



# Unhealthy Days - A Data Short Take -

Health Economics Program

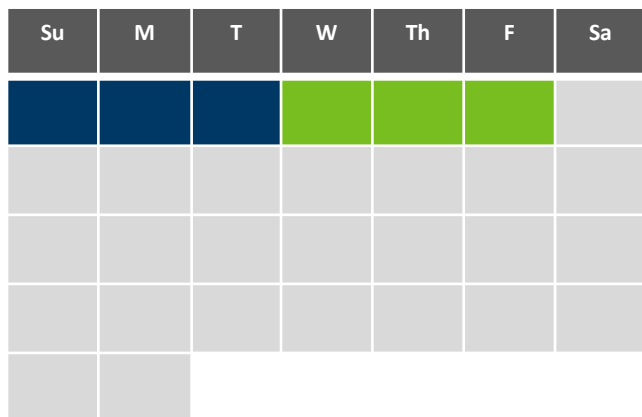
May | 2019

# Healthy Days: A way to measure how health is experienced

- CDC Healthy Days Measure<sup>1</sup>
  - 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?
  - 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?
    - Reported only for ages 5 and up.
- Frequent mental distress is defined as 14 or more unhealthy mental health days in a month.
  - Reported only for ages 5 and up.

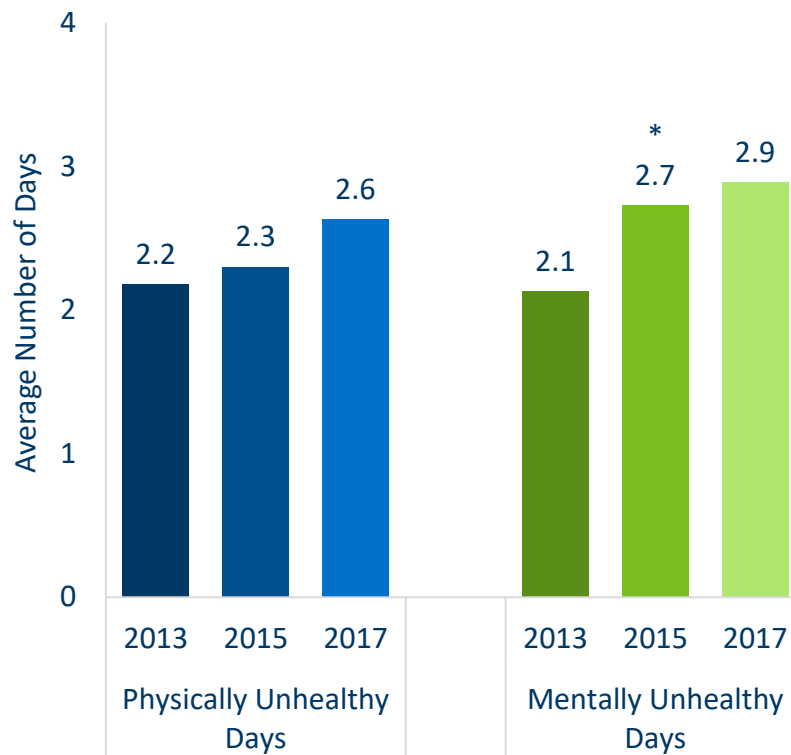
# Statewide Unhealthy Days: 2017

- Number of physically unhealthy days (2.6)
- Number of mentally unhealthy days (2.9)



