Health Related Quality of Life

Frequent Mental Distress

Survey Question
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?

BRFSS Variable: MENTHLTH
Generate a binary variable where reporting 14 or more days of poor mental health are a negative outcome.

Arizona and National BRFSS 2013-2017 Survey respondents who reported Frequent Mental Distress:
Arizona BRFSS 2017 respondents who reported Frequent Mental Distress:

Arizonans who reported 14 days or more of Frequent Mental Distress by demographic categories:

**Overall**

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>N</th>
<th>Percent</th>
<th>Lower Confidence Interval</th>
<th>Upper Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>53</td>
<td>12%</td>
<td>NA%</td>
<td>NA%</td>
</tr>
<tr>
<td>Arizona</td>
<td>1654</td>
<td>12.3%</td>
<td>11.6%</td>
<td>13%</td>
</tr>
</tbody>
</table>

**Gender**

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>N</th>
<th>Percent</th>
<th>Lower Confidence Interval</th>
<th>Upper Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>637</td>
<td>11%</td>
<td>10%</td>
<td>12%</td>
</tr>
<tr>
<td>Female</td>
<td>1011</td>
<td>13.5%</td>
<td>12.5%</td>
<td>14.5%</td>
</tr>
<tr>
<td>Age</td>
<td>Characteristic</td>
<td>N</td>
<td>Percent</td>
<td>Lower Confidence Interval</td>
</tr>
<tr>
<td>-------</td>
<td>----------------</td>
<td>----</td>
<td>---------</td>
<td>----------------------------</td>
</tr>
<tr>
<td></td>
<td>18-24</td>
<td>143</td>
<td>16.9%</td>
<td>14%</td>
</tr>
<tr>
<td></td>
<td>25-34</td>
<td>193</td>
<td>14.1%</td>
<td>11.9%</td>
</tr>
<tr>
<td></td>
<td>35-44</td>
<td>224</td>
<td>12.1%</td>
<td>10.4%</td>
</tr>
<tr>
<td></td>
<td>45-54</td>
<td>307</td>
<td>12.9%</td>
<td>11.3%</td>
</tr>
<tr>
<td></td>
<td>55-64</td>
<td>372</td>
<td>13%</td>
<td>11.5%</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>415</td>
<td>7.4%</td>
<td>6.5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Characteristic</th>
<th>N</th>
<th>Percent</th>
<th>Lower Confidence Interval</th>
<th>Upper Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Married</td>
<td>611</td>
<td>8.7%</td>
<td>7.9%</td>
<td>9.5%</td>
</tr>
<tr>
<td></td>
<td>Divorced</td>
<td>324</td>
<td>15.3%</td>
<td>13.4%</td>
<td>17.3%</td>
</tr>
<tr>
<td></td>
<td>Widowed</td>
<td>187</td>
<td>11.8%</td>
<td>9.8%</td>
<td>13.9%</td>
</tr>
<tr>
<td></td>
<td>Separated</td>
<td>70</td>
<td>23.6%</td>
<td>17.7%</td>
<td>29.5%</td>
</tr>
<tr>
<td></td>
<td>Never Married</td>
<td>380</td>
<td>16.8%</td>
<td>14.8%</td>
<td>18.7%</td>
</tr>
<tr>
<td></td>
<td>Unmarried Couple</td>
<td>65</td>
<td>13.2%</td>
<td>9.8%</td>
<td>16.6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Education</th>
<th>Characteristic</th>
<th>N</th>
<th>Percent</th>
<th>Lower Confidence Interval</th>
<th>Upper Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Less than highschool</td>
<td>167</td>
<td>16%</td>
<td>13.3%</td>
<td>18.7%</td>
</tr>
<tr>
<td></td>
<td>High School/GED</td>
<td>457</td>
<td>13.4%</td>
<td>12%</td>
<td>14.8%</td>
</tr>
<tr>
<td></td>
<td>Some College/Technical School</td>
<td>587</td>
<td>13.2%</td>
<td>12%</td>
<td>14.4%</td>
</tr>
<tr>
<td></td>
<td>College/Technical School Grad</td>
<td>440</td>
<td>7.8%</td>
<td>6.9%</td>
<td>8.7%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Employment</th>
<th>Characteristic</th>
<th>N</th>
<th>Percent</th>
<th>Lower Confidence Interval</th>
<th>Upper Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Employed for Wages</td>
<td>520</td>
<td>10.3%</td>
<td>9.3%</td>
<td>11.4%</td>
</tr>
<tr>
<td></td>
<td>Self Employed</td>
<td>88</td>
<td>7.6%</td>
<td>5.7%</td>
<td>9.5%</td>
</tr>
<tr>
<td></td>
<td>Out of Work</td>
<td>140</td>
<td>23.3%</td>
<td>18.9%</td>
<td>27.8%</td>
</tr>
<tr>
<td></td>
<td>Homemaker</td>
<td>93</td>
<td>11%</td>
<td>8.5%</td>
<td>13.6%</td>
</tr>
<tr>
<td></td>
<td>Student</td>
<td>53</td>
<td>11.2%</td>
<td>7.8%</td>
<td>14.6%</td>
</tr>
<tr>
<td></td>
<td>Retired</td>
<td>339</td>
<td>7.1%</td>
<td>6.2%</td>
<td>8.1%</td>
</tr>
</tbody>
</table>
Unable to Work | 408 | 41.1% | 37.1% | 45%

