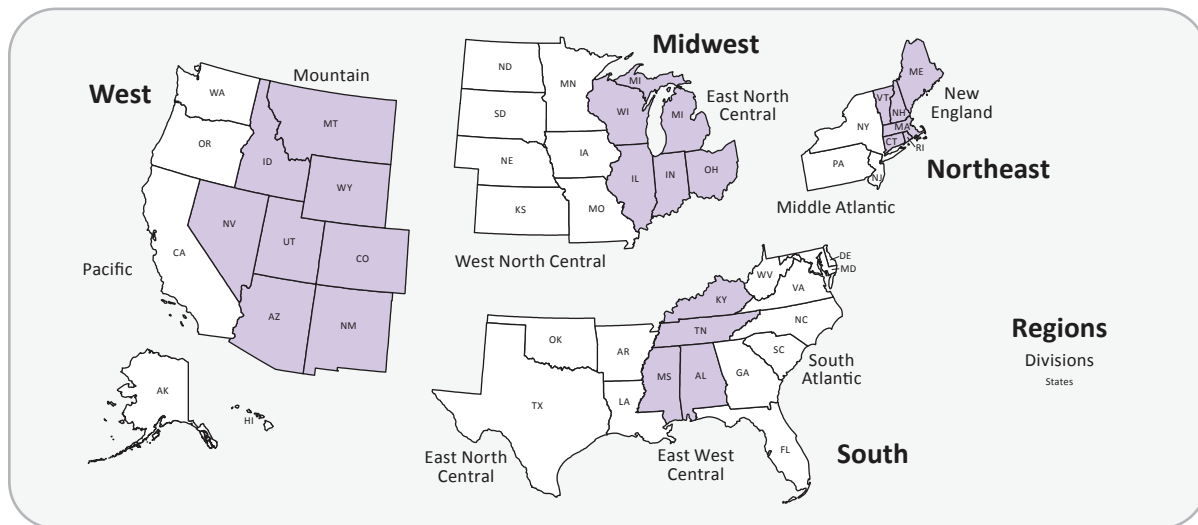


Appendix A. Terms and Definitions

Regions and Divisions

This report used Census defined geographic Regions and Divisions in the analysis of the distribution of licensed psychologists. Figure 8 displays the delineation of Census Region and Census Divisions.

Figure 8. Census Regions and Divisions of the United States



Source: U.S. Census Bureau, Regions and Divisions of the United States.

Urban and Rural Areas

The report uses the 2010 Census Urban and Rural Classification, which defined urban and rural areas as follows:

“An urban area will comprise a densely settled core of census tracts and/or census blocks that meet minimum population density requirements, along with adjacent territory containing non-residential urban land uses as well as territory with low population density included to link outlying densely settled territory with the densely settled core. To qualify as an urban area, the territory identified according to criteria must encompass at least 2,500 people, at least 1,500 of which reside outside institutional group quarters. The Census Bureau identifies two types of urban areas:

- Urbanized Areas (UAs) of 50,000 or more people;
- Urban Clusters (UCs) of at least 2,500 and less than 50,000 people.

‘Rural’ encompasses all population, housing, and territory not included within an urban area.”

Health Indicators

Percent Adults with Poor or Fair Health: Percentage of adults reporting poor or fair health (age-adjusted). This measure is based on survey responses to the question: “In general, would you say that your health is excellent, very good, good, fair, or poor?”

Source: Behavioral Risk Factor Surveillance System, 2006-2012

Mean Poor Mental Health Days: Average number of mentally unhealthy days reported in the past 30 days (age-adjusted). This measure is based on survey responses to the question: “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?”

Source: Behavioral Risk Factor Surveillance System, 2006-2012

Mean Poor Physical Health Days: Average number of physically unhealthy days reported in the past 30 days (age-adjusted). This measure is based on survey responses to the question: “Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?”

Source: Behavioral Risk Factor Surveillance System, 2006-2012

Percent Adult Obese: Percentage of the adult population that reports a body mass index (BMI) greater than or equal to 30 kg/m².

Source: National Center for Chronic Disease Prevention and Health Promotion, 2011

Percent Physically Inactive: Percentage of adults age 20 and over reporting no leisure-time physical activity. Examples of physical activities provided include running, calisthenics, golf, gardening, or walking for exercise.

Source: National Diabetes Surveillance System, 2011

Percent Adult Smoking: Percentage of adults (age 20 and older) who are current smokers, defined as adults who currently smoke every day or most days and have smoked at least 100 cigarettes in their lifetime.

Source: Behavioral Risk Factor Surveillance System, 2006-2012

Percent Excessive Drinking: Percentage of adults reporting binge or heavy drinking. Binge drinking was defined as consuming more than 4 (women) or 5 (men) alcoholic beverages on a single occasion in the past 30 days. Heavy drinking was defined as drinking more than one (women) or 2 (men) drinks per day on average.

Source: Behavioral Risk Factor Surveillance System, 2006-2012

Teen Births: Number of births per 1,000 female population ages 15-19.

Source: National Vital Statistics System, 2006-2012

Percent Adult with Diabetes: Percentage of adults aged 20 and above with diagnosed diabetes.

Source: The National Diabetes Surveillance System, 2011