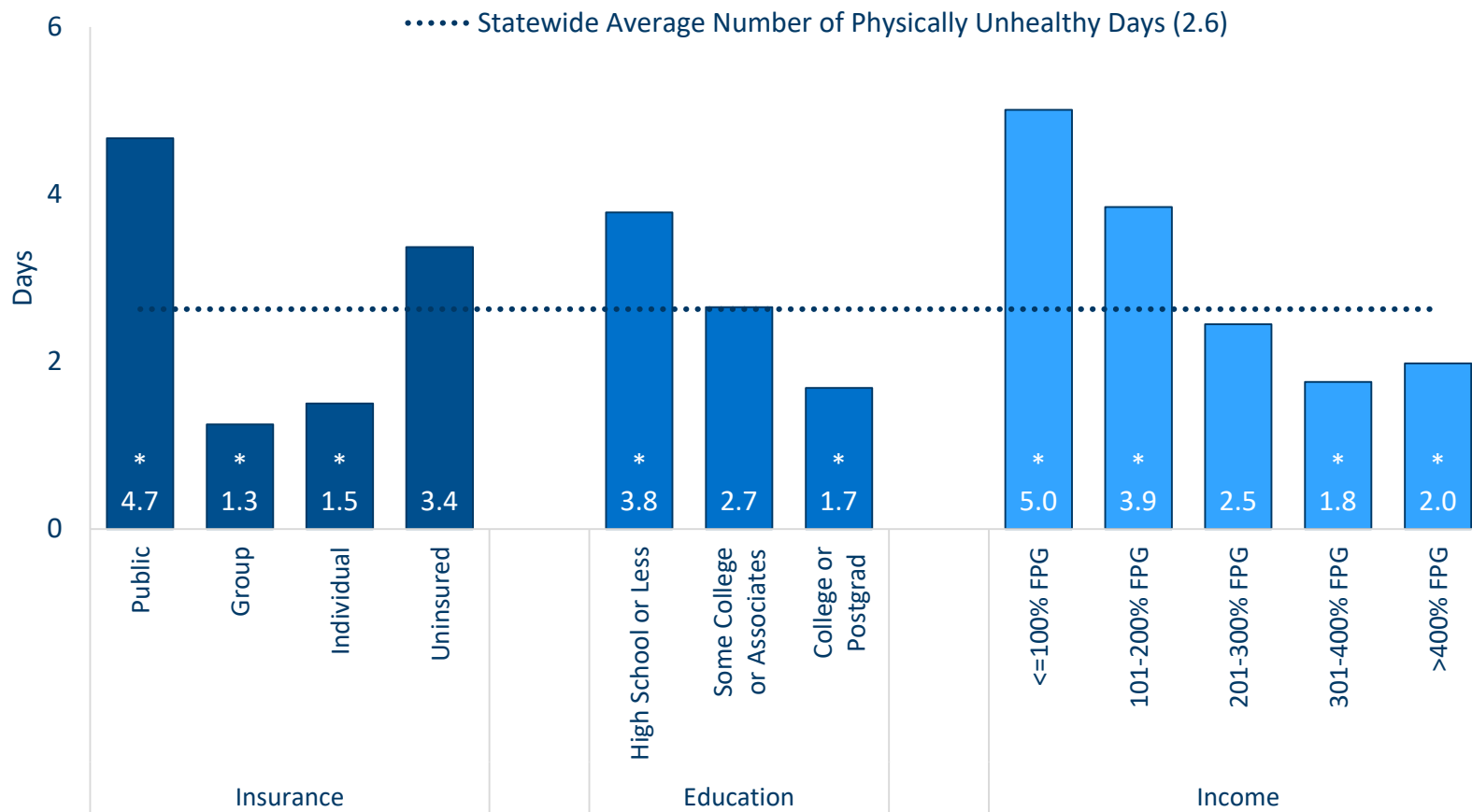
- 8.8% of people have frequent mental distress
- 37% of people report having a chronic condition

Average number of unhealthy days statewide has increased over time and across many populations



\* Indicates statistically significant difference at the 95% level from the previous year shown.  
 Note: Mentally unhealthy days and frequent mental distress reported for ages 5 and older.  
 Source: Minnesota Health Access Surveys, 2013 to 2017

