Average Number Of Unhealthy Days, Physical and Mental (Adults)

Average Number Of Unhealthy Days, Physical and Mental (Adults)

•Most recent data (2014): 2 days among King County adults age 18+.
•Trend over time: 2000-14: rising
•Description: Number of days with poor physical or mental health during the past 30 days
•Healthy People 2020 Goal: None listed for this indicator.

Average number of unhealthy days, physical and mental (adults), King County, 2010-2014 average

	Mean	Lower CI	Upper CI
King County (adults age 18+)	2	2	2
AGE			
18-24	2	1	2
25-44	2	1	2
45-64	3	3	3
65+	2	2	2
GENDER			
Male	2	2	2
Female	2	2	3
RACE/ETHNICITY			
AIAN	3	1	4
Asian	1	1	1
Black	4	3	5
Hispanic	2	2	3
Multiple	3	2	3
NHPI	1 §	0 §	2 §
White	2	2	2
HOUSEHOLD INCOME			
<$15,000	6	5	7
$15,000 to $24,999	3	3	4
$25,000 to $34,999	2	2	3
$35,000 to $49,999	2	1	2
$50,000 to $74,999	2	1	2
$75,000+	1	1	1
REGION			
East	2	1	2
North	2	1	2
Seattle	2	2	3
South	3	2	3
STATE			
Washington State	3	2	3

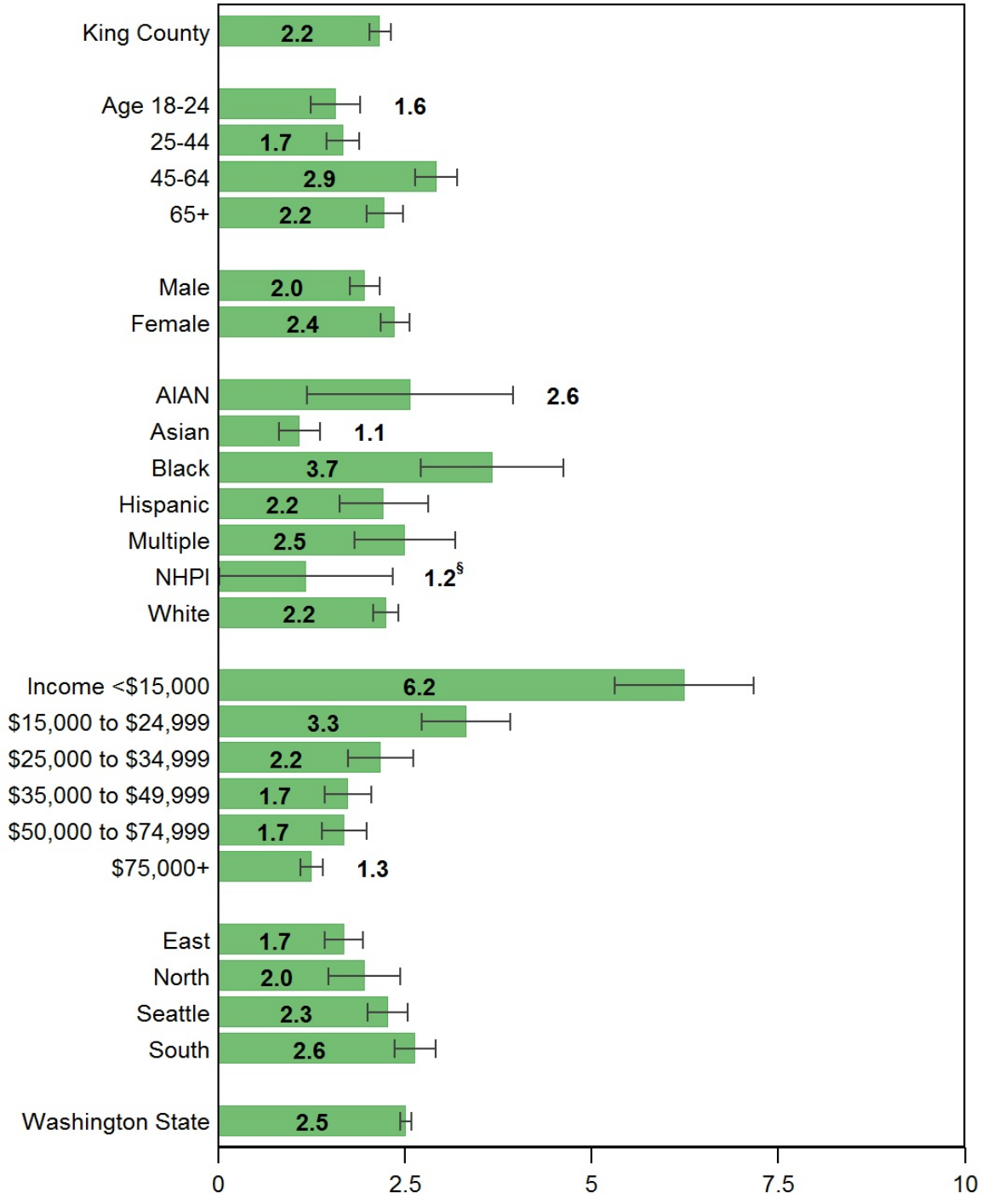
Comparisons:

