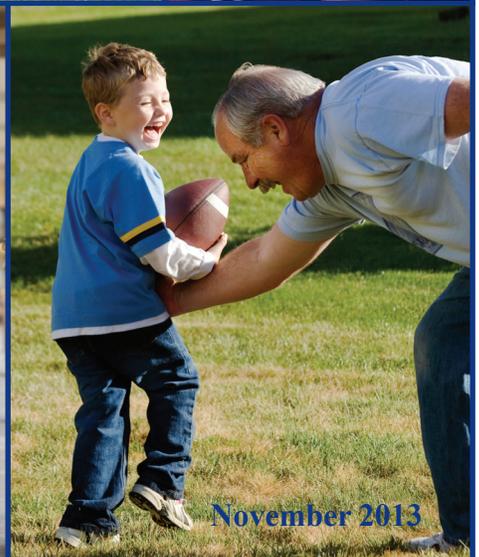


# 2011 Kansas Behavioral Risk Factor Surveillance System Local Data

## Central Kansas Region



November 2013



# **2011 Kansas Behavioral Risk Factor Surveillance System Local Data**

State of Kansas  
Sam Brownback, Governor

Kansas Department of Health and Environment  
Dr. Robert Moser, Secretary and State Health Officer

## **Report Preparation:**

Pratik Pandya, MPH  
Advanced Epidemiologist  
Bureau of Health Promotion (BHP)

Eric Cook-Wiens, MPH  
Data and Measurement Manager  
Kansas Healthcare Collaborative

## **Report Supervision:**

Ericka Welsh, PhD  
Senior Chronic Disease Epidemiologist  
Bureau of Health Promotion (BHP)

Ghazala Perveen, MBBS, PhD, MPH  
Director of Science and Surveillance, Health Officer II  
Bureau of Health Promotion (BHP)

## **Project Funding:**

Partial funding for the 2011 Behavioral Risk Factor Survey was provided by cooperative agreement U58SO000008-03 from the Centers for Disease Control and Prevention, Atlanta GA and by Kansas Health Foundation 200804006-01, Wichita, KS.

**Kansas Department of Health and Environment  
Bureau of Health Promotion  
November 2013**

# **Kansas Department of Health and Environment (KDHE)**

## **Mission**

To protect and improve the health and environment of all Kansans

## **Vision**

Healthy Kansans living in safe and sustainable environments

**[www.kdheks.gov](http://www.kdheks.gov)**

## Foreword

The Behavioral Risk Factor Surveillance System (BRFSS) is the world's largest, annual population-based telephone survey system, tracking health conditions and risk behaviors in the U.S. It is coordinated by the Centers for Disease Control and Prevention (CDC) and is conducted in every state and several territories.

BRFSS allows us to perform a critical public health function of assessing population health and identifying issues critically important to public health and population health management. BRFSS provides data on a wide range of health issues including information related to access to health care, chronic and infectious diseases, clinical preventive services, environmental quality, infant and child health, injury and violence, maternal health, mental health, nutrition, physical activity, obesity, oral health, reproductive and sexual health, substance abuse and tobacco use.

Prior to 2009, the sample size for the Kansas survey was sufficient to produce state level estimates of health risk behaviors. Beginning in 2009, the Kansas BRFSS was expanded in response to demand from local health officials for local level health risk behavior data for a 10-year project. The survey now collects adequate sample data during odd years (2009, 2011, 2013, 2015 and 2017) to provide local level estimates by county or region for these years.

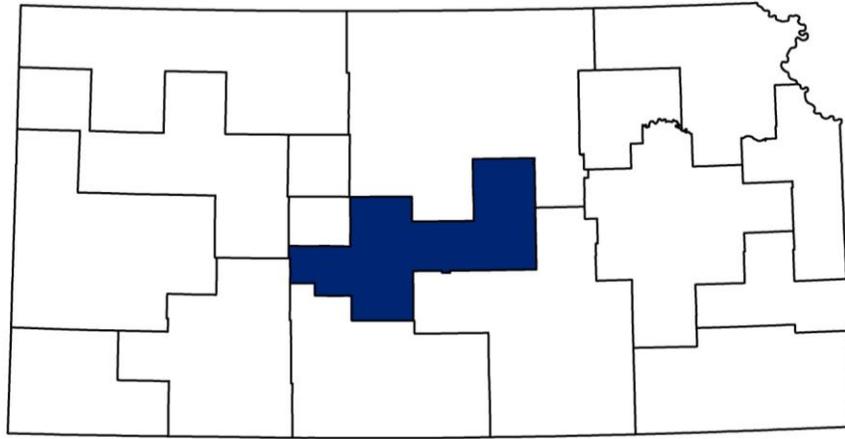
During the 2011 survey year, data were collected from more than 20,000 adult Kansans, providing estimates for 43 of the state's 105 counties and for 16 Public Health Preparedness Regions, with data for 43 health risk indicators analyzed at the county or regional level. By the conclusion of the 10-year project, most of Kansas counties will have county-specific data for use in estimating trends in selected health indicators from 2011 forward. Data from 2011 onward cannot be compared to previous years as the BRFSS data collection and analysis methods changed beginning in 2011.

BRFSS data help public health professionals measure Kansans health behaviors, conditions and concerns at the state and the local level. These data are important when we consider where to focus our public health efforts and to help us emphasize the benefits of prevention.

Sincerely,



Robert Moser, MD  
Secretary and State Health Officer  
Kansas Department of Health and Environment



The Central Kansas Region comprises the following counties:  
Barton, McPherson, Pawnee, Rice, Saline, Stafford

Kansas Behavioral Risk Factor Surveillance System – Local Data, 2011 can also be accessed at <http://www.kdheks.gov/brfss/>

If you have any questions about survey methodology or need assistance interpreting the data, please contact:

Pratik Pandya, MPH  
Advanced Epidemiologist  
Kansas Department of Health and Environment  
Bureau of Health Promotion  
Curtis State Office Building  
1000 SW Jackson Street, Suite 230  
Topeka, KS 66612  
Telephone: 785-296-6513  
Fax: 785-296-8059  
[ppandya@kdheks.gov](mailto:ppandya@kdheks.gov)

Ericka Welsh, PhD  
Senior Chronic Disease Epidemiologist  
Bureau of Health Promotion  
Kansas Department of Health & Environment  
Curtis State Office Building  
1000 SW Jackson, Suite 230  
Topeka, KS 66612-1274  
Telephone: 785-296-0842  
Fax: 785-296-8059  
[ewelsh@kdheks.gov](mailto:ewelsh@kdheks.gov)

# Table of Contents

<b>Alcohol Consumption</b>	
Binge Drinking.....	1
Heavy Drinking.....	3
<b>Arthritis</b>	
Arthritis.....	5
Activity Limitation Due to Arthritis.....	7
<b>Asthma</b> .....	9
<b>Cancer</b>	
Cancer (Excluding Skin Cancer).....	11
Skin Cancer.....	13
<b>Cholesterol</b>	
Not Checked Cholesterol within Five Years.....	15
High Blood Cholesterol Status.....	17
<b>Chronic Obstructive Pulmonary Disease (COPD)</b> .....	19
<b>Depressive Disorder</b> .....	21
<b>Diabetes</b> .....	23
<b>Disability</b>	
Activity Limitation Due to Physical, Mental, or Emotional Problems.....	25
Disability.....	27
<b>Exercise and Physical Activity</b>	
Did Not Meet Both the Aerobic AND Strengthening Exercise Recommendations...29	
Did Not Meet EITHER Aerobic OR Strengthening Recommendation.....	31
Not Participating in Any Physical Activity.....	33
<b>Fruits and Vegetable Consumption</b>	
Consuming Fruits Less than 1 Time Per Day.....	35
Consuming Vegetables Less than 1 Time Per Day.....	37