# Average Number of *Physically* Unhealthy Days, 2017

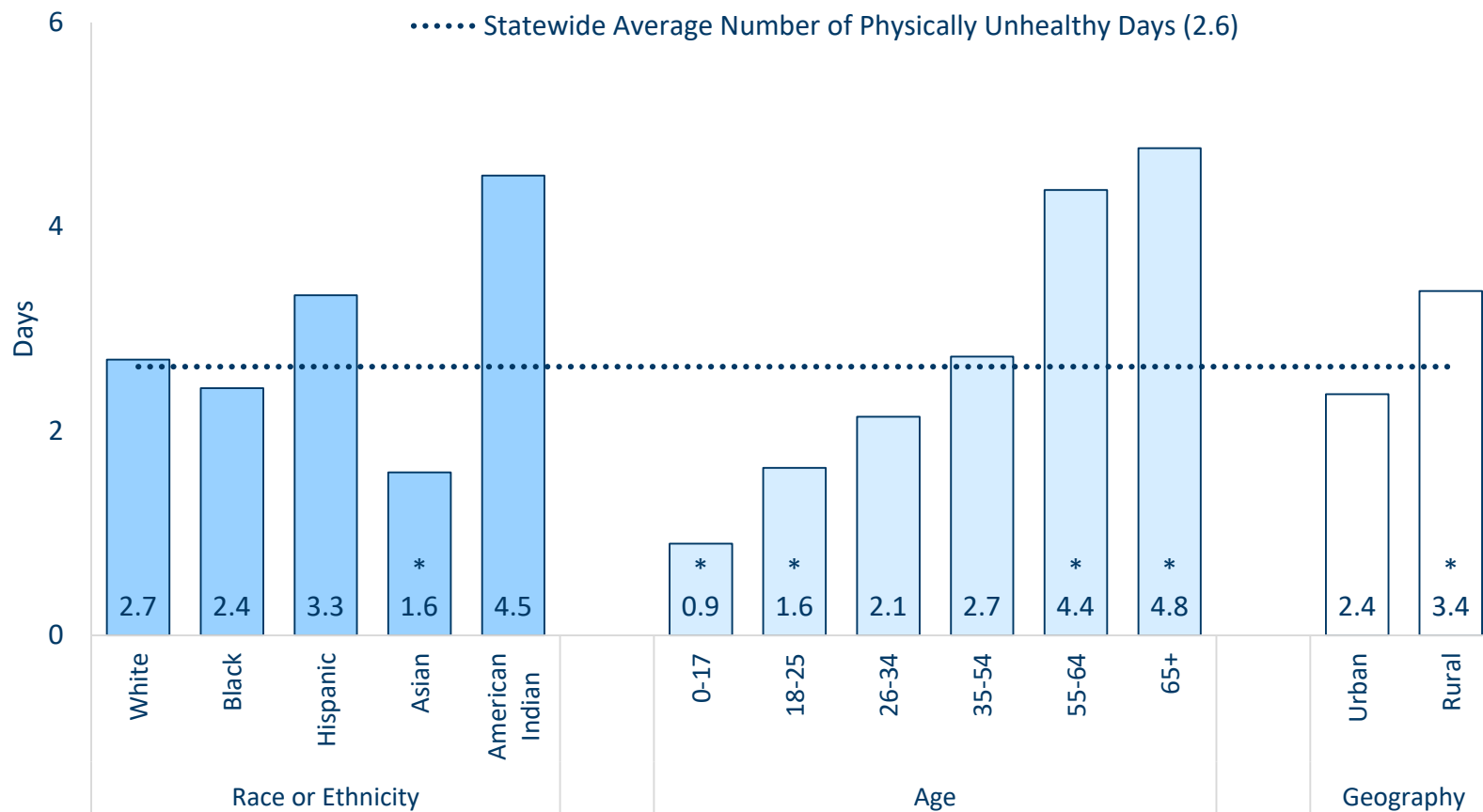


\* Indicates statistically significant differences at the 95% level from the statewide rate.

Note: For children, education refers to that of the parent.

