

Mental Health Among Adults

North Central Kansas Public Health Initiative, 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** North Central Kansas Public Health Initiative 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** North Central Kansas Public Health Initiative adults 18 years and older had depressive disorder.

Depressive Disorder by Selected Socio-demographic Characteristics, North Central Kansas Public Health Initiative

BY GENDER

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

28.4%

About 28 of every 100 adult women.



15.4%

About 15 of every 100 adult men.

BY AGE*

27.6%

Nearly 28 of every 100 adults aged 18-44 years.

20.5%

About 20 of every 100 adults aged 45-64 years.

17.4%

About 17 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**.



31.3%

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



12.9%

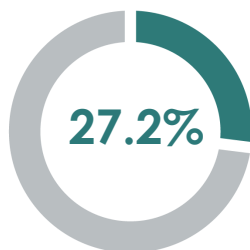
Nearly 13 of every 100 adults with an annual household income of \$35,000 or higher per year.

* The prevalence estimates of depressive disorder in North Central Kansas Public Health Initiative are not significantly different by age groups.

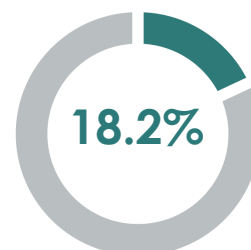
Depressive Disorder by Selected Socio-demographic Characteristics, North Central Kansas Public Health Initiative

BY EDUCATION

Depressive Disorder was significantly higher among adults **with a high school education or less** compared to adults **with some college education or higher**.



Nearly 27 of every 100 adults with a high school education or less.



About 18 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 42 of every 100 adults who reported living with a disability.



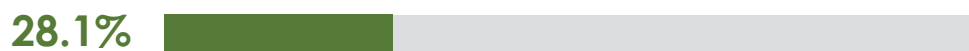
Nearly 13 of every 100 adults who reported living without a disability.



BY OBESITY

Depressive Disorder was significantly higher among adults **who were obese** compared to adults **who were normal or underweight**.

About 28 of every 100 adults who were Normal or Underweight (BMI<25).



About 17 of every 100 adults who were Overweight (25<=BMI<30).



About 25 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).

Depressive Disorder by Selected Socio-demographic Characteristics, North Central Kansas Public Health Initiative

BY PHYSICAL ACTIVITY

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



19.9%

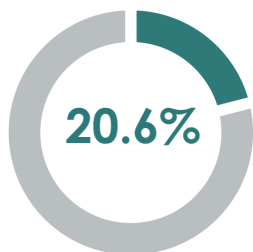
Nearly 20 of every 100 adults who participate in leisure-time physical activity



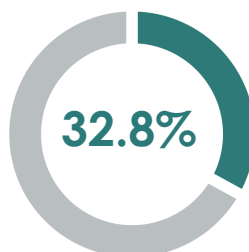
26.0%

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

BY HEALTH INSURANCE*



Nearly 21 of every 100 adults who were insured.



Nearly 33 of every 100 adults who were uninsured.

* The prevalence estimates of depressive disorder in North Central Kansas Public Health Initiative 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?"

North Central Kansas Public Health Initiative counties: Clay, Cloud, Dickinson, Ellsworth, Jewell, Lincoln, Mitchell, Osborne, Ottawa, Republic, Russell, Smith, Washington

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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