Tobacco Use, Obesity, Physical Activity, and Nutrition, Kansas Highlights

Shannon DeVader, MPH
Advanced Epidemiologist
Tobacco Use Prevention Program
Chronic Disease Risk Reduction

Community Health Promotion Summit
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Chronic diseases are the leading causes of death in Kansas, 2015

In 2015 in Kansas

• 26,612 total deaths

• 7 of the top 10 causes of death were chronic diseases

• Heart disease and cancer accounted for 42% of all deaths

Source: 2015 Annual Summary of Vital Statistics, KDHE, Bureau of Epidemiology and Public Health Informatics

Our Mission: To protect and improve the health and environment of all Kansans.
Outline

• Youth Risk Behaviors – Kansas Youth Risk Behavior Survey (KS-YRBS)
  • Tobacco use
  • Overweight/obesity
  • Physical activity
  • Nutrition

• Adult Risk Behaviors – Kansas Behavioral Risk Factor Surveillance System (KS BRFSS)
  • Tobacco use
  • Overweight/obesity
  • Physical activity
  • Nutrition
REDUCING THE RISK FACTORS FOR CHRONIC DISEASE AMONG YOUTH – TOBACCO
Ever and Current Cigarette Use among Kansas High School Students
(2007 – 2017 KS YRBS)

Source: 2007 – 2017 Kansas Youth Risk Behavior Survey, KSDE

Our Mission: To protect and improve the health and environment of all Kansans.
Current Smokeless Tobacco Use among Kansas High School Students (2007 – 2017 KS YRBS)

Our Mission: To protect and improve the health and environment of all Kansans.
Current Use of Other Tobacco Products among Kansas High School Students (2017 KS YRBS)

Our Mission: To protect and improve the health and environment of all Kansans.

Source: 2017 Kansas Youth Risk Behavior Survey, KSDE
Current Use of Any Tobacco Product among Kansas High School Students
(2017 KS YRBS)

*Any Tobacco Product defined as conventional cigarettes, cigars, smokeless tobacco, or e-cigarettes.

Source: 2017 Kansas Youth Risk Behavior Survey, KSDE

Our Mission: To protect and improve the health and environment of all Kansans.
Quit Attempts of All Tobacco Products within Past 12 Months among Kansas High School Students who Use Tobacco (2017 KS YRBS)

- Made a quit attempt: 39.4%
- Did not make a quit attempt: 60.6%

Source: 2017 Kansas Youth Risk Behavior Survey, KSDE

Our Mission: To protect and improve the health and environment of all Kansans.
Secondhand Smoke Exposure on One or More Days in Past Week among Kansas High School Students (2017 KS YRBS)

Prevalence of Secondhand Smoke Exposure (%)

Source: 2017 Kansas Youth Risk Behavior Survey, KSDE

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1 in 3* school districts in Kansas have comprehensive tobacco-free policies.

A comprehensive tobacco-free policy prohibits all tobacco at all times for students, staff, and visitors in school buildings, on school grounds, and in school vehicles.

*96 out of 286 school districts in Kansas (33.6%) have comprehensive tobacco-free policies.

REDUCING THE RISK FACTORS FOR CHRONIC DISEASE AMONG YOUTH – OBESITY, PHYSICAL ACTIVITY AND NUTRITION
Overweight and Obesity among Kansas High School Students
(2007 – 2017 KS YRBS)

Source: 2007 – 2017 Kansas Youth Risk Behavior Survey, KSDE

Our Mission: To protect and improve the health and environment of all Kansans.
Met Fruit and Vegetable Consumption Dietary Guidelines among Kansas High School Students (2017 KS YRBS)

Source: 2017 Kansas Youth Risk Behavior Survey, KSDE

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Year

Prevalence of Met Physical Activity Recommendation (%)

30.2% 28.3% 26.5%

Source: 2011 – 2017 Kansas Youth Risk Behavior Survey, KSDE

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Active Transportation among Kansas Children Aged 17 Years and Younger (2016 KS BRFSS)

- TO or FROM school: 23.7%
- TO school: 18.3%
- FROM school: 22.2%

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE
REDUCING THE RISK FACTORS FOR CHRONIC DISEASE AMONG ADULTS – TOBACCO
Current Use of Tobacco by Type among Kansas Adults Aged 18 Years and Older (2016 KS BRFSS)

Prevalence of Tobacco Use (%)

- Any Tobacco Product*: 23.9%
- Conventional Cigarette: 17.2%
- E-Cigarette: 4.9%
- Smokeless Tobacco: 5.9%

*Any Tobacco Product defined as conventional cigarettes, e-cigarettes, or smokeless tobacco.

