

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



UNHEALTHY DAYS AMONG ADULTS

UNHEALTHY DAYS represents the overall number of days during the past 30 days when physical or mental health was not good. The estimate is created by combining the number of physical health days that were not good with the number of mental health days that were not good, with a logical maximum of 30 unhealthy days.

- The prevalence of **unhealthy days** in the past 30 days **increased significantly** among Tarrant County adults aged 18 years and older from **2020 to 2024** (Figure 1)
- 59%** of Tarrant County adults in 2024 reported at least one unhealthy day in the past 30 days; Among those adults **61% had one type (physical or mental)**, while **39%** reported days when **both their physical and mental health were not good**
- The average number of unhealthy days in the past 30 days was **significantly higher among females (8.9)** compared to males (6.0) (Figure 2)
- There was **no significant difference** in the average number of unhealthy days among race/ethnicity and age groups (Figure 2)

Figure 1. Prevalence of unhealthy days in past 30 days among Tarrant County adults aged 18 years and older, 2015-2024

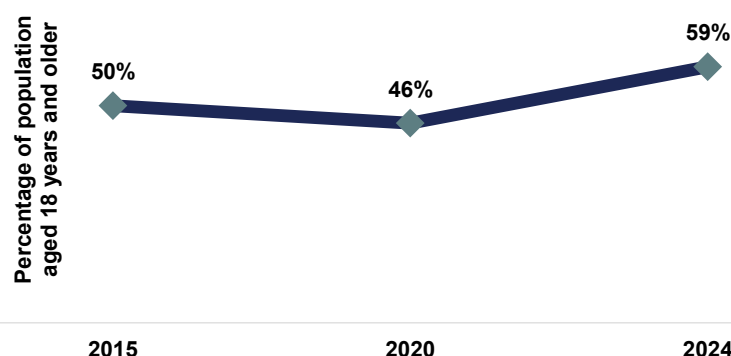
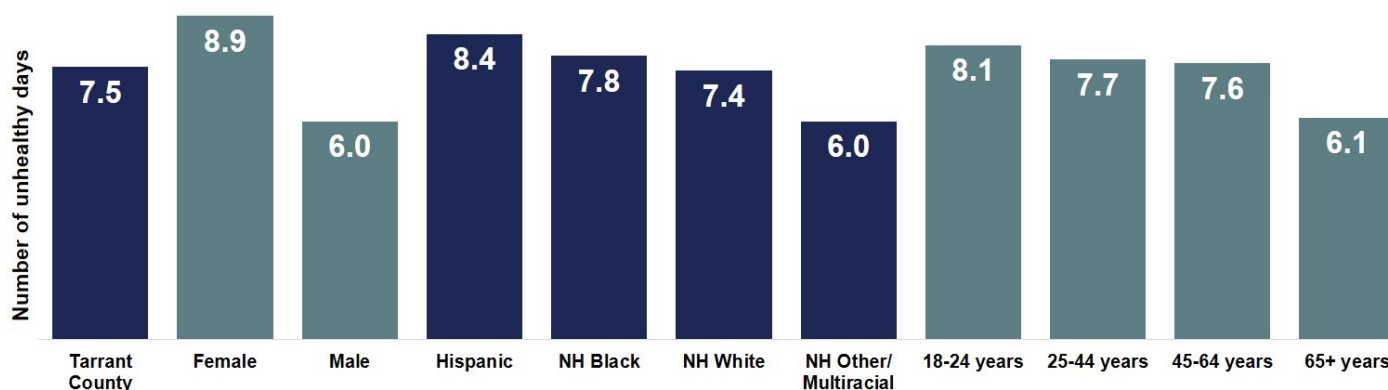
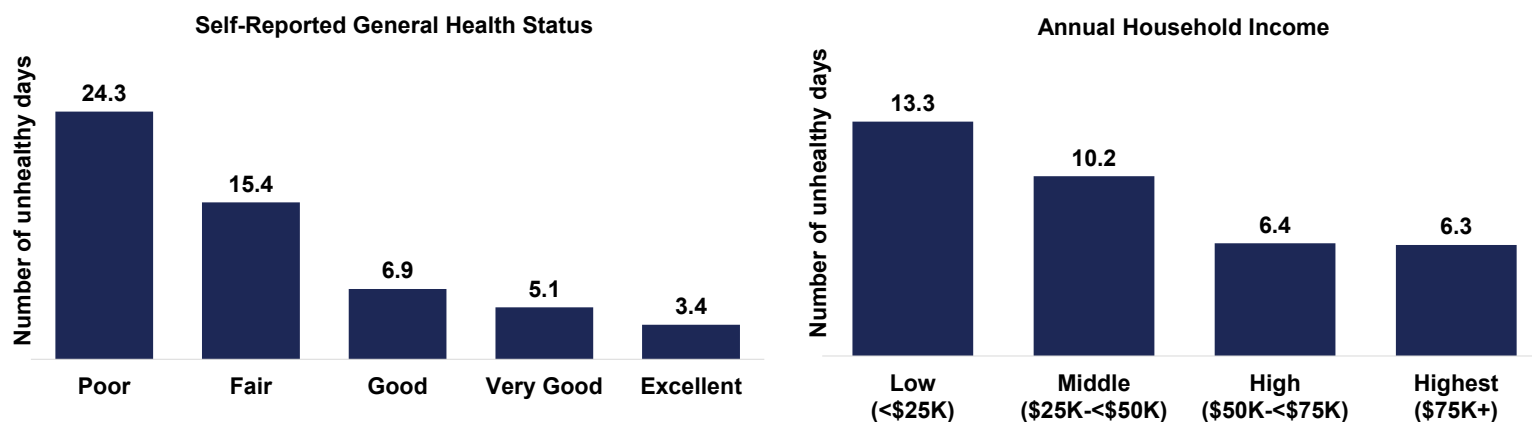


