

Quality of Life

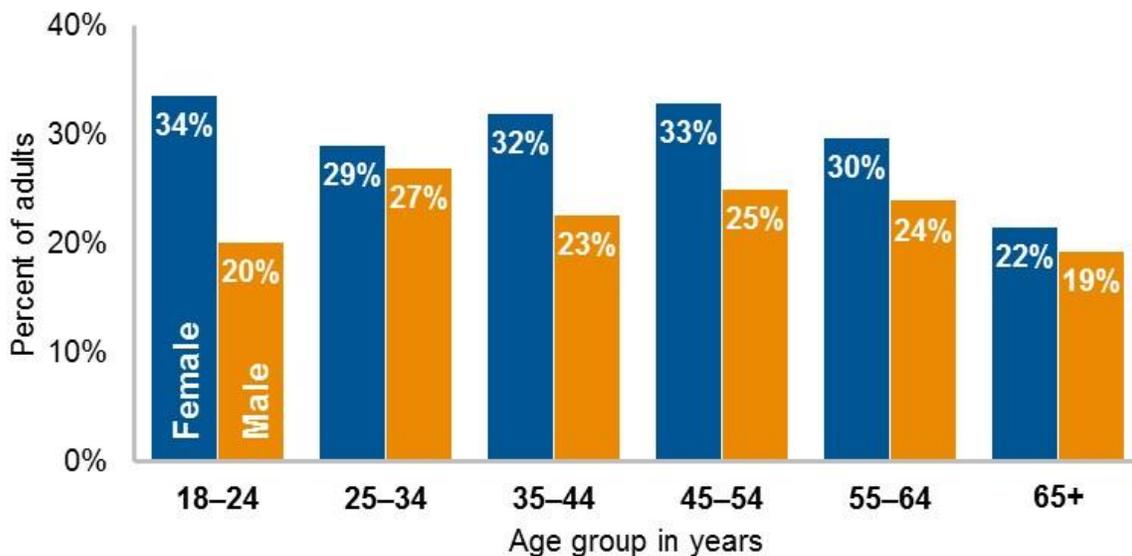
Physical or mental health issues limiting activities

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

In 2014, over one-fourth of Oregonians (26.2%) 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 (29.2% vs. 23.1%; Figure 1).

FIGURE 1

Adults reporting that poor physical or mental health limits daily activities by age and sex, Oregon, 2014

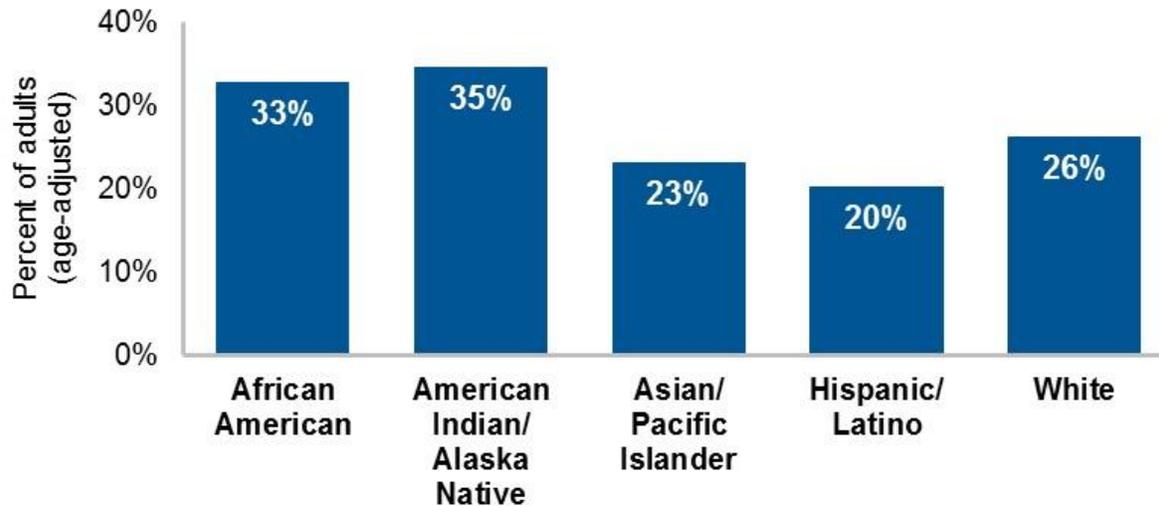


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Activity limitation also varied by race (Figure 2). Data from 2010-2011 show that compared to whites, American Indians/Alaska Natives had a significantly higher prevalence of activity limitations. While for Hispanics, the prevalence was significantly lower.

FIGURE 2

Adults reporting that poor physical or mental health limits daily activities by race/ethnicity, Oregon, 2010–2011



Notes: All other groups exclude Hispanic ethnicity

Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) Race Oversample

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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Date Updated: September 19, 2016

[Oregon State Health Profile](#)

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