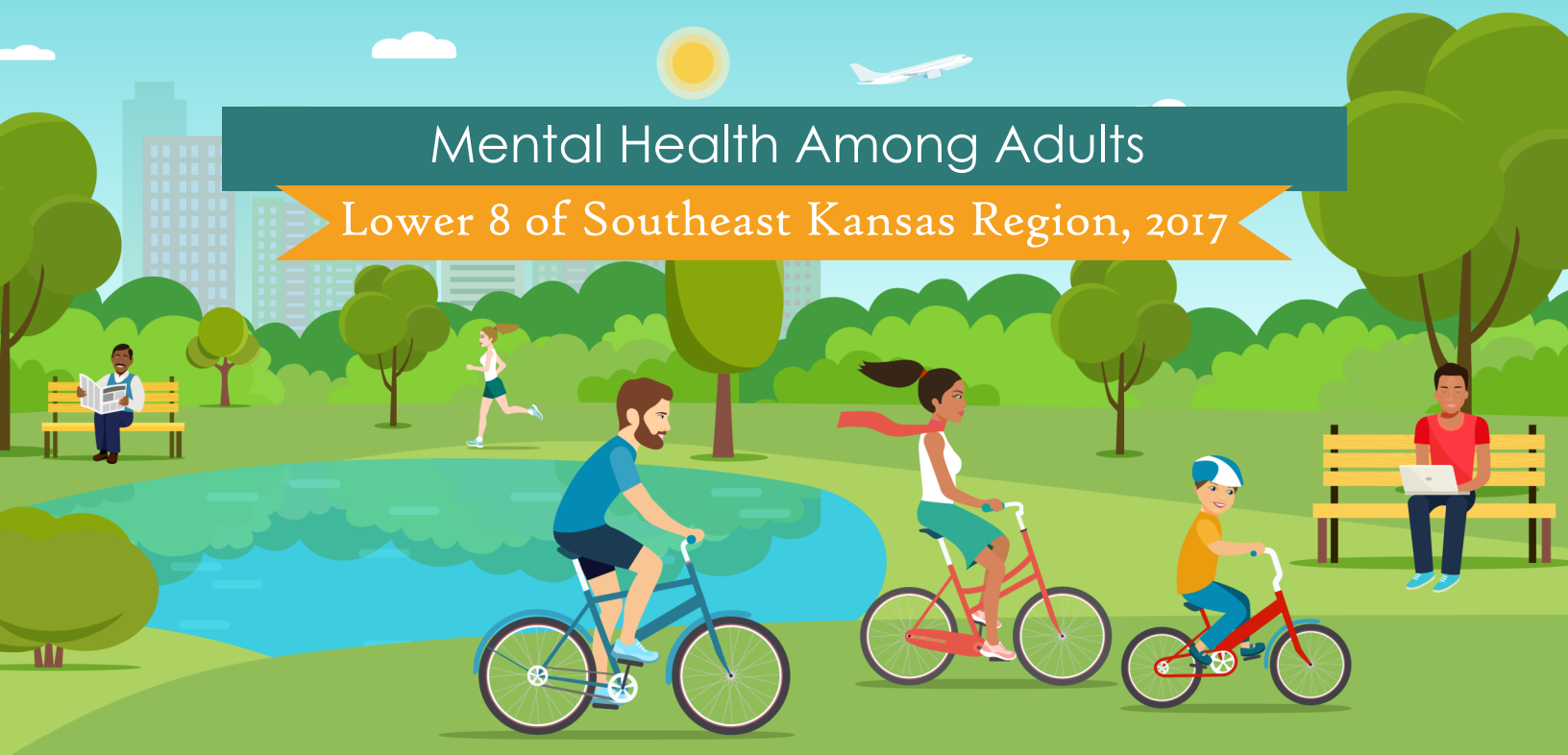# Mental Health Among Adults
Lower 8 of Southeast Kansas Region, 2017

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 14 of every 100** Lower 8 of Southeast Kansas 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, **21 of every 100** Lower 8 of Southeast Kansas Region adults 18 years and older had depressive disorder.
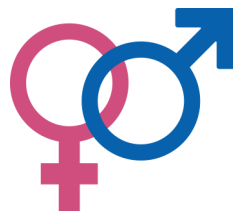
Kansas
Department of Health
and Environment

www.kdheks.gov/brfss

Depressive Disorder by Selected Socio-demographic Characteristics, Lower 8 of Southeast Kansas Region

