

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



HEALTH-RELATED QUALITY OF LIFE AMONG ADULTS

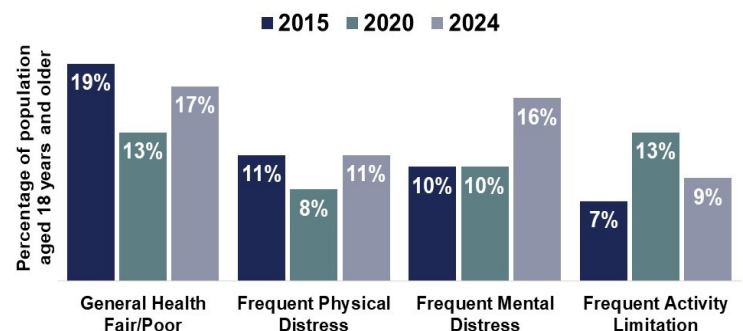
HEALTH – RELATED QUALITY OF LIFE (HRQOL) represents broad concepts of perceived physical, mental, and social well-being. HRQOL is associated with chronic conditions, risk behaviors, functional status, social support, and socioeconomic status. The advantage to monitoring HRQOL is that it is not disease specific. It can assess overall health status in persons with comorbidities and bridge boundaries between social, mental, and medical services. Analysis of HRQOL surveillance data can identify groups with relatively poor perceived health, help guide program and policy development, and monitor the impact of broad community interventions.

Questions from the Behavioral Risk Factor Surveillance System (BRFSS) are used to measure HRQOL. The questions include:

- **General Health:** In general, is your health excellent, very good, good, fair, or poor?
- **Physical Health:** How many days during the past 30 days was your physical health not good which includes physical illness and injury?
- **Mental Health:** How many days during the past 30 days was your mental health not good which includes stress, depression, and problems with emotions?
- **Activity Limitation:** During the past 30 days, approximately how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

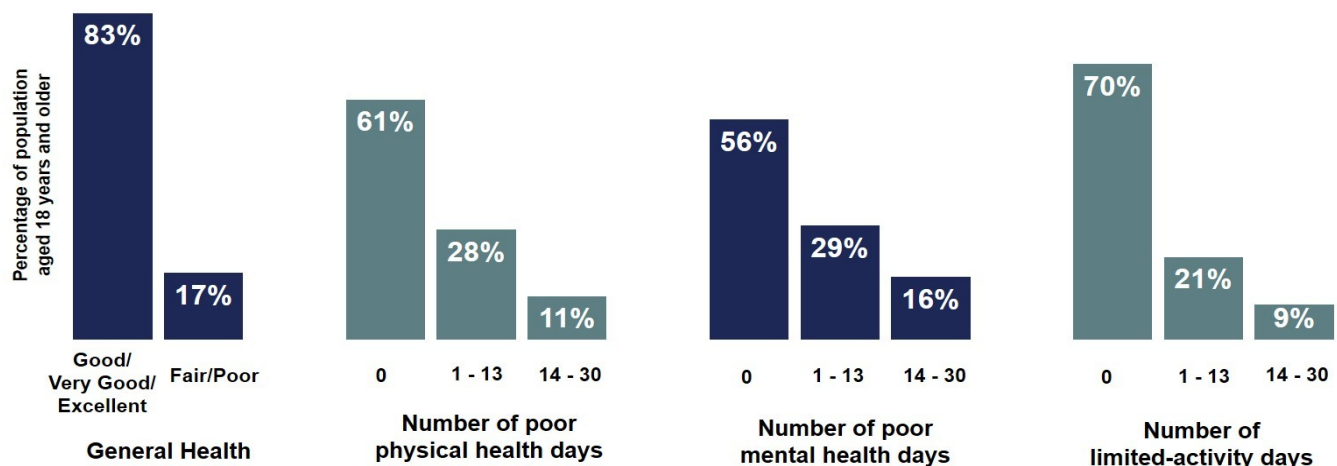
- The prevalence of **frequent mental distress** **increased significantly** among Tarrant County adults 18 years and older from **2020 to 2024** (Figure 1)

Figure 1. Prevalence of HRQOL measures among Tarrant County adults aged 18 years and older, 2015-2024



- Among Tarrant County adults in 2024, the **majority** reported having (Figure 2):
 - ♦ good/very good/excellent health
 - ♦ zero days of poor physical health
 - ♦ zero days of poor mental health
 - ♦ zero days of limited activity

Figure 2. Prevalence of HRQOL measures in the past 30 days among Tarrant County adults aged 18 years and older, 2024