<b>Health Care Access</b>	
Lack Health Care Coverage .....	39
Lack Health Care Coverage (Ages 18 to 64 Years Old Only) .....	41
No Personal Doctor .....	43
Did Not See Doctor Due to Cost.....	45
<b>General Health</b> .....	47
<b>Healthy Days-Health Related Quality of Life</b>	
Physical Health Status.....	49
Mental Health Status.....	51
Poor Physical or Mental Health is Barrier to Usual Activities.....	53
<b>Heart Attack</b> .....	55
<b>Coronary Heart Disease</b> .....	57
<b>Stroke</b> .....	59
<b>High Blood Pressure</b> .....	61
<b>Immunization</b>	
Not Immunized Against Influenza.....	63
Not Immunized Against Influenza (Ages 65 Years and Older Only) .....	65
Never Had Pneumonia Vaccination.....	67
<b>Weight Status (BMI Categories)</b>	
Obese.....	69
Overweight or Obese .....	71
<b>Seatbelt Use</b> .....	73
<b>Tobacco Use</b>	
Current Smoker .....	75
Tried Quitting Smoking .....	77
Smokeless Tobacco Use.....	79
Male Smokeless Tobacco User.....	81
<b>Veteran Status</b> .....	83
<b>Vision Impairment</b> .....	85
<b>Technical Notes</b> .....	87

# Percentage of Adults Who Are Binge Drinkers, 2011

## Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,281	17.0	0.4	16.2	17.8
Central Kansas Region	97	13.4	1.5	10.4	16.3
<b>Gender</b>					
Men	63	17.4	2.4	12.7	22.2
Women	34	8.8	1.7	5.6	12.1
<b>Age Group</b>					
18 to 44 Years	43	21.3	3.3	14.9	27.8
45 to 64 Years	49	11.5	1.7	8.3	14.8
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	90	12.7	1.5	9.8	15.6
<b>Race</b>					
White	90	12.3	1.4	9.5	15.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	35	12.9	2.4	8.1	17.7
Some College or College Graduate	62	13.8	1.9	10.0	17.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	27	10.5	2.3	6.1	14.9
\$35,000 or Higher per Year	63	17.4	2.4	12.7	22.1
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	89	16.6	1.9	12.8	20.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	40	18.0	3.3	11.6	24.4
Overweight (25 ≤ BMI < 30)	28	11.0	2.3	6.5	15.5
Obese (BMI ≥ 30)	25	12.2	2.5	7.3	17.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	74	14.9	1.9	11.1	18.7
Does not participate in leisure time physical activity	23	9.3	2.0	5.4	13.3
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	18	17.6	4.3	9.2	26.1
Did Not Meet Both Aerobic and Strengthening Guidelines	76	12.9	1.7	9.6	16.2
<b>Smoking Status</b>					
Current smoker	35	24.3	4.1	16.1	32.4
Non-smoker	62	10.3	1.5	7.3	13.2
<b>Health Insurance Status</b>					
Insured	79	12.4	1.6	9.3	15.4
Uninsured	18	19.7	4.8	10.3	29.1

Numerator: Male respondents having five or more drinks on one occasion in the past 30 days or female respondents having four or more drinks on one occasion in the past 30 days.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported Heavy Alcohol Consumption in the Past 30 Days, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	823	5.4	0.2	5.0	5.9
Central Kansas Region	34	3.8	0.8	2.3	5.3
<b>Gender</b>					
Men	21	5.4	1.3	2.8	8.0
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	13	5.5	1.6	2.3	8.7
45 to 64 Years	17	3.4	0.9	1.7	5.2
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	33	3.7	0.8	2.2	5.2
<b>Race</b>					
White	33	3.8	0.8	2.3	5.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	26	5.4	1.3	2.9	7.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	24	5.6	1.3	3.1	8.2
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	30	4.8	1.0	2.8	6.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	24	4.0	1.0	2.1	5.9
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	27	3.7	0.9	2.0	5.3
<b>Smoking Status</b>					
Current smoker	16	8.9	2.7	3.7	14.1
Non-smoker	18	2.3	0.6	1.1	3.5
<b>Health Insurance Status</b>					
Insured	31	3.9	0.8	2.3	5.5
Uninsured	*	*	*	*	*

Numerator: Male respondents who reported consuming an average of more than two drinks per day and female respondents who reported consuming an average of more than one drink per day during the past 30 days.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults with Doctor Diagnosed Arthritis, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,493	23.1	0.3	22.4	23.8
Central Kansas Region	399	26.0	1.6	22.9	29.1
<b>Gender</b>					
Men	139	21.2	2.1	17.1	25.3
Women	260	31.5	2.3	27.0	35.9
<b>Age Group</b>					
18 to 44 Years	22	8.6	2.0	4.7	12.5
45 to 64 Years	145	29.4	2.4	24.8	34.1
65 Years and Older	231	53.4	2.7	48.0	58.8
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	392	27.0	1.6	23.8	30.2
<b>Race</b>					
White	382	26.9	1.6	23.7	30.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	155	25.9	2.6	20.8	30.9
Some College or College Graduate	244	26.1	1.9	22.5	29.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	196	34.5	2.8	29.0	40.0
\$35,000 or Higher per Year	136	19.6	1.9	15.8	23.4
<b>Disability Status</b>					
Living with a Disability	211	54.7	3.6	47.6	61.7
Living without a Disability	178	16.0	1.4	13.2	18.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	100	20.5	2.7	15.3	25.8
Overweight (25 ≤ BMI < 30)	141	24.0	2.4	19.3	28.8
Obese (BMI ≥ 30)	142	35.4	3.1	29.3	41.5
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	252	22.9	1.7	19.5	26.3
Does not participate in leisure time physical activity	138	33.9	3.4	27.3	40.5
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	59	27.0	4.1	19.0	35.0
Did Not Meet Both Aerobic and Strengthening Guidelines	326	27.1	1.8	23.6	30.6
<b>Smoking Status</b>					
Current smoker	67	25.2	3.7	18.0	32.4
Non-smoker	332	26.3	1.7	23.0	29.7
<b>Health Insurance Status</b>					
Insured	381	29.1	1.7	25.7	32.6
Uninsured	*	*	*	*	*

Numerator: Respondents who reported they had been told by a doctor or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults with Doctor Diagnosed Arthritis Who Are Limited in Their Usual Activities Because of Arthritis or Joint Symptoms, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,150	48.8	0.8	47.3	50.4
Central Kansas Region	169	44.6	3.1	38.5	50.7
<b>Gender</b>					
Men	46	36.9	5.0	27.1	46.6
Women	123	50.3	3.9	42.7	57.9
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	56	41.8	4.8	32.4	51.1
65 Years and Older	106	48.4	3.8	40.9	56.0
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	168	45.3	3.1	39.2	51.5
<b>Race</b>					
White	163	44.6	3.2	38.4	50.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	65	49.5	5.1	39.5	59.5
Some College or College Graduate	104	40.7	3.7	33.5	47.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	99	58.4	4.4	49.9	67.0
\$35,000 or Higher per Year	34	23.0	3.9	15.3	30.7
<b>Disability Status</b>					
Living with a Disability	136	69.0	3.8	61.6	76.5
Living without a Disability	32	16.3	3.1	10.2	22.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	36	41.6	6.7	28.5	54.7
Overweight (25 ≤ BMI < 30)	55	37.3	4.6	28.2	46.4
Obese (BMI ≥ 30)	70	53.0	5.2	42.8	63.3
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	98	39.2	3.7	31.9	46.4
Does not participate in leisure time physical activity	71	54.9	5.3	44.5	65.3
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	20	29.1	6.4	16.4	41.7
Did Not Meet Both Aerobic and Strengthening Guidelines	149	48.0	3.4	41.3	54.7
<b>Smoking Status</b>					
Current smoker	31	56.0	7.8	40.7	71.2
Non-smoker	138	41.3	3.2	35.0	47.6
<b>Health Insurance Status</b>					
Insured	160	44.1	3.2	37.9	50.3
Uninsured	*	*	*	*	*

