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**Health-Related Quality  
of Life Surveillance —  
United States, 1993–2002**

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## Health-Related Quality of Life Surveillance — United States, 1993–2002

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### Abstract

**Problem/Condition:** Population-based surveillance of health-related quality of life (HRQOL) is needed to promote the health and quality of life of U.S. residents and to monitor progress in achieving the two overall *Healthy People 2010* goals: 1) increase the quality and years of healthy life and 2) eliminate health disparities.

**Reporting Period:** This report examines surveillance-based HRQOL data from 1993 through 2002.

**Description of System:** Survey data from a validated set of HRQOL measures (CDC HRQOL-4) were analyzed for 1993–2001 from the Behavioral Risk Factor Surveillance System (BRFSS) surveys for the 50 states and the District of Columbia (DC) and for 2001–2002 from the National Health and Nutrition Examination Survey (NHANES). These measures assessed self-rated health; physically unhealthy days (i.e., the number of days during the preceding 30 days for which physical health, including physical illness and injury, was not good); mentally unhealthy days (i.e., the number of days during the preceding 30 days for which mental health, including stress, depression, and problems with emotions, was not good); and days with activity limitation (i.e., number of days during the preceding 30 days that poor physical or mental health prevented normal daily activities). A summary measure of overall unhealthy days also was computed from the sum of a respondent's physically unhealthy and mentally unhealthy days, with a maximum of 30 days.

**Results and Interpretation:** During 1993–2001, the mean number of physically unhealthy days, mentally unhealthy days, overall unhealthy days, and activity limitation days was higher after 1997 than before 1997. During 1993–1997, the percentage of respondents with zero overall unhealthy days was stable (51%–53%) but declined to 48% by 2001. The percentage of respondents with  $\geq 14$  overall unhealthy days increased from 15%–16% during 1993–1997 to 18% by 2001. Adults increasingly rated their health as fair or poor and decreasingly rated it as excellent or very good. Women, American Indians/Alaska Natives, persons of “other races,” separated or divorced persons, unmarried couples, unemployed persons, those unable to work, those with a <\$15,000 annual household income, and those with less than a high school education reported worse HRQOL (i.e., physically unhealthy days, mentally unhealthy days, overall unhealthy days, and activity limitation days). Older adults reported more physically unhealthy days and activity limitation days, whereas younger adults reported more mentally unhealthy days. A seasonal pattern was observed in physically unhealthy days and overall unhealthy days.

During 1993–2001, BRFSS respondents in 13 states reported increasing physically unhealthy days; respondents in 13 states and DC reported increasing mentally unhealthy days; respondents in Alabama, Connecticut, Maine, New Jersey, New Mexico, North Carolina, and Oregon reported both increasing physically and mentally unhealthy days; and respondents in 16 states and DC reported increasing activity limitation days. During 2001–2002, NHANES respondents with one or more medical conditions (e.g., arthritis or stroke) reported worse HRQOL than those without such conditions, and those with an increasing number of medical conditions reported increasingly worse HRQOL.

The material in this report originated in the National Center for Chronic Disease Prevention and Health Promotion, Janet Collins, PhD, Director, and the Division of Adult and Community Health, Wayne H. Giles, MD, Acting Director.

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**Public Health Action:** Policy makers and researchers should continue to monitor HRQOL and its correlates in the U.S. population. In addition, public health professionals should expand monitoring to populations currently missed by existing surveys, including institutionalized and homeless persons, adolescents, and children. A key aspect is to study and identify the personal and community determinants of HRQOL in prevention research and population studies, to understand how to improve HRQOL, and to reduce HRQOL disparities. In addition, population health assessment professionals should continue to refine and validate HRQOL, functional status, and self-reported health measures.

## Introduction

Population-based surveillance of physical and mental health is an important component of tracking population trends, identifying health disparities, and monitoring progress in achieving the two overall national health goals for *Healthy People 2010*: 1) increase the quality and years of healthy life and 2) eliminate health disparities (1). CDC developed a set of standard health-related quality of life (HRQOL) measures (CDC HRQOL-4) used in Behavioral Risk Factor Surveillance System (BRFSS) surveys since 1993 and, since 2000, in the National Health and Nutrition Examination Survey (NHANES) to track the HRQOL of adults (2,3). For this surveillance report, HRQOL was defined as perceived physical and mental health over time (2).

The CDC HRQOL-4 measures (also known as the Healthy Days measures) have demonstrated reliability and validity for population health surveillance (4–6). The measures predict morbidity, health-care use, and mortality, and are associated with chronic diseases, disability, risky health behaviors, and sociodemographic factors (7–10).

The CDC HRQOL-4 measures include questions regarding self-rated health and the number of recent days when physical health was impaired, mental health was impaired, and activities were limited because of poor health. Additional optional BRFSS questions regarding recent days of pain, depression, anxiety, sleeplessness, and vitality are available for states to use (<http://www.cdc.gov/hrqol>).

This report summarizes the perceived physical and mental health of the U.S. population, assesses HRQOL among adults with different sociodemographic characteristics, identifies vulnerable populations, examines seasonal patterns and geographic variations, and evaluates HRQOL among persons with

chronic medical conditions. The report also provides data on U.S. adult HRQOL so community groups and clinicians can compare their HRQOL findings with state and national populations.

## Methods

### Questionnaires

For this analysis, data were derived from the 1993–2001 BRFSS surveys and the 2001–2002 NHANES. BRFSS is an ongoing, random-digit-dialed telephone survey of the noninstitutionalized, U.S. civilian population aged  $\geq 18$  years conducted in all 50 states and the District of Columbia (DC). BRFSS monitors the prevalence of key health- and safety-related behaviors and characteristics of the U.S. population. Details regarding design and content of BRFSS are available at <http://www.cdc.gov/brfss>.

NHANES is an ongoing series of cross-sectional surveys on health and nutrition designed to be nationally representative of the noninstitutionalized, U.S. civilian population by using a complex, multistage probability design. The 2001–2002 NHANES oversampled low-income persons, persons aged 12–19 years, persons aged  $\geq 60$  years, non-Hispanic blacks, and Mexican Americans. NHANES includes a household interview and health examination component. The health examination component was performed in a mobile examination center (MEC) and included the MEC interview, physical examination, and laboratory examination (11). During the household interview, NHANES participants aged  $\geq 20$  years were asked to self-report whether they had ever been diagnosed with a chronic medical condition. The CDC HRQOL-4 questions were asked during the MEC interview. Details regarding design and content of NHANES are available at <http://www.cdc.gov/nchs/nhanes.htm>.

### Health-Related Quality of Life Measures

The CDC HRQOL-4 measures included in BRFSS and NHANES (11,12) were

- Would you say that in general your health is excellent, very good, good, fair, or poor? (self-rated health)
- Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good? (physically unhealthy days)
- Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how

many days during the past 30 days was your mental health not good? (mentally unhealthy days)

- During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, school,\* or recreation? (activity limitation days)

## Analytical Sample and Comparison Populations

During 1993–2001, a total of 1,291,986 persons (52% female) participated in BRFSS. The median state response rate<sup>†</sup> ranged from 71.4% in 1993 to 51.1% in 2001 (12).

During 2001–2002, a total of 13,156 persons were selected for the NHANES sample; of these, 11,039 (83.9%) completed the household interview, and 10,480 (79.7%) completed the health examination component. Data for respondents aged  $\geq 18$  years who were asked the Healthy Days measures ( $n = 5,130$ ; 52% female) at the MEC were analyzed (11).

BRFSS contains only a limited number of self-reported chronic health conditions, and not all conditions are assessed annually. Therefore, to assess perceived disease burden, the associations between HRQOL and chronic medical conditions were examined among NHANES respondents aged  $\geq 20$  years who were asked questions regarding common medical conditions during the household interview (12).

To compare HRQOL reported by BRFSS respondents with that from NHANES respondents, comparable age and sociodemographic groups and periods were examined from each surveillance system. Because BRFSS included the HRQOL questions in only 21 states in 2002, data for 2002 were excluded from the comparative analysis. Only data from the 2001 BRFSS were examined.

## Data Analysis

### BRFSS 1993–2001

The following characteristics for the Healthy Days measures were examined: time trends, sociodemographic characteristics, month (seasonality), and state of residence. Percentages, means, and 95% confidence intervals (CIs) were calculated, as well as percentages of responses to the self-rated health measure. Self-rated health was dichotomized into two groups (i.e., fair or poor versus excellent, very good, or good); calcu-

lated percentages in these categories have been reported previously (1,2). Overall unhealthy days were calculated, which is the sum of each respondent's physically or mentally unhealthy days, with a maximum of 30 unhealthy days (2). For those respondents who reported no physically and mentally unhealthy days, activity limitation days were imputed as zero. Although Healthy Days measures were categorized into responses indicating zero days, 1–13 days, and  $\geq 14$  days of physically unhealthy days, mentally unhealthy days, overall unhealthy days, and activity limitation days, only the percentages of persons with zero days and  $\geq 14$  days were assessed (13,14).

The pattern of responses to the Healthy Days measures across sociodemographic groups was consistent regardless of interview year or state of residence. For example, persons with less than a high school degree reported more overall unhealthy days than those with a college degree, regardless of interview year or state of residence. Therefore, to increase the reliability of estimates, aggregate data were used from 1993 through 2001 to examine HRQOL. For BRFSS data, 95% CIs were calculated by using the z distribution (point estimates  $\pm$  [standard error  $\times 1.96$ ]).

To examine seasonal patterns and monthly differences, a 3-month moving average was calculated from monthly BRFSS 1993–2001 HRQOL data for physically unhealthy days, mentally unhealthy days, overall unhealthy days, and activity limitation days for each year during 1998–2001 and for comparable monthly periods during the previous 5 years (15). Data were weighted to estimate population means and percentages and age-standardized to the 2000 U.S. standard population. Trends were analyzed by using multiple linear and logistic regression analyses that controlled for sex, age, race/ethnicity, education, income, marital status, employment status, and health insurance status. Unadjusted, multivariable-adjusted, age-standardized values, and 95% CIs were calculated by using SUDAAN to account for the complex survey design.

County-level estimates were obtained from BRFSS and temporally aggregated into two periods: 1993–1997 and 1998–2001. Data were age-standardized to the 2000 U.S. standard population. Data were spatially smoothed using a nonparametric median smoothing technique (16–18). Data values were then classified into six ranges with substantively meaningful break points, corresponding to whole-day values. The geographically varying nature of the mean number of unhealthy days reported by adults during the two periods was determined.

### NHANES 2001–2002

Means and 95% CIs were calculated by sociodemographic characteristics, chronic medical conditions, and number of medical conditions. Self-rated health was dichotomized into

\* School was included in only NHANES.

<sup>†</sup> According to the methodology of the Council of American Survey Research Organizations, the response rate includes the number of completed interviews in the numerator and an estimate of interviewees and those whose eligibility is undetermined in the denominator.

two groups (i.e., fair or poor versus excellent, very good, or good), and crude and age-standardized (to the 2000 U.S. standard population) percentages were calculated in these categories by chronic medical conditions and by number of medical conditions. For NHANES data, 95% CIs were calculated by using the Student's *t*-distribution with 15 degrees of freedom to account for sample clustering. Data were weighted to estimate population means and percentages, and SUDAAN was used to account for the complex survey design.

NHANES responses to the CDC HRQOL-4 questions were compared with those from the 2001 BRFSS by sociodemographic characteristics. Substantial differences in HRQOL between NHANES and BRFSS data sets were assessed by examining nonoverlapping 95% CIs. Only significant differences were documented.

## Results

### BRFSS 1993–2001

After multivariable adjustment, trend analysis indicated that, during 1993–2001, the percentage of respondents who reported poor health increased from 3.3% to 4.1%; fair health, from 9.7% to 11.4%; and good health, from 27.2% to 29.8%. The percentage of respondents who reported excellent health decreased from 25.8% to 21.7%, and those who reported very good health decreased from 34.1% to 33.0% (Table 1). Age-standardized results also indicated increases in the percentage of respondents who reported poor, fair, and good health and a decrease in the percentage of respondents who reported excellent health (Table 1, Figure 1).

During the same period, multivariable adjusted mean number of physically unhealthy days increased from 2.9 to 3.4, mentally unhealthy days increased from 2.9 to 3.5, overall unhealthy days increased from 5.2 to 6.1, and activity limitation days increased from 1.6 to 2.0 (Table 2). The increases in the age-standardized mean number of physically unhealthy, mentally unhealthy, overall unhealthy, and activity limitation days were significant (Table 2, Figure 2).

The multivariable adjusted percentage of respondents with zero physically unhealthy days, mentally unhealthy days, overall unhealthy days, or activity limitation days decreased, whereas the multivariable adjusted percentage of respondents with  $\geq 14$  days of physically unhealthy days, mentally unhealthy days, overall unhealthy days, or activity limitation days increased (Table 3, Figure 3).

### HRQOL by Selected Sociodemographic Subgroups

**Sex.** A higher percentage of women reported fair or poor health (15.5%) compared with men (13.3%) (Table 4). Regardless of race/ethnicity, when compared with men, women reported significantly more physically unhealthy days (3.6 versus 2.7), mentally unhealthy days (3.5 versus 2.5), overall unhealthy days (6.3 versus 4.6), and activity limitation days (2.0 versus 1.6) (Table 5). Similarly, compared with men, a higher percentage of women reported  $\geq 14$  physically unhealthy days (10.8% versus 8.0%), mentally unhealthy days (10.6% versus 7.2%), overall unhealthy days (19.1% versus 13.4%), and activity limitation days (6.0% versus 4.9%) (Table 6).

**Age.** A total of 33.2% of older adults (i.e., aged  $\geq 75$  years) reported fair or poor health, whereas only 7.5% of young adults (i.e., aged 18–24 years) reported fair or poor health (Table 4). Adults aged  $\geq 75$  years reported the highest numbers of physically unhealthy days (6.0), overall unhealthy days (6.9), and activity limitation days (3.0). Adults aged 18–24 years reported the highest number of mentally unhealthy days (3.7) (Table 5). As age increased, mean number of physically unhealthy days, overall unhealthy days, and activity limitation days increased, and mentally unhealthy days decreased.

Adults aged  $\geq 75$  years reported the highest percentage with  $\geq 14$  physically unhealthy days (20.3%), overall unhealthy days (22.7%), and activity limitation days (10.3%). Adults aged 18–24 years reported the highest percentage of  $\geq 14$  mentally unhealthy days (10.5%) (Table 6).

**Race/Ethnicity.** Compared with non-Hispanic whites (12.8%), more Hispanics (21.9%), American Indians/Alaska Natives (21.1%), and non-Hispanic blacks (19.8%) reported fair or poor health, and fewer Asians/Pacific Islanders (9.0%) reported fair or poor health (Table 4). The percentages of Hispanic men (19.6%), American Indian/Alaska Native men (19.2%), and black men (17.3%) with fair or poor health were higher and the percentage of Asian/Pacific Islander men (8.8%) with fair or poor health was lower than that of white men (12.0%) (Table 7). Similarly for women, percentages of Hispanic women (24.2%), American Indian/Alaska Native women (23.1%), and black women (21.6%) with fair or poor health were higher and the percentage of Asian/Pacific Islander women (9.2%) with fair or poor health was lower than that of white women (13.6%).

Reported mean number of physically unhealthy days was higher among American Indian/Alaska Native men (3.9) than among men of “other races” (3.1), and black (3.0), white (2.7), and Hispanic (2.7) men (Table 8). American Indian/Alaska Native women (4.9) and women of “other races” (4.1) reported more mean number of physically unhealthy days than

black (3.8), Hispanic (3.8), and white (3.5) women. Asian/Pacific Islander men and women reported the fewest physically unhealthy days (1.8 and 2.2, respectively).

Reported mean number of mentally unhealthy days was higher among American Indian/Alaska Native men (4.1) and men of “other races” (3.5) than Hispanic (2.9), black (2.7), and white (2.4) men (Table 8). American Indian/Alaska Native women (5.0) and women of “other races” (4.9) reported more mentally unhealthy days than Hispanic (4.0), black (3.8), and white (3.5) women. Asian/Pacific Islander men and women reported the fewest mentally unhealthy days (2.1 and 2.6, respectively).

In addition, American Indian/Alaska Native men (6.7) and men of “other races” (5.8) reported more overall unhealthy days than black (4.9), Hispanic (4.9), and white (4.5) men (Table 8). American Indian/Alaska Native women (8.4) and women of “other races” (7.9) reported more overall unhealthy days than black (6.7), Hispanic (6.7), and white (6.2) women. Asian/Pacific Islander men and women reported the fewest overall unhealthy days (3.6 and 4.5, respectively).

Reported activity limitation days were higher among American Indian/Alaska Native men (2.6) than among men of “other races” (2.1), and black (1.9), white (1.6), and Hispanic (1.6) men (Table 8). American Indian/Alaska Native women (3.1) and women of “other races” (2.9) also reported more activity limitation days than black (2.4), Hispanic (2.1), and white (1.9) women. Asian/Pacific Islander men and women reported the fewest activity limitation days (1.1 and 1.2, respectively).

More American Indians/Alaska Natives (13.5%) reported  $\geq 14$  physically unhealthy days and fewer Asians/Pacific Islanders (5.1%) reported  $\geq 14$  physically unhealthy days than persons of “other races” (10.9%), blacks (10.5%), Hispanics (10.0%), and whites (9.3%) (Table 6). More American Indians/Alaska Natives (14.4%) and persons of “other races” (12.9%) reported  $\geq 14$  mentally unhealthy days and fewer Asians/Pacific Islanders (6.2%) reported  $\geq 14$  mentally unhealthy days than whites (8.6%), blacks (10.3%), and Hispanics (10.5%). In addition, more American Indians/Alaska Natives (23.8%) and persons of “other races” (20.4%) reported  $\geq 14$  overall unhealthy days and fewer Asians/Pacific Islanders (10.6%) reported  $\geq 14$  overall unhealthy days than Hispanics (18.1%), blacks (18.0%), and whites (16.0%).

The percentages of persons who reported  $\geq 14$  activity limitation days were higher among American Indians/Alaska Natives (9.2%), persons of “other races” (7.6%), and blacks (6.9%) and were lower among Asians/Pacific Islanders (2.9%) than Hispanics (5.7%) and whites (5.2%) (Table 6). In comparison, the percentages of blacks and Hispanics with  $\geq 14$

physically unhealthy days, mentally unhealthy days, and overall unhealthy days did not differ but were higher than whites.

**Marital status.** Higher percentages of widowed (31.1%), separated (23.1%), and divorced (18.5%) persons reported fair or poor health, compared with married persons (13.0%) (Table 4). Widowed (5.7), separated (4.5), and divorced (4.2) persons reported the most mean number of physically unhealthy days (Table 5). Mean number of overall unhealthy days and activity limitation days was higher among separated (8.8 and 3.0), divorced (7.3 and 2.7), and widowed (7.3 and 3.0) persons than among married persons (4.9 and 1.6), never married persons (5.4 and 1.5), and unmarried couples (6.5 and 1.7). Separated (5.9), divorced (4.4), and unmarried couples (4.4) also reported more mentally unhealthy days than never married (3.5), widowed (2.9), and married (2.5) persons.

The same patterns were observed among groups reporting  $\geq 14$  physically unhealthy days, overall unhealthy days, mentally unhealthy days, and activity limitation days. Higher percentages of widowed (19.1%), separated (14.1%), and divorced (13.2%) persons reported  $\geq 14$  physically unhealthy days, compared with married persons (8.7%), unmarried couples (7.8%), and never married persons (5.9%) (Table 6). More separated (28.3%), widowed (23.9%), and divorced (22.8%) persons reported  $\geq 14$  overall unhealthy days than unmarried couples (19.1%), never married persons (15.1%), and married persons (14.3%). More separated (19.4%), divorced (13.9%), and unmarried couples (12.9%) reported  $\geq 14$  mentally unhealthy days, and more widowed (10.0%), separated (9.6%), and divorced (8.6%) persons reported  $\geq 14$  activity limitation days than other groups.

**Education.** The percentage of adults with less than a high school education (34.6%) who reported fair or poor health was higher than that of high school graduates (15.7%), those with some college (10.7%), and college graduates (6.1%) who reported fair or poor health (Table 4). Those with less than a high school education reported more physically unhealthy days (5.5), mentally unhealthy days (3.9), overall unhealthy days (7.8), and activity limitation days (3.2) than those of higher education. High school graduates reported 3.2 physically unhealthy days, 3.1 mentally unhealthy days, 5.7 overall unhealthy days, and 1.8 activity limitation days, whereas college graduates reported 2.1 physically unhealthy days, 2.3 mentally unhealthy days, 4.0 overall unhealthy days, and 1.1 activity limitation days (Table 5).

Compared with other education subgroups, higher percentages of persons with less than a high school education reported  $\geq 14$  physically unhealthy days (18.2%), mentally unhealthy days (13.0%), overall unhealthy days (25.8%), and activity limitation days (10.8%) (Table 6). Lower percentages of per-

sons with a college education reported  $\geq 14$  physically unhealthy days (5.3%), mentally unhealthy days (6.0%), overall unhealthy days (10.6%), and activity limitation days (2.9%).

**Annual household income.** The percentage of adults with an annual household income of  $< \$15,000$  who reported fair or poor health (31.5%) was significantly higher than adults with annual household incomes of  $\$15,000$ – $\$24,999$  (19.9%),  $\$25,000$ – $\$49,999$  (10.3%), and  $\geq \$50,000$  (5.1%) (Table 4). Persons with an annual household income of  $< \$15,000$  reported more physically unhealthy days (5.9), mentally unhealthy days (4.8), overall unhealthy days (8.8), and activity limitation days (3.8), whereas those with an annual household income of  $\geq \$50,000$  reported fewer physically unhealthy days (1.9), mentally unhealthy days (2.3), overall unhealthy days (4.0), and activity limitation days (1.0) (Table 5). Similarly, more adults with a  $< \$15,000$  annual household income reported  $\geq 14$  physically unhealthy days (19.3%),  $\geq 14$  mentally unhealthy days (15.6%),  $\geq 14$  overall unhealthy days (28.5%), and  $\geq 14$  activity limitation days (12.6%) than adults in higher income households (Table 6).

**Employment status.** Persons who were retired (27.6%), unemployed for  $< 1$  year (15.8%), unemployed for  $\geq 1$  year (27.2%), and unable to work (67.0%) more often reported fair or poor health than adults employed for wages (7.8%) and self-employed adults (8.4%) (Table 4). In addition, persons who were retired (5.0), unemployed for  $< 1$  year (3.5), unemployed for  $\geq 1$  year (5.6), and unable to work (16.5) reported more physically unhealthy days than adults employed for wages (1.9) and self-employed adults (2.1) (Table 5). Persons who were unemployed for  $< 1$  year (5.1), unemployed for  $\geq 1$  year (5.9), and unable to work (9.7) reported more mentally unhealthy days than other groups. The mean number of overall unhealthy days was comparatively high among persons who were retired (6.1), unemployed for  $< 1$  year (7.6), unemployed for  $\geq 1$  year (9.5), and those unable to work (19.8). Activity limitation days were also comparatively high among retired persons (2.5),  $< 1$  year unemployed persons (2.8),  $\geq 1$  year unemployed persons (4.5), and those unable to work (13.4). However, retired persons reported the fewest mentally unhealthy days (2.0), whereas persons who were self-employed and employed for wages reported the fewest physically unhealthy days (2.1 and 1.9), overall unhealthy days (4.3 and 4.4), and activity limitation days (1.0 and 0.9), compared with persons with other employment status.

Compared with persons with any other employment status, more retired persons (16.7%), unemployed persons (10.6%–18.7%), and those unable to work (58.2%) reported  $\geq 14$  physically unhealthy days; more retired persons (19.7%), unemployed persons (23.9%–30.5%), and those unable to

work (67.8%) reported  $\geq 14$  overall unhealthy days; and more retired persons (8.5%), unemployed persons (8.5%–15.8%), and those unable to work (47.7%) reported  $\geq 14$  activity limitation days (Table 6). Conversely, significantly fewer retired persons (6.1%) reported  $\geq 14$  mentally unhealthy days, and more unemployed persons (16.1%–19.3%) and those unable to work (34.3%) reported  $\geq 14$  mentally unhealthy days.

**Health-care plan status.** Except for physically unhealthy days, all measures were associated with not having health insurance. Adults without health insurance (18.5%) more often reported fair or poor health (Table 4) and more mentally unhealthy days (4.3), overall unhealthy days (6.6), and activity limitation days (2.0) than adults with health insurance (Table 5). The percentage of adults without health insurance with  $\geq 14$  mentally unhealthy days (13.4%), overall unhealthy days (20.2%), and activity limitation days (6.2%) was higher than those with health insurance (8.3%, 15.7%, and 5.3%, respectively) (Table 6).

## Seasonality

Although mean number of mentally unhealthy days (Figure 4) and activity limitation days (Figure 5) did not change seasonally, mean number of physically unhealthy days (Figure 6) and overall unhealthy days (Figure 7) during winter months exceeded that during summer months. Furthermore, for these measures, the monthly means for the months during 1998–2001 exceeded that for the previous 5 years (Figures 4–7).

## Associations Between Self-Rated Health and HRQOL

Self-rated health was strongly associated with unhealthy days in both BRFSS and NHANES data. In BRFSS, persons with excellent health reported the least number of physically unhealthy days (0.9), mentally unhealthy days (1.7), overall unhealthy days (2.5), and activity limitation days (0.5) (Table 9). Persons with fair or poor health reported substantially more physically unhealthy days (11.8), mentally unhealthy days (6.5), overall unhealthy days (14.8), and activity limitation days (6.9). Similar patterns were observed in NHANES data (Table 10).

## Comparison of NHANES 2001–2002 and BRFSS 2001

Mean number of physically unhealthy days, mentally unhealthy days, overall unhealthy days, and activity limitation days among different sociodemographic subgroups was generally comparable among 2001–2002 NHANES respondents



and 2001 BRFSS respondents. For example, in both data sets, women, persons with less than a high school education, and persons with a <\$15,000 annual household income reported worse HRQOL than men and those with more education and annual household income (Tables 10 and 11).

### HRQOL by Medical Condition (NHANES 2001–2002)

During 2001–2002, NHANES respondents with one or more chronic medical condition reported worse HRQOL than those without such conditions. Compared with persons without any chronic medical conditions, persons with such conditions more often reported fair or poor health. For example, whereas only 7.1% of those without any chronic medical conditions reported fair or poor health, 27.5% of those with arthritis reported fair or poor health. An increasing number of medical conditions increased the percentage of those reporting fair or poor health (age-standardized) (Table 12). For example, 13.6% of those with one medical condition, 21.4% of those with two conditions, 29.4% of those with three conditions, 44.9% of those with four conditions, and 75.4% of those with five conditions reported fair or poor health.

Persons with any chronic medical condition reported significantly more physically unhealthy days, mentally unhealthy days, overall unhealthy days, and activity limitation days than those without such a condition. For example, compared with those without any chronic conditions, those with arthritis reported an average of 6.7 (versus 2.2) physically unhealthy days, 5.1 (versus 2.9) mentally unhealthy days, 10.0 (versus 4.8) overall unhealthy days, and 2.9 (versus 0.9) activity limitation days (Table 13). As the number of medical conditions increased, the mean number of physically unhealthy days, mentally unhealthy days, overall unhealthy days, and activity limitation days increased. Persons with five or more conditions reported mentally unhealthy days and overall unhealthy days two times more; physically unhealthy days, three times more; and activity limitation days, at least four times more than those with one chronic medical condition.

### HRQOL Trends Within States (BRFSS 1993–2001)

During 1993–2001, age-standardized mean number of physically unhealthy days increased in 13 states<sup>§</sup> and remained stable in all other states (Table 14). The median age-

standardized mean number of physically unhealthy days for all states over all years and both sexes was 3.2, with state means ranging from 2.4 to 3.9. In all but three states (Arizona, Louisiana, and West Virginia) and DC, women reported significantly more physically unhealthy days (median: 3.4 days; range: 2.4–4.1 days) than men (median: 2.8 days; range: 2.1–3.8 days) (Table 15).

