

## Indicator 44: Mentally unhealthy days by income

Ratio of percentage of lower to higher income adults experiencing 14+ days of poor mental health within last month

Report Year	2018	2019	2020	2021	2022
Score	35	42	50	52	40
Lower income adults	17.5%	19.5%	21.2%	20.6%	22.7%
Higher income adults	6.2%	10.0%	12.0%	12.1%	10.9%
Ratio	2.823	1.950	1.767	1.702	2.083

Change  
2018 to 2022

**+5**

2022 Report Source  
Department of Health,  
Center for Health  
Statistics, Health Care  
Information, Behavioral  
Risk Factor  
Surveillance System  
2019-20, on Oklahoma  
Statistics on Health  
Available for Everyone  
(OK2SHARE).



**Lower income adults are more than twice as likely to experience 14+ days of poor mental health per month than higher income adults.**

Note: The question on the Behavioral Risk Factor Surveillance System questionnaire related to mentally unhealthy days reads: "Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?" For this measure, lower income is defined as adults earning less than \$50,000 annually; higher income as adults earning \$50,000 or more. Data for this indicator are for Tulsa County. Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, Behavioral Risk Factor Surveillance System 2015-16, 2016-17, 2017-18, 2018-19, 2019-20