# BRFSS Overall Health by State CORRELATIONS

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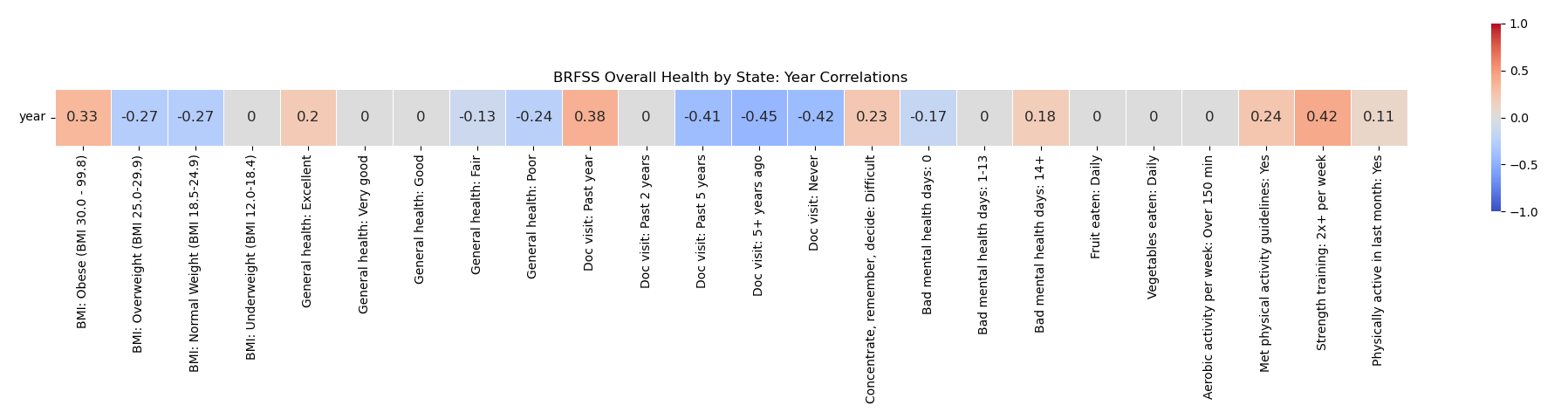
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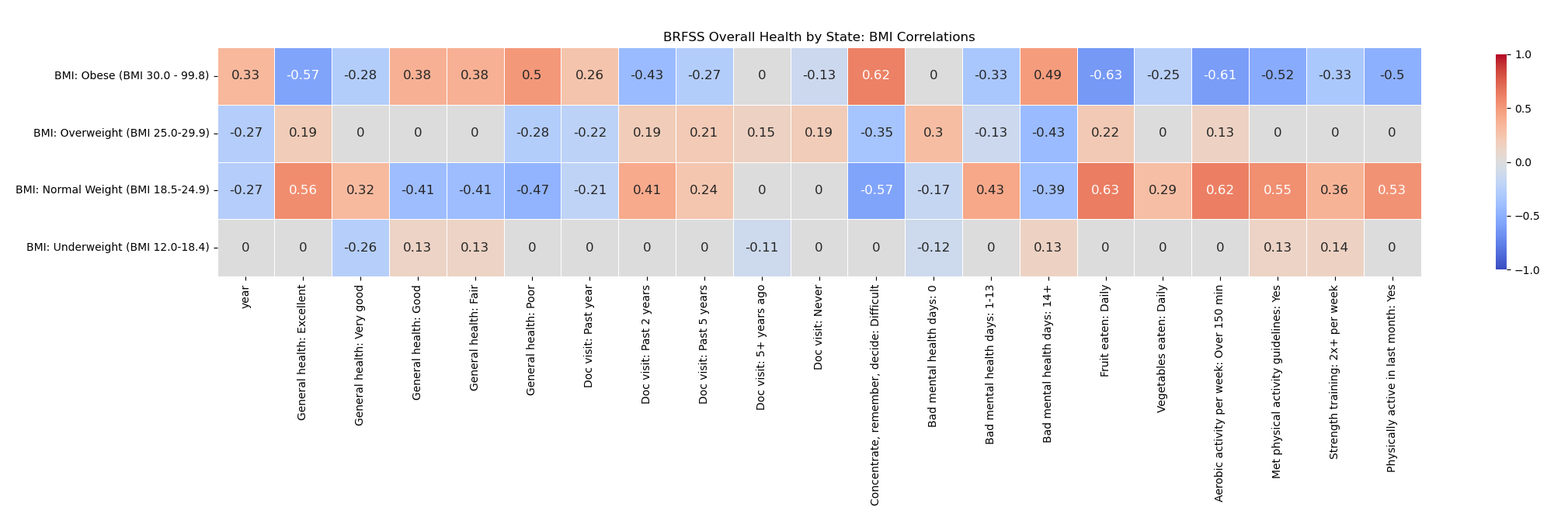
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# 1. Year Correlations



| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| BMI: Obese | Moderate | Positive | 0.33 | Each year, more people are obese. |
| BMI: Overweight | Weak | Negative | -0.27 | Each year, slightly fewer people are overweight. |
| BMI: Normal Weight | Weak | Negative | -0.27 | Each year, slightly fewer people are normal weight |
| General Health: Excellent | Weak | Positive | 0.2 | Each year, slightly more people are reporting they are in excellent health. |
| General Health: Fair | Weak | Negative | -0.13 | Each year, slightly fewer people are reporting they are in fair health. |
| General Health: Poor | Weak | Negative | -0.24 | Each year, slightly fewer people are reporting they are in poor health. |
| Doc visit: Past year | Moderate | Positive | 0.38 | Each year, more people seeing doctors annually |
| Doc visit: Past 5 years | Moderate | Negative | -0.41 | Each year, fewer people are waiting 2 to 5 years to see a doctor. |
| Doc visit: 5+ years ago | Moderate | Negative | -0.45 | Each year, fewer people are waiting more than 5 years to see a doctor. |
| Doc visit: Never | Moderate | Negative | -0.42 | Each year, fewer people are refusing to see doctors. |
| Concentration, etc. difficulty | Weak | Positive | 0.23 | Each year, slightly more people are having difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Moderate | Negative | -0.17 | Each year, fewer people are reporting 0 days of bad mental health. |
| Bad mHealth days: 14+ | Weak | Positive | 0.18 | Each year, slightly fewer people are reporting 14+ days of bad mental health. |
| Met PA guidelines | Weak | Positive | 0.24 | Each year, slightly more people are meeting the BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Moderate | Positive | 0.42 | Each year, more people are strength training 2 or more times per week. |
| P. active monthly | Weak | Positive | 0.11 | Each year, slightly more people are exercising monthly |

