

# Mental Health Among Adults

Shawnee County, 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 11 of every 100** Shawnee County 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, **25 of every 100** Shawnee County adults 18 years and older had depressive disorder.

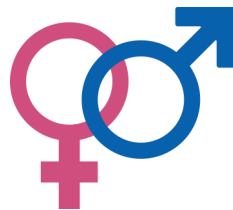
# Depressive Disorder by Selected Socio-demographic Characteristics, Shawnee County

## BY GENDER

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

**30.8%**

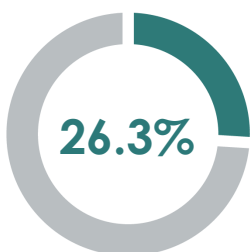
**Nearly 31** of every 100 adult women.



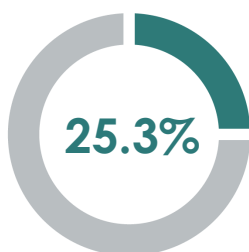
**18.7%**

**Nearly 19** of every 100 adult men.

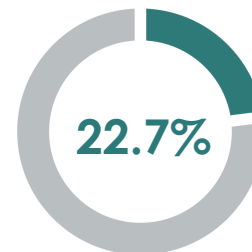
## BY AGE\*



**About 26** of every 100 adults aged 18-44 years.



**About 25** of every 100 adults aged 45-64 years.



**Nearly 23** of every 100 adults aged 65 years and older.

## BY ANNUAL HOUSEHOLD INCOME\*



**30.0%**

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



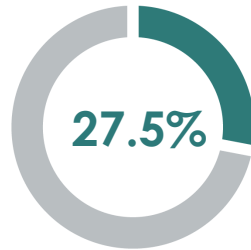
**22.3%**

**About 22** of every 100 adults with an annual household income of \$35,000 or higher per year.

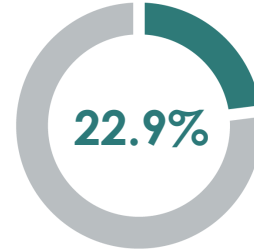
\* The prevalence estimates of depressive disorder in Shawnee County are not significantly different by age and annual household income groups.

# Depressive Disorder by Selected Socio-demographic Characteristics, Shawnee County

## BY EDUCATION\*



Nearly 28 of every 100 adults with a high school education or less.



Nearly 23 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 47 of every 100 adults who reported living with a disability.

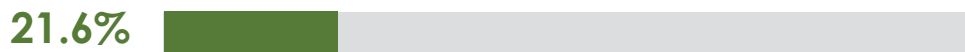


Nearly 18 of every 100 adults who reported living without a disability.

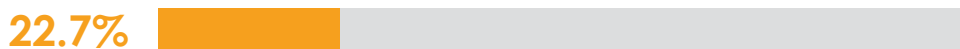


## BY OBESITY\*

Nearly 22 of every 100 adults who were Normal or Underweight (BMI<25).



Nearly 23 of every 100 adults who were Overweight (25<=BMI<30).



About 31 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 Shawnee County are not significantly different by education and obesity groups.

# Depressive Disorder by Selected Socio-demographic Characteristics, Shawnee County

## BY PHYSICAL ACTIVITY

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



22.8%

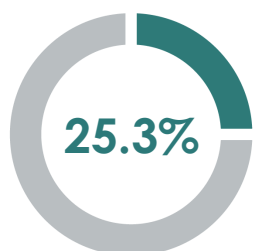
**Nearly 23** of every 100 adults who participate in leisure-time physical activity



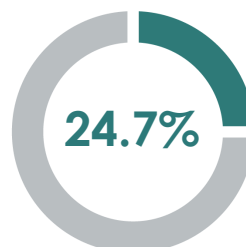
33.7%

**Nearly 34** of every 100 adults who did not participate in leisure-time physical activity

## BY HEALTH INSURANCE\*



**About 25** of every 100 adults who were insured.



**Nearly 25** of every 100 adults who were uninsured.

\* The prevalence estimates of depressive disorder in Shawnee County are not significantly different by health insurance 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?"