

Supplementary Data

Appendix A. Articles Included in Systematic Literature Review

1. Abell JE, Hootman JM, Zack MM, Moriarty D, Helmick CG. Physical activity and health related quality of life among people with arthritis. *J Epidemiol Community Health*. 2005;59(5):380–5.
2. Andresen EM, Catlin TK, Wyrwich KW, Jackson-Thompson J. Retest reliability of surveillance questions on health related quality of life. *J Epidemiol Community Health*. 2003;57(5):339–43.
3. Antwi S, Steck SE, Heidari K. Association between prevalence of chronic obstructive pulmonary disease and health-related quality of life, South Carolina, 2011. *Prev Chronic Dis*. 2013;10:E215.
4. Austin S, Qu H, Shewchuk RM. Association between adherence to physical activity guidelines and health-related quality of life among individuals with physician-diagnosed arthritis. *Qual Life Res*. 2012;21(8):1347–57.
5. Bish CL, Blanck HM, Maynard LM, Serdula MK, Thompson NJ, Khan LK. Health-related quality of life and weight loss practices among overweight and obese US adults, 2003 Behavioral Risk Factor Surveillance System. *MedGenMed*. 2007;9(2):35.
6. Bish CL, Michels Blanck H, Maynard LM, Serdula MK, Thompson NJ, Kettel Khan L. Health-related quality of life and weight loss among overweight and obese U.S. adults, 2001 to 2002. *Obesity (Silver Spring)*. 2006;14(11):2042–53.
7. Brown DR, Carroll DD, Workman LM, Carlson SA, Brown DW. Physical activity and health-related quality of life: US adults with and without limitations. *Qual Life Res*. 2014;23(10):2673–80.
8. Brown DS, Thompson WW, Zack MM, Arnold SE, Barile JP. Associations between health-related quality of life and mortality in older adults. *Prev Sci*. 2015;16(1):21–30.
9. Brown DW, Balluz LS, Ford ES, et al. Associations between short- and long-term unemployment and frequent mental distress among a national sample of men and women. *J Occup Environ Med*. 2003;45(11):1159–66.
10. Brown DW, Balluz LS, Giles WH, et al. Diabetes mellitus and health-related quality of life among older adults. Findings from the Behavioral Risk Factor Surveillance System (BRFSS). *Diabetes Res Clin Pract*. 2004;65(2):105–15.
11. Brown DW, Balluz LS, Heath GW, et al. Associations between recommended levels of physical activity and health-related quality of life. Findings from the 2001 Behavioral Risk Factor Surveillance System (BRFSS) survey. *Prev Med*. 2003;37(5):520–8.
12. Brown DW, Brown DR, Heath GW, et al. Associations between physical activity dose and health-related quality of life. *Med Sci Sports Exerc*. 2004;36(5):890–6.
13. Brown DW, Pleasants R, Ohar JA, et al. Health-related quality of life and chronic obstructive pulmonary disease in North Carolina. *N Am J Med Sci*. 2010;2(2):60–5.
14. Bruno M, Touger-Decker R, Byham-Gray L, Denmark R. Workplace weight loss program: impact on quality of life. *J Occup Environ Med*. 2011;53(12):1396–403.
15. Buttke D, Vagi S, Bayleyegn T, et al. Mental health needs assessment after the Gulf Coast oil spill-Alabama and Mississippi, 2010. *Prehosp Disaster Med*. 2012;27(5):401–8.
16. Callahan LF, Martin KR, Shreffler J, et al. Independent and combined influence of homeownership, occupation, education, income, and community poverty on physical health in persons with arthritis. *Arthritis Care Res (Hoboken)*. 2011;63(5):643–53.
17. Callahan LF, Shreffler J, Mielenz TJ, et al. Health-related quality of life in adults from 17 family practice clinics in North Carolina. *Prev Chronic Dis*. 2009;6(1):A05.
18. Calvert WJ, Isaac EP, Johnson S. Health-related quality of life and health-promoting behaviors in black men. *Health Soc Work*. 2012;37(1):19–27.