# 2. BMI Correlations



## 2.2 BMI: Underweight (BMI 12.0-18.4)

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| General Health: Very Good | Weak | Negative | -0.26 | Underweight individuals are slightly less likely to report very good general health. |
| General Health: Good | Weak | Positive | 0.13 | Underweight individuals are slightly more likely to report good general health. |
| General Health: Fair | Weak | Positive | 0.13 | Underweight individuals are slightly more likely to report fair health. |
| Doc visit: 5+ years ago | Weak | Negative | -0.11 | Underweight individuals are slightly less likely to see a doctor every 5 or more years. |
| Bad mHealth days: 0 | Weak | Negative | -0.12 | Underweight individuals are slightly less likely to experience 0 bad mental health days/year. |
| Bad mHealth days: 14+ | Weak | Positive | 0.13 | Underweight individuals are slightly more likely to experience 14 or more bad mental health days/year. |
| Met PA guidelines | Weak | Positive | 0.13 | Underweight individuals are slightly more likely to meet physical activity guidelines. |
| Strength training: 2x+ per week | Weak | Positive | 0.14 | Underweight individuals are slightly more likely to strength train 2 or more times a week. |

## 2.3 BMI: Normal Weight (BMI 18.5-24.9)

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Weak | Negative | -0.27 | Each year, slightly fewer people are normal weight. |
| General Health: Excellent | Strong | Positive | 0.56 | Normal weight individuals are much more likely to report excellent general health. |
| General Health: Very Good | Moderate | Positive | 0.32 | Normal weight individuals are more likely to report very good general health. |
| General Health: Good | Moderate | Negative | -0.41 | Normal weight individuals are less likely to report good general health. |
| General Health: Fair | Moderate | Negative | -0.41 | Normal weight individuals are less likely to report fair general health. |
| General Health: Poor | Moderate | Negative | -0.47 | Normal weight individuals are less likely to report poor general health. |
| Doc visit: Past year | Weak | Negative | -0.21 | Normal weight individuals are slightly less likely to see a doctor annually. |
| Doc visit: Past 2 years | Moderate | Positive | 0.41 | Normal weight individuals are more likely to see a doctor every two years. |
| Doc visit: Past 5 years | Weak | Positive | 0.24 | Normal weight individuals are more likely to see a doctor every 2 to 5 years. |
| Concentration, etc. difficulty | Strong | Negative | -0.57 | Normal weight individuals are much less likely to experience difficulty concentrating, remembering, and deciding. |
| Bad mHealth days: 0 | Weak | Negative | -0.17 | Normal weight individuals are slightly less likely to have 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Moderate | Positive | 0.43 | Normal weight individuals are more likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Moderate | Negative | -0.39 | Normal weight individuals are less likely to have 14 or more bad mental health days per year. |
| Fruits daily | Strong | Positive | 0.63 | Normal weight individuals are much more likely to eat fruit daily. |
| Vegetables daily | Weak | Positive | 0.29 | Normal weight individuals are slightly more likely to eat vegetables daily. |
| Aerobic activity: 150min+ | Strong | Positive | 0.62 | Normal weight individuals are much more likely to have 150 min or more of aerobic activity per week. |
| Met PA guidelines | Strong | Positive | 0.55 | Normal weight individuals are much more likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Moderate | Positive | 0.36 | Normal weight individuals are more likely to strength train 2 or more times per week. |
| P. active monthly | Strong | Positive | 0.53 | Normal weight individuals are much more likely to be physically active every month. |

## 2.4 BMI: Overweight (BMI 25.0-29.9)

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Weak | Negative | -0.27 | Each year, slightly fewer people are overweight. |
| General Health: Excellent | Weak | Positive | 0.19 | Overweight individuals are slightly more likely to report excellent general health. |
| General Health: Poor | Weak | Negative | -0.28 | Overweight individuals are slightly less likely to report poor general health. |
| Doc visit: Past year | Weak | Negative | -0.22 | Overweight individuals are slightly less likely to see a doctor annually. |
| Doc visit: Past 2 years | Weak | Positive | 0.19 | Overweight individuals are slightly more likely to see a doctor every 2 years. |
| Doc visit: Past 5 years | Weak | Positive | 0.21 | Overweight individuals are slightly more likely to see a doctor every 2 to 5 years. |
| Doc visit: 5+ years ago | Weak | Positive | 0.15 | Overweight individuals are slightly more likely to have seen a doctor at least 5 years ago. |
| Doc visit: Never | Weak | Positive | 0.19 | Overweight individuals are slightly more likely to have never seen a doctor. |
| Concentration, etc. difficulty | Moderate | Negative | -0.35 | Overweight individuals are less likely to experience difficulty concentrating, remembering, and deciding. |
| Bad mHealth days: 0 | Moderate | Positive | 0.3 | Overweight individuals are more likely to experience 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Weak | Negative | -0.13 | Overweight individuals are slightly less likely to experience 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Moderate | Negative | -0.43 | Overweight individuals are less likely to experience 14 or more bad mental health days per year. |
| Fruits daily | Weak | Positive | 0.22 | Overweight individuals are slightly less likely to eat fruit daily. |
| Aerobic activity: 150min+ | Weak | Positive | 0.13 | Overweight individuals are slightly more likely to have 150 min or more of aerobic activity per week. |

## 2.5 BMI: Obese (BMI 30.0-99.8)

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Moderate | Positive | 0.33 | Each year, more people are obese. |
| General Health: Excellent | Strong | Negative | -0.57 | Obese individuals are much less likely to report excellent general health. |
| General Health: Very Good | Weak | Negative | -0.28 | Obese individuals are slightly less likely to report very good general health. |
| General Health: Good | Moderate | Positive | 0.38 | Obese individuals are more likely to report good general health. |
| General Health: Fair | Moderate | Positive | 0.38 | Obese individuals are more likely to report fair general health. |
| General Health: Poor | Strong | Positive | 0.5 | Obese individuals are much more likely to report poor general health. |
| Doc visit: Past year | Weak | Positive | 0.26 | Obese individuals are slightly more likely to see a doctor annually. |
| Doc visit: Past 2 years | Moderate | Negative | -0.43 | Obese individuals are less likely to see a doctor every two years. |
| Doc visit: Past 5 years | Weak | Negative | -0.27 | Obese individuals are slightly less likely to see a doctor every 2 to 5 years. |
|  | Weak | Negative | -0.13 | Obese individuals are slightly less like to never see a doctor. |
| Concentration, etc. difficulty | Strong | Positive | 0.62 | Obese individuals are much more likely to experience difficulty concentrating, remembering, and deciding. |
| Bad mHealth days: 1-13 | Moderate | Negative | -0.33 | Obese individuals are less likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Moderate | Positive | 0.49 | Obese individuals are more likely to have 14 or more bad mental health days per year. |
| Fruits daily | Strong | Negative | -0.63 | Obese individuals are much less likely to eat fruit daily. |
| Vegetables daily | Weak | Negative | -0.25 | Obese individuals are slightly less likely to eat vegetables daily. |
| Aerobic activity: 150min+ | Strong | Negative | -0.61 | Obese individuals are much less likely to have 150 min or more of aerobic activity per week. |
| Met PA guidelines | Strong | Negative | -0.61 | Obese individuals are much less likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Moderate | Negative | -0.33 | Obese individuals are less likely to strength train 2 or more times per week. |
| P. active monthly | Strong | Negative | -0.5 | Obese individuals are much less likely to be physically active every month. |