Source: Minnesota Health Access Surveys, 2017

# Average Number of *Physically* Unhealthy Days, 2017

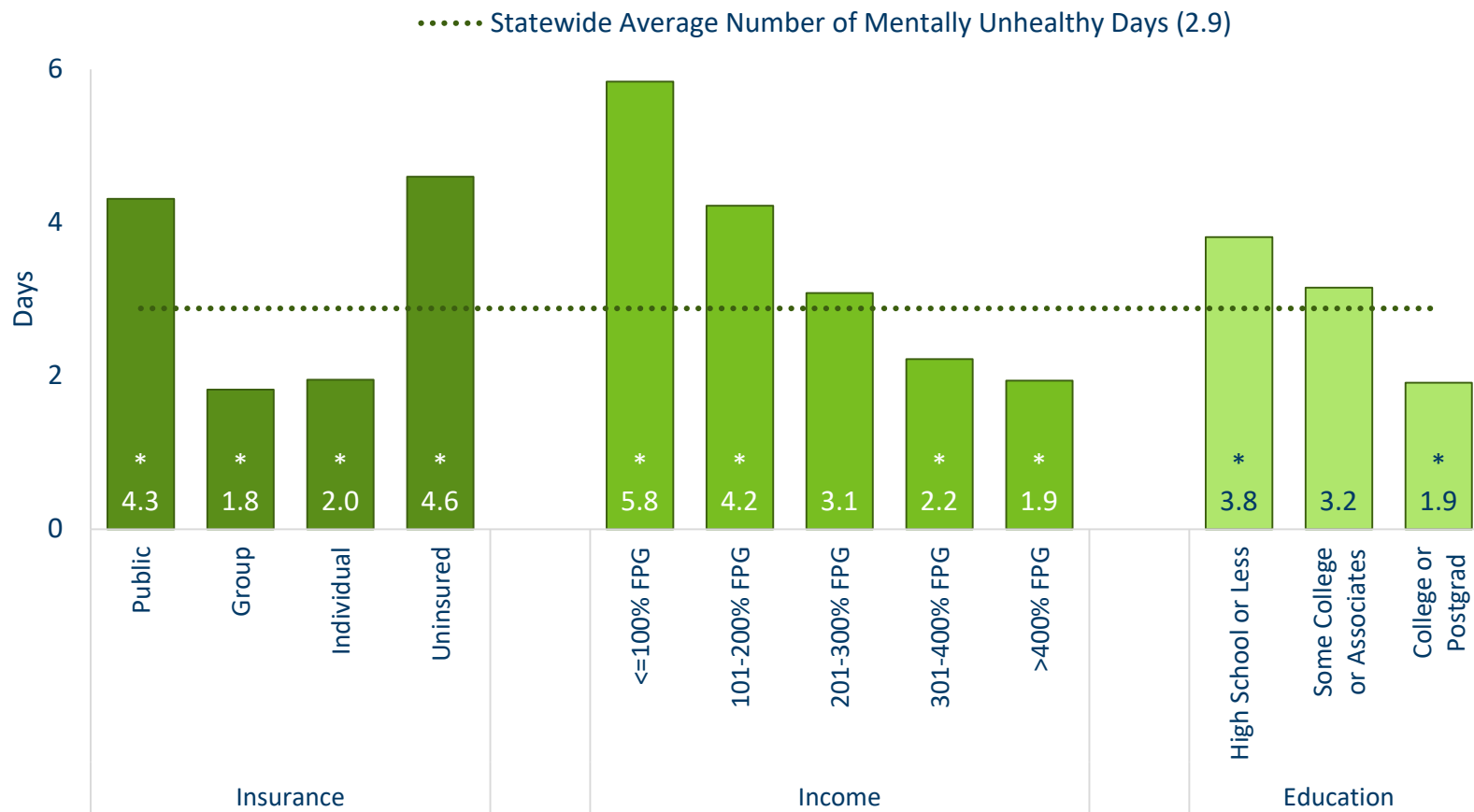


\* Indicates statistically significant differences at the 95% level from the statewide rate.

Note: Race or Ethnicity Includes individuals who report their race/ethnicity alone or in combination with any other race/ethnicity.