Higher than King County rate (yellow)
Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 07/2016.
CI is 95% Confidence Interval.
* Too few cases to protect confidentiality and/or report reliable rates.
§ Too few cases to meet precision standard, interpret with caution.
Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Average number of unhealthy days, physical and mental (adults)
King County, 2010-2014 average



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 07/2016.
|------| Confidence interval shows range that includes true value 95% of the time.
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Average number of unhealthy days, physical and mental (adults) by health reporting areas, King County, 2010-2014 average

	Mean	Lower CI	Upper CI
King County (adults age 18+)	2	2	2
Auburn	3	2	5
..Auburn-North	3	2	4
..Auburn-South	4 §	1 §	7 §
Bear Creek/Carnation/Duvall	1	1	2
Bellevue	2	1	2
..Bellevue-Central	2	1	3
..Bellevue-NE	2	1	2
..Bellevue-South	1	1	2
..Bellevue-West	2 §	1 §	3 §
Black Diamond/Enumclaw/SE County	2	1	4
Bothell/Woodinville	2	1	3
Burien	3	2	4
Covington/Maple Valley	2	1	2
Des Moines/Normandy Park	2	1	3
East Federal Way	3	2	4
Fairwood	2	1	4
Federal Way	3	2	4
..Fed Way-Central/Military Rd	4	2	5
..Fed Way-Dash Point/Woodmont	3	1	4
Issaquah	2	1	3
Kenmore/LFP	2	1	3
Kent	3	2	4
..Kent-East	4	2	6
..Kent-SE	3	2	4
..Kent-West	3 §	1 §	5 §
Kirkland	2	1	3
..Kirkland	2 §	1 §	4 §
..Kirkland North	1	1	2
Mercer Isle/Pt Cities	2	1	3
Newcastle/Four Creeks	2	1	3
North Highline	4 §	1 §	6 §
Redmond	1	1	2
Renton	2	1	2
..Renton-East	2	1	3
..Renton-North	2 §	1 §	3 §
..Renton-South	2	1	3
Sammamish	1	1	2
SeaTac/Tukwila	3	2	4
Seattle	2	2	3
..Ballard	1	1	2
..Beacon/Gtown/S.Park	2	1	3
..Capitol Hill/E.lake	2	1	2
..Central Seattle	3	2	3
..Delridge	3	1	4
..Downtown	3	2	4
..Fremont/Greenlake	2	1	3
..NE Seattle	2	1	3
..North Seattle	2	2	3
..NW Seattle	2	1	3
..QA/Magnolia	2	1	3
..SE Seattle	4	2	5
..West Seattle	2	1	3
Shoreline	2	1	3
Snoqualmie/North Bend/Skykomish	2	1	3
Vashon Island	2	1	2

Comparisons:

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Notes:

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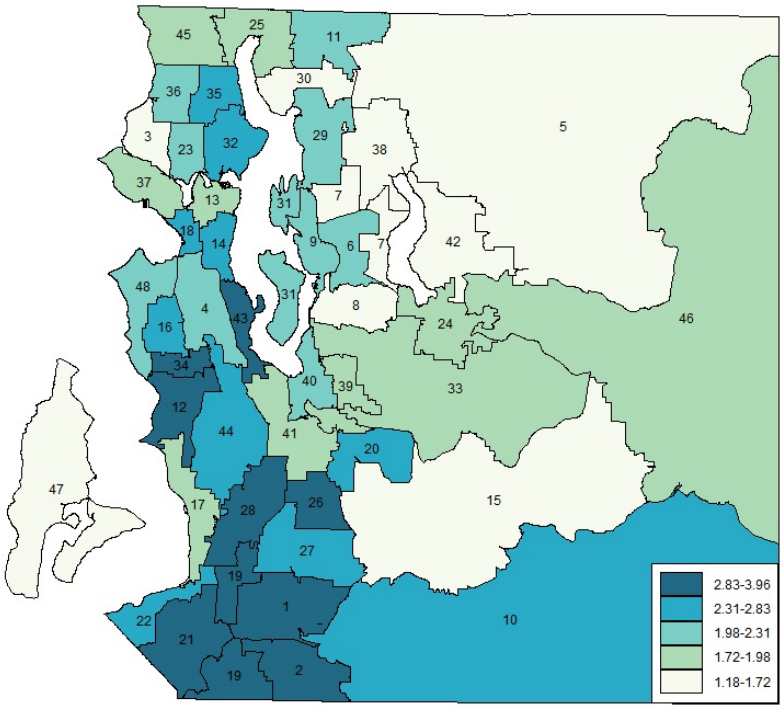