**Numerator:** Respondents who reported any limitation in their usual activities because of arthritis or joint symptoms.

**Denominator:** Respondents with doctor, nurse or other health professional diagnosed arthritis, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults with Current Asthma, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,709	8.8	0.3	8.2	9.3
Central Kansas Region	86	7.2	1.0	5.1	9.2
<b>Gender</b>					
Men	26	5.5	1.4	2.9	8.2
Women	60	9.0	1.6	5.8	12.1
<b>Age Group</b>					
18 to 44 Years	22	9.0	2.2	4.7	13.3
45 to 64 Years	26	5.2	1.1	3.0	7.3
65 Years and Older	38	6.8	1.2	4.4	9.2
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	85	7.2	1.0	5.1	9.2
<b>Race</b>					
White	83	7.6	1.1	5.4	9.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	36	6.4	1.4	3.6	9.1
Some College or College Graduate	50	7.8	1.5	4.9	10.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	48	10.3	1.9	6.7	14.0
\$35,000 or Higher per Year	24	4.9	1.3	2.3	7.4
<b>Disability Status</b>					
Living with a Disability	52	15.0	2.6	10.0	20.1
Living without a Disability	32	4.3	1.1	2.2	6.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	24	4.4	1.1	2.2	6.7
Obese (BMI ≥ 30)	35	10.6	2.2	6.4	14.8
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	45	6.0	1.2	3.6	8.3
Does not participate in leisure time physical activity	39	9.9	2.1	5.8	14.0
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	74	7.4	1.2	5.0	9.8
<b>Smoking Status</b>					
Current smoker	24	11.4	2.8	5.9	16.9
Non-smoker	62	5.9	1.1	3.8	8.0
<b>Health Insurance Status</b>					
Insured	78	7.5	1.2	5.2	9.8
Uninsured	*	*	*	*	*

Numerator: Respondents reporting they had been told by a doctor, nurse, or other health professional that they had asthma and that they currently have asthma.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Have Been Diagnosed With Cancer (Excluding Skin Cancer), 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,108	6.9	0.2	6.5	7.2
Central Kansas Region	132	8.2	0.9	6.5	9.9
<b>Gender</b>					
Men	45	6.2	1.1	4.1	8.4
Women	87	10.5	1.3	7.8	13.1
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	42	9.9	1.7	6.6	13.3
65 Years and Older	83	17.3	2.0	13.4	21.1
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	129	8.4	0.9	6.7	10.2
<b>Race</b>					
White	127	8.7	0.9	6.9	10.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	56	8.0	1.3	5.3	10.6
Some College or College Graduate	76	8.4	1.1	6.2	10.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	66	11.3	1.6	8.1	14.5
\$35,000 or Higher per Year	41	6.2	1.1	4.0	8.4
<b>Disability Status</b>					
Living with a Disability	64	15.2	2.3	10.7	19.7
Living without a Disability	65	5.8	0.8	4.2	7.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	43	6.9	1.3	4.4	9.5
Overweight (25 ≤ BMI < 30)	44	9.3	1.7	6.0	12.5
Obese (BMI ≥ 30)	38	8.3	1.5	5.3	11.3
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	86	7.2	0.9	5.4	9.0
Does not participate in leisure time physical activity	44	11.0	2.0	7.0	15.0
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	15	7.4	2.2	3.1	11.7
Did Not Meet Both Aerobic and Strengthening Guidelines	108	8.5	1.0	6.6	10.5
<b>Smoking Status</b>					
Current smoker	24	10.0	2.4	5.3	14.6
Non-smoker	108	7.7	0.9	6.0	9.4
<b>Health Insurance Status</b>					
Insured	124	9.0	1.0	7.1	10.8
Uninsured	*	*	*	*	*

Numerator: Respondents reporting they had been told by a doctor, nurse, or other health professional that they had cancer (excluding skin cancer).

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

## Percentage of Adults Who Have Been Diagnosed With Skin Cancer, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,950	6.2	0.2	5.9	6.5
Central Kansas Region	112	6.7	0.7	5.2	8.1
<b>Gender</b>					
Men	55	7.6	1.2	5.3	9.9
Women	57	5.6	0.9	3.9	7.3
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	30	6.2	1.3	3.8	8.7
65 Years and Older	80	18.3	2.1	14.3	22.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	111	7.0	0.8	5.5	8.5
<b>Race</b>					
White	110	7.2	0.8	5.6	8.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	43	5.8	1.0	3.8	7.8
Some College or College Graduate	69	7.4	1.1	5.3	9.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	56	8.2	1.3	5.6	10.7
\$35,000 or Higher per Year	43	5.9	1.0	3.9	7.8
<b>Disability Status</b>					
Living with a Disability	48	11.6	1.9	7.9	15.2
Living without a Disability	61	5.0	0.8	3.5	6.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	49	9.6	1.7	6.3	13.0
Overweight (25 ≤ BMI < 30)	41	5.8	1.0	3.8	7.8
Obese (BMI ≥ 30)	21	5.4	1.2	2.9	7.8
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	77	6.8	0.9	5.1	8.6
Does not participate in leisure time physical activity	33	6.5	1.3	3.9	9.2
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	23	8.8	2.2	4.5	13.1
Did Not Meet Both Aerobic and Strengthening Guidelines	84	6.6	0.8	5.0	8.3
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	102	8.0	0.9	6.2	9.8
<b>Health Insurance Status</b>					
Insured	110	7.8	0.9	6.1	9.5
Uninsured	*	*	*	*	*

Numerator: Respondents reporting they had been told by a doctor, nurse, or other health professional that they had skin cancer.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

**Percentage of Adults Who Have Not Checked Cholesterol Within Five Years  
Among Those Who Have Ever Had Cholesterol Checked, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,379	27.1	0.5	26.2	28.0
Central Kansas Region	171	28.7	2.4	24.1	33.4
<b>Gender</b>					
Men	84	32.1	3.5	25.3	38.9
Women	87	24.9	3.1	18.8	31.0
<b>Age Group</b>					
18 to 44 Years	92	54.1	4.4	45.5	62.6
45 to 64 Years	55	13.2	1.9	9.5	16.9
65 Years and Older	24	6.4	1.5	3.5	9.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	163	28.4	2.4	23.7	33.1
<b>Race</b>					
White	156	27.9	2.4	23.1	32.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	81	35.5	4.0	27.7	43.3
Some College or College Graduate	90	23.2	2.7	18.0	28.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	77	30.7	3.4	24.1	37.3
\$35,000 or Higher per Year	73	25.0	3.2	18.7	31.2
<b>Disability Status</b>					
Living with a Disability	32	15.3	3.1	9.3	21.4
Living without a Disability	136	33.6	2.9	27.9	39.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	59	35.3	4.8	26.0	44.7
Overweight (25 ≤ BMI < 30)	57	28.2	4.0	20.3	36.1
Obese (BMI ≥ 30)	46	24.1	3.4	17.6	30.7
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	118	29.4	2.8	23.8	35.0
Does not participate in leisure time physical activity	51	27.6	4.3	19.2	36.0
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	21	21.3	4.8	12.0	30.7
Did Not Meet Both Aerobic and Strengthening Guidelines	140	28.8	2.6	23.7	33.8
<b>Smoking Status</b>					
Current smoker	51	39.6	5.0	29.9	49.3
Non-smoker	120	25.6	2.7	20.3	30.9
<b>Health Insurance Status</b>					
Insured	124	22.3	2.4	17.7	26.9
Uninsured	46	61.8	6.1	49.9	73.7

Numerator: Respondents reporting they had not checked their blood cholesterol in the past five years.

