

SUPPLEMENTARY TABLE 2. Change in weighted prevalence of frequent mental distress* and physical inactivity† among adults aged 18–29 years, by jurisdiction — Behavioral Risk Factor Surveillance System, United States, 2012–2024

Jurisdiction	% (95% CI)		2012–2024 direction of change in FMD prevalence [§]	% (95% CI)		2012–2024 direction of change in PI prevalence [§]
	2012 weighted prevalence of FMD	2024 weighted prevalence of FMD		2012 weighted prevalence of PI	2024 weighted prevalence of PI	
National	12.7 (12.2–13.3)	21.3 (20.6–21.9)	↑	15.9 (15.2–16.5)	16.8 (16.2–17.4)	↑
Alaska	12.6 (9.1–16)	25.8 (20.7–31)	↑	14.3 (11–17.6)	14.3 (10.1–18.5)	↔
Alabama	18.4 (14.7–22.1)	25.8 (21.4–30.3)	↑	18.1 (14.5–21.6)	20.5 (16.2–24.8)	↔
Arkansas	18.6 (14.5–22.7)	25.7 (21.3–30.2)	↑	19.6 (15.2–24.1)	19.6 (15.5–23.6)	↔
Arizona	16.7 (12.5–20.9)	19.2 (15.5–22.9)	↔	16.1 (12.4–19.8)	20.1 (16–24.2)	↔
California	12.1 (10–14.2)	18.6 (16.1–21)	↑	13.1 (10.9–15.2)	18.1 (15.3–20.9)	↑
Colorado	12.3 (10.1–14.4)	22.6 (20.2–25)	↑	13.4 (11–15.7)	11.8 (9.9–13.6)	↔
Connecticut	13.7 (10.9–16.5)	18.2 (14.7–21.7)	↑	13.2 (10.1–16.2)	16.4 (12.8–20)	↔
District of Columbia	12.5 (7.9–17.1)	16.3 (12–20.6)	↔	10.6 (6.7–14.6)	11.3 (7.3–15.3)	↔
Delaware	15.5 (11.7–19.3)	24.8 (18.8–30.8)	↑	16.1 (12.6–19.7)	19.8 (14.6–24.9)	↔
Florida	13.2 (9.9–16.5)	20.8 (17.1–24.5)	↑	12.3 (9–15.7)	17.2 (13.5–20.8)	↔
Georgia	10.4 (7.6–13.2)	21.9 (18.3–25.5)	↑	16 (12.5–19.4)	16.6 (12.9–20.3)	↔
Guam	4.5 (2.4–6.7)	14.7 (5.5–23.9)	↑	20.2 (15.3–25.1)	28.5 (16.8–40.3)	↔
Hawaii	10.7 (7.9–13.4)	14.8 (11.9–17.7)	↑	10.9 (8.5–13.2)	18.8 (15–22.6)	↑
Iowa	12.4 (9.5–15.4)	22.7 (19.9–25.6)	↑	14.5 (11.6–17.5)	15.8 (13.4–18.3)	↔
Idaho	11.4 (7.5–15.2)	21.4 (17.7–25.2)	↑	13.2 (8.9–17.4)	18.7 (15–22.4)	↔
Illinois	12.5 (8.7–16.3)	19.2 (16.9–21.6)	↑	14.3 (10.6–18)	18.7 (16.3–21)	↑
Indiana	14.5 (11.6–17.4)	25.9 (23.2–28.6)	↑	17.2 (14.3–20.2)	16.2 (14–18.5)	↔
Kansas	12.3 (10.2–14.5)	22.2 (19.5–24.9)	↑	15.5 (12.9–18.1)	14.8 (12.5–17.1)	↔
Kentucky	13.5 (10.7–16.4)	22.4 (18.7–26.1)	↑	18.1 (14.9–21.2)	14.5 (11.6–17.5)	↔
Louisiana	13.8 (10.5–17.1)	27.1 (22.7–31.5)	↑	20.7 (16.8–24.6)	21.1 (16.8–25.4)	↔
Massachusetts	13.9 (11.9–16)	18.1 (15.4–20.8)	↑	13.6 (11.6–15.5)	15.8 (13.3–18.2)	↔
Maryland	12.6 (9.5–15.7)	22.2 (19.2–25.2)	↑	19.8 (15.9–23.6)	16.4 (13.9–18.9)	↔
Maine	17.4 (14.3–20.6)	25.5 (22.1–29)	↑	12.2 (9.6–14.7)	12.7 (10–15.4)	↔
Michigan	16.4 (13.5–19.3)	24.2 (20.8–27.6)	↑	16.1 (13.2–18.9)	14.2 (11.5–17)	↔
Minnesota	12.7 (10.4–15)	22.5 (20–25)	↑	10.4 (8.4–12.4)	13.6 (11.7–15.6)	↑
Missouri	13 (9.6–16.5)	23.7 (20.3–27.1)	↑	13.4 (10.2–16.6)	15.6 (12.8–18.5)	↔
Mississippi	14.5 (11.4–17.7)	17.5 (13.5–21.5)	↔	19.6 (16–23.3)	22.1 (17.6–26.7)	↔
Montana	11.3 (8.8–13.8)	22.8 (19.1–26.5)	↑	11.8 (9.4–14.3)	11.4 (8.6–14.2)	↔
North Carolina	12.9 (10.8–15)	20.7 (17–24.4)	↑	15.8 (13.5–18.2)	12.9 (10–15.9)	↔
North Dakota	10.4 (7.2–13.5)	16.5 (13.1–19.9)	↑	15.1 (11.5–18.6)	16 (12.5–19.5)	↔
Nebraska	10.6 (8.8–12.4)	19.5 (16.9–22.2)	↑	13.8 (11.8–15.8)	16.6 (14.2–19)	↔
New Hampshire	17.2 (13–21.4)	23.4 (17.7–29.1)	↔	11.5 (8–14.9)	14.4 (9.6–19.2)	↔
New Jersey	9.9 (7.8–12)	16.8 (14–19.6)	↑	17.1 (14.7–19.5)	20.3 (17.2–23.3)	↔
New Mexico	12 (9.9–14.2)	26 (20.2–31.9)	↑	14.4 (11.8–17)	15.9 (10.8–20.9)	↔
Nevada	13.7 (9.9–17.5)	27.9 (20.7–35.1)	↑	15.5 (11.6–19.4)	11.3 (6.9–15.7)	↔
New York	11.8 (8.6–15)	18.4 (17.1–19.8)	↑	19.4 (15.5–23.2)	18.9 (17.5–20.2)	↔
Ohio	15.1 (12.5–17.6)	23.3 (20–26.6)	↑	15.4 (13–17.9)	14.9 (12–17.8)	↔
Oklahoma	12.5 (9.8–15.1)	22.8 (19.6–25.9)	↑	18.8 (15.5–22.1)	20 (17–23.1)	↔
Oregon	16.3 (12.5–20.1)	30.2 (26.6–33.9)	↑	10.7 (7.5–13.9)	15 (12.1–18)	↑
Pennsylvania	12.8 (10.8–14.9)	22.2 (17.9–26.5)	↑	12.6 (10.8–14.4)	13.2 (9.6–16.8)	↔
Puerto Rico	7.6 (5.8–9.5)	6.1 (3.6–8.6)	↔	31.7 (28.5–35)	33.8 (28.1–39.4)	↔

