

EMOTIONAL WELL-BEING

**EWSAD - During the past 30 days, about how many days have you felt
sad, blue, or depressed?**

| Days | Description | Unweighted Count | Weighted Count | Weighted Percentage | Standard Error |
|------|--------------------------|---------------------|-------------------|------------------------|-------------------|
| 0 | Number of days | 275 | 960,034 | 55.26 | 3.801 |
| 1 | Number of days | 31 | 85,126 | 4.9 | 1.076 |
| 2 | Number of days | 56 | 163,456 | 9.41 | 1.9 |
| 3 | Number of days | 34 | 95,674 | 5.51 | 1.359 |
| 4 | Number of days | 20 | 66,520 | 3.83 | 1.314 |
| 5 | Number of days | 25 | 84,381 | 4.86 | 1.423 |
| 6 | Number of days | 7 | 23,561 | 1.36 | 0.662 |
| 7 | Number of days | 11 | 46,597 | 2.68 | 1.13 |
| 8 | Number of days | 1 | 2,345 | 0.14 | 0.137 |
| 9 | Number of days | 1 | 2,133 | 0.12 | 0.126 |
| 10 | Number of days | 10 | 22,018 | 1.27 | 0.719 |
| 12 | Number of days | 1 | 1,160 | 0.07 | 0.068 |
| 14 | Number of days | 1 | 279 | 0.02 | 0.018 |
| 15 | Number of days | 16 | 45,809 | 2.64 | 0.767 |
| 16 | Number of days | 1 | 4,453 | 0.26 | 0.263 |
| 20 | Number of days | 9 | 29,804 | 1.72 | 0.574 |
| 21 | Number of days | 1 | 3,266 | 0.19 | 0.175 |
| 25 | Number of days | 6 | 20,846 | 1.2 | 0.705 |
| 28 | Number of days | 1 | 414 | 0.02 | 0.024 |
| 29 | Number of days | 1 | 3,704 | 0.21 | 0.231 |
| 30 | Number of days | 24 | 75,735 | 4.36 | 1.102 |
| | Subtotal Valid Responses | 532 | 1,737,327 | 100 | |
| | Don't Know | 28 | 98,633 | | |
| | Refused | 9 | 25,503 | | |
| | Total | 569 | 1,861,464 | | |

*If the unweighted count for a response item is less than 5 or the subtotal is less than 20, the sample size is insufficient for valid percentage estimates. In some cases, these small counts may be summed as new categories to avoid this limitation.

| EW TENSE - During the past 30 days, about how many days have you felt worried, tense, or anxious? | | | | | |
|--|--------------------------|------------------|----------------|---------------------|----------------|
| Days | Description | Unweighted Count | Weighted Count | Weighted Percentage | Standard Error |
| 0 | Number of days | 234 | 745,845 | 42.5 | 2.618 |
| 1 | Number of days | 25 | 117,632 | 6.7 | 1.968 |
| 2 | Number of days | 68 | 208,805 | 11.9 | 2.535 |
| 3 | Number of days | 40 | 149,722 | 8.53 | 1.869 |
| 4 | Number of days | 29 | 87,645 | 4.99 | 1.286 |
| 5 | Number of days | 32 | 125,468 | 7.15 | 1.403 |
| 6 | Number of days | 8 | 7,898 | 0.45 | 0.188 |
| 7 | Number of days | 6 | 25,854 | 1.47 | 0.798 |
| 8 | Number of days | 2 | 19,396 | 1.11 | 0.815 |
| 10 | Number of days | 17 | 55,694 | 3.17 | 1.14 |
| 12 | Number of days | 3 | 3,000 | 0.17 | 0.108 |
| 14 | Number of days | 2 | 624 | 0.04 | 0.035 |
| 15 | Number of days | 14 | 30,281 | 1.73 | 0.651 |
| 18 | Number of days | 1 | 3,427 | 0.2 | 0.194 |
| 20 | Number of days | 11 | 57,276 | 3.26 | 1.145 |
| 25 | Number of days | 6 | 11,523 | 0.66 | 0.364 |
| 28 | Number of days | 1 | 414 | 0.02 | 0.024 |
| 29 | Number of days | 1 | 3,704 | 0.21 | 0.229 |
| 30 | Number of days | 28 | 100,510 | 5.73 | 1.529 |
| | Subtotal Valid Responses | 528 | 1,754,731 | 100 | |
| | Don't Know | 34 | 94,347 | | |
| | Refused | 7 | 12,385 | | |
| | Total | 569 | 1,861,464 | | |