### Income

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>N</th>
<th>Percent</th>
<th>Lower Confidence Interval</th>
<th>Upper Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than $10,000</td>
<td>147</td>
<td>28.6%</td>
<td>23.4%</td>
<td>33.8%</td>
</tr>
<tr>
<td>$10,000 to $14,999</td>
<td>142</td>
<td>23.1%</td>
<td>18.8%</td>
<td>27.4%</td>
</tr>
<tr>
<td>$15,000 to $19,999</td>
<td>162</td>
<td>16.5%</td>
<td>13.4%</td>
<td>19.5%</td>
</tr>
<tr>
<td>$20,000 to $24,999</td>
<td>181</td>
<td>15.5%</td>
<td>12.9%</td>
<td>18.2%</td>
</tr>
<tr>
<td>$25,000 to $34,999</td>
<td>151</td>
<td>12.1%</td>
<td>9.8%</td>
<td>14.5%</td>
</tr>
<tr>
<td>$35,000 to $49,999</td>
<td>178</td>
<td>10.2%</td>
<td>8.4%</td>
<td>12%</td>
</tr>
<tr>
<td>$50,000 to $74,999</td>
<td>168</td>
<td>9.7%</td>
<td>7.9%</td>
<td>11.5%</td>
</tr>
<tr>
<td>Above $75,000</td>
<td>211</td>
<td>6.9%</td>
<td>5.8%</td>
<td>8%</td>
</tr>
</tbody>
</table>

### Race and Ethnicity

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>N</th>
<th>Percent</th>
<th>Lower Confidence Interval</th>
<th>Upper Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Non-Hispanic</td>
<td>1137</td>
<td>12.2%</td>
<td>11.4%</td>
<td>13.1%</td>
</tr>
<tr>
<td>Black/African American</td>
<td>62</td>
<td>14.1%</td>
<td>10.3%</td>
<td>18%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>299</td>
<td>12.6%</td>
<td>11%</td>
<td>14.2%</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>12</td>
<td>5.7%</td>
<td>2.5%</td>
<td>8.8%</td>
</tr>
<tr>
<td>American Indian Non-</td>
<td>79</td>
<td>12.9%</td>
<td>9.2%</td>
<td>16.7%</td>
</tr>
<tr>
<td>Hispanic</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>65</td>
<td>15.7%</td>
<td>11.5%</td>
<td>20%</td>
</tr>
</tbody>
</table>