Denominator: Respondents who ever had their blood cholesterol checked, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults Tested and Diagnosed with High Cholesterol, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	7,660	38.4	0.5	37.5	39.3
Central Kansas Region	424	38.8	2.0	34.9	42.7
<b>Gender</b>					
Men	163	37.2	3.0	31.3	43.2
Women	261	40.4	2.5	35.5	45.3
<b>Age Group</b>					
18 to 44 Years	27	17.9	3.7	10.6	25.2
45 to 64 Years	178	42.7	2.8	37.2	48.1
65 Years and Older	219	53.8	2.8	48.3	59.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	413	39.1	2.0	35.1	43.0
<b>Race</b>					
White	408	39.8	2.0	35.8	43.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	158	37.0	3.3	30.4	43.5
Some College or College Graduate	266	40.1	2.4	35.4	44.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	190	44.9	3.4	38.3	51.5
\$35,000 or Higher per Year	169	32.4	2.6	27.2	37.5
<b>Disability Status</b>					
Living with a Disability	168	49.6	3.7	42.3	57.0
Living without a Disability	248	34.0	2.3	29.5	38.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	108	34.3	3.7	27.1	41.5
Overweight (25 ≤ BMI <30)	153	39.8	3.3	33.3	46.3
Obese (BMI ≥ 30)	144	43.1	3.5	36.2	50.1
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	279	35.9	2.3	31.4	40.4
Does not participate in leisure time physical activity	137	46.9	4.0	39.1	54.6
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	54	28.7	4.5	19.8	37.6
Did Not Meet Both Aerobic and Strengthening Guidelines	355	41.3	2.2	37.0	45.6
<b>Smoking Status</b>					
Current smoker	65	37.4	5.2	27.3	47.6
Non-smoker	358	39.3	2.1	35.1	43.4
<b>Health Insurance Status</b>					
Insured	404	40.8	2.1	36.7	44.9
Uninsured	20	21.5	5.7	10.3	32.7

Numerator: Respondents reporting they had been told by a doctor, nurse, or other health professional that they have high blood cholesterol.

Denominator: Respondents who had ever had their blood cholesterol checked, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Had Chronic Obstructive Pulmonary Disease  
(COPD), Emphysema or Chronic Bronchitis, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,658	6.6	0.2	6.2	7.0
Central Kansas Region	97	7.7	1.1	5.7	9.8
<b>Gender</b>					
Men	36	7.8	1.6	4.6	11.0
Women	61	7.6	1.3	5.1	10.1
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	33	8.0	1.6	4.8	11.1
65 Years and Older	54	11.8	1.8	8.4	15.3
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	95	7.8	1.1	5.7	9.9
<b>Race</b>					
White	92	7.7	1.1	5.6	9.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	51	10.2	1.9	6.4	13.9
Some College or College Graduate	46	5.7	1.1	3.6	7.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	65	15.2	2.5	10.3	20.1
\$35,000 or Higher per Year	18	3.1	0.9	1.5	4.8
<b>Disability Status</b>					
Living with a Disability	62	19.4	3.1	13.3	25.4
Living without a Disability	34	3.9	0.9	2.2	5.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	34	7.7	1.7	4.3	11.1
Overweight (25 ≤ BMI <30)	28	6.0	1.5	3.1	8.9
Obese (BMI ≥ 30)	33	10.8	2.5	5.8	15.7
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	52	6.0	1.1	3.9	8.2
Does not participate in leisure time physical activity	44	12.7	2.6	7.6	17.8
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	83	8.5	1.3	6.0	10.9
<b>Smoking Status</b>					
Current smoker	40	19.2	3.6	12.1	26.4
Non-smoker	56	4.3	0.7	2.8	5.7
<b>Health Insurance Status</b>					
Insured	81	6.5	0.9	4.7	8.3
Uninsured	*	*	*	*	*

**Numerator:** Respondents reporting they had been told by a doctor, nurse, or other health professional that they had chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis.

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Were EVER Diagnosed with a Depressive Disorder,  
2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,360	15.9	0.3	15.2	16.5
Central Kansas Region	173	15.5	1.4	12.7	18.3
<b>Gender</b>					
Men	56	12.6	2.0	8.8	16.4
Women	117	18.8	2.1	14.7	22.9
<b>Age Group</b>					
18 to 44 Years	41	16.1	2.8	10.6	21.6
45 to 64 Years	86	18.4	2.1	14.3	22.4
65 Years and Older	46	10.2	1.6	7.1	13.3
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	168	15.7	1.5	12.8	18.5
<b>Race</b>					
White	160	15.1	1.5	12.3	18.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	67	16.5	2.5	11.7	21.4
Some College or College Graduate	105	14.6	1.6	11.4	17.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	99	25.7	2.9	19.9	31.5
\$35,000 or Higher per Year	51	9.2	1.5	6.3	12.1
<b>Disability Status</b>					
Living with a Disability	89	32.9	3.6	25.9	40.0
Living without a Disability	79	9.5	1.3	7.0	12.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	45	13.9	2.6	8.7	19.0
Overweight (25 ≤ BMI < 30)	58	12.8	2.0	8.8	16.8
Obese (BMI ≥ 30)	63	21.3	3.0	15.4	27.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	111	13.7	1.6	10.5	16.9
Does not participate in leisure time physical activity	59	20.6	3.0	14.7	26.5
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	19	12.2	3.1	6.1	18.3
Did Not Meet Both Aerobic and Strengthening Guidelines	146	16.3	1.6	13.1	19.5
<b>Smoking Status</b>					
Current smoker	56	31.6	4.5	22.9	40.4
Non-smoker	116	10.7	1.2	8.4	13.0
<b>Health Insurance Status</b>					
Insured	146	14.2	1.4	11.5	17.0
Uninsured	26	22.6	5.1	12.5	32.6

**Numerator:** Respondents who reported they had been told by a doctor, nurse, or other health professional that they have a depressive disorder (including depression, major depression, dysthymia, or minor depression).

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults with Diagnosed Diabetes, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,584	9.5	0.2	9.1	10.0
Central Kansas Region	155	9.8	0.9	8.0	11.6
<b>Gender</b>					
Men	72	9.9	1.3	7.2	12.5
Women	83	9.7	1.3	7.2	12.1
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	64	13.7	1.8	10.1	17.2
65 Years and Older	84	19.0	2.2	14.7	23.3
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	152	10.2	1.0	8.3	12.1
<b>Race</b>					
White	149	10.1	1.0	8.2	12.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	56	9.1	1.5	6.2	12.0
Some College or College Graduate	99	10.3	1.2	8.0	12.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	79	13.1	1.8	9.6	16.6
\$35,000 or Higher per Year	59	8.7	1.3	6.2	11.2
<b>Disability Status</b>					
Living with a Disability	84	21.8	2.6	16.7	27.0
Living without a Disability	68	5.7	0.8	4.1	7.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	25	4.2	1.0	2.3	6.2
Overweight (25 ≤ BMI <30)	42	7.2	1.3	4.7	9.8
Obese (BMI ≥ 30)	82	19.9	2.4	15.1	24.7
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	90	7.8	0.9	6.0	9.7
Does not participate in leisure time physical activity	63	15.3	2.3	10.7	19.9
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	140	11.3	1.1	9.1	13.5
<b>Smoking Status</b>					
Current smoker	26	8.5	1.9	4.7	12.2
Non-smoker	128	10.2	1.1	8.1	12.2
<b>Health Insurance Status</b>					
Insured	145	10.7	1.0	8.7	12.8
Uninsured	*	*	*	*	*

**Numerator:** Respondents reporting they had been told by a doctor they had diabetes, excluding females told only during pregnancy and pre-diabetes or borderline diabetes.