19. Chen X, Gelaye B, Williams MA. Sleep characteristics and health-related quality of life among a national sample of American young adults: assessment of possible health disparities. *Qual Life Res*. 2014;23(2):613–25.
20. Cheung CK, Wyman JF, Halcon LL. Use of complementary and alternative therapies in community-dwelling older adults. *J Altern Complement Med*. 2007;13(9):997–1006.
21. Chowdhury PP, Balluz L, Strine TW. Health-related quality of life among minority populations in the United States, BRFSS 2001–2002. *Ethn Dis*. 2008;18(4):483–7.
22. Cook EL, Harman JS. A comparison of health-related quality of life for individuals with mental health disorders and common chronic medical conditions. *Public Health Rep*. 2008;123(1):45–51.
23. Crews JE, Chou CF, Zhang X, Zack MM, Saaddine JB. Health-related quality of life among people aged ≥ 65 years with self-reported visual impairment: findings from the 2006–2010 behavioral risk factor surveillance system. *Ophthalmic Epidemiol*. 2014;21(5):287–96.
24. Cutshaw CA, Staten LK, Reinschmidt KM, Davidson C, Roe DJ. Depressive symptoms and health-related quality of life among participants in the Pasos Adelante chronic disease prevention and control program, Arizona, 2005–2008. *Prev Chronic Dis*. 2012;9:E24.
25. Dhingra SS, Zack M, Strine T, Pearson WS, Balluz L. Determining prevalence and correlates of psychiatric treatment with Andersen’s behavioral model of health services use. *Psychiatr Serv*. 2010;61(5):524–8.
26. Drum CE, Horner-Johnson W, Krahn GL. Self-rated health and healthy days: examining the “disability paradox”. *Disabil Health J*. 2008;1(2):71–8.
27. Duncan MJ, Kline CE, Vandelanotte C, Sargent C, Rogers NL, Di Milia L. Cross-sectional associations between multiple lifestyle behaviors and health-related quality of life in the 10,000 Steps cohort. *PLoS ONE*. 2014;9(4):e94184.
28. Elliott JO, Charyton C, Lu B, Moore JL. Serious psychological distress and health outcomes for persons with epilepsy in poverty. *Seizure*. 2009;18(5):332–8.
29. Fernald DH, Dickinson LM, Froshaug DB, et al. Improving multiple health risk behaviors in primary care: lessons from the Prescription for Health Common Measures, Better Outcomes (COMBO) study. *J Am Board Fam Med*. 2012;25(5):701–11.
30. Ford ES, Li C. Metabolic syndrome and health-related quality of life among U.S. adults. *Ann Epidemiol*. 2008;18(3):165–71.

31. Ford ES, Mannino DM, Homa DM, et al. Self-reported asthma and health-related quality of life: findings from the behavioral risk factor surveillance system. *Chest*. 2003;123(1):119–27.
32. Ford ES, Mannino DM, Redd SC, Moriarty DG, Mokdad AH. Determinants of quality of life among people with asthma: findings from the Behavioral Risk Factor Surveillance System. *J Asthma*. 2004;41(3):327–36.
33. Ford ES, Mokdad AH, Li C, et al. Gender differences in coronary heart disease and health-related quality of life: findings from 10 states from the 2004 behavioral risk factor surveillance system. *J Womens Health (Larchmt)*. 2008;17(5):757–68.
34. Froshaug DB, Dickinson LM, Fernald DH, Green LA. Personal health behaviors are associated with physical and mental unhealthy days: a Prescription for Health (P4H) practice-based research networks study. *J Am Board Fam Med*. 2009;22(4):368–74.
35. Fujishiro K. Is perceived racial privilege associated with health? Findings from the Behavioral Risk Factor Surveillance System. *Soc Sci Med*. 2009;68(5):840–4.
36. Greenlund KJ, Giles WH, Keenan NL, Croft JB, Mensah GA. Physician advice, patient actions, and health-related quality of life in secondary prevention of stroke through diet and exercise. *Stroke*. 2002;33(2):565–70.
