Quality of Life

Physical or mental health issues limiting activities

The ability to participate in daily activities is an important measure of the overall health and well-being of the population.

In 2012, over one-fourth of Oregonians (26.1%) reported that physical or mental health issues limited their daily activities during the past 30 days, with a higher proportion of women reporting limitations than men (29.1% vs. 23.1%).

**FIGURE 1**

Adults reporting that poor physical or mental health limits daily activities, by age and sex, Oregon, 2012

Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

**Additional Resources:** Oregon Behavioral Risk Factor Surveillance System (BRFSS)
About the Data: Data source is the Oregon Behavioral Risk Factor Surveillance System (BRFSS). BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. Data include responses of “1 or more days” to question: “During the past 30 days, how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”

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