

DIVE INTO MENTAL HEALTH -- 2016

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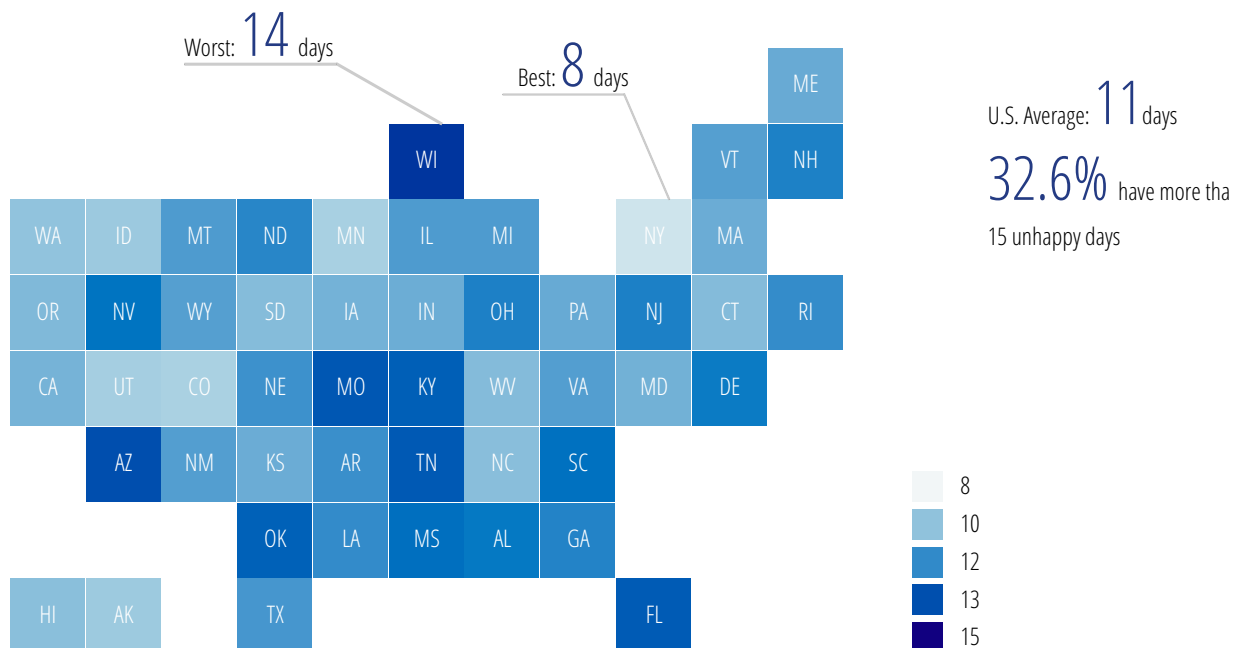
A look into **Mental Health Status** of U.S. residents and possible underlying **Factors**.

Indicated by number of days not happy within **30 days**, for the year 2016.

Overview

Average Days Not Happy

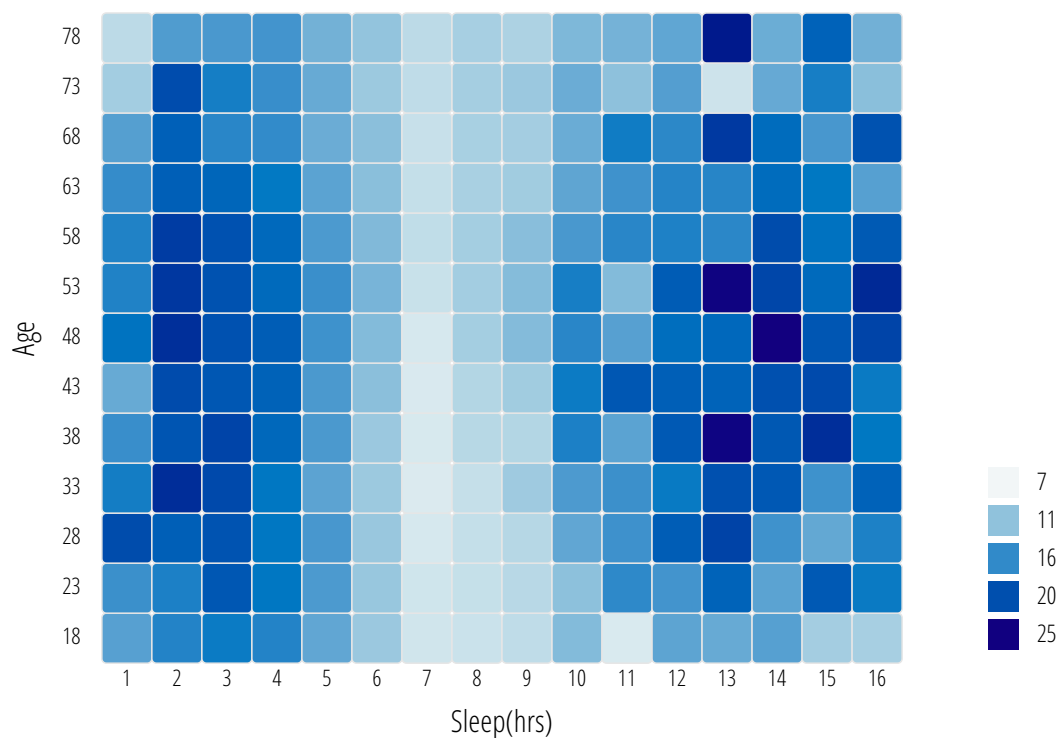
This map shows the mental health status of US Resident per state, as the average number of days not happy within 30 days.



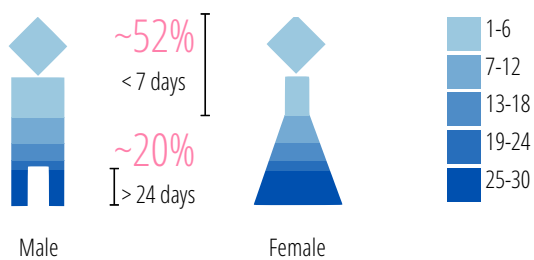
Factors Behind Mental Health

Sleep vs. Age

This graph shows the number of days not happy within 30 days caused by hours of sleep 1-16 per day, with age 18-78.

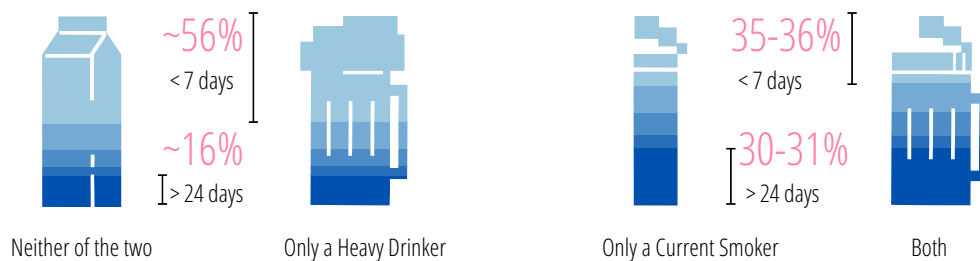


Gender



The percentage is represented by the height of bars. For two gender groups, the percentage of each category of days not happy is almost the same.

Current Smoking / Heavy Drinking



The usage of alcohol surprisingly does not have a strong correlation to people's mental health. However, the usage of tobacco shows a significant negative impact.

source: [2016 BRFSS Survey Data](#)

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