37. Griffin-Blake CS, Tucker PJ, Liburd L. Mind over matter: exploring job stress among female blue-collar workers. *J Womens Health (Larchmt)*. 2006;15(10):1105–10.
38. Harris JR, Huang Y, Hannon P, Williams B. Low-socioeconomic status workers: Their health risks and how to reach them. *J Occup Environ Med*. 2011;53(2):132–138.
39. Hassan MK, Joshi AV, Madhavan SS, Amonkar MM. Obesity and health-related quality of life: a cross-sectional analysis of the US population. *Int J Obes Relat Metab Disord*. 2003;27(10):1227–32.
40. Hayes DK, Denny CH, Keenan NL, Croft JB, Greenlund KJ. Health-related quality of life and hypertension status, awareness, treatment, and control: National Health and Nutrition Examination Survey, 2001–2004. *J Hypertens*. 2008;26(4):641–7.
41. Hayes DK, Greenlund KJ, Denny CH, Neyer JR, Croft JB, Keenan NL. Racial/ethnic and socioeconomic disparities in health-related quality of life among people with coronary heart disease, 2007. *Prev Chronic Dis*. 2011;8(4):A78.
42. Heller DA, Gold CH, Ahem FM, Pringle KE, Brown TV, Glessner MR. Changes in elderly women's health-related quality of life following discontinuation of hormone replacement therapy. *BMC Womens Health*. 2005;5:7.
43. Heo M, Allison DB, Faith MS, Zhu S, Fontaine KR. Obesity and quality of life: mediating effects of pain and comorbidities. *Obes Res*. 2003;11(2):209–16.
44. Hootman JM, Cheng WY. Psychological distress and fair/poor health among adults with arthritis: state-specific prevalence and correlates of general health status, United States, 2007. *Int J Public Health*. 2009;54 Suppl 1:75–83.
45. Huang DL, Chan KC, Young BA. Poor oral health and quality of life in older U.S. adults with diabetes mellitus. *J Am Geriatr Soc*. 2013;61(10):1782–8.
46. Hung DY, Glasgow RE, Dickinson LM, et al. The chronic care model and relationships to patient health status and health-related quality of life. *Am J Prev Med*. 2008;35(5 Suppl):S398–406.
47. Jia H, Lubetkin EI. Time trends and seasonal patterns of health-related quality of life among U.S. adults. *Public Health Rep*. 2009;124(5):692–701.
48. Jia H, Moriarty DG, Kanarek N. County-level social environment determinants of health-related quality of life among US adults: a multilevel analysis. *J Community Health*. 2009;34(5):430–9.
49. Jia H, Muennig P, Lubetkin EI, Gold MR. Predicting geographical variations in behavioural risk factors: an analysis of physical and mental healthy days. *J Epidemiol Community Health*. 2004;58(2):150–5.
50. Jung H, Chang C. Is obesity related to deteriorating mental health of the U.S. working-age population? *J Behav Med*. 2015;38(1):81–90.
51. Kanarek N, Tsai HL, Stanley J. Health ranking of the largest US counties using the Community Health Status Indicators peer strata and database. *J Public Health Manag Pract*. 2011;17(5):401–5.
52. Kobau R, Safran MA, Zack MM, Moriarty DG, Chapman D. Sad, blue, or depressed days, health behaviors and health-related quality of life, Behavioral Risk Factor Surveillance System, 1995–2000. *Health Qual Life Outcomes*. 2004;2:40.
53. Kruger J, Bowles HR, Jones DA, Ainsworth BE, Kohl HW. Health-related quality of life, BMI and physical activity among US adults (>= 18 years): National Physical Activity and Weight Loss Survey, 2002. *Int J Obes (Lond)*. 2007;31(2):321–7.
54. Layne Moore J, Elliott JO, Lu B, Klatte ET, Charyton C. Serious psychological distress among persons with epilepsy based on the 2005 California Health Interview Survey. *Epilepsia*. 2009;50(5):1077–84.
55. Lenz TL, Monaghan MS. Implementing lifestyle medicine with medication therapy management services to improve patient-centered health care. *J Am Pharm Assoc (2003)*. 2011;51(2):184–8.