During the same period, an increase was observed in mentally unhealthy days in 13 states<sup>¶</sup> and DC, and a decrease was observed in North Dakota (Table 16). The median age-standardized mean number of mentally unhealthy days for all states over all years and both sexes was 3.0, with state means ranging from 2.2 to 4.3. Women reported more mentally unhealthy days (median: 3.5 days; range: 2.7–5.2 days) than men (median: 2.3 days; range: 1.8–3.4 days), regardless of their state of residence (Table 17).

During 1993–2001, a total of 17 states\*\* and DC had increasing levels of overall unhealthy days (Table 18). Only North Dakota had a significant decline in overall unhealthy days. The median age-standardized mean number of overall unhealthy days for all states over all years and both sexes was 5.3, with state means ranging from 4.1 to 6.8. In every state, women reported more overall unhealthy days (median: 6.2 days; range: 4.6–7.7 days) than men (median: 4.6 days; range: 3.6–5.8 days) (Table 19).

The age-standardized mean number of activity limitation days increased in 16 states<sup>††</sup> and DC (Table 20). The median age-standardized mean number of activity limitation days for all states over all years and both sexes was 1.7, with state means ranging from 1.2 to 2.8. In 22 states, women reported more activity limitation days (median: 1.9 days; range: 1.3–2.8 days) than men (median: 1.6 days; range: 1.1–2.8 days) (Table 21).

During 1993–2001, significant increases were observed in mean number of physically unhealthy days, mentally unhealthy days, overall unhealthy days, and activity limitation days in six census divisions (i.e., Middle Atlantic, New England, East North Central, East South Central, South Atlantic, and West South Central). Among these six divisions, the East South Central region (i.e., Alabama, Kentucky, Mississippi, and Tennessee) had the worst HRQOL (Tables 15, 17, 19, and 21).

<sup>§</sup> Alabama, Arkansas, Connecticut, Kentucky, Maine, New Jersey, New Mexico, North Carolina, Oregon, South Dakota, Texas, Utah, and Virginia.

\*\* Alabama, Alaska, Arkansas, Connecticut, Kentucky, Maine, Michigan, Mississippi, New Jersey, New Mexico, New York, North Carolina, Oregon, South Dakota, Utah, Virginia, and Washington.

<sup>††</sup> Alabama, Connecticut, Florida, Idaho, Louisiana, Maine, New Mexico, New York, North Carolina, Ohio, Oregon, South Carolina, Tennessee, Virginia, Washington, and Wyoming.

<sup>§</sup> Alabama, Alaska, Connecticut, Maine, Michigan, Mississippi, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Oregon, and South Carolina.

From 1993–1997 to 1998–2001, mean overall unhealthy days increased nationally; the majority of states had more areas that averaged six or more overall unhealthy days during 1998–2001 than during 1993–1997 (Figures 8 and 9). The percentage of all counties that averaged six or more overall unhealthy days (age-standardized) increased from 29% during 1993–1997 to 42% during 1998–2001.

## Discussion

The findings in this report indicate that, during 1993–2001, the perceived physical and mental health of U.S. adults worsened. Mean number of unhealthy days, activity limitation days, and self-rated health substantially differed among socioeconomic and demographic subgroups. Women; American Indians/Alaska Natives; persons of “other races,” non-Hispanics; persons with a <\$15,000 annual household income; persons with less than a high school degree; persons without health insurance; and persons who were divorced, separated, or widowed reported more days of impaired physical and mental health. These findings are consistent with previously reported findings among the U.S. adult population (2,3,19,20). The aging of the U.S. population does not explain these worsening trends because age standardization did not alter these findings (7).

Women reported more unhealthy days and activity limitation days than men, consistent with previous studies (2,3,7). Unique physiologic (e.g., reproductive cycle and pregnancy), psychologic (e.g., willingness to disclose mental health distress), socioeconomic status (e.g., education, income, and occupation), and social factors (e.g., work and child or adult care giving stress, lack of social support) might explain these differences (21,22).

Consistent with previous study findings, older adults reported more physically unhealthy days and activity limitation days, whereas younger adults reported more mentally unhealthy days (2,3). Older adults are more likely to have chronic diseases that impair their physical health. The greater number of mentally unhealthy days among young adults is of public health concern because they might indicate an increased risk for adoption of risky behaviors (e.g., cigarette smoking, alcohol use, and violence) that have serious consequences for impaired health as young adults age (23,24). Young adults might be at increased risk for psychological distress because they are adjusting to new social roles (e.g., occupation and parenthood), have less resilience in dealing with stressful life events, and might have fewer financial resources to buffer them from stress (25–30). However, older adults who might benefit from the additional resources conferred with age (e.g., income and wealth, access to Social Security and Medicare) also might

have successfully resolved stressful life events that account for greater psychologic distress (28,31,32). In addition, this observed age difference in mentally unhealthy days is limited to community-dwelling older adults and underrepresents older adults who are more likely to reside in institutions and who might have poor cognitive or psychologic outcomes. Therefore, mentally unhealthy days might have been underestimated in older adults (9,10).

Among racial/ethnic populations, worse HRQOL among American Indians/Alaska Natives might be partly attributed to factors such as income, education, occupation, disease status, behavioral risk factors, social and cultural factors (e.g., disenfranchisement and discrimination) that can impair perceived physical and mental health. The percentage of Hispanics who reported fair or poor health was as high as American Indians/Alaska Natives; however, Hispanics reported fewer mean number of physically unhealthy days, mentally unhealthy days, overall unhealthy days, and activity limitation days than American Indians/Alaska Natives. The differences in HRQOL by race/ethnicity might be associated with cultural differences (33) or with the difference in the nature of information obtained by the self-rated health question and Healthy Days questions (34). For example, the “days” questions refer to physical or mental distress within the preceding 30 days, whereas self-rated health is a measure of perceived health that can include a broad period (34). Although Hispanics might not report recent physical or mental health distress, they might be more likely to report lifetime impaired health associated with a number of health and psychosocial factors. This finding warrants further study.

The findings in this report provide additional evidence regarding the strong associations between HRQOL and marital status, socioeconomic status (i.e., employment, income, and education), and health insurance status (19,20,35). HRQOL responses among the respondents with similar socioeconomic and demographic characteristics did not differ substantially from the 2001 BRFSS to the 2001–2002 NHANES. This indicates the comparability of responses to the Healthy Day measures across the surveys.

Although only North Dakota had fewer mentally unhealthy days and overall unhealthy days over time, the remaining states and DC either had increases or no changes in mean number of physically unhealthy days, mentally unhealthy days, overall unhealthy days, and activity limitation days. The geographic maps indicate increasingly more areas with six or more overall unhealthy days within the majority of states. Environmental, economic, and social differences among and within states might account for these HRQOL differences and warrant future studies and possible intervention to improve HRQOL.

A seasonal pattern was observed in physical health; the mean number of physically unhealthy days during winter months was higher than during summer months. This might be attributable, in part, to the increased incidence of medical conditions (e.g., influenza) or to the exacerbation of existing chronic conditions (e.g., pulmonary and cardiovascular disease) (36–40).

For respondents with at least one chronic medical condition, findings indicated that both their perceived physical health and mental health were impaired, consistent with other findings (7–10,41). As the number of chronic medical conditions increased, mean number of physically unhealthy days, mentally unhealthy days, and activity limitation days also increased. Stress, anxiety, depression, and uncertainty often occur with chronic illness, as illness can affect a person's ability to cope with daily activities. Furthermore, psychologic distress might lead to adoption of unhealthy coping behaviors, further impairing physical health. The high number of mentally unhealthy days among persons with chronic medical conditions warrants further examination. The strong associations between self-rated health and the HRQOL measures provide additional evidence of the validity of the HRQOL measures described in this report.

## Limitations

The findings in this report are subject to at least six limitations. First, because NHANES and BRFSS surveys include only noninstitutionalized adults, persons in institutions, persons in households without telephones, and the homeless (i.e., populations that might have worse HRQOL than others) were excluded (9,10). Second, because NHANES and BRFSS surveys are cross-sectional surveys, HRQOL and the characteristics studied (e.g., unemployment, inability to work, and marital status) were assessed at a single point in time. Thus, determining whether the association of some of these characteristics with HRQOL preceded or followed these HRQOL responses was not possible. Third, because the results for the selected sociodemographic subgroups were crude estimates, adjusting for these sociodemographic characteristics might have changed the results. Fourth, other variables not studied such as risky health behaviors, the physical and the social environment (e.g., air pollution, poor housing, and violence), functional status, stressful life events, and unmeasured socioeconomic factors (e.g., wealth and type of employment) might account for additional HRQOL differences among population subgroups. Fifth, although evidence exists indicating good measurement properties for the HRQOL measures ([http://www.cdc.gov/hrqol/measurement\\_properties/index.htm](http://www.cdc.gov/hrqol/measurement_properties/index.htm)), re-

liability might vary by subgroups (e.g., age, income level, race/ethnicity, and acculturation), by scaling methods used (e.g., grouping responses into categories of 0, 1–13,  $\geq 14$  days), and by response shift (e.g., changes in health perceptions after the onset of a chronic illness or injury), affecting judgment and responses to the Healthy Days questions (42). Finally, the HRQOL mental health measure was not validated for detection of mental illness with clinical psychiatric examinations.

## Public Health Action

Findings from ongoing national surveillance of HRQOL are useful for identifying vulnerable subpopulations, tracking population trends, and monitoring progress in achieving *Healthy People 2010* goals. The findings in this report indicate that women, the youngest adults, older adults, those with annual household incomes of <\$15,000, those with less than a high school education, American Indians/Alaska Natives, and those without health-care coverage are vulnerable populations that could benefit from interventions designed to reduce their burden of impaired HRQOL. Because interventions on diet, physical activity, and smoking have indicated improved health outcomes, the evidenced-based programs in the *Guide to Community Preventive Services* (<http://www.thecommunityguide.org>) might be useful in improving HRQOL. Examples of how national, state, and local programs have used Healthy Days measures are documented on the CDC HRQOL website (<http://www.cdc.gov/hrqol>) and in previously published reports (43,44).

Population HRQOL tracking with the Healthy Days measures is recommended to assess the perceived physical and mental health needs of adults, prioritize population health needs and disparities, and document the health effects of policies and interventions. Although the Healthy Days measures have been used in studies with adolescents (45–47), more research is needed to assess validity and reliability of these and similar measures in populations aged <18 years.

To develop a more comprehensive population HRQOL surveillance system, additional self-rated health and HRQOL data from other national surveys such as the National Health Interview Survey (NHIS), the Medical Expenditure Panel Survey (MEPS), and Current Population Survey should also be analyzed and evaluated. Where sample size permits, additional analysis of Healthy Days surveillance data at the metropolitan area, county, and sub-county levels is recommended to identify community-level factors that influence population health. Assessing the perceived physical and mental health effects of natural and man-made disasters in collaboration with federal, state, and community partners should be a

priority. Healthy Days surveillance data currently available from the 2001–2002 NHANES for adolescents aged  $\geq 12$  years should also be analyzed, as well as older adult Healthy Days data currently available from the 2003 and later Center for Medicare and Medicaid Services Health Outcome Study (48).

The CDC HRQOL-4 measures, recently recommended as standard cross-cutting measures for chronic disease surveillance (49), should be continued each year in the core BRFSS and in NHANES. When feasible, these and other HRQOL measures should also be included in other key national, state, and local surveillance systems (e.g., NHIS, MEPS, the General Social Survey, and the Youth Risk Behavior Survey) to permit direct HRQOL comparisons across major surveillance systems and to help identify health-related behaviors, policies, and interventions that can improve population health and reduce health disparities. In addition, population health assessment professionals should continue to refine and validate HRQOL, functional status, and self-reported health measures.

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**TABLE 1. Percentage of adults who self-rated their health status, by year — Behavioral Risk Factor Surveillance System, United States, 1993–2001**

Year	No.	Excellent		Very good		Good		Fair		Poor	
		%	(CI)*	%	(CI)	%	(CI)	%	(CI)	%	(CI)
<b>Unadjusted</b>											
All years	1,289,062	23.6	(±0.1)	33.5	(±0.1)	28.5	(±0.1)	10.6	(±0.1)	3.8	(±0.1)
1993	102,024	25.3	(±0.4)	33.8	(±0.5)	27.5	(±0.4)	9.9	(±0.3)	3.5	(±0.2)
1994	105,572	24.9	(±0.4)	33.5	(±0.5)	27.9	(±0.4)	10.1	(±0.3)	3.6	(±0.2)
1995	113,695	24.6	(±0.4)	33.4	(±0.5)	28.1	(±0.5)	10.2	(±0.3)	3.7	(±0.2)
1996	122,001	23.5	(±0.4)	33.7	(±0.4)	28.5	(±0.4)	10.6	(±0.3)	3.6	(±0.2)
1997	133,015	23.9	(±0.4)	33.8	(±0.4)	28.2	(±0.4)	10.4	(±0.3)	3.7	(±0.2)
1998	146,662	23.7	(±0.4)	33.3	(±0.4)	28.4	(±0.4)	10.7	(±0.3)	3.9	(±0.2)
1999	182,856	22.9	(±0.4)	33.3	(±0.4)	29.1	(±0.4)	10.7	(±0.3)	4.0	(±0.2)
2000	179,028	21.8	(±0.3)	33.4	(±0.4)	29.5	(±0.4)	11.3	(±0.3)	4.0	(±0.2)
2001	204,209	22.1	(±0.3)	33.0	(±0.4)	29.4	(±0.4)	11.3	(±0.3)	4.1	(±0.2)
<b>Age-standardized†</b>											
All years	1,289,062	23.5	(±0.1)	33.4	(±0.1)	28.5	(±0.1)	10.6	(±0.1)	3.9	(±0.1)
1993	102,024	25.1	(±0.4)	33.5	(±0.4)	27.6	(±0.4)	10.1	(±0.3)	3.7	(±0.2)
1994	105,572	24.8	(±0.4)	33.2	(±0.4)	27.9	(±0.4)	10.3	(±0.3)	3.9	(±0.2)
1995	113,695	24.4	(±0.4)	33.2	(±0.5)	28.1	(±0.5)	10.4	(±0.3)	3.9	(±0.2)
1996	122,001	23.5	(±0.4)	33.6	(±0.4)	28.6	(±0.4)	10.7	(±0.3)	3.7	(±0.2)
1997	133,015	23.9	(±0.4)	33.8	(±0.4)	28.1	(±0.4)	10.5	(±0.3)	3.8	(±0.2)
1998	146,662	23.7	(±0.4)	33.3	(±0.4)	28.4	(±0.4)	10.7	(±0.3)	3.9	(±0.2)
1999	182,856	23.0	(±0.4)	33.4	(±0.4)	29.1	(±0.4)	10.6	(±0.3)	4.0	(±0.2)
2000	179,028	21.8	(±0.3)	33.5	(±0.4)	29.5	(±0.4)	11.3	(±0.3)	3.9	(±0.2)
2001	204,209	22.2	(±0.3)	33.1	(±0.4)	29.3	(±0.4)	11.3	(±0.2)	4.1	(±0.2)
<b>Multivariable-adjusted§</b>											
1993	102,024	25.8	(±0.4)	34.1	(±0.2)	27.2	(±0.2)	9.7	(±0.2)	3.3	(±0.1)
1994	105,572	25.7	(±0.4)	34.1	(±0.2)	27.2	(±0.2)	9.7	(±0.2)	3.3	(±0.1)
1995	113,695	24.5	(±0.4)	33.8	(±0.2)	28.0	(±0.3)	10.2	(±0.2)	3.5	(±0.1)
1996	122,001	24.0	(±0.3)	33.7	(±0.2)	28.4	(±0.2)	10.4	(±0.2)	3.6	(±0.1)
1997	133,015	23.9	(±0.3)	33.7	(±0.2)	28.4	(±0.2)	10.4	(±0.2)	3.6	(±0.1)
1998	146,662	23.6	(±0.3)	33.6	(±0.2)	28.6	(±0.2)	10.6	(±0.2)	3.7	(±0.1)
1999	182,856	23.1	(±0.3)	33.5	(±0.2)	28.9	(±0.2)	10.8	(±0.2)	3.8	(±0.1)
2000	179,028	21.7	(±0.3)	33.0	(±0.2)	29.8	(±0.2)	11.4	(±0.2)	4.1	(±0.1)
2001	204,209	21.7	(±0.3)	33.0	(±0.2)	29.8	(±0.2)	11.4	(±0.2)	4.1	(±0.1)

\* 95% confidence interval, calculated by multiplying the standard error by 1.96.

† To the 2000 U.S. standard population.

§ Adjusted for sex, age, race/ethnicity, education, annual household income, marital status, employment status, and health-care plan status.

**TABLE 2. Mean number of unhealthy days and activity limitation days among adults, by year — Behavioral Risk Factor Surveillance System, United States, 1993–2001**

Year	No.	Overall unhealthy days*		Physically unhealthy days†		Mentally unhealthy days§		Activity limitation days¶	
		Mean	(CI)**	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>Unadjusted</b>									
All years	1,257,726	5.5	(±0.0)	3.2	(±0.0)	3.0	(±0.0)	1.8	(±0.0)
1993	99,323	5.2	(±0.1)	3.0	(±0.1)	2.9	(±0.1)	1.6	(±0.1)
1994	103,298	5.2	(±0.1)	3.0	(±0.1)	2.9	(±0.1)	1.7	(±0.1)
1995	111,335	5.4	(±0.1)	3.1	(±0.1)	3.0	(±0.1)	1.7	(±0.1)
1996	119,352	5.2	(±0.1)	3.0	(±0.1)	2.9	(±0.1)	1.7	(±0.1)
1997	130,008	5.3	(±0.1)	3.1	(±0.1)	3.0	(±0.1)	1.7	(±0.1)
1998	143,275	5.4	(±0.1)	3.1	(±0.1)	3.0	(±0.1)	1.8	(±0.1)
1999	178,138	5.6	(±0.1)	3.3	(±0.1)	3.0	(±0.1)	1.9	(±0.1)
2000	174,489	5.8	(±0.1)	3.3	(±0.1)	3.2	(±0.1)	1.9	(±0.1)
2001	198,508	6.0	(±0.1)	3.5	(±0.1)	3.4	(±0.1)	2.0	(±0.1)
<b>Age-standardized††</b>									
All years	1,257,726	5.5	(±0.0)	3.2	(±0.0)	3.0	(±0.0)	1.8	(±0.0)
1993	99,323	5.3	(±0.1)	3.0	(±0.1)	2.9	(±0.1)	1.7	(±0.1)
1994	103,298	5.3	(±0.1)	3.1	(±0.1)	2.9	(±0.1)	1.7	(±0.1)
1995	111,335	5.4	(±0.1)	3.2	(±0.1)	3.0	(±0.1)	1.8	(±0.1)
1996	119,352	5.3	(±0.1)	3.1	(±0.1)	2.9	(±0.1)	1.8	(±0.1)
1997	130,008	5.4	(±0.1)	3.1	(±0.1)	3.0	(±0.1)	1.7	(±0.0)
1998	143,275	5.5	(±0.1)	3.2	(±0.1)	3.0	(±0.1)	1.9	(±0.0)
1999	178,138	5.6	(±0.1)	3.3	(±0.1)	3.0	(±0.1)	1.8	(±0.1)
2000	174,489	5.8	(±0.1)	3.4	(±0.1)	3.2	(±0.1)	1.9	(±0.0)
2001	198,508	6.0	(±0.1)	3.4	(±0.1)	3.4	(±0.1)	2.0	(±0.0)
<b>Multivariable-adjusted§§</b>									
1993	99,323	5.2	(±0.1)	2.9	(±0.1)	2.9	(±0.1)	1.6	(±0.0)
1994	103,298	5.1	(±0.1)	2.8	(±0.1)	2.9	(±0.1)	1.6	(±0.1)
1995	111,335	5.4	(±0.1)	3.0	(±0.1)	3.0	(±0.1)	1.7	(±0.1)
1996	119,352	5.3	(±0.1)	3.0	(±0.1)	3.0	(±0.1)	1.7	(±0.1)
1997	130,008	5.4	(±0.1)	3.0	(±0.1)	3.1	(±0.1)	1.7	(±0.0)
1998	143,275	5.5	(±0.1)	3.1	(±0.1)	3.1	(±0.1)	1.8	(±0.0)
1999	178,138	5.6	(±0.1)	3.2	(±0.1)	3.1	(±0.1)	1.8	(±0.1)
2000	174,489	5.9	(±0.1)	3.3	(±0.1)	3.3	(±0.1)	1.9	(±0.0)
2001	198,508	6.1	(±0.1)	3.4	(±0.1)	3.5	(±0.1)	2.0	(±0.0)

\* Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

† Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

§ Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

¶ Number of days during the preceding 30 days when usual activities, including self-care, work, or recreation, were limited.

\*\* 95% confidence interval, calculated by multiplying the standard error by 1.96.

†† To the 2000 U.S. standard population.

§§ Adjusted for sex, age, race/ethnicity, marital status, education, annual household income, employment status, and health-care plan status.

**TABLE 3. Percentage of adults who reported zero or  $\geq 14$  unhealthy days and activity limitation days, by year — Behavioral Risk Factor Surveillance System, United States, 1993–2001**

Year	Overall unhealthy days*				Physically unhealthy days†				Mentally unhealthy days§				Activity limitation days¶			
	Zero days		$\geq 14$ days		Zero days		$\geq 14$ days		Zero days		$\geq 14$ days		Zero days		$\geq 14$ days	
	%	(CI)**	%	(CI)	%	(CI)	%	(CI)	%	(CI)	%	(CI)	%	(CI)	%	(CI)
<b>Unadjusted</b>																
All years	51.3	( $\pm 0.2$ )	16.3	( $\pm 0.1$ )	67.6	( $\pm 0.1$ )	9.4	( $\pm 0.1$ )	67.9	( $\pm 0.1$ )	9.0	( $\pm 0.1$ )	81.5	( $\pm 0.1$ )	5.4	( $\pm 0.1$ )
1993	50.6	( $\pm 0.5$ )	15.2	( $\pm 0.4$ )	67.1	( $\pm 0.5$ )	8.6	( $\pm 0.3$ )	67.2	( $\pm 0.5$ )	8.4	( $\pm 0.3$ )	81.7	( $\pm 0.4$ )	4.8	( $\pm 0.2$ )
1994	52.2	( $\pm 0.5$ )	15.5	( $\pm 0.4$ )	68.5	( $\pm 0.5$ )	8.8	( $\pm 0.3$ )	68.4	( $\pm 0.5$ )	8.5	( $\pm 0.3$ )	82.1	( $\pm 0.4$ )	5.0	( $\pm 0.2$ )
1995	51.5	( $\pm 0.5$ )	16.0	( $\pm 0.4$ )	67.8	( $\pm 0.5$ )	9.2	( $\pm 0.3$ )	68.4	( $\pm 0.5$ )	8.8	( $\pm 0.3$ )	81.5	( $\pm 0.4$ )	5.2	( $\pm 0.2$ )
1996	52.6	( $\pm 0.4$ )	15.6	( $\pm 0.3$ )	69.0	( $\pm 0.4$ )	8.9	( $\pm 0.3$ )	69.0	( $\pm 0.4$ )	8.6	( $\pm 0.2$ )	81.7	( $\pm 0.3$ )	5.2	( $\pm 0.2$ )
1997	53.0	( $\pm 0.4$ )	16.0	( $\pm 0.3$ )	68.8	( $\pm 0.4$ )	9.2	( $\pm 0.2$ )	69.3	( $\pm 0.4$ )	9.0	( $\pm 0.2$ )	82.3	( $\pm 0.3$ )	5.3	( $\pm 0.2$ )
1998	52.6	( $\pm 0.4$ )	16.4	( $\pm 0.3$ )	68.6	( $\pm 0.4$ )	9.4	( $\pm 0.2$ )	68.6	( $\pm 0.4$ )	9.1	( $\pm 0.2$ )	81.7	( $\pm 0.3$ )	5.6	( $\pm 0.2$ )
1999	51.4	( $\pm 0.5$ )	16.6	( $\pm 0.3$ )	67.3	( $\pm 0.4$ )	9.9	( $\pm 0.3$ )	68.5	( $\pm 0.4$ )	8.9	( $\pm 0.3$ )	81.7	( $\pm 0.3$ )	5.7	( $\pm 0.2$ )
2000	49.1	( $\pm 0.4$ )	17.5	( $\pm 0.3$ )	65.9	( $\pm 0.4$ )	10.1	( $\pm 0.3$ )	66.5	( $\pm 0.4$ )	9.6	( $\pm 0.2$ )	80.4	( $\pm 0.3$ )	5.8	( $\pm 0.2$ )
2001	48.4	( $\pm 0.4$ )	18.1	( $\pm 0.3$ )	65.8	( $\pm 0.4$ )	10.4	( $\pm 0.2$ )	65.6	( $\pm 0.4$ )	10.1	( $\pm 0.2$ )	80.2	( $\pm 0.3$ )	6.2	( $\pm 0.2$ )
<b>Age-standardized††</b>																
All years	51.2	( $\pm 0.1$ )	16.5	( $\pm 0.1$ )	67.5	( $\pm 0.1$ )	9.6	( $\pm 0.1$ )	67.9	( $\pm 0.1$ )	9.0	( $\pm 0.1$ )	81.4	( $\pm 0.1$ )	5.5	( $\pm 0.1$ )
1993	51.0	( $\pm 0.5$ )	15.4	( $\pm 0.3$ )	67.2	( $\pm 0.4$ )	8.9	( $\pm 0.3$ )	67.6	( $\pm 0.4$ )	8.4	( $\pm 0.3$ )	81.9	( $\pm 0.4$ )	4.9	( $\pm 0.2$ )
1994	52.5	( $\pm 0.5$ )	15.8	( $\pm 0.4$ )	68.4	( $\pm 0.4$ )	9.2	( $\pm 0.3$ )	68.8	( $\pm 0.4$ )	8.5	( $\pm 0.3$ )	82.0	( $\pm 0.4$ )	5.2	( $\pm 0.2$ )
1995	51.7	( $\pm 0.5$ )	16.2	( $\pm 0.4$ )	67.8	( $\pm 0.5$ )	9.4	( $\pm 0.3$ )	68.7	( $\pm 0.5$ )	8.8	( $\pm 0.3$ )	81.5	( $\pm 0.4$ )	5.3	( $\pm 0.2$ )
1996	52.6	( $\pm 0.4$ )	15.7	( $\pm 0.3$ )	68.9	( $\pm 0.4$ )	9.0	( $\pm 0.2$ )	68.9	( $\pm 0.4$ )	8.7	( $\pm 0.2$ )	81.6	( $\pm 0.3$ )	5.3	( $\pm 0.2$ )
1997	53.0	( $\pm 0.4$ )	16.2	( $\pm 0.3$ )	68.7	( $\pm 0.4$ )	9.3	( $\pm 0.2$ )	69.2	( $\pm 0.4$ )	9.0	( $\pm 0.2$ )	82.2	( $\pm 0.3$ )	5.3	( $\pm 0.2$ )
1998	52.5	( $\pm 0.4$ )	16.5	( $\pm 0.3$ )	68.4	( $\pm 0.4$ )	9.5	( $\pm 0.2$ )	68.5	( $\pm 0.4$ )	9.1	( $\pm 0.2$ )	81.5	( $\pm 0.3$ )	5.7	( $\pm 0.2$ )
1999	51.2	( $\pm 0.5$ )	16.6	( $\pm 0.3$ )	67.2	( $\pm 0.4$ )	9.9	( $\pm 0.3$ )	68.2	( $\pm 0.4$ )	8.9	( $\pm 0.3$ )	81.6	( $\pm 0.3$ )	5.7	( $\pm 0.2$ )
2000	48.9	( $\pm 0.4$ )	17.6	( $\pm 0.3$ )	65.8	( $\pm 0.4$ )	10.1	( $\pm 0.3$ )	66.2	( $\pm 0.4$ )	9.7	( $\pm 0.2$ )	80.3	( $\pm 0.3$ )	5.8	( $\pm 0.2$ )
2001	48.1	( $\pm 0.4$ )	18.1	( $\pm 0.3$ )	65.7	( $\pm 0.4$ )	10.3	( $\pm 0.2$ )	65.3	( $\pm 0.4$ )	10.1	( $\pm 0.2$ )	80.2	( $\pm 0.3$ )	6.1	( $\pm 0.2$ )
<b>Multivariable-adjusted§§</b>																
1993	50.8	( $\pm 0.5$ )	16.0	( $\pm 0.3$ )	67.1	( $\pm 0.5$ )	9.3	( $\pm 0.2$ )	67.0	( $\pm 0.5$ )	9.0	( $\pm 0.2$ )	81.2	( $\pm 0.4$ )	5.3	( $\pm 0.1$ )
1994	51.9	( $\pm 0.5$ )	15.4	( $\pm 0.3$ )	68.4	( $\pm 0.5$ )	8.8	( $\pm 0.2$ )	68.1	( $\pm 0.5$ )	8.6	( $\pm 0.2$ )	81.7	( $\pm 0.4$ )	5.2	( $\pm 0.1$ )
1995	50.6	( $\pm 0.5$ )	16.2	( $\pm 0.3$ )	67.1	( $\pm 0.5$ )	9.3	( $\pm 0.2$ )	67.5	( $\pm 0.5$ )	8.8	( $\pm 0.2$ )	80.9	( $\pm 0.4$ )	5.5	( $\pm 0.2$ )
1996	51.2	( $\pm 0.5$ )	15.8	( $\pm 0.2$ )	68.2	( $\pm 0.4$ )	8.9	( $\pm 0.2$ )	67.5	( $\pm 0.4$ )	8.8	( $\pm 0.2$ )	80.8	( $\pm 0.4$ )	5.5	( $\pm 0.1$ )
1997	51.3	( $\pm 0.4$ )	15.8	( $\pm 0.2$ )	67.7	( $\pm 0.4$ )	9.1	( $\pm 0.2$ )	67.7	( $\pm 0.4$ )	8.8	( $\pm 0.2$ )	81.4	( $\pm 0.4$ )	5.3	( $\pm 0.1$ )
1998	51.0	( $\pm 0.4$ )	15.9	( $\pm 0.2$ )	67.7	( $\pm 0.4$ )	9.1	( $\pm 0.2$ )	67.1	( $\pm 0.4$ )	9.0	( $\pm 0.2$ )	80.7	( $\pm 0.3$ )	5.5	( $\pm 0.1$ )
1999	49.9	( $\pm 0.5$ )	16.5	( $\pm 0.3$ )	66.5	( $\pm 0.4$ )	9.5	( $\pm 0.2$ )	66.9	( $\pm 0.4$ )	9.1	( $\pm 0.2$ )	80.9	( $\pm 0.4$ )	5.4	( $\pm 0.1$ )
2000	47.8	( $\pm 0.4$ )	17.6	( $\pm 0.3$ )	65.2	( $\pm 0.4$ )	10.1	( $\pm 0.2$ )	65.1	( $\pm 0.4$ )	9.8	( $\pm 0.2$ )	79.7	( $\pm 0.3$ )	5.8	( $\pm 0.1$ )
2001	47.0	( $\pm 0.4$ )	18.1	( $\pm 0.2$ )	64.9	( $\pm 0.4$ )	10.2	( $\pm 0.2$ )	64.3	( $\pm 0.4$ )	10.1	( $\pm 0.2$ )	79.6	( $\pm 0.3$ )	5.9	( $\pm 0.1$ )

\* Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

† Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

§ Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

¶ Number of days during the preceding 30 days when usual activities, including self-care, work, or recreation, were limited.

