

Quality of Life

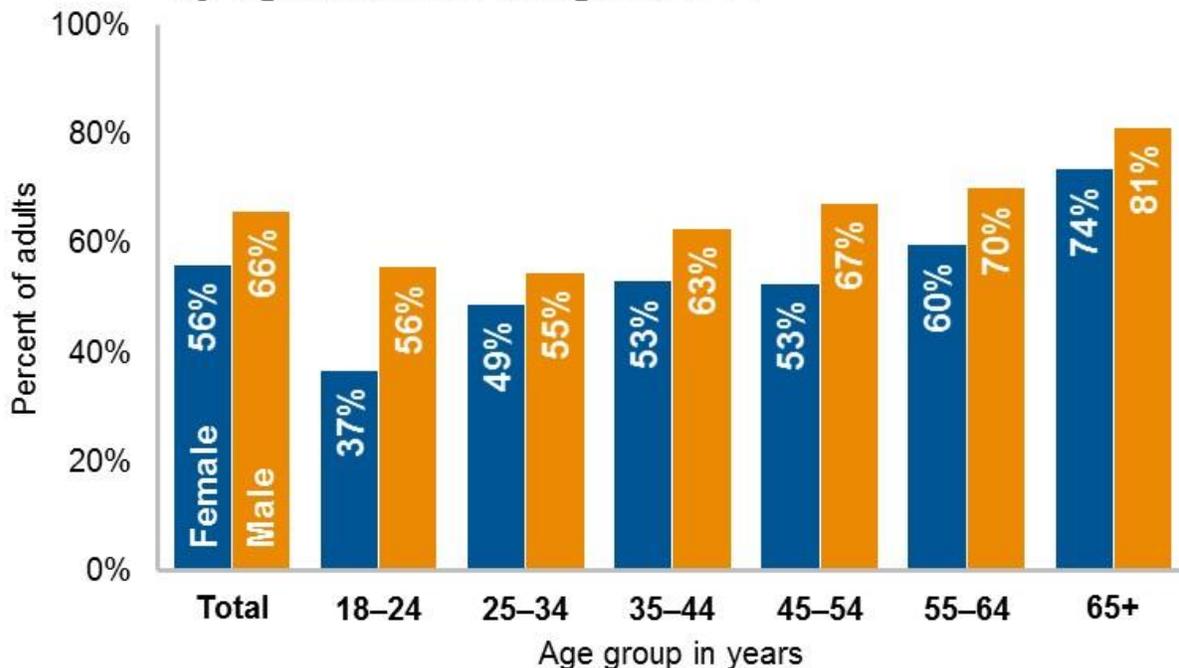
Mental health

The World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental health status is a key component of an individual’s overall health.

In Oregon during 2014, adults reporting no days of poor mental health increased with increasing age from 47% in those aged 18-24 years to 77% in those aged ≥ 65 years. Self-reported mental health status is worse among females relative to males in nearly all age groups (Figure 1).

FIGURE 1

Adults reporting no days of poor mental health by age and sex, Oregon, 2014

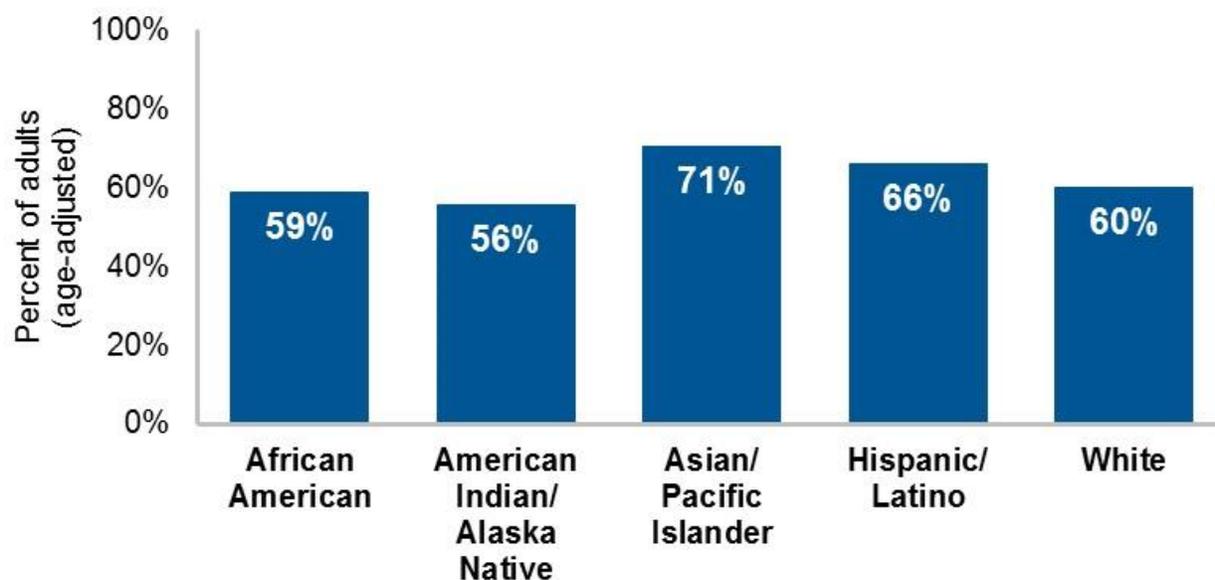


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Asian/Pacific Islanders reported better mental health than whites (measured as a higher percentage of no days of poor mental health; Figure 2). There were no other significant differences by race/ethnicity.

FIGURE 2

Adults reporting no days of poor mental health 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 “none” to question: “For how many days during the past 30 days was your mental health not good?”

For More Information Contact: Myde Boles, myde.boles@state.or.us

Date Updated: September 19, 2016

[Oregon State Health Profile](#)

OHA 9153-D (Rev) 09/13: This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Publications and Design Section at 503-378-3486, 711 for TTY, or email dhs-oha.publicationrequest@state.or.us.