Source: Minnesota Health Access Surveys, 2017

# Average Number of *Mentally* Unhealthy Days, 2017

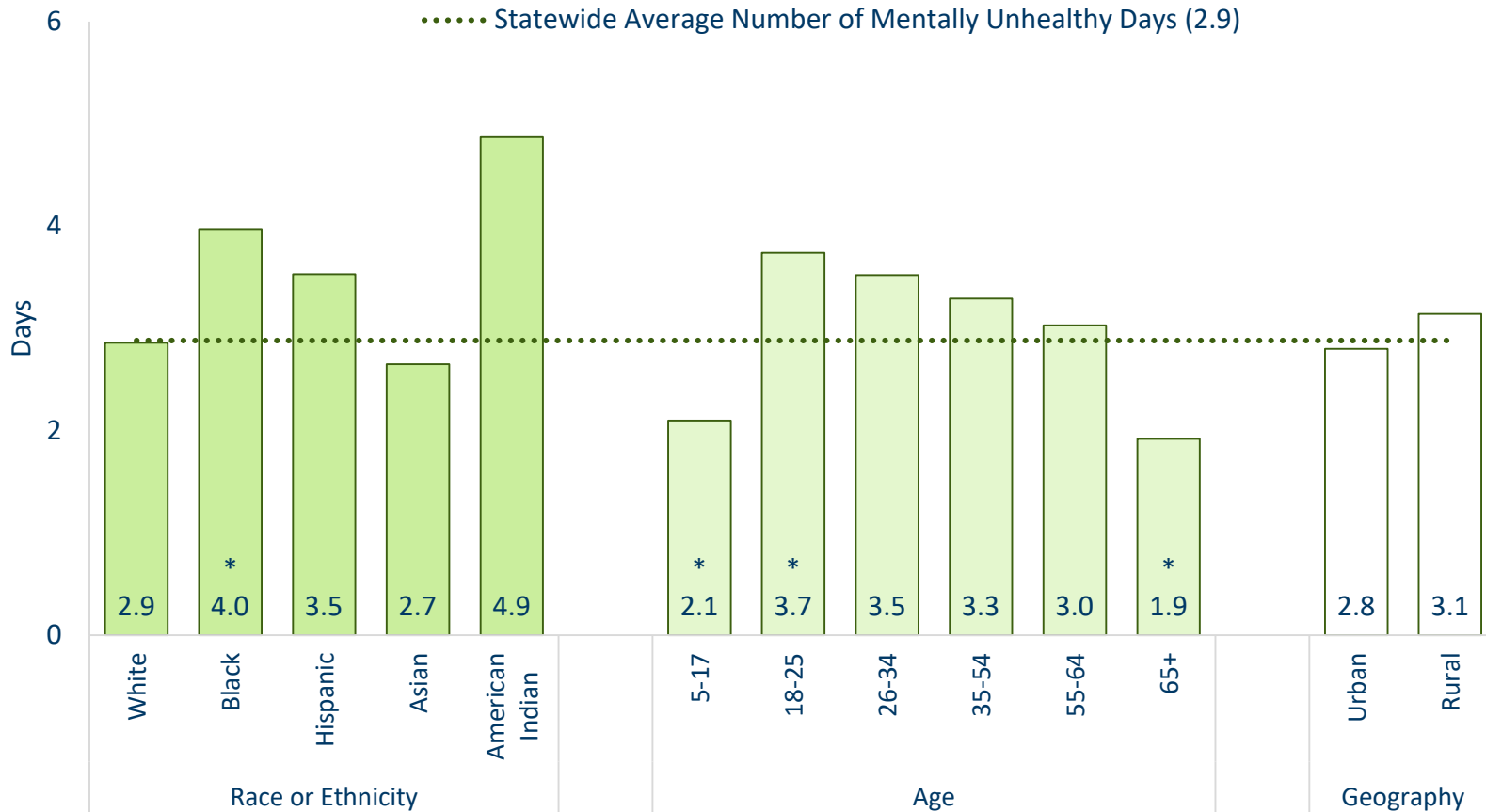


\* Indicates statistically significant differences at the 95% level from the statewide rate.

Notes: For children, education refers to that of the parent. Mentally Unhealthy Days and frequent mental distress reported for ages 5 and older.

Source: Minnesota Health Access Surveys, 2017

# Average Number of *Mentally* Unhealthy Days, 2017



\* Indicates statistically significant differences at the 95% level from the statewide rate.

Notes: Race or Ethnicity Includes individuals who report their race/ethnicity alone or in combination with any other race/ethnicity.

Mentally Unhealthy Days and frequent mental distress reported for ages 5 and older.

Source: Minnesota Health Access Surveys, 2017

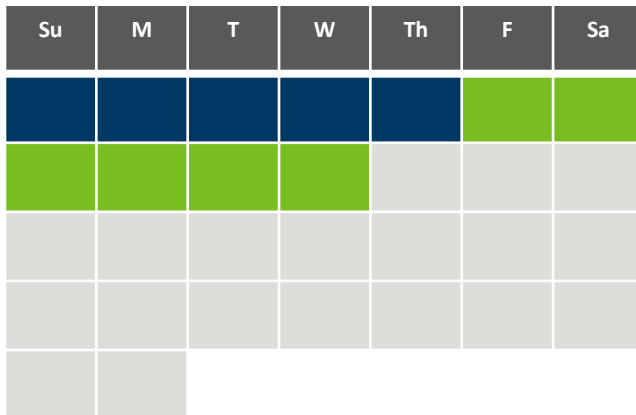
# A Closer Look at Some Populations Experiencing Higher Unhealthy Days



