

Mental Health Among Adults

Southwest Kansas Health Initiative, 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, **9 of every 100** Southwest Kansas Health Initiative adults 18 years and older had frequent mental distress.



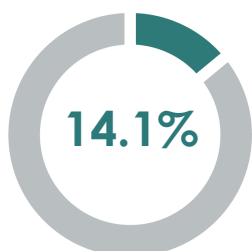
Depressive Disorder

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

In 2017, **nearly 13 of every 100** Southwest Kansas Health Initiative adults 18 years and older had depressive disorder.

Depressive Disorder by Selected Socio-demographic Characteristics, Southwest Kansas Health Initiative

BY AGE*



About 14 of every 100 adults aged 18-44 years.



10 of every 100 adults aged 45-64 years.

BY ANNUAL HOUSEHOLD INCOME*



17.1%

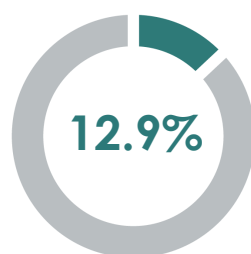
About 17 of every 100 adults with an annual household income of less than \$35,000 per year.



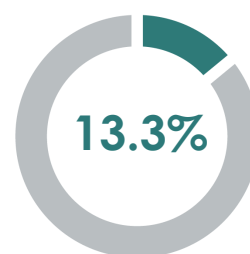
10.8%

Nearly 11 of every 100 adults with an annual household income of \$35,000 or higher per year.

BY EDUCATION*



Nearly 13 of every 100 adults with a high school education or less.



About 13 of every 100 adults with some college education or higher.

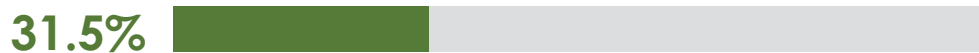
* The prevalence estimates of depressive disorder in Southwest Kansas Health Initiative are not significantly different by age, annual household income, and education groups.

Depressive Disorder by Selected Socio-demographic Characteristics, Southwest Kansas Health Initiative

BY DISABILITY STATUS

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

About **31** of every 100 adults who reported living with a disability.



About **6** of every 100 adults who reported living without a disability.



BY PHYSICAL ACTIVITY

Depressive Disorder was significantly higher among adults **who were physically inactive‡** compared to adults **who were physically active.**



7.6%

Nearly 8 of every 100 adults who participate in leisure-time physical activity



21.8%

Nearly 22 of every 100 adults who did not participate in leisure-time physical activity

† 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).

‡ 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?"