



# Mental Health Among Adults

## Western Pyramid Region, 2017

### Frequent Mental Distress



Frequent mental distress (FMD) is defined as having fourteen or more days of poor mental health in the past thirty days.

In 2017, **nearly 9 of every 100** Western Pyramid Region adults 18 years and older had frequent mental distress.

### Depressive Disorder



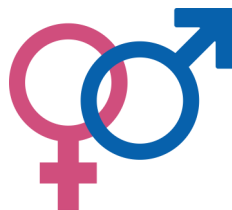
Depressive disorder is defined as depression, major depression, dysthymia, or minor depression.

In 2017, **about 18 of every 100** Western Pyramid Region adults 18 years and older had depressive disorder.

# Depressive Disorder by Selected Socio-demographic Characteristics, Western Pyramid Region

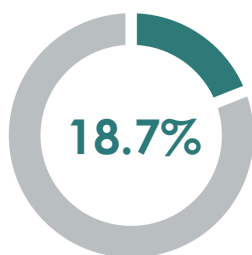
## BY GENDER\*

**23.0%**  
23 of every  
100 adult women.

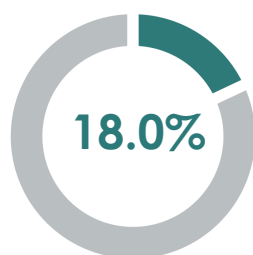


**13.2%**  
About 13 of every  
100 adult men.

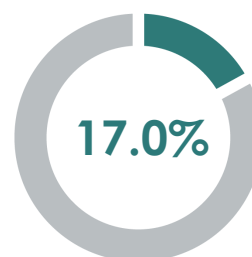
## BY AGE\*



Nearly 19 of every 100  
adults aged 18-44 years.



18 of every 100 adults aged  
45-64 years.



17 of every 100 adults aged 65  
years and older.

## BY ANNUAL HOUSEHOLD INCOME\*



**24.4%**

About 24 of every 100 adults with  
an annual household income of  
less than \$35,000 per year.



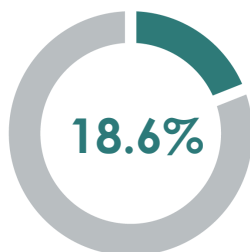
**14.8%**

Nearly 15 of every 100 adults with  
an annual household income of  
\$35,000 or higher per year.

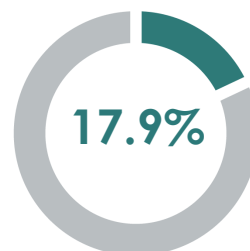
\*The prevalence estimates of depressive disorder in Western Pyramid Region are not significantly different by gender, age and annual household income groups.

# Depressive Disorder by Selected Socio-demographic Characteristics, Western Pyramid Region

## BY EDUCATION\*



Nearly **19** of every 100 adults with a high school education or less.



Nearly **18** of every 100 adults with some college education or higher.

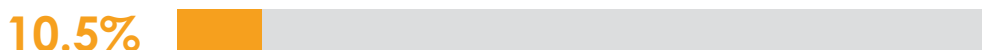
## BY DISABILITY STATUS

Depressive Disorder was **significantly higher among persons living with a disability†** compared to those **living without a disability**.

Nearly **46** of every 100 adults who reported living with a disability.

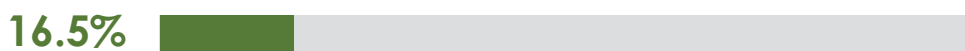


Nearly **11** of every 100 adults who reported living without a disability.



## BY OBESITY\*

About **16** of every 100 adults who were Normal or Underweight (BMI<25).



About **17** of every 100 adults who were Overweight (25<=BMI<30).



About **23** of every 100 adults who were Obese (BMI>=30).



† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

\* The prevalence estimates of depressive disorder in Western Pyramid Region are not significantly different by education and obesity groups.

# Depressive Disorder by Selected Socio-demographic Characteristics, Western Pyramid Region

## BY PHYSICAL ACTIVITY\*



16.5%

**Nearly 17** of every 100 adults who participate in leisure-time physical activity



25.4%

**About 25** of every 100 adults who did not participate in leisure-time physical activity

\* The prevalence estimates of depressive disorder in Western Pyramid Region are not significantly different by physical activity groups.

‡Physically Inactive: Respondents were classified as physically inactive if they responded "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

Western Pyramid Region counties: Finney, Greeley, Hamilton, Kearny, Lane, Scott, Wallace, Wichita

Kansas Behavioral Risk Factor Surveillance System-Local Data, 2017. Kansas Department of Health and Environment, Bureau of Health Promotion website. Available at <http://www.kdheks.gov/brfss/BRFSS2017/index.html>. Accessed July 21, 2019.

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