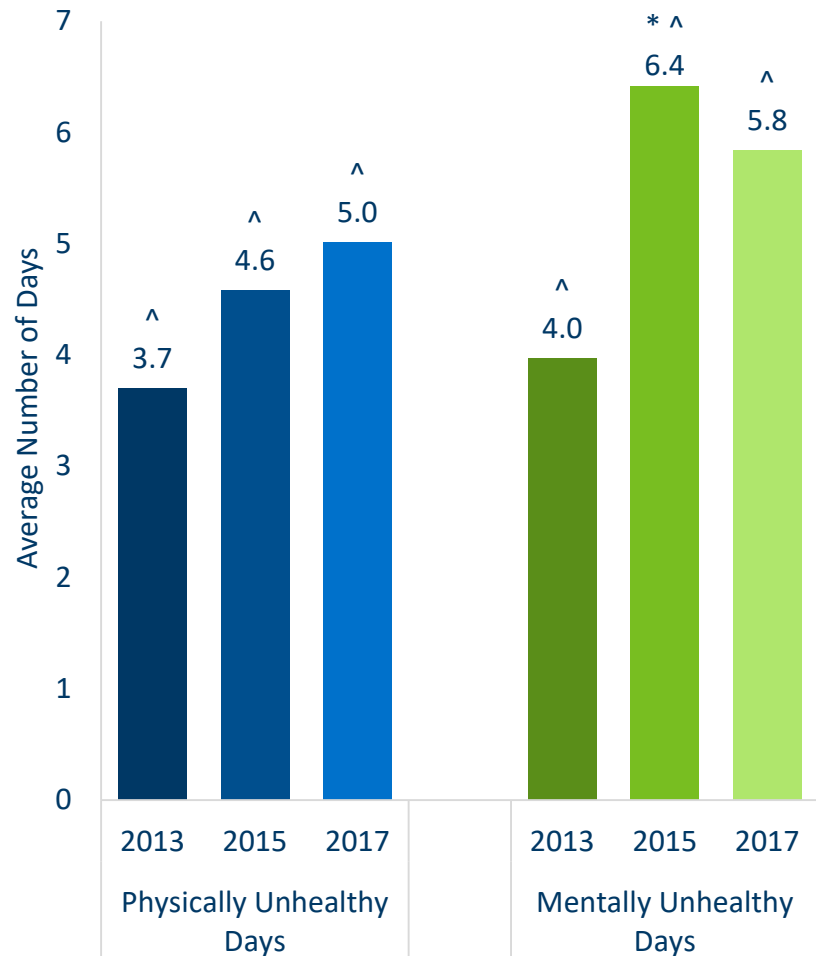
# Under 100% Federal Poverty Guidelines

2017

- Number of physically unhealthy days (5.0)
- Number of mentally unhealthy days (5.8)



- 19.6% of people have frequent mental distress
- 42.6% of people report having a chronic condition



\* Indicates statistically significant differences at the 95% level from the previous year shown.

^ Indicates statistically significant differences at the 95% level from the statewide rate within year.

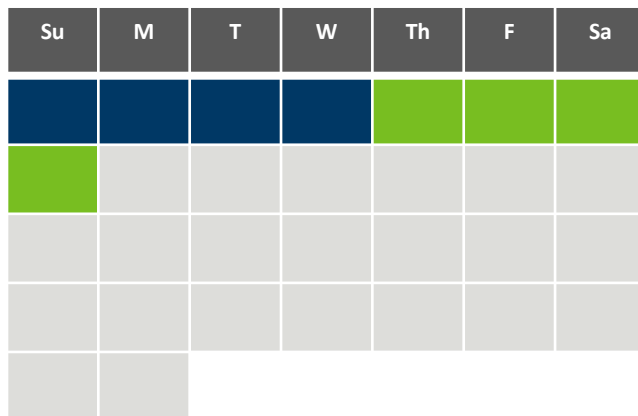
Note: Mentally unhealthy days and frequent mental distress reported for ages 5 and older.