\*\* 95% confidence interval, calculated by multiplying the standard error by 1.96.

†† To the 2000 U.S. standard population.

§§ Adjusted for sex, age, race/ethnicity, education, annual household income, marital status, employment status, and health-care plan status.



**TABLE 4. Percentage of adults who self-rated their health status, by selected sociodemographic characteristics — Behavioral Risk Factor Surveillance System, United States, 1993–2001**

Characteristic	No.	Excellent		Very good		Good		Fair		Poor		Fair or poor	
		%	(CI)*	%	(CI)	%	(CI)	%	(CI)	%	(CI)	%	(CI)
<b>Overall</b>	1,289,062	23.6	(±0.1)	33.5	(±0.1)	28.5	(±0.1)	10.6	(±0.1)	3.8	(±0.1)	14.4	(±0.1)
<b>Sex</b>													
Men	529,646	24.8	(±0.2)	33.7	(±0.2)	28.3	(±0.2)	9.8	(±0.1)	3.5	(±0.1)	13.3	(±0.2)
Women	759,416	22.5	(±0.2)	33.3	(±0.2)	28.8	(±0.2)	11.4	(±0.1)	4.1	(±0.1)	15.5	(±0.1)
<b>Age group (yrs)</b>													
18–24	116,376	25.8	(±0.4)	38.0	(±0.5)	28.7	(±0.5)	6.8	(±0.3)	0.7	(±0.1)	7.5	(±0.3)
25–34	245,912	29.1	(±0.3)	37.8	(±0.3)	25.8	(±0.3)	6.3	(±0.2)	1.0	(±0.1)	7.3	(±0.2)
35–44	288,195	27.3	(±0.3)	36.2	(±0.3)	26.8	(±0.3)	7.7	(±0.2)	2.1	(±0.1)	9.8	(±0.2)
45–54	227,925	24.5	(±0.3)	33.2	(±0.3)	27.8	(±0.3)	10.4	(±0.2)	4.1	(±0.1)	14.4	(±0.3)
55–64	154,572	19.9	(±0.3)	28.6	(±0.4)	30.2	(±0.4)	14.2	(±0.3)	7.1	(±0.2)	21.3	(±0.4)
65–74	143,586	13.9	(±0.3)	26.6	(±0.4)	33.5	(±0.4)	18.2	(±0.3)	7.8	(±0.2)	26.0	(±0.4)
≥75	105,105	10.3	(±0.3)	23.3	(±0.4)	33.3	(±0.5)	22.2	(±0.4)	11.0	(±0.3)	33.2	(±0.5)
<b>Race/Ethnicity</b>													
White, non-Hispanic	1,042,606	24.7	(±0.1)	35.5	(±0.2)	27.0	(±0.1)	9.2	(±0.1)	3.6	(±0.1)	12.8	(±0.1)
Black, non-Hispanic	107,934	19.3	(±0.4)	28.6	(±0.4)	32.4	(±0.4)	14.5	(±0.3)	5.2	(±0.2)	19.8	(±0.4)
Hispanic	75,908	19.0	(±0.5)	24.2	(±0.5)	34.9	(±0.6)	17.7	(±0.5)	4.2	(±0.3)	21.9	(±0.5)
Asian/Pacific Islander	28,430	25.5	(±1.0)	32.1	(±1.1)	33.4	(±1.1)	7.3	(±0.6)	1.7	(±0.3)	9.0	(±0.7)
American Indian/Alaska Native	17,075	21.1	(±1.3)	26.4	(±1.3)	31.5	(±1.4)	14.4	(±1.1)	6.7	(±0.8)	21.1	(±1.3)
Other, non-Hispanic	10,535	22.4	(±1.4)	30.0	(±1.5)	31.1	(±1.5)	11.8	(±1.0)	4.7	(±0.8)	16.5	(±1.2)
<b>Marital status</b>													
Currently married	697,529	24.8	(±0.2)	34.2	(±0.2)	28.1	(±0.2)	9.7	(±0.1)	3.3	(±0.1)	13.0	(±0.1)
Divorced	169,395	21.5	(±0.3)	31.0	(±0.4)	29.1	(±0.4)	12.6	(±0.3)	5.9	(±0.2)	18.5	(±0.3)
Widowed	137,564	12.4	(±0.3)	24.4	(±0.4)	32.1	(±0.4)	20.4	(±0.4)	10.7	(±0.3)	31.1	(±0.4)
Separated	33,108	18.4	(±0.7)	27.2	(±0.9)	31.3	(±0.9)	16.3	(±0.7)	6.8	(±0.5)	23.1	(±0.8)
Never married	220,069	26.1	(±0.3)	36.6	(±0.4)	27.8	(±0.3)	7.8	(±0.2)	1.8	(±0.1)	9.6	(±0.2)
Unmarried couple	27,850	21.9	(±0.8)	34.7	(±1.0)	30.1	(±1.0)	11.3	(±0.8)	2.0	(±0.3)	13.3	(±0.8)
<b>Education</b>													
Less than high school	164,099	11.4	(±0.3)	19.4	(±0.3)	34.6	(±0.4)	23.7	(±0.4)	10.9	(±0.2)	34.6	(±0.4)
High school	418,222	19.1	(±0.2)	32.4	(±0.2)	32.9	(±0.2)	12.0	(±0.2)	3.7	(±0.1)	15.7	(±0.2)
Some college	351,578	24.4	(±0.2)	37.4	(±0.3)	27.6	(±0.3)	8.1	(±0.2)	2.6	(±0.1)	10.7	(±0.2)
College	351,799	34.6	(±0.3)	38.2	(±0.3)	21.1	(±0.2)	4.7	(±0.1)	1.4	(±0.1)	6.1	(±0.1)
<b>Annual household income</b>													
<\$15,000	169,889	14.3	(±0.3)	22.4	(±0.4)	31.8	(±0.4)	20.5	(±0.4)	11.0	(±0.3)	31.5	(±0.4)
\$15,000–\$24,999	228,837	17.2	(±0.3)	29.1	(±0.3)	33.9	(±0.3)	15.0	(±0.3)	4.9	(±0.1)	19.9	(±0.3)
\$25,000–\$49,999	400,740	23.6	(±0.2)	37.2	(±0.3)	29.0	(±0.2)	8.2	(±0.2)	2.1	(±0.1)	10.3	(±0.2)
≥\$50,000	307,021	34.0	(±0.3)	39.5	(±0.3)	21.5	(±0.3)	4.2	(±0.1)	0.9	(±0.1)	5.1	(±0.1)
<b>Employment status</b>													
Employed for wages	698,530	27.0	(±0.2)	37.5	(±0.2)	27.6	(±0.2)	6.9	(±0.1)	0.9	(±0.0)	7.8	(±0.1)
Self-employed	109,773	31.4	(±0.5)	34.1	(±0.5)	26.0	(±0.5)	7.1	(±0.3)	1.4	(±0.1)	8.4	(±0.3)
Unemployed for ≥1 year	18,315	15.8	(±0.9)	24.3	(±1.0)	32.7	(±1.2)	18.7	(±1.0)	8.5	(±0.7)	27.2	(±1.1)
Unemployed for <1 year	27,631	19.8	(±0.8)	30.7	(±1.0)	33.8	(±1.0)	12.7	(±0.8)	3.1	(±0.3)	15.8	(±0.8)
Homemaker	97,192	22.5	(±0.4)	30.9	(±0.5)	30.0	(±0.5)	13.3	(±0.4)	3.3	(±0.2)	16.6	(±0.4)
Student	40,416	28.9	(±0.8)	40.4	(±0.8)	24.8	(±0.7)	5.3	(±0.4)	0.7	(±0.1)	6.0	(±0.4)
Retired	243,878	13.3	(±0.2)	25.7	(±0.3)	33.4	(±0.3)	19.1	(±0.3)	8.5	(±0.2)	27.6	(±0.3)
Unable to work	47,733	4.3	(±0.3)	8.6	(±0.5)	20.1	(±0.7)	30.3	(±0.7)	36.7	(±0.8)	67.0	(±0.8)
<b>Health-care plan</b>													
Yes	1,127,528	24.3	(±0.1)	34.3	(±0.1)	27.7	(±0.1)	10.0	(±0.1)	3.8	(±0.1)	13.8	(±0.1)
No	158,397	19.4	(±0.4)	28.3	(±0.4)	33.9	(±0.4)	14.5	(±0.3)	4.0	(±0.2)	18.5	(±0.4)

\* 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 5. Mean number of unhealthy days and activity limitation days among adults, by selected sociodemographic characteristics — Behavioral Risk Factor Surveillance System, United States, 1993–2001**

Characteristic	No.	Overall unhealthy days*		Physically unhealthy days†		Mentally unhealthy days‡		Activity limitation days§	
		Mean	(CI)**	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>Overall</b>	1,291,986	5.5	(±0.0)	3.2	(±0.0)	3.0	(±0.0)	1.8	(±0.0)
<b>Sex</b>									
Men	530,797	4.6	(±0.0)	2.7	(±0.0)	2.5	(±0.0)	1.6	(±0.0)
Women	761,189	6.3	(±0.0)	3.6	(±0.0)	3.5	(±0.0)	2.0	(±0.0)
<b>Age group (yrs)</b>									
18–24	116,478	5.4	(±0.1)	1.9	(±0.0)	3.7	(±0.1)	1.2	(±0.0)
25–34	246,113	4.9	(±0.1)	2.0	(±0.0)	3.2	(±0.0)	1.2	(±0.0)
35–44	288,524	5.3	(±0.1)	2.6	(±0.0)	3.4	(±0.0)	1.6	(±0.0)
45–54	228,310	5.6	(±0.1)	3.3	(±0.1)	3.2	(±0.1)	2.0	(±0.0)
55–64	155,034	5.9	(±0.1)	4.3	(±0.1)	2.6	(±0.1)	2.3	(±0.1)
65–74	144,198	5.8	(±0.1)	4.7	(±0.1)	2.0	(±0.1)	2.3	(±0.1)
≥75	105,862	6.9	(±0.1)	6.0	(±0.1)	2.0	(±0.1)	3.0	(±0.1)
<b>Race/Ethnicity</b>									
White, non-Hispanic	1,044,793	5.4	(±0.0)	3.1	(±0.0)	2.9	(±0.0)	1.7	(±0.0)
Black, non-Hispanic	108,238	5.9	(±0.1)	3.5	(±0.1)	3.3	(±0.1)	2.2	(±0.1)
Hispanic	76,087	5.8	(±0.1)	3.2	(±0.1)	3.4	(±0.1)	1.9	(±0.1)
Asian/Pacific Islander	28,496	4.0	(±0.2)	2.0	(±0.1)	2.3	(±0.1)	1.2	(±0.1)
American Indian/Alaska Native	17,139	7.5	(±0.3)	4.4	(±0.3)	4.5	(±0.3)	2.8	(±0.2)
Other, non-Hispanic	10,584	6.8	(±0.3)	3.6	(±0.2)	4.2	(±0.3)	2.4	(±0.2)
<b>Marital status</b>									
Currently married	698,706	4.9	(±0.0)	2.9	(±0.0)	2.5	(±0.0)	1.6	(±0.0)
Divorced	169,807	7.3	(±0.1)	4.2	(±0.1)	4.4	(±0.1)	2.7	(±0.1)
Widowed	138,352	7.3	(±0.1)	5.7	(±0.1)	2.9	(±0.1)	3.0	(±0.1)
Separated	33,183	8.8	(±0.2)	4.5	(±0.2)	5.9	(±0.2)	3.0	(±0.1)
Never married	220,439	5.4	(±0.1)	2.3	(±0.0)	3.5	(±0.1)	1.5	(±0.0)
Unmarried couple	27,893	6.5	(±0.2)	2.8	(±0.1)	4.4	(±0.2)	1.7	(±0.1)
<b>Education</b>									
Less than high school	165,032	7.8	(±0.1)	5.5	(±0.1)	3.9	(±0.1)	3.2	(±0.1)
High school	419,134	5.7	(±0.0)	3.2	(±0.0)	3.1	(±0.0)	1.8	(±0.0)
Some college	352,153	5.5	(±0.1)	2.9	(±0.0)	3.2	(±0.0)	1.7	(±0.0)
College	352,236	4.0	(±0.0)	2.1	(±0.0)	2.3	(±0.0)	1.1	(±0.0)
<b>Annual household income</b>									
<\$15,000	170,586	8.8	(±0.1)	5.9	(±0.1)	4.8	(±0.1)	3.8	(±0.1)
\$15,000–\$24,999	229,332	6.5	(±0.1)	3.8	(±0.1)	3.5	(±0.1)	2.2	(±0.0)
\$25,000–\$49,999	401,194	4.9	(±0.0)	2.6	(±0.0)	2.8	(±0.0)	1.4	(±0.0)
≥\$50,000	307,270	4.0	(±0.0)	1.9	(±0.0)	2.3	(±0.0)	1.0	(±0.0)
<b>Employment status</b>									
Employed for wages	699,248	4.4	(±0.0)	1.9	(±0.0)	2.8	(±0.0)	0.9	(±0.0)
Self-employed	109,949	4.3	(±0.1)	2.1	(±0.1)	2.6	(±0.1)	1.0	(±0.0)
Unemployed for ≥1 year	18,392	9.5	(±0.3)	5.6	(±0.2)	5.9	(±0.2)	4.5	(±0.2)
Unemployed for <1 year	27,692	7.6	(±0.2)	3.5	(±0.2)	5.1	(±0.2)	2.8	(±0.1)
Homemaker	97,423	5.8	(±0.1)	3.3	(±0.1)	3.2	(±0.1)	1.7	(±0.1)
Student	40,453	5.3	(±0.1)	2.0	(±0.1)	3.6	(±0.1)	1.2	(±0.1)
Retired	245,110	6.1	(±0.1)	5.0	(±0.1)	2.0	(±0.0)	2.5	(±0.0)
Unable to work	48,051	19.8	(±0.2)	16.5	(±0.2)	9.7	(±0.2)	13.4	(±0.2)
<b>Health-care plan</b>									
Yes	1,129,963	5.3	(±0.0)	3.1	(±0.0)	2.8	(±0.0)	1.7	(±0.0)
No	158,810	6.6	(±0.1)	3.2	(±0.1)	4.3	(±0.1)	2.0	(±0.1)

\* Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

† Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

‡ Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

§ Number of days during the preceding 30 days when usual activities, including self-care, work, or recreation, were limited.

\*\* 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 6. Percentage of adults who reported zero or  $\geq 14$  unhealthy days and activity limitation days, by selected sociodemographic characteristics — Behavioral Risk Factor Surveillance System, United States, 1993–2001**

Characteristic	Overall unhealthy days*				Physically unhealthy days†				Mentally unhealthy days§				Activity limitation days¶			
	0 days		$\geq 14$ days		0 days		$\geq 14$ days		0 days		$\geq 14$ days		0 days		$\geq 14$ days	
	%	(CI)**	%	(CI)	%	(CI)	%	(CI)	%	(CI)	%	(CI)	%	(CI)	%	(CI)
<b>Overall</b>	51.3	( $\pm 0.2$ )	16.3	( $\pm 0.1$ )	67.6	( $\pm 0.0$ )	9.4	( $\pm 0.0$ )	67.9	( $\pm 0.1$ )	9.0	( $\pm 0.1$ )	81.5	( $\pm 0.1$ )	5.4	( $\pm 0.1$ )
<b>Sex</b>																
Men	56.9	( $\pm 0.2$ )	13.4	( $\pm 0.2$ )	71.4	( $\pm 0.2$ )	8.0	( $\pm 0.1$ )	73.1	( $\pm 0.2$ )	7.2	( $\pm 0.1$ )	83.8	( $\pm 0.2$ )	4.9	( $\pm 0.1$ )
Women	46.0	( $\pm 0.2$ )	19.1	( $\pm 0.2$ )	64.1	( $\pm 0.2$ )	10.8	( $\pm 0.1$ )	63.1	( $\pm 0.2$ )	10.6	( $\pm 0.1$ )	79.3	( $\pm 0.2$ )	6.0	( $\pm 0.1$ )
<b>Age group (yrs)</b>																
18–24	40.9	( $\pm 0.5$ )	14.8	( $\pm 0.4$ )	64.7	( $\pm 0.5$ )	4.3	( $\pm 0.2$ )	54.6	( $\pm 0.5$ )	10.5	( $\pm 0.3$ )	78.7	( $\pm 0.4$ )	2.6	( $\pm 0.2$ )
25–34	47.3	( $\pm 0.3$ )	13.5	( $\pm 0.2$ )	68.4	( $\pm 0.3$ )	5.2	( $\pm 0.2$ )	61.5	( $\pm 0.3$ )	9.2	( $\pm 0.2$ )	80.9	( $\pm 0.3$ )	3.2	( $\pm 0.1$ )
35–44	49.0	( $\pm 0.3$ )	15.3	( $\pm 0.2$ )	68.3	( $\pm 0.3$ )	7.3	( $\pm 0.2$ )	63.8	( $\pm 0.3$ )	10.0	( $\pm 0.2$ )	81.1	( $\pm 0.2$ )	4.7	( $\pm 0.1$ )
45–54	52.6	( $\pm 0.4$ )	16.9	( $\pm 0.3$ )	68.4	( $\pm 0.3$ )	10.1	( $\pm 0.2$ )	68.4	( $\pm 0.3$ )	9.9	( $\pm 0.2$ )	81.6	( $\pm 0.3$ )	6.3	( $\pm 0.2$ )
55–64	58.0	( $\pm 0.4$ )	18.6	( $\pm 0.3$ )	68.5	( $\pm 0.4$ )	14.0	( $\pm 0.3$ )	76.7	( $\pm 0.4$ )	8.2	( $\pm 0.2$ )	82.8	( $\pm 0.3$ )	7.8	( $\pm 0.2$ )
65–74	61.0	( $\pm 0.4$ )	18.7	( $\pm 0.3$ )	67.8	( $\pm 0.4$ )	15.5	( $\pm 0.3$ )	83.1	( $\pm 0.3$ )	6.0	( $\pm 0.2$ )	84.0	( $\pm 0.3$ )	7.8	( $\pm 0.2$ )
$\geq 75$	59.5	( $\pm 0.5$ )	22.7	( $\pm 0.4$ )	64.1	( $\pm 0.5$ )	20.3	( $\pm 0.4$ )	85.2	( $\pm 0.4$ )	6.4	( $\pm 0.2$ )	82.3	( $\pm 0.4$ )	10.3	( $\pm 0.3$ )
<b>Race/Ethnicity</b>																
White, non-Hispanic	51.1	( $\pm 0.2$ )	16.0	( $\pm 0.1$ )	67.4	( $\pm 0.2$ )	9.3	( $\pm 0.1$ )	68.3	( $\pm 0.2$ )	8.6	( $\pm 0.1$ )	81.7	( $\pm 0.1$ )	5.2	( $\pm 0.1$ )
Black, non-Hispanic	52.1	( $\pm 0.5$ )	18.0	( $\pm 0.4$ )	67.4	( $\pm 0.5$ )	10.5	( $\pm 0.3$ )	68.0	( $\pm 0.4$ )	10.3	( $\pm 0.3$ )	80.3	( $\pm 0.4$ )	6.9	( $\pm 0.3$ )
Hispanic	51.2	( $\pm 0.6$ )	18.1	( $\pm 0.5$ )	68.7	( $\pm 0.6$ )	10.0	( $\pm 0.4$ )	65.7	( $\pm 0.6$ )	10.5	( $\pm 0.4$ )	81.1	( $\pm 0.5$ )	5.7	( $\pm 0.3$ )
Asian/Pacific Islander	55.5	( $\pm 1.2$ )	10.6	( $\pm 0.7$ )	72.2	( $\pm 1.0$ )	5.1	( $\pm 0.5$ )	69.6	( $\pm 1.1$ )	6.2	( $\pm 0.6$ )	82.4	( $\pm 0.9$ )	2.9	( $\pm 0.4$ )
American Indian/Alaska Native	45.3	( $\pm 1.5$ )	23.8	( $\pm 1.3$ )	62.1	( $\pm 1.5$ )	13.5	( $\pm 1.0$ )	61.2	( $\pm 1.5$ )	14.4	( $\pm 1.1$ )	75.8	( $\pm 1.4$ )	9.2	( $\pm 0.9$ )
Other, non-Hispanic	46.2	( $\pm 1.6$ )	20.4	( $\pm 1.3$ )	64.9	( $\pm 1.6$ )	10.9	( $\pm 1.0$ )	62.2	( $\pm 1.6$ )	12.9	( $\pm 1.2$ )	77.1	( $\pm 1.4$ )	7.6	( $\pm 0.9$ )
<b>Marital status</b>																
Currently married	54.9	( $\pm 0.2$ )	14.3	( $\pm 0.1$ )	69.6	( $\pm 0.2$ )	8.7	( $\pm 0.1$ )	71.8	( $\pm 0.2$ )	7.3	( $\pm 0.1$ )	83.7	( $\pm 0.1$ )	4.8	( $\pm 0.1$ )
Divorced	45.9	( $\pm 0.4$ )	22.8	( $\pm 0.4$ )	64.3	( $\pm 0.4$ )	13.2	( $\pm 0.3$ )	62.1	( $\pm 0.4$ )	13.9	( $\pm 0.3$ )	77.0	( $\pm 0.4$ )	8.6	( $\pm 0.3$ )
Widowed	55.1	( $\pm 0.5$ )	23.9	( $\pm 0.4$ )	63.9	( $\pm 0.5$ )	19.1	( $\pm 0.4$ )	78.0	( $\pm 0.4$ )	9.2	( $\pm 0.3$ )	80.9	( $\pm 0.4$ )	10.0	( $\pm 0.3$ )
Separated	39.6	( $\pm 1.0$ )	28.3	( $\pm 0.9$ )	61.3	( $\pm 1.0$ )	14.1	( $\pm 0.7$ )	54.7	( $\pm 1.0$ )	19.4	( $\pm 0.7$ )	74.9	( $\pm 0.8$ )	9.6	( $\pm 0.5$ )
Never married	43.9	( $\pm 0.4$ )	15.1	( $\pm 0.3$ )	65.5	( $\pm 0.4$ )	5.9	( $\pm 0.2$ )	58.2	( $\pm 0.4$ )	10.1	( $\pm 0.2$ )	78.4	( $\pm 0.3$ )	3.8	( $\pm 0.1$ )
Unmarried couple	38.9	( $\pm 1.0$ )	19.1	( $\pm 0.8$ )	63.7	( $\pm 1.0$ )	7.8	( $\pm 0.6$ )	53.1	( $\pm 1.0$ )	12.9	( $\pm 0.7$ )	75.7	( $\pm 0.9$ )	4.6	( $\pm 0.4$ )
<b>Education</b>																
Less than high school	50.7	( $\pm 0.5$ )	25.8	( $\pm 0.4$ )	63.1	( $\pm 0.4$ )	18.2	( $\pm 0.3$ )	69.4	( $\pm 0.4$ )	13.0	( $\pm 0.3$ )	78.0	( $\pm 0.4$ )	10.8	( $\pm 0.3$ )
High school	52.9	( $\pm 0.3$ )	17.4	( $\pm 0.2$ )	68.6	( $\pm 0.2$ )	9.9	( $\pm 0.2$ )	69.3	( $\pm 0.2$ )	9.6	( $\pm 0.2$ )	82.5	( $\pm 0.2$ )	5.6	( $\pm 0.1$ )
Some college	47.8	( $\pm 0.3$ )	16.1	( $\pm 0.2$ )	66.4	( $\pm 0.3$ )	8.5	( $\pm 0.2$ )	64.5	( $\pm 0.3$ )	9.2	( $\pm 0.2$ )	80.4	( $\pm 0.2$ )	4.9	( $\pm 0.1$ )
College	52.8	( $\pm 0.3$ )	10.6	( $\pm 0.2$ )	69.9	( $\pm 0.3$ )	5.3	( $\pm 0.1$ )	68.9	( $\pm 0.3$ )	6.0	( $\pm 0.1$ )	83.0	( $\pm 0.2$ )	2.9	( $\pm 0.1$ )
<b>Annual household income</b>																
<\$15,000	43.1	( $\pm 0.5$ )	28.5	( $\pm 0.4$ )	58.2	( $\pm 0.4$ )	19.3	( $\pm 0.3$ )	62.0	( $\pm 0.4$ )	15.6	( $\pm 0.3$ )	72.7	( $\pm 0.4$ )	12.6	( $\pm 0.3$ )
\$15,000–\$24,999	48.9	( $\pm 0.4$ )	20.0	( $\pm 0.3$ )	65.1	( $\pm 0.3$ )	11.9	( $\pm 0.2$ )	66.4	( $\pm 0.3$ )	10.7	( $\pm 0.2$ )	79.6	( $\pm 0.3$ )	6.9	( $\pm 0.2$ )
\$25,000–\$49,999	51.3	( $\pm 0.3$ )	14.2	( $\pm 0.2$ )	68.8	( $\pm 0.2$ )	7.3	( $\pm 0.1$ )	67.4	( $\pm 0.2$ )	8.0	( $\pm 0.1$ )	82.7	( $\pm 0.2$ )	3.9	( $\pm 0.1$ )
$\geq$ \$50,000	53.0	( $\pm 0.3$ )	10.6	( $\pm 0.2$ )	71.3	( $\pm 0.3$ )	4.8	( $\pm 0.1$ )	68.7	( $\pm 0.3$ )	6.2	( $\pm 0.1$ )	84.1	( $\pm 0.2$ )	2.5	( $\pm 0.1$ )
<b>Employment status</b>																
Employed for wages	51.6	( $\pm 0.2$ )	12.2	( $\pm 0.1$ )	70.6	( $\pm 0.2$ )	4.9	( $\pm 0.1$ )	66.4	( $\pm 0.2$ )	7.8	( $\pm 0.1$ )	84.0	( $\pm 0.1$ )	2.2	( $\pm 0.1$ )
Self-employed	56.4	( $\pm 0.5$ )	12.6	( $\pm 0.4$ )	73.4	( $\pm 0.5$ )	5.8	( $\pm 0.2$ )	70.5	( $\pm 0.5$ )	7.6	( $\pm 0.3$ )	85.3	( $\pm 0.4$ )	2.8	( $\pm 0.2$ )
Unemployed for $\geq 1$ year	40.1	( $\pm 1.2$ )	30.5	( $\pm 1.1$ )	57.7	( $\pm 1.2$ )	18.7	( $\pm 0.9$ )	55.9	( $\pm 1.2$ )	19.3	( $\pm 1.0$ )	67.4	( $\pm 1.1$ )	15.0	( $\pm 0.8$ )
Unemployed for <1 year	41.7	( $\pm 1.1$ )	23.9	( $\pm 0.9$ )	64.6	( $\pm 1.0$ )	10.6	( $\pm 0.6$ )	55.2	( $\pm 1.1$ )	16.1	( $\pm 0.7$ )	74.2	( $\pm 0.9$ )	8.5	( $\pm 0.5$ )
Homemaker	49.6	( $\pm 0.5$ )	17.6	( $\pm 0.4$ )	66.0	( $\pm 0.5$ )	10.1	( $\pm 0.3$ )	66.6	( $\pm 0.5$ )	9.5	( $\pm 0.3$ )	81.5	( $\pm 0.4$ )	5.0	( $\pm 0.2$ )
Student	38.4	( $\pm 0.8$ )	14.0	( $\pm 0.6$ )	62.6	( $\pm 0.8$ )	4.2	( $\pm 0.4$ )	51.8	( $\pm 0.8$ )	9.5	( $\pm 0.5$ )	77.0	( $\pm 0.7$ )	2.7	( $\pm 0.3$ )
Retired	60.6	( $\pm 0.3$ )	19.7	( $\pm 0.3$ )	66.9	( $\pm 0.3$ )	16.7	( $\pm 0.2$ )	83.6	( $\pm 0.3$ )	6.1	( $\pm 0.2$ )	83.4	( $\pm 0.3$ )	8.5	( $\pm 0.2$ )
Unable to work	17.3	( $\pm 0.6$ )	67.8	( $\pm 0.8$ )	24.5	( $\pm 0.7$ )	58.2	( $\pm 0.8$ )	45.8	( $\pm 0.8$ )	34.3	( $\pm 0.8$ )	37.5	( $\pm 0.8$ )	47.7	( $\pm 0.8$ )
<b>Health-care plan</b>																
Yes	52.0	( $\pm 0.2$ )	15.7	( $\pm 0.1$ )	67.7	( $\pm 0.1$ )	9.4	( $\pm 0.1$ )	69.1	( $\pm 0.1$ )	8.3	( $\pm 0.1$ )	81.9	( $\pm 0.1$ )	5.3	( $\pm 0.1$ )
No	46.9	( $\pm 0.5$ )	20.2	( $\pm 0.4$ )	66.8	( $\pm 0.4$ )	9.7	( $\pm 0.3$ )	60.9	( $\pm 0.4$ )	13.4	( $\pm 0.3$ )	78.9	( $\pm 0.4$ )	6.2	( $\pm 0.2$ )

\* Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

† Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

§ Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

¶ Number of days during the preceding 30 days when usual activities, including self-care, work, or recreation, were limited.

\*\* 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 7. Percentage of adults who self-rated their health status, by sex and race/ethnicity — Behavioral Risk Factor Surveillance System, United States, 1993–2001**

Sex/ Race/Ethnicity	No.	Excellent		Very good		Good		Fair		Poor		Fair or poor	
		%	(CI)*	%	(CI)	%	(CI)	%	(CI)	%	(CI)	%	(CI)
<b>Overall</b>	1,289,062	23.6	(±0.1)	33.5	(±0.1)	28.5	(±0.1)	10.6	(±0.1)	3.8	(±0.1)	14.4	(±0.1)
<b>Men</b>	529,646	24.8	(±0.2)	33.7	(±0.2)	28.3	(±0.2)	9.8	(±0.1)	3.5	(±0.1)	13.3	(±0.2)
White, non-Hispanic	433,569	25.5	(±0.2)	35.6	(±0.2)	27.0	(±0.2)	8.6	(±0.1)	3.4	(±0.1)	12.0	(±0.2)
Black, non-Hispanic	37,442	22.5	(±0.6)	30.0	(±0.7)	30.1	(±0.7)	12.9	(±0.5)	4.5	(±0.3)	17.3	(±0.6)
Hispanic	31,438	20.9	(±0.7)	24.7	(±0.8)	34.8	(±0.9)	16.3	(±0.7)	3.3	(±0.3)	19.6	(±0.8)
Asian/Pacific Islander	12,979	27.3	(±1.4)	31.9	(±1.5)	32.1	(±1.5)	7.1	(±0.9)	1.7	(±0.5)	8.8	(±1.0)
American Indian/Alaska Native	7,412	23.0	(±2.0)	26.3	(±1.9)	31.4	(±2.1)	13.3	(±1.6)	5.9	(±1.2)	19.2	(±1.9)
Other, non-Hispanic	4,872	24.4	(±2.1)	30.4	(±2.2)	29.7	(±2.1)	11.7	(±1.5)	3.8	(±1.0)	15.5	(±1.7)
<b>Women</b>	759,416	22.5	(±0.2)	33.3	(±0.2)	28.8	(±0.2)	11.4	(±0.1)	4.1	(±0.1)	15.5	(±0.1)
White, non-Hispanic	611,224	24.0	(±0.2)	35.4	(±0.2)	27.0	(±0.2)	9.8	(±0.1)	3.8	(±0.1)	13.6	(±0.1)
Black, non-Hispanic	70,796	16.7	(±0.4)	27.5	(±0.5)	34.1	(±0.5)	15.8	(±0.5)	5.8	(±0.3)	21.6	(±0.5)
Hispanic	44,649	17.0	(±0.5)	23.7	(±0.6)	35.0	(±0.8)	19.1	(±0.6)	5.1	(±0.4)	24.2	(±0.7)
Asian/Pacific Islander	15,517	23.5	(±1.3)	32.4	(±1.5)	34.9	(±1.5)	7.6	(±0.8)	1.6	(±0.4)	9.2	(±0.9)
American Indian/Alaska Native	9,727	19.0	(±1.6)	26.4	(±1.8)	31.5	(±1.9)	15.6	(±1.5)	7.5	(±1.1)	23.1	(±1.7)
Other, non-Hispanic	5,712	20.1	(±1.7)	29.6	(±2.1)	32.7	(±2.1)	11.8	(±1.4)	5.7	(±1.2)	17.6	(±1.7)

\*95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 8. Mean number of unhealthy days and activity limitation days among adults, by sex and race/ethnicity — Behavioral Risk Factor Surveillance System, United States, 1993–2001**

Sex/ Race/Ethnicity	No.*	Overall unhealthy days <sup>†</sup>		Physically unhealthy days <sup>§</sup>		Mentally unhealthy days <sup>¶</sup>		Activity limitation days <sup>**</sup>	
		Mean	(CI) <sup>††</sup>	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>Overall</b>	1,291,986	5.5	(±0.0)	3.2	(±0.0)	3.0	(±0.0)	1.8	(±0.0)
<b>Men</b>	527,712	4.6	(±0.0)	2.7	(±0.0)	2.5	(±0.0)	1.6	(±0.0)
White, non-Hispanic	433,569	4.5	(±0.0)	2.7	(±0.0)	2.4	(±0.0)	1.6	(±0.0)
Black, non-Hispanic	37,442	4.9	(±0.1)	3.0	(±0.1)	2.7	(±0.1)	1.9	(±0.1)
Hispanic	31,438	4.9	(±0.2)	2.7	(±0.1)	2.9	(±0.1)	1.6	(±0.1)
Asian/Pacific Islander	12,979	3.6	(±0.3)	1.8	(±0.2)	2.1	(±0.2)	1.1	(±0.2)
American Indian/Alaska Native	7,412	6.7	(±0.5)	3.9	(±0.4)	4.1	(±0.4)	2.6	(±0.3)
Other, non-Hispanic	4,872	5.8	(±0.5)	3.1	(±0.3)	3.5	(±0.4)	2.1	(±0.3)
<b>Women</b>	757,625	6.3	(±0.0)	3.6	(±0.0)	3.5	(±0.0)	2.0	(±0.0)
White, non-Hispanic	611,224	6.2	(±0.0)	3.5	(±0.0)	3.5	(±0.0)	1.9	(±0.0)
Black, non-Hispanic	70,796	6.7	(±0.1)	3.8	(±0.1)	3.8	(±0.1)	2.4	(±0.1)
Hispanic	44,649	6.7	(±0.2)	3.8	(±0.1)	4.0	(±0.1)	2.1	(±0.1)
Asian/Pacific Islander	15,517	4.5	(±0.2)	2.2	(±0.2)	2.6	(±0.2)	1.2	(±0.1)
American Indian/Alaska Native	9,727	8.4	(±0.4)	4.9	(±0.4)	5.0	(±0.4)	3.1	(±0.3)
Other, non-Hispanic	5,712	7.9	(±0.5)	4.1	(±0.3)	4.9	(±0.4)	2.9	(±0.3)

\* Number of respondents in that category regardless of their response to the HRQOL questions.

<sup>†</sup> Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

<sup>§</sup> Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

<sup>¶</sup> Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

<sup>\*\*</sup> Number of days during the preceding 30 days when usual activities, including self-care, work, or recreation, were limited.

<sup>††</sup> 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 9. Mean number of unhealthy days and activity limitation days among adults, by self-rated health status — Behavioral Risk Factor Surveillance System, United States, 1993–2001**

Health status	No.	Overall unhealthy days*		Physically unhealthy days†		Mentally unhealthy days§		Activity limitation days¶	
		Mean	(CI)**	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>Overall</b>	1,289,062	5.5	(±0.0)	3.1	(±0.0)	3.0	(±0.0)	1.8	(±0.0)
<b>Self-rated health</b>									
Excellent	300,850	2.5	(±0.0)	0.9	(±0.0)	1.7	(±0.0)	0.5	(±0.0)
Very good	433,322	3.8	(±0.0)	1.5	(±0.0)	2.4	(±0.0)	0.8	(±0.0)
Good	362,867	5.4	(±0.0)	2.7	(±0.0)	3.1	(±0.0)	1.5	(±0.0)
Fair	137,025	11.7	(±0.1)	8.3	(±0.1)	5.3	(±0.1)	4.4	(±0.1)
Poor	54,998	23.6	(±0.2)	21.5	(±0.2)	9.7	(±0.2)	14.1	(±0.2)
Fair or poor	192,023	14.8	(±0.1)	11.8	(±0.1)	6.5	(±0.1)	6.9	(±0.1)

\* Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

† Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

§ Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

¶ Number of days during the preceding 30 days when usual activities, including self-care, work, or recreation, were limited.

\*\* 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 10. Mean number of unhealthy days and activity limitation days among adults aged ≥18 years, by selected sociodemographic characteristics — National Health and Nutrition Examination Survey, United States, 2001–2002**

Characteristic	No.	Overall unhealthy days*		Physically unhealthy days†		Mentally unhealthy days§		Activity limitation days¶	
		Mean	(CI)**	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>Overall</b>	5,130	6.7	(±0.5)	3.6	(±0.3)	3.8	(±0.4)	1.6	(±0.2)
<b>Sex</b>									
Men	2,501	5.6	(±0.4)	3.1	(±0.4)	3.1	(±0.4)	1.3	(±0.3)
Women	2,629	7.7	(±0.7)	4.1	(±0.4)	4.5	(±0.5)	1.8	(±0.3)
<b>Age group (yrs)</b>									
18–24	975	5.7	(±1.2)	2.6	(±0.8)	3.5	(±0.8)	1.4	(±0.6)
25–34	770	7.5	(±1.1)	3.4	(±0.9)	4.7	(±0.9)	1.3	(±0.5)
35–44	825	6.4	(±0.7)	3.2	(±0.7)	4.0	(±0.6)	1.7	(±0.7)
45–54	778	6.5	(±1.4)	3.8	(±0.9)	3.6	(±0.8)	1.6	(±0.4)
55–64	624	6.8	(±1.0)	4.0	(±0.7)	3.8	(±0.8)	1.9	(±0.6)
65–74	577	6.9	(±1.0)	4.9	(±1.0)	3.3	(±0.7)	1.5	(±0.6)
≥75	581	7.1	(±1.6)	5.4	(±1.7)	2.6	(±0.8)	1.9	(±0.9)
<b>Race/Ethnicity</b>									
White, non-Hispanic	2,602	6.5	(±0.5)	3.5	(±0.4)	3.6	(±0.4)	1.4	(±0.3)
Black, non-Hispanic	1,009	7.3	(±1.3)	3.9	(±1.1)	4.5	(±0.9)	2.1	(±0.8)
Hispanic	1,344	7.7	(±1.2)	4.2	(±0.6)	4.7	(±1.3)	2.2	(±0.7)
Other race (includes Multi-racial)	175	5.4	(±2.3)	3.3	(±1.7)	2.9	(±1.2)	1.0	(±0.7)
<b>Education</b>									
Less than high school	1,630	8.1	(±0.6)	5.0	(±0.6)	4.2	(±0.6)	2.3	(±0.5)
High school	1,243	7.1	(±1.3)	4.0	(±0.9)	4.1	(±0.9)	1.6	(±0.5)
More than high school	2,251	5.9	(±0.6)	3.0	(±0.4)	3.5	(±0.4)	1.3	(±0.2)
<b>Annual household income</b>									
<\$15,000	712	8.8	(±1.5)	5.2	(±1.1)	5.1	(±1.2)	2.9	(±0.9)
\$15,000–\$24,999	775	9.4	(±1.1)	5.8	(±0.9)	5.3	(±1.0)	2.4	(±0.7)
\$25,000–\$54,999	1,553	6.7	(±0.6)	3.7	(±0.4)	3.7	(±0.5)	1.7	(±0.3)
≥\$55,000	1,626	5.1	(±0.6)	2.4	(±0.3)	3.1	(±0.5)	0.8	(±0.1)
<b>Self-rated health</b>									
Excellent	673	3.1	(±0.6)	1.6	(±0.6)	1.6	(±0.4)	0.6	(±0.2)
Very good	1,555	5.1	(±0.5)	2.2	(±0.3)	3.1	(±0.6)	0.8	(±0.2)
Good	1,833	6.8	(±0.5)	3.4	(±0.4)	4.0	(±0.5)	1.3	(±0.3)
Fair	901	11.3	(±1.5)	7.2	(±1.3)	5.8	(±0.8)	3.6	(±1.4)
Poor	174	21.8	(±2.6)	18.2	(±3.0)	11.6	(±2.4)	10.1	(±3.6)

\* Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

† Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

§ Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

¶ Number of days during the preceding 30 days when usual activities, including self-care, work, school, or recreation, were limited.

\*\* 95% confidence interval, calculated by multiplying the standard error by 2.131.

**TABLE 11. Mean number of unhealthy days and activity limitation days among adults aged ≥18 years, by selected sociodemographic characteristics — Behavioral Risk Factor Surveillance System, United States, 2001**

Characteristic	No.	Overall unhealthy days*		Physically unhealthy days†		Mentally unhealthy days§		Activity limitation days¶	
		Mean	(CI)**	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>Overall</b>	204,802	6.0	(±0.1)	3.5	(±0.1)	3.4	(±0.1)	2.0	(±0.0)
<b>Sex</b>									
Men	83,502	5.1	(±0.1)	3.0	(±0.1)	2.8	(±0.1)	1.8	(±0.1)
Women	121,300	6.9	(±0.1)	3.9	(±0.1)	3.9	(±0.1)	2.2	(±0.1)
<b>Age group (yrs)</b>									
18–24	17,775	6.0	(±0.2)	2.1	(±0.1)	4.2	(±0.2)	1.3	(±0.1)
25–34	35,833	5.3	(±0.2)	2.1	(±0.1)	3.6	(±0.1)	1.4	(±0.1)
35–44	43,728	5.7	(±0.2)	2.8	(±0.1)	3.6	(±0.1)	1.8	(±0.1)
45–54	40,153	6.3	(±0.2)	3.7	(±0.1)	3.8	(±0.1)	2.3	(±0.1)
55–64	26,617	6.5	(±0.2)	4.7	(±0.2)	3.0	(±0.2)	2.6	(±0.1)
65–74	21,519	6.2	(±0.2)	5.0	(±0.2)	2.1	(±0.2)	2.3	(±0.2)
≥75	17,059	7.4	(±0.3)	6.4	(±0.3)	2.0	(±0.2)	3.1	(±0.2)
<b>Race/Ethnicity</b>									
White, non-Hispanic	160,820	6.0	(±0.1)	3.4	(±0.1)	3.3	(±0.1)	1.9	(±0.0)
Black, non-Hispanic	16,097	6.3	(±0.3)	3.7	(±0.2)	3.7	(±0.2)	2.4	(±0.2)
Hispanic	12,960	6.2	(±0.3)	3.5	(±0.3)	3.6	(±0.2)	2.0	(±0.2)
Other race (includes Multi-racial)	12,734	6.0	(±0.3)	3.4	(±0.3)	3.5	(±0.2)	2.1	(±0.2)
<b>Education</b>									
Less than high school	23,164	8.6	(±0.3)	5.9	(±0.3)	4.4	(±0.2)	3.6	(±0.2)
High school	64,225	6.4	(±0.1)	3.7	(±0.1)	3.6	(±0.1)	2.1	(±0.1)
More than high school	116,820	5.2	(±0.1)	2.8	(±0.1)	3.0	(±0.1)	1.6	(±0.1)
<b>Annual household income</b>									
<\$15,000	20,487	10.5	(±0.3)	7.1	(±0.3)	5.7	(±0.2)	4.9	(±0.2)
\$15,000–\$24,999	32,535	7.7	(±0.2)	4.7	(±0.2)	4.1	(±0.2)	2.8	(±0.1)
\$25,000–\$49,999	60,092	5.7	(±0.1)	3.0	(±0.1)	3.3	(±0.1)	1.6	(±0.1)
≥\$50,000	60,913	4.3	(±0.1)	2.0	(±0.1)	2.6	(±0.1)	1.1	(±0.1)
<b>Self-rated health</b>									
Excellent	25,074	2.6	(±0.1)	0.9	(±0.1)	1.7	(±0.1)	0.5	(±0.1)
Very good	34,564	3.8	(±0.1)	1.6	(±0.1)	2.4	(±0.1)	0.8	(±0.1)
Good	27,753	5.3	(±0.2)	2.6	(±0.1)	3.0	(±0.1)	1.4	(±0.1)
Fair	10,497	11.3	(±0.4)	7.9	(±0.3)	5.0	(±0.3)	4.2	(±0.3)
Poor	4,136	23.8	(±0.5)	21.8	(±0.5)	9.8	(±0.6)	13.6	(±0.6)

\* Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

† Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

§ Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

¶ Number of days during the preceding 30 days when usual activities, including self-care, work, or recreation, were limited.

\*\* 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 12. Percentage of adults aged  $\geq 20$  years who self-rated their health as fair or poor, by selected medical conditions — National Health and Nutrition Examination Survey, United States, 2001–2002**

Medical condition	No.*	% (Unadjusted)	(CI) <sup>†</sup>	% (Age-standardized <sup>§</sup> )	(CI)
<b>Overall</b>	4,942	15.9	( $\pm 1.6$ )	16.1	( $\pm 1.7$ )
<b>Did not report any of the following medical conditions</b>	2,035	7.2	( $\pm 1.6$ )	7.1	( $\pm 1.9$ )
<b>Medical conditions</b>					
Treatment for anemia during preceding 3 months	176	33.1	( $\pm 11.7$ )	34.6	( $\pm 9.9$ )
Trouble seeing even with glasses or contacts	986	31.6	( $\pm 4.2$ )	30.8	( $\pm 4.8$ )
<b>Ever told you had....</b>					
Arthritis	1,194	29.6	( $\pm 4.4$ )	27.5	( $\pm 5.4$ )
Cancer	461	27.5	( $\pm 5.2$ )	28.6	( $\pm 4.8$ )
High blood pressure told more than twice	1,231	28.9	( $\pm 3.5$ )	27.9	( $\pm 3.7$ )
Coronary heart disease	211	37.7	( $\pm 7.8$ )	36.4	( $\pm 5.2$ )
Angina/angina pectoris	175	45.4	( $\pm 9.6$ )	39.8	( $\pm 10.1$ )
Heart attack	211	45.4	( $\pm 9.3$ )	42.2	( $\pm 11.0$ )
Congestive heart failure	154	59.9	( $\pm 8.2$ )	72.7	( $\pm 9.1$ )
Stroke	159	45.5	( $\pm 8.1$ )	48.7	( $\pm 9.4$ )
Emphysema	84	51.3	( $\pm 16.1$ )	36.9	( $\pm 6.4$ )
<b>Do you still have...</b>					
Asthma	314	24.6	( $\pm 5.2$ )	24.3	( $\pm 5.6$ )
Chronic bronchitis	121	33.1	( $\pm 10.8$ )	27.3	( $\pm 6.6$ )
Liver condition	60	52.9	( $\pm 18.1$ )	51.8	( $\pm 9.0$ )
Thyroid problem	249	29.2	( $\pm 6.5$ )	24.9	( $\pm 9.1$ )
Diabetes	464	41.8	( $\pm 7.3$ )	30.9	( $\pm 6.9$ )
<b>No. of medical conditions</b>					
One	1,298	13.6	( $\pm 2.8$ )	13.6	( $\pm 2.5$ )
Two	756	20.2	( $\pm 3.7$ )	21.4	( $\pm 4.1$ )
Three	418	33.9	( $\pm 8.2$ )	29.4	( $\pm 8.7$ )
Four	206	39.9	( $\pm 6.4$ )	44.9	( $\pm 10.5$ )
Five or more	229	65.6	( $\pm 10.5$ )	75.4	( $\pm 14.4$ )

\* Number of respondents in that category regardless of their response to the self-rated health questions.

<sup>†</sup> 95% confidence interval, calculated by multiplying the standard error by 2.131.

<sup>§</sup> To the 2000 U.S. standard population.



**TABLE 13. Mean number of unhealthy days and activity limitation days among adults aged  $\geq 20$  years, by selected medical conditions — National Health and Nutrition Examination Survey, United States, 2001–2002**

Medical condition	No.*	Overall unhealthy days <sup>†</sup>		Physically unhealthy days <sup>§</sup>		Mentally unhealthy days <sup>¶</sup>		Activity limitation days <sup>**</sup>	
		Mean	(CI) <sup>††</sup>	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>Overall</b>	4,942	6.7	(±0.5)	3.7	(±0.3)	3.8	(±0.3)	1.6	(±0.2)
<b>Did not report any of the following medical conditions</b>	2,035	4.8	(±0.5)	2.2	(±0.5)	2.9	(±0.4)	0.9	(±0.2)
<b>Medical conditions</b>									
Treatment for anemia preceding 3 months	176	10.7	(±4.3)	6.2	(±2.3)	6.9	(±4.3)	4.6	(±3.1)
Trouble seeing even with glasses or contacts	986	9.9	(±0.9)	5.5	(±0.6)	6.3	(±0.8)	2.9	(±0.7)
<b>Ever told you had....</b>									
Arthritis	1,194	10.0	(±1.1)	6.7	(±1.0)	5.1	(±0.7)	2.9	(±0.8)
Cancer	461	8.6	(±1.4)	5.8	(±1.1)	4.5	(±0.8)	2.9	(±1.1)
High blood pressure told more than twice	1,231	8.9	(±0.9)	6.0	(±0.7)	4.6	(±0.6)	2.7	(±0.3)
Coronary heart disease	211	9.1	(±2.3)	6.5	(±1.9)	4.7	(±2.1)	3.1	(±1.0)
Angina/angina pectoris	175	10.4	(±2.0)	7.3	(±2.4)	5.7	(±1.8)	4.3	(±2.0)
Heart attack	211	10.5	(±1.8)	7.5	(±1.6)	6.1	(±1.8)	4.1	(±1.2)
Congestive heart failure	154	12.8	(±3.3)	10.1	(±2.8)	7.1	(±2.9)	6.2	(±2.3)
Stroke	159	11.4	(±2.6)	7.5	(±2.7)	6.9	(±2.6)	5.1	(±1.9)
Emphysema	84	10.1	(±3.1)	7.8	(±2.8)	4.3	(±2.1)	4.4	(±2.4)
<b>Do you still have....</b>									
Asthma	314	11.1	(±1.7)	6.9	(±1.6)	5.7	(±1.5)	2.9	(±1.0)
Chronic bronchitis	121	13.0	(±3.5)	9.4	(±2.6)	6.3	(±2.8)	5.1	(±3.1)
Liver condition	60	14.5	(±4.3)	11.0	(±3.7)	6.3	(±2.7)	3.7	(±2.8)
Thyroid problem	249	8.4	(±2.0)	5.4	(±1.4)	4.6	(±1.6)	2.8	(±1.4)
Diabetes	464	8.6	(±1.4)	5.8	(±1.5)	4.9	(±1.1)	2.9	(±1.3)
<b>No. of medical conditions</b>									
One	1,298	6.7	(±0.6)	3.4	(±0.4)	3.8	(±0.6)	1.4	(±0.3)
Two	756	8.5	(±1.0)	5.2	(±0.6)	5.0	(±1.0)	2.2	(±0.7)
Three	418	10.2	(±2.0)	6.7	(±2.2)	5.3	(±1.2)	2.2	(±0.8)
Four	206	11.5	(±3.1)	7.9	(±2.3)	4.7	(±1.6)	4.3	(±2.7)
Five or more	229	13.5	(±3.3)	10.1	(±2.8)	7.6	(±2.9)	6.5	(±2.3)

\* Number of respondents in that category regardless of their response to the HRQOL questions.

† Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

§ Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

¶ Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

\*\* Number of days during the preceding 30 days when usual activities, including self-care, work, school, or recreation, were limited.

†† 95% confidence interval, calculated by multiplying the standard error by 2.131.

