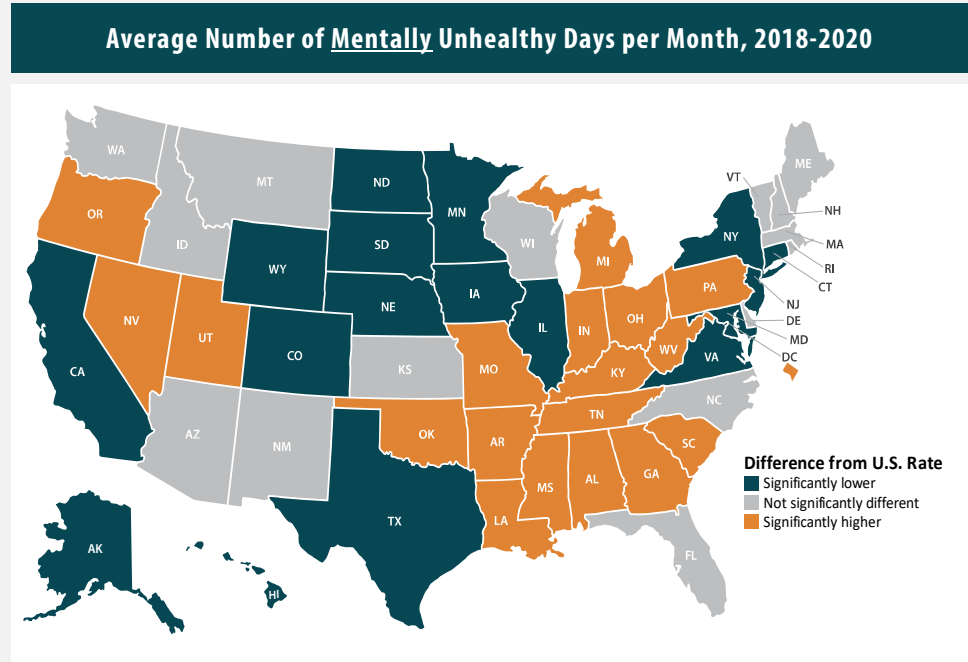
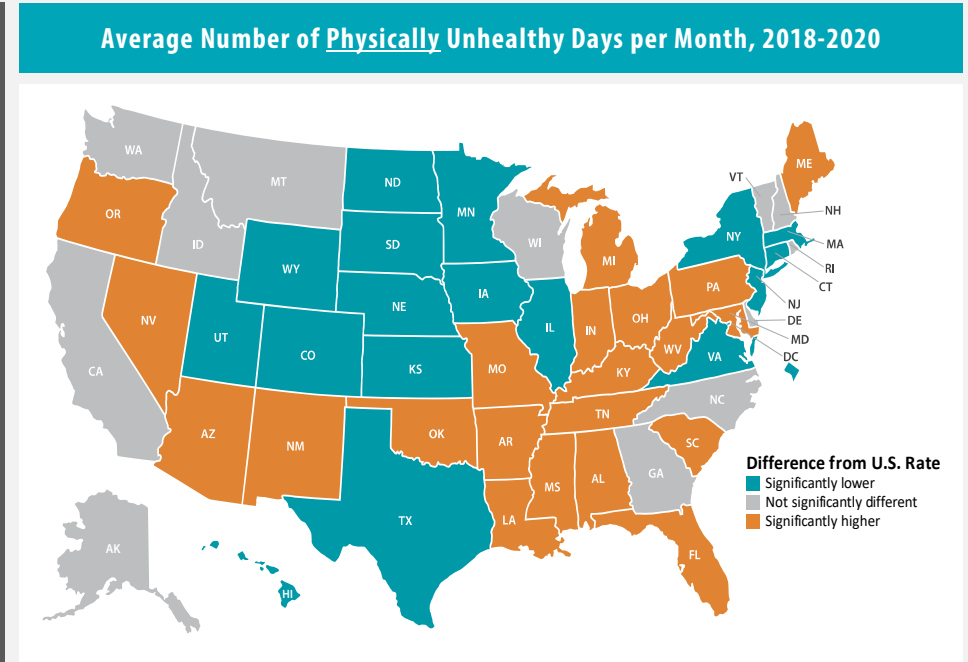
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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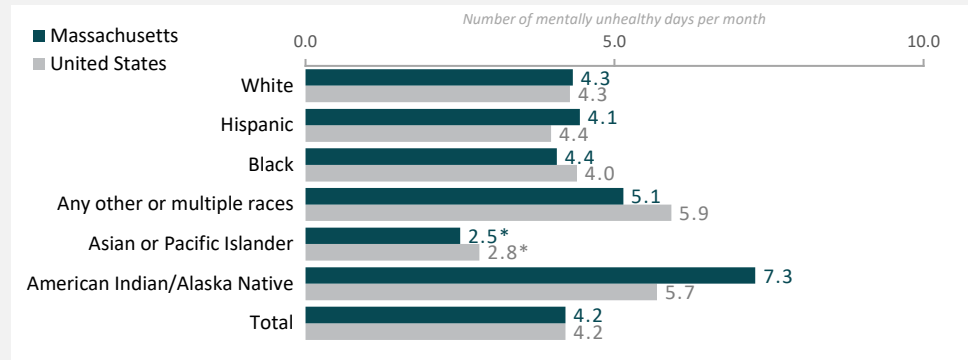
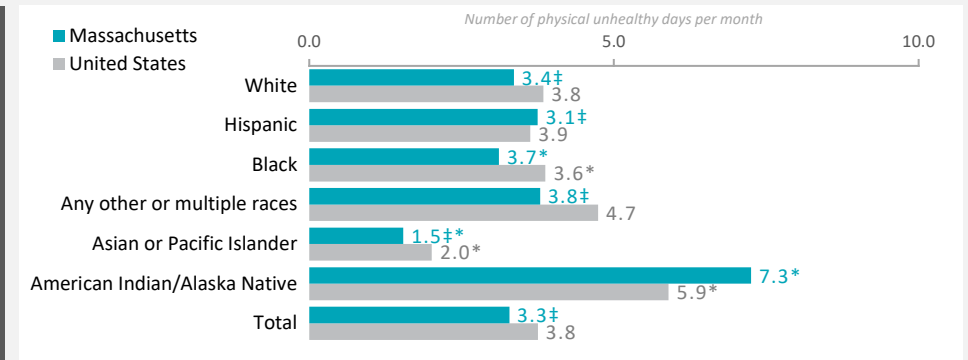
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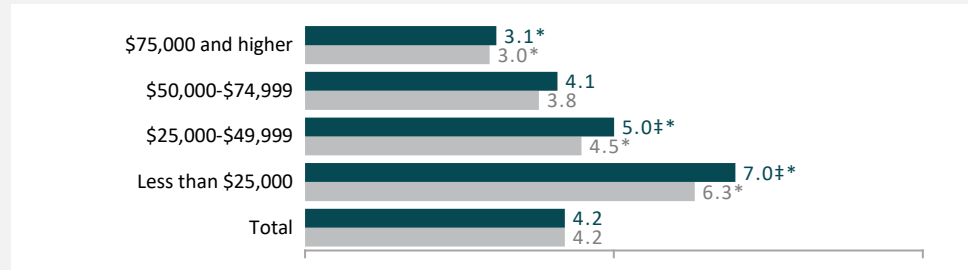
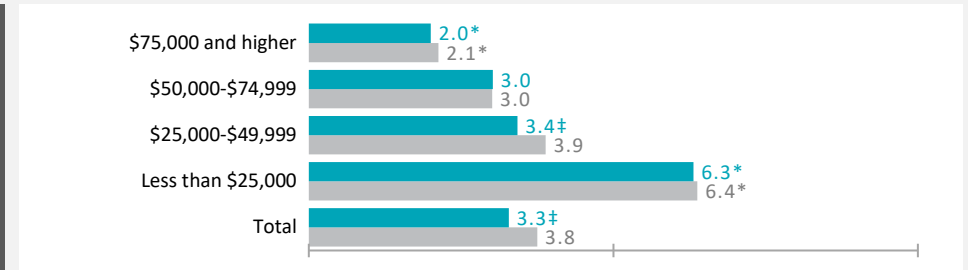
State vs National Rates



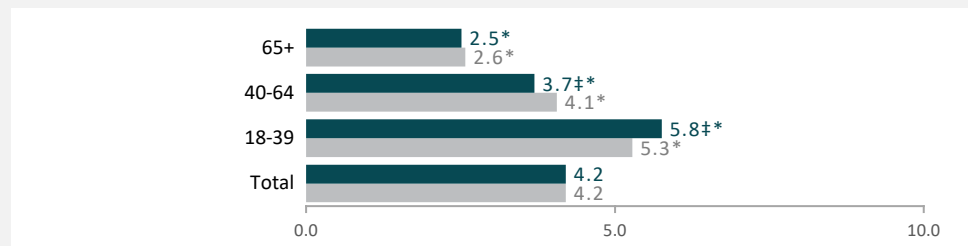
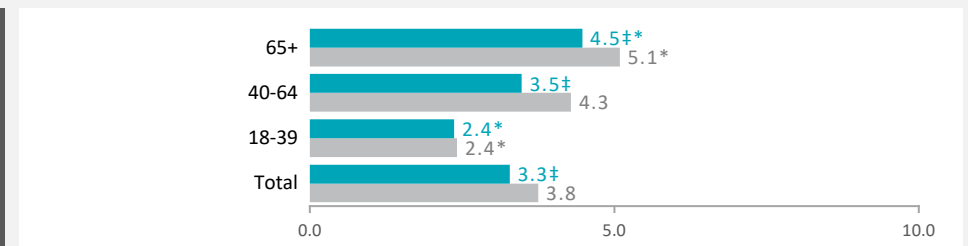
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Maryland

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.

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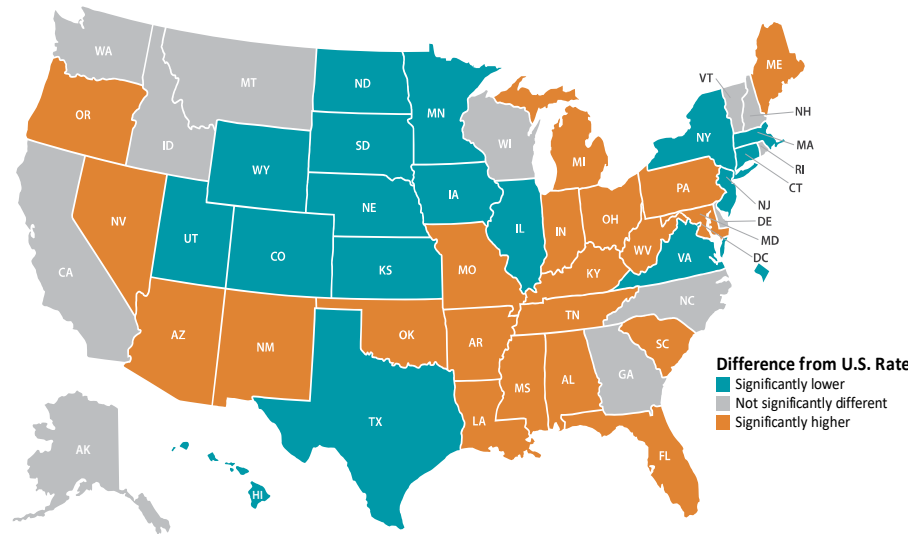
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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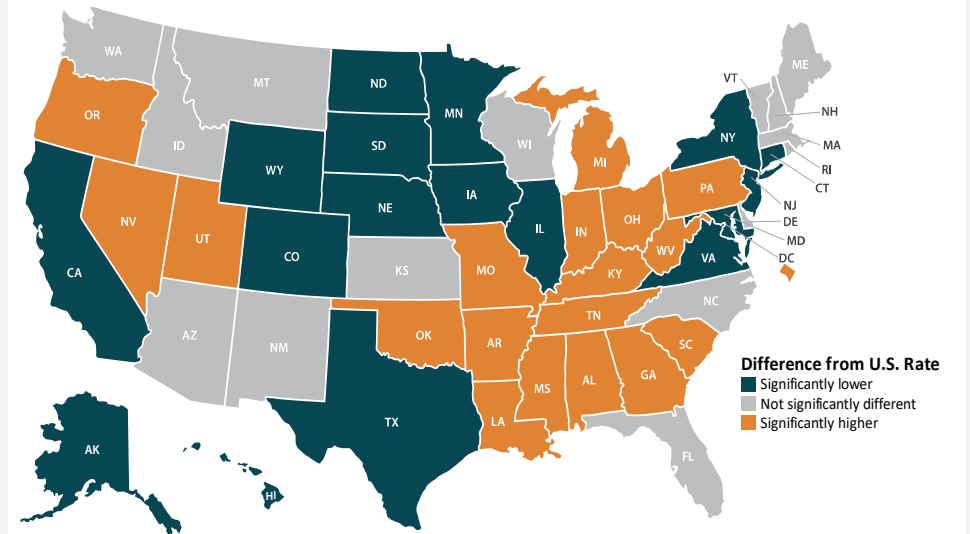


Average Number of **Physically Unhealthy Days** per Month, 2018-2020



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

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



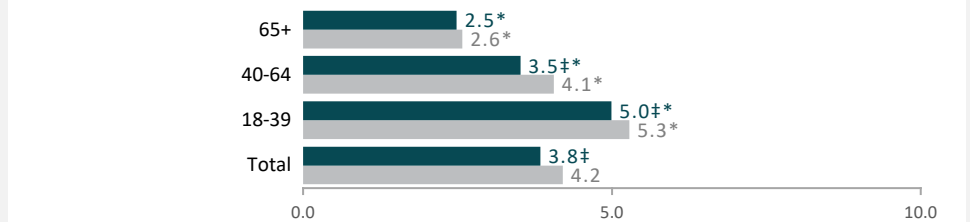
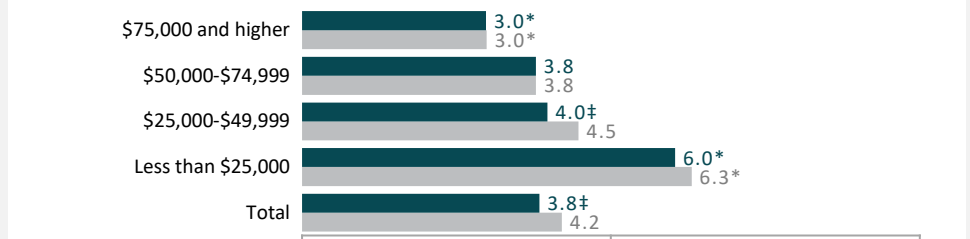
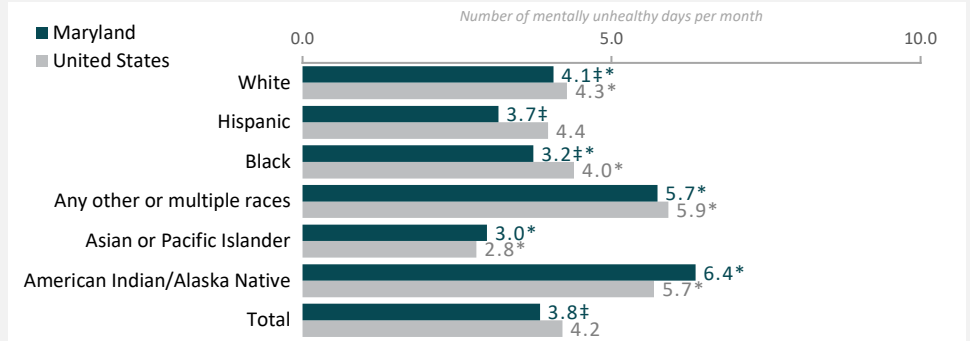
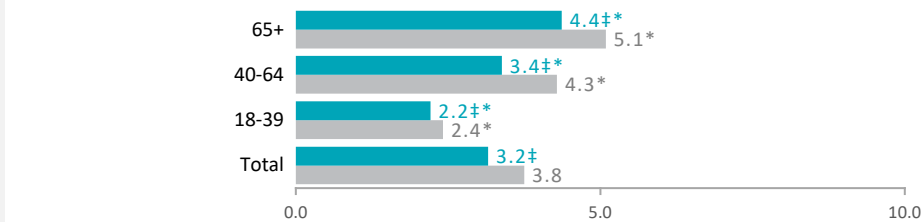
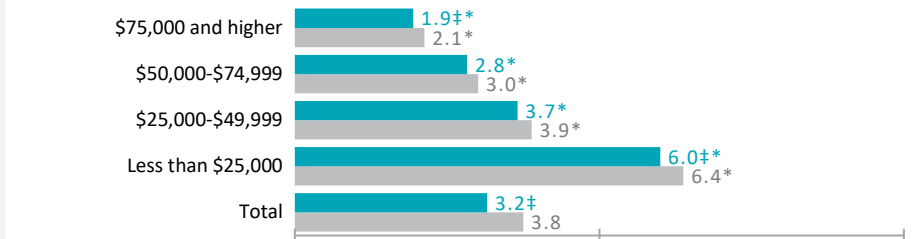
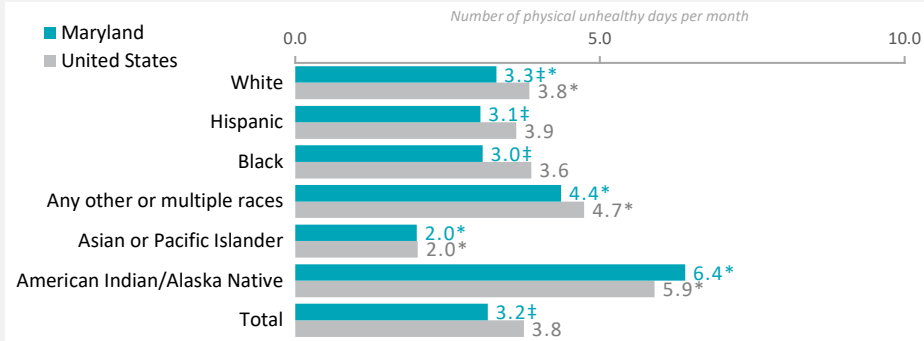
Difference from U.S. Rate
■ Significantly lower
■ Not significantly different
■ Significantly higher

State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Maine

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.

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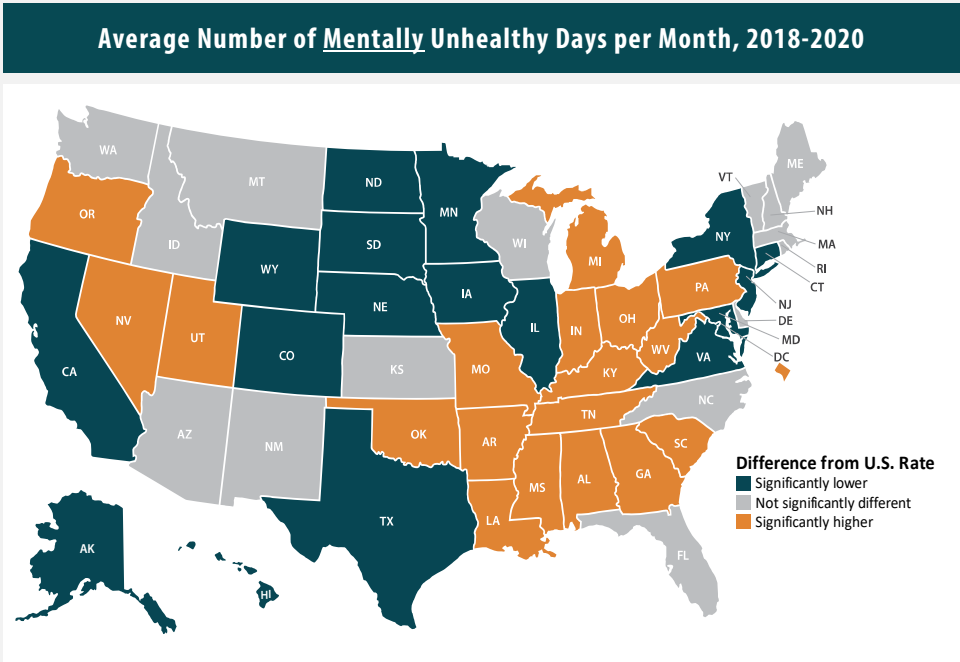
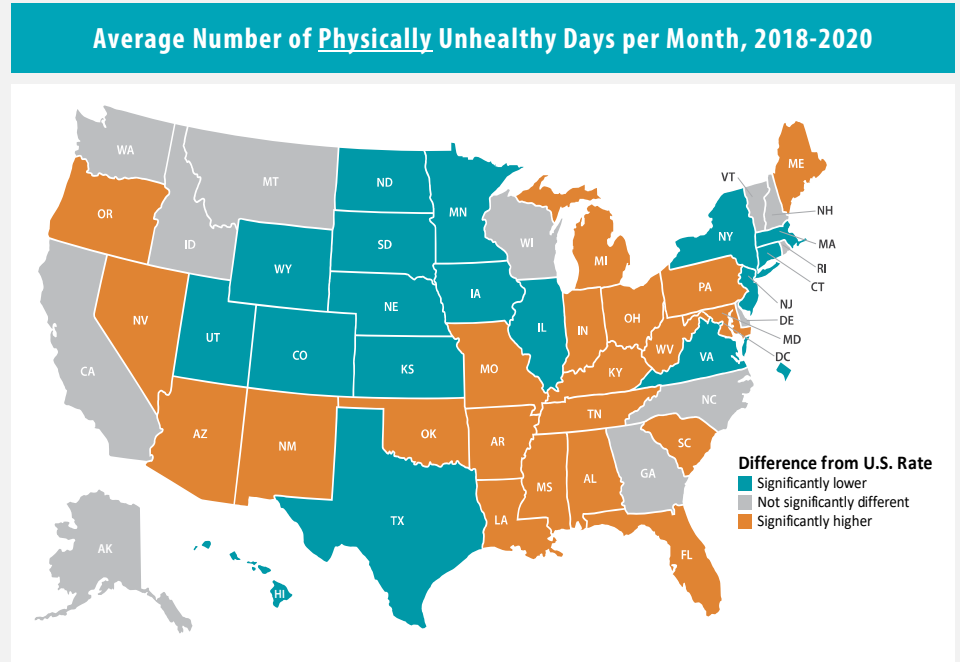
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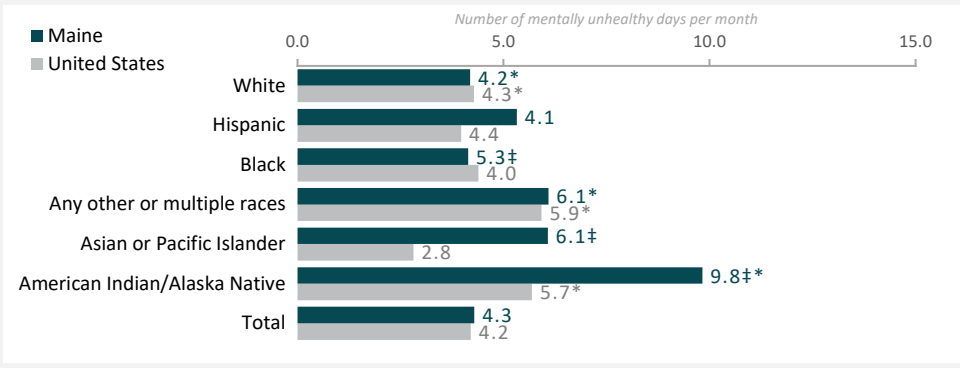
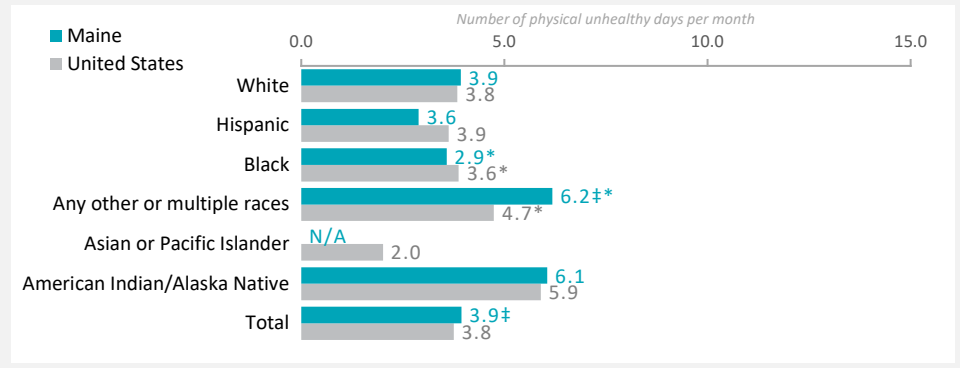
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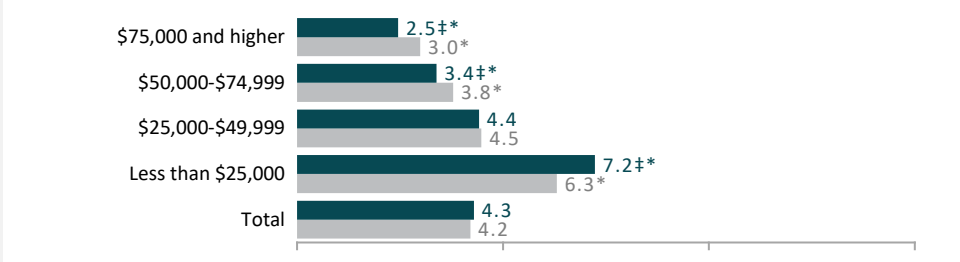
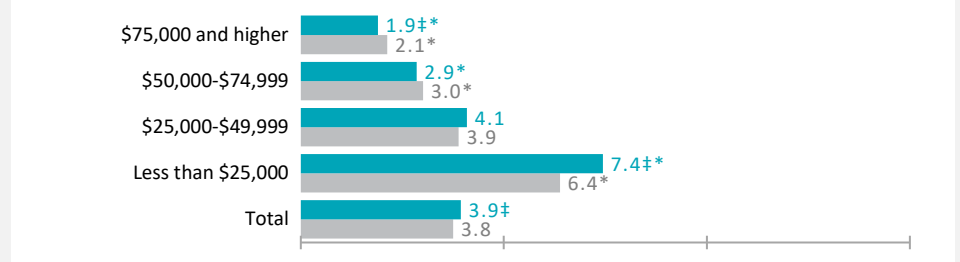
State vs National Rates



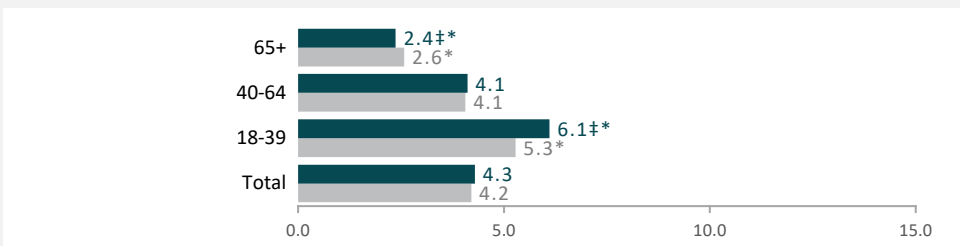
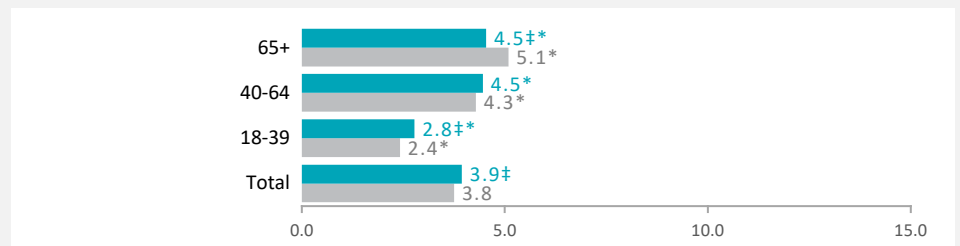
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Michigan

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.

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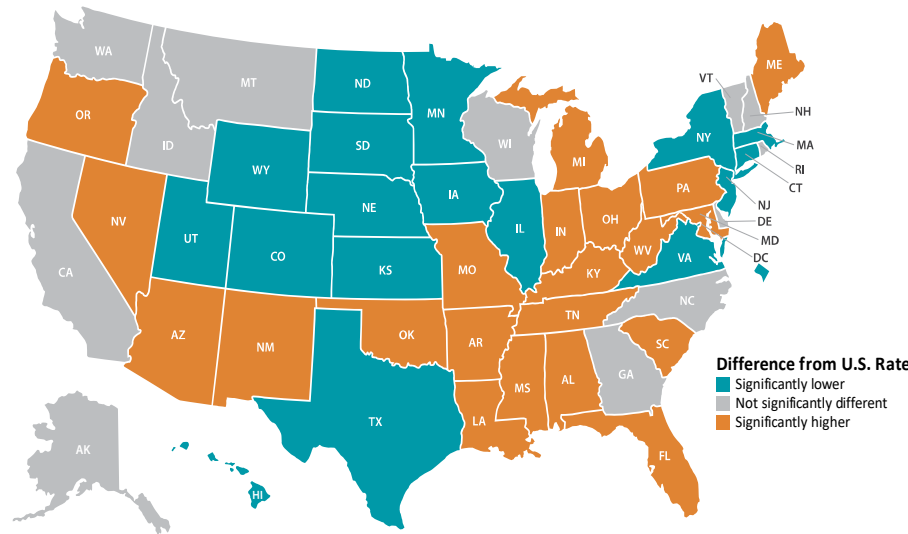
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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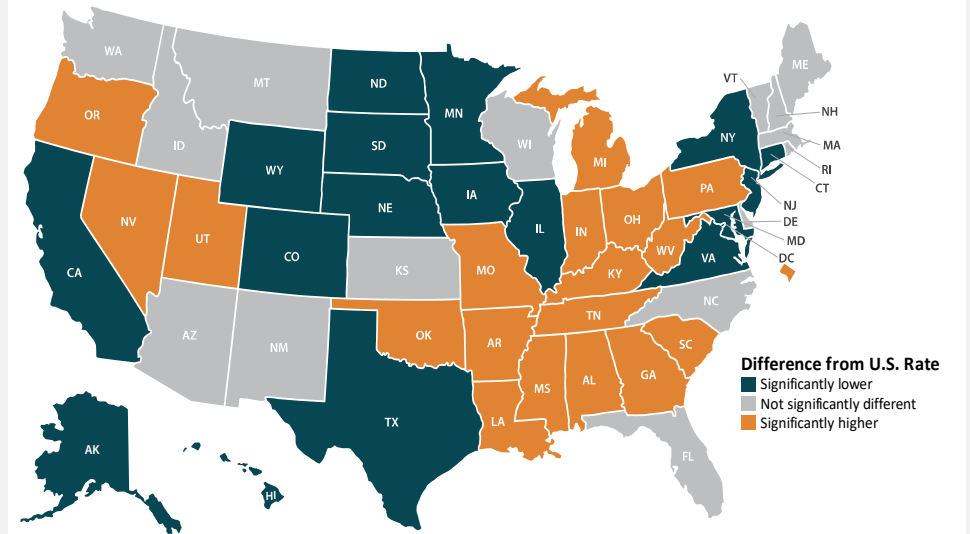
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

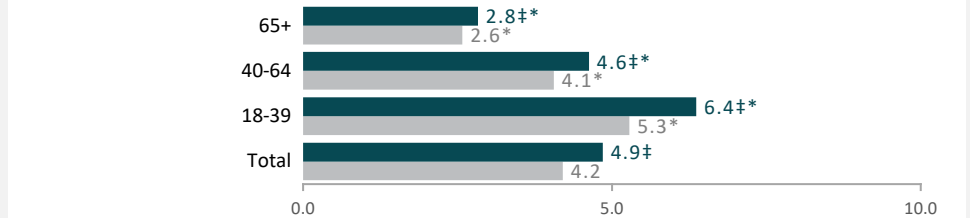
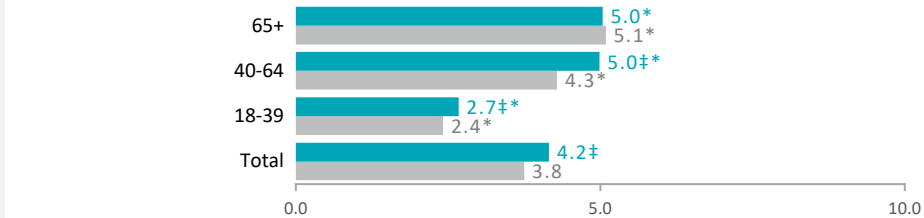
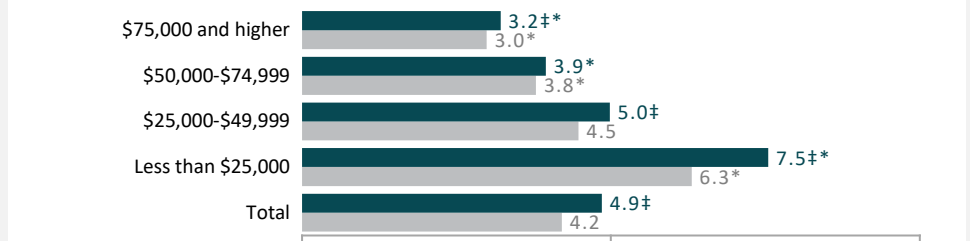
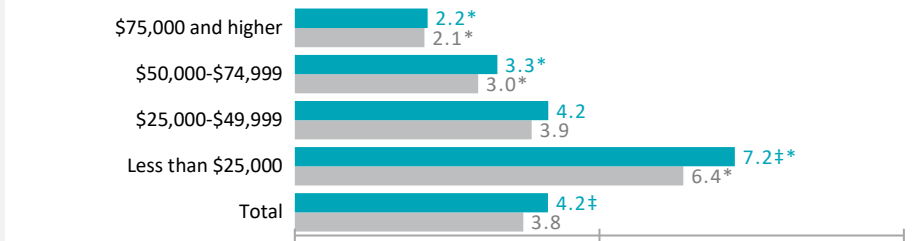
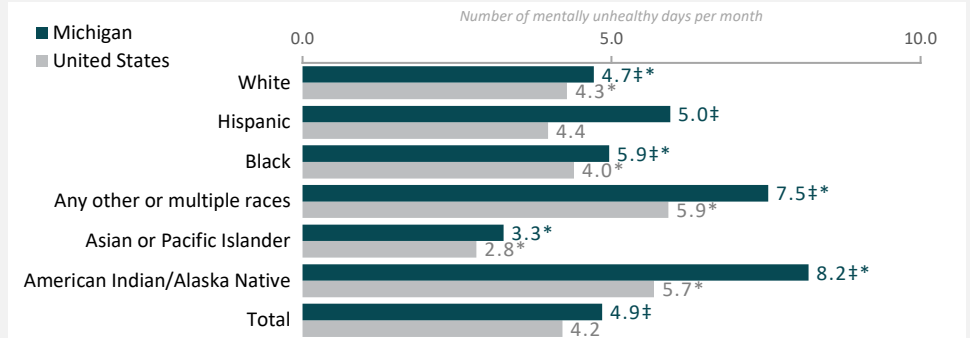
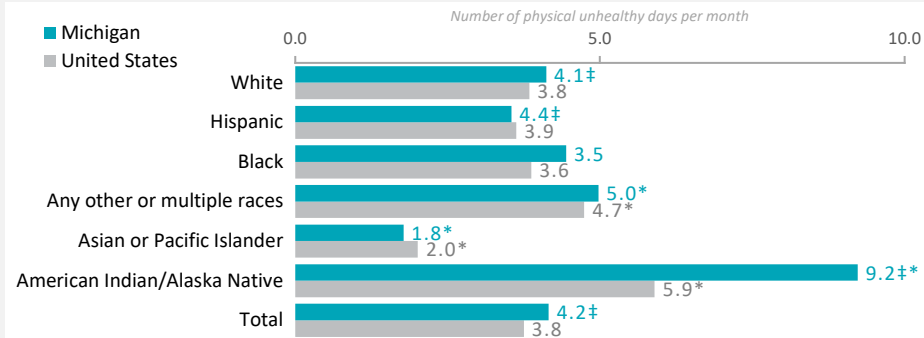


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Minnesota

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.