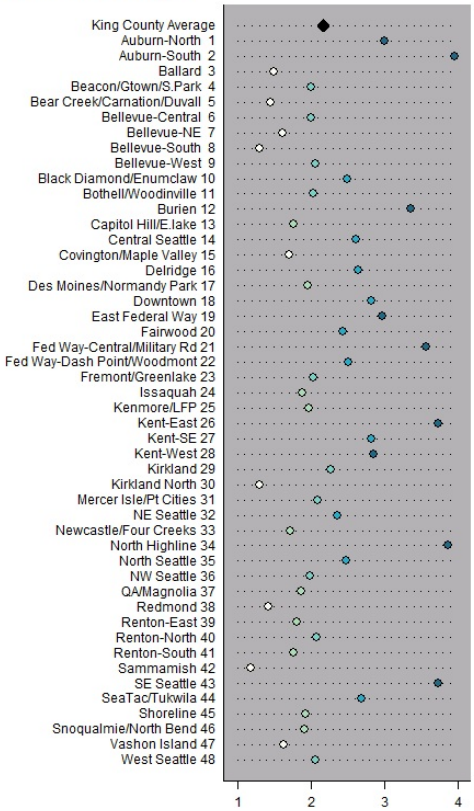

Note: HRA labels on the map match the chart on the right, listed in alphabetical order
Source: Behavioral Risk Factor Surveillance System.
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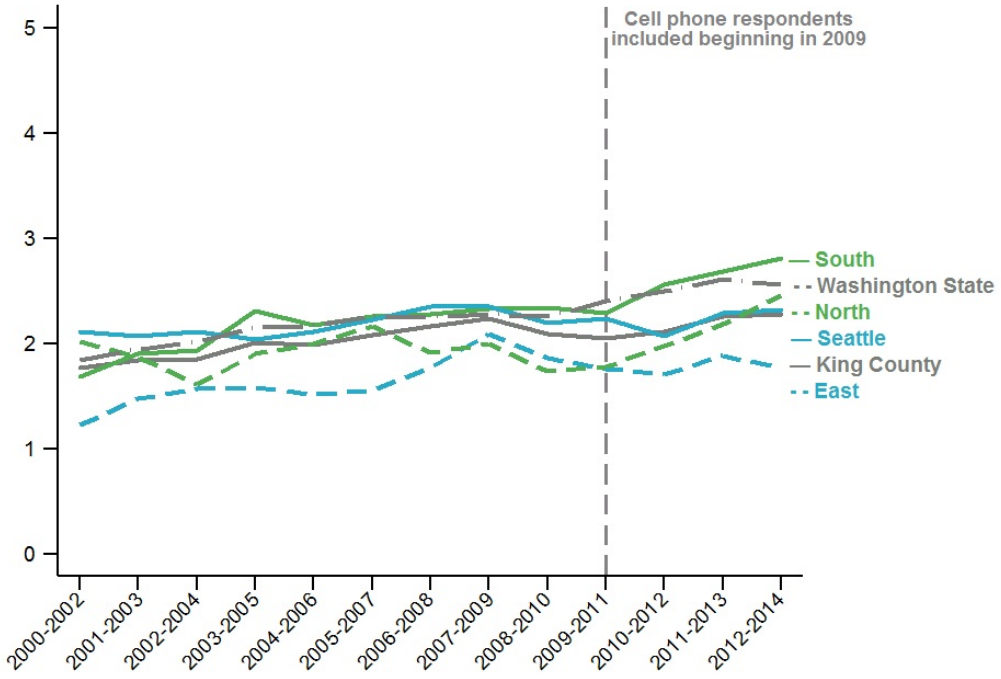
Average number of unhealthy days, physical and mental (adults)
King County, 2000-2014, three-year rolling averages



Trends over time: King County (2000-14: rising); East KC (2000-14: flat); North KC (2000-14: flat); Seattle (2000-14: flat); South KC (2000-14: rising); Washington State (2000-14: rising)
Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 07/2016.

Public Health
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King County Hospitals for a Healthier Community