

Mental Health Among Adults

Southeast Kansas (SEK) Multi-County 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, **about 12 of every 100** Southeast Kansas (SEK) Multi-County Region adults 18 years and older had frequent mental distress.



Depressive Disorder

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

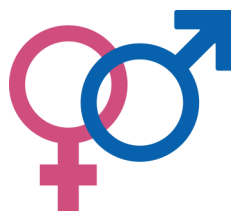
In 2017, **nearly 21 of every 100** Southeast Kansas (SEK) Multi-County Region adults 18 years and older had depressive disorder.

Depressive Disorder by Selected Socio-demographic Characteristics, Southeast Kansas (SEK) Multi-County Region

BY GENDER*

26.2%

About 26 of every 100 adult women.



14.5%

Nearly 15 of every 100 adult men.

BY AGE*

24.3%

About 24 of every 100 adults aged 18-44 years.

17.5%

Nearly 18 of every 100 adults aged 45-64 years.

18.8%

Nearly 19 of every 100 adults aged 65 years and older.

BY ANNUAL HOUSEHOLD INCOME

Depressive Disorder was significantly higher among persons with an annual household income of **less than \$35,000 per year** compared to those with **\$35,000 or higher per year**.

29.5%



Nearly 30 of every 100 adults with an annual household income of less than \$35,000 per year.

12.6%

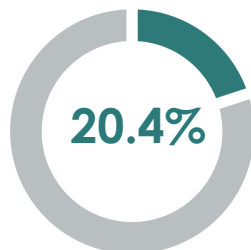


Nearly 13 of every 100 adults with an annual household income of \$35,000 or higher per year.

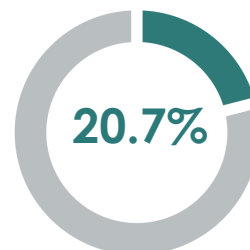
*The prevalence estimates of depressive disorder in Southeast Kansas (SEK) Multi-County Region are not significantly different by gender and age groups.

Depressive Disorder by Selected Socio-demographic Characteristics, Southeast Kansas (SEK) Multi-County Region

BY EDUCATION*



About 20 of every 100 adults with a high school education or less.



Nearly 21 of every 100 adults with some college education or higher.

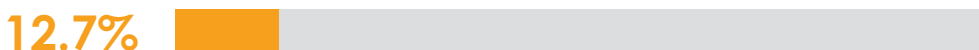
BY DISABILITY STATUS

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

36 of every 100 adults who reported living with a disability.



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



BY OBESITY*

About 20 of every 100 adults who were Overweight ($25 \leq \text{BMI} < 30$).



Nearly 28 of every 100 adults who were Obese ($\text{BMI} \geq 30$).



[†] 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 Southeast Kansas (SEK) Multi-County Region are not significantly different by education and obesity groups.

Depressive Disorder by Selected Socio-demographic Characteristics, Southeast Kansas (SEK) Multi-County Region

BY PHYSICAL ACTIVITY*



21.6%

Nearly 22 of every 100 adults who participate in leisure-time physical activity



19.2%

About 19 of every 100 adults who did not participate in leisure-time physical activity

* The prevalence estimates of depressive disorder in Southeast Kansas (SEK) Multi-County 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?”

Southeast Kansas (SEK) Multi-County Region counties: Allen, Anderson, Bourbon, Woodson

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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