56. Li C, Ford ES, Mokdad AH, Balluz LS, Brown DW, Giles WH. Clustering of cardiovascular disease risk factors and health-related quality of life among US adults. *Value Health*. 2008;11(4):689–99.
57. Li C, Ford ES, Mokdad AH, Jiles R, Giles WH. Clustering of multiple healthy lifestyle habits and health-related quality of life among U.S. adults with diabetes. *Diabetes Care*. 2007;30(7):1770–6.
58. Li Y, Crews JE, Elam-Evans LD, et al. Visual impairment and health-related quality of life among elderly adults with age-related eye diseases. *Qual Life Res*. 2011;20(6):845–52.
59. Luncheon C, Zack M. Health-related quality of life among US veterans and civilians by race and ethnicity. *Prev Chronic Dis*. 2012;9:E108.
60. Luncheon C, Zack M. Health-related quality of life and the physical activity levels of middle-aged women, California Health Interview Survey, 2005. *Prev Chronic Dis*. 2011;8(2):A36.
61. Mahabaleshwarkar R, Khanna R, West-Strum D, Yang Y. Association between health-related quality of life and colorectal cancer screening. *Popul Health Manag*. 2013;16(3):178–189.
62. Mcguire LC, Strine TW, Okoro CA, Ahluwalia IB, Ford ES. Modifiable characteristics of a healthy lifestyle in U.S. older adults with or without frequent mental distress: 2003 Behavioral Risk Factor Surveillance System. *Am J Geriatr Psychiatry*. 2007;15(9):754–61.
63. Mingo CA, Martin KR, Shreffler J, Schoster B, Callahan LF. Individual and community socioeconomic status: impact on mental health in individuals with arthritis. *Arthritis*. 2014;2014:256498.
64. Moriarty DG, Zack MM, Holt JB, Chapman DP, Safran MA. Geographic patterns of frequent mental distress: U.S.

- adults, 1993–2001 and 2003–2006. *Am J Prev Med.* 2009; 36(6):497–505.
65. Muennig P, Jia H, Lee R, Lubetkin E. I think therefore I am: perceived ideal weight as a determinant of health. *Am J Public Health.* 2008;98(3):501–6.
 66. Nambi GS, Inbasekaran D, Khuman R, Devi S, Shanmuganath, Jagannathan K. Changes in pain intensity and health related quality of life with Iyengar yoga in non-specific chronic low back pain: A randomized controlled study. *Int J Yoga.* 2014;7(1):48–53.
 67. Okoro C, Strine T, Mcguire L, Balluz L, Mokdad A. Employment status and frequent mental distress among adults with disabilities. *Occup Med (Lond).* 2007;57(3):217–20.
 68. Okoro CA, Brewer RD, Naimi TS, Moriarty DG, Giles WH, Mokdad AH. Binge drinking and health-related quality of life: do popular perceptions match reality? *Am J Prev Med.* 2004;26(3):230–3.
 69. Otiniano AD, Gee GC. Self-reported discrimination and health-related quality of life among Whites, Blacks, Mexicans and Central Americans. *J Immigr Minor Health.* 2012;14(2):189–97.
 70. Paksin-Hall A, Dent ML, Dong F, Ablah E. Factors contributing to diabetes patients not receiving annual dilated eye examinations. *Ophthalmic Epidemiol.* 2013; 20(5):281–287.
 71. Quick V, McWilliams R, Byrd-Bredbenner C. A case-control study of current psychological well-being and weight-teasing history in young adults with and without bowel conditions. *J Hum Nutr Diet.* 2015;28(1):28–36.
 72. Quinlivan EB, Fletcher J, Eastwood EA, Blank AE, Verdecias N, Roytburd K. Health status of HIV-infected women entering care: baseline medical findings from the women of color initiative. *AIDS Patient Care STDS.* 2015;29 Suppl 1:S11–9
 73. Richardson LC, Townsend JS, Fairley TL, et al. Use of 2001–2002 Behavioral Risk Factor Surveillance System data to characterize cancer survivors in North Carolina. *N C Med J.* 2011;72(1):20–7.
