

Indicator 44: Mentally unhealthy days by income

14+ days of poor mental health in past month: lower income compared to higher income Tulsa County adults

Report Year	2018	2019	2020	2021	2022	2023	2024	2025
Equality Score	35	42	50	52	40	50	51	46
Comparison Group A: % of lower income adults with 14+ days of poor mental health	17.5%	19.5%	21.2%	20.6%	22.7%	22.9%	23.2%	25.1%
Comparison Group B: % of higher income adults with 14+ days of poor mental health	6.2%	10.0%	12.0%	12.1%	10.9%	13.0%	13.4%	13.5%
Ratio of Comparison Group A to Comparison Group B	2.823	1.950	1.767	1.702	2.083	1.770	1.727	1.860

The equality score for this indicator **increased by 11** since 2018.



Lower income adults experience 14+ days of poor mental health per month at a rate that is 86% higher than higher income adults.

Note: The survey question reads: "thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?" For this measure, lower income is defined as adults earning less than \$50,000 annually; higher income as adults earning \$50,000 or more. Data for this indicator are for Tulsa County.