

# TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



## HEALTH-RELATED QUALITY OF LIFE AND UNHEALTHY DAYS AMONG TARRANT COUNTY ADULTS

**HEALTH – RELATED QUALITY OF LIFE (HRQOL)** represents broad concepts of perceived physical, mental, and social well-being. HRQOL is associated with chronic conditions, risk behaviors, functional status, social support, and socioeconomic status. The advantage to monitoring HRQOL is that it is not disease specific. It can assess overall health status in persons with comorbidities and bridge boundaries between social, mental, and medical services. Analysis of HRQOL surveillance data can identify groups with relatively poor perceived health, help guide program and policy development, and monitor the impact of broad community interventions.

Questions from the Behavioral Risk Factor Surveillance System (BRFSS) are used to measure HRQOL. The questions include:

- **General Health:** In general, is your health excellent, very good, good, fair, or poor?
- **Physical Health:** How many days during the past 30 days was your physical health not good which includes physical illness and injury?
- **Mental Health:** How many days during the past 30 days was your mental health not good which includes stress, depression, and problems with emotions?
- **Activity Limitation:** During the past 30 days, approximately how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Figure 1. Prevalence of HRQOL measures in the past 30 days among Tarrant County adults aged 18 years and older, 2020

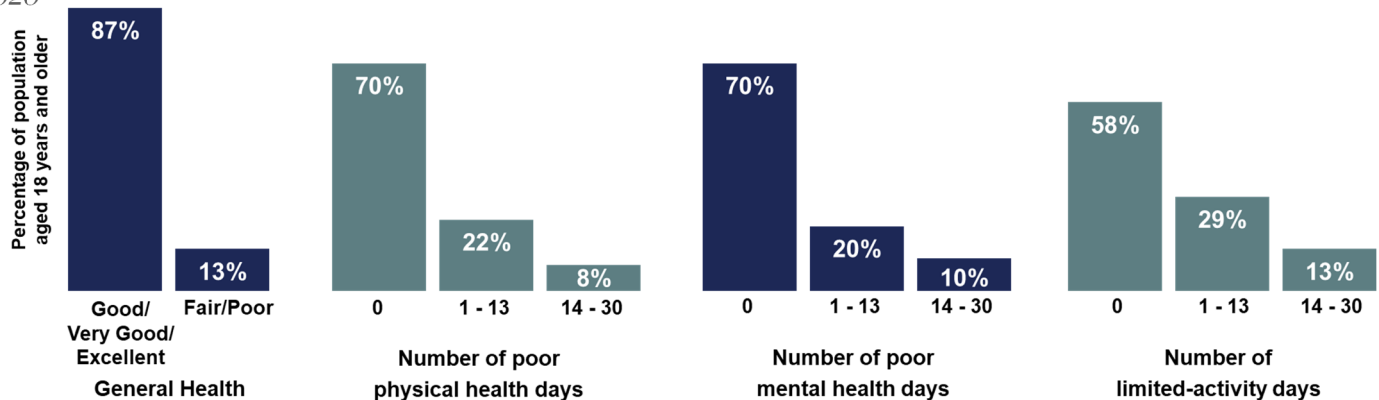
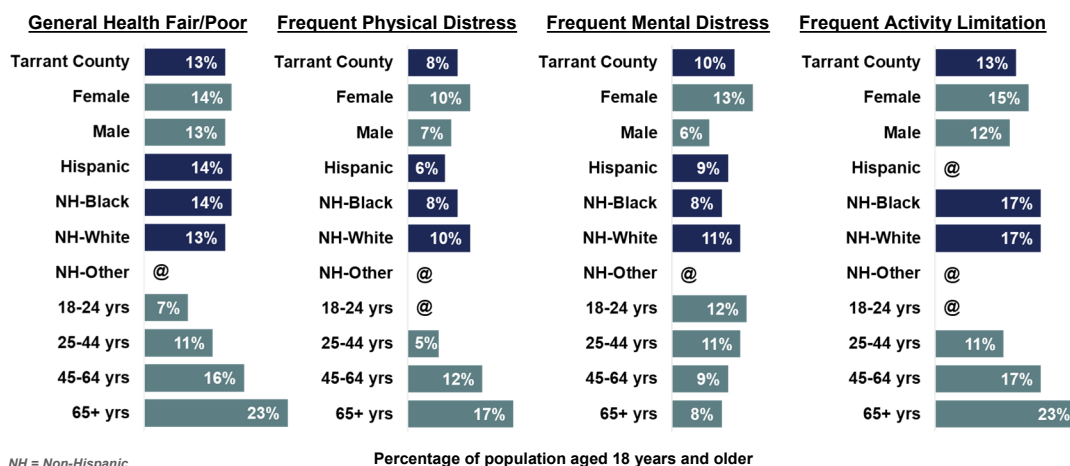