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**EWSLEEP - During the past 30 days, about how many days have you felt
you did not get enough rest or sleep?**

| Days | Description | Unweighted Count | Weighted Count | Weighted Percentage | Standard Error |
|------|--------------------------|---------------------|-------------------|------------------------|-------------------|
| 0 | Number of days | 288 | 933,382 | 51.45 | 2.02 |
| 1 | Number of days | 19 | 48,774 | 2.69 | 1.045 |
| 2 | Number of days | 37 | 108,122 | 5.96 | 1.646 |
| 3 | Number of days | 32 | 114,159 | 6.29 | 1.432 |
| 4 | Number of days | 23 | 82,391 | 4.54 | 1.389 |
| 5 | Number of days | 31 | 107,667 | 5.93 | 1.743 |
| 6 | Number of days | 9 | 37,312 | 2.06 | 1.486 |
| 7 | Number of days | 8 | 34,952 | 1.93 | 0.894 |
| 8 | Number of days | 5 | 7,794 | 0.43 | 0.207 |
| 10 | Number of days | 20 | 67,024 | 3.69 | 0.923 |
| 11 | Number of days | 1 | 414 | 0.02 | 0.023 |
| 12 | Number of days | 3 | 26,020 | 1.43 | 0.904 |
| 14 | Number of days | 1 | 3,266 | 0.18 | 0.167 |
| 15 | Number of days | 24 | 64,201 | 3.54 | 0.895 |
| 17 | Number of days | 1 | 1,266 | 0.07 | 0.083 |
| 18 | Number of days | 1 | 3,427 | 0.19 | 0.186 |
| 20 | Number of days | 10 | 44,412 | 2.45 | 0.944 |
| 25 | Number of days | 5 | 17,779 | 0.98 | 0.738 |
| 27 | Number of days | 1 | 5,624 | 0.31 | 0.307 |
| 30 | Number of days | 31 | 106,227 | 5.86 | 1.429 |
| | Subtotal Valid Responses | 550 | 1,814,224 | 100 | |
| | Don't Know | 16 | 32,133 | | |
| | Refused | 3 | 15,106 | | |
| | Total | 569 | 1,861,464 | | |

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EWENERGY - During the past 30 days, about how many days have you felt very healthy and full of energy?

| Days | Description | Unweighted Count | Weighted Count | Weighted Percentage | Standard Error |
|------|--------------------------|------------------|----------------|---------------------|----------------|
| 0 | Number of days | 91 | 344,888 | 20.19 | 3.051 |
| 1 | Number of days | 1 | 4,213 | 0.25 | 0.232 |
| 2 | Number of days | 11 | 27,851 | 1.63 | 0.824 |
| 3 | Number of days | 14 | 30,984 | 1.81 | 0.563 |
| 4 | Number of days | 12 | 20,812 | 1.22 | 0.463 |
| 5 | Number of days | 26 | 82,052 | 4.8 | 1.287 |
| 6 | Number of days | 8 | 49,689 | 2.91 | 1.028 |
| 7 | Number of days | 3 | 2,747 | 0.16 | 0.096 |
| 8 | Number of days | 7 | 9,397 | 0.55 | 0.277 |
| 10 | Number of days | 25 | 88,128 | 5.16 | 1.05 |
| 12 | Number of days | 5 | 21,525 | 1.26 | 0.613 |
| 14 | Number of days | 2 | 6,886 | 0.4 | 0.39 |
| 15 | Number of days | 38 | 135,300 | 7.92 | 1.536 |
| 16 | Number of days | 1 | 1,556 | 0.09 | 0.089 |
| 18 | Number of days | 1 | 2,180 | 0.13 | 0.134 |
| 20 | Number of days | 46 | 140,009 | 8.2 | 1.406 |
| 21 | Number of days | 2 | 13,573 | 0.79 | 0.761 |
| 23 | Number of days | 1 | 371 | 0.02 | 0.027 |
| 24 | Number of days | 1 | 866 | 0.05 | 0.052 |
| 25 | Number of days | 57 | 156,352 | 9.15 | 1.783 |
| 26 | Number of days | 5 | 13,668 | 0.8 | 0.517 |
| 27 | Number of days | 11 | 26,984 | 1.58 | 0.668 |
| 28 | Number of days | 14 | 19,639 | 1.15 | 0.507 |
| 29 | Number of days | 6 | 20,426 | 1.2 | 0.964 |
| 30 | Number of days | 128 | 487,980 | 28.57 | 2.89 |
| | Subtotal Valid Responses | 516 | 1,708,087 | 100 | |
| | Don't Know | 47 | 119,253 | | |
| | Refused | 6 | 34,123 | | |
| | Total | 569 | 1,861,464 | | |

EWEWB - In general, how would you describe your mental health or emotional well-being?

| Category | Description | Unweighted Count | Weighted Count | Weighted Percentage | Standard Error |
|----------|--------------------------|------------------|----------------|---------------------|----------------|
| 1 | Excellent | 137 | 440,460 | 23.71 | 2.617 |
| 2 | Very good | 213 | 720,427 | 38.78 | 2.933 |
| 3 | Good | 153 | 471,864 | 25.4 | 2.274 |
| 4 | Fair | 55 | 186,333 | 10.03 | 2.041 |
| 5 | Poor | 10 | 38,564 | 2.08 | 0.845 |
| | Subtotal Valid Responses | 568 | 1,857,650 | 100 | |
| | Don't Know | 1 | 3,813 | | |
| | Total | 569 | 1,861,464 | | |

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