**TABLE 14. Mean number of physically unhealthy days\* among adults, by place of residence and year — Behavioral Risk Factor Surveillance System, United States, 1993–2001†**

Census divisions/ States	1993		1994		1995		1996		1997		1998		1999		2000		2001	
	Mean	(CI) <sup>§</sup>	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>New England</b>	2.8	(±0.2)	2.8	(±0.2)	2.9	(±0.2)	3.0	(±0.2)	3.2	(±0.2)	2.9	(±0.2)	3.2	(±0.2)	3.3	(±0.1)	3.3	(±0.1)
Connecticut	2.2	(±0.3)	2.4	(±0.4)	2.5	(±0.4)	2.5	(±0.4)	3.0	(±0.4)	2.9	(±0.3)	3.3	(±0.5)	3.2	(±0.3)	3.1	(±0.2)
Maine	2.7	(±0.4)	2.8	(±0.4)	2.5	(±0.4)	2.9	(±0.4)	3.5	(±0.4)	3.3	(±0.4)	3.4	(±0.4)	3.5	(±0.4)	3.6	(±0.3)
Massachusetts	3.1	(±0.4)	3.1	(±0.4)	3.2	(±0.4)	3.2	(±0.4)	3.2	(±0.4)	2.7	(±0.2)	3.2	(±0.3)	3.4	(±0.2)	3.4	(±0.2)
New Hampshire	2.6	(±0.4)	2.7	(±0.4)	2.7	(±0.5)	3.0	(±0.4)	3.2	(±0.4)	3.1	(±0.4)	3.2	(±0.5)	3.1	(±0.4)	3.0	(±0.2)
Rhode Island	3.5	(±0.4)	—	—	3.3	(±0.4)	3.5	(±0.4)	3.0	(±0.4)	3.3	(±0.3)	2.9	(±0.3)	3.5	(±0.3)	3.7	(±0.3)
Vermont	2.8	(±0.4)	2.9	(±0.3)	3.4	(±0.4)	3.2	(±0.3)	2.8	(±0.3)	3.1	(±0.3)	2.9	(±0.3)	3.1	(±0.3)	3.3	(±0.3)
<b>Middle Atlantic</b>	3.0	(±0.2)	2.9	(±0.2)	3.1	(±0.2)	3.1	(±0.2)	3.1	(±0.2)	3.2	(±0.2)	3.2	(±0.2)	3.3	(±0.2)	3.5	(±0.2)
New Jersey	2.6	(±0.4)	2.7	(±0.4)	3.2	(±0.5)	3.0	(±0.3)	3.0	(±0.3)	2.8	(±0.3)	3.1	(±0.3)	3.1	(±0.3)	3.2	(±0.3)
New York	3.2	(±0.3)	2.8	(±0.3)	2.8	(±0.3)	3.1	(±0.3)	3.1	(±0.3)	3.3	(±0.3)	3.2	(±0.3)	3.5	(±0.3)	3.7	(±0.3)
Pennsylvania	3.0	(±0.3)	3.2	(±0.3)	3.3	(±0.4)	3.1	(±0.3)	3.1	(±0.3)	3.3	(±0.3)	3.1	(±0.3)	3.1	(±0.3)	3.3	(±0.3)
<b>East North Central</b>	3.0	(±0.2)	3.0	(±0.2)	2.9	(±0.2)	3.0	(±0.2)	3.1	(±0.2)	3.1	(±0.2)	3.2	(±0.2)	3.3	(±0.2)	3.3	(±0.1)
Illinois	2.8	(±0.3)	2.7	(±0.4)	2.6	(±0.3)	3.2	(±0.3)	3.3	(±0.3)	2.8	(±0.3)	3.2	(±0.3)	3.0	(±0.3)	3.0	(±0.2)
Indiana	3.7	(±0.4)	3.5	(±0.3)	3.5	(±0.3)	3.6	(±0.4)	3.4	(±0.3)	3.3	(±0.3)	3.1	(±0.4)	3.5	(±0.3)	3.4	(±0.3)
Michigan	3.1	(±0.3)	3.2	(±0.3)	3.0	(±0.3)	2.8	(±0.3)	3.3	(±0.3)	3.8	(±0.4)	3.4	(±0.3)	3.3	(±0.3)	3.6	(±0.3)
Ohio	3.0	(±0.4)	2.9	(±0.4)	2.7	(±0.5)	2.6	(±0.4)	2.6	(±0.3)	3.0	(±0.4)	3.0	(±0.4)	3.4	(±0.4)	3.3	(±0.3)
Wisconsin	3.1	(±0.4)	3.0	(±0.4)	3.4	(±0.4)	3.2	(±0.4)	2.7	(±0.3)	2.9	(±0.3)	3.5	(±0.4)	3.6	(±0.3)	3.2	(±0.3)
<b>West North Central</b>	2.8	(±0.2)	2.8	(±0.2)	2.9	(±0.2)	2.9	(±0.2)	2.9	(±0.1)	3.1	(±0.1)	3.0	(±0.1)	2.8	(±0.1)	3.1	(±0.1)
Iowa	2.3	(±0.3)	2.2	(±0.3)	3.1	(±0.3)	2.7	(±0.2)	2.8	(±0.2)	2.8	(±0.3)	3.2	(±0.3)	2.8	(±0.3)	3.0	(±0.3)
Kansas	2.2	(±0.3)	2.3	(±0.4)	3.1	(±0.4)	2.0	(±0.3)	2.0	(±0.3)	2.7	(±0.2)	2.6	(±0.2)	2.8	(±0.2)	2.9	(±0.2)
Minnesota	3.0	(±0.3)	2.9	(±0.2)	2.8	(±0.2)	3.0	(±0.2)	3.0	(±0.2)	3.2	(±0.3)	2.7	(±0.2)	2.7	(±0.3)	3.1	(±0.3)
Missouri	3.2	(±0.4)	3.2	(±0.5)	2.9	(±0.4)	3.5	(±0.4)	3.5	(±0.4)	3.3	(±0.3)	3.4	(±0.3)	3.2	(±0.3)	3.6	(±0.3)
Nebraska	2.7	(±0.3)	2.6	(±0.3)	2.8	(±0.4)	2.8	(±0.3)	2.9	(±0.3)	3.0	(±0.3)	3.0	(±0.3)	2.7	(±0.3)	2.8	(±0.3)
North Dakota	3.0	(±0.4)	3.2	(±0.4)	2.8	(±0.3)	3.5	(±0.4)	2.8	(±0.3)	2.6	(±0.3)	2.8	(±0.3)	2.6	(±0.3)	2.6	(±0.3)
South Dakota	2.5	(±0.3)	2.4	(±0.3)	2.9	(±0.3)	2.2	(±0.3)	2.5	(±0.3)	2.6	(±0.3)	2.9	(±0.2)	2.7	(±0.2)	2.8	(±0.2)
<b>South Atlantic</b>	3.0	(±0.1)	3.1	(±0.1)	3.0	(±0.1)	2.9	(±0.1)	2.9	(±0.1)	3.2	(±0.1)	3.3	(±0.1)	3.4	(±0.1)	3.4	(±0.1)
Delaware	3.4	(±0.4)	3.2	(±0.4)	3.1	(±0.4)	2.8	(±0.3)	3.8	(±0.4)	3.2	(±0.4)	3.2	(±0.4)	3.3	(±0.4)	3.3	(±0.3)
District of Columbia	1.8	(±0.4)	1.6	(±0.3)	—	—	2.7	(±0.5)	1.5	(±0.3)	2.1	(±0.4)	2.8	(±0.4)	3.3	(±0.4)	3.2	(±0.5)
Florida	3.0	(±0.3)	3.4	(±0.3)	3.3	(±0.3)	3.2	(±0.3)	3.3	(±0.3)	3.2	(±0.2)	3.2	(±0.2)	3.3	(±0.2)	3.3	(±0.3)
Georgia	2.8	(±0.3)	3.5	(±0.4)	3.0	(±0.4)	2.5	(±0.4)	2.5	(±0.3)	3.1	(±0.3)	2.9	(±0.4)	3.4	(±0.3)	3.4	(±0.3)
Maryland	2.9	(±0.2)	3.0	(±0.3)	2.7	(±0.2)	2.6	(±0.3)	2.5	(±0.3)	3.0	(±0.3)	3.3	(±0.3)	3.3	(±0.3)	3.1	(±0.3)
North Carolina	3.3	(±0.3)	2.6	(±0.3)	2.8	(±0.3)	2.8	(±0.3)	3.0	(±0.3)	3.8	(±0.4)	3.7	(±0.4)	3.8	(±0.3)	3.7	(±0.3)
South Carolina	3.1	(±0.4)	2.9	(±0.4)	2.8	(±0.4)	2.8	(±0.4)	3.0	(±0.4)	3.1	(±0.3)	3.2	(±0.3)	3.5	(±0.3)	3.8	(±0.3)
Virginia	2.8	(±0.4)	2.8	(±0.4)	3.2	(±0.4)	3.0	(±0.4)	2.6	(±0.3)	3.0	(±0.3)	2.8	(±0.3)	2.8	(±0.3)	3.4	(±0.3)
West Virginia	4.1	(±0.4)	3.7	(±0.4)	3.4	(±0.3)	3.2	(±0.4)	3.3	(±0.3)	3.3	(±0.3)	3.9	(±0.4)	5.0	(±0.4)	5.0	(±0.3)
<b>East South Central</b>	3.3	(±0.2)	3.2	(±0.2)	3.5	(±0.2)	3.3	(±0.2)	3.6	(±0.2)	3.7	(±0.2)	3.8	(±0.2)	3.7	(±0.2)	3.8	(±0.2)
Alabama	2.7	(±0.3)	3.5	(±0.4)	3.5	(±0.4)	3.3	(±0.4)	3.8	(±0.4)	4.3	(±0.4)	3.9	(±0.4)	3.9	(±0.4)	4.2	(±0.4)
Kentucky	4.0	(±0.4)	3.7	(±0.4)	3.7	(±0.4)	3.6	(±0.3)	4.1	(±0.3)	3.6	(±0.3)	4.0	(±0.3)	3.9	(±0.3)	3.9	(±0.3)
Mississippi	3.4	(±0.5)	2.9	(±0.4)	3.3	(±0.4)	3.3	(±0.4)	3.1	(±0.4)	3.8	(±0.4)	3.5	(±0.4)	3.7	(±0.4)	4.3	(±0.3)
Tennessee	3.2	(±0.3)	2.9	(±0.3)	3.4	(±0.4)	3.2	(±0.3)	3.4	(±0.3)	3.2	(±0.3)	3.4	(±0.3)	3.3	(±0.3)	3.2	(±0.3)
<b>West South Central</b>	3.1	(±0.2)	3.2	(±0.3)	3.4	(±0.3)	3.2	(±0.3)	3.2	(±0.2)	3.3	(±0.2)	3.5	(±0.2)	3.5	(±0.2)	3.5	(±0.2)
Arkansas	3.4	(±0.4)	3.9	(±0.5)	3.8	(±0.4)	3.0	(±0.4)	3.4	(±0.4)	3.6	(±0.3)	3.9	(±0.3)	4.0	(±0.3)	4.3	(±0.3)
Louisiana	3.0	(±0.4)	3.1	(±0.4)	3.6	(±0.5)	3.1	(±0.4)	3.2	(±0.4)	3.2	(±0.4)	3.3	(±0.5)	3.3	(±0.3)	3.2	(±0.2)
Oklahoma	3.1	(±0.4)	2.3	(±0.3)	2.6	(±0.4)	2.2	(±0.4)	2.3	(±0.4)	2.6	(±0.3)	2.9	(±0.3)	3.1	(±0.3)	4.0	(±0.3)
Texas	3.0	(±0.4)	3.3	(±0.5)	3.4	(±0.4)	3.5	(±0.4)	3.3	(±0.4)	3.5	(±0.3)	3.5	(±0.3)	3.5	(±0.3)	3.3	(±0.2)
<b>Mountain</b>	3.1	(±0.2)	3.1	(±0.2)	3.3	(±0.2)	2.9	(±0.2)	2.6	(±0.2)	2.6	(±0.1)	2.7	(±0.2)	3.4	(±0.2)	3.6	(±0.2)
Arizona	2.8	(±0.4)	2.9	(±0.4)	3.5	(±0.5)	2.2	(±0.4)	1.1	(±0.3)	1.2	(±0.3)	0.9	(±0.2)	3.2	(±0.6)	4.0	(±0.5)
Colorado	3.2	(±0.4)	3.1	(±0.4)	3.4	(±0.4)	3.0	(±0.4)	2.9	(±0.4)	3.0	(±0.4)	3.4	(±0.4)	3.4	(±0.4)	3.4	(±0.4)
Idaho	3.4	(±0.5)	2.8	(±0.4)	2.8	(±0.3)	2.8	(±0.3)	3.4	(±0.3)	3.0	(±0.2)	3.2	(±0.3)	3.2	(±0.2)	3.3	(±0.2)
Montana	3.5	(±0.5)	3.3	(±0.4)	2.8	(±0.4)	2.6	(±0.3)	2.7	(±0.3)	2.9	(±0.4)	3.1	(±0.3)	2.7	(±0.3)	3.4	(±0.4)
Nevada	3.6	(±0.4)	3.8	(±0.5)	3.3	(±0.4)	3.1	(±0.5)	3.5	(±0.6)	3.3	(±0.5)	3.6	(±0.5)	3.7	(±0.5)	3.5	(±0.4)
New Mexico	2.8	(±0.4)	2.8	(±0.4)	3.7	(±0.5)	3.7	(±0.6)	3.2	(±0.4)	3.6	(±0.3)	3.8	(±0.3)	3.6	(±0.3)	3.7	(±0.3)
Utah	3.1	(±0.4)	3.2	(±0.4)	3.5	(±0.4)	3.2	(±0.3)	3.7	(±0.4)	3.5	(±0.4)	3.4	(±0.3)	3.6	(±0.4)	3.4	(±0.3)
Wyoming	—	—	2.9	(±0.5)	2.6	(±0.3)	3.1	(±0.3)	2.7	(±0.3)	3.0	(±0.4)	2.9	(±0.3)	3.1	(±0.3)	3.2	(±0.3)
<b>Pacific</b>	3.2	(±0.2)	3.3	(±0.2)	3.4	(±0.3)	3.2	(±0.2)	3.2	(±0.2)	3.1	(±0.2)	3.4	(±0.2)	3.5	(±0.3)	3.5	(±0.2)
Alaska	2.6	(±0.6)	2.8	(±0.6)	3.0	(±0.6)	2.5	(±0.6)	3.0	(±0.6)	3.2	(±0.5)	3.0	(±0.5)	3.1	(±0.5)	3.5	(±0.4)
California	3.3	(±0.3)	3.4	(±0.3)	3.5	(±0.4)	3.3	(±0.3)	3.3	(±0.3)	3.1	(±0.3)	3.4	(±0.3)	3.5	(±0.3)	3.5	(±0.3)
Hawaii	2.2	(±0.3)	2.3	(±0.3)	2.1	(±0.3)	2.5	(±0.3)	3.1	(±0.4)	2.2	(±0.3)	2.4	(±0.3)	2.5	(±0.2)	2.1	(±0.2)
Oregon	3.1	(±0.3)	2.9	(±0.3)	3.0	(±0.3)	3.0	(±0.3)	3.2	(±0.3)	3.3	(±0.4)	3.6	(±0.4)	3.6	(±0.3)	3.6	(±0.3)
Washington	2.9	(±0.3)	3.0	(±0.3)	3.4	(±0.3)	3.4	(±0.3)	3.1	(±0.3)	3.1	(±0.3)	3.6	(±0.3)	3.2	(±0.3)	3.4	(±0.2)
<b>United States</b>	3.0	(±0.1)	3.1	(±0.1)	3.2	(±0.1)	3.1	(±0.1)	3.1	(±0.1)	3.2	(±0.1)	3.3	(±0.1)	3.4	(±0.1)	3.4	(±0.1)
Median	3.0		2.9		3.1		3.0		3.1		3.1		3.2		3.3		3.4	
Range	1.8–4.1		1.6–3.9		2.1–3.8		2.0–3.7		1.1–4.1		1.2–4.3		0.9–4.0		2.5–5.0		2.1–5.0	

\* Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

† Age-standardized to the 20

**TABLE 15. Mean number of physically unhealthy days\* among adults, by place of residence and sex — Behavioral Risk Factor Surveillance System, United States, 1993–2001†**

Census divisions/States	All persons			Men			Women		
	No.	Mean	(CI)§	No.	Mean	(CI)	No.	Mean	(CI)
<b>New England</b>	146,660	3.1	(±0.1)	60,740	2.8	(±0.1)	85,920	3.3	(±0.1)
Connecticut	27,013	2.8	(±0.1)	10,979	2.5	(±0.2)	16,034	3.1	(±0.2)
Maine	17,329	3.1	(±0.1)	7,411	2.9	(±0.2)	9,918	3.4	(±0.2)
Massachusetts	34,509	3.2	(±0.1)	14,178	3.0	(±0.2)	20,331	3.4	(±0.1)
New Hampshire	15,929	3.0	(±0.1)	6,719	2.6	(±0.2)	9,210	3.4	(±0.2)
Rhode Island	25,865	3.3	(±0.1)	10,436	2.9	(±0.2)	15,429	3.6	(±0.2)
Vermont	26,015	3.0	(±0.1)	11,017	2.8	(±0.2)	14,998	3.2	(±0.1)
<b>Middle Atlantic</b>	84,069	3.2	(±0.1)	34,432	2.9	(±0.1)	49,637	3.4	(±0.1)
New Jersey	24,420	3.0	(±0.1)	9,864	2.7	(±0.2)	14,556	3.3	(±0.2)
New York	29,118	3.2	(±0.1)	11,910	3.0	(±0.2)	17,208	3.4	(±0.1)
Pennsylvania	30,531	3.2	(±0.1)	12,658	2.8	(±0.1)	17,873	3.5	(±0.1)
<b>East North Central</b>	111,308	3.1	(±0.1)	46,313	2.7	(±0.1)	64,995	3.5	(±0.1)
Illinois	26,223	3.0	(±0.1)	10,671	2.5	(±0.2)	15,552	3.4	(±0.1)
Indiana	22,687	3.5	(±0.1)	9,616	3.0	(±0.2)	13,071	3.9	(±0.2)
Michigan	23,433	3.3	(±0.1)	9,771	2.8	(±0.2)	13,662	3.7	(±0.1)
Ohio	19,021	3.0	(±0.1)	7,480	2.6	(±0.2)	11,541	3.3	(±0.2)
Wisconsin	19,944	3.2	(±0.1)	8,775	2.9	(±0.2)	11,169	3.5	(±0.2)
<b>West North Central</b>	186,728	2.9	(±0.1)	77,987	2.7	(±0.1)	108,741	3.2	(±0.1)
Iowa	32,743	2.8	(±0.1)	13,391	2.5	(±0.1)	19,352	3.1	(±0.1)
Kansas	28,537	2.5	(±0.1)	11,709	2.2	(±0.1)	16,828	2.8	(±0.1)
Minnesota	36,465	2.9	(±0.1)	16,358	2.7	(±0.1)	20,107	3.2	(±0.1)
Missouri	24,032	3.3	(±0.1)	9,453	3.1	(±0.2)	14,579	3.6	(±0.2)
Nebraska	22,160	2.8	(±0.1)	8,808	2.6	(±0.2)	13,352	3.0	(±0.1)
North Dakota	17,064	2.9	(±0.1)	7,471	2.6	(±0.2)	9,593	3.2	(±0.2)
South Dakota	25,727	2.6	(±0.1)	10,797	2.4	(±0.1)	14,930	2.8	(±0.1)
<b>South Atlantic</b>	234,344	3.1	(±0.0)	94,935	2.8	(±0.1)	139,409	3.5	(±0.1)
Delaware	22,107	3.3	(±0.1)	8,796	3.0	(±0.2)	13,311	3.5	(±0.2)
District of Columbia	12,855	2.4	(±0.1)	5,097	2.3	(±0.2)	7,758	2.5	(±0.2)
Florida	36,199	3.2	(±0.1)	14,846	2.8	(±0.1)	21,353	3.6	(±0.1)
Georgia	24,212	3.0	(±0.1)	9,805	2.6	(±0.2)	14,407	3.3	(±0.2)
Maryland	38,477	3.0	(±0.1)	15,774	2.7	(±0.2)	22,703	3.2	(±0.1)
North Carolina	30,083	3.3	(±0.1)	12,049	2.9	(±0.2)	18,034	3.7	(±0.2)
South Carolina	26,259	3.2	(±0.1)	10,719	2.9	(±0.2)	15,540	3.4	(±0.2)
Virginia	21,919	3.0	(±0.1)	9,140	2.6	(±0.2)	12,779	3.2	(±0.2)
West Virginia	22,233	3.9	(±0.1)	8,709	3.8	(±0.2)	13,524	3.9	(±0.2)
<b>East South Central</b>	102,758	3.6	(±0.1)	38,833	3.3	(±0.1)	63,925	3.8	(±0.1)
Alabama	21,193	3.7	(±0.1)	8,077	3.4	(±0.2)	13,116	4.0	(±0.2)
Kentucky	39,157	3.8	(±0.1)	14,844	3.6	(±0.2)	24,313	4.0	(±0.1)
Mississippi	17,005	3.5	(±0.1)	6,547	3.2	(±0.2)	10,458	3.7	(±0.2)
Tennessee	25,403	3.2	(±0.1)	9,365	3.0	(±0.2)	16,038	3.5	(±0.1)
<b>West South Central</b>	97,269	3.3	(±0.1)	38,927	2.9	(±0.1)	58,342	3.7	(±0.1)
Arkansas	23,217	3.7	(±0.1)	9,018	3.4	(±0.2)	14,199	4.1	(±0.2)
Louisiana	20,767	3.2	(±0.1)	8,006	3.0	(±0.2)	12,761	3.4	(±0.2)
Oklahoma	22,248	2.8	(±0.1)	9,257	2.6	(±0.2)	12,991	3.0	(±0.1)
Texas	31,037	3.4	(±0.1)	12,646	2.9	(±0.2)	18,391	3.9	(±0.2)
<b>Mountain</b>	169,729	3.0	(±0.1)	72,872	2.7	(±0.1)	96,857	3.4	(±0.1)
Arizona	18,627	2.4	(±0.2)	7,798	2.2	(±0.2)	10,829	2.6	(±0.2)
Colorado	19,371	3.2	(±0.1)	8,414	2.8	(±0.2)	10,957	3.5	(±0.2)
Idaho	33,154	3.1	(±0.1)	13,903	2.7	(±0.2)	19,251	3.5	(±0.1)
Montana	16,887	3.0	(±0.1)	7,214	2.6	(±0.2)	9,673	3.4	(±0.2)
Nevada	17,957	3.5	(±0.2)	8,124	3.0	(±0.3)	9,833	3.9	(±0.3)
New Mexico	20,461	3.5	(±0.1)	8,715	3.1	(±0.2)	11,746	3.8	(±0.2)
Utah	24,624	3.4	(±0.1)	10,748	2.8	(±0.2)	13,876	4.0	(±0.2)
Wyoming	18,648	2.9	(±0.1)	7,956	2.6	(±0.2)	10,692	3.2	(±0.2)
<b>Pacific</b>	132,936	3.3	(±0.1)	58,305	2.9	(±0.1)	74,631	3.7	(±0.1)
Alaska	16,307	3.0	(±0.2)	7,741	2.6	(±0.3)	8,566	3.5	(±0.3)
California	36,168	3.4	(±0.1)	15,605	2.9	(±0.1)	20,563	3.8	(±0.1)
Hawaii	25,259	2.4	(±0.1)	11,151	2.1	(±0.2)	14,108	2.7	(±0.1)
Oregon	24,432	3.3	(±0.1)	10,383	2.8	(±0.2)	14,049	3.7	(±0.2)
Washington	30,770	3.2	(±0.1)	13,425	2.8	(±0.1)	17,345	3.6	(±0.1)
<b>United States</b>	1,265,801	3.2	(±0.0)	523,344	2.8	(±0.0)	742,457	3.5	(±0.0)
Median		3.2			2.8			3.4	
Range		2.4–3.9			2.1–3.8			2.5–4.1	

\* Number of days during the preceding 30 days when physical health, including physical illness or injury, was not good.

† Age-standardized to the 2000 U.S. standard population.

§ 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 16. Mean number of mentally unhealthy days\* among adults, by year and place of residence — Behavioral Risk Factor Surveillance System, United States, 1993–2001†**