# 3. General Health Correlations

Table

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## 3.1 General Health: Poor

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Weak | Negative | -0.24 | Each year, slightly fewer people experience poor general health. |
| BMI: Obese | Strong | Positive | 0.5 | Individuals with poor general health are much more likely to have a BMI between 30 and 99.8. |
| BMI: Overweight | Weak | Negative | -0.28 | Individuals with poor general health are slightly less likely to have a BMI between 25 and 29.9. |
| BMI: Normal weight | Moderate | Negative | -0.47 | Individuals with poor general health are less likely to have a BMI between 18.5 and 24.9. |
| Doc visit: Past year | Weak | Positive | 0.12 | Individuals with poor general health are slightly more likely to see a doctor annually. |
| Doc visit: Past 2 years | Moderate | Negative | -0.47 | Individuals with poor general health are less likely to see a doctor every two years. |
| Doc visit: Past 5 years | Weak | Negative | -0.13 | Individuals with poor general health are slightly less likely to see a doctor every 2 to 5 years. |
| Doc visit: 5+ years | Weak | Positive | 0.2 | Individuals with poor general health are slightly more likely to see a doctor every 5 years or more. |
| Doc visit: Never | Weak | Positive | 0.19 | Individuals with poor general health are slightly more likely to have never seen a doctor. |
| Concentration, etc. difficulty | Strong | Positive | 0.73 | Individuals with poor general health are much more likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 1-13 | Weak | Negative | -0.29 | Individuals with poor general health are slightly less likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Strong | Positive | 0.68 | Individuals with poor general health are much more likely to have 14+ bad mental health days per year. |
| Fruit Daily | Strong | Negative | -0.54 | Individuals with poor general health are much less likely to eat fruit every day. |
| Vegetables Daily | Weak | Negative | -0.17 | Individuals with poor general health are slightly less likely to eat vegetables daily. |
| Aerobic Activity 150 min+ | Strong | Negative | -0.52 | Individuals with poor general health are much less likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines | Strong | Negative | -0.53 | Individuals with poor general health are much less likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Moderate | Negative | -0.43 | Individuals with poor general health are less likely to strength train 2 or more times per week. |
| PA in last month | Strong | Negative | -0.58 | Individuals with poor general health are much less likely to be physically active at least once a month. |

## 3.2 General Health: Fair

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Weak | Negative | -0.13 | Each year, slightly fewer people experience fair general health. |
| BMI: Obese | Moderate | Positive | 0.38 | Individuals with fair general health are more likely to have a BMI between 30 and 99.8. |
| BMI: Normal weight | Moderate | Negative | -0.41 | Individuals with fair general health are less likely to have a BMI between 18.5 and 24.9. |
| BMI: Underweight | Weak | Positive | 0.13 | Individuals with fair general health are slightly more likely to have a BMI between 12 and 18.4. |
| Doc visit: Past year | Weak | Positive | 0.18 | Individuals with fair general health are slightly more likely to see a doctor annually. |
| Doc visit: Past 2 years | Moderate | Negative | -0.33 | Individuals with fair general health are less likely to see a doctor every two years. |
| Doc visit: Past 5 years | Weak | Negative | -0.15 | Individuals with fair general health are slightly less likely to see a doctor every 2 to 5 years. |
| Concentration, etc. difficulty | Strong | Positive | 0.64 | Individuals with fair general health are much more likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Moderate | Positive | 0.33 | Individuals with fair general health are more likely to have 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Strong | Negative | -0.6 | Individuals with fair general health are much less likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Moderate | Positive | 0.34 | Individuals with fair general health are more likely to have 14+ bad mental health days per year. |
| Fruit Daily | Strong | Negative | -0.65 | Individuals with fair general health are much less likely to eat fruit every day. |
| Vegetables Daily | Strong | Negative | -0.65 | Individuals with fair general health are much less likely to eat vegetables daily. |
| Aerobic Activity 150 min+ | Strong | Negative | -0.74 | Individuals with fair general health are much less likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines | Strong | Negative | -0.68 | Individuals with fair general health are much less likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Strong | Negative | -0.63 | Individuals with fair general health are much less likely to strength train 2 or more times per week. |
| PA in last month | Strong | Negative | -0.82 | Individuals with fair general health are much less likely to be physically active at least once a month. |

## 3.3 General Health: Good

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| BMI: Obese | Moderate | Positive | 0.38 | Individuals with good general health are more likely to have a BMI between 30 and 99.8. |
| BMI: Normal weight | Moderate | Negative | -0.41 | Individuals with good general health are less likely to have a BMI between 18.5 and 24.9. |
| BMI: Underweight | Weak | Positive | 0.13 | Individuals with good general health are slightly more likely to have a BMI between 12 and 18.4. |
| Doc visit: Past 2 years | Weak | Negative | -0.21 | Individuals with good general health are slightly less likely to see a doctor every two years. |
| Doc visit: 5+ years ago | Weak | Positive | 0.26 | Individuals with good general health are slightly more likely to see a doctor every 5 or more years. |
| Doc visit: Never | Weak | Positive | 0.22 | Individuals with good general health are slightly more likely to have never seen a doctor. |
| Concentration, etc. difficulty | Weak | Positive | 0.25 | Individuals with good general health are slightly more likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Weak | Positive | 0.11 | Individuals with good general health are slightly more likely to have 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Weak | Negative | -0.27 | Individuals with good general health are slightly less likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Weak | Positive | 0.23 | Individuals with good general health are slightly more likely to have 14+ bad mental health days per year. |
| Fruit Daily | Moderate | Negative | -0.43 | Individuals with good general health are less likely to eat fruit every day. |
| Vegetables Daily | Moderate | Negative | -0.35 | Individuals with good general health are less likely to eat vegetables daily. |
| Aerobic Activity 150 min+ | Moderate | Negative | -0.38 | Individuals with good general health are less likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines | Weak | Negative | -0.25 | Individuals with good general health are slightly less likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Weak | Negative | -0.12 | Individuals with good general health are slightly less likely to strength train 2 or more times per week. |
| PA in last month | Moderate | Negative | -0.42 | Individuals with good general health are less likely to be physically active at least once a month. |