Figure 2. Prevalence of Poor HRQOL\* measures in the past 30 days among Tarrant County adults aged 18 years and older by demographics, 2020



**Females reported higher Poor HRQOL compared to males across all four metrics. Poor HRQOL increased as age increased for all metrics except Frequent Mental Distress, which decreased as age increased.**

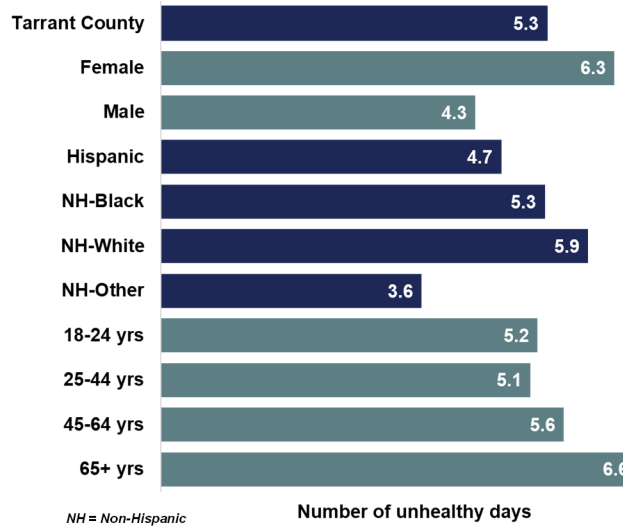
NH = Non-Hispanic  
@ = number too small to calculate reliable estimates

\*Poor HRQOL is defined as (1) General Health rating of Fair or Poor; (2) Frequent Physical Distress (Physical health not good for 14 or more days during the past 30 days); (3) Frequent Mental Distress (Mental health not good for 14 or more days during the past 30 days); (4) Frequent Activity Limitation (Poor physical or mental health limiting usual activities such as self-care, work, or recreation for 14 or more days during the past 30 days)  
Data sources: Centers for Disease Control and Prevention, Tarrant County Behavioral Risk Factor Surveillance System, 2020  
Data Brief provided by: Division of Epidemiology and Health Information

## Unhealthy Days among Tarrant County Adults Aged 18 and Over

- Unhealthy Days:** Overall number of days during the past 30 days when physical or mental health was not good. The estimate is created by combining both the physical and mental bad health days, with a logical maximum of 30 unhealthy days.
- In 2020, the proportion of Tarrant County adults with unhealthy days in the past 30 days was **46%**. Among the adults with unhealthy days, **71% had one type (physical or mental)**, while **29%** reported days when **both their physical and mental health were not good**.
- In 2020, the average number of unhealthy days in the past 30 days among Tarrant County adults was:
  - significantly higher among females (6.3)** compared to males (4.3).
  - significantly higher among non-Hispanic Whites (5.9)** compared to non-Hispanic Other residents (3.6).
  - higher among adults 65+ years (6.6)** than all other age groups (but not statistically significant).