Census divisions/ States	1993		1994		1995		1996		1997		1998		1999		2000		2001	
	Mean	(CI) <sup>§</sup>	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>New England</b>	2.8	(±0.2)	2.8	(±0.2)	3.1	(±0.2)	3.1	(±0.2)	3.0	(±0.2)	2.8	(±0.2)	2.8	(±0.1)	3.2	(±0.1)	3.4	(±0.1)
Connecticut	2.2	(±0.3)	1.5	(±0.3)	2.9	(±0.4)	3.0	(±0.4)	2.9	(±0.4)	2.8	(±0.3)	2.8	(±0.4)	3.0	(±0.2)	3.3	(±0.2)
Maine	2.2	(±0.4)	1.9	(±0.3)	2.4	(±0.4)	3.0	(±0.4)	2.9	(±0.4)	2.7	(±0.4)	2.7	(±0.4)	3.3	(±0.4)	3.4	(±0.3)
Massachusetts	3.2	(±0.4)	3.6	(±0.4)	3.3	(±0.4)	3.3	(±0.4)	3.2	(±0.4)	2.8	(±0.2)	2.8	(±0.2)	3.4	(±0.2)	3.5	(±0.2)
New Hampshire	3.0	(±0.4)	2.8	(±0.4)	2.6	(±0.4)	2.8	(±0.4)	3.2	(±0.4)	2.9	(±0.4)	3.3	(±0.5)	2.5	(±0.3)	3.0	(±0.2)
Rhode Island	3.3	(±0.4)	—	—	3.5	(±0.4)	3.2	(±0.3)	2.7	(±0.3)	3.1	(±0.3)	2.7	(±0.2)	3.5	(±0.3)	3.6	(±0.3)
Vermont	2.8	(±0.3)	2.7	(±0.3)	3.1	(±0.3)	2.9	(±0.3)	2.6	(±0.3)	2.8	(±0.3)	2.8	(±0.3)	2.9	(±0.2)	3.1	(±0.2)
<b>Middle Atlantic</b>	2.9	(±0.2)	2.9	(±0.2)	3.0	(±0.2)	3.0	(±0.2)	3.0	(±0.2)	3.0	(±0.2)	3.0	(±0.2)	3.2	(±0.2)	3.6	(±0.2)
New Jersey	2.3	(±0.4)	1.9	(±0.3)	2.5	(±0.4)	3.1	(±0.3)	3.0	(±0.3)	2.7	(±0.3)	3.0	(±0.3)	3.3	(±0.3)	3.4	(±0.3)
New York	3.1	(±0.3)	3.2	(±0.3)	3.1	(±0.3)	3.0	(±0.2)	3.0	(±0.3)	3.0	(±0.3)	3.0	(±0.3)	3.2	(±0.3)	3.6	(±0.3)
Pennsylvania	2.9	(±0.3)	3.0	(±0.2)	3.1	(±0.3)	3.0	(±0.3)	3.0	(±0.3)	3.0	(±0.3)	2.8	(±0.3)	3.2	(±0.3)	3.7	(±0.3)
<b>East North Central</b>	2.7	(±0.2)	2.8	(±0.2)	2.7	(±0.2)	2.8	(±0.1)	2.9	(±0.1)	3.1	(±0.2)	2.9	(±0.2)	3.3	(±0.2)	3.3	(±0.1)
Illinois	2.2	(±0.3)	1.8	(±0.3)	2.1	(±0.2)	2.1	(±0.3)	3.1	(±0.3)	2.8	(±0.3)	2.8	(±0.3)	2.8	(±0.3)	2.9	(±0.2)
Indiana	3.1	(±0.3)	3.4	(±0.3)	3.6	(±0.3)	3.3	(±0.3)	3.6	(±0.3)	3.2	(±0.3)	3.2	(±0.4)	3.5	(±0.3)	3.6	(±0.3)
Michigan	3.1	(±0.3)	3.6	(±0.3)	3.3	(±0.3)	3.2	(±0.3)	3.3	(±0.3)	3.6	(±0.3)	3.4	(±0.3)	3.6	(±0.3)	3.6	(±0.3)
Ohio	2.8	(±0.4)	2.7	(±0.4)	2.4	(±0.4)	1.9	(±0.3)	2.3	(±0.3)	2.9	(±0.4)	2.3	(±0.3)	3.4	(±0.4)	3.4	(±0.3)
Wisconsin	2.7	(±0.4)	2.9	(±0.4)	2.8	(±0.3)	3.0	(±0.4)	2.5	(±0.3)	2.9	(±0.4)	3.2	(±0.3)	3.7	(±0.3)	3.2	(±0.3)
<b>West North Central</b>	2.8	(±0.2)	2.6	(±0.2)	3.0	(±0.2)	2.9	(±0.2)	2.8	(±0.1)	3.0	(±0.1)	2.8	(±0.1)	2.8	(±0.1)	3.0	(±0.1)
Iowa	2.3	(±0.3)	2.1	(±0.3)	3.2	(±0.3)	2.9	(±0.2)	2.9	(±0.2)	3.0	(±0.3)	2.8	(±0.2)	2.5	(±0.2)	2.8	(±0.3)
Kansas	2.4	(±0.3)	2.2	(±0.4)	3.0	(±0.3)	2.0	(±0.3)	1.7	(±0.3)	2.7	(±0.3)	2.4	(±0.2)	2.8	(±0.2)	2.9	(±0.2)
Minnesota	3.1	(±0.3)	2.9	(±0.2)	3.1	(±0.2)	3.2	(±0.2)	3.0	(±0.2)	3.2	(±0.2)	2.8	(±0.2)	2.7	(±0.3)	3.1	(±0.2)
Missouri	3.1	(±0.4)	3.1	(±0.4)	3.1	(±0.4)	3.1	(±0.4)	3.3	(±0.4)	3.2	(±0.3)	3.0	(±0.3)	3.3	(±0.3)	3.4	(±0.3)
Nebraska	2.6	(±0.3)	2.2	(±0.3)	2.8	(±0.4)	3.0	(±0.7)	2.6	(±0.3)	3.0	(±0.3)	2.8	(±0.3)	2.5	(±0.3)	2.7	(±0.3)
North Dakota	3.1	(±0.4)	3.1	(±0.4)	2.9	(±0.3)	2.8	(±0.3)	3.1	(±0.3)	2.5	(±0.3)	2.6	(±0.3)	2.7	(±0.3)	2.6	(±0.3)
South Dakota	1.9	(±0.3)	1.8	(±0.3)	2.1	(±0.3)	1.8	(±0.4)	2.8	(±0.3)	2.5	(±0.4)	2.9	(±0.3)	2.6	(±0.2)	2.6	(±0.2)
<b>South Atlantic</b>	2.8	(±0.1)	2.8	(±0.1)	2.8	(±0.1)	2.7	(±0.1)	2.8	(±0.1)	3.0	(±0.1)	3.1	(±0.1)	3.2	(±0.1)	3.3	(±0.1)
Delaware	3.2	(±0.4)	3.0	(±0.4)	3.0	(±0.4)	2.4	(±0.3)	3.1	(±0.4)	3.2	(±0.5)	3.3	(±0.5)	3.1	(±0.4)	3.2	(±0.3)
District of Columbia	1.5	(±0.3)	1.6	(±0.4)	—	—	3.0	(±0.5)	2.1	(±0.5)	2.1	(±0.4)	2.7	(±0.4)	3.5	(±0.4)	3.4	(±0.4)
Florida	3.4	(±0.3)	3.2	(±0.3)	3.5	(±0.3)	3.4	(±0.3)	3.6	(±0.3)	3.0	(±0.3)	3.0	(±0.3)	3.3	(±0.3)	3.2	(±0.3)
Georgia	2.6	(±0.3)	3.2	(±0.4)	2.8	(±0.3)	2.2	(±0.3)	2.8	(±0.4)	3.3	(±0.3)	3.1	(±0.4)	3.3	(±0.3)	3.6	(±0.3)
Maryland	2.6	(±0.3)	2.2	(±0.2)	2.2	(±0.2)	2.3	(±0.2)	1.8	(±0.2)	3.4	(±0.3)	3.7	(±0.3)	3.1	(±0.3)	3.2	(±0.3)
North Carolina	2.4	(±0.3)	1.9	(±0.3)	2.0	(±0.2)	2.0	(±0.3)	2.5	(±0.2)	2.7	(±0.4)	3.1	(±0.4)	2.9	(±0.3)	2.7	(±0.3)
South Carolina	2.8	(±0.3)	3.0	(±0.4)	2.5	(±0.3)	2.9	(±0.4)	1.8	(±0.3)	2.9	(±0.3)	2.7	(±0.3)	3.2	(±0.3)	3.4	(±0.3)
Virginia	2.6	(±0.3)	2.7	(±0.4)	3.0	(±0.4)	2.6	(±0.3)	2.7	(±0.3)	2.9	(±0.3)	3.1	(±0.3)	3.2	(±0.4)	3.5	(±0.3)
West Virginia	3.1	(±0.3)	3.0	(±0.4)	2.8	(±0.3)	2.5	(±0.3)	2.3	(±0.3)	2.3	(±0.3)	3.0	(±0.4)	4.1	(±0.4)	4.5	(±0.4)
<b>East South Central</b>	2.5	(±0.2)	2.7	(±0.2)	3.2	(±0.2)	3.2	(±0.2)	3.7	(±0.2)	3.8	(±0.2)	3.7	(±0.2)	3.5	(±0.2)	3.8	(±0.2)
Alabama	1.9	(±0.3)	2.4	(±0.4)	3.2	(±0.4)	3.4	(±0.4)	3.3	(±0.4)	3.7	(±0.4)	3.7	(±0.4)	3.4	(±0.3)	4.3	(±0.4)
Kentucky	2.7	(±0.3)	3.6	(±0.4)	4.6	(±0.4)	4.6	(±0.4)	4.9	(±0.4)	4.4	(±0.3)	4.7	(±0.3)	4.4	(±0.3)	4.7	(±0.3)
Mississippi	3.1	(±0.4)	2.8	(±0.4)	2.6	(±0.4)	2.3	(±0.4)	2.5	(±0.4)	3.3	(±0.4)	3.5	(±0.4)	3.6	(±0.4)	3.4	(±0.3)
Tennessee	2.7	(±0.3)	2.2	(±0.2)	2.5	(±0.3)	2.6	(±0.3)	3.5	(±0.3)	3.5	(±0.3)	3.0	(±0.3)	2.8	(±0.3)	3.1	(±0.3)
<b>West South Central</b>	2.8	(±0.2)	2.9	(±0.3)	3.0	(±0.3)	3.1	(±0.3)	2.8	(±0.2)	3.2	(±0.2)	3.2	(±0.2)	3.3	(±0.2)	3.3	(±0.2)
Arkansas	2.6	(±0.3)	2.6	(±0.3)	2.7	(±0.4)	3.1	(±0.4)	3.1	(±0.4)	3.7	(±0.4)	3.3	(±0.3)	3.3	(±0.3)	3.8	(±0.4)
Louisiana	2.6	(±0.4)	3.0	(±0.4)	3.2	(±0.4)	3.1	(±0.4)	3.5	(±0.4)	2.8	(±0.4)	3.2	(±0.4)	2.9	(±0.2)	2.9	(±0.2)
Oklahoma	2.8	(±0.5)	1.9	(±0.3)	1.8	(±0.3)	2.2	(±0.4)	1.8	(±0.3)	2.0	(±0.3)	2.4	(±0.3)	2.3	(±0.2)	3.4	(±0.3)
Texas	2.8	(±0.3)	3.2	(±0.4)	3.2	(±0.4)	3.2	(±0.4)	2.8	(±0.3)	3.4	(±0.3)	3.4	(±0.3)	3.6	(±0.2)	3.3	(±0.2)
<b>Mountain</b>	3.1	(±0.2)	3.1	(±0.2)	3.1	(±0.2)	2.9	(±0.2)	2.7	(±0.2)	2.5	(±0.1)	2.7	(±0.1)	3.1	(±0.2)	3.4	(±0.2)
Arizona	3.0	(±0.4)	3.0	(±0.4)	3.0	(±0.5)	2.2	(±0.4)	1.5	(±0.4)	0.8	(±0.2)	0.7	(±0.3)	2.8	(±0.4)	3.4	(±0.3)
Colorado	3.3	(±0.4)	3.3	(±0.3)	3.2	(±0.4)	3.3	(±0.4)	3.2	(±0.4)	3.0	(±0.4)	3.3	(±0.4)	3.1	(±0.4)	3.5	(±0.4)
Idaho	3.2	(±0.4)	3.1	(±0.4)	3.1	(±0.3)	3.0	(±0.3)	3.1	(±0.2)	2.8	(±0.2)	3.1	(±0.2)	3.5	(±0.2)	3.5	(±0.3)
Montana	3.2	(±0.5)	2.2	(±0.3)	2.5	(±0.4)	2.4	(±0.3)	2.5	(±0.3)	2.7	(±0.3)	2.7	(±0.3)	2.3	(±0.3)	2.6	(±0.3)
Nevada	4.0	(±0.4)	4.1	(±0.4)	3.4	(±0.4)	3.4	(±0.5)	3.8	(±0.6)	3.6	(±0.5)	4.2	(±0.5)	3.4	(±0.4)	3.8	(±0.5)
New Mexico	2.2	(±0.4)	2.3	(±0.4)	2.8	(±0.4)	3.3	(±0.5)	3.3	(±0.4)	3.4	(±0.3)	3.8	(±0.3)	3.5	(±0.3)	3.4	(±0.3)
Utah	2.7	(±0.3)	2.7	(±0.3)	3.2	(±0.3)	3.5	(±0.3)	3.4	(±0.3)	3.6	(±0.4)	3.3	(±0.3)	3.3	(±0.3)	3.6	(±0.3)
Wyoming	—	—	3.2	(±0.5)	2.6	(±0.3)	2.6	(±0.3)	2.7	(±0.3)	3.1	(±0.3)	2.8	(±0.3)	3.2	(±0.3)	3.1	(±0.3)
<b>Pacific</b>	3.3	(±0.2)	3.5	(±0.2)	3.1	(±0.3)	3.0	(±0.2)	3.3	(±0.2)	3.0	(±0.2)	3.2	(±0.2)	3.2	(±0.2)	3.4	(±0.2)
Alaska	2.4	(±0.5)	2.8	(±0.5)	2.7	(±0.5)	2.8	(±0.5)	2.9	(±0.5)	2.2	(±0.3)	3.1	(±0.4)	2.7	(±0.4)	3.1	(±0.4)
California	3.4	(±0.3)	3.6	(±0.3)	3.1	(±0.4)	3.0	(±0.2)	3.4	(±0.3)	3.0	(±0.2)	3.2	(±0.2)	3.2	(±0.3)	3.5	(±0.3)
Hawaii	2.1	(±0.3)	2.4	(±0.3)	2.0	(±0.3)	3.0	(±0.3)	2.6	(±0.3)	2.2	(±0.3)	2.2	(±0.3)	2.3	(±0.2)	1.5	(±0.2)
Oregon	3.0	(±0.3)	3.2	(±0.3)	3.3	(±0.3)	3.2	(±0.3)	3.3	(±0.3)	3.4	(±0.4)	4.0	(±0.4)	3.7	(±0.3)	3.5	(±0.3)
Washington	2.9	(±0.3)	3.2	(±0.3)	3.1	(±0.3)	3.2	(±0.3)	3.1	(±0.3)	3.1	(±0.3)	3.2	(±0.3)	3.2	(±0.2)	3.4	(±0.2)
<b>United States</b>	2.9	(±0.1)	2.9	(±0.1)	3.0	(±0.1)	2.9	(±0.1)	3.0	(±0.1)	3.0	(±0.1)	3.0	(±0.1)	3.2	(±0.1)	3.4	(±0.1)
Median	2.8		2.8		3.0		3.0		3.0		3.0		3.0		3.2		3.4	
Range	1.5–4.0		1.5–4.1		1.8–4.6		1.8–4.6		1.5–4.9		0.8–4.4		0.7–4.7		2.3–4.4		1.5–4.7	

\* Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

† Age-standardized for the 2000 U.S. standard population.

§ 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 17. Mean number of mentally unhealthy days\* among adults, by place of residence and sex — Behavioral Risk Factor Surveillance System, United States, 1993–2001†**

Census divisions/States	All persons			Men			Women		
	No.	Mean	(CI)§	No.	Mean	(CI)	No.	Mean	(CI)
<b>New England</b>	146,452	3.0	(±0.1)	60,588	2.5	(±0.1)	85,864	3.5	(±0.1)
Connecticut	27,005	2.7	(±0.1)	10,965	2.3	(±0.2)	16,040	3.1	(±0.1)
Maine	17,344	2.7	(±0.1)	7,414	2.2	(±0.2)	9,930	3.2	(±0.2)
Massachusetts	34,448	3.2	(±0.1)	14,132	2.7	(±0.2)	20,316	3.7	(±0.2)
New Hampshire	15,878	2.9	(±0.1)	6,688	2.3	(±0.2)	9,190	3.4	(±0.2)
Rhode Island	25,831	3.1	(±0.1)	10,424	2.6	(±0.2)	15,407	3.7	(±0.2)
Vermont	25,946	2.9	(±0.1)	10,965	2.3	(±0.1)	14,981	3.4	(±0.1)
<b>Middle Atlantic</b>	83,968	3.1	(±0.1)	34,352	2.5	(±0.1)	49,616	3.5	(±0.1)
New Jersey	24,408	2.8	(±0.1)	9,830	2.5	(±0.2)	14,578	3.2	(±0.1)
New York	29,014	3.1	(±0.1)	11,859	2.6	(±0.2)	17,155	3.6	(±0.1)
Pennsylvania	30,546	3.1	(±0.1)	12,663	2.5	(±0.1)	17,883	3.7	(±0.1)
<b>East North Central</b>	111,245	3.0	(±0.1)	46,190	2.3	(±0.1)	65,055	3.6	(±0.1)
Illinois	26,197	2.6	(±0.1)	10,656	2.0	(±0.1)	15,541	3.2	(±0.1)
Indiana	22,709	3.4	(±0.1)	9,592	2.7	(±0.2)	13,117	4.0	(±0.2)
Michigan	23,397	3.4	(±0.1)	9,737	2.6	(±0.1)	13,660	4.2	(±0.2)
Ohio	19,020	2.6	(±0.1)	7,461	2.1	(±0.2)	11,559	3.1	(±0.2)
Wisconsin	19,922	3.0	(±0.1)	8,744	2.4	(±0.1)	11,178	3.6	(±0.2)
<b>West North Central</b>	186,761	2.9	(±0.1)	77,875	2.3	(±0.1)	108,886	3.4	(±0.1)
Iowa	32,772	2.7	(±0.1)	13,395	2.2	(±0.1)	19,377	3.3	(±0.1)
Kansas	28,592	2.5	(±0.1)	11,696	1.9	(±0.1)	16,896	3.0	(±0.1)
Minnesota	36,496	3.0	(±0.1)	16,332	2.5	(±0.1)	20,164	3.5	(±0.1)
Missouri	24,028	3.2	(±0.1)	9,419	2.6	(±0.2)	14,609	3.8	(±0.2)
Nebraska	22,099	2.7	(±0.1)	8,767	2.2	(±0.2)	13,332	3.2	(±0.2)
North Dakota	17,078	2.8	(±0.1)	7,477	2.2	(±0.2)	9,601	3.4	(±0.2)
South Dakota	25,696	2.3	(±0.1)	10,789	1.9	(±0.1)	14,907	2.8	(±0.1)
<b>South Atlantic</b>	234,426	3.0	(±0.0)	94,749	2.4	(±0.1)	139,677	3.5	(±0.1)
Delaware	22,086	3.1	(±0.1)	8,790	2.3	(±0.2)	13,296	3.7	(±0.2)
District of Columbia	12,911	2.5	(±0.2)	5,108	2.1	(±0.2)	7,803	2.8	(±0.2)
Florida	36,231	3.3	(±0.1)	14,812	2.7	(±0.1)	21,419	3.8	(±0.1)
Georgia	24,249	3.0	(±0.1)	9,801	2.5	(±0.2)	14,448	3.5	(±0.1)
Maryland	38,416	2.7	(±0.1)	15,722	2.2	(±0.1)	22,694	3.2	(±0.1)
North Carolina	30,076	2.5	(±0.1)	12,024	1.9	(±0.2)	18,052	3.1	(±0.2)
South Carolina	26,304	2.8	(±0.1)	10,700	2.2	(±0.2)	15,604	3.3	(±0.2)
Virginia	21,952	2.9	(±0.1)	9,113	2.3	(±0.2)	12,839	3.5	(±0.2)
West Virginia	22,201	3.1	(±0.1)	8,679	2.6	(±0.2)	13,522	3.5	(±0.2)
<b>East South Central</b>	102,618	3.4	(±0.1)	38,756	2.6	(±0.1)	63,862	4.0	(±0.1)
Alabama	21,298	3.3	(±0.1)	8,087	2.7	(±0.2)	13,211	3.9	(±0.2)
Kentucky	38,975	4.3	(±0.1)	14,778	3.4	(±0.2)	24,197	5.2	(±0.2)
Mississippi	16,982	3.0	(±0.1)	6,534	2.3	(±0.2)	10,448	3.7	(±0.2)
Tennessee	25,363	2.9	(±0.1)	9,357	2.2	(±0.2)	16,006	3.5	(±0.1)
<b>West South Central</b>	97,414	3.1	(±0.1)	38,938	2.5	(±0.1)	58,476	3.7	(±0.1)
Arkansas	23,141	3.2	(±0.1)	8,977	2.6	(±0.2)	14,164	3.8	(±0.2)
Louisiana	20,904	3.0	(±0.1)	8,044	2.3	(±0.2)	12,860	3.7	(±0.2)
Oklahoma	22,282	2.3	(±0.1)	9,268	1.8	(±0.2)	13,014	2.8	(±0.2)
Texas	31,087	3.2	(±0.1)	12,649	2.6	(±0.2)	18,438	3.8	(±0.2)
<b>Mountain</b>	169,614	3.0	(±0.1)	72,739	2.3	(±0.1)	96,875	3.6	(±0.1)
Arizona	18,595	2.2	(±0.1)	7,761	1.8	(±0.2)	10,834	2.7	(±0.2)
Colorado	19,352	3.3	(±0.1)	8,395	2.6	(±0.2)	10,957	3.9	(±0.2)
Idaho	33,181	3.2	(±0.1)	13,883	2.4	(±0.1)	19,298	3.9	(±0.1)
Montana	16,802	2.6	(±0.1)	7,177	1.9	(±0.2)	9,625	3.2	(±0.2)
Nevada	17,934	3.7	(±0.2)	8,112	3.1	(±0.2)	9,822	4.4	(±0.2)
New Mexico	20,451	3.2	(±0.1)	8,700	2.4	(±0.2)	11,751	3.9	(±0.2)
Utah	24,644	3.3	(±0.1)	10,750	2.6	(±0.2)	13,894	3.9	(±0.2)
Wyoming	18,655	2.9	(±0.1)	7,961	2.3	(±0.2)	10,694	3.5	(±0.2)
<b>Pacific</b>	132,801	3.2	(±0.1)	58,164	2.6	(±0.1)	74,637	3.8	(±0.1)
Alaska	16,248	2.8	(±0.2)	7,695	2.2	(±0.2)	8,553	3.5	(±0.2)
California	36,139	3.3	(±0.1)	15,578	2.7	(±0.1)	20,561	3.8	(±0.1)
Hawaii	25,230	2.3	(±0.1)	11,135	1.9	(±0.1)	14,095	2.7	(±0.1)
Oregon	24,439	3.4	(±0.1)	10,376	2.8	(±0.2)	14,063	4.0	(±0.2)
Washington	30,745	3.1	(±0.1)	13,380	2.6	(±0.1)	17,365	3.7	(±0.1)
<b>United States</b>	1,265,299	3.0	(±0.0)	522,351	2.5	(±0.0)	742,948	3.6	(±0.0)
Median		3.0			2.3			3.5	
Range		2.2–4.3			1.8–3.4			2.7–5.2	

\* Number of days during the preceding 30 days when mental health, including stress, depression, or emotional problems, was not good.

† Age-standardized to the 2000 U.S. standard population.

§ 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 18. Mean number of overall unhealthy days\* among adults, by place of residence and year — Behavioral Risk Factor Surveillance System, United States, 1993–2001†**

Census divisions/ States	1993		1994		1995		1996		1997		1998		1999		2000		2001	
	Mean	(CI) <sup>§</sup>	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>New England</b>	5.1	(±0.3)	5.1	(±0.3)	5.4	(±0.3)	5.5	(±0.3)	5.5	(±0.3)	5.1	(±0.2)	5.4	(±0.2)	5.8	(±0.2)	6.0	(±0.1)
Connecticut	4.1	(±0.4)	3.6	(±0.4)	5.1	(±0.5)	5.0	(±0.5)	5.1	(±0.5)	5.2	(±0.4)	5.6	(±0.5)	5.6	(±0.3)	5.7	(±0.3)
Maine	4.4	(±0.5)	4.2	(±0.5)	4.4	(±0.5)	5.1	(±0.5)	5.6	(±0.5)	5.3	(±0.5)	5.4	(±0.5)	5.9	(±0.5)	6.0	(±0.4)
Massachusetts	5.6	(±0.5)	6.1	(±0.5)	5.8	(±0.5)	5.9	(±0.5)	5.7	(±0.5)	4.9	(±0.3)	5.2	(±0.3)	6.0	(±0.3)	6.1	(±0.3)
New Hampshire	5.0	(±0.5)	4.8	(±0.5)	4.7	(±0.6)	5.3	(±0.5)	5.9	(±0.6)	5.4	(±0.5)	5.8	(±0.6)	5.0	(±0.4)	5.4	(±0.3)
Rhode Island	6.0	(±0.5)	—	—	6.0	(±0.5)	6.0	(±0.5)	5.1	(±0.5)	5.6	(±0.4)	5.0	(±0.3)	6.2	(±0.4)	6.5	(±0.4)
Vermont	5.0	(±0.4)	5.1	(±0.4)	5.7	(±0.4)	5.4	(±0.4)	4.9	(±0.4)	5.3	(±0.4)	5.2	(±0.4)	5.4	(±0.3)	5.8	(±0.3)
<b>Middle Atlantic</b>	5.3	(±0.3)	5.2	(±0.3)	5.5	(±0.3)	5.4	(±0.2)	5.4	(±0.2)	5.4	(±0.3)	5.5	(±0.3)	5.9	(±0.2)	6.2	(±0.2)
New Jersey	4.5	(±0.5)	4.1	(±0.5)	5.3	(±0.6)	5.5	(±0.4)	5.3	(±0.4)	4.9	(±0.4)	5.4	(±0.4)	5.6	(±0.4)	5.7	(±0.3)
New York	5.7	(±0.4)	5.3	(±0.4)	5.5	(±0.4)	5.4	(±0.3)	5.4	(±0.4)	5.5	(±0.4)	5.6	(±0.4)	6.1	(±0.4)	6.3	(±0.4)
Pennsylvania	5.3	(±0.4)	5.6	(±0.3)	5.5	(±0.4)	5.2	(±0.4)	5.4	(±0.4)	5.6	(±0.4)	5.2	(±0.3)	5.7	(±0.3)	6.2	(±0.4)
<b>East North Central</b>	5.2	(±0.2)	5.1	(±0.2)	5.2	(±0.2)	5.2	(±0.2)	5.3	(±0.2)	5.6	(±0.2)	5.5	(±0.2)	5.9	(±0.2)	6.0	(±0.2)
Illinois	4.5	(±0.4)	3.9	(±0.4)	4.4	(±0.4)	5.7	(±0.4)	5.7	(±0.4)	5.2	(±0.4)	5.3	(±0.4)	5.2	(±0.3)	5.4	(±0.3)
Indiana	6.0	(±0.5)	6.1	(±0.4)	6.3	(±0.4)	6.2	(±0.5)	6.2	(±0.4)	5.9	(±0.4)	5.5	(±0.6)	6.2	(±0.4)	6.4	(±0.3)
Michigan	5.6	(±0.4)	6.2	(±0.4)	5.8	(±0.4)	5.5	(±0.4)	5.8	(±0.4)	6.5	(±0.4)	6.0	(±0.4)	6.3	(±0.4)	6.5	(±0.4)
Ohio	5.1	(±0.5)	5.0	(±0.5)	4.7	(±0.6)	4.0	(±0.5)	4.4	(±0.4)	5.2	(±0.5)	4.8	(±0.5)	6.0	(±0.5)	5.9	(±0.4)
Wisconsin	5.2	(±0.5)	5.4	(±0.5)	5.7	(±0.5)	5.5	(±0.5)	4.8	(±0.4)	5.4	(±0.4)	6.2	(±0.5)	6.5	(±0.4)	5.9	(±0.4)
<b>West North Central</b>	5.0	(±0.2)	4.8	(±0.2)	5.4	(±0.2)	5.2	(±0.2)	5.1	(±0.2)	5.4	(±0.2)	5.2	(±0.2)	5.1	(±0.2)	5.5	(±0.2)
Iowa	3.9	(±0.4)	3.7	(±0.3)	5.8	(±0.3)	5.2	(±0.3)	5.2	(±0.3)	5.3	(±0.4)	5.5	(±0.3)	4.8	(±0.3)	5.0	(±0.3)
Kansas	4.2	(±0.4)	4.0	(±0.5)	5.3	(±0.4)	3.5	(±0.4)	3.4	(±0.4)	4.9	(±0.3)	4.4	(±0.3)	5.1	(±0.3)	5.1	(±0.3)
Minnesota	5.5	(±0.3)	5.3	(±0.3)	5.3	(±0.3)	5.4	(±0.3)	5.2	(±0.3)	5.7	(±0.3)	4.9	(±0.3)	4.8	(±0.4)	5.6	(±0.3)
Missouri	5.6	(±0.5)	5.4	(±0.5)	5.5	(±0.5)	5.8	(±0.6)	6.0	(±0.5)	5.8	(±0.4)	5.7	(±0.4)	5.7	(±0.4)	6.3	(±0.4)
Nebraska	4.8	(±0.4)	4.4	(±0.4)	4.9	(±0.5)	5.4	(±0.7)	4.7	(±0.4)	5.4	(±0.4)	5.1	(±0.4)	4.5	(±0.4)	4.8	(±0.3)
North Dakota	5.6	(±0.5)	5.8	(±0.5)	5.1	(±0.4)	5.6	(±0.5)	5.2	(±0.5)	4.7	(±0.4)	4.9	(±0.4)	4.7	(±0.4)	4.8	(±0.4)
South Dakota	4.0	(±0.4)	3.8	(±0.4)	4.6	(±0.4)	3.6	(±0.4)	4.9	(±0.4)	4.6	(±0.5)	5.1	(±0.3)	4.8	(±0.3)	4.9	(±0.3)
<b>South Atlantic</b>	5.2	(±0.2)	5.1	(±0.2)	5.1	(±0.2)	4.9	(±0.2)	5.0	(±0.2)	5.4	(±0.2)	5.4	(±0.2)	5.7	(±0.2)	5.9	(±0.2)
Delaware	5.9	(±0.5)	5.5	(±0.5)	5.2	(±0.5)	4.5	(±0.4)	6.1	(±0.5)	5.5	(±0.6)	6.0	(±0.6)	5.5	(±0.5)	5.9	(±0.4)
District of Columbia	3.0	(±0.5)	3.0	(±0.5)	—	—	4.9	(±0.6)	3.4	(±0.5)	3.8	(±0.5)	4.9	(±0.5)	5.9	(±0.5)	5.5	(±0.6)
Florida	5.6	(±0.4)	5.9	(±0.4)	6.0	(±0.4)	5.8	(±0.4)	5.9	(±0.4)	5.4	(±0.3)	5.3	(±0.3)	5.7	(±0.3)	5.7	(±0.3)
Georgia	4.8	(±0.4)	5.7	(±0.5)	5.0	(±0.4)	4.3	(±0.4)	4.7	(±0.4)	5.6	(±0.4)	5.1	(±0.4)	5.7	(±0.4)	6.0	(±0.4)
Maryland	4.9	(±0.3)	4.5	(±0.3)	4.4	(±0.3)	4.4	(±0.4)	3.9	(±0.3)	5.7	(±0.4)	6.1	(±0.4)	5.7	(±0.4)	5.6	(±0.4)
North Carolina	5.0	(±0.4)	3.9	(±0.4)	4.1	(±0.3)	4.2	(±0.4)	4.8	(±0.3)	5.8	(±0.5)	5.7	(±0.5)	5.8	(±0.4)	5.6	(±0.4)
South Carolina	5.3	(±0.5)	5.2	(±0.5)	4.6	(±0.5)	4.8	(±0.5)	4.2	(±0.5)	5.2	(±0.4)	5.1	(±0.4)	5.7	(±0.4)	6.2	(±0.4)
Virginia	4.9	(±0.4)	4.9	(±0.5)	5.4	(±0.5)	5.0	(±0.5)	4.9	(±0.4)	5.2	(±0.4)	5.4	(±0.4)	5.4	(±0.5)	6.1	(±0.4)
West Virginia	6.1	(±0.5)	5.8	(±0.5)	5.4	(±0.4)	4.9	(±0.4)	4.8	(±0.4)	4.9	(±0.4)	5.7	(±0.5)	7.6	(±0.5)	8.1	(±0.4)
<b>East South Central</b>	5.0	(±0.2)	5.1	(±0.2)	5.7	(±0.3)	5.6	(±0.2)	6.1	(±0.2)	6.2	(±0.2)	6.3	(±0.3)	6.1	(±0.2)	6.5	(±0.2)
Alabama	4.0	(±0.4)	4.9	(±0.5)	5.8	(±0.5)	5.9	(±0.5)	6.1	(±0.5)	6.9	(±0.5)	6.6	(±0.5)	6.3	(±0.5)	7.3	(±0.5)
Kentucky	5.7	(±0.4)	6.3	(±0.5)	6.9	(±0.5)	6.8	(±0.4)	7.3	(±0.4)	6.5	(±0.4)	7.2	(±0.3)	6.9	(±0.4)	7.2	(±0.4)
Mississippi	5.6	(±0.6)	4.9	(±0.5)	5.2	(±0.5)	4.6	(±0.5)	4.8	(±0.5)	5.8	(±0.5)	6.0	(±0.5)	6.3	(±0.5)	6.5	(±0.4)
Tennessee	5.0	(±0.4)	4.5	(±0.3)	5.0	(±0.4)	5.0	(±0.4)	5.9	(±0.4)	5.8	(±0.4)	5.6	(±0.4)	5.3	(±0.4)	5.4	(±0.4)
<b>West South Central</b>	5.2	(±0.3)	5.5	(±0.4)	5.5	(±0.4)	5.4	(±0.3)	5.3	(±0.3)	5.7	(±0.2)	5.8	(±0.2)	6.0	(±0.2)	5.9	(±0.2)
Arkansas	5.4	(±0.5)	5.7	(±0.5)	5.7	(±0.5)	4.9	(±0.5)	5.4	(±0.5)	6.3	(±0.4)	6.3	(±0.4)	6.5	(±0.4)	7.1	(±0.5)
Louisiana	4.9	(±0.5)	5.2	(±0.5)	5.7	(±0.5)	5.4	(±0.5)	6.0	(±0.6)	5.3	(±0.6)	5.6	(±0.6)	5.3	(±0.3)	5.3	(±0.3)
Oklahoma	5.2	(±0.6)	3.9	(±0.4)	3.9	(±0.5)	3.9	(±0.5)	3.5	(±0.4)	4.1	(±0.4)	4.8	(±0.4)	4.7	(±0.3)	6.1	(±0.4)
Texas	5.2	(±0.5)	5.8	(±0.6)	5.7	(±0.5)	5.7	(±0.5)	5.6	(±0.4)	6.0	(±0.3)	6.0	(±0.4)	6.3	(±0.3)	5.8	(±0.3)
<b>Mountain</b>	5.5	(±0.2)	5.5	(±0.2)	5.7	(±0.2)	5.2	(±0.2)	4.8	(±0.2)	4.6	(±0.2)	4.8	(±0.2)	5.8	(±0.3)	6.2	(±0.2)
Arizona	5.1	(±0.6)	5.3	(±0.5)	5.7	(±0.7)	3.8	(±0.5)	2.2	(±0.4)	1.9	(±0.4)	1.5	(±0.3)	5.3	(±0.7)	6.5	(±0.5)
Colorado	5.8	(±0.5)	5.7	(±0.5)	5.8	(±0.5)	5.7	(±0.5)	5.7	(±0.5)	5.3	(±0.5)	6.1	(±0.5)	5.8	(±0.5)	6.2	(±0.5)
Idaho	5.9	(±0.6)	5.4	(±0.5)	5.3	(±0.4)	5.2	(±0.4)	5.8	(±0.3)	5.4	(±0.3)	5.6	(±0.3)	5.9	(±0.3)	6.0	(±0.3)
Montana	6.1	(±0.6)	5.1	(±0.5)	4.9	(±0.6)	4.5	(±0.4)	4.7	(±0.4)	4.9	(±0.4)	5.1	(±0.5)	4.6	(±0.4)	5.1	(±0.4)
Nevada	6.8	(±0.5)	6.9	(±0.6)	6.1	(±0.5)	5.6	(±0.6)	6.3	(±0.8)	6.0	(±0.6)	6.8	(±0.6)	6.5	(±0.6)	6.6	(±0.6)
New Mexico	4.6	(±0.5)	4.6	(±0.5)	5.8	(±0.6)	6.3	(±0.8)	5.8	(±0.5)	6.1	(±0.4)	6.5	(±0.4)	6.2	(±0.4)	6.2	(±0.4)
Utah	5.3	(±0.5)	5.4	(±0.5)	5.9	(±0.5)	6.1	(±0.4)	6.4	(±0.5)	6.4	(±0.5)	6.0	(±0.4)	6.2	(±0.4)	6.2	(±0.4)
Wyoming	—	—	5.6	(±0.6)	4.7	(±0.4)	5.2	(±0.4)	4.9	(±0.4)	5.5	(±0.5)	5.2	(±0.4)	5.8	(±0.4)	5.7	(±0.4)
<b>Pacific</b>	5.7	(±0.3)	5.9	(±0.3)	5.8	(±0.4)	5.6	(±0.3)	5.8	(±0.3)	5.5	(±0.3)	5.9	(±0.3)	6.0	(±0.3)	6.2	(±0.3)
Alaska	4.6	(±0.7)	5.1	(±0.7)	5.1	(±0.7)	4.8	(±0.7)	5.3	(±0.7)	4.8	(±0.6)	5.4	(±0.6)	5.3	(±0.6)	5.8	(±0.5)
California	5.9	(±0.4)	6.1	(±0.3)	5.9	(±0.5)	5.6	(±0.3)	5.9	(±0.3)	5.5	(±0.3)	5.9	(±0.3)	6.1	(±0.4)	6.3	(±0.4)
Hawaii	3.9	(±0.4)	4.3	(±0.4)	3.8	(±0.4)	4.8	(±0.4)	5.0	(±0.5)	3.9	(±0.4)	4.2	(±0.4)	4.4	(±0.3)	3.3	(±0.3)
Oregon	5.5	(±0.4)	5.5	(±0.4)	5.7	(±0.4)	5.7	(±0.4)	5.8	(±0.4)	6.0	(±0.5)	6.5	(±0.5)	6.5	(±0.4)	6.3	(±0.4)
Washington	5.2	(±0.4)	5.6	(±0.3)	5.7	(±0.4)	5.8	(±0.4)	5.5	(±0.4)	5.7	(±0.4)	6.0	(±0.4)	5.8	(±0.3)	6.1	(±0.3)
<b>United States</b>	5.3	(±0.1)	5.3	(±0.1)	5.4	(±0.1)	5.3	(±0.1)	5.4	(±0.1)	5.5	(±0.1)	5.6	(±0.1)	5.8	(±0.1)	6.0	(±0.1)
Median	5.2		5.2		5.4		5.3		5.3		5.4		5.5		5.7		6.0	
Range	3.0–6.8		3.0–6.9		3.8–6.9		3.5–6.8		2.2–7.3		1.9–6.9		1.5–7.2		4.4–7.6		3.3–8.1	

\* Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

† Age-standardized to the 2000 U.S. standard population.

§ 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 19. Mean number of overall unhealthy days\* among adults, by place of residence and sex — Behavioral Risk Factor Surveillance System, United States, 1993–2001†**

Census divisions/States	All persons			Men			Women		
	No.	Mean	(CI) <sup>§</sup>	No.	Mean	(CI)	No.	Mean	(CI)
<b>New England</b>	144,670	5.4	(±0.1)	60,027	4.7	(±0.1)	84,643	6.1	(±0.1)
Connecticut	26,668	5.0	(±0.2)	10,865	4.3	(±0.2)	15,803	5.6	(±0.2)
Maine	17,146	5.2	(±0.2)	7,350	4.5	(±0.2)	9,796	5.8	(±0.2)
Massachusetts	34,053	5.7	(±0.1)	14,006	5.1	(±0.2)	20,047	6.3	(±0.2)
New Hampshire	15,677	5.3	(±0.2)	6,618	4.5	(±0.3)	9,059	6.1	(±0.2)
Rhode Island	25,500	5.7	(±0.2)	10,322	4.9	(±0.2)	15,178	6.6	(±0.2)
Vermont	25,626	5.3	(±0.1)	10,866	4.6	(±0.2)	14,760	6.0	(±0.2)
<b>Middle Atlantic</b>	82,883	5.5	(±0.1)	34,015	4.8	(±0.1)	48,868	6.2	(±0.1)
New Jersey	24,077	5.2	(±0.2)	9,740	4.5	(±0.2)	14,337	5.8	(±0.2)
New York	28,620	5.7	(±0.1)	11,726	5.0	(±0.2)	16,894	6.3	(±0.2)
Pennsylvania	30,186	5.5	(±0.1)	12,549	4.6	(±0.2)	17,637	6.4	(±0.2)
<b>East North Central</b>	110,209	5.4	(±0.1)	45,908	4.5	(±0.1)	64,301	6.3	(±0.1)
Illinois	26,062	5.0	(±0.1)	10,616	4.1	(±0.2)	15,446	5.9	(±0.2)
Indiana	22,376	6.1	(±0.2)	9,501	5.1	(±0.2)	12,875	7.0	(±0.2)
Michigan	23,167	6.0	(±0.1)	9,669	4.9	(±0.2)	13,498	7.1	(±0.2)
Ohio	18,848	5.0	(±0.2)	7,423	4.2	(±0.2)	11,425	5.7	(±0.2)
Wisconsin	19,756	5.6	(±0.2)	8,699	4.8	(±0.2)	11,057	6.4	(±0.2)
<b>West North Central</b>	184,688	5.2	(±0.1)	77,277	4.4	(±0.1)	107,411	5.9	(±0.1)
Iowa	32,497	5.0	(±0.1)	13,313	4.2	(±0.2)	19,184	5.8	(±0.2)
Kansas	28,141	4.4	(±0.1)	11,569	3.7	(±0.2)	16,572	5.1	(±0.2)
Minnesota	36,028	5.3	(±0.1)	16,187	4.7	(±0.2)	19,841	6.0	(±0.1)
Missouri	23,688	5.8	(±0.2)	9,334	4.9	(±0.2)	14,354	6.6	(±0.2)
Nebraska	21,897	4.9	(±0.2)	8,718	4.3	(±0.2)	13,179	5.5	(±0.2)
North Dakota	16,959	5.2	(±0.2)	7,437	4.4	(±0.2)	9,522	6.0	(±0.2)
South Dakota	25,478	4.5	(±0.1)	10,719	3.8	(±0.2)	14,759	5.1	(±0.2)
<b>South Atlantic</b>	231,518	5.3	(±0.1)	93,920	4.5	(±0.1)	137,598	6.1	(±0.1)
Delaware	21,895	5.6	(±0.2)	8,723	4.7	(±0.3)	13,172	6.4	(±0.2)
District of Columbia	12,762	4.3	(±0.2)	5,061	3.9	(±0.3)	7,701	4.7	(±0.3)
Florida	35,793	5.7	(±0.1)	14,687	4.8	(±0.2)	21,106	6.5	(±0.2)
Georgia	23,860	5.2	(±0.1)	9,689	4.4	(±0.2)	14,171	6.0	(±0.2)
Maryland	38,114	5.1	(±0.1)	15,636	4.4	(±0.2)	22,478	5.7	(±0.2)
North Carolina	29,728	5.1	(±0.2)	11,937	4.2	(±0.2)	17,791	5.9	(±0.2)
South Carolina	25,919	5.2	(±0.2)	10,603	4.4	(±0.2)	15,316	5.9	(±0.2)
Virginia	21,458	5.2	(±0.2)	8,965	4.3	(±0.2)	12,493	6.1	(±0.2)
West Virginia	21,989	5.9	(±0.2)	8,619	5.4	(±0.2)	13,370	6.4	(±0.2)
<b>East South Central</b>	101,114	5.9	(±0.1)	38,338	5.0	(±0.1)	62,776	6.7	(±0.1)
Alabama	20,899	6.1	(±0.2)	7,976	5.2	(±0.3)	12,923	6.9	(±0.2)
Kentucky	38,672	6.8	(±0.1)	14,693	5.8	(±0.2)	23,979	7.7	(±0.2)
Mississippi	16,548	5.5	(±0.2)	6,423	4.7	(±0.3)	10,125	6.3	(±0.2)
Tennessee	24,995	5.3	(±0.1)	9,246	4.4	(±0.2)	15,749	6.1	(±0.2)
<b>West South Central</b>	95,946	5.6	(±0.1)	38,509	4.7	(±0.1)	57,437	6.5	(±0.1)
Arkansas	22,859	6.0	(±0.2)	8,912	5.1	(±0.2)	13,947	6.8	(±0.2)
Louisiana	20,420	5.4	(±0.2)	7,906	4.6	(±0.3)	12,514	6.2	(±0.2)
Oklahoma	22,040	4.4	(±0.1)	9,198	3.8	(±0.2)	12,842	5.0	(±0.2)
Texas	30,627	5.8	(±0.1)	12,493	4.8	(±0.2)	18,134	6.8	(±0.2)
<b>Mountain</b>	168,204	5.3	(±0.1)	72,321	4.5	(±0.1)	95,883	6.2	(±0.1)
Arizona	18,454	4.1	(±0.2)	7,728	3.6	(±0.3)	10,726	4.6	(±0.2)
Colorado	19,198	5.8	(±0.2)	8,349	4.9	(±0.2)	10,849	6.7	(±0.2)
Idaho	32,844	5.6	(±0.1)	13,791	4.6	(±0.2)	19,053	6.6	(±0.2)
Montana	16,678	5.0	(±0.2)	7,136	4.0	(±0.2)	9,542	5.9	(±0.2)
Nevada	17,781	6.4	(±0.2)	8,055	5.5	(±0.3)	9,726	7.3	(±0.3)
New Mexico	20,243	5.9	(±0.2)	8,645	4.9	(±0.2)	11,598	6.8	(±0.2)
Utah	24,495	6.0	(±0.2)	10,703	4.9	(±0.2)	13,792	7.1	(±0.2)
Wyoming	18,511	5.3	(±0.2)	7,914	4.5	(±0.2)	10,597	6.2	(±0.2)
<b>Pacific</b>	131,546	5.8	(±0.1)	57,772	5.0	(±0.1)	73,774	6.7	(±0.1)
Alaska	16,055	5.2	(±0.2)	7,627	4.2	(±0.3)	8,428	6.3	(±0.3)
California	35,954	5.9	(±0.1)	15,518	5.0	(±0.2)	20,436	6.8	(±0.2)
Hawaii	25,076	4.2	(±0.1)	11,086	3.6	(±0.2)	13,990	4.9	(±0.2)
Oregon	24,206	6.0	(±0.1)	10,311	5.0	(±0.2)	13,895	6.9	(±0.2)
Washington	30,255	5.7	(±0.1)	13,230	4.8	(±0.2)	17,025	6.6	(±0.2)
<b>United States</b>	1,250,778	5.5	(±0.0)	518,087	4.7	(±0.0)	732,691	6.3	(±0.0)
Median		5.3			4.6			6.2	
Range		4.1–6.8			3.6–5.8			4.6–7.7	

\* Estimate of the overall number of days during the preceding 30 days when the respondent felt that physical or mental health was not good, up to a maximum of 30 days per respondent.

† Age-standardized to the 2000 U.S. standard population.

§ 95% confidence interval, calculated by multiplying the standard error by 1.96.

**TABLE 20. Mean number of activity limitation days\* among adults, by place of residence and year — Behavioral Risk Factor Surveillance System, United States, 1993–2001†**

Census divisions/ States	1993		1994		1995		1996		1997		1998		1999		2000		2001	
	Mean	(CI)§	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)	Mean	(CI)
<b>New England</b>	1.5	(±0.2)	1.4	(±0.2)	1.5	(±0.2)	1.7	(±0.2)	1.9	(±0.2)	1.7	(±0.1)	1.8	(±0.1)	1.8	(±0.1)	1.9	(±0.1)
Connecticut	1.2	(±0.2)	0.9	(±0.2)	1.4	(±0.3)	1.3	(±0.3)	1.7	(±0.4)	1.7	(±0.3)	1.7	(±0.3)	1.7	(±0.2)	1.7	(±0.2)
Maine	1.3	(±0.3)	1.6	(±0.3)	1.6	(±0.3)	1.9	(±0.3)	1.9	(±0.3)	1.8	(±0.3)	1.9	(±0.3)	2.0	(±0.3)	2.0	(±0.3)
Massachusetts	1.7	(±0.3)	1.7	(±0.3)	1.6	(±0.3)	1.7	(±0.3)	2.0	(±0.3)	1.6	(±0.2)	1.9	(±0.2)	1.8	(±0.2)	2.0	(±0.2)
New Hampshire	1.3	(±0.3)	1.3	(±0.3)	1.3	(±0.3)	1.8	(±0.4)	1.9	(±0.4)	1.7	(±0.3)	1.4	(±0.3)	1.6	(±0.3)	1.5	(±0.2)
Rhode Island	1.6	(±0.3)	—	—	1.8	(±0.3)	2.0	(±0.3)	1.9	(±0.3)	1.8	(±0.2)	1.7	(±0.2)	1.8	(±0.2)	2.2	(±0.2)
Vermont	1.4	(±0.3)	1.4	(±0.2)	1.7	(±0.3)	1.7	(±0.3)	1.4	(±0.2)	1.4	(±0.2)	1.5	(±0.2)	1.7	(±0.2)	1.8	(±0.2)
<b>Middle Atlantic</b>	1.6	(±0.2)	1.5	(±0.1)	1.7	(±0.1)	1.6	(±0.1)	1.8	(±0.1)	1.9	(±0.2)	1.7	(±0.2)	1.7	(±0.1)	2.0	(±0.1)
New Jersey	1.4	(±0.3)	1.2	(±0.3)	1.6	(±0.3)	1.7	(±0.2)	1.8	(±0.2)	1.7	(±0.3)	1.7	(±0.3)	1.5	(±0.2)	1.9	(±0.2)
New York	1.7	(±0.2)	1.5	(±0.2)	1.6	(±0.2)	1.7	(±0.2)	1.8	(±0.2)	2.0	(±0.3)	1.6	(±0.2)	1.8	(±0.2)	2.1	(±0.2)
Pennsylvania	1.7	(±0.2)	1.7	(±0.2)	1.8	(±0.2)	1.5	(±0.2)	1.6	(±0.2)	1.9	(±0.2)	1.8	(±0.2)	1.7	(±0.2)	2.0	(±0.2)
<b>East North Central</b>	1.5	(±0.1)	1.7	(±0.1)	1.5	(±0.1)	1.6	(±0.1)	1.6	(±0.1)	1.7	(±0.1)	1.7	(±0.1)	1.8	(±0.1)	1.8	(±0.1)
Illinois	1.4	(±0.3)	1.5	(±0.3)	1.3	(±0.2)	1.8	(±0.2)	1.7	(±0.2)	1.5	(±0.2)	1.7	(±0.3)	1.6	(±0.2)	1.6	(±0.2)
Indiana	1.8	(±0.3)	1.9	(±0.3)	1.7	(±0.2)	1.8	(±0.3)	1.7	(±0.2)	1.8	(±0.2)	1.9	(±0.4)	1.9	(±0.2)	1.7	(±0.2)
Michigan	1.5	(±0.2)	2.0	(±0.3)	1.8	(±0.2)	1.6	(±0.2)	1.7	(±0.2)	2.1	(±0.3)	1.8	(±0.2)	1.9	(±0.2)	2.1	(±0.2)
Ohio	1.4	(±0.3)	1.6	(±0.3)	1.2	(±0.3)	1.3	(±0.3)	1.5	(±0.2)	1.7	(±0.3)	1.5	(±0.3)	1.8	(±0.3)	1.9	(±0.2)
Wisconsin	1.6	(±0.3)	1.4	(±0.3)	1.7	(±0.3)	1.8	(±0.3)	1.3	(±0.2)	1.6	(±0.3)	1.7	(±0.3)	1.9	(±0.2)	1.7	(±0.2)
<b>West North Central</b>	1.4	(±0.1)	1.4	(±0.1)	1.7	(±0.1)	1.6	(±0.1)	1.7	(±0.1)	1.8	(±0.1)	1.6	(±0.1)	1.5	(±0.1)	1.7	(±0.1)
Iowa	1.0	(±0.2)	1.1	(±0.2)	1.7	(±0.2)	1.5	(±0.2)	1.5	(±0.2)	1.4	(±0.2)	1.6	(±0.2)	1.4	(±0.2)	1.4	(±0.2)
Kansas	1.1	(±0.2)	1.0	(±0.2)	1.7	(±0.3)	0.9	(±0.2)	0.8	(±0.2)	1.4	(±0.2)	1.2	(±0.2)	1.4	(±0.2)	1.5	(±0.2)
Minnesota	1.5	(±0.2)	1.5	(±0.2)	1.8	(±0.2)	2.0	(±0.2)	2.0	(±0.2)	2.2	(±0.2)	2.0	(±0.2)	1.7	(±0.2)	1.7	(±0.2)
Missouri	1.6	(±0.3)	1.7	(±0.3)	1.8	(±0.3)	1.8	(±0.3)	1.9	(±0.3)	1.8	(±0.2)	1.8	(±0.2)	1.6	(±0.2)	2.1	(±0.2)
Nebraska	1.3	(±0.2)	1.2	(±0.2)	1.5	(±0.3)	2.1	(±0.6)	1.7	(±0.2)	1.7	(±0.2)	1.7	(±0.2)	1.6	(±0.2)	1.6	(±0.2)
North Dakota	1.2	(±0.2)	1.3	(±0.2)	1.3	(±0.2)	1.5	(±0.3)	1.5	(±0.2)	1.4	(±0.2)	1.3	(±0.2)	1.5	(±0.2)	1.5	(±0.2)
South Dakota	1.3	(±0.3)	1.2	(±0.2)	1.4	(±0.2)	1.0	(±0.2)	1.3	(±0.2)	1.4	(±0.2)	1.4	(±0.2)	1.4	(±0.2)	1.4	(±0.2)
<b>South Atlantic</b>	1.6	(±0.1)	1.7	(±0.1)	1.7	(±0.1)	1.7	(±0.1)	1.7	(±0.1)	1.9	(±0.1)	1.9	(±0.1)	2.0	(±0.1)	2.0	(±0.1)
Delaware	1.7	(±0.3)	1.9	(±0.3)	1.8	(±0.3)	1.6	(±0.3)	2.4	(±0.3)	2.2	(±0.4)	1.7	(±0.3)	2.0	(±0.3)	1.9	(±0.3)
District of Columbia	0.7	(±0.2)	1.0	(±0.3)	—	—	1.7	(±0.4)	0.8	(±0.2)	2.1	(±0.3)	1.3	(±0.3)	1.9	(±0.3)	1.8	(±0.3)
Florida	1.7	(±0.2)	1.9	(±0.2)	1.9	(±0.2)	1.9	(±0.2)	1.9	(±0.2)	1.9	(±0.2)	2.0	(±0.2)	2.0	(±0.2)	1.9	(±0.2)
Georgia	1.6	(±0.3)	2.2	(±0.3)	1.8	(±0.3)	1.3	(±0.2)	1.6	(±0.3)	1.7	(±0.3)	1.6	(±0.3)	2.0	(±0.2)	1.9	(±0.2)
Maryland	1.3	(±0.2)	1.5	(±0.2)	1.6	(±0.2)	1.4	(±0.2)	1.3	(±0.2)	1.9	(±0.3)	1.8	(±0.2)	1.9	(±0.2)	1.6	(±0.2)
North Carolina	1.7	(±0.2)	1.5	(±0.3)	1.6	(±0.2)	1.9	(±0.2)	1.7	(±0.2)	2.2	(±0.3)	2.1	(±0.3)	2.0	(±0.2)	2.1	(±0.2)
South Carolina	1.7	(±0.3)	1.7	(±0.3)	1.8	(±0.3)	2.1	(±0.4)	1.8	(±0.3)	1.8	(±0.3)	1.9	(±0.2)	2.2	(±0.3)	2.3	(±0.3)
Virginia	1.5	(±0.3)	1.6	(±0.3)	1.5	(±0.3)	1.4	(±0.2)	1.4	(±0.2)	1.6	(±0.2)	1.6	(±0.2)	1.6	(±0.3)	2.0	(±0.2)
West Virginia	2.7	(±0.3)	2.3	(±0.3)	2.5	(±0.3)	2.5	(±0.3)	2.1	(±0.3)	2.5	(±0.3)	2.8	(±0.3)	2.9	(±0.3)	3.2	(±0.3)
<b>East South Central</b>	1.9	(±0.1)	2.0	(±0.1)	2.2	(±0.2)	2.1	(±0.1)	2.2	(±0.1)	2.3	(±0.1)	2.3	(±0.2)	2.2	(±0.1)	2.4	(±0.1)
Alabama	1.6	(±0.3)	2.4	(±0.3)	2.0	(±0.3)	2.0	(±0.3)	2.2	(±0.3)	2.8	(±0.4)	2.3	(±0.3)	2.4	(±0.3)	2.6	(±0.3)
Kentucky	2.8	(±0.3)	2.7	(±0.3)	2.9	(±0.3)	2.8	(±0.3)	3.0	(±0.3)	2.5	(±0.3)	2.7	(±0.2)	2.8	(±0.2)	2.9	(±0.2)
Mississippi	2.0	(±0.4)	1.3	(±0.3)	2.2	(±0.4)	1.9	(±0.3)	1.5	(±0.3)	1.9	(±0.3)	2.1	(±0.3)	2.0	(±0.3)	2.5	(±0.3)
Tennessee	1.6	(±0.2)	1.4	(±0.2)	1.8	(±0.3)	1.7	(±0.2)	1.8	(±0.2)	2.0	(±0.3)	1.9	(±0.3)	1.7	(±0.2)	1.9	(±0.2)
<b>West South Central</b>	1.7	(±0.2)	1.9	(±0.2)	1.9	(±0.2)	2.0	(±0.2)	1.9	(±0.2)	2.1	(±0.2)	2.0	(±1.2)	2.1	(±0.1)	2.1	(±0.1)
Arkansas	2.2	(±0.3)	2.2	(±0.3)	2.2	(±0.3)	2.1	(±0.3)	2.2	(±0.3)	2.4	(±0.3)	2.1	(±0.3)	2.2	(±0.2)	2.6	(±0.3)
Louisiana	1.6	(±0.3)	1.8	(±0.4)	2.0	(±0.3)	2.0	(±0.3)	2.1	(±0.4)	2.0	(±0.3)	1.9	(±0.4)	2.1	(±0.2)	2.2	(±0.2)
Oklahoma	1.7	(±0.3)	1.4	(±0.3)	1.6	(±0.3)	1.5	(±0.3)	1.0	(±0.2)	1.6	(±0.2)	1.6	(±0.2)	1.7	(±0.2)	2.4	(±0.3)
Texas	1.7	(±0.3)	2.0	(±0.4)	1.9	(±0.3)	2.0	(±0.3)	1.9	(±0.3)	2.1	(±0.2)	2.0	(±0.2)	2.1	(±0.2)	2.0	(±0.2)
<b>Mountain</b>	1.6	(±0.1)	1.6	(±0.1)	1.7	(±0.1)	1.6	(±0.1)	1.5	(±0.1)	1.4	(±0.1)	1.4	(±0.1)	1.8	(±0.1)	2.0	(±0.1)
Arizona	1.5	(±0.3)	1.5	(±0.3)	1.6	(±0.3)	1.5	(±0.3)	0.9	(±0.3)	0.7	(±0.2)	0.5	(±0.1)	1.7	(±0.3)	2.2	(±0.3)
Colorado	1.5	(±0.3)	1.7	(±0.3)	1.8	(±0.3)	1.7	(±0.3)	1.6	(±0.3)	1.5	(±0.2)	1.8	(±0.3)	1.8	(±0.3)	1.9	(±0.3)
Idaho	1.5	(±0.3)	1.7	(±0.3)	1.5	(±0.2)	1.5	(±0.2)	1.9	(±0.2)	1.6	(±0.2)	1.8	(±0.2)	1.8	(±0.2)	1.9	(±0.2)
Montana	1.7	(±0.4)	1.8	(±0.4)	1.6	(±0.3)	1.3	(±0.2)	1.3	(±0.2)	1.5	(±0.3)	1.6	(±0.3)	1.4	(±0.2)	2.1	(±0.3)
Nevada	1.9	(±0.3)	1.9	(±0.3)	1.7	(±0.3)	1.8	(±0.4)	2.1	(±0.4)	1.7	(±0.4)	1.9	(±0.3)	2.1	(±0.4)	1.9	(±0.3)
New Mexico	1.4	(±0.3)	1.4	(±0.3)	2.1	(±0.4)	2.1	(±0.5)	2.0	(±0.3)	2.1	(±0.2)	2.2	(±0.3)	2.0	(±0.2)	2.2	(±0.2)
Utah	1.8	(±0.3)	1.8	(±0.3)	1.8	(±0.3)	1.7	(±0.2)	2.0	(±0.3)	1.9	(±0.3)	1.6	(±0.2)	1.8	(±0.3)	1.8	(±0.2)
Wyoming	—	—	1.6	(±0.4)	1.2	(±0.2)	1.5	(±0.2)	1.3	(±0.2)	1.6	(±0.3)	1.5	(±0.2)	1.7	(±0.3)	1.7	(±0.2)
<b>Pacific</b>	1.9	(±0.2)	2.0	(±0.2)	1.9	(±0.2)	1.9	(±0.2)	1.8	(±0.2)	1.8	(±0.1)	2.1	(±0.2)	2.0	(±0.2)	2.1	(±0.2)
Alaska	1.3	(±0.3)	1.5	(±0.4)	1.5	(±0.4)	1.6	(±0.5)	1.3	(±0.4)	1.6	(±0.3)	2.1	(±0.5)	1.4	(±0.3)	2.2	(±0.3)
California	2.0	(±0.2)	2.1	(±0.2)	2.0	(±0.3)	2.0	(±0.2)	1.9	(±0.2)	1.8	(±0.2)	2.2	(±0.2)	2.1	(±0.2)	2.2	(±0.2)
Hawaii	1.1	(±0.2)	1.2	(±0.2)	1.1	(±0.2)	1.5	(±0.2)	1.5	(±0.2)	1.4	(±0.3)	1.2	(±0.2)	1.5	(±0.2)	1.2	(±0.2)
Oregon	1.8	(±0.2)	1.6	(±0.2)	1.6	(±0.2)	1.8	(±0.2)	1.6	(±0.2)	1.8	(±0.3)	2.1	(±0.3)	2.0	(±0.2)	2.1	(±0.3)
Washington	1.6	(±0.2)	1.6	(±0.2)	1.8	(±0.2)	1.6	(±0.2)	1.7	(±0.2)	1.7	(±0.2)	2.0	(±0.3)	1.8	(±0.2)	1.9	(±0.2)
<b>United States</b>	1.7	(±0.1)	1.7	(±0.1)	1.8	(±0.1)	1.8	(±0.1)	1.7	(±0.0)	1.9	(±0.0)	1.8	(±0.1)	1.9	(±0.0)	2.0	(±0.0)
Median	1.6		1.6		1.7		1.7		1.7		1.8		1.8		1.8		1.9	
Range	0.7–2.8		0.9–2.7		1.1–2.9		0.9–2.8		0.8–3.0		0.7–2.8		0.5–2.8		1.4–2.9		1.2–3.2	

\* Number of days during the preceding 30 days when usual activities, including self-care, work, or recreation, were limited.