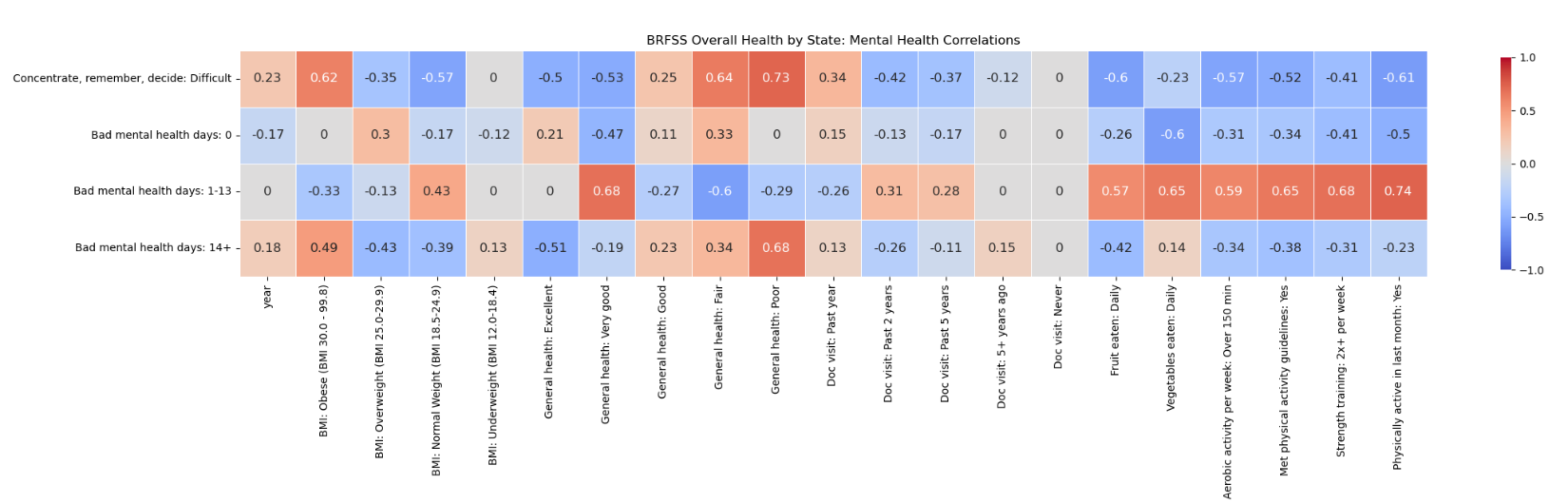
## 3.4 General Health: Very good

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| BMI: Obese | Weak | Negative | -0.28 | Individuals with very good general health are slightly less likely to have a BMI between 30 and 99.8. |
| BMI: Normal weight | Moderate | Positive | 0.32 | Individuals with very good general health are more likely to have a BMI between 18.5 and 24.9. |
| BMI: Underweight | Weak | Negative | -0.26 | Individuals with very good general health are slightly less likely to have a BMI between 12 and 18.4. |
| Doc visit: Past 2 years | Weak | Positive | 0.22 | Individuals with very good general health are slightly more likely to see a doctor every two years. |
| Doc visit: Never | Weak | Negative | -0.13 | Individuals with very good general health are slightly less likely to have never seen a doctor. |
| Concentration, etc. difficulty | Strong | Negative | -0.53 | Individuals with very good general health are much less likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Moderate | Negative | -0.47 | Individuals with very good general health are less likely to have 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Strong | Positive | 0.68 | Individuals with very good general health are much more likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Weak | Negative | -0.19 | Individuals with very good general health are slightly less likely to have 14+ bad mental health days per year. |
| Fruit Daily | Strong | Positive | 0.64 | Individuals with very good general health are much more likely to eat fruit every day. |
| Vegetables Daily | Strong | Positive | 0.65 | Individuals with very good general health are much more likely to eat vegetables daily. |
| Aerobic Activity 150 min+ | Strong | Positive | 0.68 | Individuals with very good general health are much more likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines | Strong | Positive | 0.57 | Individuals with very good general health are much more likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Strong | Positive | 0.52 | Individuals with very good general health are much more likely to strength train 2 or more times per week. |
| PA in last month | Strong | Positive | 0.76 | Individuals with very good general health are much more likely to be physically active at least once a month. |

## 3.5 General Health: Excellent

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Weak | Positive | 0.2 | Each year, slightly more people experience excellent general health. |
| BMI: Obese | Strong | Negative | -0.57 | Individuals with excellent general health are much less likely to have a BMI between 30 and 99.8. |
| BMI: Overweight | Weak | Positive | 0.19 | Individuals with excellent general health are slightly more likely to have a BMI between 25 and 29.9. |
| BMI: Normal weight | Strong | Positive | 0.56 | Individuals with excellent general health are much more likely to have a BMI between 18.5 and 24.9. |
| Doc visit: Past 2 years | Moderate | Positive | 0.45 | Individuals with excellent general health are more likely to see a doctor every two years. |
| Doc visit: 5+ years ago | Weak | Negative | -0.26 | Individuals with excellent general health are slightly less likely to see a doctor every 5 or more years. |
| Doc visit: Never | Weak | Negative | -0.11 | Individuals with excellent general health are slightly less likely to have never seen a doctor. |
| Concentration, etc. difficulty | Strong | Negative | -0.5 | Individuals with excellent general health are much less likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Weak | Positive | 0.21 | Individuals with excellent general health are slightly more likely to have 0 bad mental health days per year. |
| Bad mHealth days: 14+ | Strong | Negative | -0.51 | Individuals with excellent general health are much less likely to have 14+ bad mental health days per year. |
| Fruit Daily | Moderate | Positive | 0.45 | Individuals with excellent general health are more likely to eat fruit every day. |
| Vegetables Daily | Weak | Positive | 0.11 | Individuals with excellent general health are slightly more likely to eat vegetables daily. |
| Aerobic Activity 150 min+ | Moderate | Positive | 0.47 | Individuals with excellent general health are more likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines | Moderate | Positive | 0.45 | Individuals with excellent general health are more likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Weak | Positive | 0.29 | Individuals with excellent general health are slightly more likely to strength train 2 or more times per week. |
| PA in last month | Moderate | Positive | 0.45 | Individuals with excellent general health are more likely to be physically active at least once a month. |

