

SUPPLEMENTARY TABLE 1. Age-adjusted prevalence of frequent mental distress and health care factors, health behaviors, and mental health among adults without disabilities — Behavioral Risk Factor Surveillance System, United States, 2018

Characteristic	Frequent mental distress among adults without a disability (n = 285,777)	
	% (95% CI)*	p-value [†]
Health care factors		
Health insurance coverage		
Yes	7.1 (6.9–7.3)	0.02
No	8.1 (7.4–9.0)	
Usual health care provider		
Yes	7.0 (6.8–7.3)	0.004
No	7.8 (7.4–8.3)	
Unmet health care need because of cost during past 12 mos		
Yes	14.1 (13.3–15.0)	<0.001
No	6.4 (6.2–6.6)	
Routine check-up within past 12 mos		
Yes	6.9 (6.6–7.1)	<0.001
No	8.1 (7.7–8.6)	
Health-related behaviors and obesity		
Binge drinking		
Yes	8.8 (8.3–9.3)	<0.001
No	6.7 (6.5–7.0)	
Cigarette smoking status		
Current smoker	11.7 (11.1–12.4)	<0.001
Nonsmoker (former or never)	6.5 (6.2–6.7)	
Physical inactivity		
Yes	9.1 (8.6–9.7)	<0.001
No	6.8 (6.5–7.0)	
Obesity[§]		
Yes	8.5 (8.1–9.0)	<0.001 [¶]
No	6.9 (6.6–7.1)	
Unknown (n = 25,048)	5.7 (5.1–6.4)	
Insufficient sleep^{**}		
Yes	5.5 (5.3–5.7)	<0.001
No	10.6 (10.2–11.1)	
Mental health		
Diagnosed depressive disorder^{††}		
Yes	23.3 (22.5–24.2)	<0.001
No	5.0 (4.8–5.2)	

* Percentages are weighted.

[†] Two-sided p-value from the t-distribution comparing prevalence of frequent mental distress by whether or not the person had the health-related characteristic.

[§] Obesity was defined as body mass index (weight [kg]/height [m²]) ≥ 30.0.

[¶] Comparing yes vs. no.

^{**} Insufficient sleep is defined as getting less than 7 hours of sleep per 24-hour period on average per night.

^{††} Includes depression, major depression, dysthymia, and minor depression.

SUPPLEMENTARY TABLE 2. Age-adjusted prevalence and prevalence ratio of frequent mental distress by disability status,* by geographic area — Behavioral Risk Factor Surveillance System, United States, 2018