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

Our Mission: To protect and improve the health and environment of all Kansans.
Quit Attempts within Past 12 Months among Kansas Adults who Currently Smoke Conventional Cigarettes Aged 18 Years and Older (2016 KS BRFSS)

Quit attempt 55.4%

Did not quit attempt 44.6%

Percentage of Current Smokers who Attempted to Quit Smoking in Past Year

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

Our Mission: To protect and improve the health and environment of all Kansans.
Ever and Current E-Cigarette Use among Kansas Adults Aged 18 Years and Older (2016 KS BRFSS)

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

Our Mission: To protect and improve the health and environment of all Kansans.
Conventional Cigarette Use among Current E-Cigarette Adult Users Aged 18 Years and Older (2016 KS BRFSS)

- Current every day smoker: 37.9%
- Current some day smoker: 18.2%
- Former smoker: 27.4%
- Never smoker: 16.5%

Dual Use of Kansas adults who currently use e-cigarettes also use conventional cigarettes

56.1%

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

Our Mission: To protect and improve the health and environment of all Kansans.
## Disparities in Tobacco Use among Demographic Subgroups, Kansas 2016

<table>
<thead>
<tr>
<th>Disparity Characteristic</th>
<th>Current Conventional Cigarettes</th>
<th>Current E-Cigarettes</th>
<th>Current Smokeless Tobacco</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong> <em>(reference: female)</em></td>
<td>↑ Male</td>
<td>↑ Male</td>
<td>↑ Male</td>
</tr>
<tr>
<td><strong>Age</strong> <em>(reference: ≥ 65 years)</em></td>
<td>↑ 25 – 34 years</td>
<td>↑ 18 – 24 years</td>
<td>↑ 18 – 24 years</td>
</tr>
<tr>
<td></td>
<td>↑ 35 – 44 years</td>
<td>↑ 25 – 34 years</td>
<td>↑ 25 – 34 years</td>
</tr>
<tr>
<td></td>
<td>↑ 45 – 54 years</td>
<td>↑ 35 – 44 years</td>
<td>↑ 35 – 44 years</td>
</tr>
<tr>
<td></td>
<td>↑ 55 – 64 years</td>
<td>↑ 45 – 54 years</td>
<td>↑ 45 – 54 years</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong> <em>(reference: Non-Hispanic White)</em></td>
<td>↑ Non-Hispanic African American</td>
<td>↓</td>
<td>↓</td>
</tr>
<tr>
<td></td>
<td>↑ Non-Hispanic Multiracial</td>
<td>↓</td>
<td>↓</td>
</tr>
</tbody>
</table>

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

**Race/ethnicity age-adjusted using 2010 US standard population**

*Not published due to insufficient sample and/or statistically unreliable estimates*
## Disparities in Tobacco Use among Socioeconomic Subgroups, Kansas 2016

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<th>Current Conventional Cigarettes</th>
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</thead>
<tbody>
<tr>
<td>Education (reference: college graduate)</td>
<td>Increase Less than high school</td>
<td>Increase Less than high school</td>
<td>Increase High school/GED</td>
</tr>
<tr>
<td></td>
<td>Increase High school/GED</td>
<td>Increase Some college</td>
<td>Increase High school/GED</td>
</tr>
<tr>
<td></td>
<td>Increase Some college</td>
<td></td>
<td>Increase Some college</td>
</tr>
<tr>
<td>Annual household income (reference: ≥ $50,000)</td>
<td>Increase &lt; $25K</td>
<td>Increase &lt; $25K</td>
<td>No difference</td>
</tr>
<tr>
<td></td>
<td>Increase $25K - &lt; $50K</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primary source of health insurance (reference: private plan)</td>
<td>Increase Medicaid</td>
<td>Increase Tricare</td>
<td>Increase Uninsured</td>
</tr>
<tr>
<td></td>
<td>Increase Uninsured</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