# 4. Mental Health Correlations



## 4.1 Difficulty Concentrating, Remembering, Deciding

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Weak | Positive | 0.23 | Each year, slightly more people experience difficulty concentrating, remembering, or deciding. |
| BMI: Obese | Strong | Positive | 0.62 | Individuals who experience difficulty concentrating, remembering, or deciding are much more likely to have a BMI between 30 and 99.8. |
| BMI: Overweight | Moderate | Negative | -0.35 | Individuals who experience difficulty concentrating, remembering, or deciding are less likely to have a BMI between 25 and 29.9. |
| BMI: Normal weight | Strong | Negative | -0.57 | Individuals who experience difficulty concentrating, remembering, or deciding are much less likely to have a BMI between 18.5 and 24.9. |
| General Health: Excellent | Strong | Negative | -0.5 | Individuals who experience difficulty concentrating, remembering, or deciding are much less likely to report excellent general health. |
| General Health: Very Good | Strong | Negative | -0.53 | Individuals who experience difficulty concentrating, remembering, or deciding are much less likely to report very good general health. |
| General Health: Good | Weak | Positive | 0.25 | Individuals who experience difficulty concentrating, remembering, or deciding are slightly more likely to report good general health. |
| General Health: Fair | Strong | Positive | 0.64 | Individuals who experience difficulty concentrating, remembering, or deciding are much more likely to report fair general health. |
| General Health: Poor | Strong | Positive | 0.73 | Individuals who experience difficulty concentrating, remembering, or deciding are much more likely to report poor general health. |
| Doc visit: Past year | Moderate | Positive | 0.34 | Individuals who experience difficulty concentrating, remembering, or deciding are more likely to see a doctor annually. |
| Doc visit: Past 2 years | Moderate | Negative | -0.42 | Individuals who experience difficulty concentrating, remembering, or deciding are less likely to see a doctor every two years. |
| Doc visit: Past 5 years | Moderate | Negative | -0.37 | Individuals who experience difficulty concentrating, remembering, or deciding are less likely to see a doctor every 2 to 5 years. |
| Doc visit: 5+ years | Weak | Negative | -0.12 | Individuals who experience difficulty concentrating, remembering, or deciding are slightly less likely to see a doctor every 5 or more years. |
| Fruit Daily | Strong | Negative | -0.6 | Individuals who experience difficulty concentrating, remembering, or deciding are much less likely to eat fruit every day. |
| Vegetables Daily | Weak | Negative | -0.23 | Individuals who experience difficulty concentrating, remembering, or deciding are slightly less likely to eat vegetables daily. |
| Aerobic Activity 150 min+ | Strong | Negative | -0.57 | Individuals who experience difficulty concentrating, remembering, or deciding are much less likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines | Strong | Negative | -0.52 | Individuals who experience difficulty concentrating, remembering, or deciding are much less likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Moderate | Negative | -0.41 | Individuals who experience difficulty concentrating, remembering, or deciding are less likely to strength train 2 or more times per week. |
| PA in last month | Strong | Negative | -0.61 | Individuals who experience difficulty concentrating, remembering, or deciding are much less likely to be physically active at least once a month. |

## 4.2 Bad Mental Health Days: 0

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Weak | Negative | -0.17 | Each year, slightly fewer people experience 0 bad mental health days per year. |
| BMI: Overweight | Moderate | Positive | 0.3 | Individuals who experience 0 bad mental health days per year are more likely to have a BMI between 25 and 29.9. |
| BMI: Normal weight | Weak | Negative | -0.17 | Individuals who experience 0 bad mental health days per year are slightly less likely to have a BMI between 18.5 and 24.9. |
| BMI: Underweight | Weak | Negative | -0.12 | Individuals who experience 0 bad mental health days per year are slightly less likely to have a BMI between 12.0 and 18.4. |
| General Health: Excellent | Weak | Positive | 0.21 | Individuals who experience 0 bad mental health days per year are slightly more likely to report excellent general health. |
| General Health: Very Good | Moderate | Negative | -0.47 | Individuals who experience 0 bad mental health days per year are less likely to report very good general health. |
| General Health: Good | Weak | Positive | 0.11 | Individuals who experience 0 bad mental health days per year are slightly more likely to report good general health. |
| General Health: Fair | Moderate | Positive | 0.33 | Individuals who experience 0 bad mental health days per year are much more likely to report fair general health. |
| Doc visit: Past year | Weak | Positive | 0.15 | Individuals who experience 0 bad mental health days per year are slightly more likely to see a doctor annually. |
| Doc visit: Past 2 years | Weak | Negative | -0.13 | Individuals who experience 0 bad mental health days per year are slightly less likely to see a doctor every two years. |
| Doc visit: Past 5 years | Weak | Negative | -0.17 | Individuals who experience 0 bad mental health days per year are slightly less likely to see a doctor every 2 to 5 years. |
| Fruit Daily | Weak | Negative | -0.26 | Individuals who experience 0 bad mental health days per year are slightly less likely to eat fruit every day. |
| Vegetables Daily | Strong | Negative | -0.6 | Individuals who experience 0 bad mental health days per year are much less likely to eat vegetables daily. |
| Aerobic Activity 150 min+ | Moderate | Negative | -0.31 | Individuals who experience 0 bad mental health days per year are less likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines | Moderate | Negative | -0.34 | Individuals who experience 0 bad mental health days per year are less likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Moderate | Negative | -0.41 | Individuals who experience 0 bad mental health days per year are less likely to strength train 2 or more times per week. |
| PA in last month | Strong | Negative | -0.5 | Individuals who experience 0 bad mental health days per year are much less likely to be physically active at least once a month. |