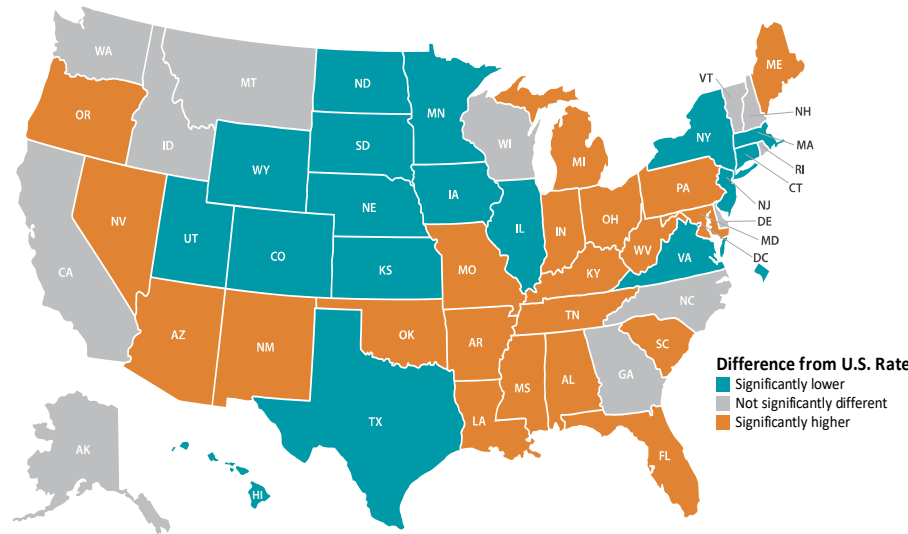
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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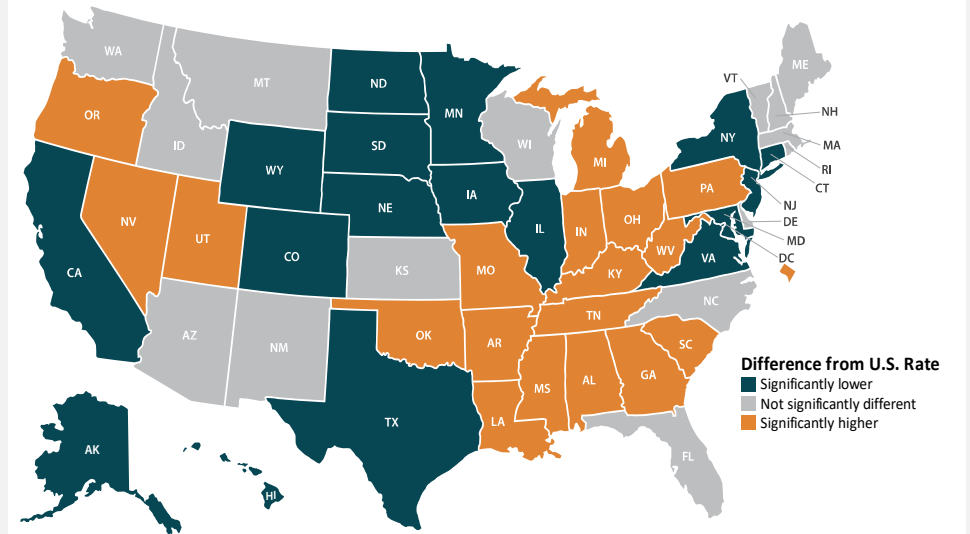


Average Number of Physically Unhealthy Days per Month, 2018-2020

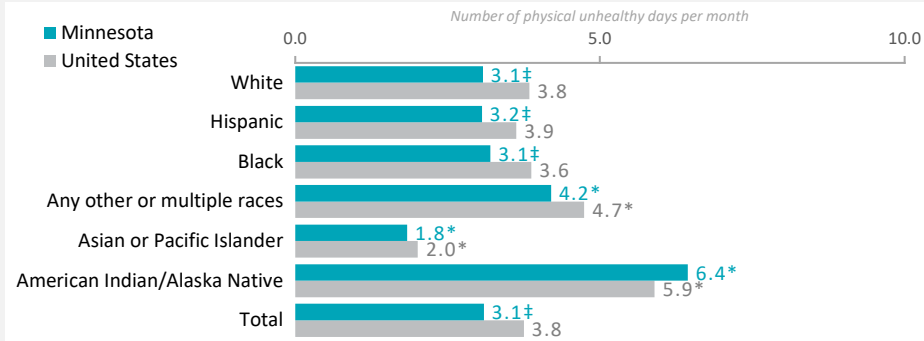


State vs National Rates

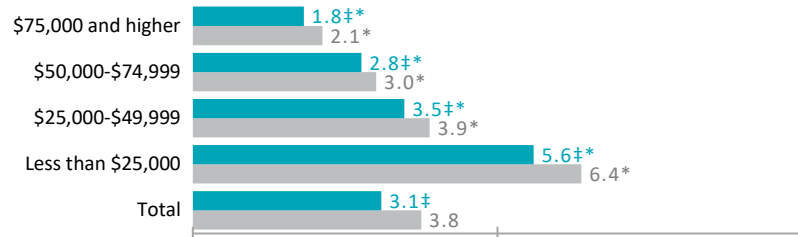
Average Number of Mentally Unhealthy Days per Month, 2018-2020



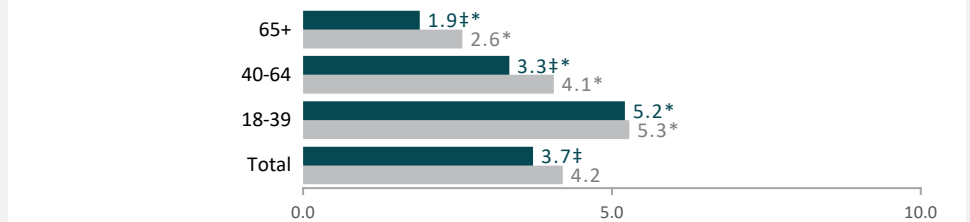
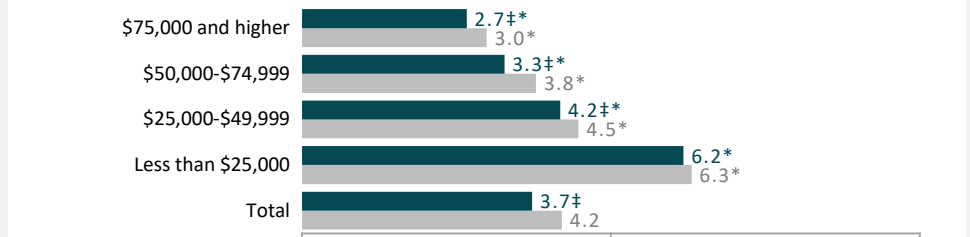
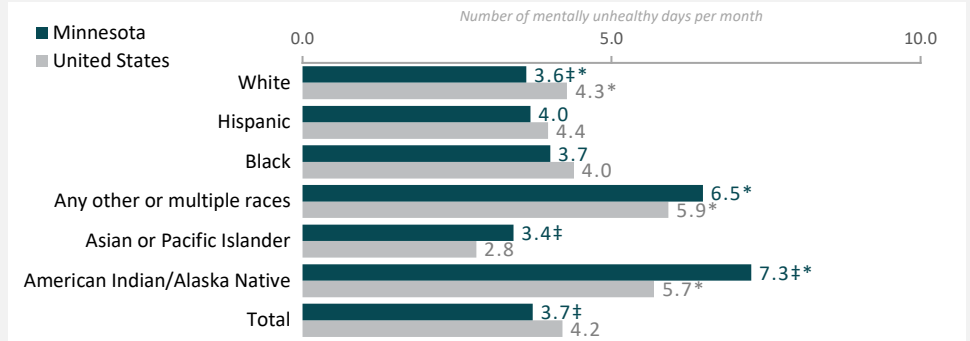
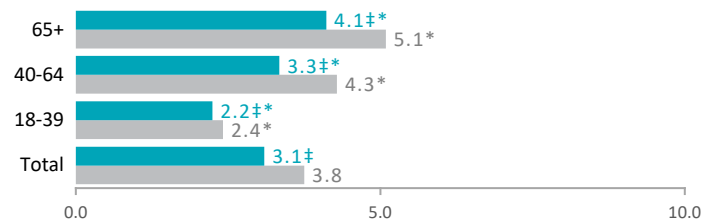
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Missouri

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.

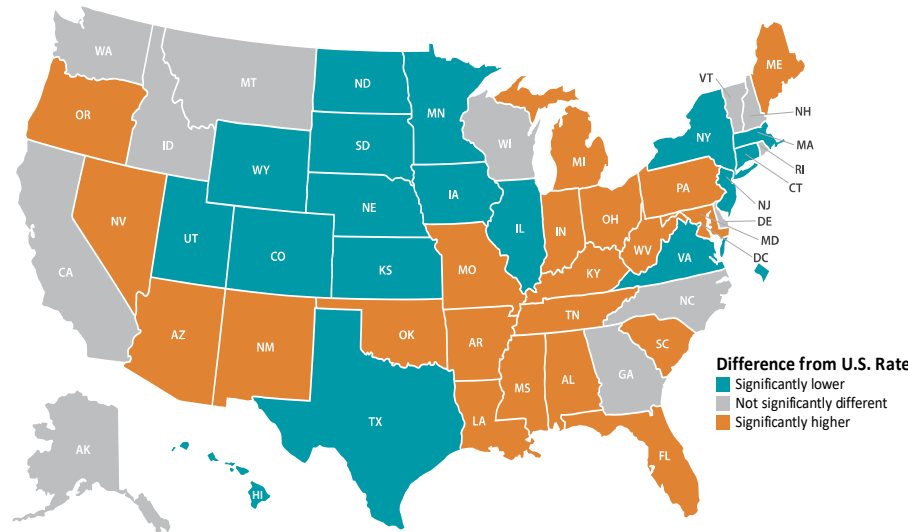
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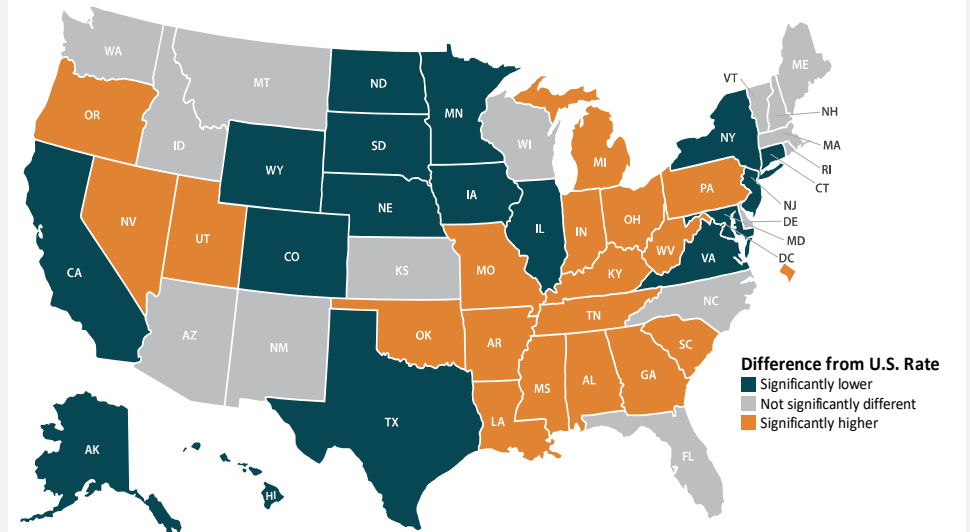


State vs National Rates

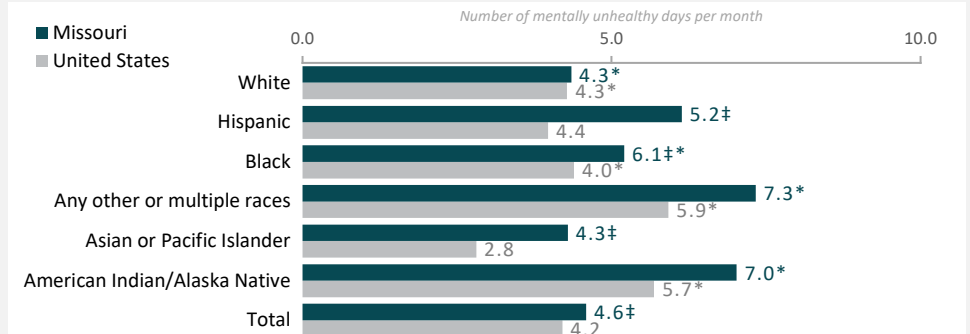
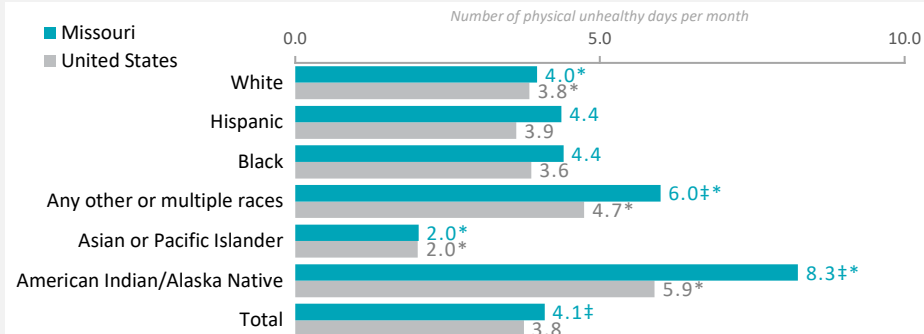
Average Number of Physically Unhealthy Days per Month, 2018-2020



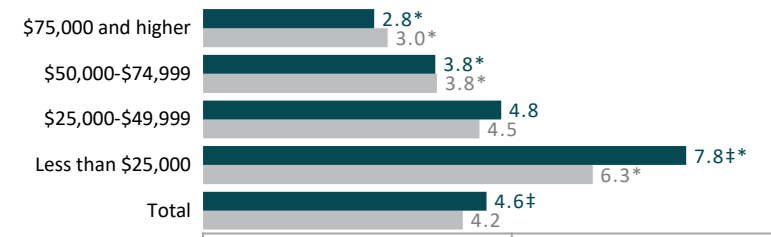
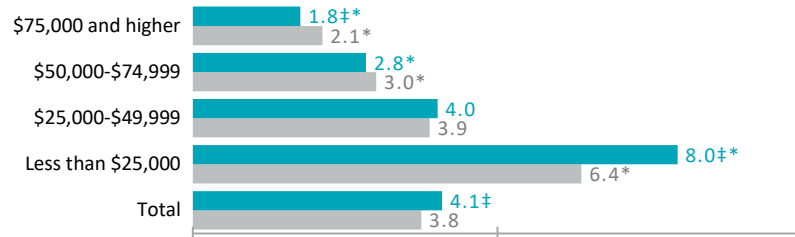
Average Number of Mentally Unhealthy Days per Month, 2018-2020



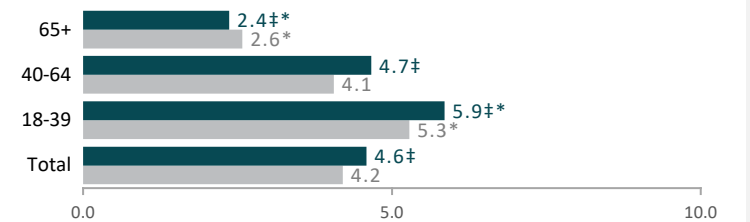
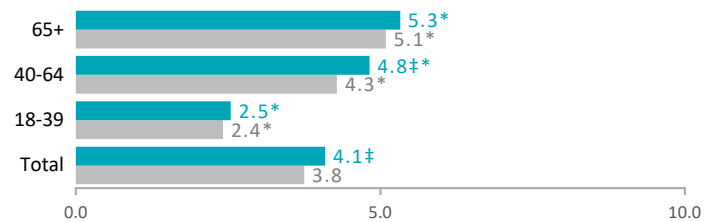
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in

Mississippi

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

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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

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

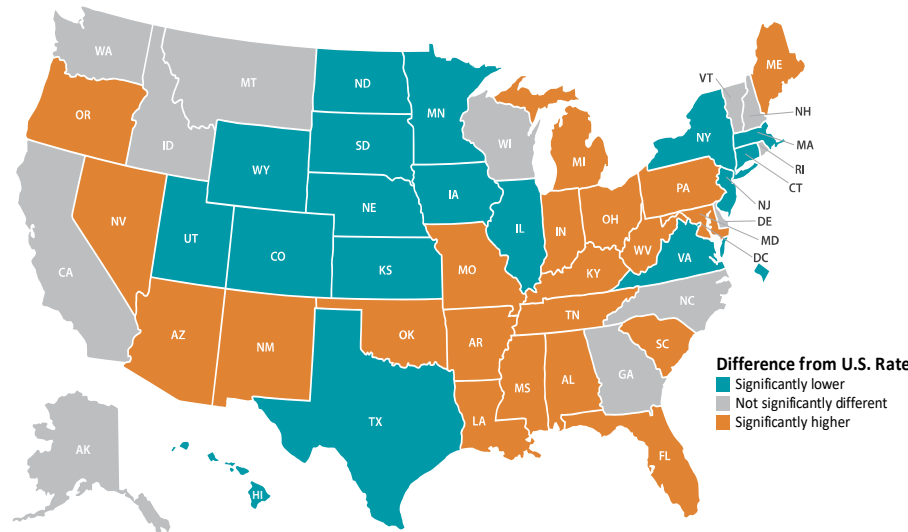
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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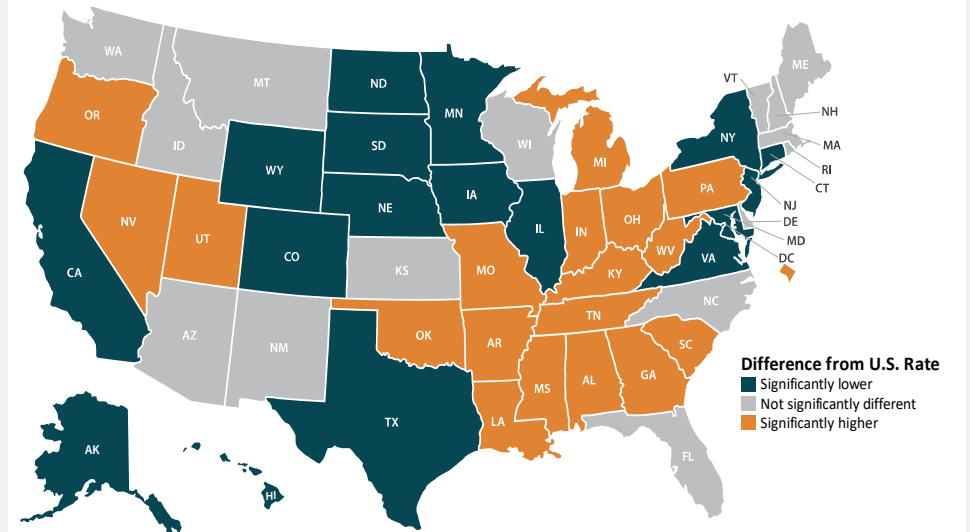
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

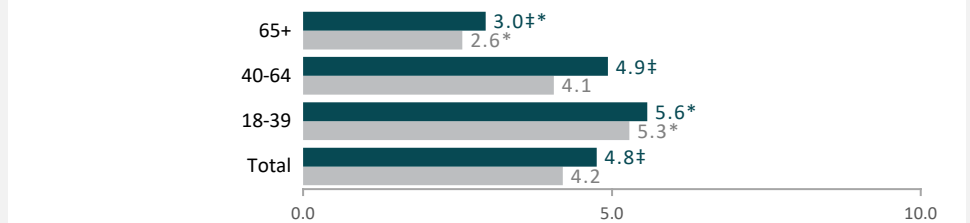
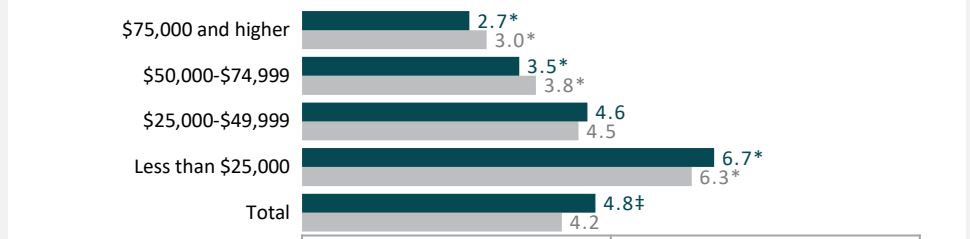
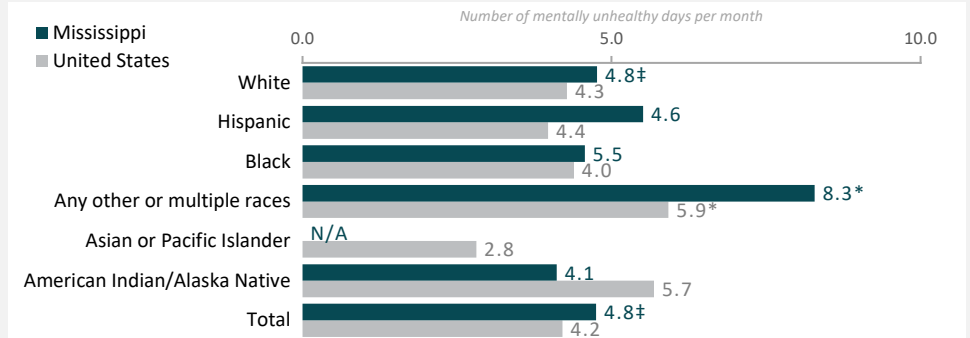
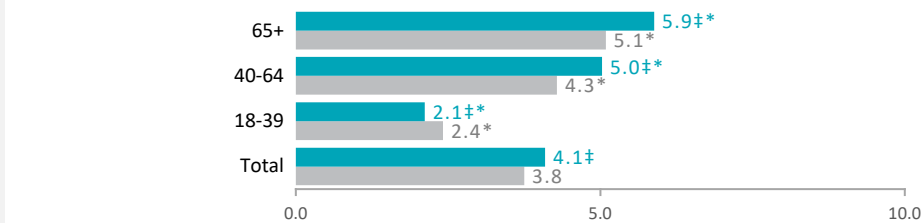
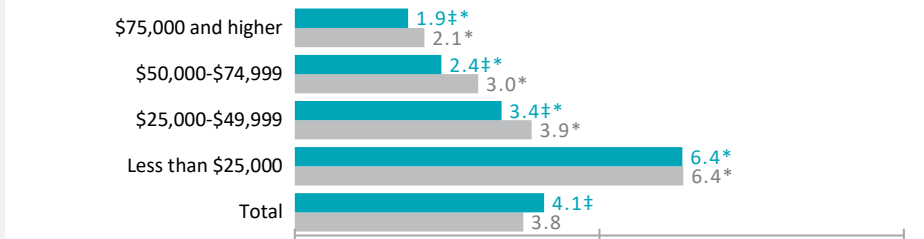
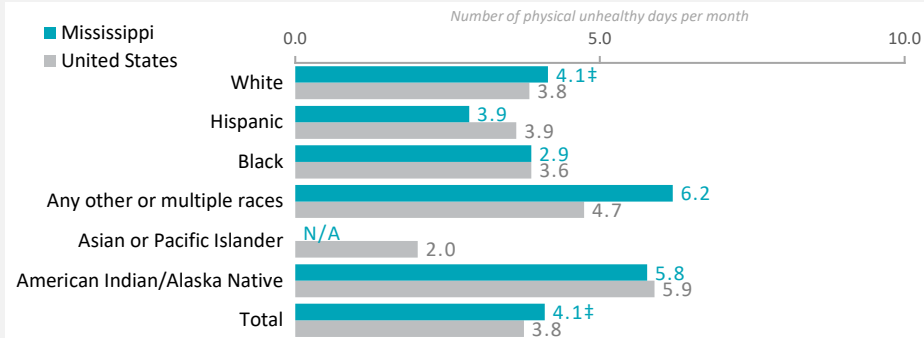


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Montana

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

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Notes

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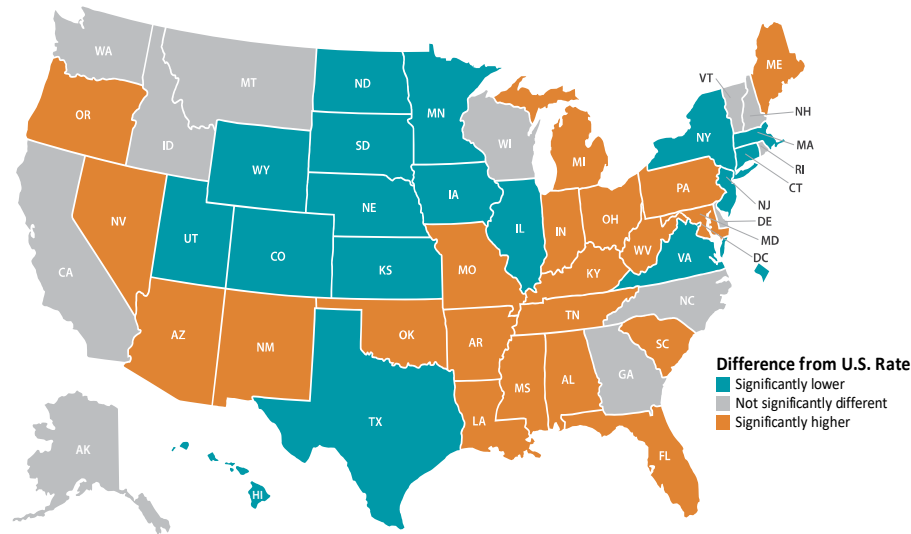
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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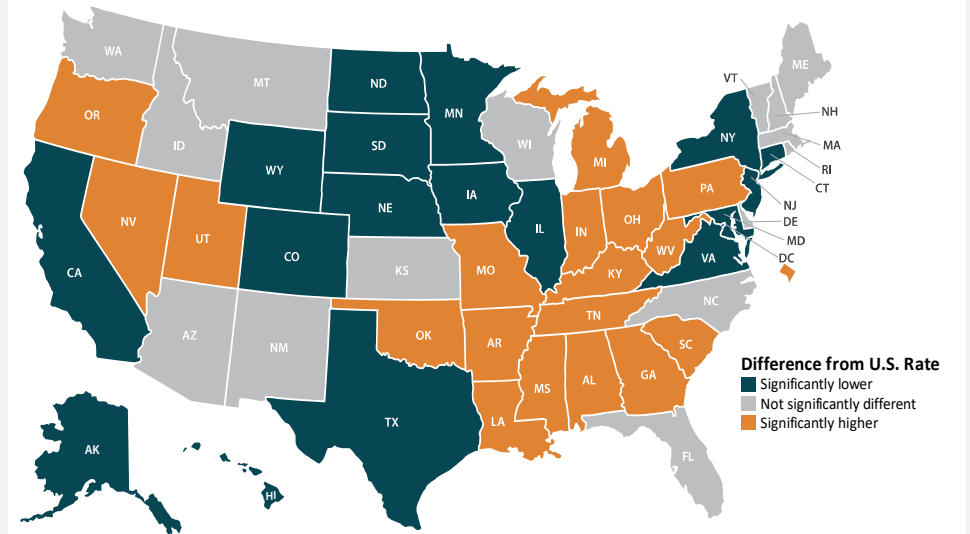
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

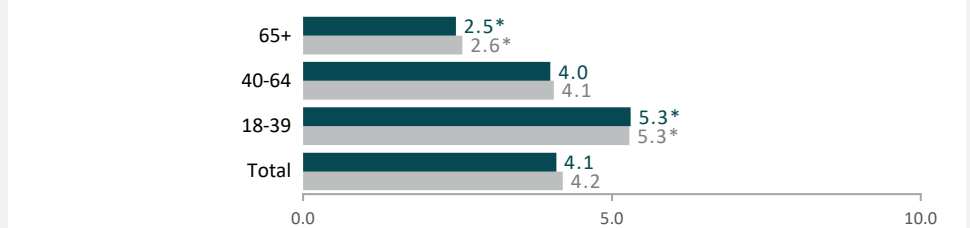
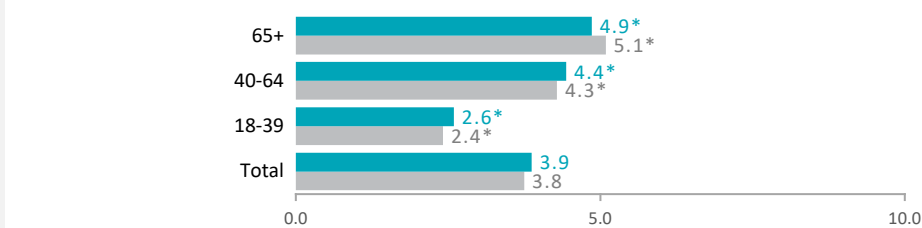
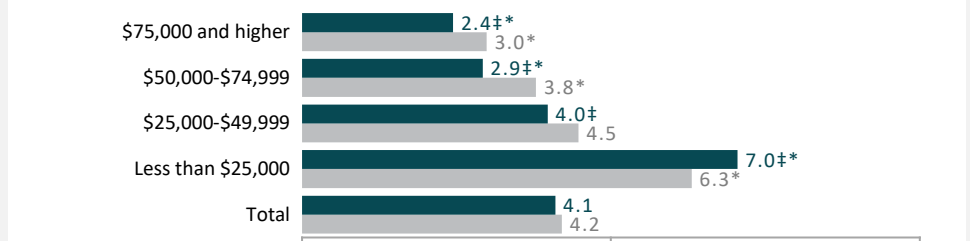
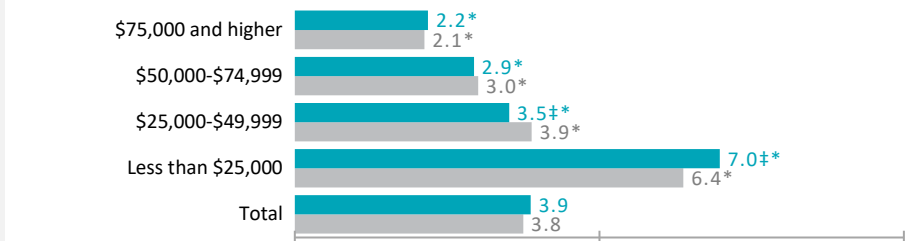
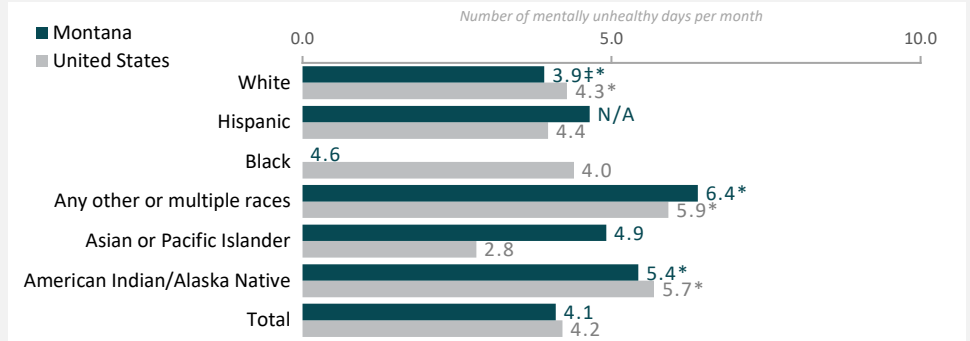
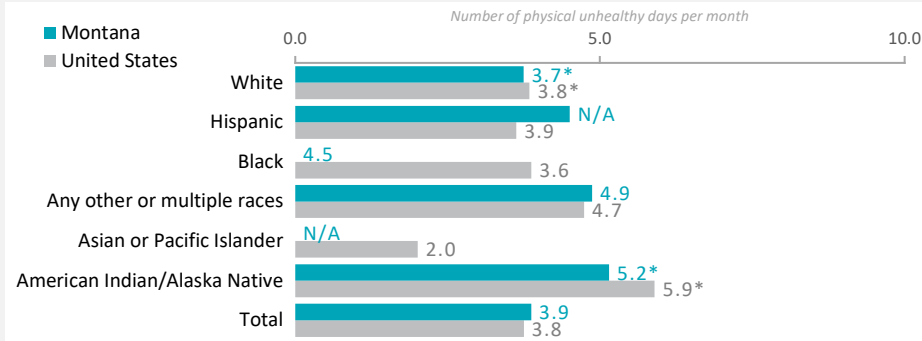


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in

North Carolina

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.