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<th>Current Smokeless Tobacco</th>
</tr>
</thead>
</table>
| Population density (reference: urban) | No difference | No difference | Rural
| | | | Densely settled rural
| | | | Semi-urban |
| Home ownership (reference: own) | ↑ Rent, ↑ Other arrangement | ↑ Rent, ↑ Other arrangement | No difference |
| Type of residence (reference: single family) | No difference | ↑ Multi-unit dweller | No difference |

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE
## Disparities in Tobacco Use among Other Subgroups, Kansas 2016 (cont’d)

<table>
<thead>
<tr>
<th>Disparity Characteristic</th>
<th>Current Conventional Cigarettes</th>
<th>Current E-Cigarettes</th>
<th>Current Smokeless Tobacco</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health status</td>
<td>↑ ≥ 14 days mental health not good</td>
<td>↑ ≥ 14 days mental health not good</td>
<td>No difference</td>
</tr>
<tr>
<td>(reference: &lt; 14 days mental health not good)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disability status</td>
<td>↑ Living with</td>
<td>↑ Living with</td>
<td>No difference</td>
</tr>
<tr>
<td>(reference: living without)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

Our Mission: To protect and improve the health and environment of all Kansans.
Smoking Allowed Inside Home among Kansas Adults Aged 18 Years and Older (2016 KS BRFSS)

Always allowed 5.9%
Allowed only at some times or in some places 6.0%
Never allowed 88.1%

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE
Secondhand Smoke Exposure among Kansas Adults Aged 18 Years and Older Living in Multi-Unit Housing (2016 KS BRFSS)

- Never exposed: 72.8%
- Exposed: 27.2%
- Once a month or less: 8.8%
- Once every couple of weeks: 3.8%
- Once a week: 3.6%
- A few times a week: 4.9%
- Daily: 6.2%

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE
Support for Multi-Unit Housing Smoke-Free Policies among Kansas Adults Aged 18 Years and Older Living in Multi-Unit Housing (2016 KS BRFSS)

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

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REDUCING THE RISK FACTORS FOR CHRONIC DISEASE AMONG ADULTS – OBESITY, PHYSICAL ACTIVITY AND NUTRITION
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Overweight and Obesity among Kansas Adults aged 18 Years and Older (2016 KS BRFSS)

- Prevalence of Overweight: 35.6%
- Prevalence of Obesity: 31.2%

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE
No Fruit or Vegetable Consumption Per Day among Kansas Adults Aged 18 Years and Older (2015 KS BRFSS)

Prevalence of No Fruit or Vegetable Consumption Per Day (%)

- Did Not Consume Fruits at Least Once Per Day: 43.7%
- Did Not Consume Vegetables at Least Once Per Day: 22.3%

Source: 2015 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

Our Mission: To protect and improve the health and environment of all Kansans.
No Leisure Time Physical Activity in Past 30 Days among Kansas Adults Aged 18 Years and Older (2011 – 2016 KS BRFSS)

Prevalence of No Leisure Time Physical Activity (%)

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

Our Mission: To protect and improve the health and environment of all Kansans.
Active Transportation among Kansas Adults Aged 18 Years and Older (2016 KS BRFSS)

Our Mission: To protect and improve the health and environment of all Kansans.

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE
Disparities in Obesity, Nutrition, and No Leisure Time Physical Activity among Demographic Subgroups, Kansas 2016

<table>
<thead>
<tr>
<th>Disparity Characteristic</th>
<th>Obesity</th>
<th>No Fruit Consumption*</th>
<th>No Vegetable Consumption*</th>
<th>No Leisure Time Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>No difference</td>
<td>↑ Males</td>
<td>↑ Males</td>
<td>↓ Males</td>
</tr>
<tr>
<td>(reference: female)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age (reference: ≥ 65 years)</td>
<td>↑ 18 – 24 years</td>
<td>↑ 18 – 24 years</td>
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<td></td>
<td>↑ 55 – 64 years</td>
<td>↑ 55 – 64 years</td>
<td>↑ 55 – 64 years</td>
<td>↓ 55 – 64 years</td>
</tr>
<tr>
<td>Race (reference: Non-Hispanic White)</td>
<td>↑ Non-Hispanic African American</td>
<td>↑ Non-Hispanic African American</td>
<td>↑ Non-Hispanic African American</td>
<td>↑ Non-Hispanic Other race</td>
</tr>
<tr>
<td></td>
<td>↓ Hispanic</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE
*2015 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE
**Race/ethnicity age-adjusted using 2010 US standard population