Rhode Island	15.7 (11.5–19.9)	21 (16.7–25.3)	↔	14.5 (10.7–18.3)	17.1 (13.2–21.1)	↔
South Carolina	12.8 (10.5–15.1)	20.4 (16.2–24.6)	↑	16 (13.3–18.7)	14.4 (10.7–18)	↔
South Dakota	9.9 (7.6–12.3)	16.6 (10.7–22.4)	↑	11 (8.7–13.4)	14.6 (9.4–19.8)	↔
Tennessee [¶]	9.3 (6.7–11.8)	24 (20.2–27.7)	↑	19 (15.3–22.8)	16.4 (13–19.8)	↔
Texas	10.2 (8.1–12.3)	22.2 (19–25.3)	↑	21.9 (18.8–25)	16.5 (13.9–19.2)	↓
Utah	11.5 (9.7–13.3)	20.9 (18.7–23)	↑	11.2 (9.3–13.1)	13.4 (11.7–15.2)	↔
Virginia	11.3 (8.6–13.9)	20.2 (16.5–24)	↑	14.3 (11.2–17.3)	18.3 (14.5–22.1)	↔
Vermont	13.9 (10.3–17.6)	23.7 (19.1–28.3)	↑	7.3 (4.7–9.9)	12 (8.4–15.5)	↑
Washington	15.2 (12.9–17.5)	25.5 (23.6–27.5)	↑	15 (12.7–17.3)	15.5 (13.9–17.1)	↔
Wisconsin	13.6 (9.8–17.4)	25.2 (22–28.3)	↑	13.4 (9.6–17.3)	16.1 (13.5–18.7)	↔
West Virginia	14.8 (11.4–18.2)	23.7 (19.5–27.9)	↑	18.9 (15.3–22.6)	18.4 (14.6–22.2)	↔
Wyoming	10.8 (7.2–14.4)	23.3 (18.5–28.1)	↑	11.2 (7.4–15.1)	16.3 (12.1–20.5)	↔

Abbreviations: FMD = frequent mental distress; PI = physical inactivity.

* Any response of “≥14 days” to the question, “...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?”

† A negative response to the question, “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”

§ The ↑ indicates statistically significant increase, ↓ statistically significant decrease, and ↔ no statistically significant change in prevalence.

¶ In Behavioral Risk Factor Surveillance System 2024, Tennessee did not collect sufficient data to meet the minimum requirements for inclusion in the public-use dataset. For this jurisdiction, prevalence estimates for 2023 rather than for 2024 were reported, and change in prevalence from 2012 to 2023 rather than from 2012 to 2024 was reported.