



# 2020 Kansas BRFSS

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## Respondents Per Questionnaire Version

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Version 1 Landline	1798	12.4	0.3	11.8	13.0
Version 2 Landline	1667	11.2	0.3	10.6	11.8
Cell phone: Core Section Only	307	4.0	0.3	3.5	4.5
Version 1 Cellphone	3358	36.9	0.6	35.8	38.1
Version 2 Cellphone	3397	35.5	0.6	34.4	36.6

***Among all respondents.***

***Please note: "Cell phone: Core Section Only" indicates Kansas respondents who are Kansas residents with cell phones numbers that have non-Kansas telephone area codes.***

**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?**

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Participates in leisure time physical activity	8131	78.0	0.5	76.9	79.0
Does not participate in leisure time physical activity	2382	22.0	0.5	21.0	23.1

*Among all respondents, excluding unknowns and refusals.*

## On average, how many hours of sleep do you get in a 24-hour period?

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
One to Five hours	906	10.5	0.4	9.6	11.3
Six hours	2163	21.6	0.5	20.5	22.6
Seven hours	3322	31.2	0.6	30.1	32.3
Eight hours	3165	29.3	0.6	28.1	30.4
Nine to Ten hours	740	6.5	0.3	5.9	7.1
More than Ten hours	101	1.1	0.1	0.8	1.3

*Among all respondents, excluding unknowns and refusals.*

## Asthma Status Among Adults 18 Years and Older

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Current	929	9.8	0.4	9.1	10.6
Former	335	3.9	0.3	3.4	4.5
Never	9168	86.2	0.5	85.3	87.1

*Among all respondents, excluding unknowns and refusals.*

## Population Density Status

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Frontier	784	4.4	0.2	4.1	4.8
Rural	1291	9.1	0.3	8.5	9.7
Densely-settled rural	1735	14.6	0.4	13.9	15.4
Semi-Urban	1603	15.3	0.4	14.5	16.1
Urban	5114	56.6	0.5	55.7	57.5

*Among all respondents, excluding unknowns and refusals.*

## Summary Index for Weight Status

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Normal or Underweight, BMI<25	2929	30.3	0.6	29.1	31.4
Overweight, 25<= BMI<30	3342	34.5	0.6	33.2	35.7
Obese, BMI>=30	3321	35.3	0.6	34.0	36.5

*Among all respondents, excluding unknowns and refusals.*



## Disability Status Among Adults 18 Years and Older

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Living with a disability	2890	27.0	0.6	25.8	28.1
Living without a disability	7261	73.0	0.6	71.9	74.2

***Among all respondents, excluding unknowns and refusals.  
Living with a disability is defined as those who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).***

## Cigarette Smoking Status Among Adults 18 Years and Older (3-Level)

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Current- everyday/somedays	1421	16.6	0.5	15.6	17.6
Former	2674	24.4	0.5	23.4	25.5
Never	5771	59.0	0.6	57.7	60.2

*Among all respondents, excluding unknowns and refusals.*

## Cigarette Smoking Status Among Adults 18 Years and Older (4-Level)

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Current-everyday	1074	12.2	0.4	11.3	13.1
Current-somedays	347	4.4	0.3	3.8	5.0
Former	2674	24.4	0.5	23.4	25.5
Never	5771	59.0	0.6	57.7	60.2

*Among all respondents, excluding unknowns and refusals.*

## Heavy Drinking Status Among Adults 18 Years and Older

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Heavy Drinker	575	6.5	0.3	5.9	7.2
Not a Heavy Drinker	9415	93.5	0.3	92.8	94.1

*Among all respondents, excluding unknowns and refusals.*

*Note: Heavy drinkers are defined as men having more than fourteen drinks per week and women having more than seven drinks per week.*

## Heavy Drinking Status Among Men 18 Years and Older

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Male Heavy Drinker	298	7.0	0.5	6.1	8.0
Male Not a Heavy Drinker	4326	93.0	0.5	92.0	93.9

*Among male respondents, excluding unknowns and refusals.*

*Note: Heavy drinkers are defined as men having more than fourteen drinks per week and women having more than seven drinks per week.*

## Heavy Drinking Status Among Women 18 Years and Older

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Female Heavy Drinker	277	6.1	0.5	5.2	6.9
Female Not a Heavy Drinker	5089	93.9	0.5	93.1	94.8

*Among female respondents, excluding unknowns and refusals.*

*Note: Heavy drinkers are defined as men having more than fourteen drinks per week and women having more than seven drinks per week.*

## Binge Drinking Status Among Adults 18 Years and Older

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Binge Drinker	1376	17.1	0.5	16.1	18.0
Not a Binge Drinker	8629	82.9	0.5	82.0	83.9

*Among all respondents, excluding unknowns and refusals.*

*Note: Binge drinkers are defined as males having five or more drinks on one occasion, females having four or more drinks on one occasion.*

## Mental Illness Status Among Adults Aged 18 Years and Older

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
No Mental Illness(Score 0-7)	8162	84.4	0.5	83.3	85.4
Mild-moderate Mental Illness(Score 8-12)	836	10.5	0.4	9.6	11.4
Serious Mental Illness(Score 13-24)	353	5.1	0.3	4.5	5.8

***Among all respondents, excluding unknowns and refusals.  
Mental Illness Score using Kessler 6 scale: No Mental Illness(Score 0-7),  
Mild-moderate Mental Illness(Score 8-12) and Serious Mental Illness(Score 13-24) .***



## Serious Psychological Distress (SPD) Status Among Adults Aged 18 Years and Older

Response	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limit	
				Lower	Upper
Serious Psychological Distress (SPD) Negative	8998	94.9	0.3	94.2	95.5
Serious Psychological Distress (SPD) Positive	353	5.1	0.3	4.5	5.8

*Among all respondents, excluding unknowns and refusals.*

*Based on Kessler 6 scale, a score of 13-24 is defined as Serious Psychological Distress (SPD) positive.*



**KANSAS BRFSS**

Improving health one question at a time.