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Disparities in Obesity, Nutrition, and No Leisure Time Physical Activity among Socioeconomic Subgroups, Kansas 2016

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</thead>
<tbody>
<tr>
<td>Education</td>
<td>↑ Less than high school</td>
<td>↑ Less than high school</td>
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</tr>
<tr>
<td></td>
<td>↑ High school/GED</td>
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<td>↑ High school/GED</td>
<td>↑ High school/GED</td>
</tr>
<tr>
<td></td>
<td>↑ Some college</td>
<td>↑ Some college</td>
<td>↑ Some college</td>
<td>↑ Some college</td>
</tr>
<tr>
<td>Annual household income</td>
<td>↑ &lt; $25K</td>
<td>↑ &lt; $25K</td>
<td>↑ &lt; $25K</td>
<td>↑ &lt; $25K</td>
</tr>
<tr>
<td>Primary source of health</td>
<td>No difference</td>
<td>Not Available</td>
<td>Not Available</td>
<td>Uninsured</td>
</tr>
<tr>
<td>insurance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td>Medicare</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Medicaid</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Uninsured</td>
</tr>
</tbody>
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Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE
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## Disparities in Obesity, Nutrition, and No Leisure Time Physical Activity among Socioeconomic Subgroups, Kansas 2016

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<th>No Vegetable Consumption</th>
<th>No Leisure Time Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population Density (reference: urban)</td>
<td>↑ Densely settled rural</td>
<td>↑ Rural</td>
<td>↑ Rural</td>
<td>↑ Frontier</td>
</tr>
<tr>
<td></td>
<td>↑ Densely settled rural</td>
<td></td>
<td></td>
<td>↑ Rural</td>
</tr>
<tr>
<td>Home ownership (reference: own)</td>
<td>↑ Rent</td>
<td>↑ Rent</td>
<td>↑ Rent</td>
<td>↑ Rent</td>
</tr>
<tr>
<td></td>
<td>↑ Other arrangement</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Type of residence (reference: single family home)</td>
<td>No difference</td>
<td>Not Available</td>
<td>Not Available</td>
<td>No difference</td>
</tr>
</tbody>
</table>

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE
*2015 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

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## Disparities of Obesity, Nutrition, and No Leisure Time Physical Activity among Other Subgroups, Kansas 2016

<table>
<thead>
<tr>
<th>Disparity Characteristic</th>
<th>Obesity</th>
<th>No Fruit Consumption</th>
<th>No Vegetable Consumption</th>
<th>No Leisure Time Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mental health status</strong> (reference: &lt; 14 days mental health not good)</td>
<td>↑ ≥ 14 days mental health not good</td>
<td>↑ ≥ 14 days mental health not good</td>
<td>↑ ≥ 14 days mental health not good</td>
<td>↑ ≥ 14 days mental health not good</td>
</tr>
<tr>
<td><strong>Disability status</strong> (reference: living without)</td>
<td>↑ Living with</td>
<td>↑ Living with</td>
<td>↑ Living with</td>
<td>↑ Living with</td>
</tr>
</tbody>
</table>

Source: 2016 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

*2015 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE

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Summary

• Highly prevalent contributing risk factors
  • Even among our youth population

• Disparities seen across risk factors
  • Males
  • Older adults
  • African Americans
  • Hispanics
  • Adults with lower education
  • Adults with lower annual household income
  • Adults who rent their home
  • Adults living with disability
  • Adults with poor mental health
Summary (cont’d)

• However, we are making progress
  • Significant declines in:
    • Conventional cigarettes among adults AND youth
    • Smokeless tobacco among youth

• More work to be done
  • E-cigarettes among adults AND youth
  • Secondhand smoke exposure
  • Overweight/obesity among adults AND youth
  • Physical activity among adults AND youth
  • Nutrition
Questions?

Contact Information:
Shannon DeVader, MPH
Advanced Epidemiologist
Community Health Promotion Section
Bureau of Health Promotion
Kansas Department of Health & Environment
Shannon.DeVader@ks.gov
785-296-0842

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