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Notes

* Statistically significant difference from the total rate at the 95% confidence level.

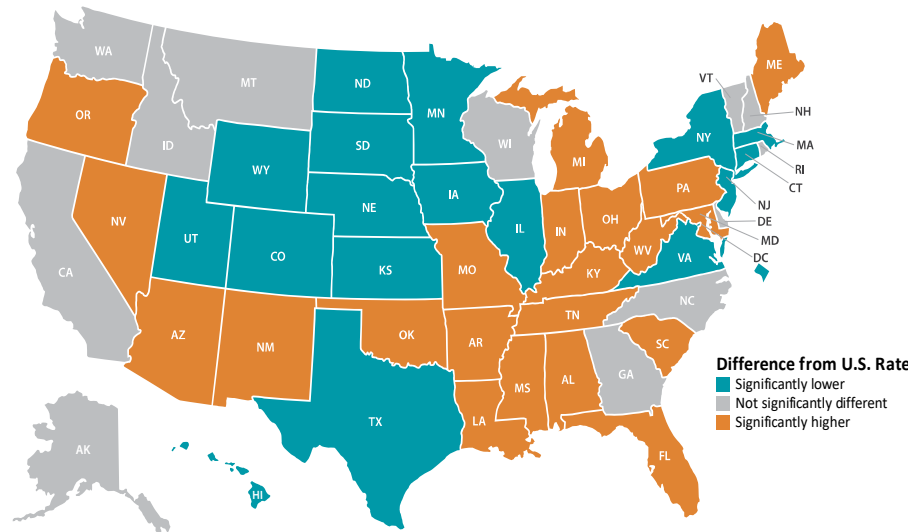
‡ Statistically significant difference from the U.S. rate at the 95% confidence level.

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

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

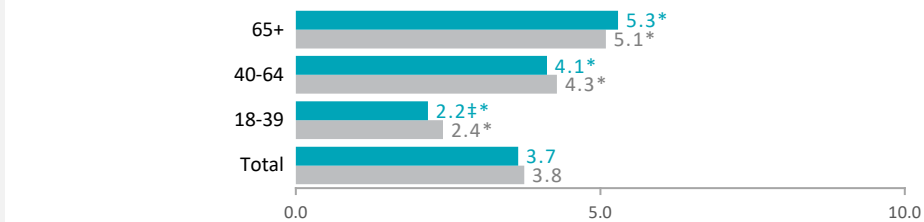
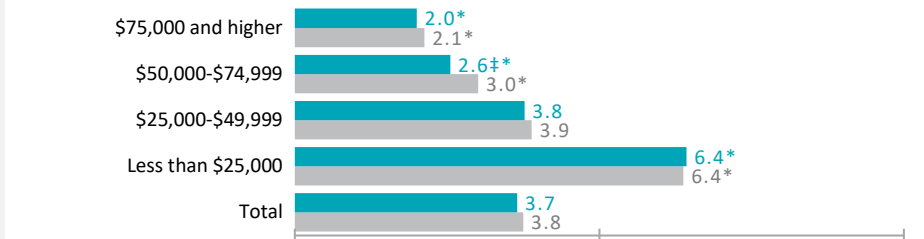
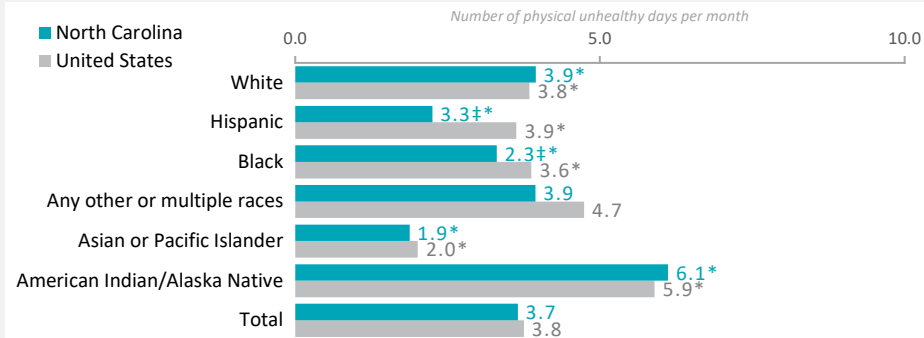


State vs National Rates

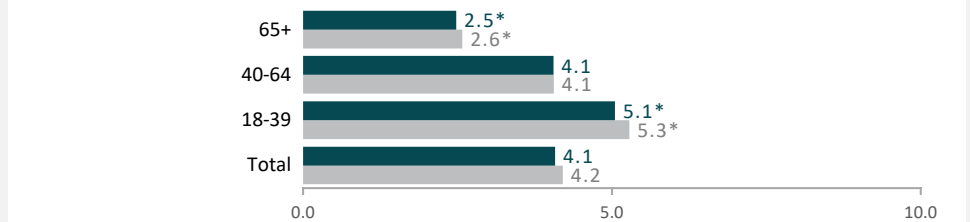
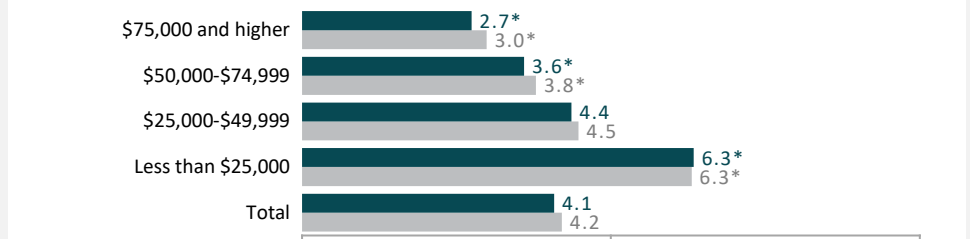
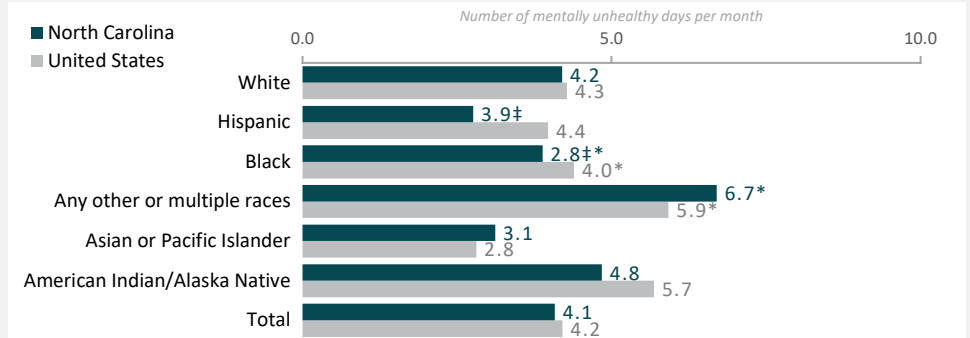
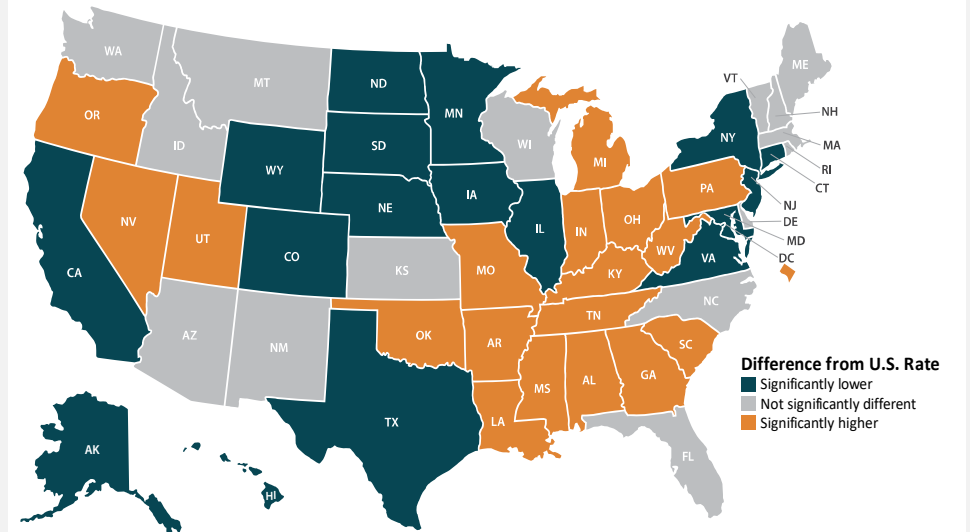
Race/Ethnicity

Income

Age



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



Measuring State-level Disparities in Unhealthy Days in North Dakota

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.

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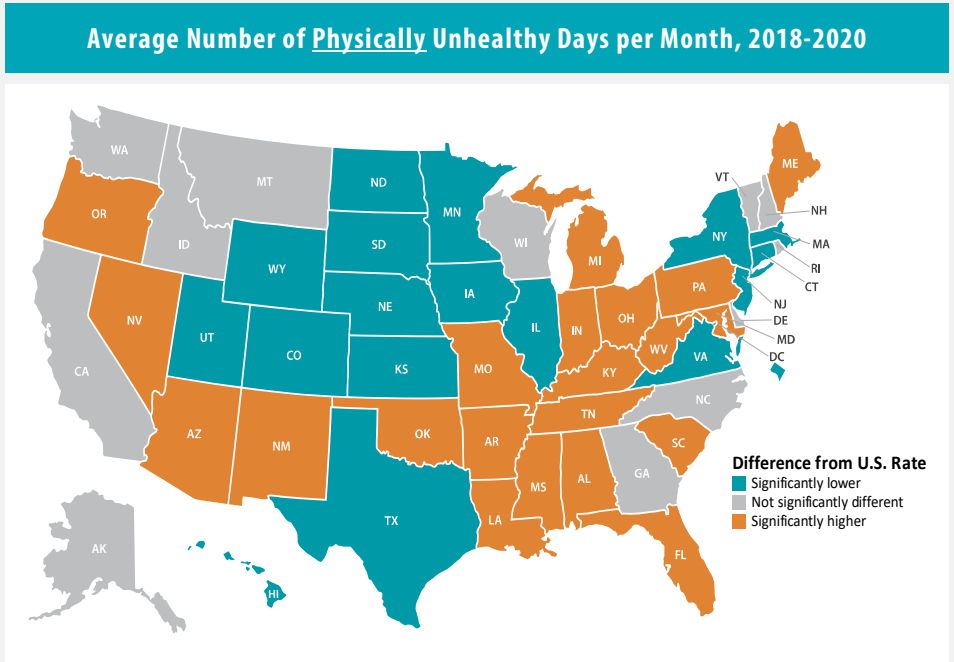
Notes
 * Statistically significant difference from the total rate at the 95% confidence level.
 ‡ Statistically significant difference from the U.S. rate at the 95% confidence level.

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

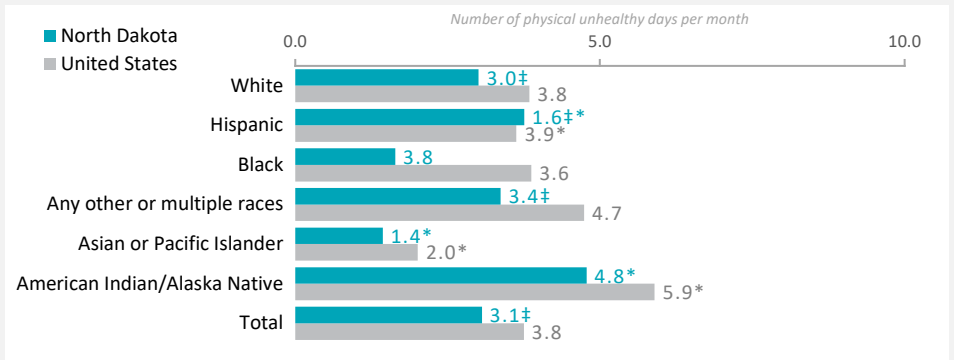
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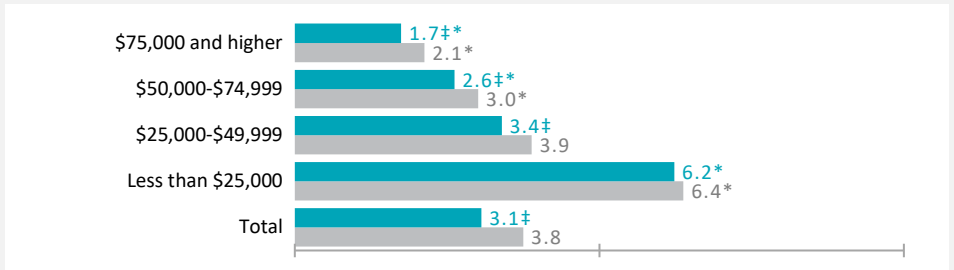
State vs National Rates



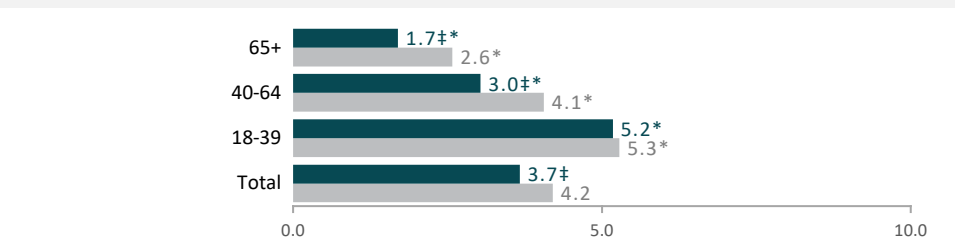
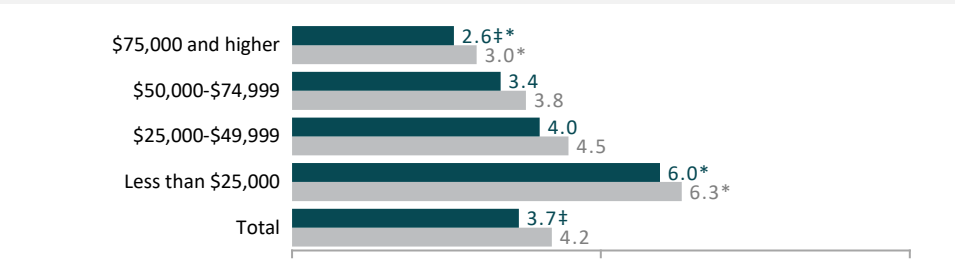
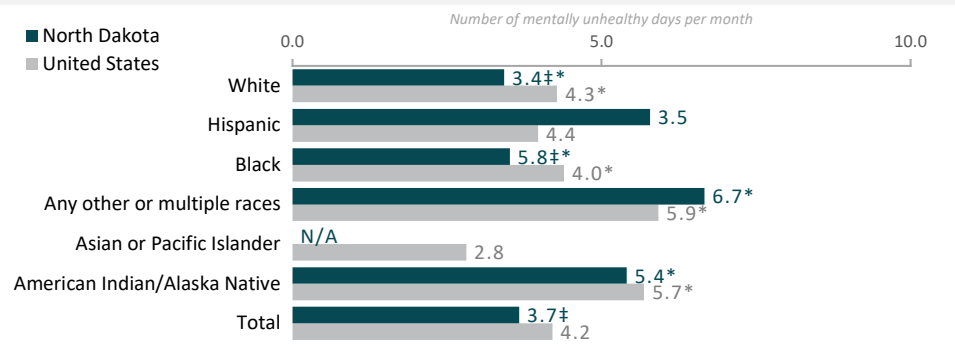
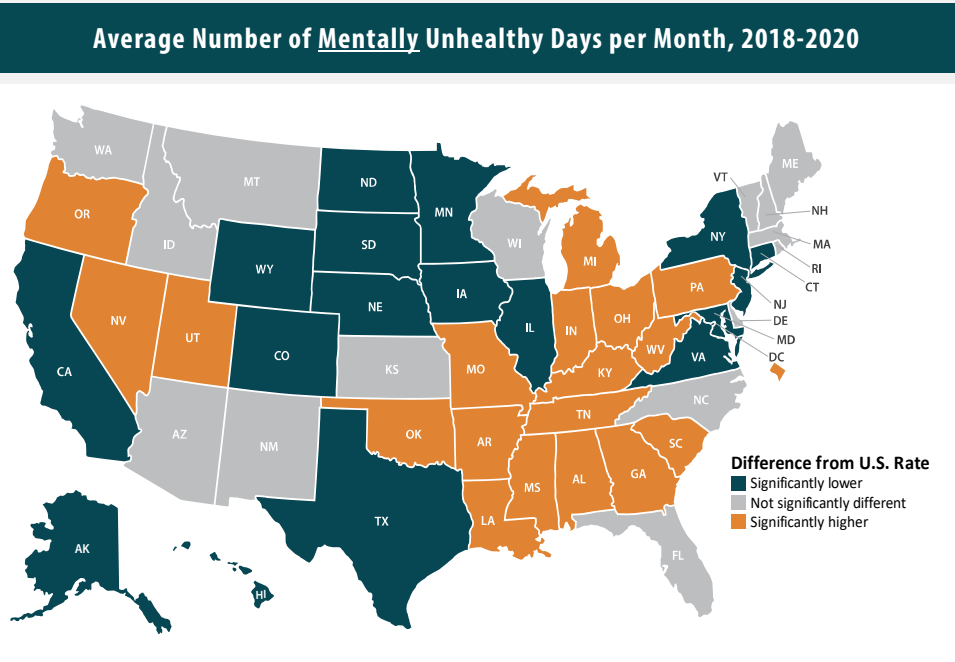
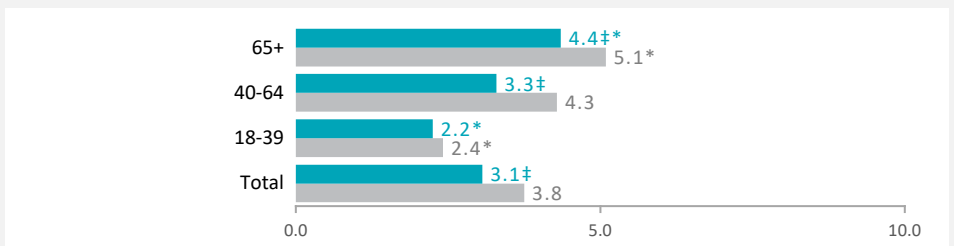
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Nebraska

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.

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Notes

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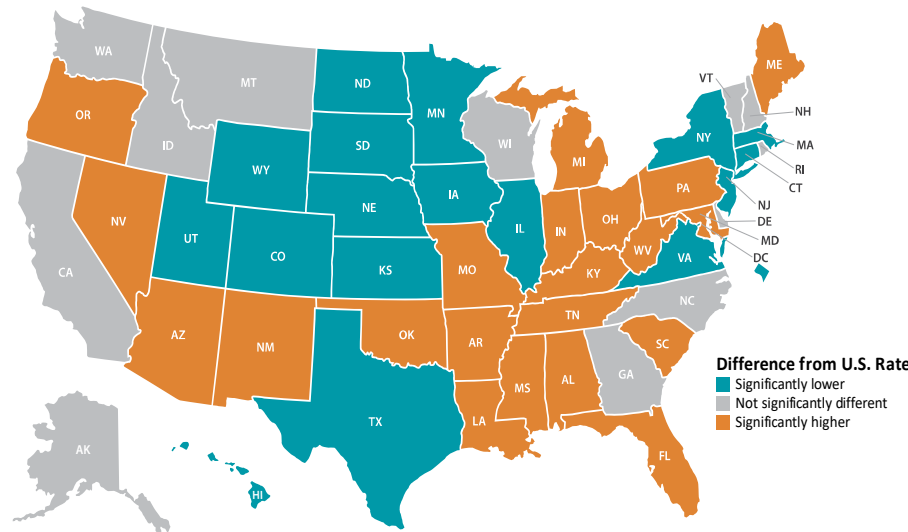
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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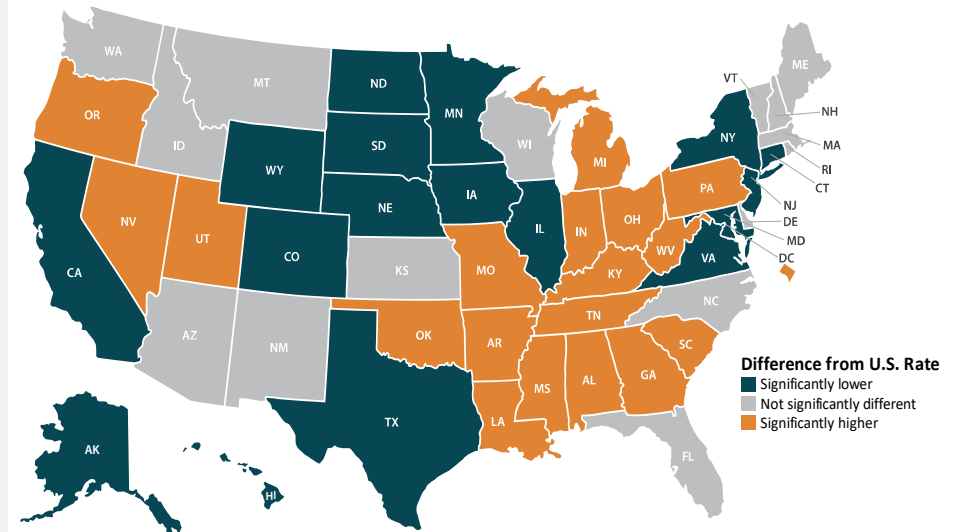


Average Number of Physically Unhealthy Days per Month, 2018-2020



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

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



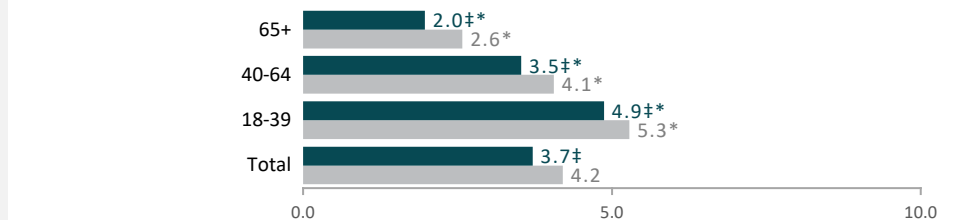
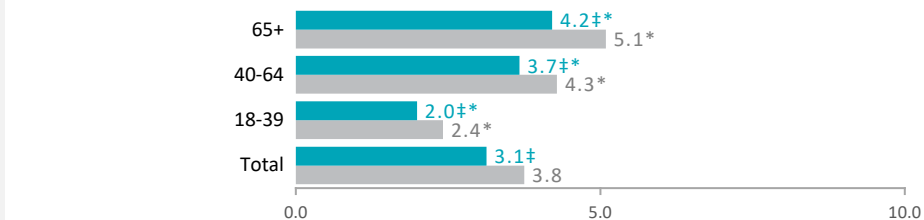
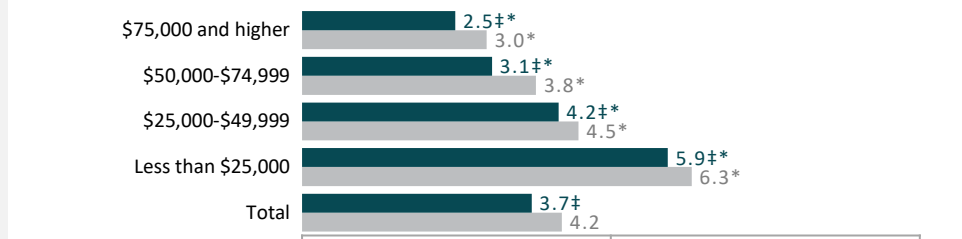
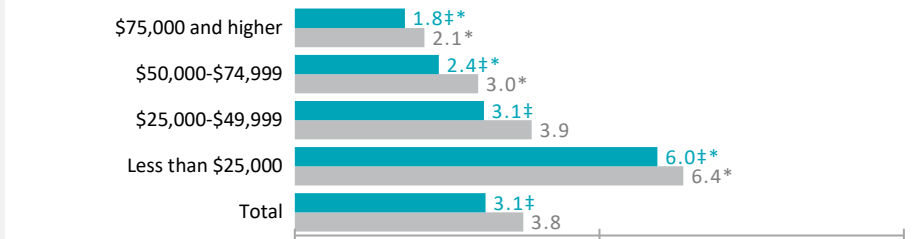
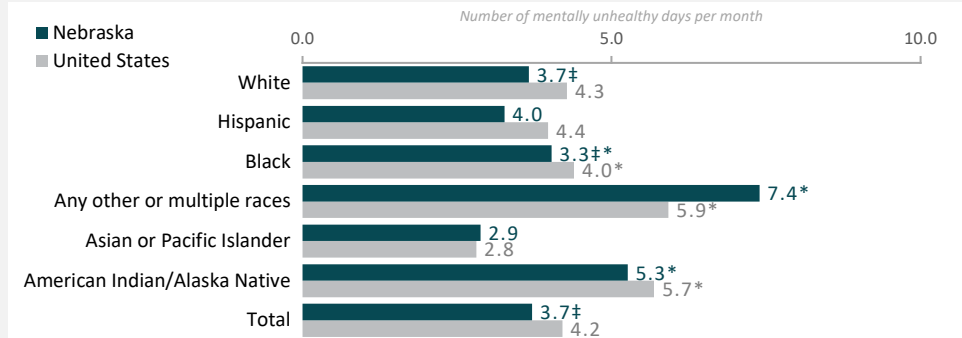
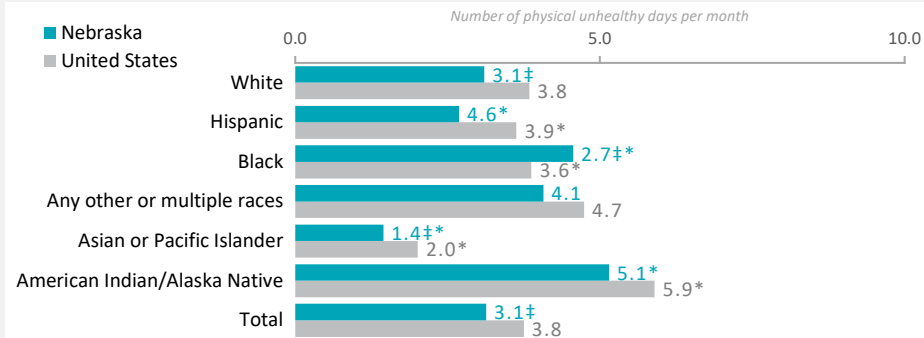
Difference from U.S. Rate
 ■ Significantly lower
 ■ Not significantly different
 ■ Significantly higher

State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in

New Hampshire

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.

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Notes

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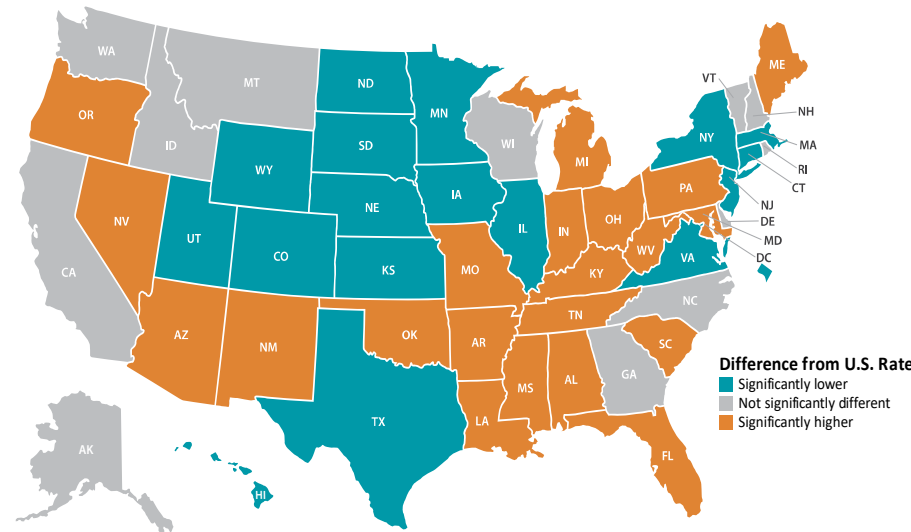
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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



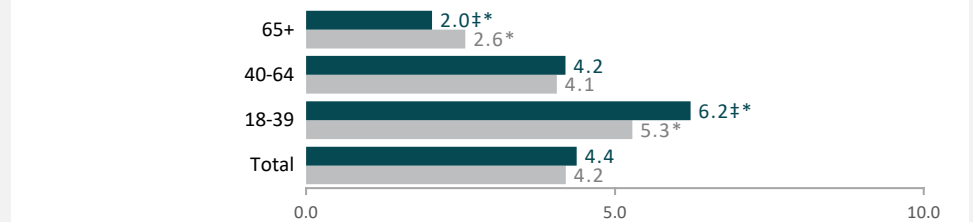
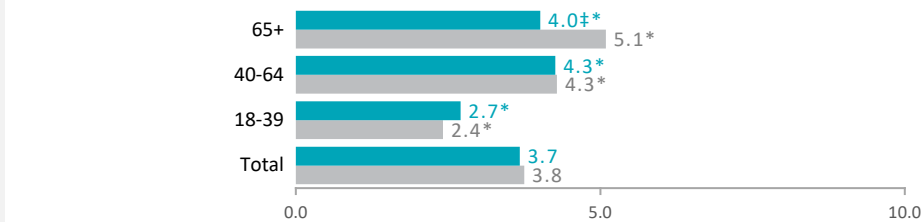
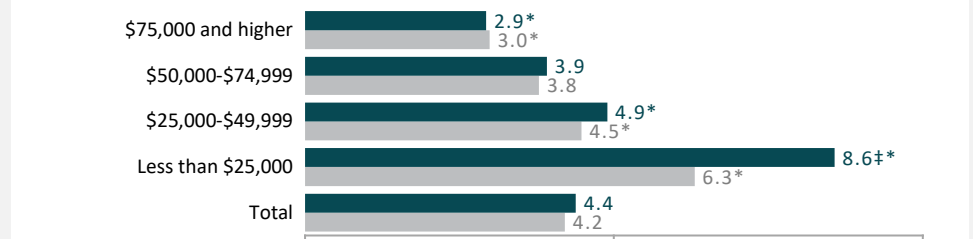
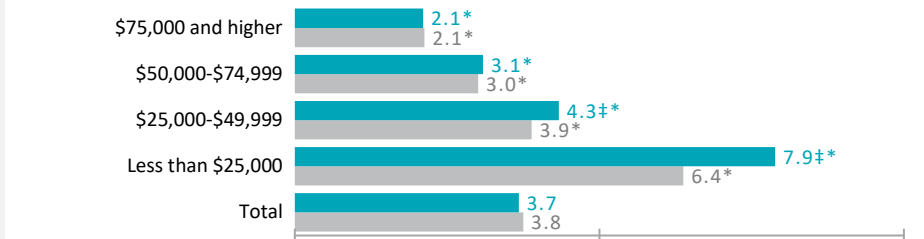
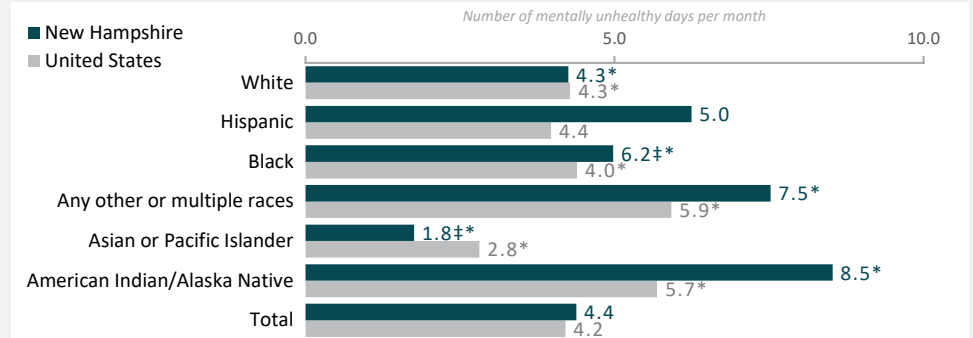
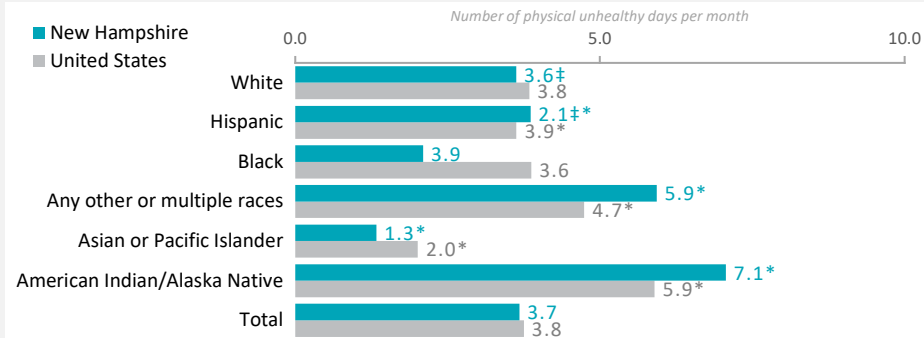
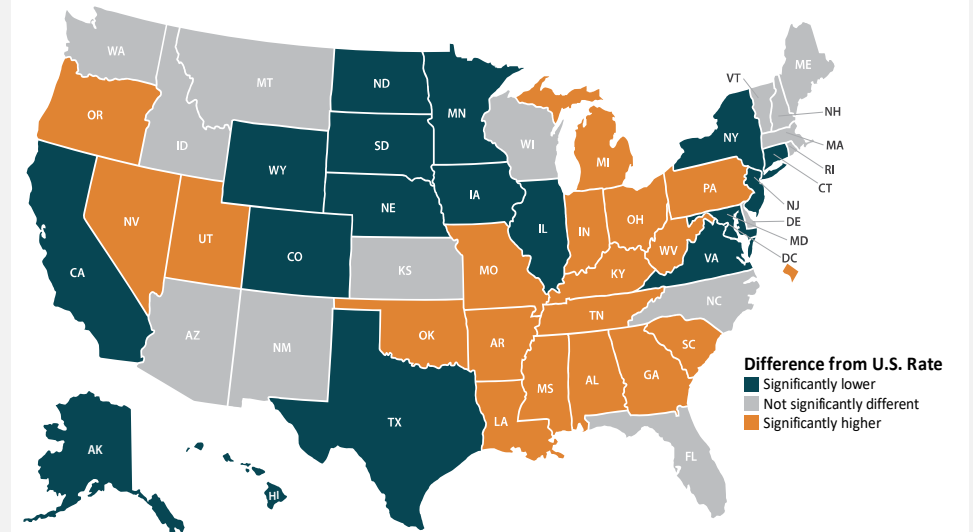
State vs National Rates

Race/Ethnicity

Income

Age

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



Measuring State-level Disparities in Unhealthy Days in New Jersey

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

2019 data are missing for New Jersey so its rates represent an average of 2018 and 2020 instead. * 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.

