

MODULE IV: GENERAL HEALTH STATUS

FACTS ABOUT...

2- HEALTHY DAYS: PHYSICAL AND MENTAL HEALTH

- 2 out of 5 adults had at least one day of poor physical health in the past month

39% ($\pm 4\%$) of adults reported one or more days when their physical health was not good in the past 30 days;
13% ($\pm 3\%$) of adults reported 14 or more days of poor physical health in the past month. (Figure 2.1)

- 3 out of 5 adults reported good physical health in the past month

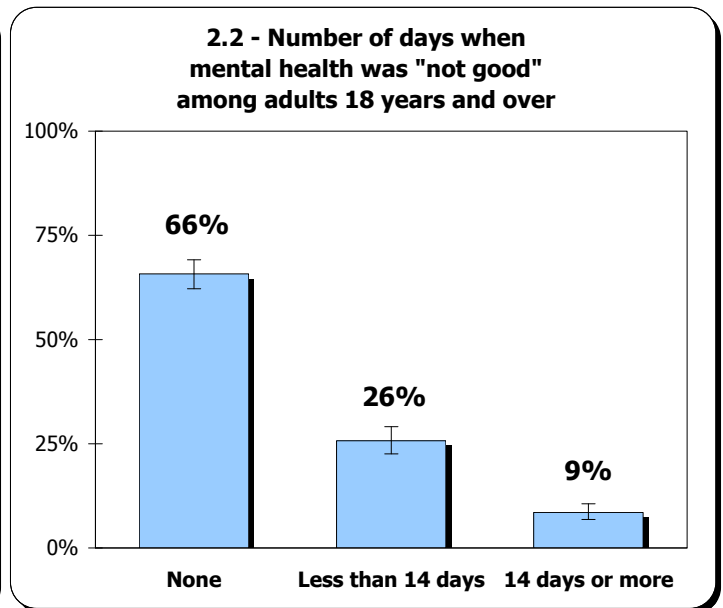
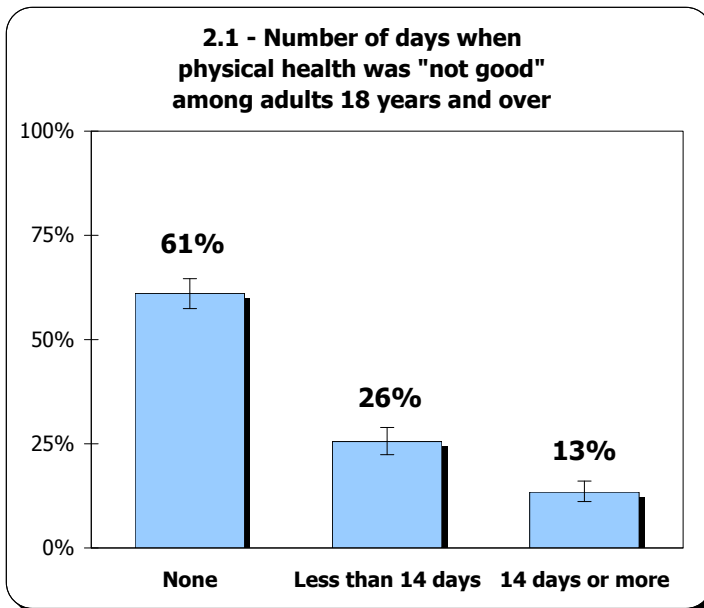
61% ($\pm 4\%$) of adults reported that their physical health was good for all 30 days in the past month.

- 1 out of 3 adults had at least one day of poor mental health in the past month

35% ($\pm 4\%$) of adults reported one or more days when their mental health was not good in the past 30 days;
9% ($\pm 2\%$) of adults reported 14 or more days of poor mental health in the past month. (Figure 2.2)

- 2 out of 5 adults experienced at least one day of limitations on their usual activities due to poor physical or mental health in the past month

41% ($\pm 5\%$) of adults reported one or more days when their usual activities were limited by poor physical or mental health in the past 30 days; 13% ($\pm 4\%$) of adults reported 14 or more days of limited activities due to poor physical or mental health.



Additional analyses available in **Data Tables: General Health Status, questions 2-4**