

**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

Stroke

Heart Attack

Diabetes

Angina

Arthritis

Stroke

Asthma