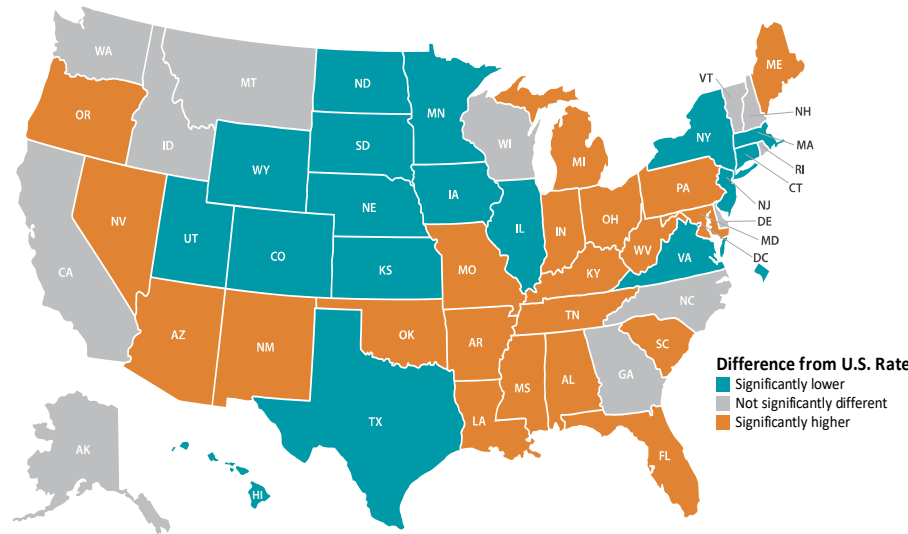
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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



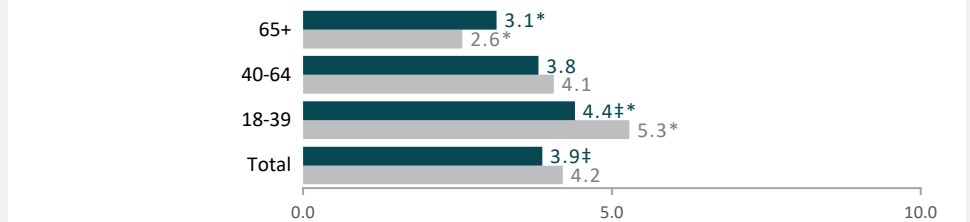
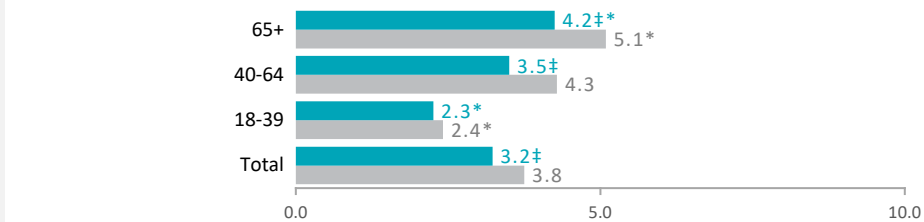
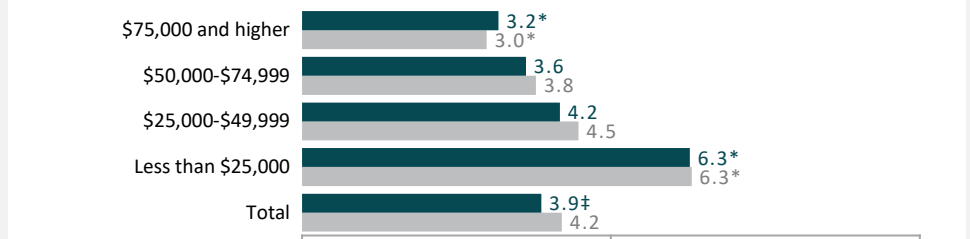
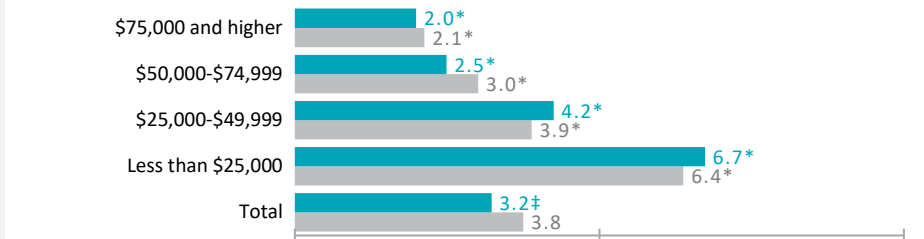
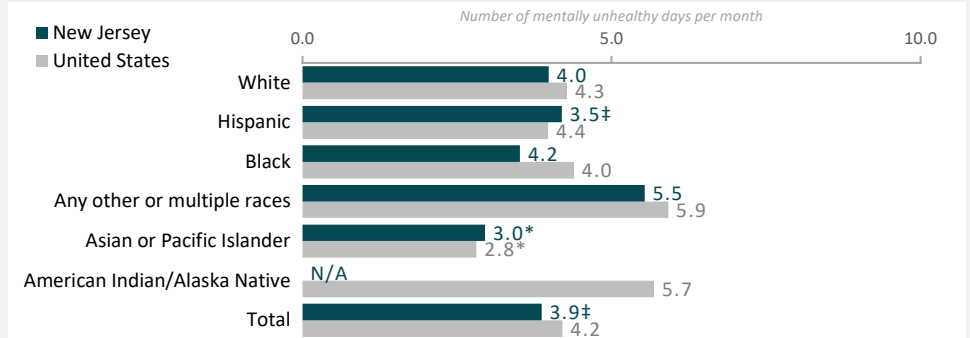
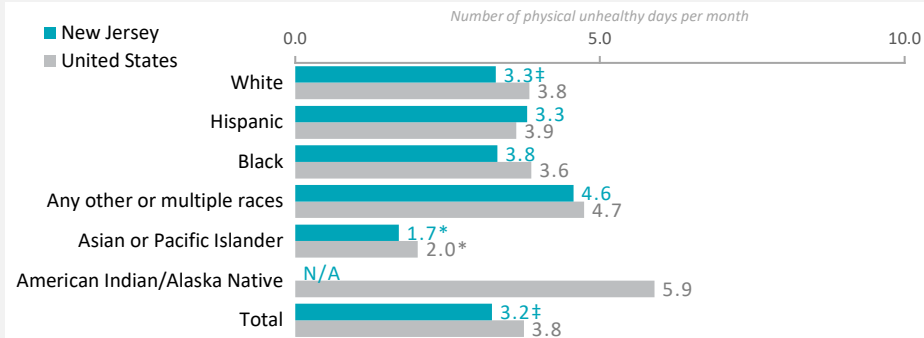
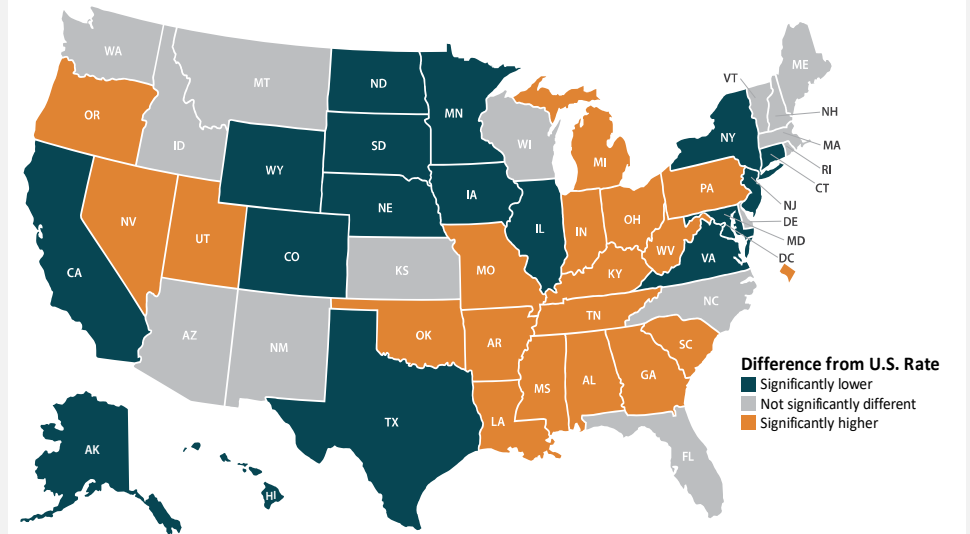
State vs National Rates

Race/Ethnicity

Income

Age

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



Measuring State-level Disparities in Unhealthy Days in

New Mexico

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.

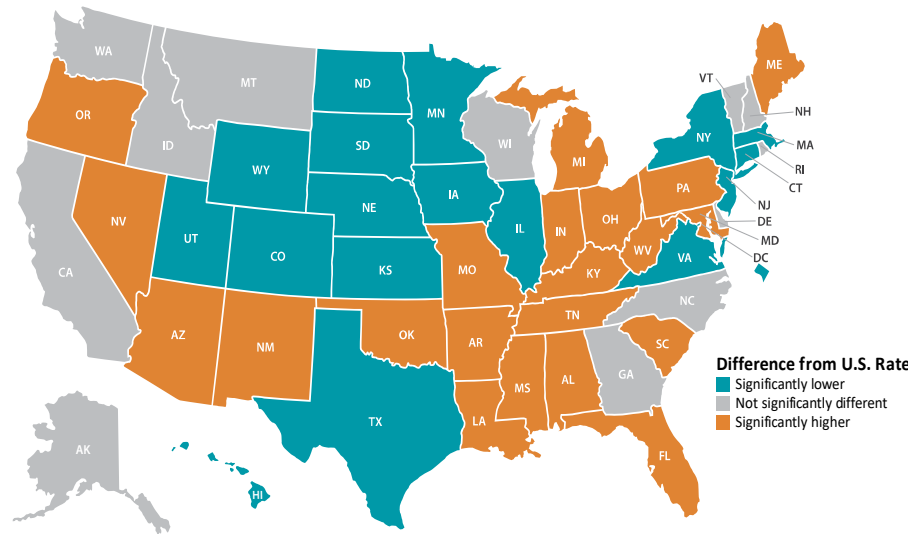
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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

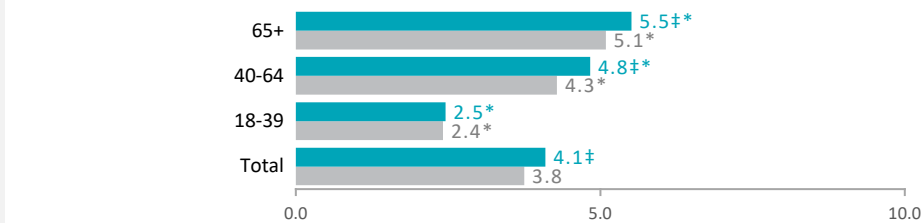
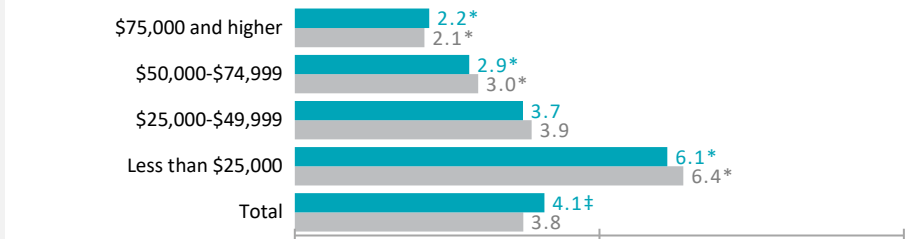
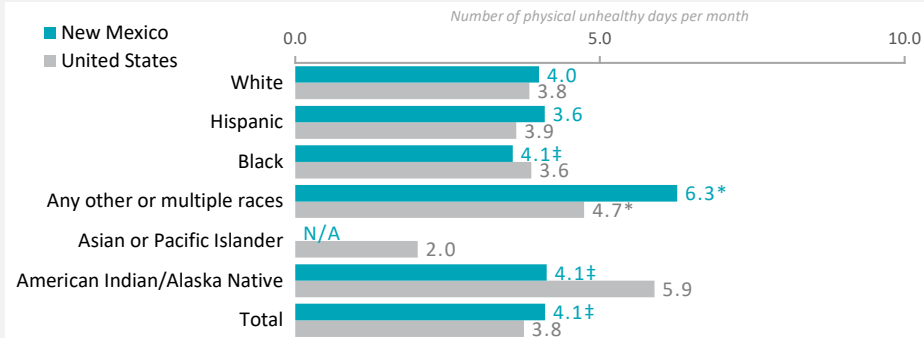


State vs National Rates

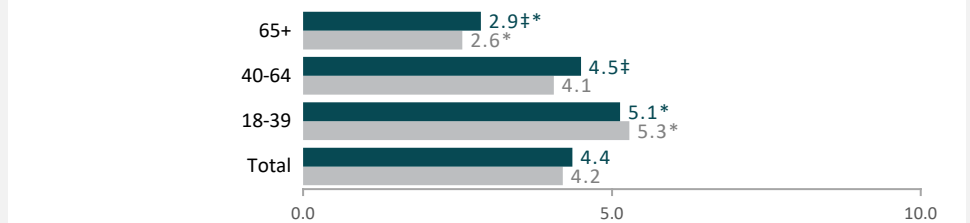
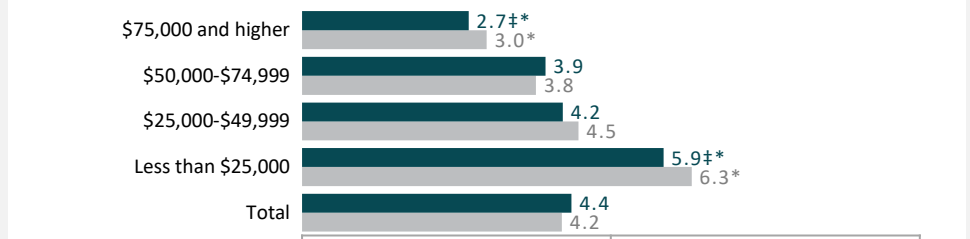
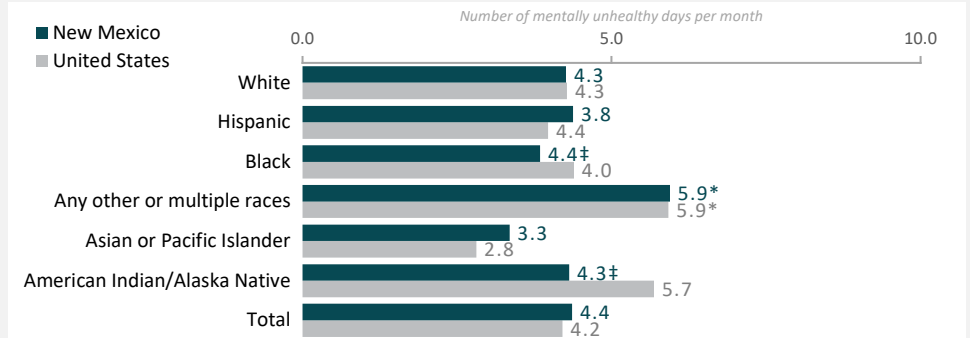
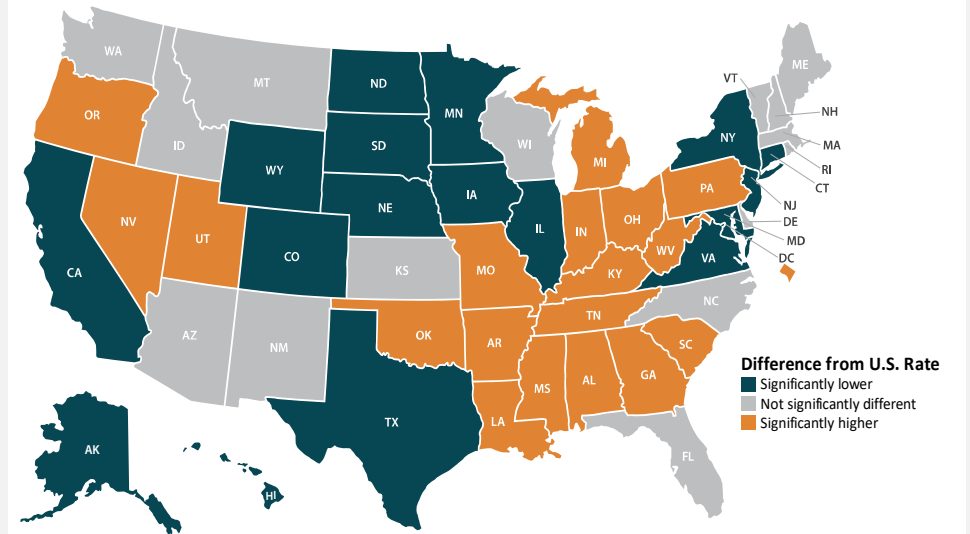
Race/Ethnicity

Income

Age



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



Measuring State-level Disparities in Unhealthy Days in Nevada

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

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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

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

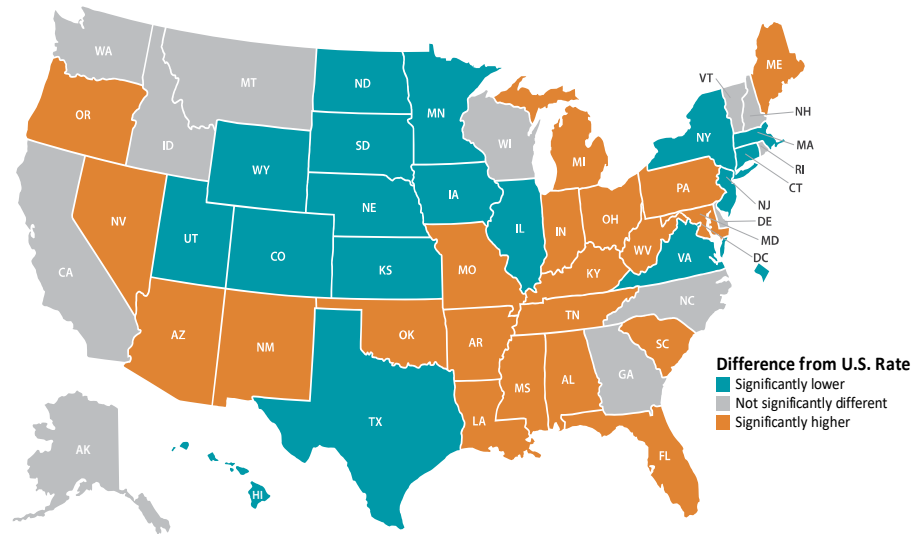
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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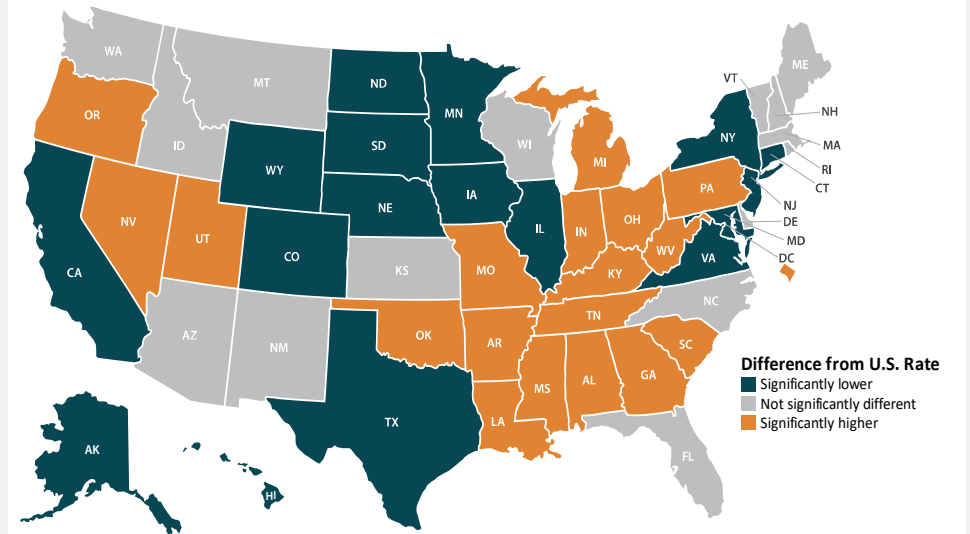


Average Number of Physically Unhealthy Days per Month, 2018-2020

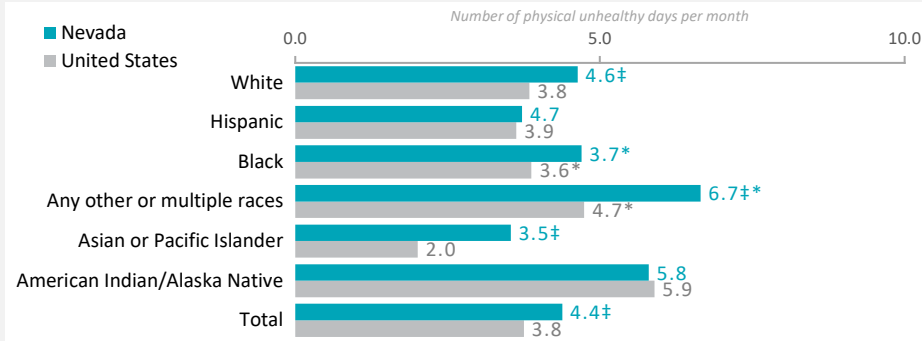


State vs National Rates

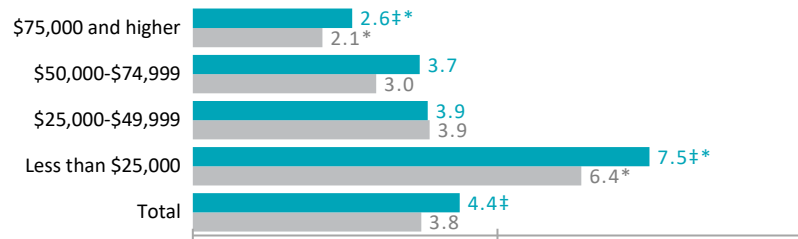
Average Number of Mentally Unhealthy Days per Month, 2018-2020



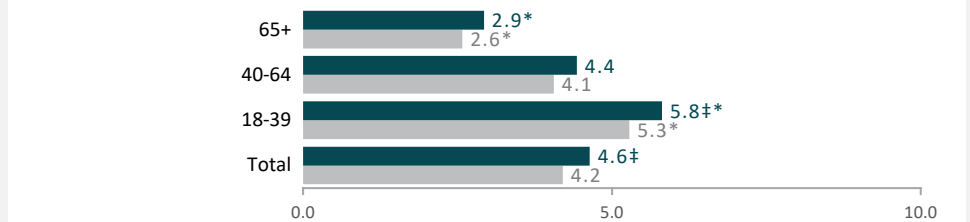
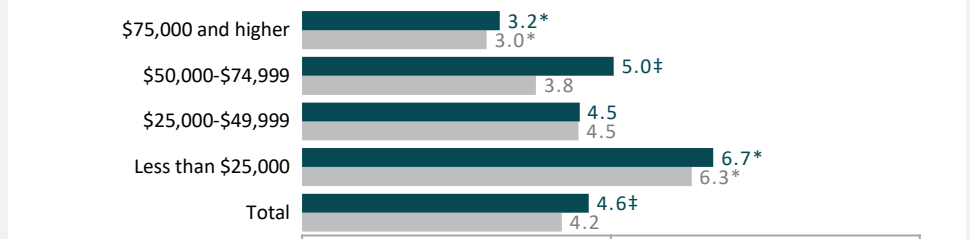
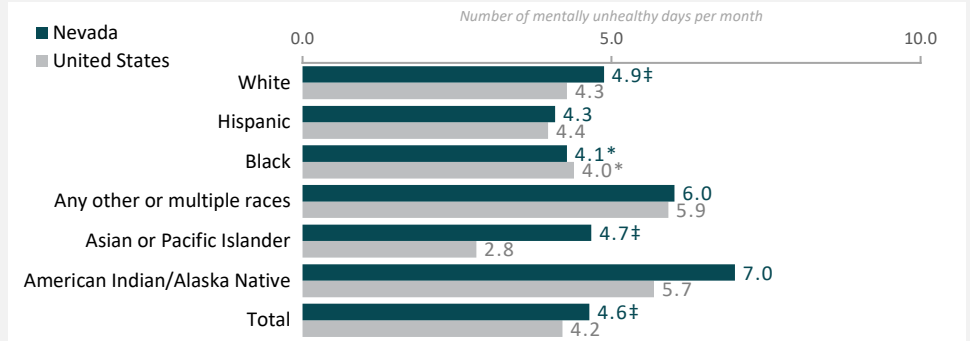
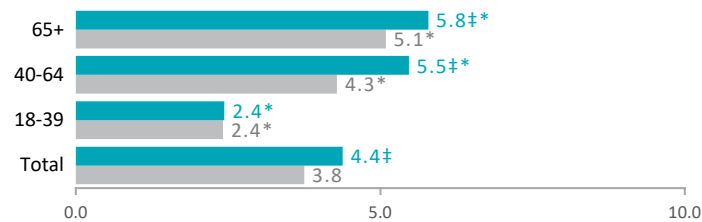
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in New York

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

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Notes

* Statistically significant difference from the total rate at the 95% confidence level.

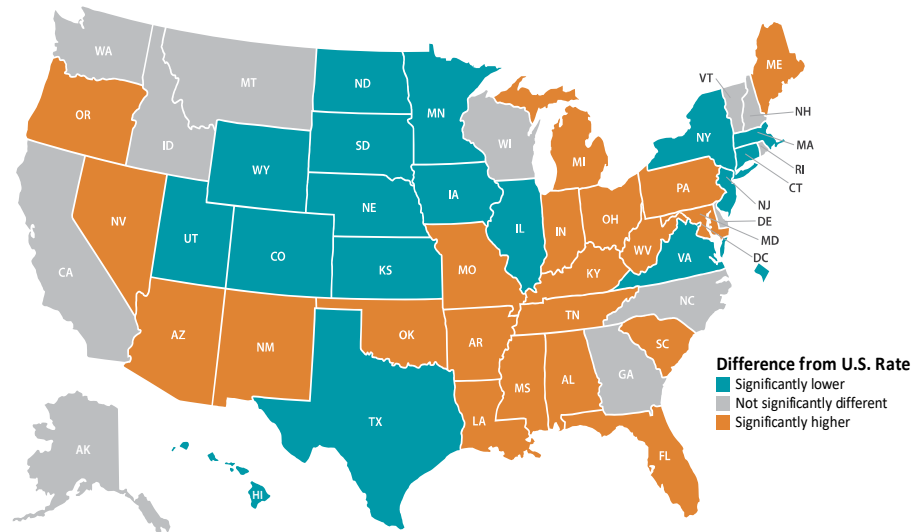
‡ Statistically significant difference from the U.S. rate at the 95% confidence level.

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

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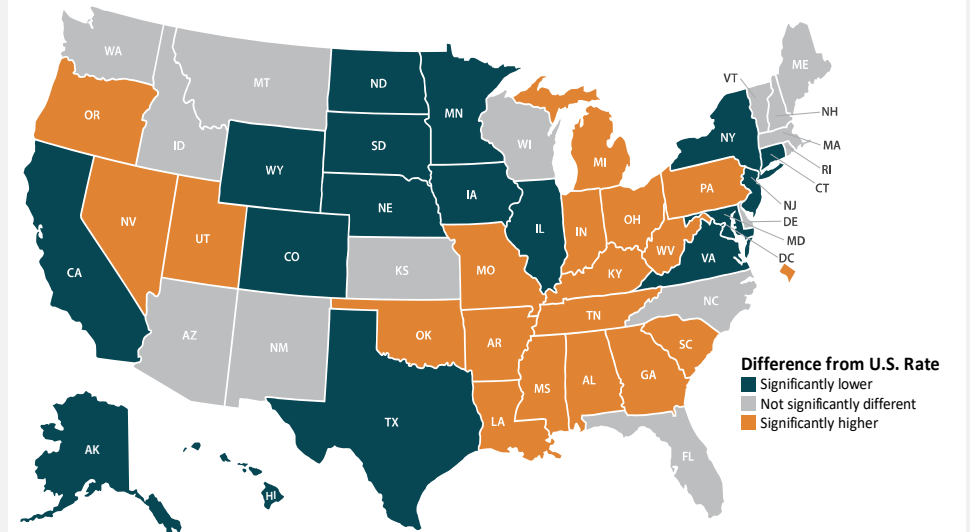
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Average Number of Physically Unhealthy Days per Month, 2018-2020

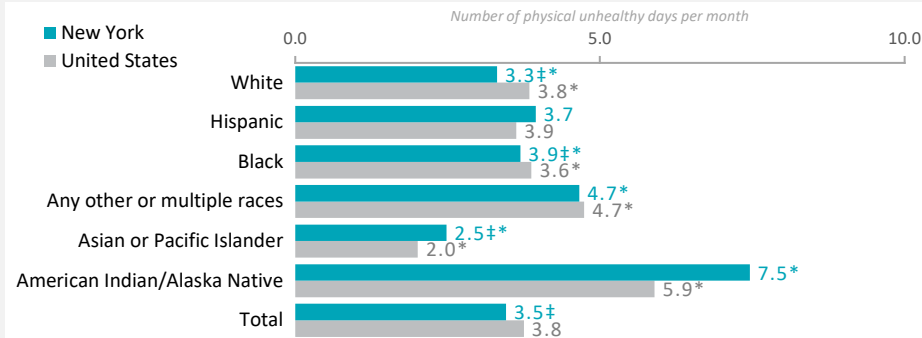


State vs National Rates

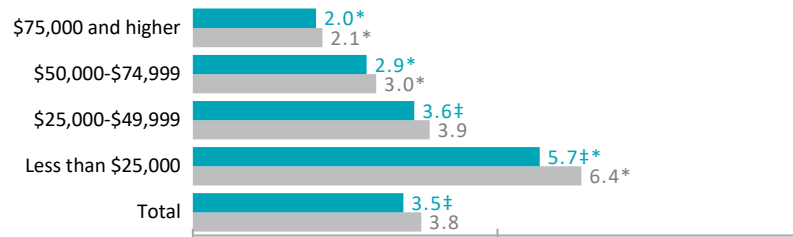
Average Number of Mentally Unhealthy Days per Month, 2018-2020



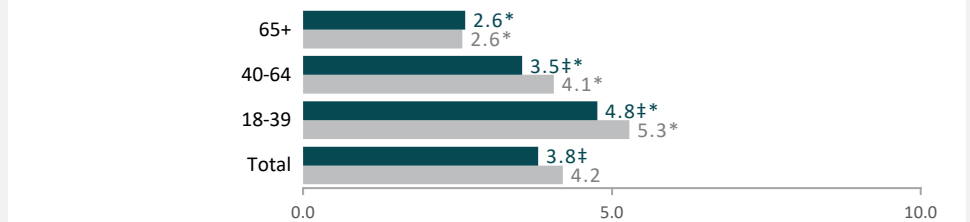
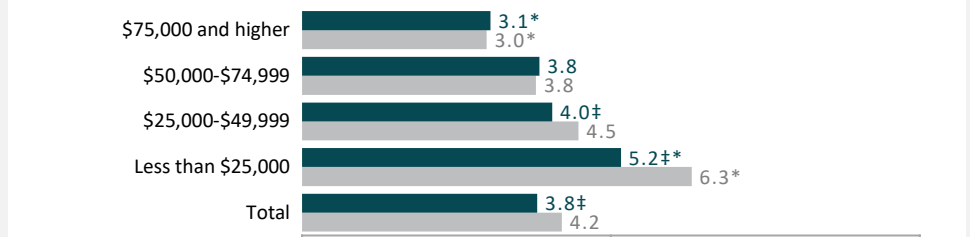
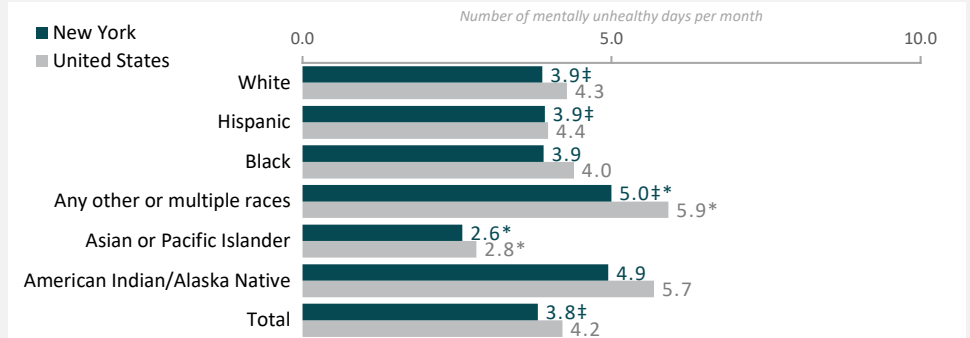
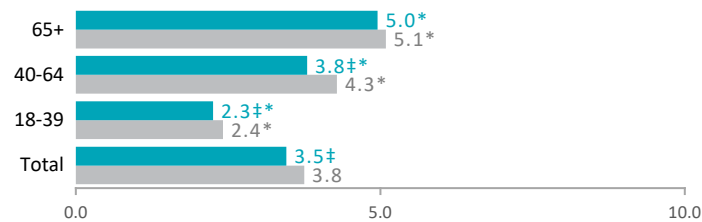
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in

Ohio

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
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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.