Geographic area	Frequent mental distress among adults with a disability (n = 119,196)	Frequent mental distress among adults without a disability (n = 285,777)	PR (95% CI) [§]
	% (95% CI) [†]	% (95% CI) [†]	
Alabama	37.6 (34.1–41.2)	7.9 (6.8–9.2)	4.7 (3.9–5.6)
Alaska	25.2 (20.2–31.0)	5.9 (4.6–7.5)	4.5 (3.3–6.1)
Arizona	32.2 (28.1–36.6)	7.7 (6.5–9.2)	4.2 (3.5–5.2)
Arkansas	37.3 (32.9–41.9)	7.9 (6.5–9.6)	4.7 (3.8–5.9)
California	29.6 (27.2–32.3)	6.9 (6.2–7.7)	4.3 (3.8–4.9)
Colorado	34.7 (31.4–38.1)	6.6 (5.9–7.4)	5.2 (4.5–6.0)
Connecticut	30.1 (26.6–33.7)	6.7 (5.9–7.6)	4.6 (3.9–5.4)
Delaware	34.8 (30.5–39.3)	6.6 (5.4–8.2)	5.4 (4.3–6.8)
DC	31.9 (26.7–37.5)	8.0 (6.8–9.3)	4.0 (3.2–5.0)
Florida	35.2 (31.6–39.0)	6.6 (5.8–7.7)	5.3 (4.5–6.3)
Georgia	34.1 (31.2–37.0)	6.3 (5.6–7.1)	5.4 (4.7–6.3)
Hawaii	26.7 (23.1–30.6)	6.7 (5.9–7.7)	3.9 (3.3–4.7)
Idaho	31.2 (25.9–37.0)	7.4 (6.0–9.0)	4.3 (3.3–5.5)
Illinois	26.9 (22.9–31.2)	8.0 (6.9–9.1)	3.5 (2.9–4.2)
Indiana	36.7 (33.0–40.5)	7.9 (6.9–9.0)	4.8 (4.1–5.6)
Iowa	32.2 (29.1–35.4)	6.1 (5.4–6.8)	5.4 (4.7–6.2)
Kansas	35.8 (32.7–39.0)	6.6 (5.8–7.4)	5.5 (4.8–6.3)
Kentucky	33.9 (30.3–37.8)	9.3 (7.9–10.8)	3.7 (3.1–4.4)
Louisiana	32.5 (28.9–36.4)	8.9 (7.6–10.4)	3.7 (3.0–4.4)
Maine	38.7 (34.5–43.1)	8.1 (6.8–9.6)	4.9 (4.1–5.9)
Maryland	32.2 (29.0–35.5)	7.0 (6.2–7.8)	4.7 (4.1–5.4)
Massachusetts	32.2 (28.3–36.3)	7.7 (6.7–8.8)	4.2 (3.5–5.0)
Michigan	34.9 (32.2–37.7)	8.1 (7.2–9.0)	4.5 (3.9–5.1)
Minnesota	34.4 (32.1–36.8)	6.1 (5.6–6.7)	5.7 (5.1–6.4)
Mississippi	34.8 (31.3–38.5)	7.6 (6.4–8.9)	4.6 (3.8–5.5)
Missouri	34.6 (30.4–39.0)	8.1 (6.9–9.6)	4.3 (3.5–5.2)
Montana	27.2 (23.2–31.7)	7.3 (6.2–8.7)	3.9 (3.2–4.8)
Nebraska	32.0 (28.8–35.3)	6.6 (5.9–7.4)	4.9 (4.2–5.7)
Nevada	31.2 (26.2–36.6)	7.3 (5.8–9.0)	4.3 (3.3–5.7)
New Hampshire	42.9 (38.0–48.0)	8.2 (6.8–9.8)	5.3 (4.4–6.5)
New Jersey	29.4 (23.7–35.9)	6.7 (5.3–8.5)	4.4 (3.2–6.0)
New Mexico	32.3 (28.5–36.3)	8.3 (7.3–9.6)	3.9 (3.3–4.7)
New York	29.7 (27.6–31.9)	6.5 (6.0–7.1)	4.5 (4.0–5.0)
North Carolina	29.4 (25.7–33.4)	7.1 (6.1–8.3)	4.3 (3.5–5.2)
North Dakota	32.0 (27.0–37.4)	7.2 (6.0–8.7)	4.5 (3.5–5.6)
Ohio	38.4 (35.2–41.6)	7.8 (6.9–8.9)	5.0 (4.3–5.7)
Oklahoma	33.7 (29.9–37.7)	8.2 (7.0–9.5)	4.3 (3.6–5.1)
Oregon	38.1 (34.6–41.8)	7.8 (6.8–9.0)	4.9 (4.1–5.8)
Pennsylvania	35.2 (31.4–39.1)	8.6 (7.5–9.9)	4.3 (3.6–5.1)
Rhode Island	31.3 (26.5–36.5)	6.8 (5.6–8.3)	4.6 (3.7–5.8)
South Carolina	39.2 (35.9–42.6)	7.7 (6.7–8.8)	5.2 (4.5–6.0)

South Dakota	28.4 (23.2–34.3)	5.1 (4.0–6.5)	5.3 (3.9–7.2)
Tennessee	38.6 (34.4–43.1)	8.2 (6.9–9.8)	4.7 (3.8–5.7)
Texas	29.8 (25.9–34.1)	6.1 (5.1–7.3)	5.1 (4.1–6.3)
Utah	32.4 (29.7–35.2)	7.2 (6.5–7.9)	4.5 (4.0–5.1)
Vermont	33.9 (29.4–38.8)	7.1 (5.9–8.5)	4.9 (4.0–6.0)
Virginia	31.2 (28.3–34.3)	7.2 (6.4–8.1)	4.4 (3.8–5.2)
Washington	34.5 (31.7–37.5)	7.1 (6.4–7.9)	4.9 (4.3–5.6)
West Virginia	36.1 (32.5–39.9)	10.3 (8.8–12.1)	3.6 (3.0–4.3)
Wisconsin	33.2 (28.1–38.6)	8.4 (7.0–9.9)	4.2 (3.4–5.2)
Wyoming	32.1 (27.8–36.7)	7.2 (6.0–8.6)	4.4 (3.5–5.5)

Abbreviations: CI = confidence interval; DC = District of Columbia; PR = prevalence ratio.

* Adults were considered to have a disability if they reported having one or more of the following six disability types: hearing, vision, cognition, mobility, self-care, and independent living.

† Percentages are weighted and standardized based on the population breakdown for the following age groups according to the 2000 U.S. Census: 18–44, 45–64, and ≥65 years.

<http://www.cdc.gov/nchs/data/statnt/statnt20.pdf>.

§ Models estimating PRs are adjusted for age (18–44, 45–64, and ≥65 years). No disability is the reference category.