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported Activity Limitations Due to Physical,  
Mental, or Emotional Problems, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,714	23.0	0.4	22.3	23.7
Central Kansas Region	326	24.1	1.6	20.9	27.3
<b>Gender</b>					
Men	125	21.9	2.3	17.3	26.4
Women	201	26.6	2.3	22.1	31.1
<b>Age Group</b>					
18 to 44 Years	28	12.9	2.7	7.7	18.1
45 to 64 Years	127	28.3	2.5	23.5	33.1
65 Years and Older	171	38.9	2.7	33.6	44.2
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	322	25.2	1.7	21.8	28.6
<b>Race</b>					
White	312	24.9	1.7	21.5	28.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	129	25.7	2.8	20.2	31.3
Some College or College Graduate	197	22.8	1.9	19.1	26.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	177	38.2	3.1	32.1	44.3
\$35,000 or Higher per Year	92	15.0	1.9	11.3	18.6
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	81	19.4	2.9	13.8	25.1
Overweight (25 ≤ BMI < 30)	108	20.7	2.4	15.9	25.4
Obese (BMI ≥ 30)	122	34.6	3.3	28.1	41.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	188	19.9	1.8	16.3	23.5
Does not participate in leisure time physical activity	137	35.6	3.5	28.8	42.5
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	35	16.0	3.7	9.9	22.1
Did Not Meet Both Aerobic and Strengthening Guidelines	281	26.2	1.9	22.6	29.9
<b>Smoking Status</b>					
Current smoker	74	36.4	4.5	27.5	45.2
Non-smoker	251	20.5	1.6	17.3	23.6
<b>Health Insurance Status</b>					
Insured	296	24.9	1.7	21.5	28.4
Uninsured	29	20.6	4.7	11.4	29.8

**Numerator:** Respondents who reported they were limited in any activities because of physical, mental, or emotional problems.

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

**Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.**

## Percentage of Adults Who Reported Living with a Disability , 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,179	24.5	0.4	23.7	25.2
Central Kansas Region	350	25.4	1.7	22.1	28.7
<b>Gender</b>					
Men	132	22.9	2.4	18.3	27.5
Women	218	28.2	2.3	23.7	32.7
<b>Age Group</b>					
18 to 44 Years	29	13.1	2.7	7.8	18.3
45 to 64 Years	132	29.5	2.5	24.6	34.5
65 Years and Older	189	42.4	2.7	37.0	47.7
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	346	26.6	1.7	23.2	30.0
<b>Race</b>					
White	335	26.3	1.8	22.8	29.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	144	27.4	2.9	21.8	33.1
Some College or College Graduate	206	23.7	1.9	20.0	27.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	190	40.0	3.1	33.8	46.2
\$35,000 or Higher per Year	97	15.6	1.9	11.9	19.4
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	88	20.2	2.9	14.6	25.9
Overweight (25 ≤ BMI < 30)	121	22.5	2.5	17.7	27.4
Obese (BMI ≥ 30)	126	36.0	3.4	29.3	42.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	205	21.0	1.8	17.4	24.6
Does not participate in leisure time physical activity	143	37.4	3.6	30.5	44.4
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	41	17.8	3.2	11.5	24.2
Did Not Meet Both Aerobic and Strengthening Guidelines	298	27.5	1.9	23.8	31.2
<b>Smoking Status</b>					
Current smoker	76	37.0	4.5	28.2	45.9
Non-smoker	273	21.9	1.6	18.7	25.2
<b>Health Insurance Status</b>					
Insured	319	26.4	1.8	22.9	29.9
Uninsured	29	20.6	4.7	11.4	29.8

Numerator: Respondents who reported they were limited in any activities because of physical, mental, or emotional problems or who reported having a health problem that requires them to use special equipment such as a cane, a wheelchair, a special bed, or a special telephone.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Not Doing Enough Physical Activity To Meet Both The  
Aerobic AND Strengthening Exercise Recommendations, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	16,604	83.5	0.4	82.7	84.2
Central Kansas Region	908	84.6	1.6	81.5	87.7
<b>Gender</b>					
Men	369	83.4	2.6	78.4	88.4
Women	539	85.8	1.8	82.3	89.3
<b>Age Group</b>					
18 to 44 Years	163	81.9	3.4	75.3	88.4
45 to 64 Years	388	87.3	1.8	83.8	90.8
65 Years and Older	357	85.1	1.9	81.3	88.9
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	879	84.6	1.6	81.4	87.8
<b>Race</b>					
White	865	84.3	1.7	81.0	87.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	345	87.4	2.7	82.1	92.7
Some College or College Graduate	562	82.4	1.9	78.7	86.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	379	89.0	2.1	84.9	93.2
\$35,000 or Higher per Year	398	80.2	2.6	75.2	85.3
<b>Disability Status</b>					
Living with a Disability	298	89.4	1.8	85.8	93.0
Living without a Disability	607	82.8	2.0	78.9	86.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	269	81.5	3.6	74.6	88.5
Overweight (25 ≤ BMI < 30)	321	83.8	2.5	79.0	88.7
Obese (BMI ≥ 30)	276	87.9	2.2	83.6	92.3
<b>Smoking Status</b>					
Current smoker	173	92.9	2.5	88.1	97.8
Non-smoker	731	82.2	1.9	78.4	85.9
<b>Health Insurance Status</b>					
Insured	817	83.7	1.7	80.3	87.1
Uninsured	90	90.0	3.5	83.1	97.0

**Numerator:** Respondents who did not meet both aerobic and strengthening physical activity guidelines.

The aerobic guideline is defined as 150 minutes a week of moderate-intensity aerobic activity, or 75 minutes a week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.

The strengthening guideline is defined as muscle-strengthening activities that involved all major muscle groups two or more times per week.

Meeting the physical activity guideline is defined as meeting both aerobic and strengthening guidelines.

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Not Doing Enough Physical Activity To Meet EITHER  
Aerobic OR Strengthening Guideline, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,956	45.3	0.5	44.4	46.2
Central Kansas Region	489	44.9	2.1	40.7	49.0
<b>Gender</b>					
Men	194	45.0	3.2	38.7	51.3
Women	295	44.8	2.7	39.4	50.1
<b>Age Group</b>					
18 to 44 Years	79	38.5	4.2	30.3	46.8
45 to 64 Years	208	50.0	2.7	44.7	55.4
65 Years and Older	202	48.1	2.8	42.6	53.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	472	44.9	2.2	40.7	49.2
<b>Race</b>					
White	467	45.1	2.2	40.8	49.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	223	53.2	3.7	45.9	60.5
Some College or College Graduate	266	38.6	2.4	33.9	43.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	232	57.0	3.2	50.7	63.3
\$35,000 or Higher per Year	190	37.6	2.9	31.9	43.2
<b>Disability Status</b>					
Living with a Disability	192	56.9	3.5	50.1	63.8
Living without a Disability	296	40.6	2.5	35.6	45.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	127	35.5	4.0	27.7	43.2
Overweight (25 ≤ BMI < 30)	178	48.0	3.5	41.3	54.8
Obese (BMI ≥ 30)	155	49.1	3.5	42.2	55.9
<b>Smoking Status</b>					
Current smoker	96	53.4	4.8	43.9	62.8
Non-smoker	391	42.5	2.3	37.9	47.0
<b>Health Insurance Status</b>					
Insured	439	43.4	2.2	39.1	47.8
Uninsured	49	53.4	6.3	41.1	65.7

**Numerator:** Respondents who did not meet either aerobic or strengthening physical activity guidelines.

The aerobic guideline is defined as 150 minutes a week of moderate-intensity aerobic activity, or 75 minutes a week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.