BY GENDER

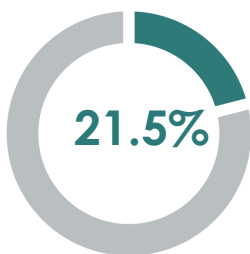Depressive Disorder was significantly higher among **women** compared to **men.**
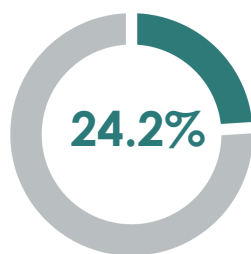
26.8%

Nearly 27 of every 100 adult women.

14.7%

Nearly 15 of every 100 adult men.

BY AGE*

21.5%

About 21 of every 100 adults aged 18-44 years.

24.2%

About 24 of every 100 adults aged 45-64 years.

15.5%

Nearly 16 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.**

31.5%

About 31 of every 100 adults with an annual household income of less than $35,000 per year.
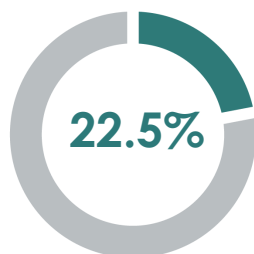
12.7%

**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 Lower 8 of Southeast Kansas Region are not significantly different by age groups.

Depressive Disorder by Selected Socio-demographic Characteristics, Lower 8 of Southeast Kansas Region

BY EDUCATION*

22.5%

About 22 of every 100 adults with a high school education or less.

19.7%
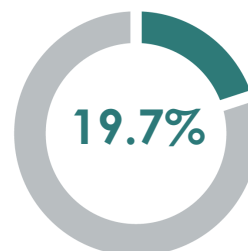
Nearly 20 of every 100 adults with some college education or higher.
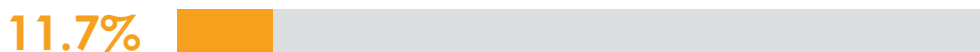
BY DISABILITY STATUS

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

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

40.9%

Nearly 12 of every 100 adults who reported living without a disability.

11.7%

BY OBESITY

Depressive Disorder was significantly higher among adults **who were obese** compared to adults **who were normal or underweight .**
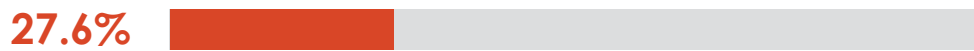
18 of every 100 adults who were Normal or Underweight (BMI<25).

18.0%

Nearly 18 of every 100 adults who were Overweight (25<=BMI<30).

17.8%

Nearly 28 of every 100 adults who were Obese (BMI>=30).

27.6%

* The prevalence estimates of depressive disorder in Lower 8 of Southeast Kansas Region are not significantly different by education groups.
† 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).

Depressive Disorder by Selected Socio-demographic Characteristics, Lower 8 of Southeast Kansas Region

BY PHYSICAL ACTIVITY

Depressive Disorder was significantly higher among adults **who were physically inactive**‡ compared to adults **who were physically active.**
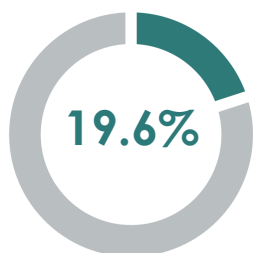
19.3%

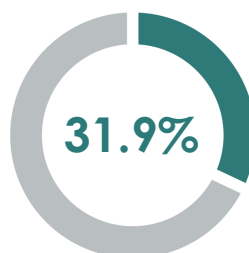**About 19** of every 100 adults who participate in leisure-time physical activity

26.4%

About 26 of every 100 adults who did not participate in leisure-time physical activity

BY HEALTH INSURANCE*

19.6%

Nearly 20 of every 100 adults who were insured.

31.9%

Nearly 32 of every 100 adults who were uninsured.

* The prevalence estimates of depressive disorder in Lower 8 of Southeast Kansas Region 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?"