† Age-standardized to the 2000 U.S. standard population.

§ 95% confidence interval, calculated by multiplying the standard error by 1.96.



**TABLE 21. Mean number of activity limitation days\* among adults, by place of residence and sex — Behavioral Risk Factor Surveillance System, United States, 1993–2001†**

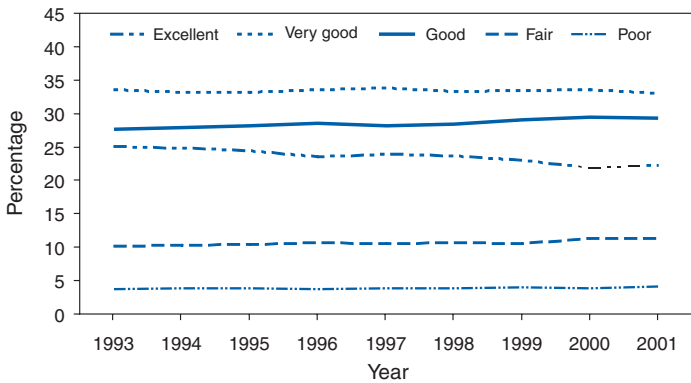
Census divisions/States	All persons			Men			Women		
	No.	Mean	(CI) <sup>§</sup>	No.	Mean	(CI)	No.	Mean	(CI)
<b>New England</b>	147,699	1.7	(±0.0)	61,059	1.6	(±0.1)	86,640	1.7	(±0.1)
Connecticut	27,186	1.5	(±0.1)	11,024	1.5	(±0.2)	16,162	1.5	(±0.1)
Maine	17,433	1.8	(±0.1)	7,452	1.7	(±0.2)	9,981	1.9	(±0.1)
Massachusetts	34,753	1.8	(±0.1)	14,262	1.8	(±0.1)	20,491	1.8	(±0.1)
New Hampshire	16,034	1.6	(±0.1)	6,751	1.5	(±0.2)	9,283	1.7	(±0.1)
Rhode Island	26,078	1.8	(±0.1)	10,497	1.8	(±0.1)	15,581	1.9	(±0.1)
Vermont	26,215	1.6	(±0.1)	11,073	1.5	(±0.1)	15,142	1.6	(±0.1)
<b>Middle Atlantic</b>	84,763	1.7	(±0.0)	34,667	1.7	(±0.1)	50,096	1.8	(±0.1)
New Jersey	24,634	1.7	(±0.1)	9,920	1.6	(±0.2)	14,714	1.7	(±0.1)
New York	29,372	1.7	(±0.1)	12,009	1.7	(±0.1)	17,363	1.8	(±0.1)
Pennsylvania	30,757	1.7	(±0.1)	12,738	1.6	(±0.1)	18,019	1.9	(±0.1)
<b>East North Central</b>	111,972	1.7	(±0.0)	46,466	1.5	(±0.1)	65,506	1.8	(±0.1)
Illinois	26,302	1.6	(±0.1)	10,687	1.4	(±0.1)	15,615	1.7	(±0.1)
Indiana	22,917	1.8	(±0.1)	9,673	1.6	(±0.1)	13,244	2.0	(±0.1)
Michigan	23,568	1.8	(±0.1)	9,804	1.6	(±0.1)	13,764	2.0	(±0.1)
Ohio	19,137	1.6	(±0.1)	7,497	1.4	(±0.1)	11,640	1.7	(±0.1)
Wisconsin	20,048	1.6	(±0.1)	8,805	1.5	(±0.1)	11,243	1.8	(±0.1)
<b>West North Central</b>	188,026	1.6	(±0.0)	78,306	1.5	(±0.1)	109,720	1.7	(±0.0)
Iowa	32,914	1.4	(±0.1)	13,435	1.3	(±0.1)	19,479	1.5	(±0.1)
Kansas	28,805	1.2	(±0.1)	11,772	1.1	(±0.1)	17,033	1.4	(±0.1)
Minnesota	36,756	1.8	(±0.1)	16,437	1.7	(±0.1)	20,319	1.9	(±0.1)
Missouri	24,256	1.8	(±0.1)	9,497	1.6	(±0.2)	14,759	1.9	(±0.1)
Nebraska	22,270	1.6	(±0.1)	8,822	1.6	(±0.2)	13,448	1.7	(±0.1)
North Dakota	17,152	1.4	(±0.1)	7,500	1.3	(±0.1)	9,652	1.5	(±0.1)
South Dakota	25,873	1.3	(±0.1)	10,843	1.3	(±0.1)	15,030	1.3	(±0.1)
<b>South Atlantic</b>	236,220	1.8	(±0.0)	95,427	1.7	(±0.1)	140,793	2.0	(±0.0)
Delaware	22,131	1.9	(±0.1)	8,803	1.8	(±0.2)	13,328	2.1	(±0.1)
District of Columbia	12,969	1.4	(±0.1)	5,133	1.3	(±0.2)	7,836	1.5	(±0.1)
Florida	36,501	1.9	(±0.1)	14,938	1.8	(±0.1)	21,563	2.1	(±0.1)
Georgia	24,472	1.7	(±0.1)	9,874	1.6	(±0.1)	14,598	1.9	(±0.1)
Maryland	38,674	1.6	(±0.1)	15,826	1.5	(±0.1)	22,848	1.7	(±0.1)
North Carolina	30,318	1.9	(±0.1)	12,109	1.8	(±0.2)	18,209	2.0	(±0.1)
South Carolina	26,515	1.9	(±0.1)	10,766	1.8	(±0.1)	15,749	2.1	(±0.1)
Virginia	22,258	1.6	(±0.1)	9,229	1.4	(±0.1)	13,029	1.7	(±0.1)
West Virginia	22,382	2.6	(±0.1)	8,749	2.7	(±0.2)	13,633	2.6	(±0.1)
<b>East South Central</b>	103,690	2.2	(±0.0)	39,080	2.1	(±0.1)	64,610	2.2	(±0.1)
Alabama	21,480	2.3	(±0.1)	8,146	2.2	(±0.2)	13,334	2.3	(±0.1)
Kentucky	39,251	2.8	(±0.1)	14,868	2.8	(±0.2)	24,383	2.8	(±0.1)
Mississippi	17,275	2.0	(±0.1)	6,609	1.9	(±0.2)	10,666	2.0	(±0.1)
Tennessee	25,684	1.8	(±0.1)	9,457	1.7	(±0.1)	16,227	1.9	(±0.1)
<b>West South Central</b>	98,117	2.0	(±0.1)	39,145	1.8	(±0.1)	58,972	2.2	(±0.1)
Arkansas	23,373	2.2	(±0.1)	9,053	2.1	(±0.2)	14,320	2.4	(±0.1)
Louisiana	21,107	2.0	(±0.1)	8,093	1.8	(±0.2)	13,014	2.1	(±0.1)
Oklahoma	22,393	1.6	(±0.1)	9,301	1.5	(±0.1)	13,092	1.8	(±0.1)
Texas	31,244	2.0	(±0.1)	12,698	1.7	(±0.1)	18,546	2.2	(±0.1)
<b>Mountain</b>	170,578	1.6	(±0.0)	73,099	1.5	(±0.1)	97,479	1.8	(±0.1)
Arizona	18,694	1.3	(±0.1)	7,808	1.2	(±0.1)	10,886	1.5	(±0.1)
Colorado	19,471	1.7	(±0.1)	8,446	1.6	(±0.1)	11,025	1.8	(±0.1)
Idaho	33,367	1.7	(±0.1)	13,948	1.5	(±0.1)	19,419	1.8	(±0.1)
Montana	16,978	1.6	(±0.1)	7,243	1.4	(±0.1)	9,735	1.8	(±0.1)
Nevada	18,044	1.9	(±0.1)	8,157	1.7	(±0.2)	9,887	2.1	(±0.2)
New Mexico	20,568	2.0	(±0.1)	8,738	1.8	(±0.2)	11,830	2.2	(±0.1)
Utah	24,706	1.8	(±0.1)	10,773	1.6	(±0.1)	13,933	2.0	(±0.1)
Wyoming	18,750	1.5	(±0.1)	7,986	1.4	(±0.1)	10,764	1.7	(±0.1)
<b>Pacific</b>	133,565	2.0	(±0.1)	58,456	1.7	(±0.1)	75,109	2.2	(±0.1)
Alaska	16,395	1.7	(±0.1)	7,775	1.5	(±0.2)	8,620	1.9	(±0.2)
California	36,208	2.0	(±0.1)	15,598	1.7	(±0.1)	20,610	2.3	(±0.1)
Hawaii	25,324	1.3	(±0.1)	11,158	1.2	(±0.1)	14,166	1.4	(±0.1)
Oregon	24,580	1.8	(±0.1)	10,419	1.6	(±0.1)	14,161	2.1	(±0.1)
Washington	31,058	1.8	(±0.1)	13,506	1.6	(±0.1)	17,552	1.9	(±0.1)
<b>United States</b>	1,274,630	1.8	(±0.0)	525,705	1.7	(±0.0)	748,925	1.9	(±0.0)
Median		1.7			1.6			1.9	
Range		1.2–2.8			1.1–2.8			1.3–2.8	

\* Number of days during the preceding 30 days when usual activities, including self-care, work, or recreation, were limited.

† Age-standardized to the 2000 U.S. standard population.

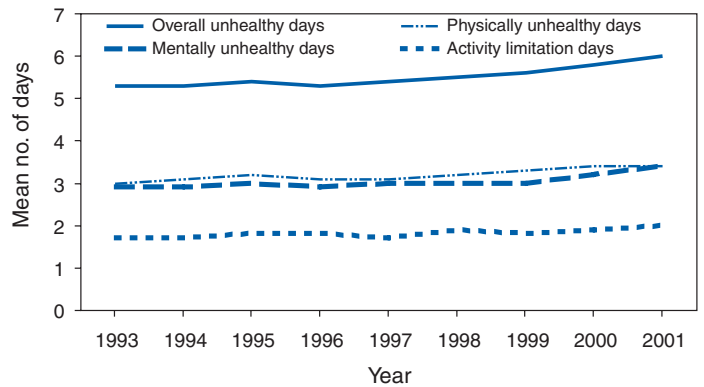
§ 95% confidence interval, calculated by multiplying the standard error by 1.96.

**FIGURE 1. Percentage of adults who self-rated their health status, by year — Behavioral Risk Factor Surveillance System, United States, 1993–2001\***



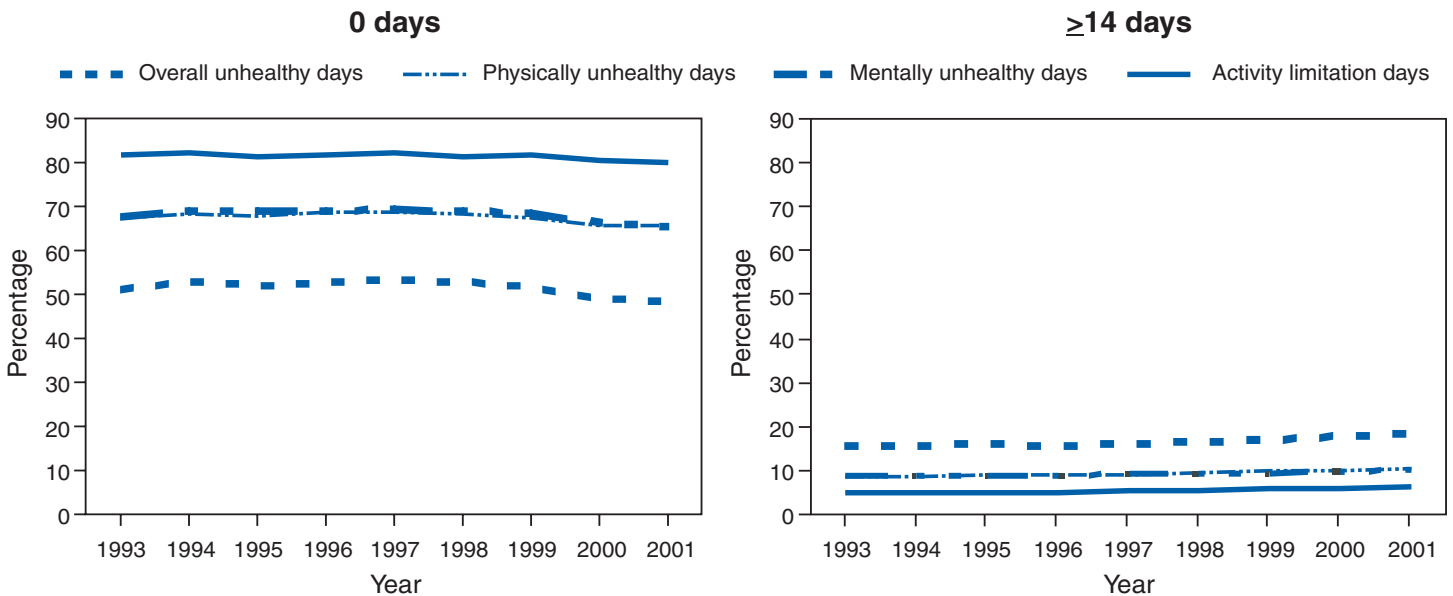
\* Age-standardized to the 2000 U.S. standard population.

**FIGURE 2. Mean number of unhealthy days and activity limitation days among adults, by year — Behavioral Risk Factor Surveillance System, United States, 1993–2001\***



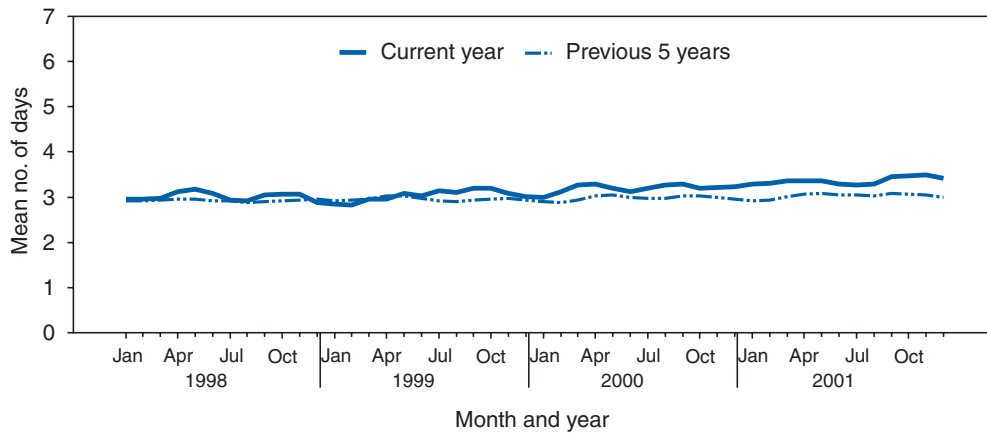
\* Age-standardized to the 2000 U.S. standard population.

**FIGURE 3. Percentage of adults who reported zero or ≥14 days of unhealthy days and activity limitation days, by year — Behavioral Risk Factor Surveillance System, United States, 1993–2001\***

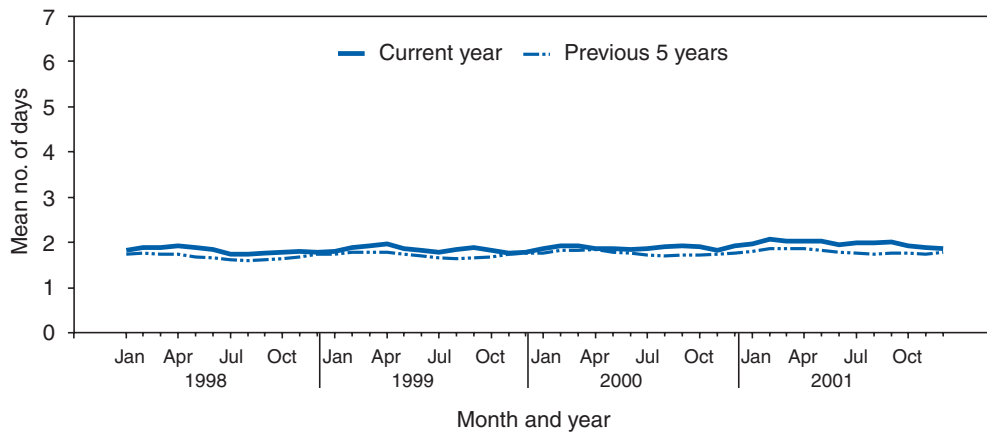


\* Age-standardized to the 2000 U.S. standard population.

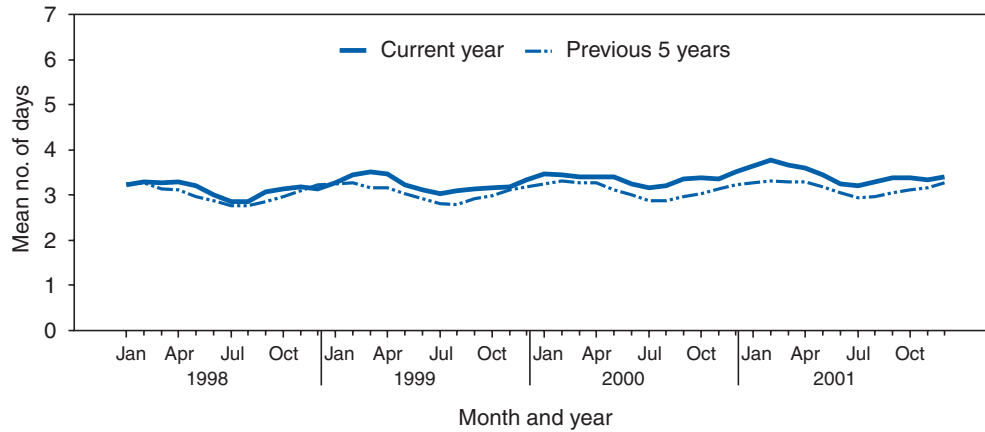
**FIGURE 4. Mean number of mentally unhealthy days among adults, by 3-month moving average for current year and previous 5 years — Behavioral Risk Factor Surveillance System, United States, 1998–2001**



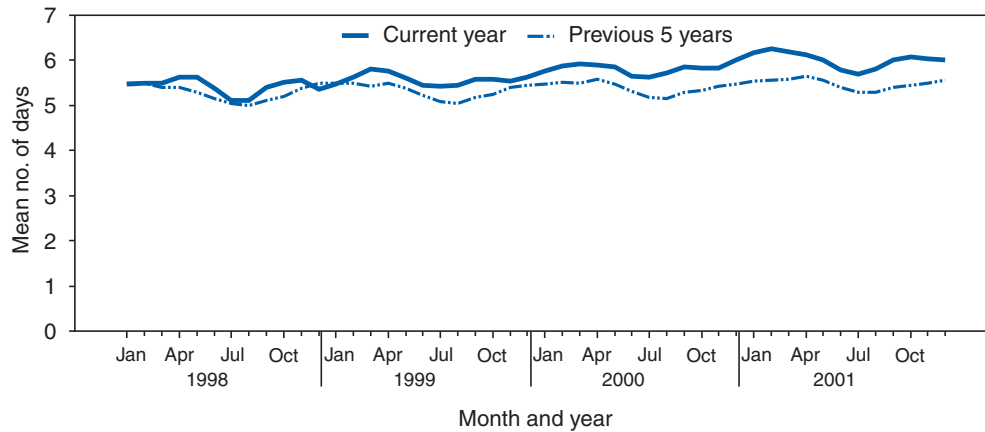
**FIGURE 5. Mean number of activity limitation days among adults, by 3-month moving average for current year and previous 5 years — Behavioral Risk Factor Surveillance System, United States, 1998–2001**



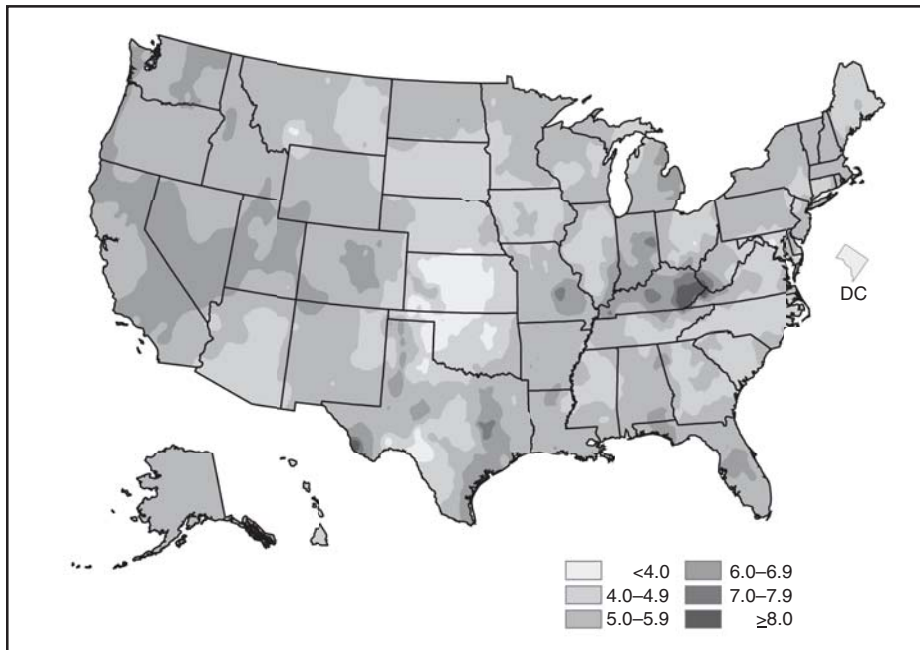
**FIGURE 6. Mean number of physically unhealthy days among adults, by 3-month moving average for current year and previous 5 years — Behavioral Risk Factor Surveillance System, United States, 1998–2001**



**FIGURE 7. Mean number of overall unhealthy days among adults, by 3-month moving average for current year and previous 5 years — Behavioral Risk Factor Surveillance System, United States, 1998–2001**

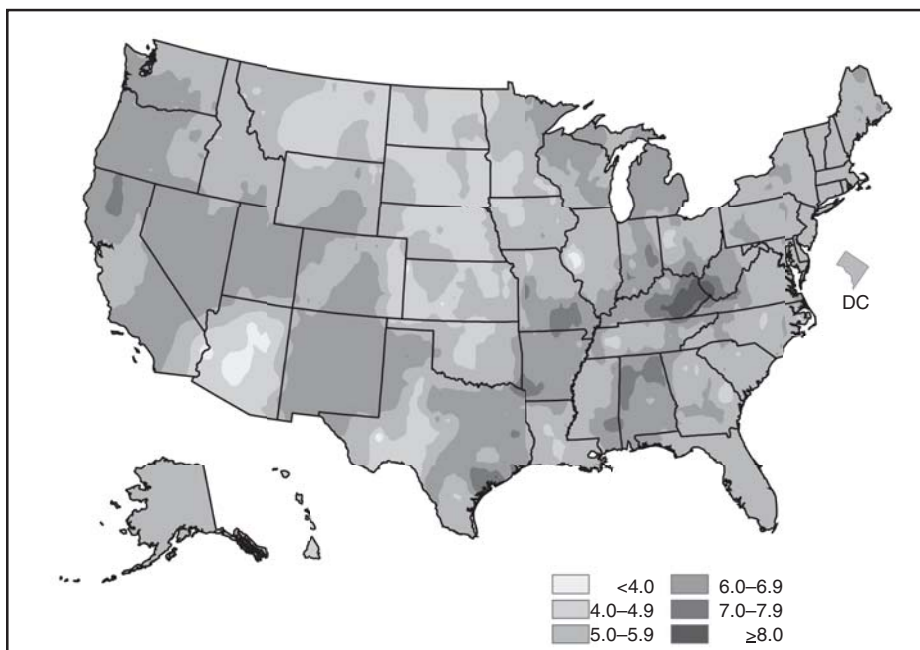


**FIGURE 8. Mean number of overall unhealthy days among adults, by area — Behavioral Risk Factor Surveillance System, United States, 1993–1997\***



\* Age-standardized to the 2000 U.S. standard population.

**FIGURE 9. Mean number of overall unhealthy days among adults, by area — Behavioral Risk Factor Surveillance System, United States, 1998–2001\***



\* Age-standardized to the 2000 U.S. standard population.





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