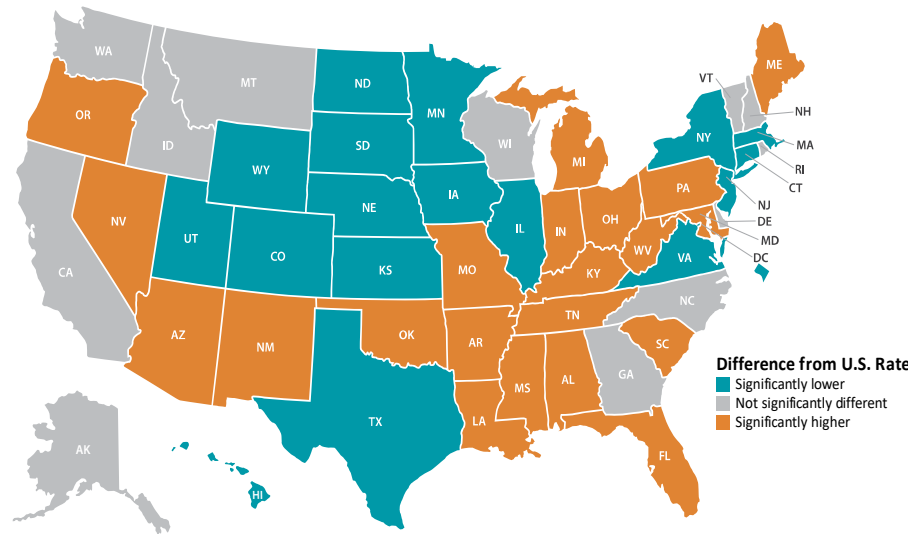
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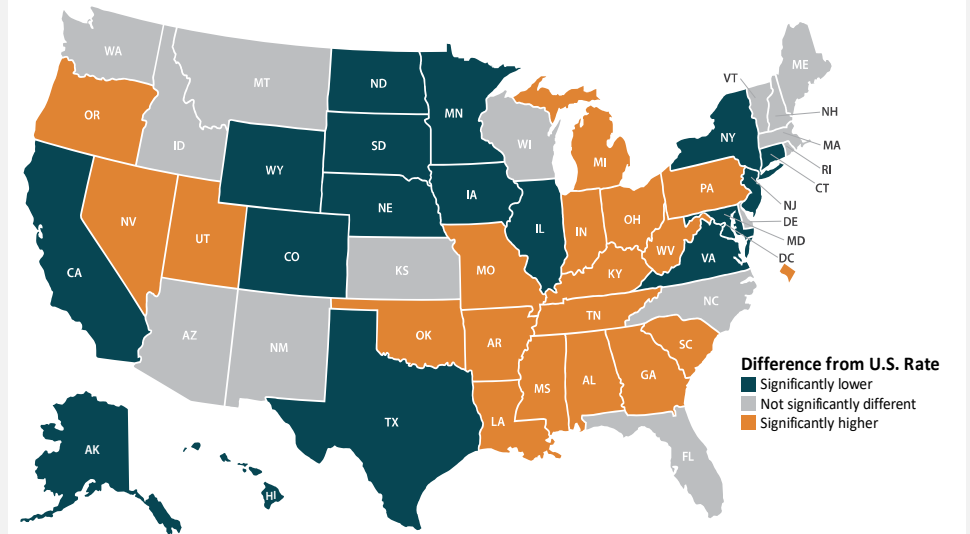


State vs National Rates

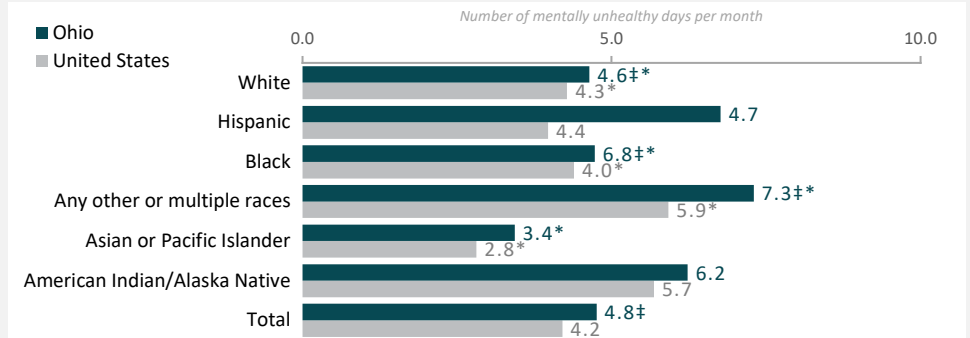
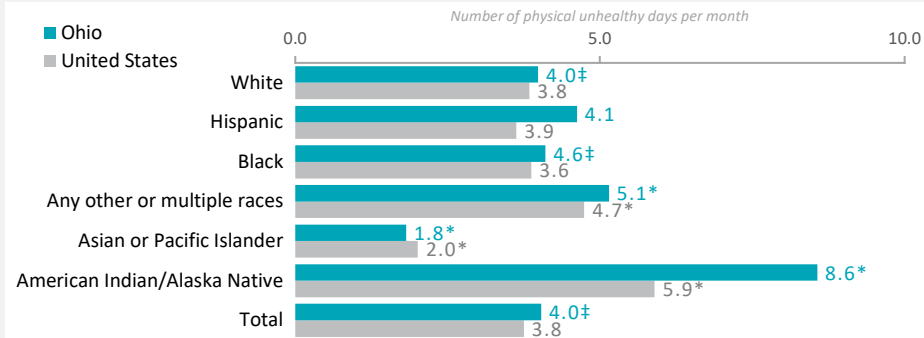
Average Number of Physically Unhealthy Days per Month, 2018-2020



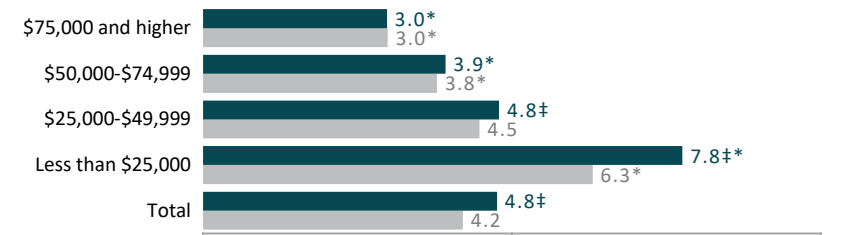
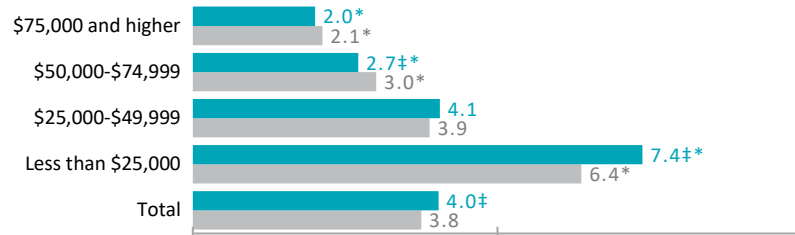
Average Number of Mentally Unhealthy Days per Month, 2018-2020



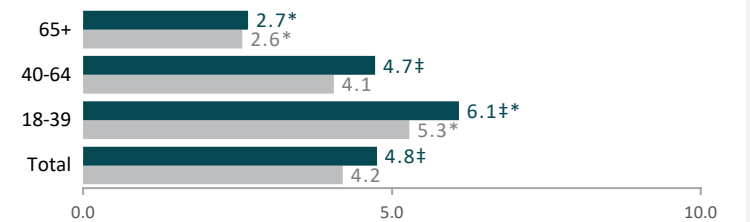
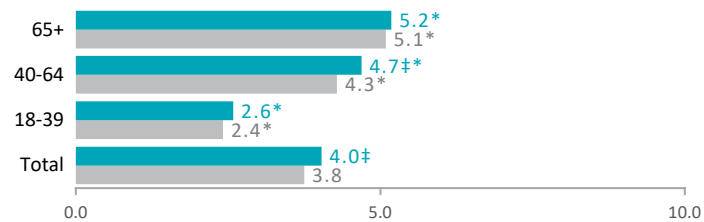
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Oklahoma

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.

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Notes

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

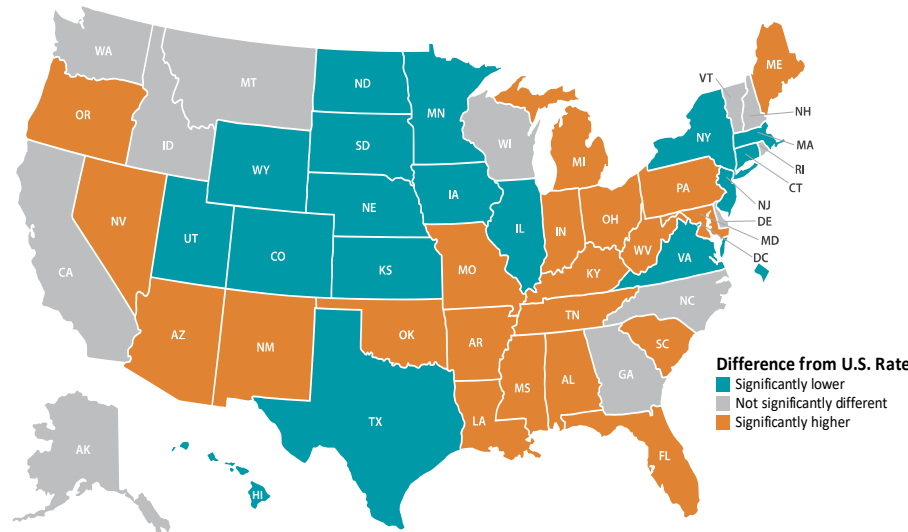
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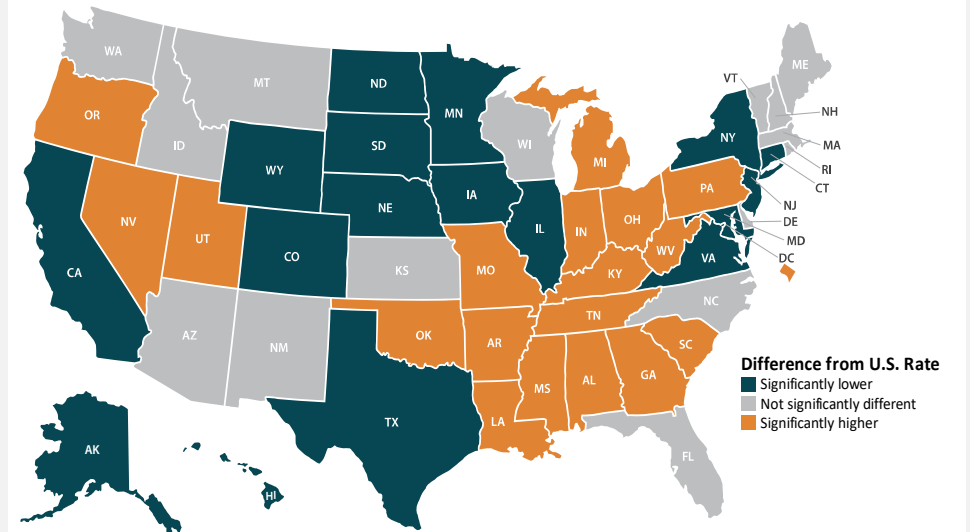


State vs National Rates

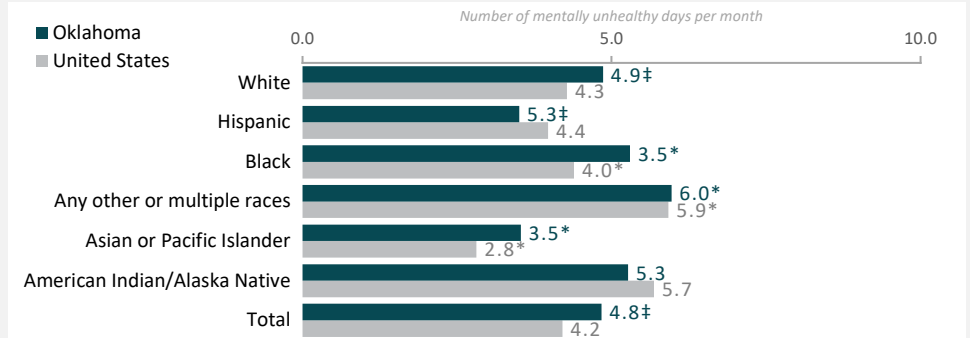
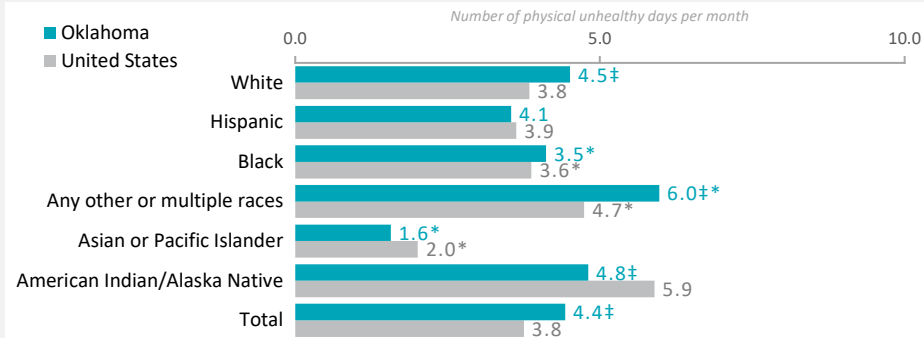
Average Number of **Physically Unhealthy Days** per Month, 2018-2020



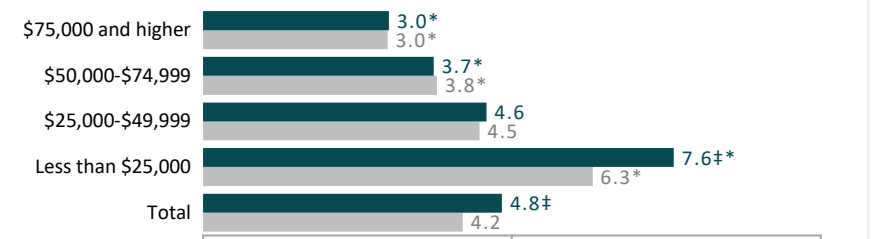
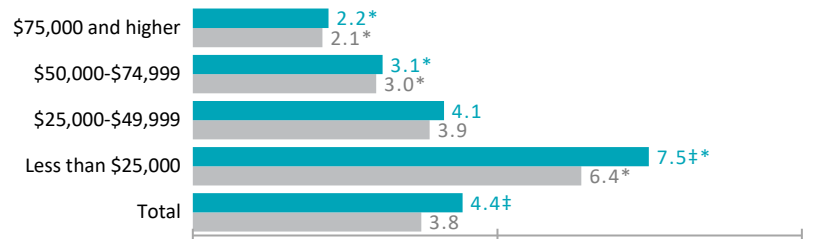
Average Number of **Mentally Unhealthy Days** per Month, 2018-2020



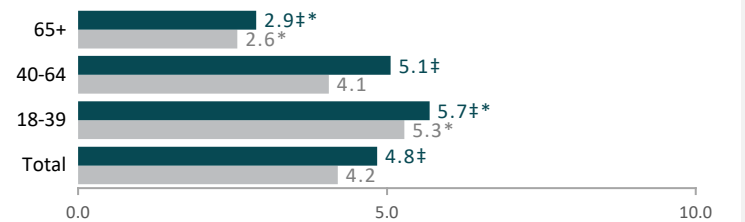
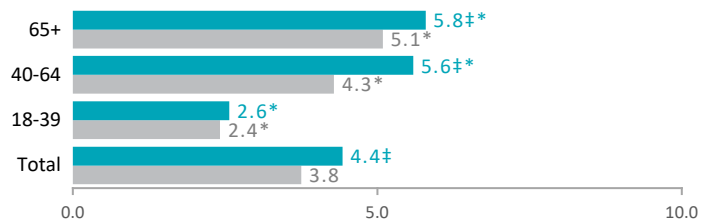
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Oregon

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.

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Notes

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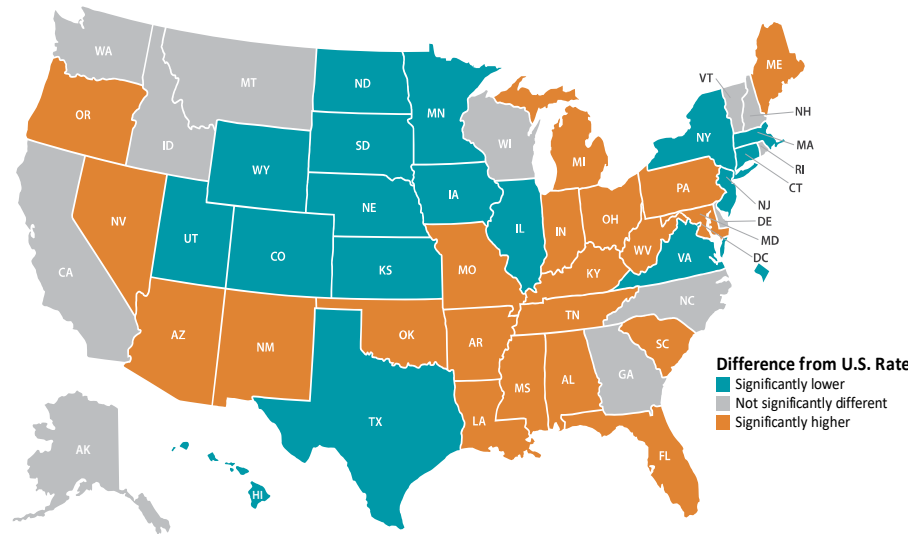
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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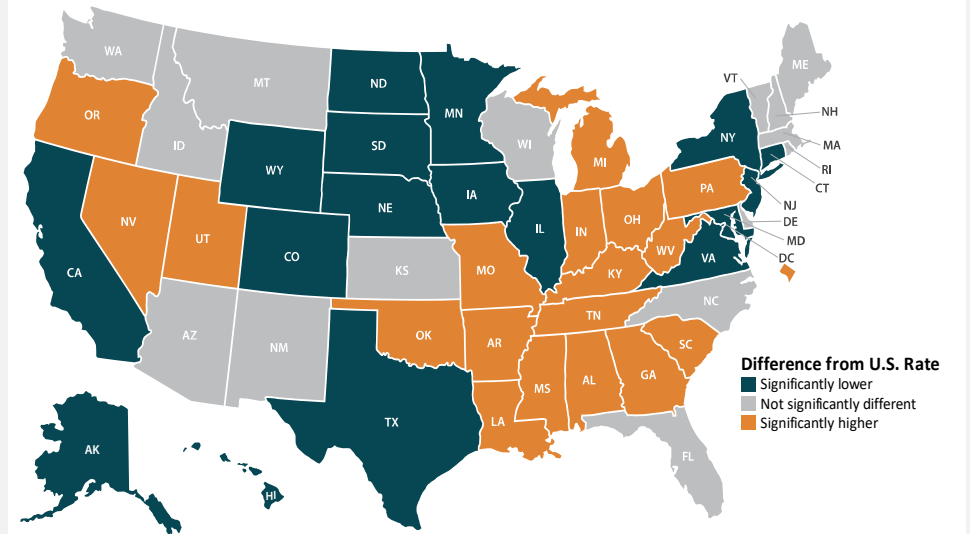


Average Number of Physically Unhealthy Days per Month, 2018-2020

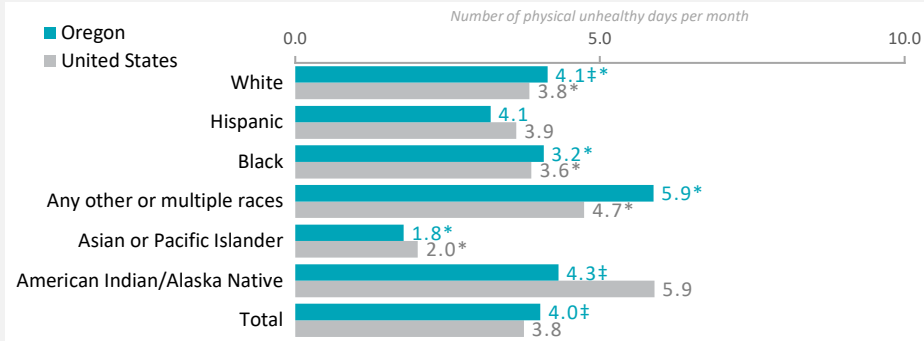


State vs National Rates

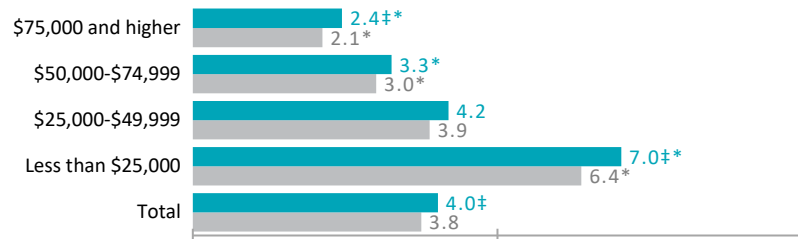
Average Number of Mentally Unhealthy Days per Month, 2018-2020



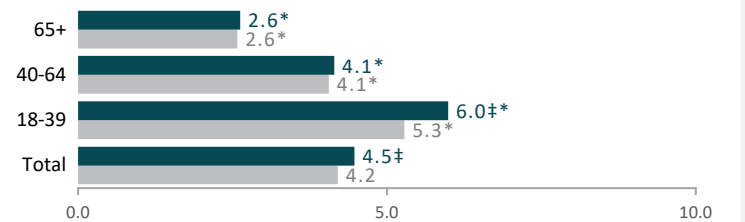
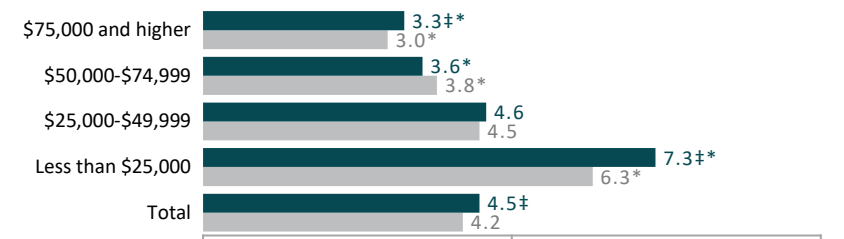
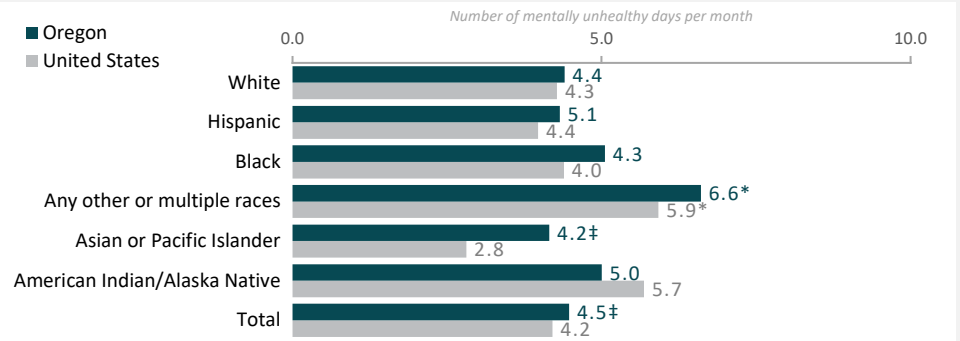
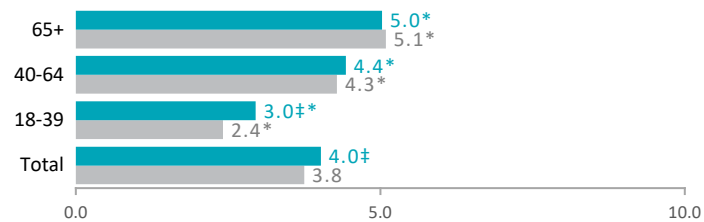
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Pennsylvania

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.

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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.

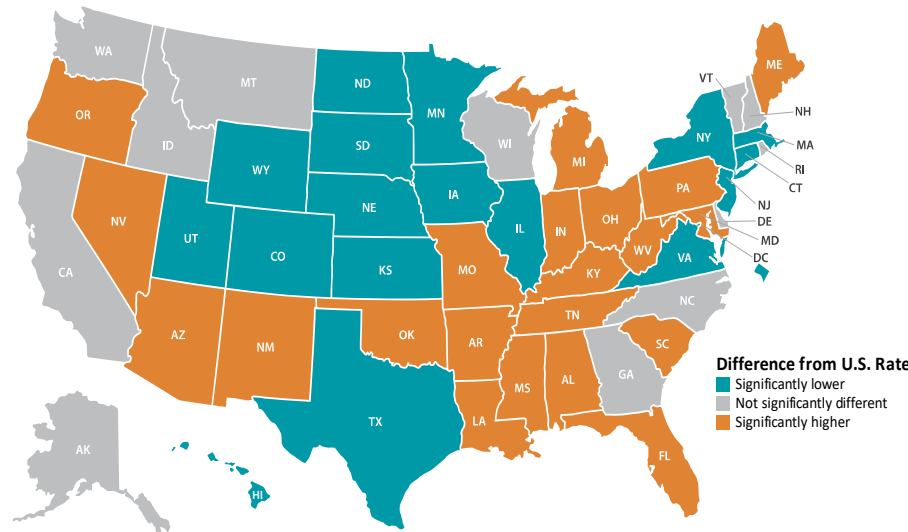
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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

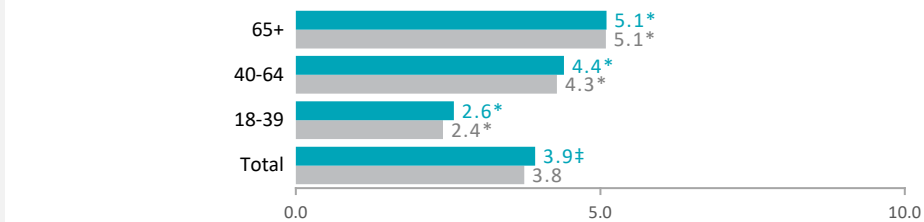
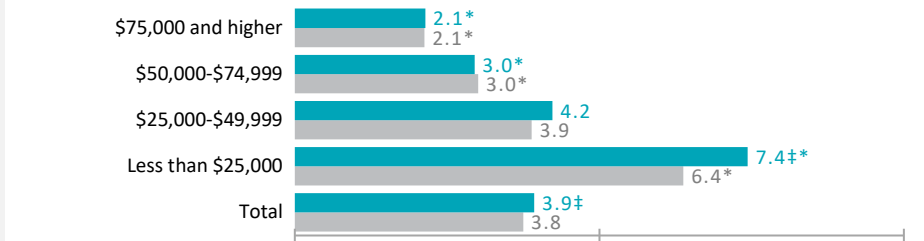
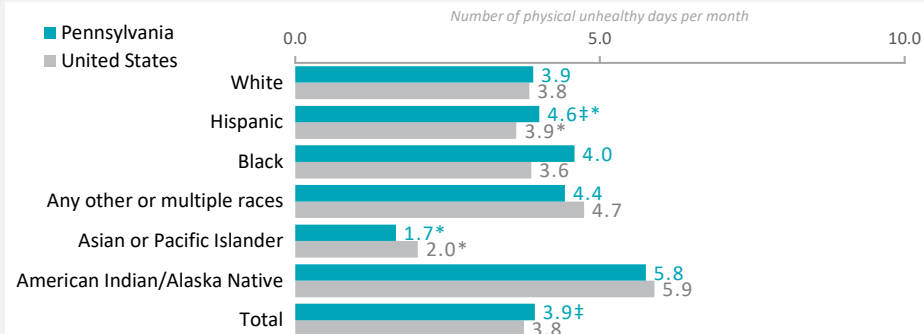


State vs National Rates

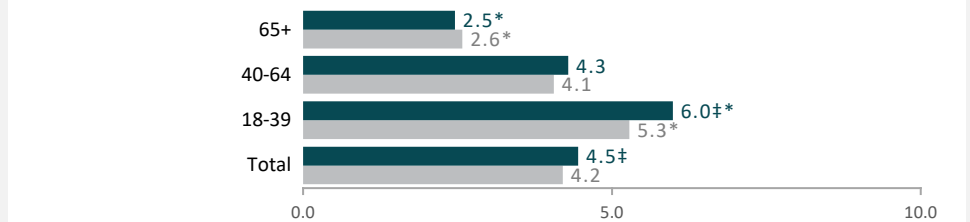
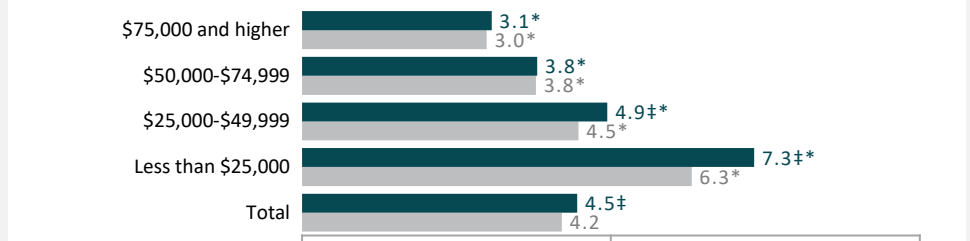
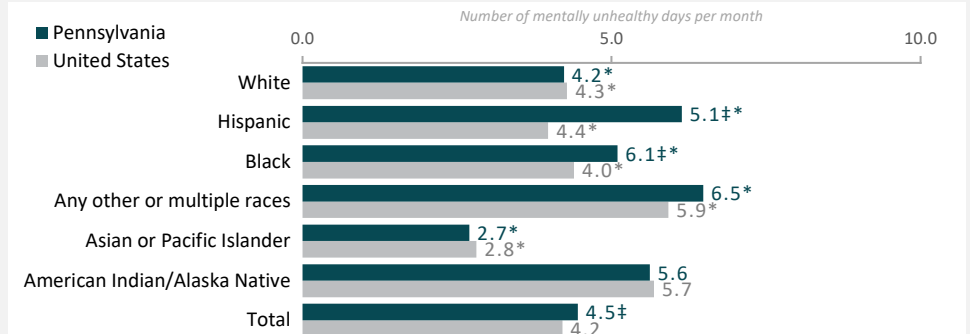
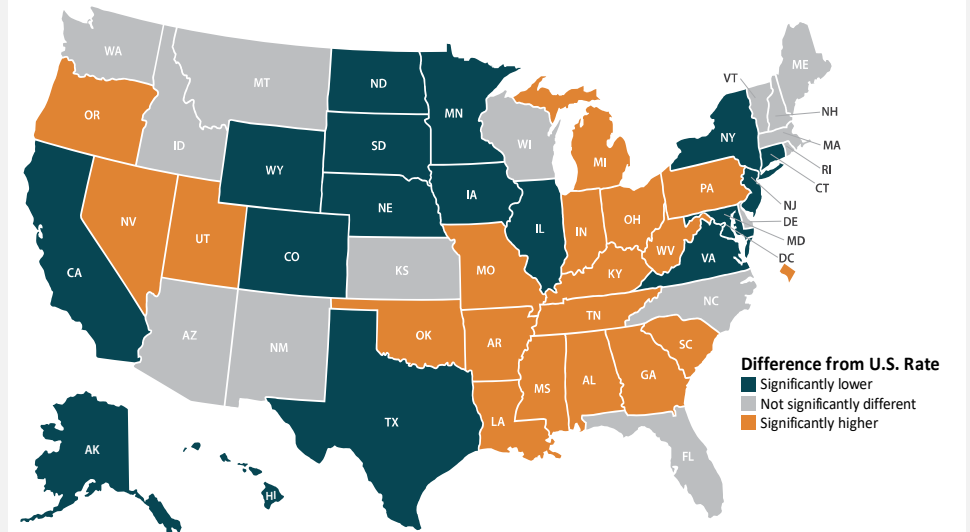
Race/Ethnicity

Income

Age



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



Measuring State-level Disparities in Unhealthy Days in Rhode Island

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
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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).