Source: Minnesota Health Access Surveys, 2013 to 2017

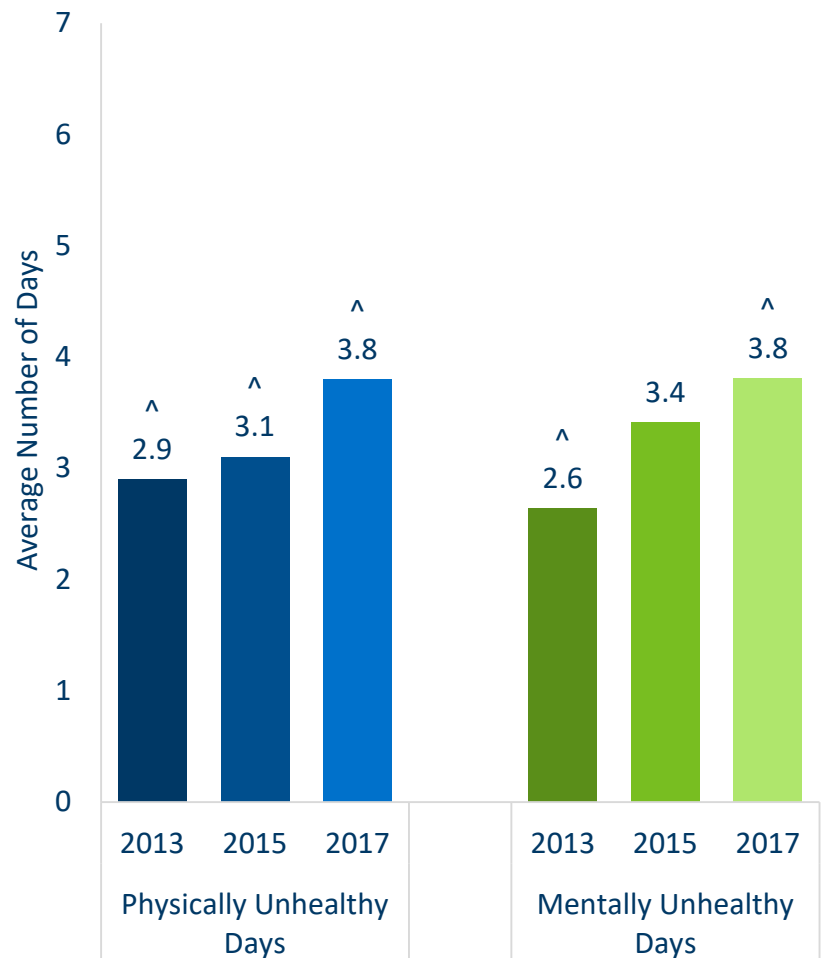
# High School Education or Less

2017

- Number of physically unhealthy days (3.8)
- Number of mentally unhealthy days (3.8)



- 12.5% of people have frequent mental distress
- 40.2% of people report having a chronic condition



\* Indicates statistically significant differences at the 95% level from the previous year shown.

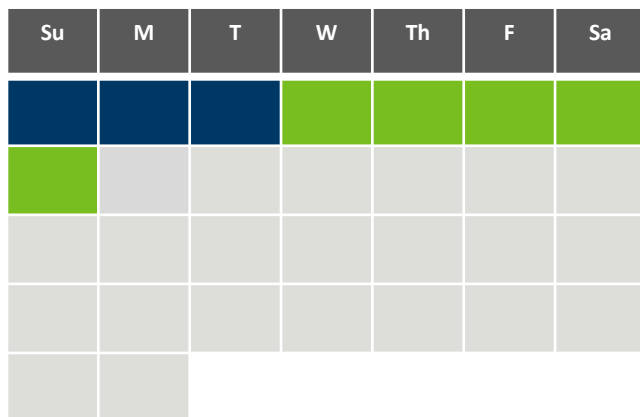
^ Indicates statistically significant differences at the 95% level from the statewide rate within year.

Notes: Mentally unhealthy days and frequent mental distress reported for ages 5 and older. For children, education refers to that of the parent.

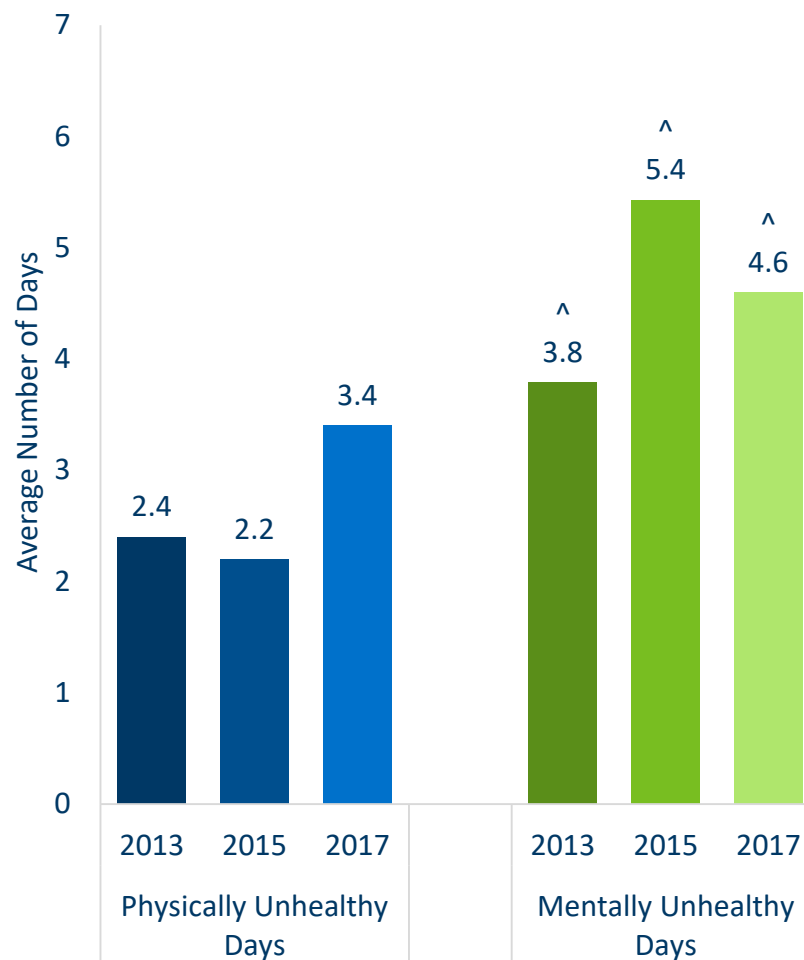
Source: Minnesota Health Access Surveys, 2013 to 2017