 74. Richardson LC, Wingo PA, Zack MM, Zahran HS, King JB. Health-related quality of life in cancer survivors between ages 20 and 64 years: population-based estimates from the Behavioral Risk Factor Surveillance System. *Cancer.* 2008;112(6):1380–9.
 75. Schlomer B, Breyer B, Copp H, Baskin L, Disandro M. Do adult men with untreated hypospadias have adverse outcomes? A pilot study using a social media advertised survey. *J Pediatr Urol.* 2014;10(4):672–9.
 76. Schmitz N, Gariépy G, Smith KJ, et al. Response to comment on Schmitz et al. Recurrent subthreshold depression in type 2 diabetes: an important risk factor for poor health outcomes. *Diabetes care.* 2014;37:970–978. *Diabetes Care.* 2014;37(6):e146–7.
 77. Schmitz N, Messier L, Nitka D, et al. Factors associated with disability and depressive symptoms among individuals with diabetes: a community study in Quebec. *Psychosomatics.* 2011;52(2):167–77.
 78. Segev Z, Arif AA, Rohrer JE. Activity limitations and healthcare access as correlates of frequent mental distress in adults 65 years and older: a behavioral risk factor surveillance study–2008. *J Prim Care Community Health.* 2012;3(1):17–22.
 79. Sehili S, Elbasha EH, Moriarty DG, Zack MM. Inequalities in self-reported physical health in the United States, 1993–1999. *Health Econ.* 2005;14(4):377–89.
 80. Shih M, Simon PA. Health-related quality of life among adults with serious psychological distress and chronic medical conditions. *Qual Life Res.* 2008;17(4):521–8.
 81. Simpson C, Carter P. The Impact of living arrangements on dementia caregiver’s sleep quality. *Am J Alzheimers Dis Other Demen.* 2015;30(4):352–9.
 82. Sinnott R, Maddela RL, Bae S, Best T. The effect of dietary supplements on the quality of life of retired professional football players. *Glob J Health Sci.* 2013;5(2): 13–26.
 83. Skarupski KA, Zack MM, Bienias JL, Scherr PA, Evans DA. The relationship between mentally unhealthy days and depressive symptoms among older adults over time. *J Appl Gerontol.* 2011;30(20):241–253.
 84. Smith KJ, Schmitz N. Association of depression and anxiety symptoms with functional disability and disability days in a community sample with type 2 diabetes. *Psychosomatics.* 2014;55(6):659–67.
 85. Smith ML, Cho J, Salazar CI, Ory MG. Changes in quality of life indicators among Chronic Disease Self-Management Program participants: an examination by race and ethnicity. *Ethn Dis.* 2013;23(2):182–8.
 86. Strine TW, Balluz L, Chapman DP, Moriarty DG, Owens M, Mokdad AH. Risk behaviors and healthcare coverage among adults by frequent mental distress status, 2001. *Am J Prev Med.* 2004;26(3):213–6.
 87. Strine TW, Greenlund KJ, Brown DW, Mokdad A, Balluz L. Characteristics of people aged 45 years or older with heart disease by frequent mental distress status, 2001. *Prev Med.* 2004;39(1):191–6.
 88. Strine TW, Hootman JM, Okoro CA, et al. Frequent mental distress status among adults with arthritis age 45 years and older, 2001. *Arthritis Rheum.* 2004;51(4):533–7.
 89. Thompson WW, Zack MM, Krahn GL, Andresen EM, Barile JP. Health-related quality of life among older adults with and without functional limitations. *Am J Public Health.* 2012;102(3):496–502.
 90. Wallace LS, Rogers ES, Weiss BD. Relationship between health literacy and health-related quality of life among Tennesseans. *Tenn Med.* 2008;101(5):35–9.
 91. Wen XJ, Balluz L. Association between presence of visible in-house mold and health-related quality of life in adults residing in four U.S. states. *J Environ Health.* 2011; 73(9):8–14.