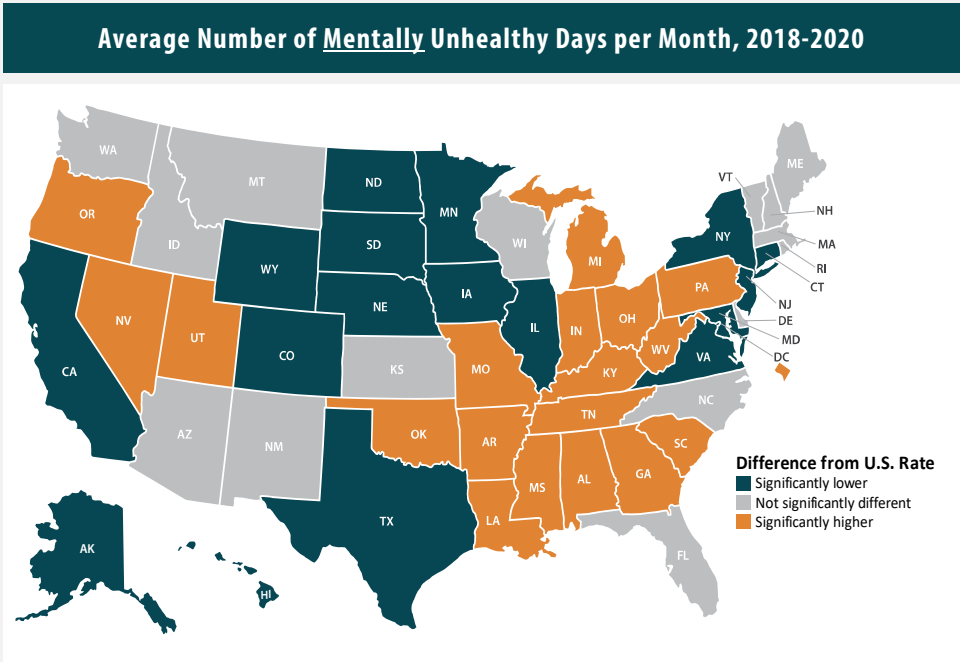
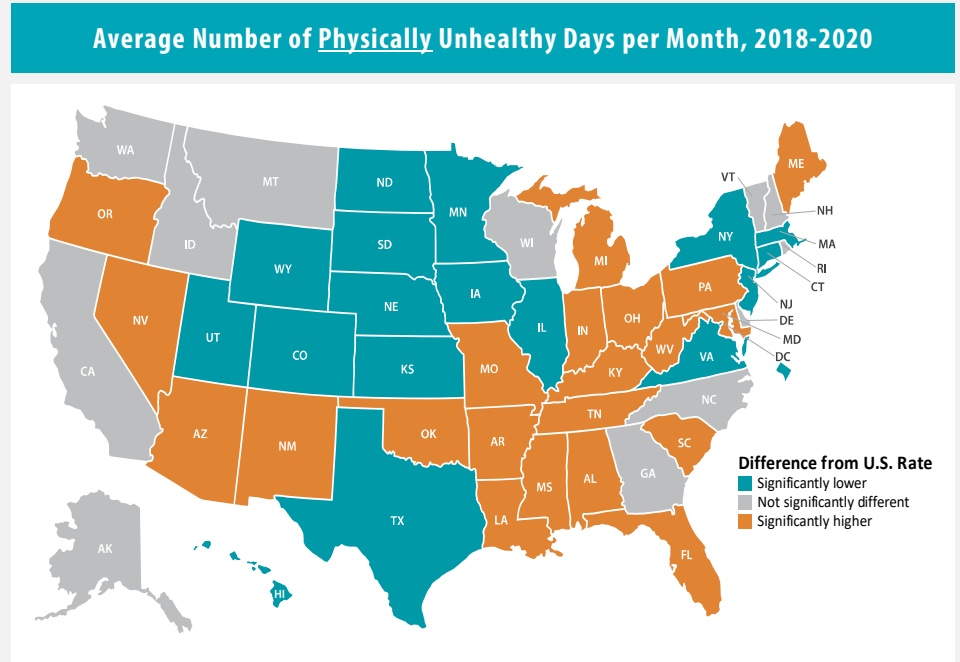
Notes
 * Statistically significant difference from the total rate at the 95% confidence level.
 ‡ Statistically significant difference from the U.S. rate at the 95% confidence level.

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

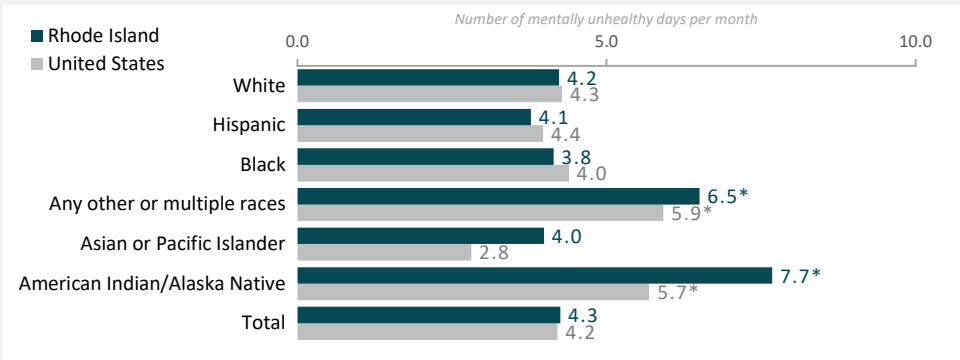
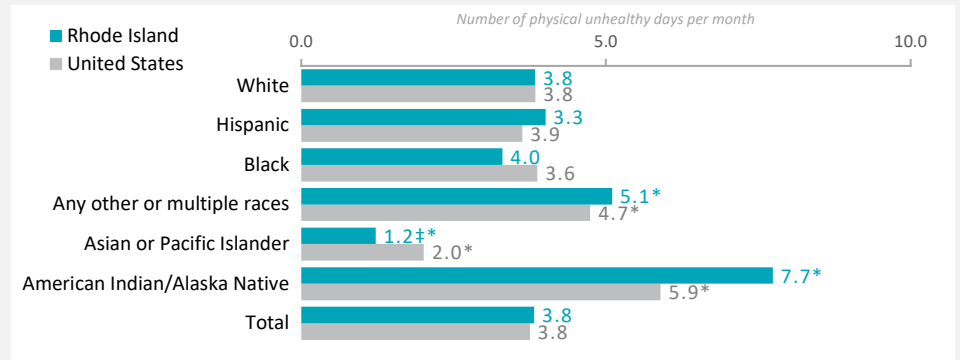
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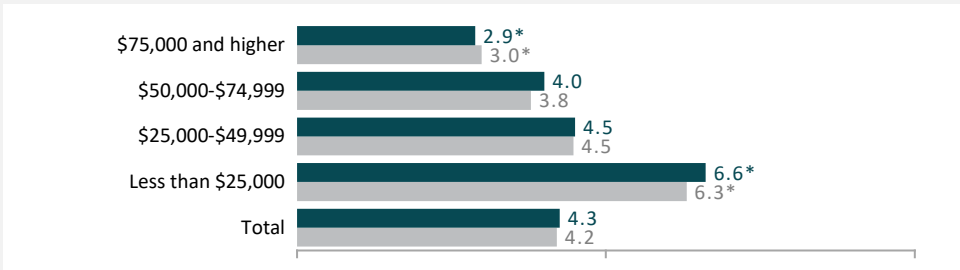
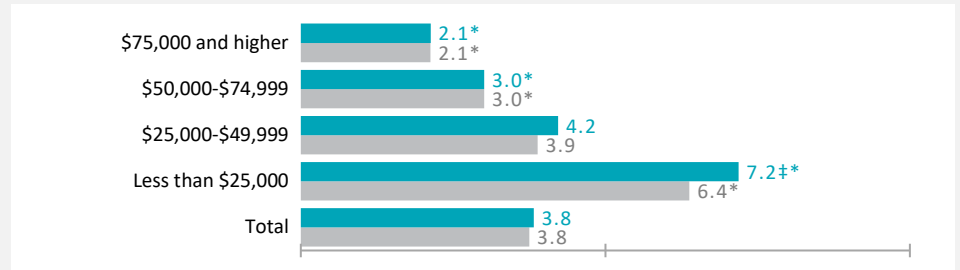
State vs National Rates



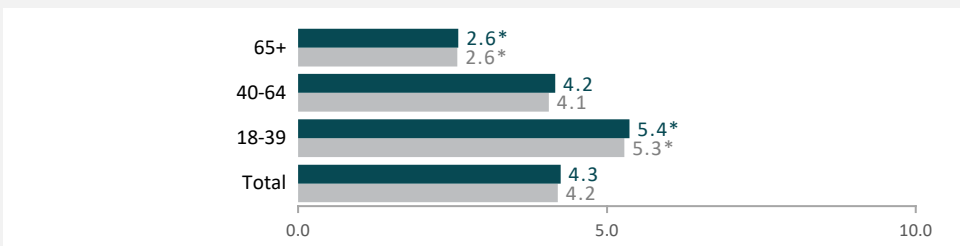
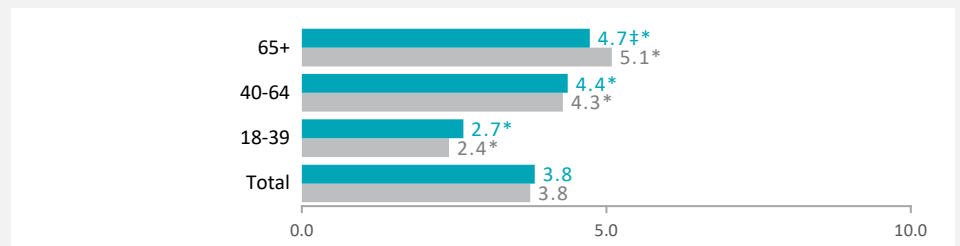
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in

South Carolina

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.

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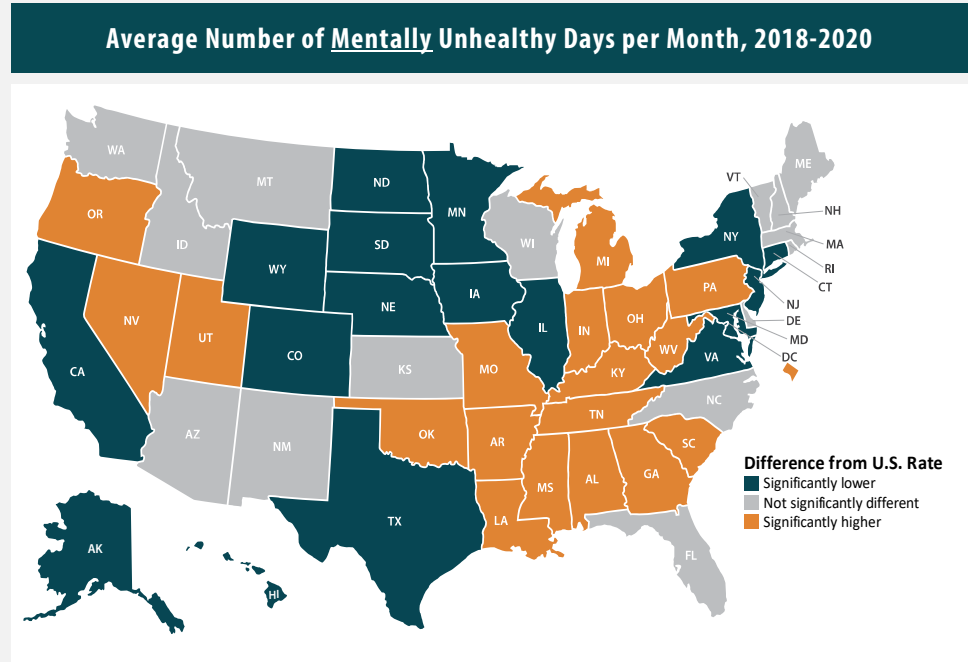
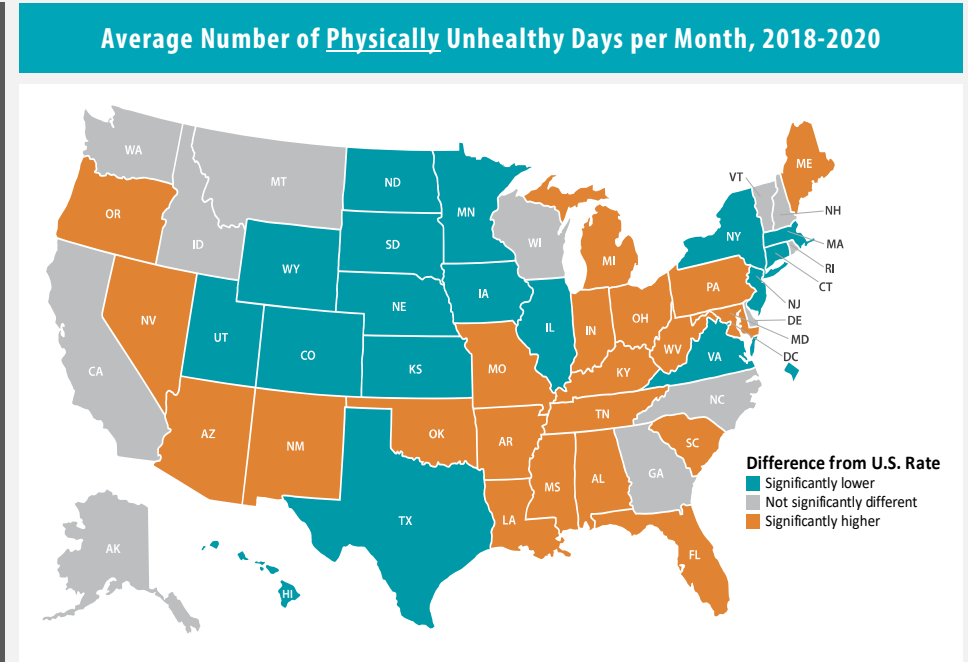
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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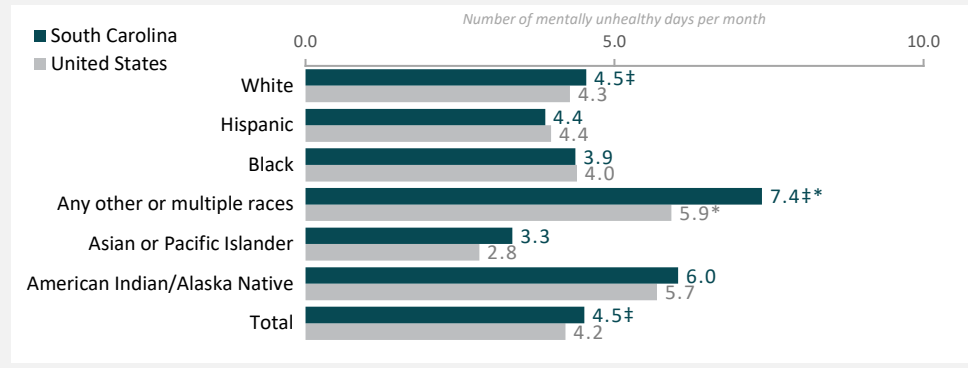
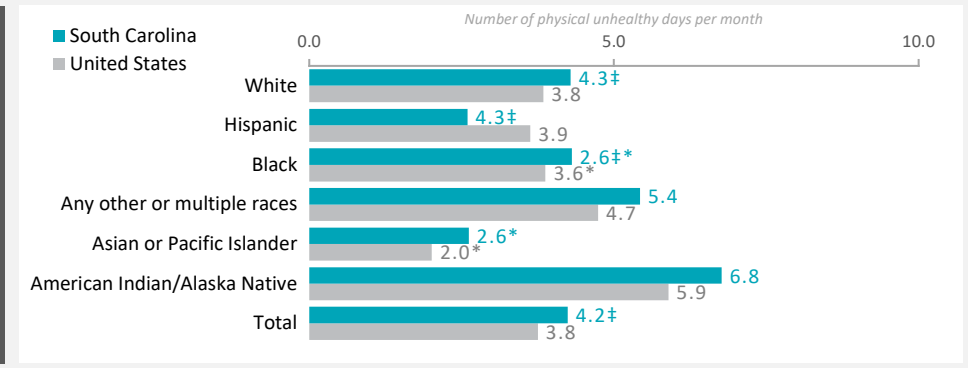
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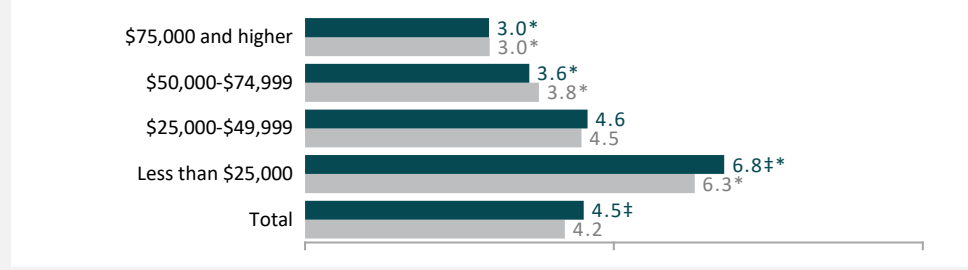
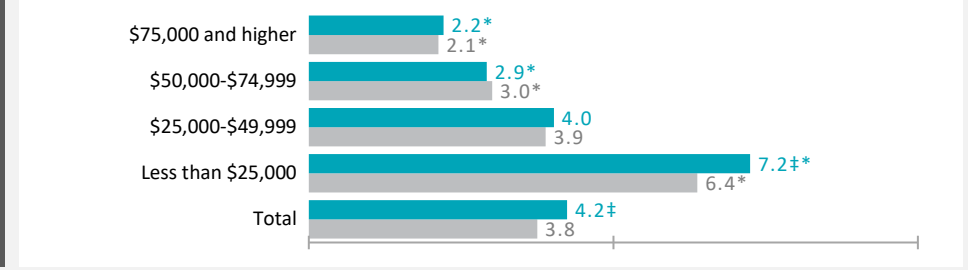
State vs National Rates



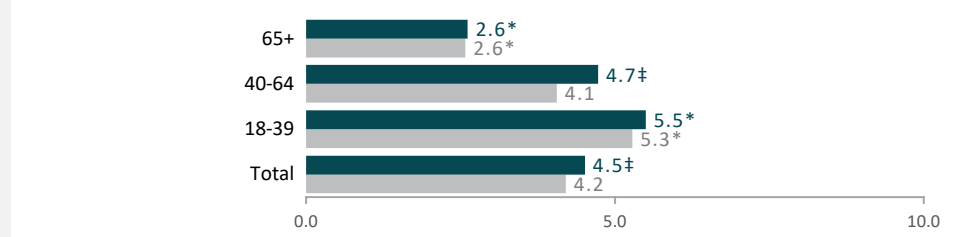
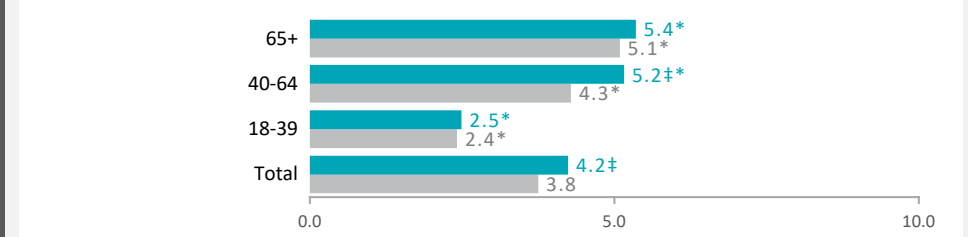
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in

South Dakota

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.

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

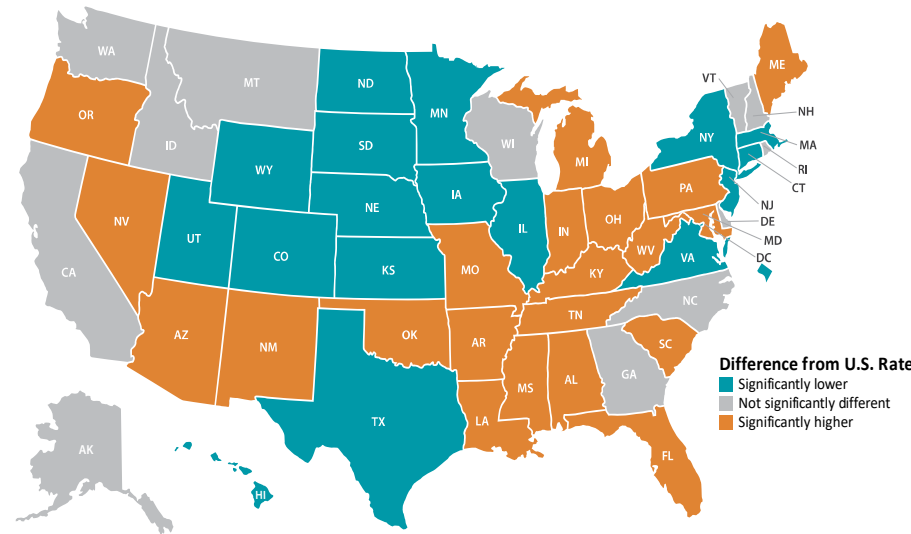
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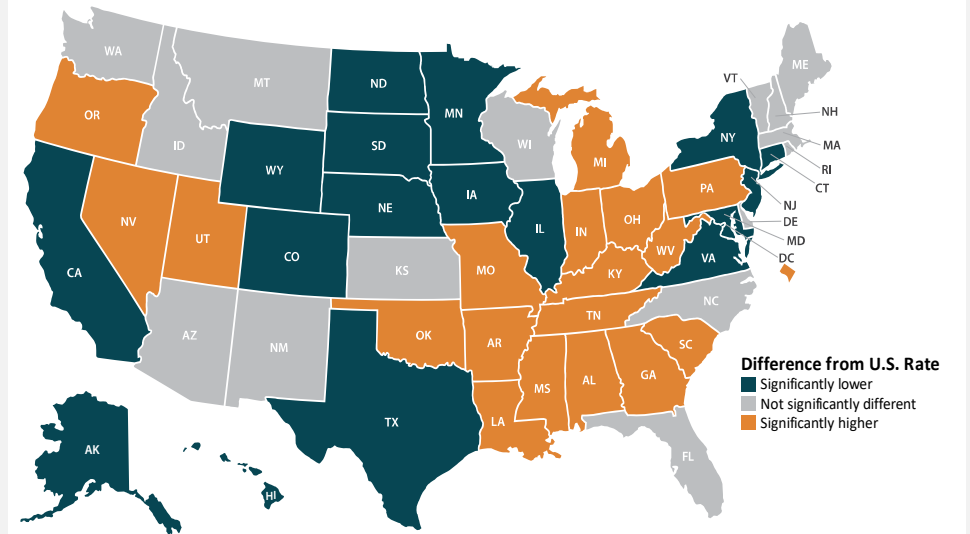


State vs National Rates

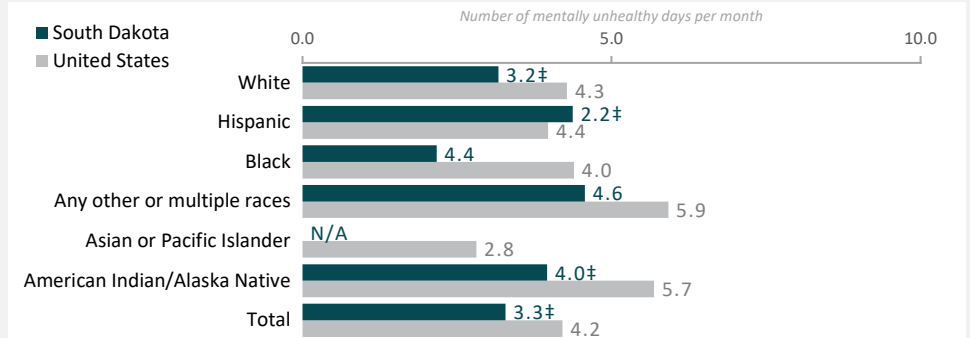
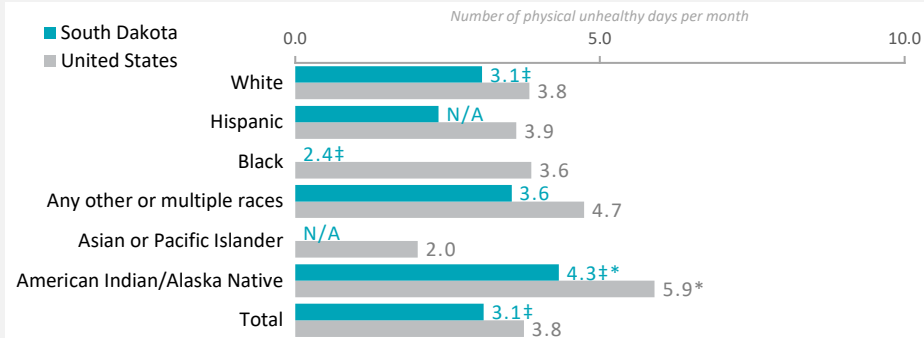
Average Number of Physically Unhealthy Days per Month, 2018-2020



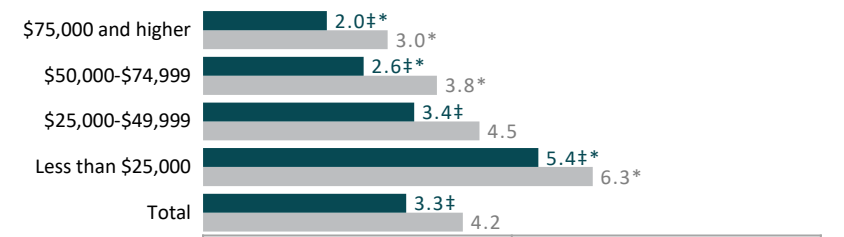
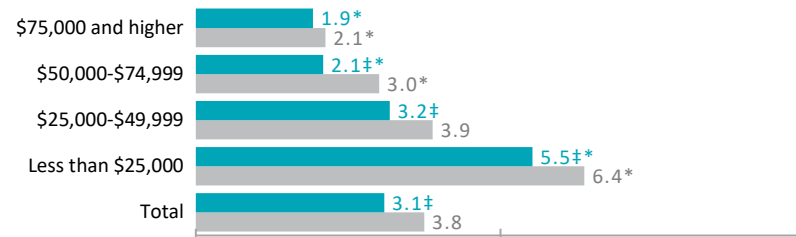
Average Number of Mentally Unhealthy Days per Month, 2018-2020



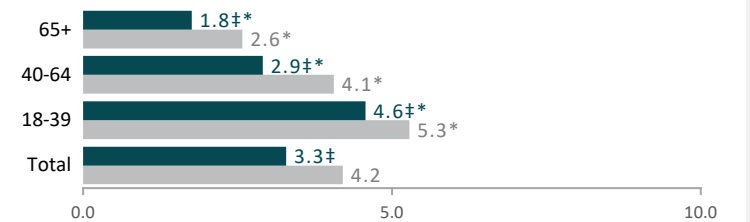
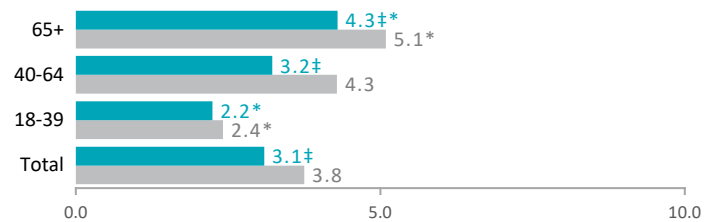
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Tennessee

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.

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

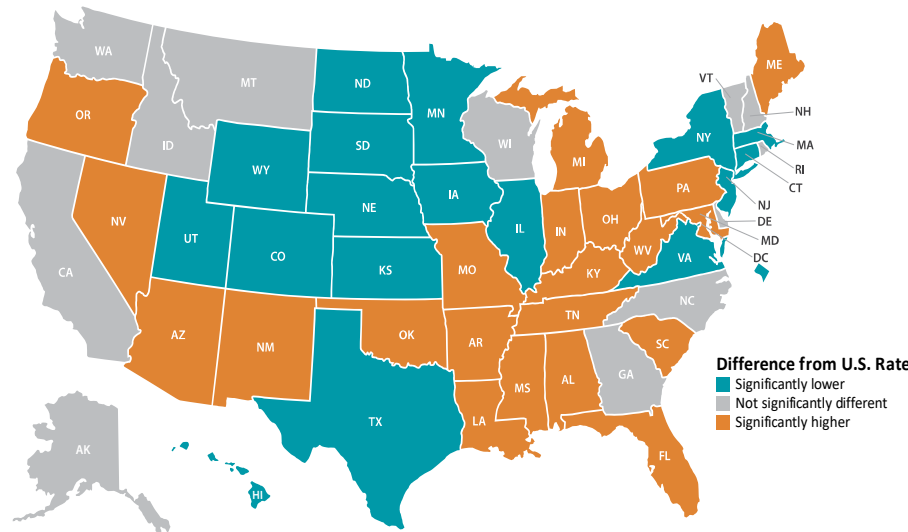
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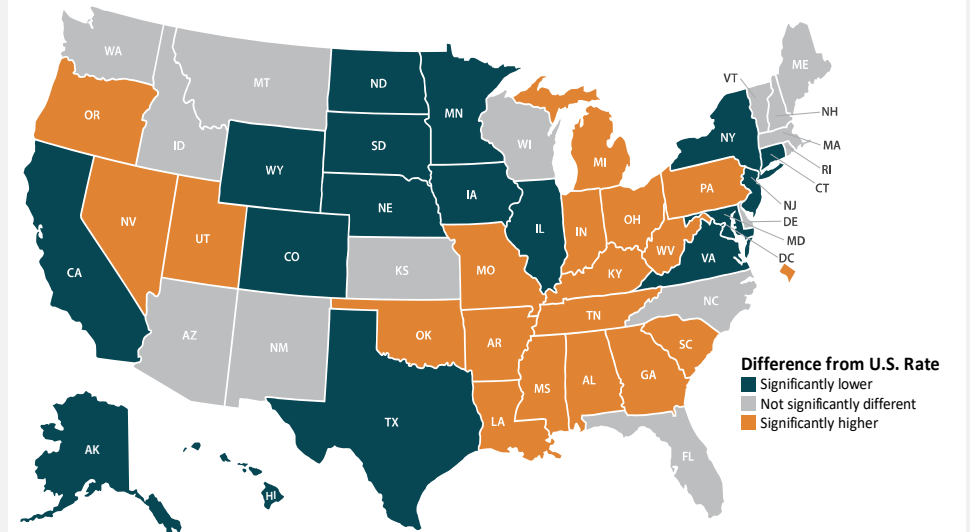


State vs National Rates

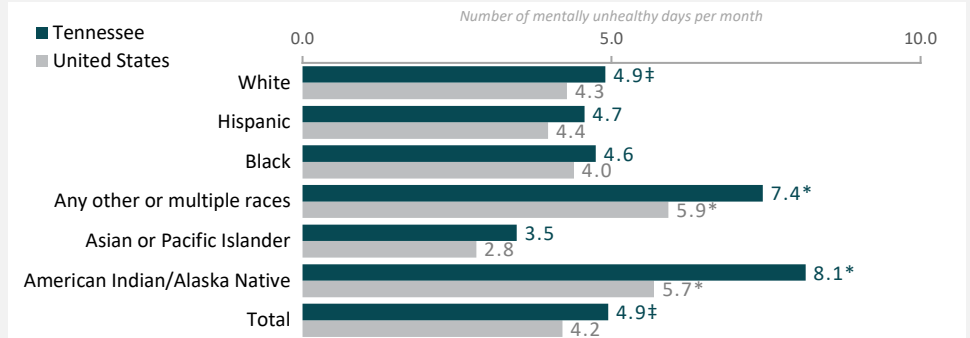
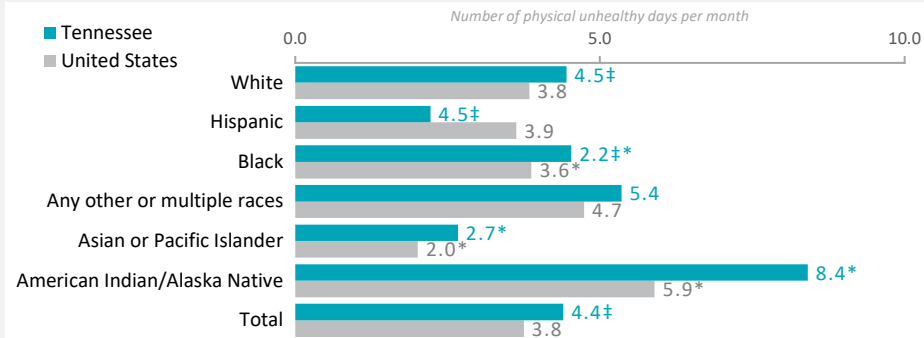
Average Number of Physically Unhealthy Days per Month, 2018-2020



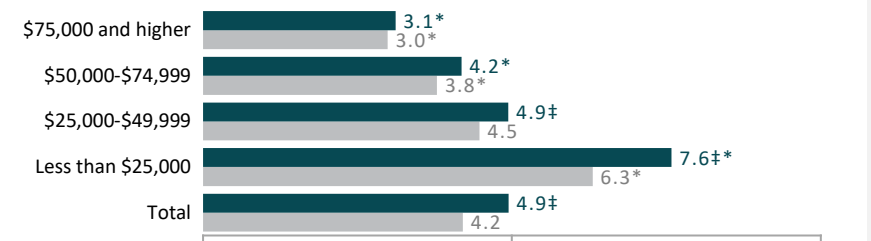
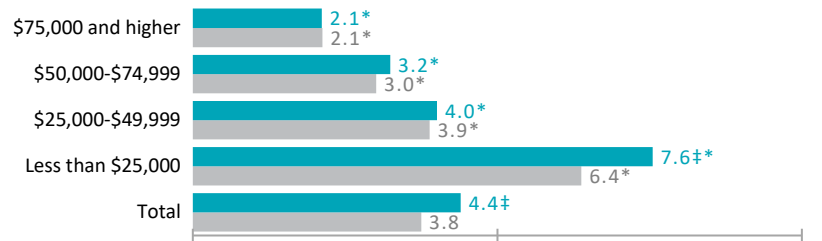
Average Number of Mentally Unhealthy Days per Month, 2018-2020



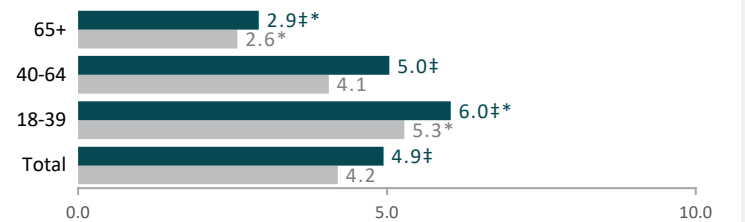
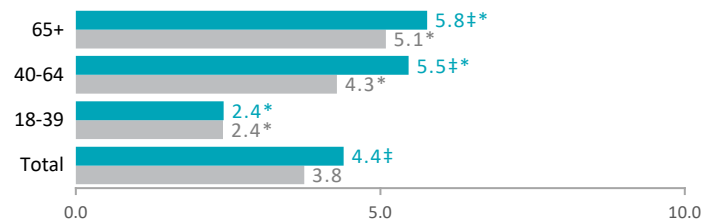
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in Texas

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.