The strengthening guideline is defined as muscle-strengthening activities that involved all major muscle groups two or more times per week.

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Not Participating in Any Physical Activity (Leisure Time Physical Activity) Other Than Their Regular Job in the Past 30 Days, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,740	26.8	0.4	26.0	27.6
Central Kansas Region	319	26.5	1.8	22.9	30.1
<b>Gender</b>					
Men	138	28.9	2.9	23.3	34.6
Women	181	23.7	2.1	19.6	27.8
<b>Age Group</b>					
18 to 44 Years	40	19.0	3.3	12.5	25.6
45 to 64 Years	124	29.2	2.6	24.1	34.2
65 Years and Older	155	36.5	2.7	31.1	41.8
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	306	26.6	1.9	22.9	30.2
<b>Race</b>					
White	301	26.2	1.9	22.5	29.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	169	35.3	3.4	28.7	41.9
Some College or College Graduate	150	19.2	1.8	15.6	22.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	170	34.9	3.0	29.1	40.8
\$35,000 or Higher per Year	103	20.4	2.4	15.6	25.1
<b>Disability Status</b>					
Living with a Disability	143	39.2	3.4	32.5	45.8
Living without a Disability	176	22.2	2.1	18.0	26.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	85	22.6	3.5	15.8	29.4
Overweight (25 ≤ BMI < 30)	114	26.8	3.1	20.7	32.9
Obese (BMI ≥ 30)	107	31.9	3.2	25.6	38.1
<b>Smoking Status</b>					
Current smoker	67	30.1	4.4	21.6	38.7
Non-smoker	249	25.3	2.0	21.4	29.2
<b>Health Insurance Status</b>					
Insured	280	26.1	1.9	22.3	29.8
Uninsured	38	29.9	5.6	19.0	40.9

**Numerator:** Respondents reporting they did not participate in any physical activities or exercise, other than their regular job, in the past 30 days.

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported Consuming Fruit Less than 1 Time Per Day,  
2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	7,375	41.4	0.5	40.5	42.4
Central Kansas Region	407	43.3	2.2	39.1	47.6
<b>Gender</b>					
Men	209	49.3	3.3	42.9	55.8
Women	198	36.4	2.7	31.0	41.7
<b>Age Group</b>					
18 to 44 Years	95	46.6	4.3	38.1	55.0
45 to 64 Years	193	46.1	2.7	40.8	51.4
65 Years and Older	119	32.4	2.7	27.1	37.8
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	387	43.0	2.2	38.6	47.3
<b>Race</b>					
White	383	42.8	2.2	38.5	47.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	172	49.1	3.7	41.7	56.4
Some College or College Graduate	235	38.6	2.5	33.8	43.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	166	48.9	3.3	42.4	55.4
\$35,000 or Higher per Year	190	41.1	3.0	35.2	47.1
<b>Disability Status</b>					
Living with a Disability	131	48.4	3.6	41.4	55.5
Living without a Disability	274	41.5	2.6	36.4	46.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	120	41.0	4.2	32.8	49.3
Overweight (25 ≤ BMI < 30)	147	43.6	3.7	36.4	50.7
Obese (BMI ≥ 30)	122	44.3	3.5	37.4	51.3
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	258	38.7	2.5	33.7	43.6
Does not participate in leisure time physical activity	147	56.0	3.9	48.4	63.6
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	42	29.7	4.8	20.2	39.2
Did Not Meet Both Aerobic and Strengthening Guidelines	351	46.0	2.4	41.4	50.6
<b>Smoking Status</b>					
Current smoker	103	61.6	4.6	52.6	70.7
Non-smoker	302	37.7	2.3	33.1	42.3
<b>Health Insurance Status</b>					
Insured	356	41.2	2.2	36.8	45.6
Uninsured	50	56.4	6.7	43.4	69.5

Numerator: Respondents who reported they consumed fruit less than 1 time per day.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported Consuming Vegetables Less than 1 Time  
Per Day, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,908	22.3	0.4	21.4	23.1
Central Kansas Region	216	25.0	2.1	20.9	29.1
<b>Gender</b>					
Men	113	29.1	3.1	23.0	35.2
Women	103	20.5	2.7	15.2	25.8
<b>Age Group</b>					
18 to 44 Years	51	29.4	4.2	21.2	37.6
45 to 64 Years	87	21.8	2.4	17.1	26.4
65 Years and Older	78	21.7	2.4	17.0	26.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	204	24.0	2.1	19.9	28.1
<b>Race</b>					
White	206	24.9	2.1	20.8	29.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	102	29.9	3.5	22.9	36.8
Some College or College Graduate	114	21.2	2.5	16.3	26.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	102	28.6	3.2	22.4	34.9
\$35,000 or Higher per Year	83	19.8	2.5	14.8	24.8
<b>Disability Status</b>					
Living with a Disability	73	26.5	3.3	20.0	32.9
Living without a Disability	143	24.6	2.6	19.6	29.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	60	27.6	4.4	18.9	36.3
Overweight (25 ≤ BMI < 30)	88	25.2	3.2	18.9	31.5
Obese (BMI ≥ 30)	60	20.7	2.9	15.1	26.3
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	124	21.3	2.4	16.6	26.0
Does not participate in leisure time physical activity	92	35.7	4.1	27.6	43.7
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	26	18.3	4.0	10.6	26.1
Did Not Meet Both Aerobic and Strengthening Guidelines	181	26.5	2.4	21.9	31.2
<b>Smoking Status</b>					
Current smoker	56	33.9	4.8	24.4	43.4
Non-smoker	159	22.3	2.3	17.9	26.8
<b>Health Insurance Status</b>					
Insured	190	24.3	2.2	20.0	28.5
Uninsured	24	29.8	6.4	17.2	42.4

Numerator: Respondents who reported they consumed vegetables less than 1 time per day.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults Who Lack Health Care Coverage, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,212	16.7	0.4	15.9	17.5
Central Kansas Region	106	15.5	1.8	12.0	19.1
<b>Gender</b>					
Men	53	18.3	2.9	12.6	23.9
Women	53	12.5	2.0	8.6	16.5
<b>Age Group</b>					
18 to 44 Years	45	25.7	3.9	18.1	33.2
45 to 64 Years	55	12.8	1.8	9.1	16.4
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	96	14.6	1.8	11.1	18.2
<b>Race</b>					
White	90	13.5	1.8	10.0	16.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	52	22.1	3.4	15.5	28.7
Some College or College Graduate	53	10.0	1.6	6.9	13.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	73	29.0	3.3	22.4	35.6
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	29	12.5	2.7	7.1	17.9
Living without a Disability	75	16.5	2.3	12.1	20.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	25	9.6	2.2	5.4	13.9
Overweight (25 ≤ BMI < 30)	44	20.6	3.7	13.3	28.0
Obese (BMI ≥ 30)	30	15.6	2.9	9.8	21.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	66	14.8	2.2	10.5	19.1
Does not participate in leisure time physical activity	38	17.4	3.2	11.1	23.7
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	90	15.5	1.9	11.8	19.2
<b>Smoking Status</b>					
Current smoker	50	37.1	4.9	27.6	46.6
Non-smoker	55	9.0	1.6	5.8	12.2