 92. Wen XJ, Kanny D, Thompson WW, Okoro CA, Town M, Balluz LS. Binge drinking intensity and health-related quality of life among US adult binge drinkers. *Prev Chronic Dis.* 2012;9:E86.
 93. Wheaton AG, Ford ES, Thompson WW, Greenlund KJ, Presley-Cantrell LR, Croft JB. Pulmonary function, chronic respiratory symptoms, and health-related quality of life among adults in the United States–National Health and Nutrition Examination Survey 2007–2010. *BMC Public Health.* 2013;13:854.
 94. Whitaker RC, Becker BD, Herman AN, Gooze RA. The physical and mental health of Head Start staff: the Pennsylvania Head Start staff wellness survey, 2012. *Prev Chronic Dis.* 2013;10:E181.
 95. Wubben DP, Porterfield D. Health-related quality of life among North Carolina adults with diabetes mellitus. *N C Med J.* 2005;66(3):179–85.
 96. Zack MM, Moriarty DG, Stroup DF, Ford ES, Mokdad AH. Worsening trends in adult health-related quality of

- life and self-rated health-United States, 1993–2001. *Public Health Rep.* 2004;119(5):493–505.
97. Zahran HS, Zack MM, Vernon-Smilely ME, Hertz MF. Health-related quality of life and behaviors risky to health among adults aged 18–24 years in secondary or higher education-United States, 2003–2005. *J Adolesc Health.* 2007;41(4):389–97.
 98. Zhang L, Ferguson TF, Simonsen N, Chen L, Tseng TS. Racial/ethnic disparities in realth-related quality of life among participants with self-reported diabetes from NHANES 2001–2010. *Diabetes Educ.* 2014;40(4):496–506.
 99. Zullig KJ, Hendryx M. A comparative analysis of health-related quality of life for residents of U.S. counties with and without coal mining. *Public Health Rep.* 2010;125(4):548–55.
 100. Zullig KJ, Hendryx M. Health-related quality of life among central Appalachian residents in mountaintop mining counties. *Am J Public Health.* 2011;101(5):848–53.
 101. Mili F, Helmick CG, Moriarty DG. Health related quality of life among adults reporting arthritis: analysis of data from the Behavioral Risk Factor Surveillance System, US, 1996–9. *J Rheumatol.* 2003;30(1):160–6.
 102. Morgen K, Astone-Twerell J, Hernitche T, et al. Health-related quality of life among substance abusers in residential drug abuse treatment. *Appl Res Qual Life.* 2007;2(4):239–246.
 103. Becker H, Stuifbergen A. Perceptions of health and relationships to disability measures among people with multiple sclerosis. *Int J MS Care.* 2009;11(2):57–65.
 104. Brown DW, Brown DR, Heath GW, Moriarty DG, Balluz L, Giles WH. Relationships between engaging in recommended levels of physical activity and health-related quality of life among hypertensive adults. *J Phys Act Health.* 2006;3(2):137–147.
 105. Ford ES, Moriarty DG, Zach MM, Mokdad AH. Self-reported body mass index and health-related quality of life: findings from the Behavioral Risk Factor Surveillance System. *Obes Res.* 2001;9(1):21–31.
 106. Smith DW. The population perspective on quality of life among Americans with diabetes. *Qual Life Res.* 2004;13(8):1391–400.
 107. Drewnowski A, Monsen E, BirkettD, et al. Health screening and health promotion programs for the elderly. *Disease Management and Health Outcomes.* 2003;11(5):229–309.
 108. Tucker SJ, Harris MR, Pipe TB, Stevens SR. Nurses' ratings of their health and professional work environments. *AAOHN J.* 2010;58(6):253–67.
 109. Gandhi PK, Gentry WM, Kibert JL, et al. The relationship between four health-related quality-of-life indicators and use of mammography and Pap test screening in US women. *Qual Life Res.* 2015;24(9):2113–28.
 110. Kim D, Kawachi I. US state-level social capital and health-related quality of life: multilevel evidence of main, mediating, and modifying effects. *Ann Epidemiol.* 2006;17(4):258–69.