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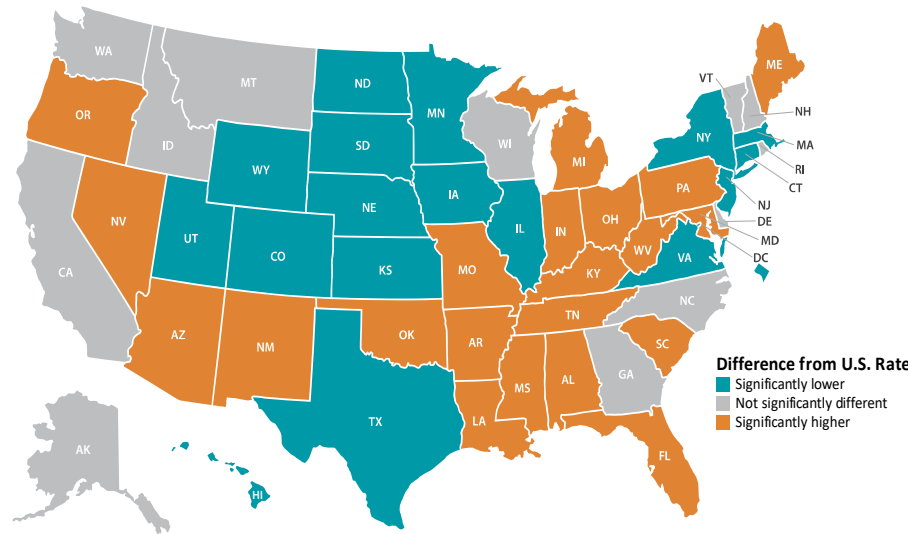
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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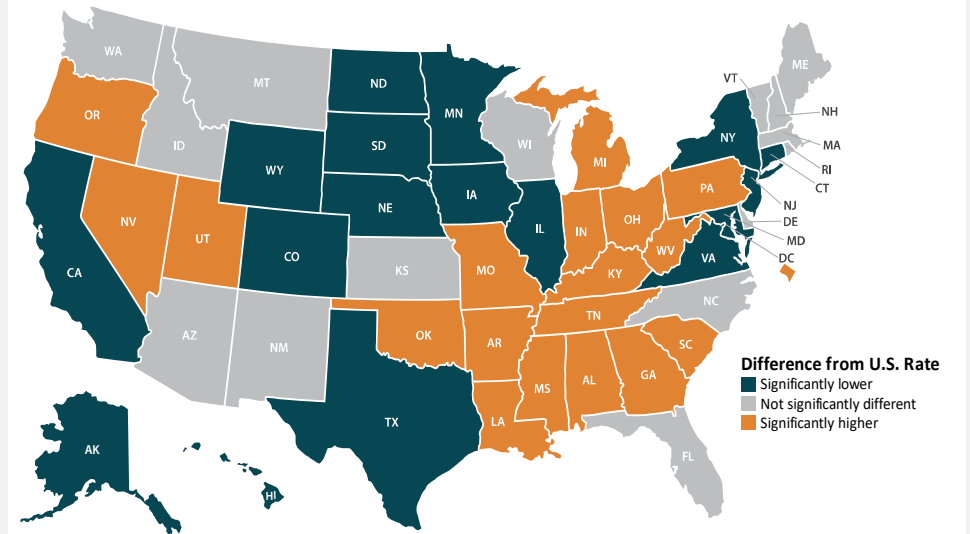
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

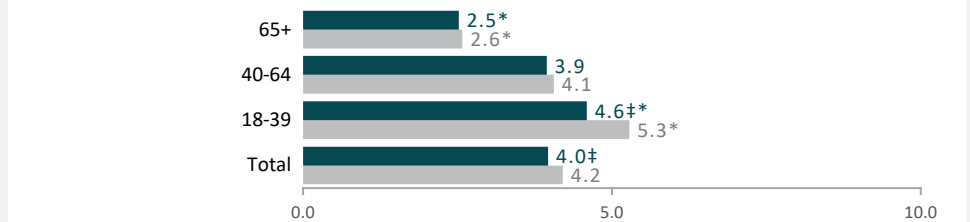
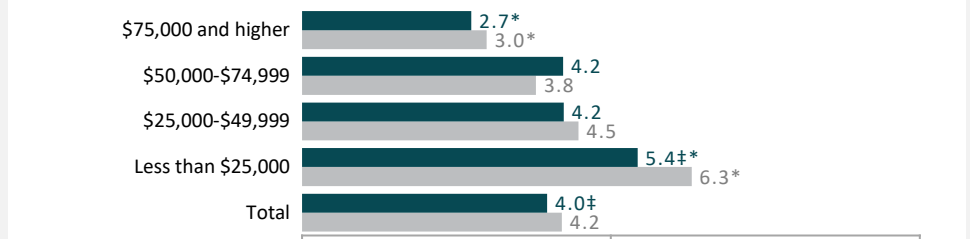
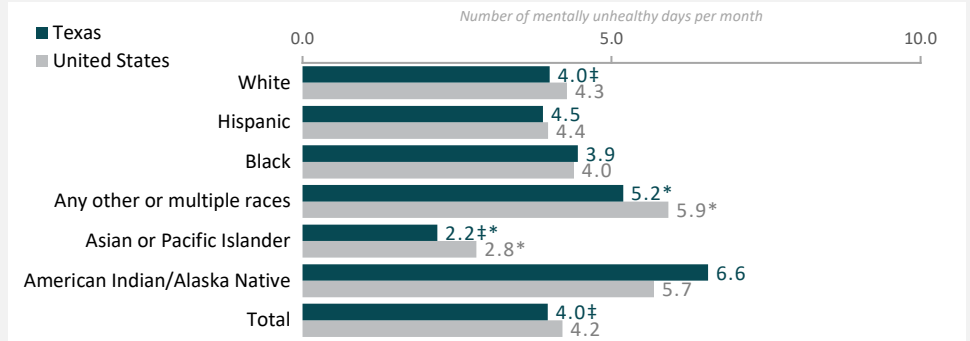
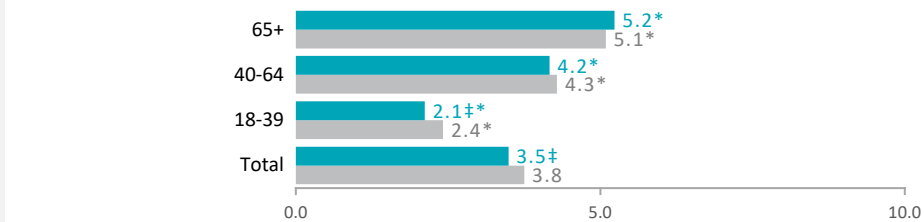
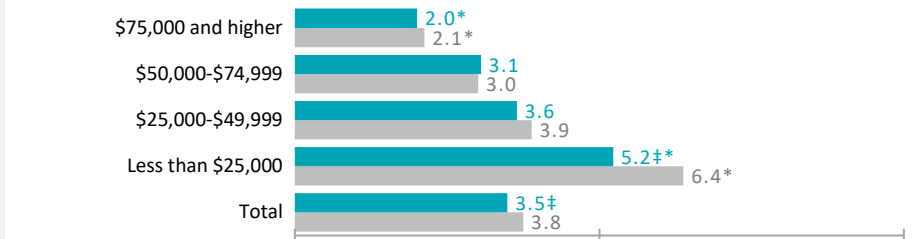
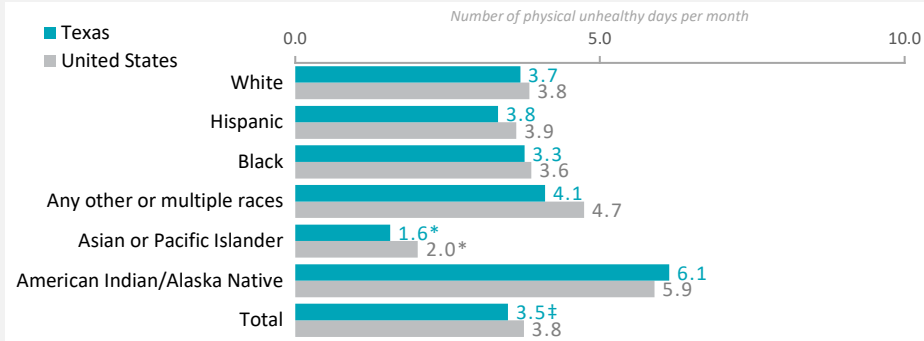


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Utah

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.

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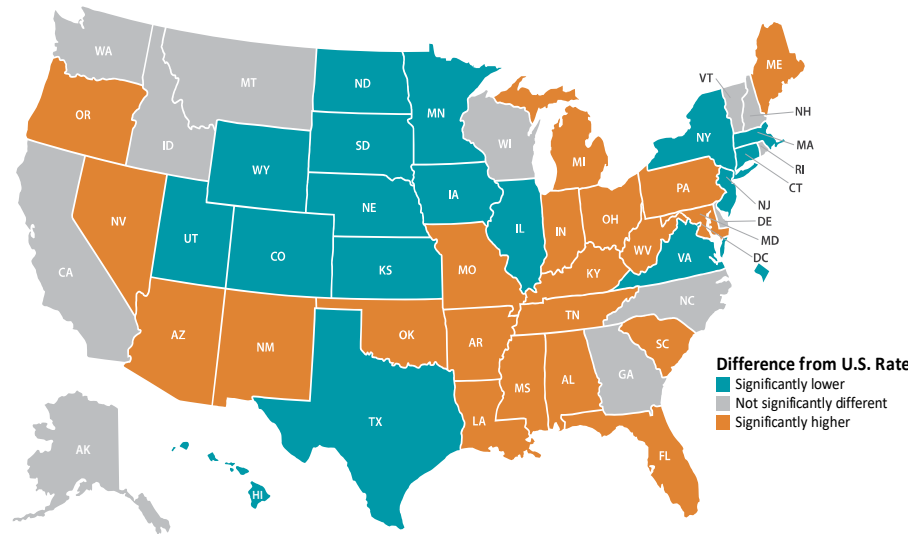
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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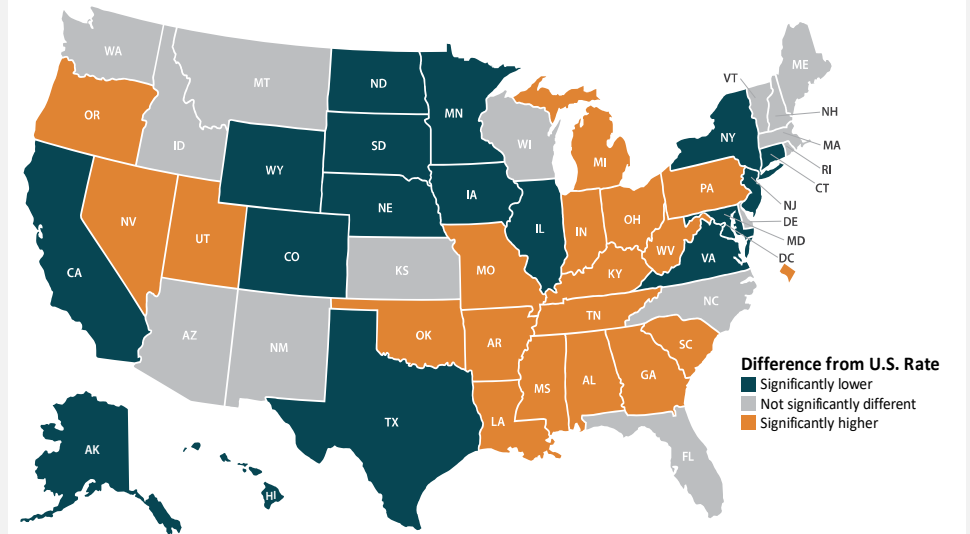
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

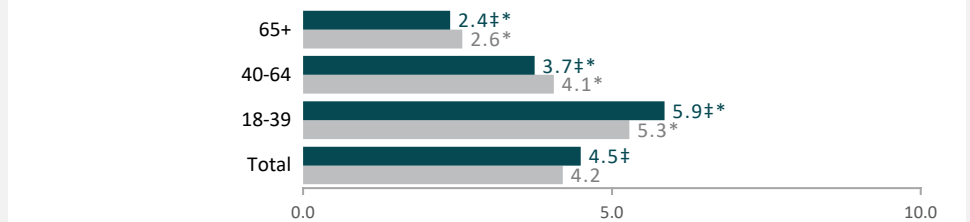
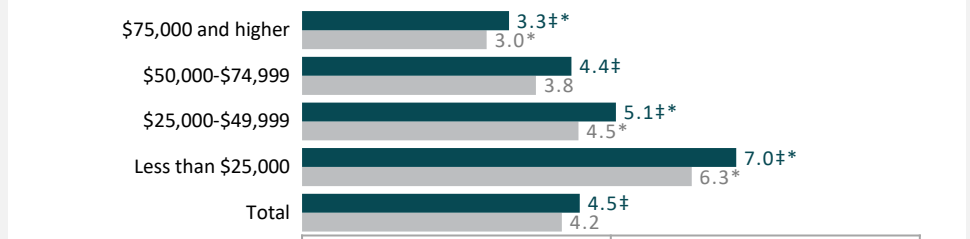
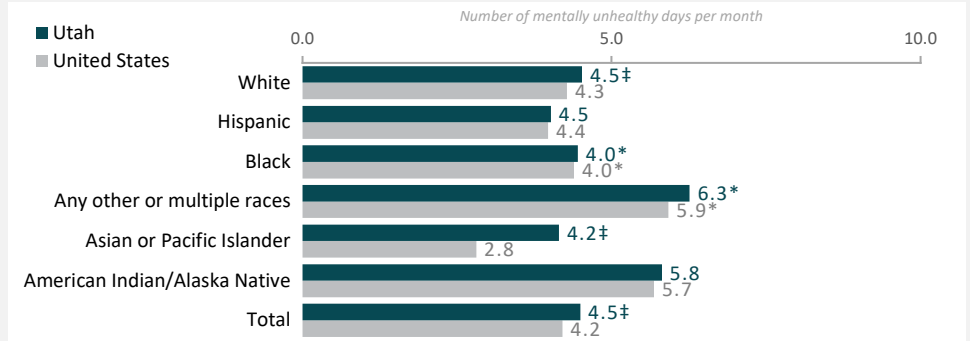
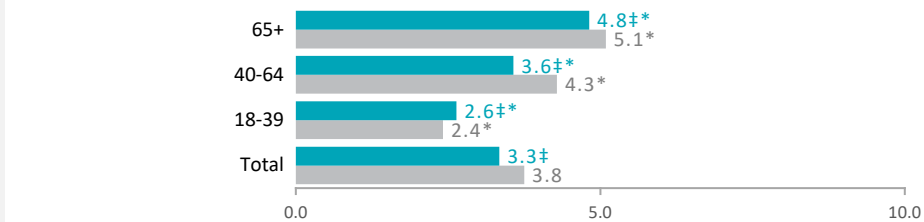
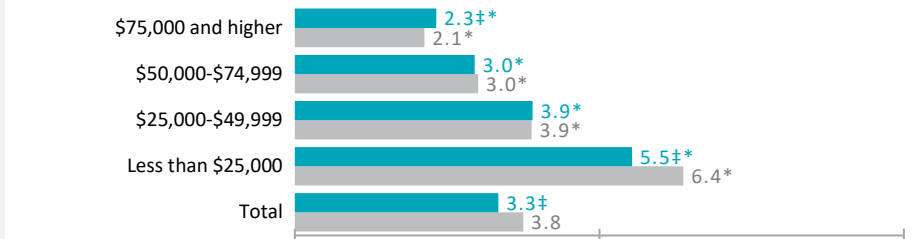
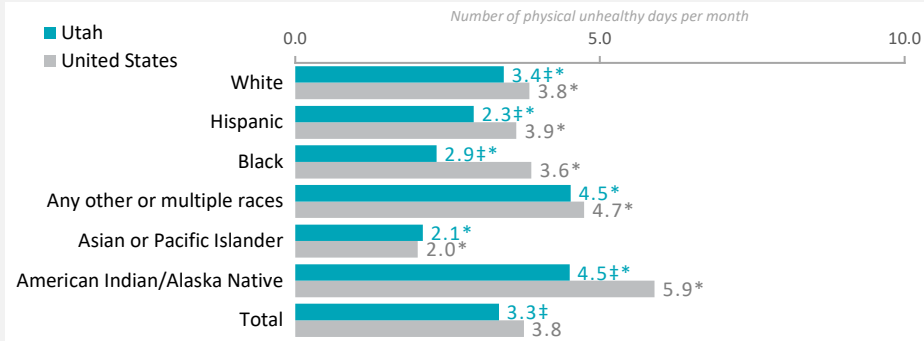


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Virginia

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.

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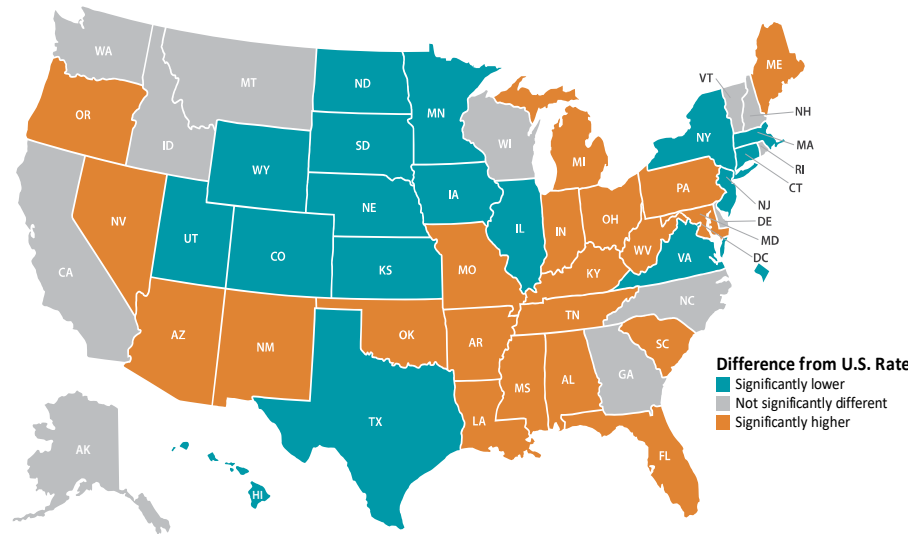
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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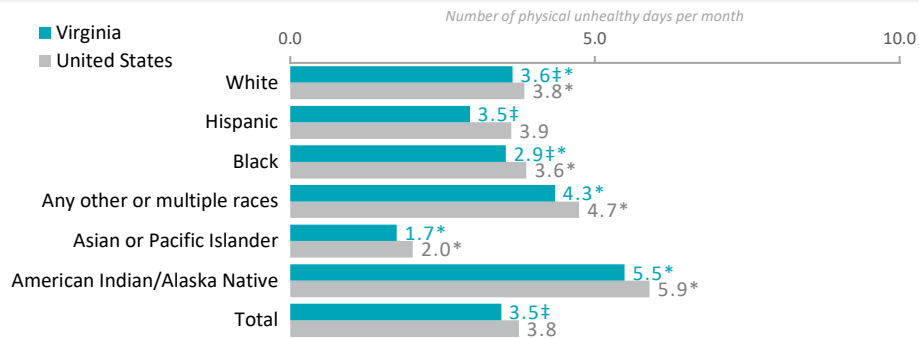
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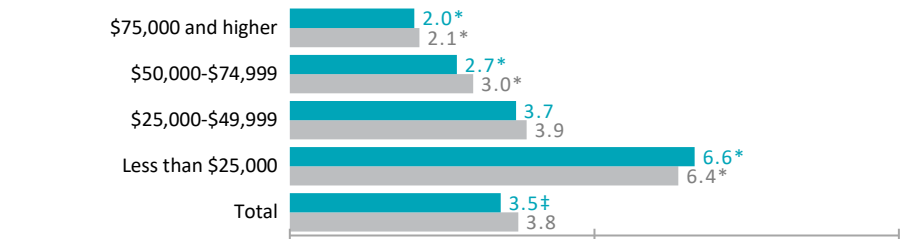
Average Number of Physically Unhealthy Days per Month, 2018-2020



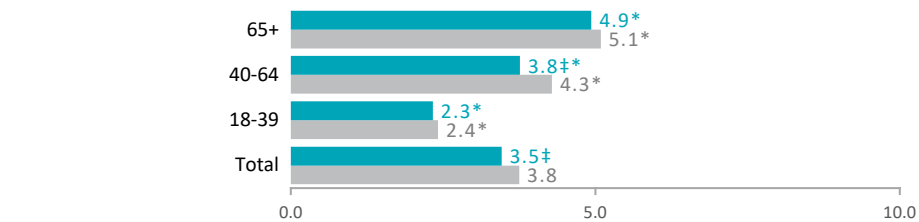
State vs National Rates



Race/Ethnicity

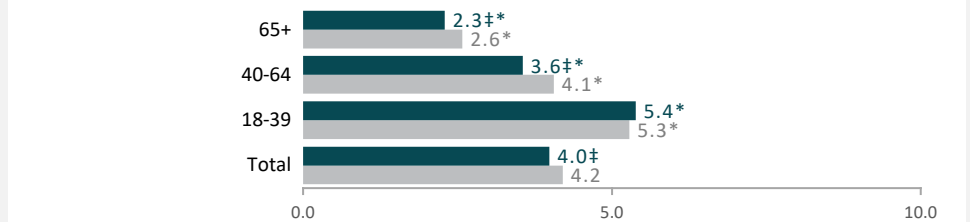
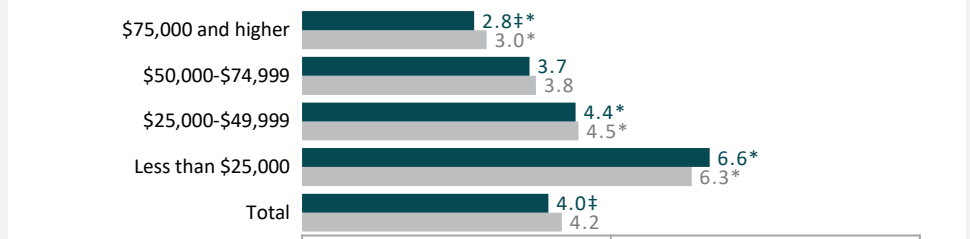
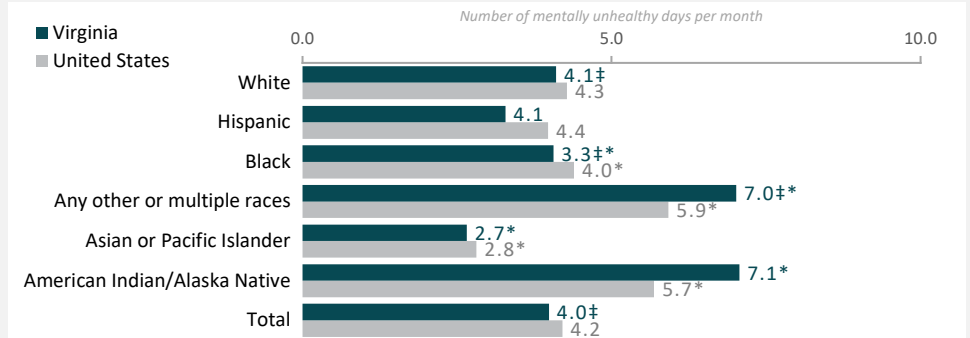
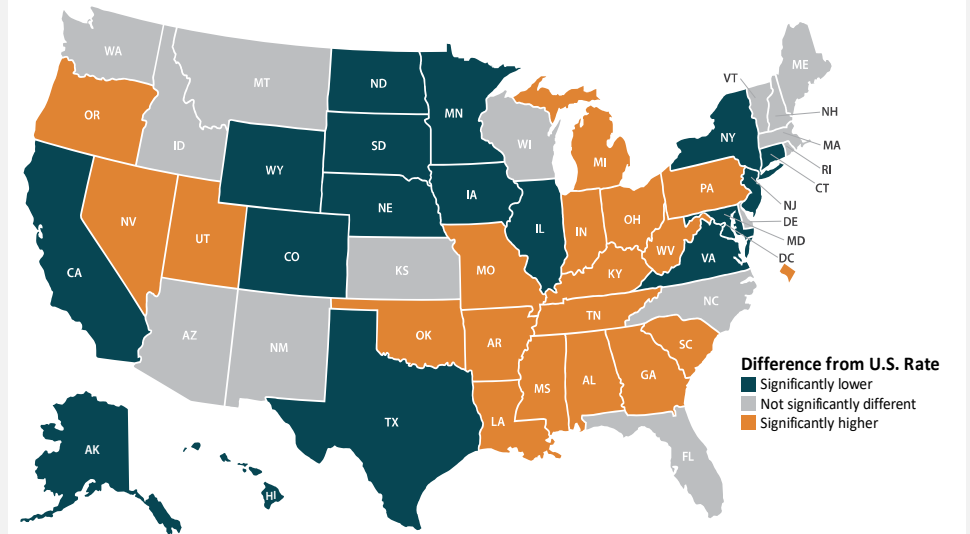


Income



Age

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



Measuring State-level Disparities in Unhealthy Days in Vermont

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.

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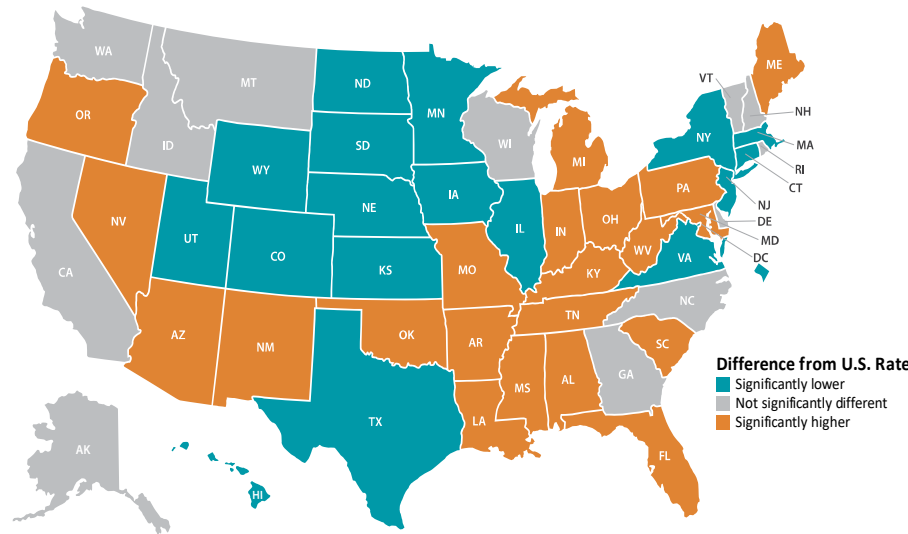
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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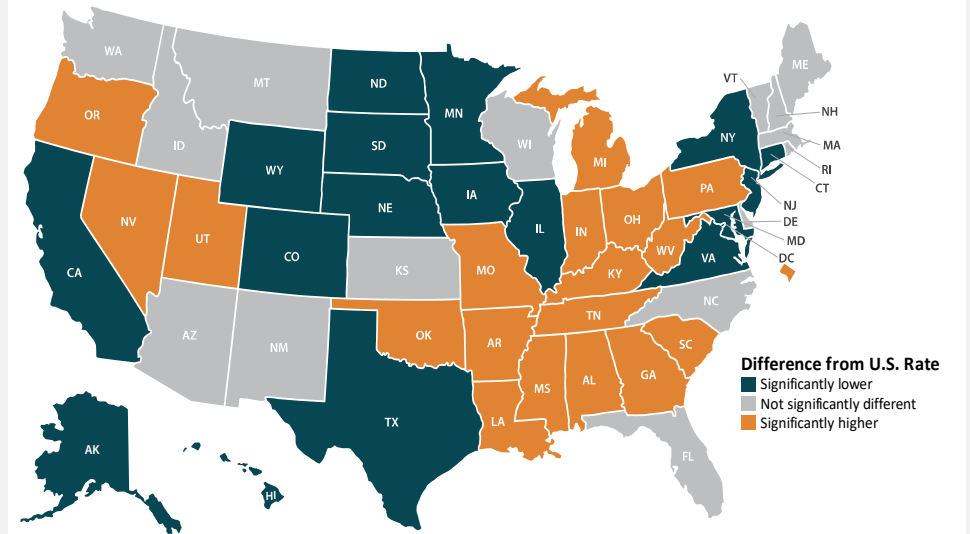
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

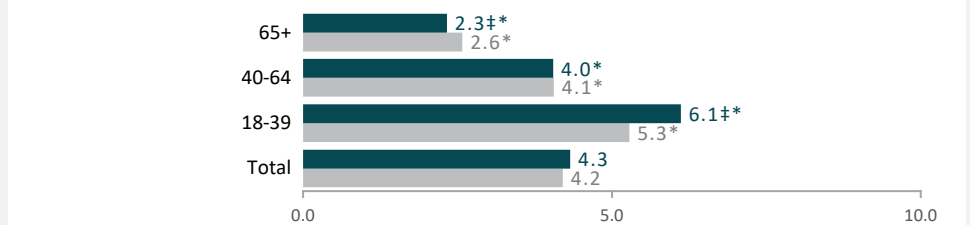
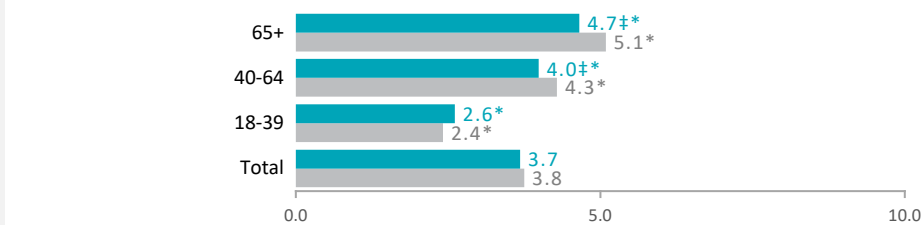
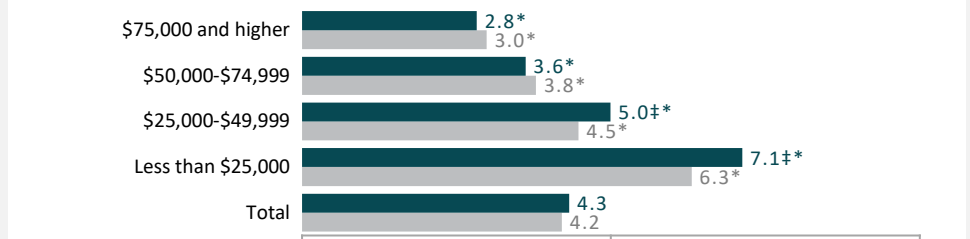
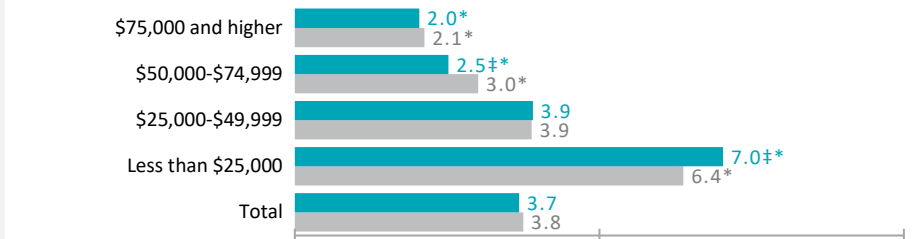
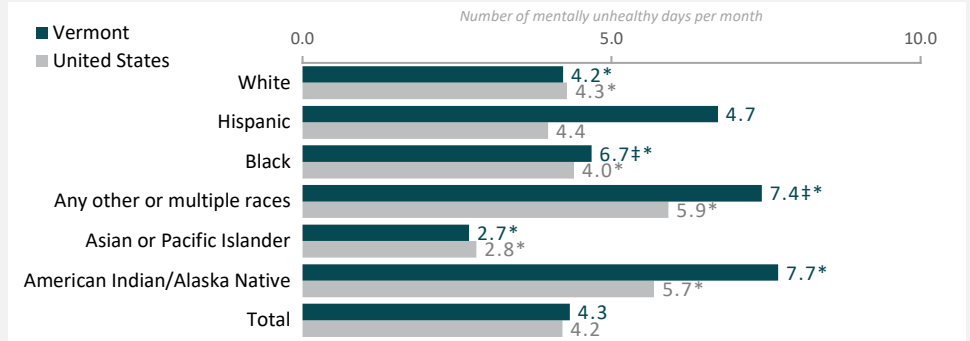
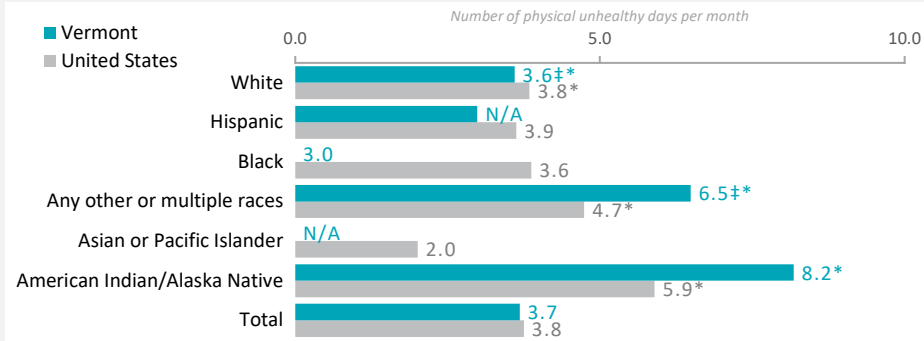


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in

Washington

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.

