

**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    |