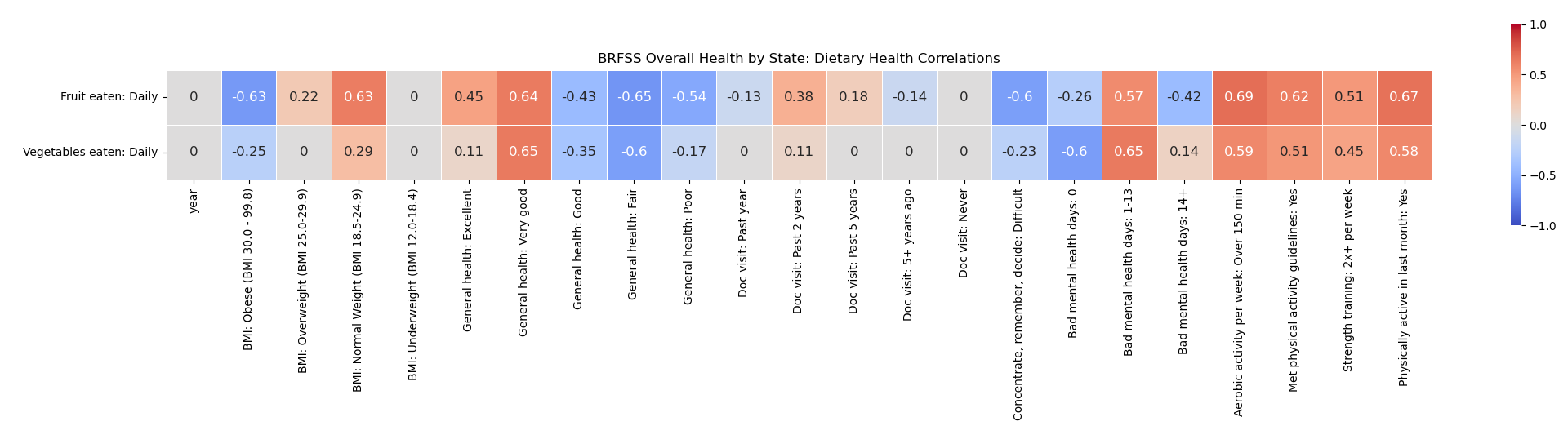
## 4.3 Bad Mental Health Days: 1-13

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| BMI: Obese | Moderate | Negative | -0.33 | Individuals who experience 1-13 bad mental health days per year are less likely to have a BMI between 30 and 99.8. |
| BMI: Overweight | Weak | Negative | -0.13 | Individuals who experience 1-13 bad mental health days per year are slightly less likely to have a BMI between 25 and 29.9. |
| BMI: Normal weight | Moderate | Positive | 0.43 | Individuals who experience 1-13 bad mental health days per year are more likely to have a BMI between 18.5 and 24.9. |
| General Health: Very Good | Strong | Positive | 0.68 | Individuals who experience 1-13 bad mental health days per year are much more likely to report very good general health. |
| General Health: Good | Weak | Negative | -0.27 | Individuals who experience 1-13 bad mental health days per year are slightly less likely to report good general health. |
| General Health: Fair | Strong | Negative | -0.6 | Individuals who experience 1-13 bad mental health days per year are much less likely to report fair general health. |
| General Health: Poor | Weak | Negative | -0.29 | Individuals who experience 1-13 bad mental health days per year are slightly less likely to report poor general health. |
| Doc visit: Past year | Weak | Negative | -0.26 | Individuals who experience 1-13 bad mental health days per year are slightly less likely to see a doctor annually. |
| Doc visit: Past 2 years | Moderate | Positive | 0.31 | Individuals who experience 1-13 bad mental health days per year are more likely to see a doctor every two years. |
| Doc visit: Past 5 years | Weak | Positive | 0.28 | Individuals who experience 1-13 bad mental health days per year are slightly more likely to see a doctor every 2 to 5 years. |
| Fruit Daily | Strong | Positive | 0.57 | Individuals who experience 1-13 bad mental health days per year are much more likely to eat fruit every day. |
| Vegetables Daily | Strong | Positive | 0.65 | Individuals who experience 1-13 bad mental health days per year are much more likely to eat vegetables daily. |
| Aerobic Activity 150 min+ | Strong | Positive | 0.59 | Individuals who experience 1-13 bad mental health days per year are much more likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines | Strong | Positive | 0.65 | Individuals who experience 1-13 bad mental health days per year are much more likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Strong | Positive | 0.68 | Individuals who experience 1-13 bad mental health days per year are much more likely to strength train 2 or more times per week. |
| PA in last month | Strong | Positive | 0.74 | Individuals who experience 1-13 bad mental health days per year are much more likely to be physically active at least once a month. |

## 4.4 Bad Mental Health Days: 14+

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Weak | Positive | 0.18 | Each year, slightly fewer people experience 14 or more bad mental health days per year. |
| BMI: Obese | Moderate | Positive | 0.49 | Individuals who experience 14 or more bad mental health days per year are more likely to have a BMI between 30 and 99.8. |
| BMI: Overweight | Moderate | Negative | -0.43 | Individuals who experience 14 or more bad mental health days per year are less likely to have a BMI between 25 and 29.9. |
| BMI: Normal weight | Moderate | Negative | -0.39 | Individuals who experience 14 or more bad mental health days per year are less likely to have a BMI between 18.5 and 24.9. |
| BMI: Underweight | Weak | Positive | 0.13 | Individuals who experience 14 or more bad mental health days per year are slightly more likely to have a BMI between 12 and 18.4. |
| General Health: Excellent | Strong | Negative | -0.51 | Individuals who experience 14 or more bad mental health days per year are much less likely to report excellent general health. |
| General Health: Very Good | Weak | Negative | -0.19 | Individuals who experience 14 or more bad mental health days per year are slightly less likely to report very good general health. |
| General Health: Good | Weak | Positive | 0.23 | Individuals who experience 14 or more bad mental health days per year are slightly more likely to report good general health. |
| General Health: Fair | Moderate | Positive | 0.34 | Individuals who experience 14 or more bad mental health days per year are more likely to report fair general health. |
| General Health: Poor | Strong | Positive | 0.68 | Individuals who experience 14 or more bad mental health days per year are much more likely to report poor general health. |
| Doc visit: Past year | Weak | Positive | 0.13 | Individuals who experience 14 or more bad mental health days per year are slightly more likely to see a doctor annually. |
| Doc visit: Past 2 years | Weak | Negative | -0.26 | Individuals who experience 14 or more bad mental health days per year are slightly less likely to see a doctor every two years. |
| Doc visit: Past 5 years | Weak | Negative | -0.11 | Individuals who experience 14 or more bad mental health days per year are slightly less likely to see a doctor every 2 to 5 years. |
| Doc visit: 5+ years | Weak | Positive | 0.15 | Individuals who experience 14 or more bad mental health days per year are slightly more likely to see a doctor every 5 or more years. |
| Fruit Daily | Moderate | Negative | -0.42 | Individuals who experience 14 or more bad mental health days per year are less likely to eat fruit every day. |
| Vegetables Daily | Weak | Positive | 0.14 | Individuals who experience 14 or more bad mental health days per year are slightly more likely to eat vegetables daily. |
| Aerobic Activity 150 min or more | Moderate | Negative | -0.34 | Individuals who experience 14 or more bad mental health days per year are less likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines | Moderate | Negative | -0.38 | Individuals who experience 14 or more bad mental health days per year are less likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Moderate | Negative | -0.31 | Individuals who experience 14 or more bad mental health days per year are less likely to strength train 2 or more times per week. |
| PA in last month | Weak | Negative | -0.23 | Individuals who experience 14 or more bad mental health days per year are slightly less likely to be physically active at least once a month. |