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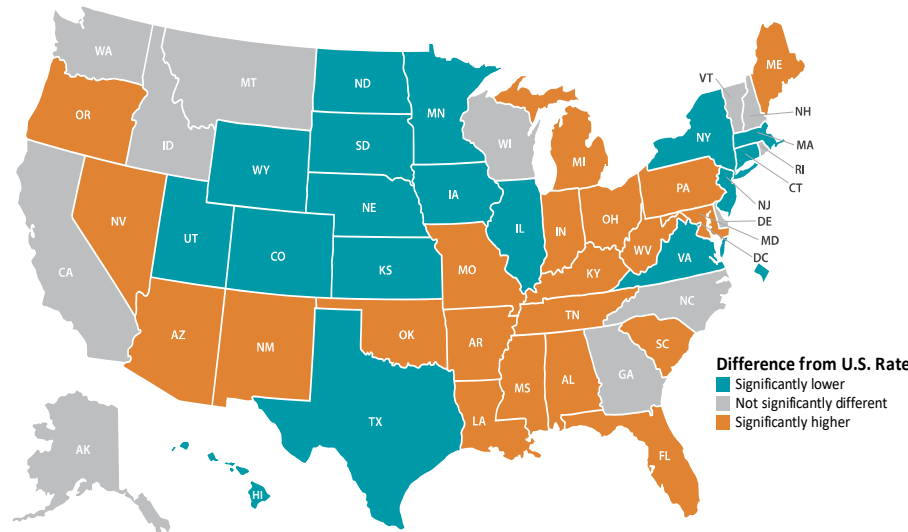
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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



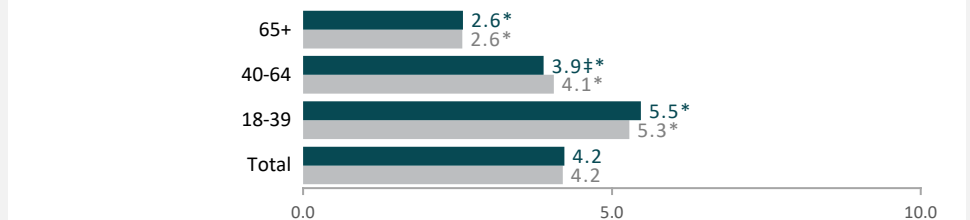
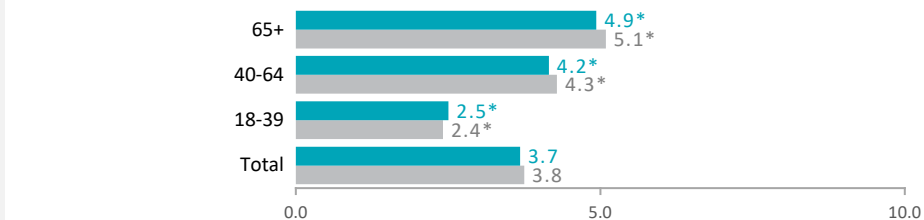
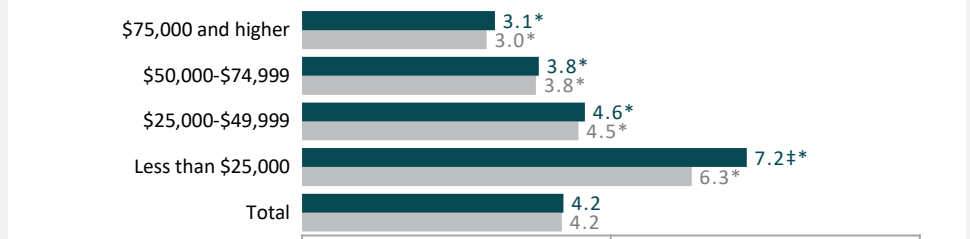
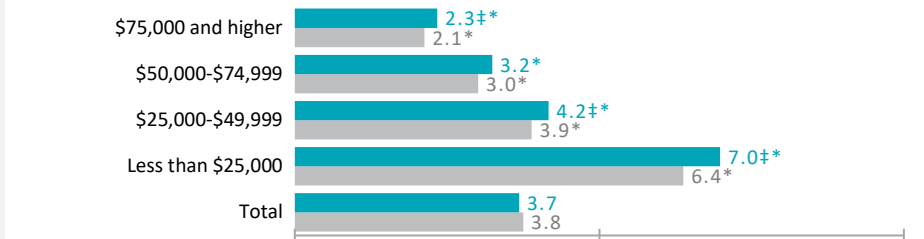
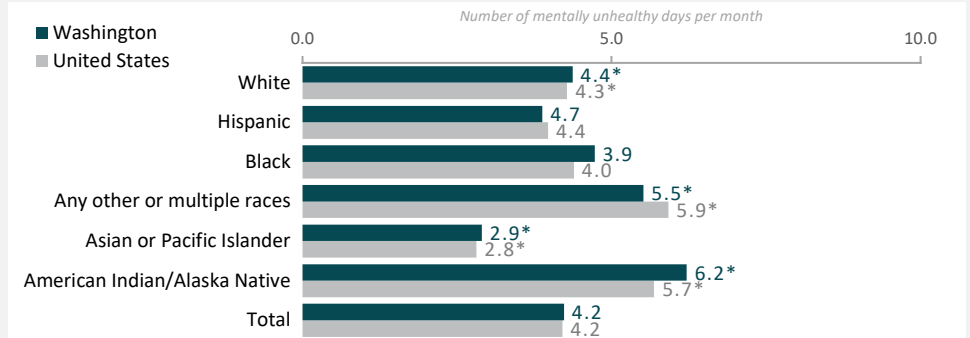
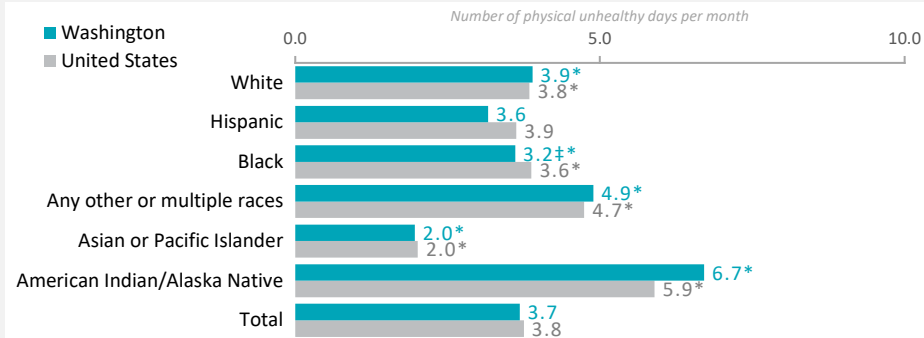
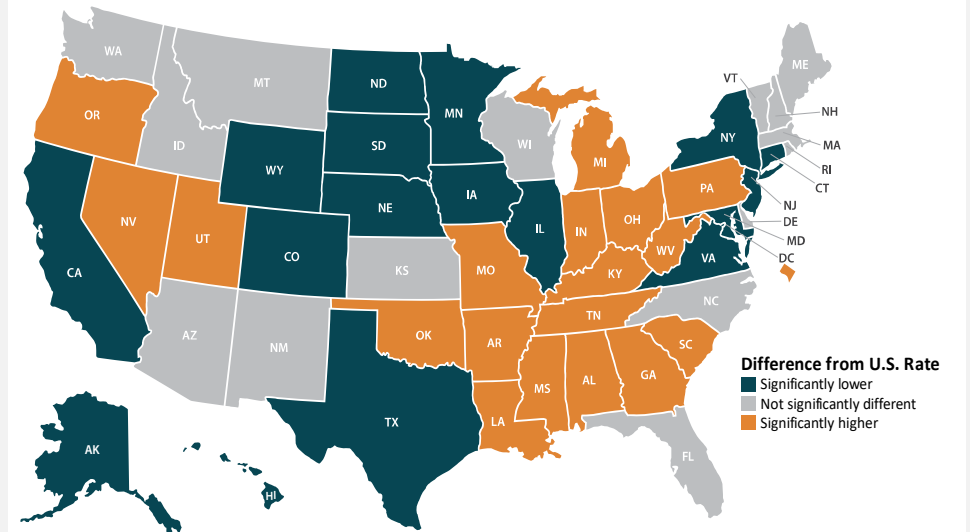
State vs National Rates

Race/Ethnicity

Income

Age

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



Measuring State-level Disparities in Unhealthy Days in Wisconsin

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.

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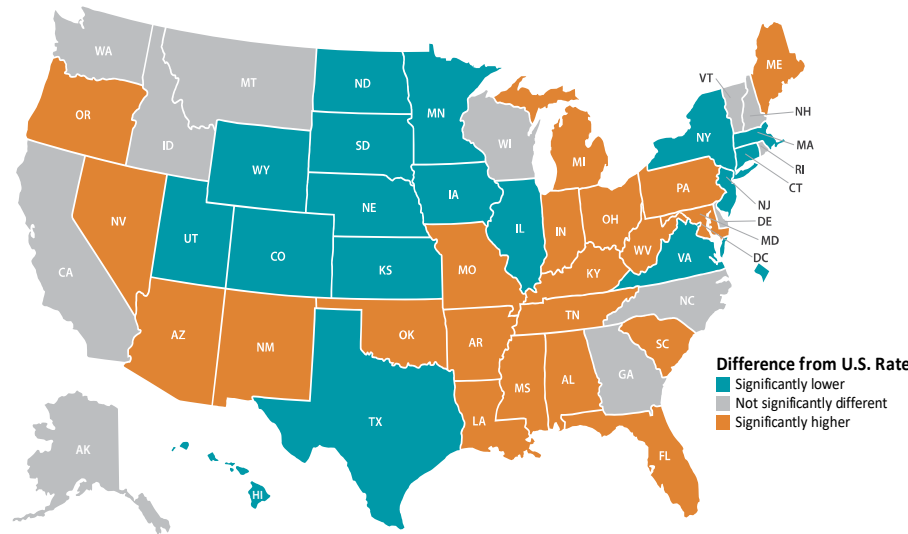
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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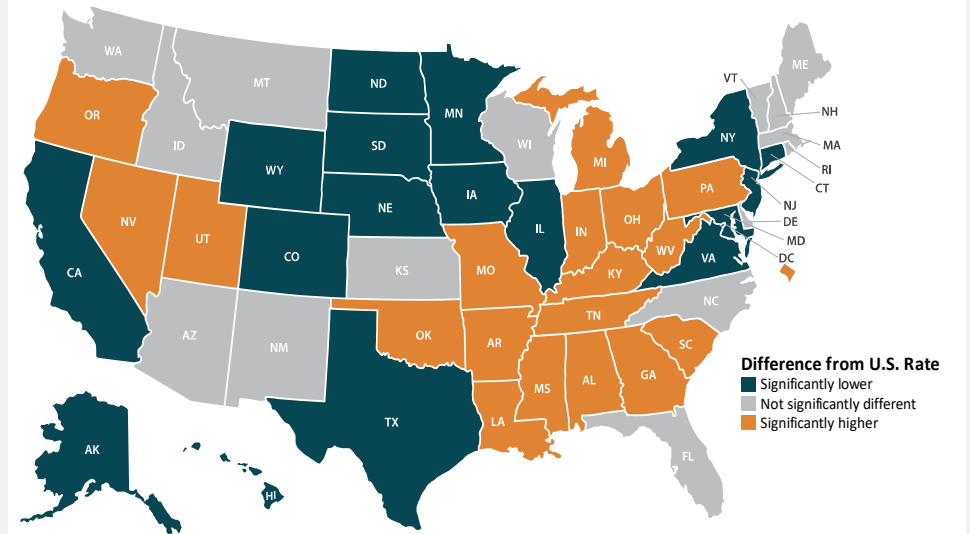


Average Number of Physically Unhealthy Days per Month, 2018-2020

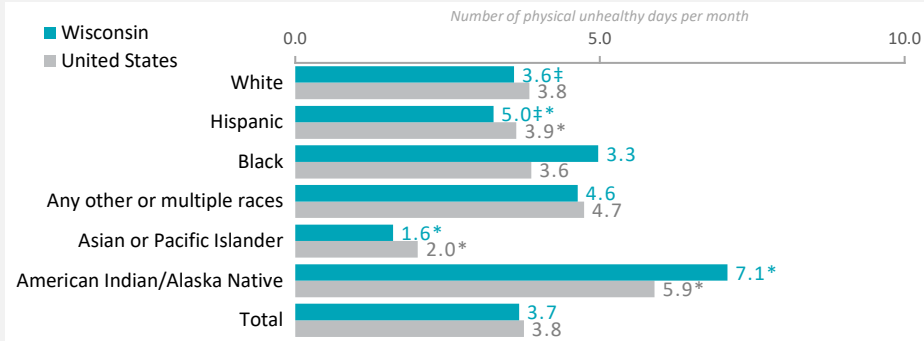


State vs National Rates

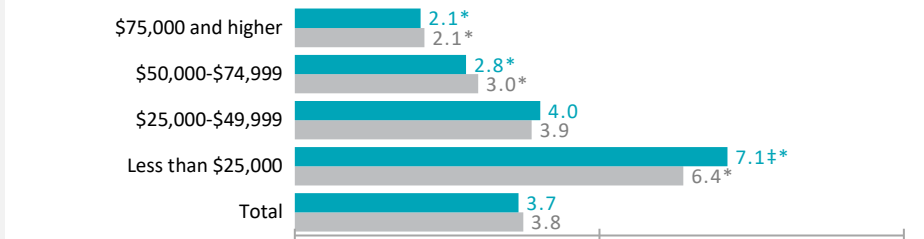
Average Number of Mentally Unhealthy Days per Month, 2018-2020



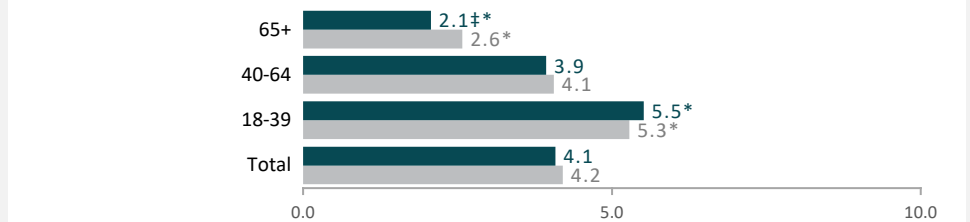
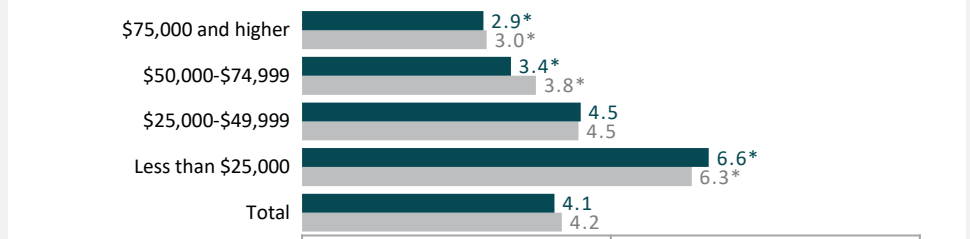
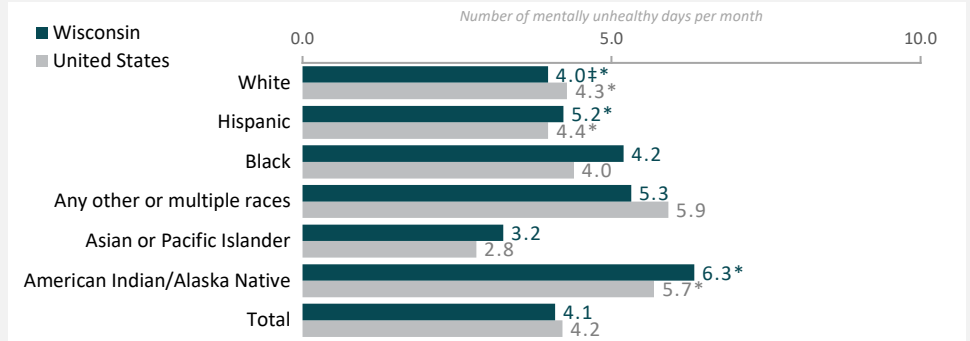
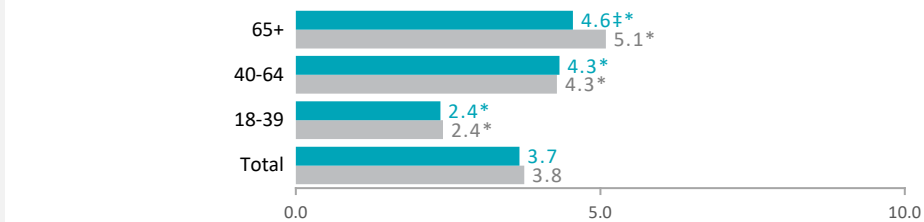
Race/Ethnicity



Income



Age



Measuring State-level Disparities in Unhealthy Days in

West Virginia

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.

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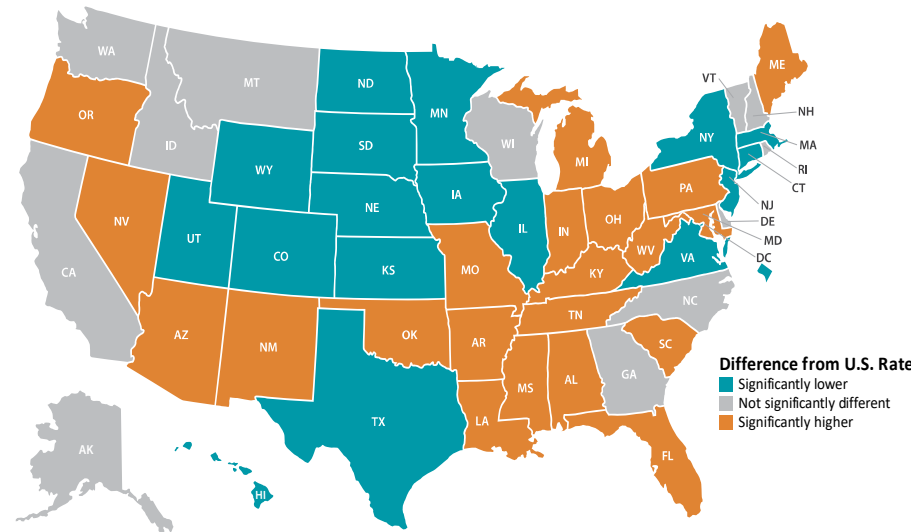
Source: SHADAC analysis of 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System (BRFSS) public use files.

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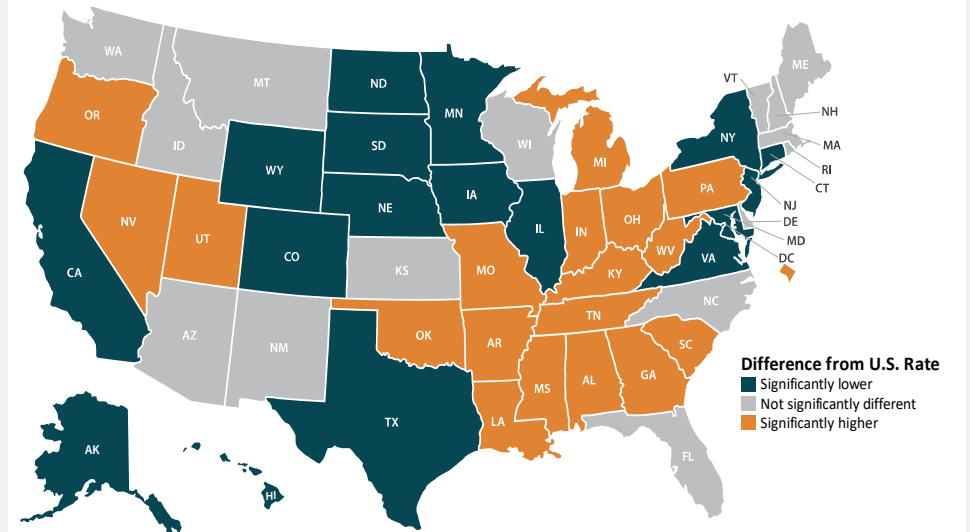
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Average Number of Physically Unhealthy Days per Month, 2018-2020



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

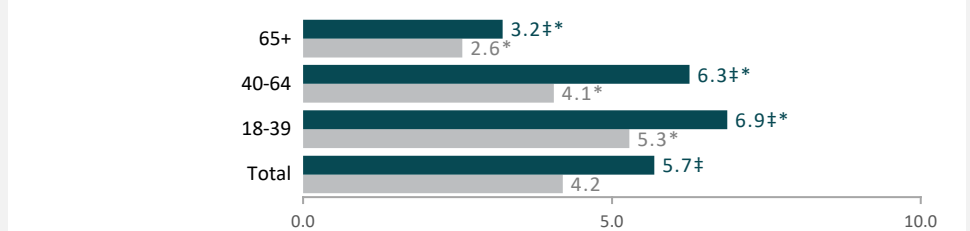
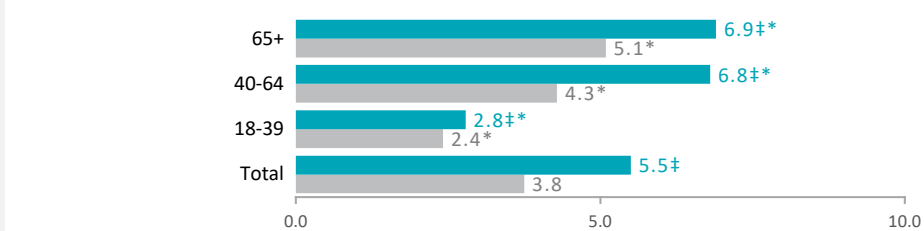
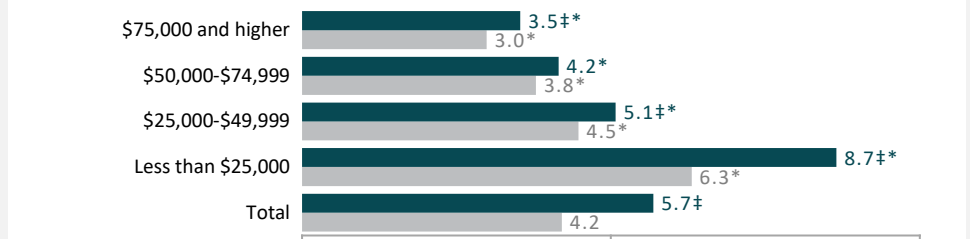
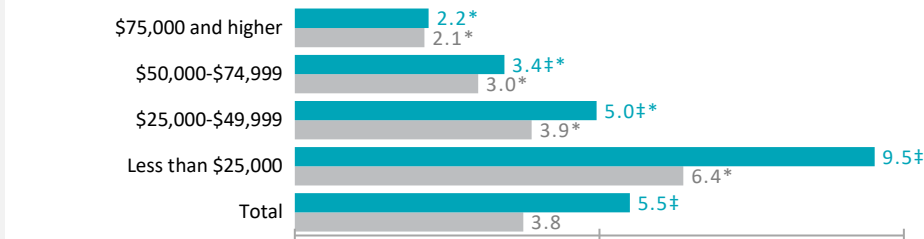
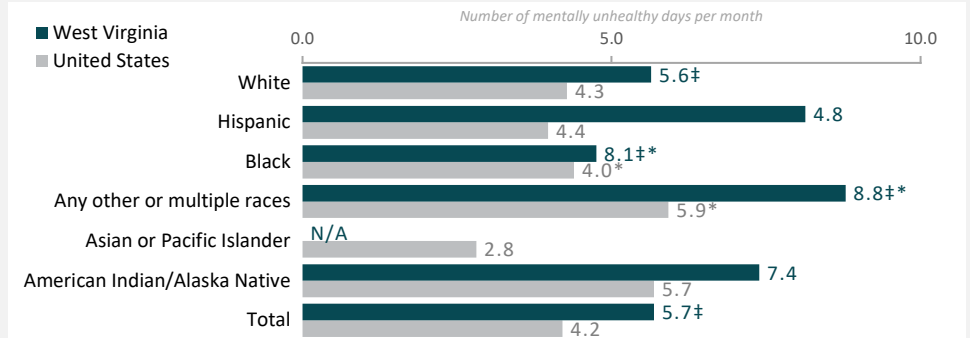
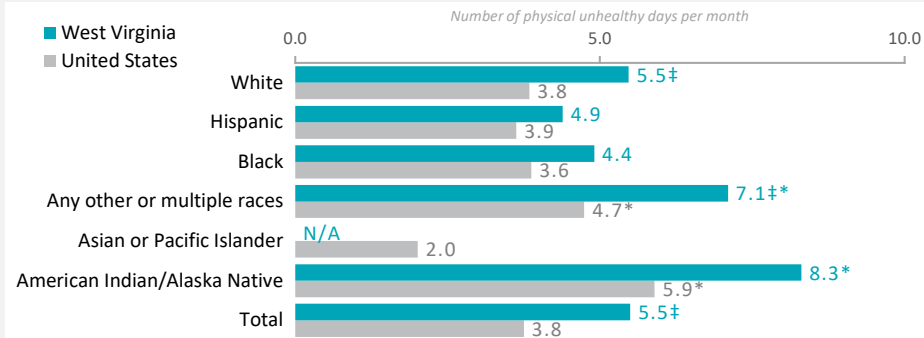


State vs National Rates

Race/Ethnicity

Income

Age



Measuring State-level Disparities in Unhealthy Days in Wyoming

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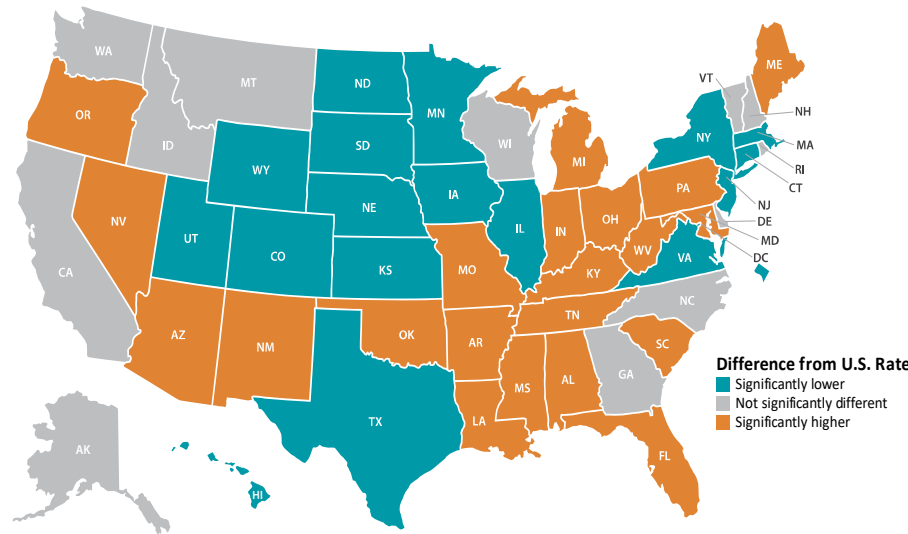
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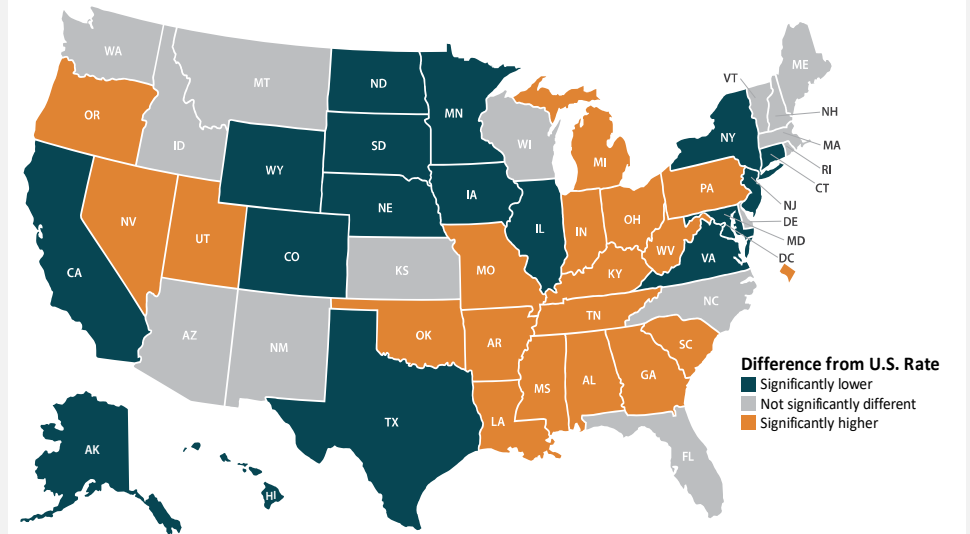


Average Number of **Physically Unhealthy Days** per Month, 2018-2020

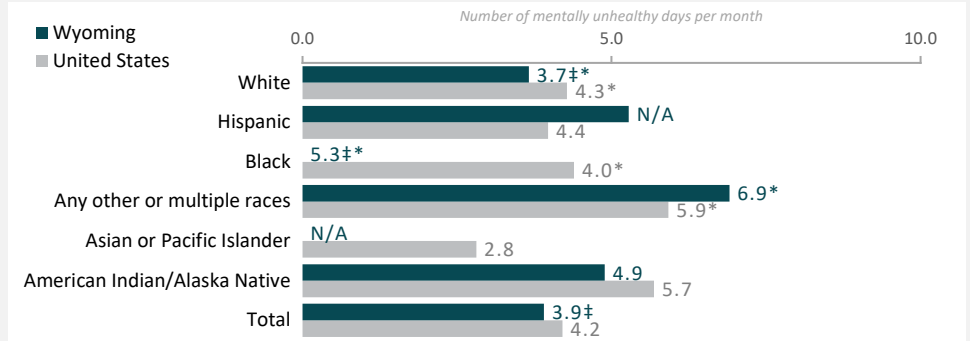
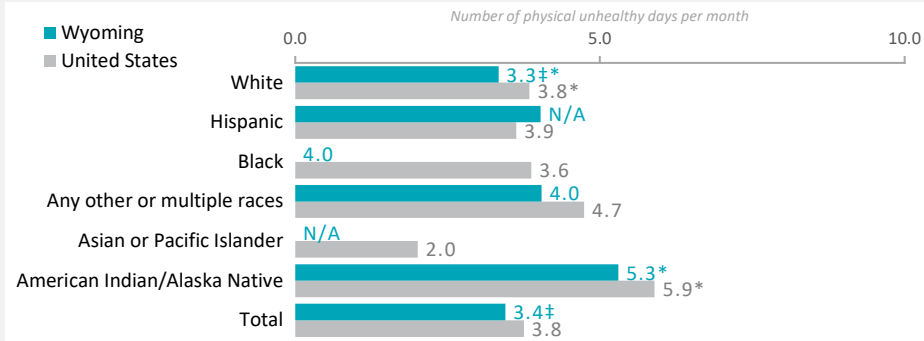


State vs National Rates

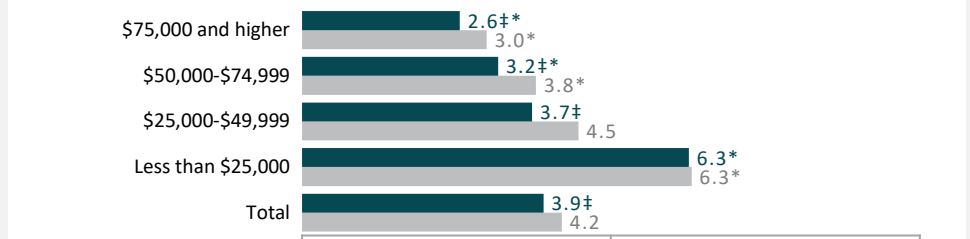
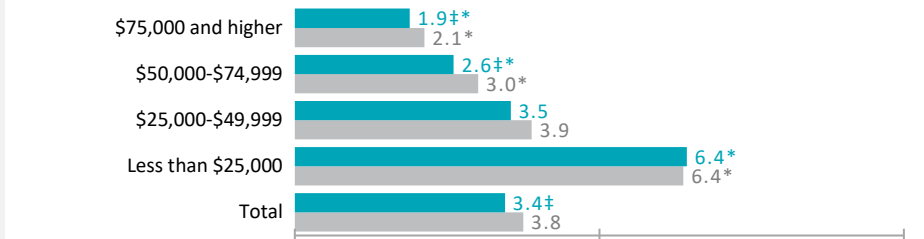
Average Number of **Mentally Unhealthy Days** per Month, 2018-2020



Race/Ethnicity



Income



Age