Figure 2. Average number of unhealthy days in the past 30 days among Tarrant County adults aged 18 years and older, 2024



NH = Non-Hispanic

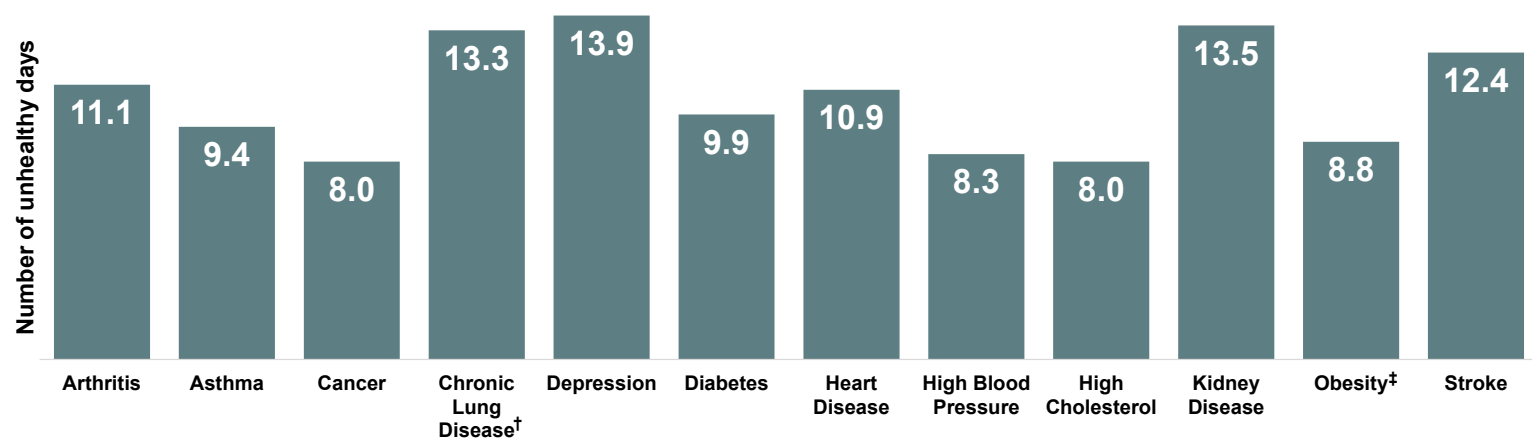
Figure 3. Average number of unhealthy days in the past 30 days among Tarrant County adults aged 18 years and older by self-reported general health status and annual household income, 2024



The average number of unhealthy days in the past 30 days among Tarrant County adults aged 18 years and older was **significantly higher among residents who reported poor general health and low income (<\$25K)** (Figure 3)

The average number of unhealthy days in the past 30 days was **highest** among Tarrant County adults who reported **Depression (13.9)**, followed by **Kidney Disease (13.5)** and **Chronic Lung Disease (13.3)** (Figure 4)

Figure 4. Average number of unhealthy days in the past 30 days among Tarrant County adults aged 18 years and older by chronic condition, 2024



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

†Chronic Lung Disease includes chronic obstructive pulmonary disease, emphysema, or chronic bronchitis

‡Obesity = BMI 30.0 and greater; 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