Figure 3. Average number of unhealthy days in the past 30 days among Tarrant County adults aged 18 years and older, 2020



Average number of unhealthy days in the past 30 days among Tarrant County adults aged 18 years and older was **significantly higher among residents who reported poor general health (Fig. 4) and low income (<\$25K) (Fig. 5).**

Figure 4. Average number of unhealthy days in the past 30 days among Tarrant County adults aged 18 years and older by self-reported general health status, 2020

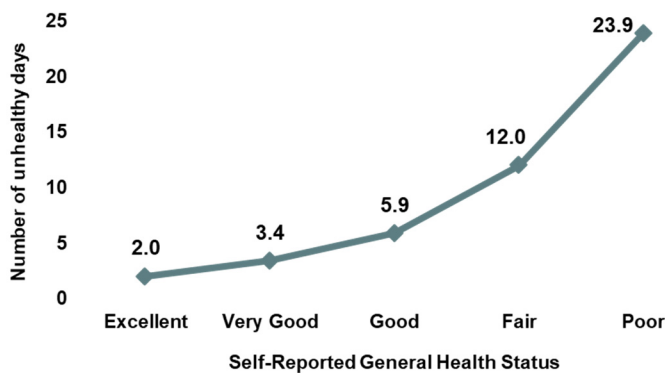


Figure 5. Average number of unhealthy days in the past 30 days among Tarrant County adults aged 18 years and older by annual household income, 2020

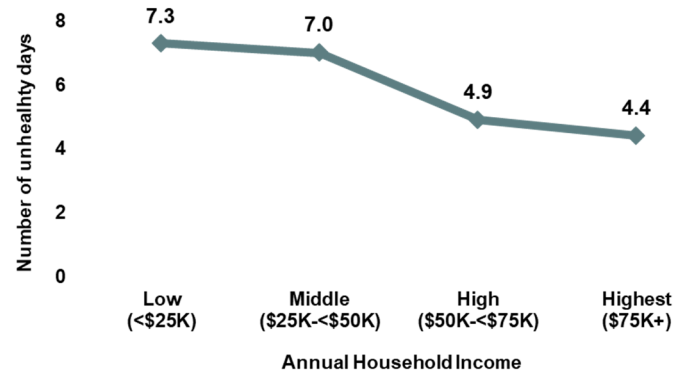
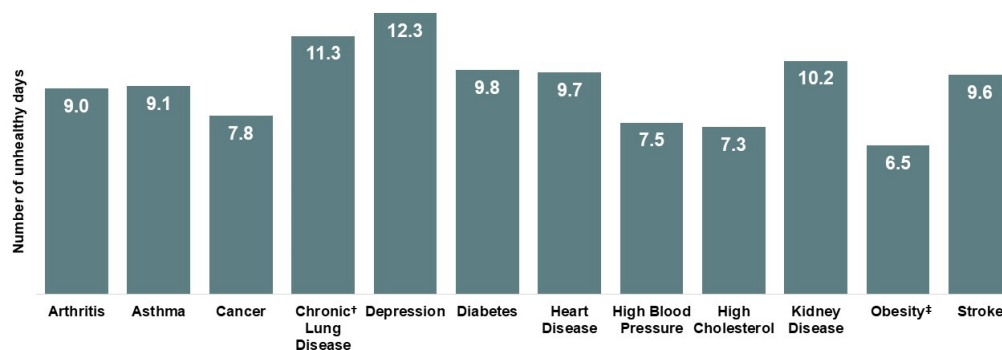


Figure 6. Average number of unhealthy days in the past 30 days among Tarrant County adults aged 18 years and older by chronic condition, 2020



The average number of unhealthy days in the past 30 days was **highest among adults who reported Depression (12.3), followed by Chronic Lung Disease (11.3) and Kidney Disease (10.2)**

To learn more about health outcomes among Tarrant County residents, as well as available resources, go to: <https://www.tarrantcountytx.gov/en/public-health/disease-control-and-prevention/epidemiology-and-health-information/health-data-and-information/data-briefs.html>

\*Chronic Lung Disease includes chronic obstructive pulmonary disease, emphysema, or chronic bronchitis  
 †Obesity = BMI 30.0 and greater  
 All significant differences detected at the 95% confidence level.  
 Data sources: Centers for Disease Control and Prevention, Tarrant County Behavioral Risk Factor Surveillance System, 2020  
 Data Brief provided by: Division of Epidemiology and Health Information