Numerator: Respondents reporting they had no health care coverage.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Ages 18 to 64 Years Old Who Lack Health Care Coverage,  
2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,123	20.1	0.5	19.2	21.0
Central Kansas Region	100	19.8	2.3	15.3	24.2
<b>Gender</b>					
Men	50	22.3	3.5	15.4	29.2
Women	50	16.7	2.7	11.4	21.9
<b>Age Group</b>					
18 to 44 Years	45	25.7	3.9	18.1	33.2
45 to 64 Years	55	12.8	1.8	9.1	16.4
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	90	18.6	2.3	14.1	23.1
<b>Race</b>					
White	84	17.3	2.3	12.9	21.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	48	29.3	4.4	20.7	38.0
Some College or College Graduate	51	12.3	2.0	8.5	16.2
<b>Annual Household Income</b>					
Less than \$35,000 per Year	70	41.8	4.4	33.1	50.5
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	26	19.3	4.2	11.0	27.5
Living without a Disability	72	19.7	2.7	14.5	25.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	24	12.5	2.9	6.8	18.2
Overweight (25 ≤ BMI < 30)	41	26.3	4.6	17.2	35.3
Obese (BMI ≥ 30)	29	19.6	3.6	12.5	26.7
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	63	18.2	2.7	12.9	23.5
Does not participate in leisure time physical activity	35	24.3	4.5	15.5	33.2
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	86	19.8	2.4	15.2	24.5
<b>Smoking Status</b>					
Current smoker	50	40.9	5.2	30.6	51.2
Non-smoker	49	11.8	2.2	7.5	16.1

Numerator: Respondents ages 18-64 years old reporting they had no health care coverage.

Denominator: All respondents ages 18-64 years old, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults with No Personal Doctor or Health Care Provider, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,606	19.7	0.4	18.9	20.6
Central Kansas Region	114	16.5	1.8	13.0	19.9
<b>Gender</b>					
Men	73	23.7	2.9	18.0	29.5
Women	41	8.5	1.6	5.4	11.5
<b>Age Group</b>					
18 to 44 Years	54	28.4	3.8	20.9	35.8
45 to 64 Years	46	11.1	1.8	7.7	14.5
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	107	16.1	1.8	12.6	19.6
<b>Race</b>					
White	100	14.3	1.7	11.1	17.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	54	21.3	3.2	15.0	27.6
Some College or College Graduate	59	12.4	1.8	8.9	15.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	62	24.2	3.2	17.9	30.5
\$35,000 or Higher per Year	38	12.6	2.4	7.9	17.4
<b>Disability Status</b>					
Living with a Disability	28	12.9	2.8	7.5	18.3
Living without a Disability	84	17.9	2.2	13.6	22.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	35	11.9	2.4	7.2	16.7
Overweight (25 ≤ BMI < 30)	44	22.7	3.6	15.7	29.6
Obese (BMI ≥ 30)	29	13.7	2.8	8.3	19.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	68	15.0	2.0	11.0	19.0
Does not participate in leisure time physical activity	43	20.7	3.7	13.4	28.0
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	16	13.9	3.7	6.6	21.2
Did Not Meet Both Aerobic and Strengthening Guidelines	87	16.3	2.0	12.3	20.2
<b>Smoking Status</b>					
Current smoker	46	33.3	4.8	23.8	42.8
Non-smoker	68	11.4	1.6	8.2	14.6
<b>Health Insurance Status</b>					
Insured	60	8.9	1.4	6.0	11.7
Uninsured	53	60.5	5.8	49.0	72.0

Numerator: Respondents reporting they had no personal doctor or health care provider.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Could Not See Doctor Because of Cost In the Past 12 Months, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,334	14.3	0.3	13.7	15.0
Central Kansas Region	112	11.7	1.4	8.9	14.5
<b>Gender</b>					
Men	39	10.5	2.2	6.2	14.7
Women	73	13.1	1.8	9.6	16.5
<b>Age Group</b>					
18 to 44 Years	31	13.7	2.9	8.0	19.3
45 to 64 Years	63	13.8	1.8	10.2	17.4
65 Years and Older	18	4.8	1.3	2.3	7.3
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	106	11.5	1.5	8.6	14.3
<b>Race</b>					
White	104	11.6	1.5	8.7	14.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	46	13.0	2.6	7.9	18.0
Some College or College Graduate	66	10.6	1.5	7.8	13.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	75	21.3	2.7	16.1	26.5
\$35,000 or Higher per Year	27	6.7	2.0	2.8	10.5
<b>Disability Status</b>					
Living with a Disability	57	20.9	3.0	15.1	26.8
Living without a Disability	53	8.5	1.6	5.4	11.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	30	13.2	3.3	6.7	19.7
Overweight (25 ≤ BMI < 30)	37	9.6	1.8	6.0	13.1
Obese (BMI ≥ 30)	40	13.8	2.3	9.3	18.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	68	10.8	1.8	7.4	14.2
Does not participate in leisure time physical activity	42	14.1	2.4	9.4	18.8
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	94	11.3	1.3	8.7	13.8
<b>Smoking Status</b>					
Current smoker	48	24.0	3.7	16.7	31.2
Non-smoker	63	8.0	1.5	5.1	10.9
<b>Health Insurance Status</b>					
Insured	70	8.4	1.4	5.6	11.2
Uninsured	42	30.6	5.3	20.2	40.9

Numerator: Respondents reporting they could not see a doctor because of cost in the past 12 months.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults with Fair or Poor Self-Perceived Health Status, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,614	15.0	0.3	14.4	15.6
Central Kansas Region	226	17.2	1.5	14.2	20.3
<b>Gender</b>					
Men	87	16.6	2.4	11.9	21.2
Women	139	18.0	1.9	14.2	21.7
<b>Age Group</b>					
18 to 44 Years	19	9.9	2.8	4.4	15.4
45 to 64 Years	98	21.8	2.2	17.4	26.2
65 Years and Older	109	23.9	2.4	19.3	28.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	220	17.6	1.6	14.5	20.8
<b>Race</b>					
White	211	17.3	1.6	14.2	20.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	111	23.4	3.0	17.6	29.1
Some College or College Graduate	114	12.0	1.3	9.5	14.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	138	30.5	2.9	24.7	36.3
\$35,000 or Higher per Year	52	9.7	2.0	5.7	13.6
<b>Disability Status</b>					
Living with a Disability	160	47.6	3.5	40.6	54.5
Living without a Disability	61	7.0	1.4	4.2	9.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	55	15.1	3.3	8.6	21.5
Overweight (25 ≤ BMI < 30)	72	14.2	2.0	10.4	18.1
Obese (BMI ≥ 30)	85	24.2	3.0	18.3	30.0
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	128	14.4	1.8	10.8	17.9
Does not participate in leisure time physical activity	94	25.2	3.1	19.2	31.3
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	200	18.1	1.6	15.0	21.1
<b>Smoking Status</b>					
Current smoker	61	27.4	4.0	19.5	35.3
Non-smoker	165	14.2	1.6	11.1	17.3
<b>Health Insurance Status</b>					
Insured	197	17.2	1.7	14.0	20.5
Uninsured	28	18.0	4.3	9.6	26.4