## 2017

- Number of physically unhealthy days (3.4)
- Number of mentally unhealthy days (4.6)



- 16.5% of people have frequent mental distress
- 25.5% of people report having a chronic condition



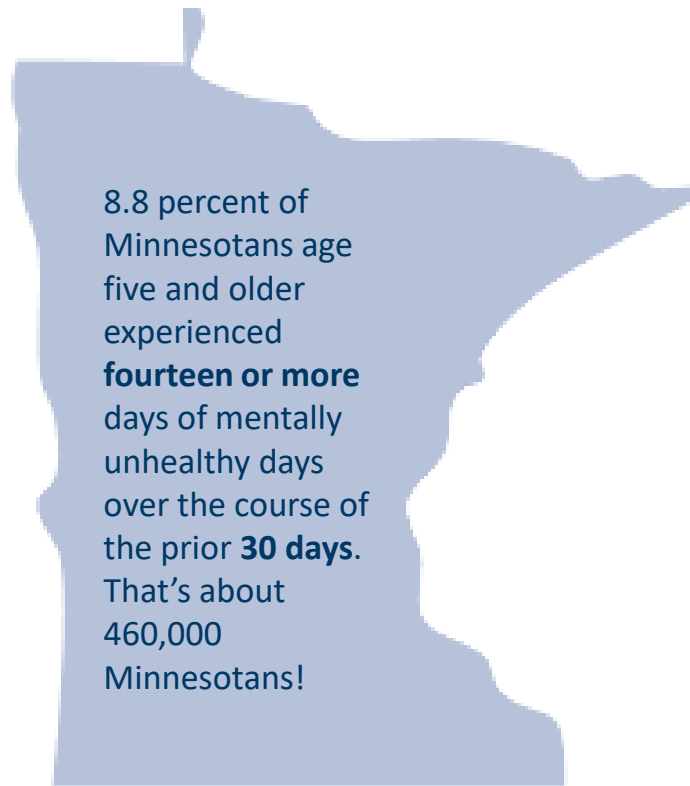
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Notes: Mentally unhealthy days and frequent mental distress reported for ages 5 and older. For children, education refers to that of the parent.

Source: Minnesota Health Access Surveys, 2013 to 2017

# Frequent Mental Distress: 2017



Six populations reported frequent mental distress at a significantly higher rate than statewide:

- Public Insurance (14.0%)
- Uninsured (16.5%)
- Black (13.0%)
- 100% FPG or less (19.6%)
- 101 to 200% FPG (13.5%)
- High school education or less (12.5%)

# National Comparison and Summary

- National Comparison

- In 2017, among adults, Minnesota had the lowest average number of mentally unhealthy days (3.0) and second lowest average number of physically unhealthy days (3.1) among all 50 states.<sup>1</sup>

- Other Key Points

- Many of these characteristics are interrelated and overlapping. For example, while people with public health insurance have more unhealthy days, it is important to note that public insurance includes those who are 65 and older on Medicare, as well as people with disabilities.
- Rates for People of Color and American Indians tended to be high. However, as a result of smaller sample sizes, the differences did not rise to statistical significance, despite the high rates.

- Potential Future Work

- Implement multivariate methods to investigate the relationship between healthy days and different characteristics, such as income, race and ethnicity, and education.
- Examine the relationship between healthy days and other outcome variables, such as chronic conditions, health care use and financial burden of health care.

# Contact and More Information

## Health Economics Program

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HEP Home Page: [www.health.state.mn.us/healtheconomics](http://www.health.state.mn.us/healtheconomics)

## Minnesota Health Access Survey:

<https://www.health.state.mn.us/data/economics/hasurvey/index.html>