Mental Health Status among Adults with Multiple Chronic Conditions and Risk Factors in Georgia, Behavioral Risk Factor Surveillance System, 2011-2013

Definitions

**Mental Health:** Defined by CDC’s Healthy Days using the Health Related Quality of Life Equation

**Good:** 0-13 days of poor mental health

**Poor:** 14-30 days of poor mental health

**Risk Factors:**

**Current Smoker:** Those who have smoked at least 100 pieces of cigarette in lifetime and currently smoke some days or every day.

**Physical Inactivity:** Defined in the BRFSS as individuals that had no physical activity or exercise in last 30 days.

**Binge Drinking:** Adult males having five or more drinks on one occasion or adult females having four or more drinks on one occasion.

**Chronic Conditions:**

- Obesity
- Heart Attack
- Angina
- Stroke

- Stroke
- Diabetes
- Arthritis
- Asthma