# 5. Dietary Health Correlations



## 5.1 Fruit Eaten Daily

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| BMI: Obese | Strong | Negative | -0.63 | Individuals who eat fruit daily are much less likely to have a BMI between 30 and 99.8. |
| BMI: Overweight | Weak | Positive | 0.22 | Individuals who eat fruit daily are slightly less likely to have a BMI between 25 and 29.9. |
| BMI: Normal weight | Strong | Positive | 0.63 | Individuals who eat fruit daily are much more likely to have a BMI between 18.5 and 24.9. |
| General Health: Excellent | Moderate | Positive | 0.45 | Individuals who eat fruit daily are more likely to report excellent general health. |
| General Health: Very Good | Strong | Positive | 0.64 | Individuals who eat fruit daily are much more likely to report very good general health. |
| General Health: Good | Moderate | Negative | -0.43 | Individuals who eat fruit daily are less likely to report good general health. |
| General Health: Fair | Strong | Negative | -0.65 | Individuals who eat fruit daily are much less likely to report fair general health. |
| General Health: Poor | Strong | Negative | -0.54 | Individuals who eat fruit daily are much less likely to report poor general health. |
| Doc visit: Past year | Weak | Negative | -0.13 | Individuals who eat fruit daily are slightly less likely to see a doctor annually. |
| Doc visit: Past 2 years | Moderate | Positive | 0.38 | Individuals who eat fruit daily are more likely to see a doctor every two years. |
| Doc visit: Past 5 years | Weak | Positive | 0.18 | Individuals who eat fruit daily are slightly more likely to see a doctor every 2 to 5 years. |
| Doc visit: 5+ years | Weak | Negative | -0.14 | Individuals who eat fruit daily are slightly less likely to see a doctor every 5 or more years. |
| Concentration, etc. difficulty | Strong | Negative | -0.6 | Individuals who eat fruit daily are much less likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Weak | Negative | -0.26 | Individuals who eat fruit daily are slightly less likely to have 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Strong | Positive | 0.57 | Individuals who eat fruit daily are much more likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Moderate | Negative | -0.42 | Individuals who eat fruit daily are less likely to have 14+ bad mental health days per year. |
| Aerobic Activity 150 min+ | Strong | Positive | 0.69 | Individuals who eat fruit daily are much more likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines | Strong | Positive | 0.62 | Individuals who eat fruit daily are much more likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Strong | Positive | 0.51 | Individuals who eat fruit daily are much more likely to strength train 2 or more times per week. |
| PA in last month | Strong | Positive | 0.67 | Individuals who eat fruit daily are much more likely to be physically active at least once a month. |

## 5.2 Vegetables Eaten Daily

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| BMI: Obese | Weak | Negative | -0.25 | Individuals who eat vegetables daily are slightly less likely to have a BMI between 30 and 99.8. |
| BMI: Normal weight | Weak | Positive | 0.29 | Individuals who eat vegetables daily are slightly more likely to have a BMI between 18.5 and 24.9. |
| General Health: Excellent | Weak | Positive | 0.11 | Individuals who eat vegetables daily are slightly more likely to report excellent general health. |
| General Health: Very Good | Strong | Positive | 0.65 | Individuals who eat vegetables daily are much more likely to report very good general health. |
| General Health: Good | Moderate | Negative | -0.35 | Individuals who eat vegetables daily are less likely to report good general health. |
| General Health: Fair | Strong | Negative | -0.6 | Individuals who eat vegetables daily are much less likely to report fair general health. |
| General Health: Poor | Weak | Negative | -0.17 | Individuals who eat vegetables daily are slightly less likely to report poor general health. |
| Doc visit: Past 2 years | Weak | Positive | 0.11 | Individuals who eat vegetables daily are slightly more likely to see a doctor every two years. |
| Concentration, etc. difficulty | Weak | Negative | -0.23 | Individuals who eat vegetables daily are slightly less likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Strong | Negative | -0.6 | Individuals who eat vegetables daily are much less likely to have 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Strong | Positive | 0.65 | Individuals who eat vegetables daily are much more likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Weak | Positive | 0.14 | Individuals who eat vegetables daily are slightly more likely to have 14+ bad mental health days per year. |
| Aerobic Activity 150 min+ | Strong | Positive | 0.59 | Individuals who eat vegetables daily are much more likely to exercise aerobically 150 minutes or more per week. |
| Met PA guidelines |  |  |  | Individuals who eat vegetables daily are much more likely to meet BRFSS physical activity guidelines. |
| Strength training: 2x+ per week | Moderate | Positive | 0.45 | Individuals who eat vegetables daily are more likely to strength train 2 or more times per week. |
| PA in last month | Strong | Positive |  | Individuals who eat vegetables daily are much more likely to be physically active at least once a month. |

# 6. Physical Activity Correlations

Table

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## 6.1 150+ min Aerobic Activity per Week

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| BMI: Obese | Strong | Negative | -0.61 | Individuals who perform at least 150 minutes of aerobic activity per week are much less likely to have a BMI between 30 and 99.8. |
| BMI: Overweight | Weak | Positive | 0.13 | Individuals who perform at least 150 minutes of aerobic activity per week are slightly more likely to have a BMI between 25 and 29.9. |
| BMI: Normal weight | Strong | Positive | 0.62 | Individuals who perform at least 150 minutes of aerobic activity per week are much more likely to have a BMI between 18.5 and 24.9. |
| General Health: Excellent | Moderate | Positive | 0.47 | Individuals who perform at least 150 minutes of aerobic activity per week are more likely to report excellent general health. |
| General Health: Very Good | Strong | Positive | 0.68 | Individuals who perform at least 150 minutes of aerobic activity per week are much more likely to report very good general health. |
| General Health: Good | Moderate | Negative | -0.38 | Individuals who perform at least 150 minutes of aerobic activity per week are less likely to report good general health. |
| General Health: Fair | Strong | Negative | -0.74 | Individuals who perform at least 150 minutes of aerobic activity per week are much less likely to report fair general health. |
| General Health: Poor | Strong | Negative | -0.52 | Individuals who perform at least 150 minutes of aerobic activity per week are much less likely to report poor general health. |
| Doc visit: Past year | Moderate | Negative | -0.34 | Individuals who perform at least 150 minutes of aerobic activity per week are less likely to see a doctor annually. |
| Doc visit: Past 2 years | Strong | Positive | 0.51 | Individuals who perform at least 150 minutes of aerobic activity per week are much more likely to see a doctor every two years. |
| Doc visit: Past 5 years | Moderate | Positive | 0.34 | Individuals who perform at least 150 minutes of aerobic activity per week are more likely to see a doctor every 2 to 5 years. |
| Doc visit: 5+ years | Weak | Positive | 0.15 | Individuals who perform at least 150 minutes of aerobic activity per week are slightly more likely to see a doctor every 5 or more years. |
| Concentration, etc. difficulty | Strong | Negative | -0.57 | Individuals who perform at least 150 minutes of aerobic activity per week are much less likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Moderate | Negative | -0.31 | Individuals who perform at least 150 minutes of aerobic activity per week are less likely to have 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Strong | Positive | 0.59 | Individuals who perform at least 150 minutes of aerobic activity per week are much more likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Moderate | Negative | -0.34 | Individuals who perform at least 150 minutes of aerobic activity per week are less likely to have 14+ bad mental health days per year. |
| Fruit Daily | Strong | Positive | 0.69 | Individuals who perform at least 150 minutes of aerobic activity per week are much more likely to eat fruit every day. |
| Vegetables Daily | Strong | Positive | 0.59 | Individuals who perform at least 150 minutes of aerobic activity per week are much more likely to eat vegetables daily. |

