



# Mental Health Among Adults

## Southwest Surveillance 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 6 of every 100** Southwest Surveillance 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 16 of every 100** Southwest Surveillance Region adults 18 years and older had depressive disorder.

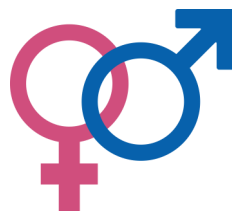
# Depressive Disorder by Selected Socio-demographic Characteristics, Southwest Surveillance Region

## BY GENDER

Depressive Disorder was significantly higher among **women** compared to **men**.

**23.5%**

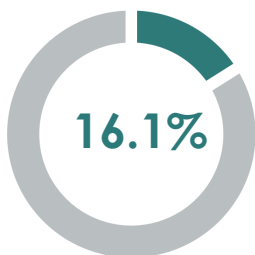
Nearly 24 of every 100 adult women.



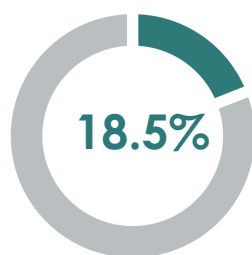
**9.5%**

Nearly 10 of every 100 adult men.

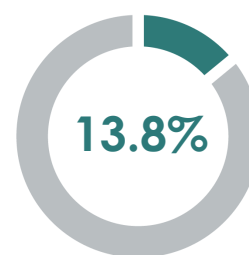
## BY AGE\*



About 16 of every 100 adults aged 18-44 years.



Nearly 19 of every 100 adults aged 45-64 years.



Nearly 14 of every 100 adults aged 65 years and older.

## BY ANNUAL HOUSEHOLD INCOME\*



**20.7%**

Nearly 21 of every 100 adults with an annual household income of less than \$35,000 per year.



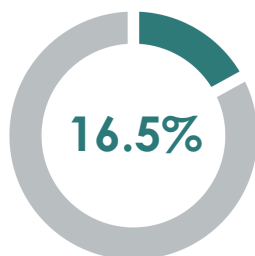
**12.6%**

Nearly 13 of every 100 adults with an annual household income of \$35,000 or higher per year.

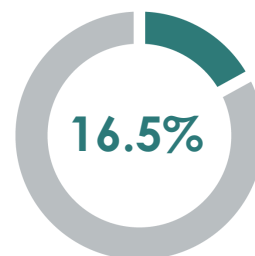
\*The prevalence estimates of depressive disorder in Southwest Surveillance Region are not significantly different by age and annual household income groups.

# Depressive Disorder by Selected Socio-demographic Characteristics, Southwest Surveillance Region

## BY EDUCATION\*



Nearly 17 of every 100 adults with a high school education or less.



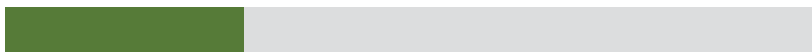
Nearly 17 of every 100 adults with some college education or higher.

## BY DISABILITY STATUS

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

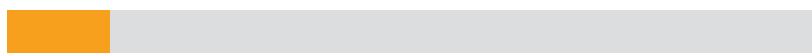
About 29 of every 100 adults who reported living with a disability.

29.4%



Nearly 13 of every 100 adults who reported living without a disability.

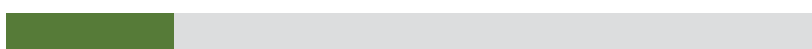
12.6%



## BY OBESITY\*

Nearly 21 of every 100 adults who were Normal or Underweight (BMI<25).

20.6%



Nearly 12 of every 100 adults who were Overweight (25<=BMI<30).

11.5%



About 19 of every 100 adults who were Obese (BMI>=30).

18.5%



† 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 Southwest Surveillance Region are not significantly different by education and obesity groups.

# Depressive Disorder by Selected Socio-demographic Characteristics, Southwest Surveillance Region

## BY PHYSICAL ACTIVITY\*



19.6%

**Nearly 20** of every 100 adults who participate in leisure-time physical activity



11.2%

**About 11** of every 100 adults who did not participate in leisure-time physical activity

\* The prevalence estimates of depressive disorder in Southwest Surveillance 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?”

Southwest Surveillance Region counties: Clark, Ford, Gray, Haskell, Hodgeman, Meade

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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