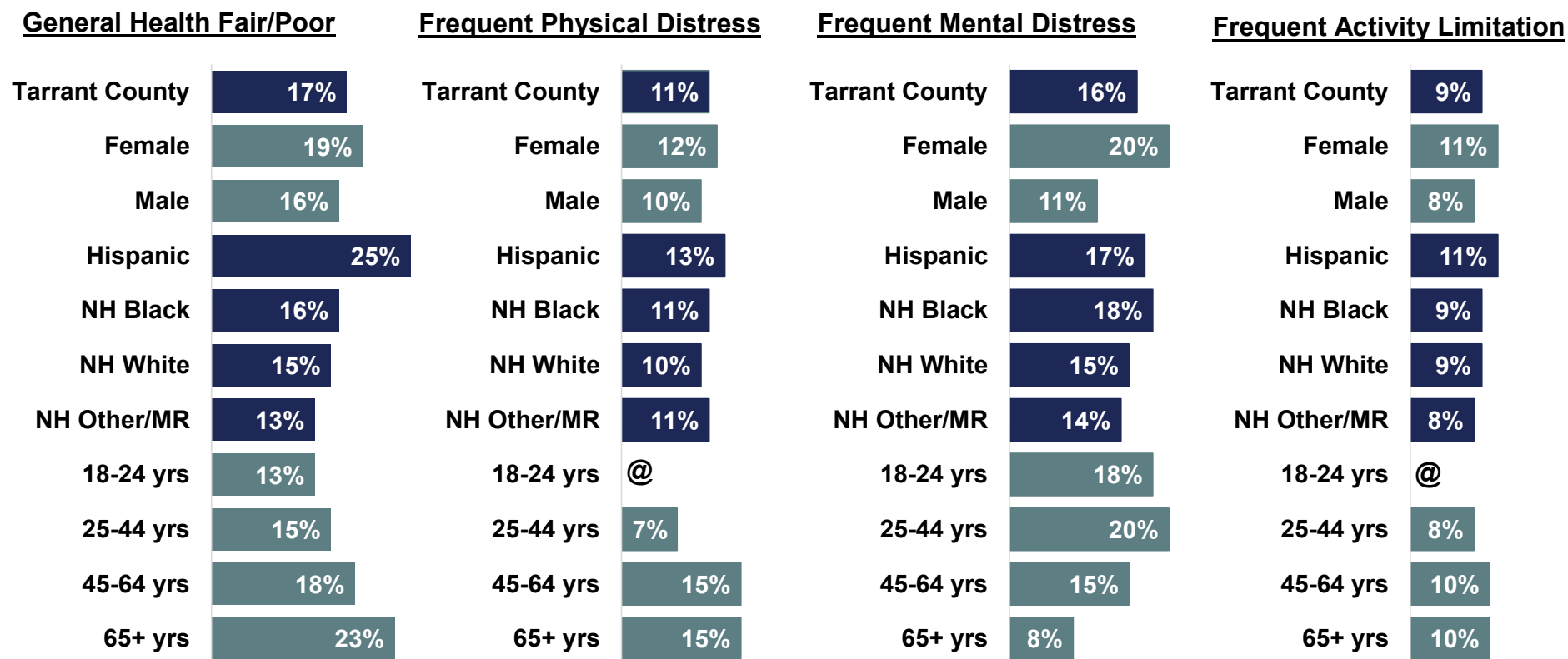


All significant differences detected at the 95% confidence level.

Data sources: Centers for Disease Control and Prevention, Tarrant County Behavioral Risk Factor Surveillance System. Data Brief provided by: Statistical Analysis Team

AUGUST 2026
TARRANT COUNTY PUBLIC HEALTH

Figure 3. Prevalence of poor HRQOL* measures in the past 30 days among Tarrant County adults aged 18 years and older by demographics, 2024



Percentage of population aged 18 years and older

NH = Non-Hispanic, MR = Multiracial

@ = number too small to calculate reliable estimates

To learn more about health outcomes among Tarrant County residents, as well as available resources, go to: tarrantcountytx.gov/healthdata

*Poor HRQOL is defined as (1) General Health rating of Fair or Poor; (2) Frequent Physical Distress (Physical health not good for 14 or more days during the past 30 days); (3) Frequent Mental Distress (Mental health not good for 14 or more days during the past 30 days); (4) Frequent Activity Limitation (Poor physical or mental health limiting usual activities such as self-care, work, or recreation for 14 or more days during the past 30 days). Data sources: Tarrant County Behavioral Risk Factor Surveillance System, 2024. Data Brief provided by: Statistical Analysis Team