

Mental Health Among Adults

Northwest BT 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 9 of every 100** Northwest BT 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, **about 17 of every 100** Northwest BT Region adults 18 years and older had depressive disorder.

Depressive Disorder by Selected Socio-demographic Characteristics, Northwest BT Region

BY GENDER

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

17.0%

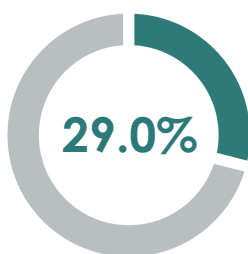
17 of every
100 adult women.



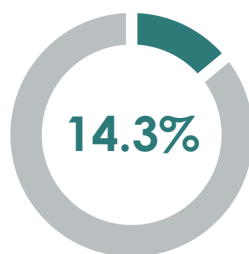
17.3%

About 17 of every
100 adult men.

BY AGE*



29 of every 100 adults aged
18-44 years.



About 14 of every 100 adults
aged 45-64 years.

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**.



20.1%

About 20 of every 100 adults with
an annual household income of
less than \$35,000 per year.



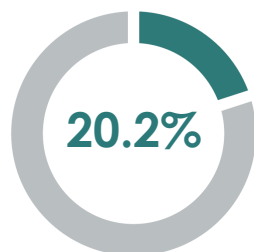
13.9%

Nearly 14 of every 100 adults with
an annual household income of
\$35,000 or higher per year.

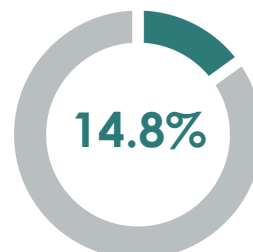
* The prevalence estimates of depressive disorder in Northwest BT Region are not significantly different by age groups.

Depressive Disorder by Selected Socio-demographic Characteristics, Northwest BT Region

BY EDUCATION*



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

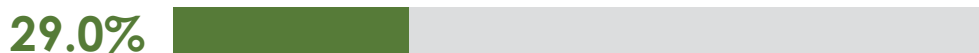


Nearly 15 of every 100 adults with some college education or higher.

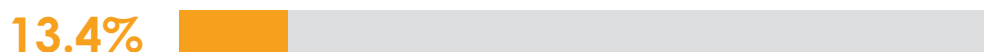
BY DISABILITY STATUS

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

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



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

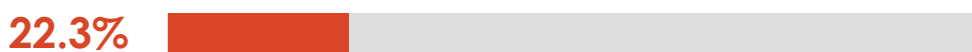


BY OBESITY*

Nearly 17 of every 100 adults who were Overweight ($25 \leq \text{BMI} < 30$).



About 22 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 Northwest BT Region are not significantly different by education and obesity groups.

Depressive Disorder by Selected Socio-demographic Characteristics, Northwest BT Region

BY PHYSICAL ACTIVITY*



13.9%

Nearly 14 of every 100 adults who participate in leisure-time physical activity



23.6%

Nearly 24 of every 100 adults who did not participate in leisure-time physical activity

* The prevalence estimates of depressive disorder in Northwest BT 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?"

Northwest BT Region counties: Cheyenne, Decatur, Graham, Norton, Phillips, Rawlins, Rooks, Thomas

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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