## 6.2 Met BRFSS Physical Activity Guidelines

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Weak | Positive | 0.24 | Each year, slightly more people meet BRFSS physical activity guidelines. |
| BMI: Obese | Strong | Negative | -0.52 | Individuals who met BRFSS physical activity guidelines are much less likely to have a BMI between 30 and 99.8. |
| BMI: Normal weight | Strong | Positive | 0.55 | Individuals who met BRFSS physical activity guidelines are much more likely to have a BMI between 18.5 and 24.9. |
| BMI: Underweight | Weak | Positive | 0.13 | Individuals who met BRFSS physical activity guidelines are slightly more likely to have a BMI between 12 and 18.4. |
| General Health: Excellent | Moderate | Positive | 0.45 | Individuals who met BRFSS physical activity guidelines are more likely to report excellent general health. |
| General Health: Very Good | Strong | Positive | 0.57 | Individuals who met BRFSS physical activity guidelines are much more likely to report very good general health. |
| General Health: Good | Weak | Negative | -0.25 | Individuals who met BRFSS physical activity guidelines are slightly less likely to report good general health. |
| General Health: Fair | Strong | Negative | -0.68 | Individuals who met BRFSS physical activity guidelines are much less likely to report fair general health. |
| General Health: Poor | Strong | Negative | -0.53 | Individuals who met BRFSS physical activity guidelines are much less likely to report poor general health. |
| Doc visit: Past year | Weak | Negative | -0.13 | Individuals who met BRFSS physical activity guidelines are slightly less likely to see a doctor annually. |
| Doc visit: Past 2 years | Moderate | Positive | 0.3 | Individuals who met BRFSS physical activity guidelines are more likely to see a doctor every two years. |
| Doc visit: Past 5 years | Weak | Positive | 0.15 | Individuals who met BRFSS physical activity guidelines are slightly more likely to see a doctor every 2 to 5 years. |
| Concentration, etc. difficulty | Strong | Negative | -0.52 | Individuals who met BRFSS physical activity guidelines are much less likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Moderate | Negative | -0.34 | Individuals who met BRFSS physical activity guidelines are less likely to have 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Strong | Positive | 0.65 | Individuals who met BRFSS physical activity guidelines are much more likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Moderate | Negative | -0.38 | Individuals who met BRFSS physical activity guidelines are less likely to have 14+ bad mental health days per year. |
| Fruit Daily | Strong | Positive | 0.62 | Individuals who met BRFSS physical activity guidelines are much more likely to eat fruit every day. |
| Vegetables Daily | Strong | Positive | 0.51 | Individuals who met BRFSS physical activity guidelines are much more likely to eat vegetables daily. |

## 6.3 Strength Train 2 Times or More per Week

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Moderate | Positive | 0.42 | Each year, more people strength train 2 times or more per week. |
| BMI: Obese | Moderate | Negative | -0.33 | Individuals who strength train 2 times or more per week are less likely to have a BMI between 30 and 99.8. |
| BMI: Normal weight | Moderate | Positive | 0.36 | Individuals who strength train 2 times or more per week are more likely to have a BMI between 18.5 and 24.9. |
| BMI: Underweight | Weak | Positive | 0.14 | Individuals who strength train 2 times or more per week are slightly more likely to have a BMI between 12 and 18.4. |
| General Health: Excellent | Weak | Positive | 0.29 | Individuals who strength train 2 times or more per week are slightly more likely to report excellent general health. |
| General Health: Very Good | Strong | Positive | 0.52 | Individuals who strength train 2 times or more per week are much more likely to report very good general health. |
| General Health: Good | Weak | Negative | -0.12 | Individuals who strength train 2 times or more per week are slightly less likely to report good general health. |
| General Health: Fair | Strong | Negative | -0.63 | Individuals who strength train 2 times or more per week are much less likely to report fair general health. |
| General Health: Poor | Moderate | Negative | -0.43 | Individuals who strength train 2 times or more per week are less likely to report poor general health. |
| Doc visit: 5+ years | Weak | Negative | -0.1 | Individuals who strength train 2 times or more per week are slightly less likely to see a doctor every 5 or more years. |
| Concentration, etc. difficulty | Moderate | Negative | -0.41 | Individuals who strength train 2 times or more per week are less likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Moderate | Negative | -0.41 | Individuals who strength train 2 times or more per week are less likely to have 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Strong | Positive | 0.68 | Individuals who strength train 2 times or more per week are much more likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Moderate | Negative | -0.31 | Individuals who strength train 2 times or more per week are less likely to have 14+ bad mental health days per year. |
| Fruit Daily | Strong | Positive | 0.51 | Individuals who strength train 2 times or more per week are much more likely to eat fruit every day. |
| Vegetables Daily | Moderate | Positive | 0.45 | Individuals who strength train 2 times or more per week are more likely to eat vegetables daily. |

## 6.4 Physically Active in the Last Month

| Variable | Strength | Relationship | Value | Meaning |
| --- | --- | --- | --- | --- |
| Year | Weak | Positive | 0.11 | Each year, slightly more people are physically active every month. |
| BMI: Obese | Strong | Negative | -0.5 | Individuals who are physically active every month are much less likely to have a BMI between 30 and 99.8. |
| BMI: Normal weight | Strong | Positive | 0.53 | Individuals who are physically active every month are much more likely to have a BMI between 18.5 and 24.9. |
| General Health: Excellent | Moderate | Positive | 0.45 | Individuals who are physically active every month are more likely to report excellent general health. |
| General Health: Very Good | Strong | Positive | 0.76 | Individuals who are physically active every month are much more likely to report very good general health. |
| General Health: Good | Moderate | Negative | -0.42 | Individuals who are physically active every month are less likely to report good general health. |
| General Health: Fair | Strong | Negative | -0.82 | Individuals who are physically active every month are much less likely to report fair general health. |
| General Health: Poor | Strong | Negative | -0.58 | Individuals who are physically active every month are much less likely to report poor general health. |
| Doc visit: Past year | Weak | Negative | -0.29 | Individuals who are physically active every month are slightly less likely to see a doctor annually. |
| Doc visit: Past 2 years | Moderate | Positive | 0.45 | Individuals who are physically active every month are more likely to see a doctor every two years. |
| Doc visit: Past 5 years | Weak | Positive | 0.29 | Individuals who are physically active every month are slightly more likely to see a doctor every 2 to 5 years. |
| Concentration, etc. difficulty | Strong | Negative | -0.61 | Individuals who are physically active every month are much less likely to experience difficulty concentrating, remembering, or deciding. |
| Bad mHealth days: 0 | Strong | Negative | -0.5 | Individuals who are physically active every month are much less likely to have 0 bad mental health days per year. |
| Bad mHealth days: 1-13 | Strong | Positive | 0.74 | Individuals who are physically active every month are much more likely to have 1-13 bad mental health days per year. |
| Bad mHealth days: 14+ | Weak | Negative | -0.23 | Individuals who are physically active every month are slightly less likely to have 14+ bad mental health days per year. |
| Fruit Daily | Strong | Positive | 0.67 | Individuals who are physically active every month are much more likely to eat fruit every day. |
| Vegetables Daily | Strong | Positive | 0.58 | Individuals who are physically active every month are much more likely to eat vegetables daily. |