

# Mental Health Among Adults

East Central Kansas Public Health Coalition , 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, **13 of every 100** East Central Kansas Public Health Coalition 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 22 of every 100** East Central Kansas Public Health Coalition adults 18 years and older had depressive disorder.

# Depressive Disorder by Selected Socio-demographic Characteristics, East Central Kansas Public Health Coalition

## BY GENDER

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

**28.7%**

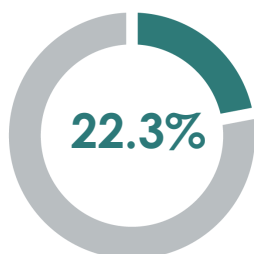
**Nearly 29** of every 100 adult women.



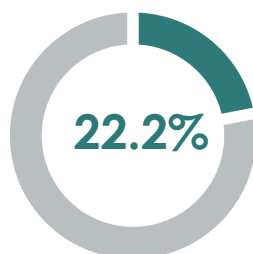
**14.1%**

**About 14** of every 100 adult men.

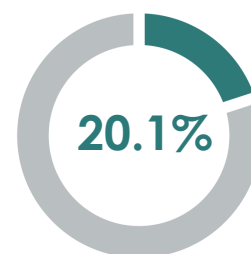
## BY AGE\*



**About 22** of every 100 adults aged 18-44 years.



**About 22** of every 100 adults aged 45-64 years.



**About 20** 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**.



**32.4%**

**About 32** of every 100 adults with an annual household income of less than \$35,000 per year.



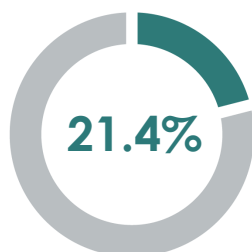
**15.1%**

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

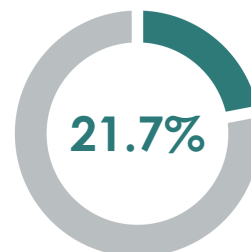
\* The prevalence estimates of depressive disorder in East Central Kansas Public Health Coalition are not significantly different by age.

# Depressive Disorder by Selected Socio-demographic Characteristics, East Central Kansas Public Health Coalition

## BY EDUCATION\*



About 21 of every 100 adults with a high school education or less.



Nearly 22 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 41 of every 100 adults who reported living with a disability.



Nearly 14 of every 100 adults who reported living without a disability.



## BY OBESITY

Depressive Disorder was significantly higher among adults **who were obese** compared to adults **who were overweight.**

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



About 15 of every 100 adults who were Overweight (25<=BMI<30).



Nearly 30 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 East Central Kansas Public Health Coalition are not significantly different by education groups.

# Depressive Disorder by Selected Socio-demographic Characteristics, East Central Kansas Public Health Coalition

## BY PHYSICAL ACTIVITY\*



19.6%

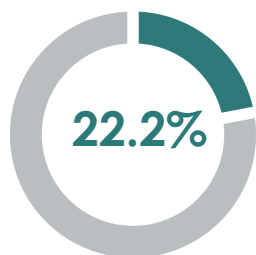
**Nearly 20** of every 100 adults who participate in leisure-time physical activity



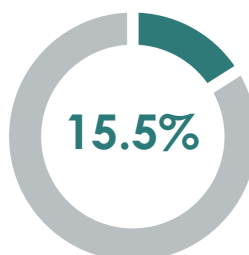
29.3%

**About 29** of every 100 adults who did not participate in leisure-time physical activity

## BY HEALTH INSURANCE\*



**About 22** of every 100 adults who were insured.



**Nearly 16** of every 100 adults who were uninsured.

\* The prevalence estimates of depressive disorder in East Central Kansas Public Health Coalition are not significantly different by physical activity and 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?”

East Central Kansas Public Health Coalition counties: Chase, Coffey, Franklin, Greenwood, Lyon, Morris, Osage, Wabaunsee  
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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