Numerator: Respondents reporting that in general their health is fair or poor.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported Their Physical Health Was Not Good on 14 or More Days in the Past 30 Days, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,519	10.5	0.3	10.0	11.0
Central Kansas Region	145	11.8	1.4	9.1	14.6
<b>Gender</b>					
Men	52	11.3	2.1	7.1	15.5
Women	93	12.5	1.7	9.1	15.8
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	67	15.8	2.1	11.8	19.9
65 Years and Older	69	16.6	2.2	12.4	20.9
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	141	12.1	1.5	9.2	14.9
<b>Race</b>					
White	137	12.0	1.5	9.1	14.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	74	17.0	2.7	11.6	22.3
Some College or College Graduate	71	7.6	1.1	5.5	9.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	90	20.9	2.6	15.8	26.0
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	113	35.3	3.5	28.5	42.1
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	37	11.4	3.2	5.1	17.6
Overweight (25 ≤ BMI < 30)	44	9.8	1.8	6.3	13.3
Obese (BMI ≥ 30)	59	16.1	2.4	11.3	20.8
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	70	8.4	1.6	5.3	11.5
Does not participate in leisure time physical activity	70	20.6	3.0	14.7	26.5
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	122	11.5	1.3	9.0	14.0
<b>Smoking Status</b>					
Current smoker	41	19.6	3.5	12.6	26.5
Non-smoker	104	9.5	1.5	6.6	12.4
<b>Health Insurance Status</b>					
Insured	130	12.3	1.6	9.2	15.4
Uninsured	15	9.9	2.9	4.3	15.6

Numerator: Respondents reporting 14 or more days when their physical health was not good.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported Their Mental Health Was Not Good on 14  
or More Days in the Past 30 Days, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,937	10.2	0.3	9.6	10.8
Central Kansas Region	100	10.9	1.3	8.3	13.6
<b>Gender</b>					
Men	32	9.3	1.9	5.5	13.1
Women	68	12.8	1.8	9.2	16.4
<b>Age Group</b>					
18 to 44 Years	23	12.1	2.7	6.9	17.4
45 to 64 Years	53	13.1	1.9	9.4	16.9
65 Years and Older	24	5.4	1.2	3.0	7.7
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	97	10.9	1.3	8.3	13.5
<b>Race</b>					
White	90	10.2	1.3	7.7	12.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	48	15.0	2.6	10.0	20.1
Some College or College Graduate	52	7.6	1.2	5.2	10.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	54	17.8	2.9	12.2	23.4
\$35,000 or Higher per Year	38	8.2	1.6	5.1	11.4
<b>Disability Status</b>					
Living with a Disability	51	23.1	3.4	16.4	29.8
Living without a Disability	45	6.9	1.3	4.3	9.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	34	12.6	2.5	7.6	17.6
Overweight (25 ≤ BMI < 30)	27	8.6	2.2	4.3	12.9
Obese (BMI ≥ 30)	37	13.3	2.6	8.2	18.5
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	67	10.9	1.6	7.7	14.1
Does not participate in leisure time physical activity	30	11.0	2.4	6.3	15.8
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	84	10.9	1.4	8.1	13.8
<b>Smoking Status</b>					
Current smoker	43	27.4	4.4	18.7	36.1
Non-smoker	57	6.1	1.0	4.2	8.0
<b>Health Insurance Status</b>					
Insured	86	9.9	1.3	7.4	12.4
Uninsured	*	*	*	*	*

Numerator: Respondents reporting 14 or more days when their mental health was not good.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported Their Poor Physical or Mental Health Kept Them From Doing Their Usual Activities, such as Self-care, Work, or Recreation, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,985	39.5	0.7	38.2	40.8
Central Kansas Region	208	36.4	2.9	30.7	42.2
<b>Gender</b>					
Men	64	33.8	4.9	24.3	43.4
Women	144	38.9	3.3	32.4	45.4
<b>Age Group</b>					
18 to 44 Years	36	30.9	5.7	19.7	42.1
45 to 64 Years	91	39.0	3.6	31.9	46.2
65 Years and Older	81	43.3	4.2	35.1	51.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	199	34.9	2.9	29.2	40.6
<b>Race</b>					
White	195	35.6	3.0	29.8	41.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	87	37.9	5.0	28.1	47.7
Some College or College Graduate	121	35.2	3.2	28.9	41.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	116	46.1	4.3	37.7	54.6
\$35,000 or Higher per Year	58	25.9	4.5	17.1	34.6
<b>Disability Status</b>					
Living with a Disability	134	53.6	4.2	45.5	61.7
Living without a Disability	69	26.0	4.0	18.1	33.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	46	30.4	6.1	18.4	42.4
Overweight (25 ≤ BMI < 30)	76	39.0	5.3	28.6	49.4
Obese (BMI ≥ 30)	77	41.3	4.6	32.3	50.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	130	33.1	3.6	26.1	40.2
Does not participate in leisure time physical activity	74	46.1	4.9	36.5	55.7
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	27	36.6	9.3	18.5	54.8
Did Not Meet Both Aerobic and Strengthening Guidelines	172	38.3	2.9	32.5	44.1
<b>Smoking Status</b>					
Current smoker	50	41.2	5.9	29.6	52.7
Non-smoker	157	34.5	3.4	28.0	41.1
<b>Health Insurance Status</b>					
Insured	179	37.3	3.1	31.2	43.4
Uninsured	29	35.8	7.5	21.0	50.6

**Numerator:** Respondents reporting one or more days in the past 30 days when their poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation.

**Denominator:** Among respondents with at least one day in the past 30 days when their physical or mental health was not good, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults Who had a Heart Attack, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,236	4.4	0.2	4.1	4.7
Central Kansas Region	82	5.8	1.1	3.7	7.8
<b>Gender</b>					
Men	52	8.4	1.9	4.6	12.1
Women	30	2.9	0.6	1.7	4.0
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	26	5.0	1.0	3.0	7.1
65 Years and Older	55	13.8	2.0	9.9	17.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	79	5.8	1.1	3.6	7.9
<b>Race</b>					
White	78	6.0	1.1	3.8	8.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	37	7.3	2.1	3.2	11.4
Some College or College Graduate	45	4.5	0.8	3.0	6.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	44	6.4	1.1	4.3	8.6
\$35,000 or Higher per Year	25	3.8	0.8	2.2	5.4
<b>Disability Status</b>					
Living with a Disability	41	8.8	1.5	5.8	11.9
Living without a Disability	38	4.5	1.3	1.9	7.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	18	2.9	0.8	1.4	4.5
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	34	8.1	1.5	5.1	11.1
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	55	6.0	1.4	3.3	8.8
Does not participate in leisure time physical activity	25	4.6	1.1	2.5	6.6
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	70	5.0	0.7	3.7	6.3
<b>Smoking Status</b>					
Current smoker	19	5.1	1.3	2.5	7.6
Non-smoker	63	6.0	1.3	3.4	8.6
<b>Health Insurance Status</b>					
Insured	80	5.8	0.7	4.3	7.2
Uninsured	*	*	*	*	*

**Numerator:** Respondents reporting they had been told by a doctor, nurse, or other health professional that they had a heart attack also called a myocardial infarction.

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

## Percentage of Adults Who had Angina or Coronary Heart Disease, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,333	4.5	0.2	4.2	4.8
Central Kansas Region	86	6.0	0.8	4.4	7.6
<b>Gender</b>					
Men	41	5.9	1.0	3.9	7.9
Women	45	6.2	1.3	3.6	8.7
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	31	7.1	1.4	4.4	9.8
65 Years and Older	53	13.2	2.0	9.4	17.1
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	83	6.0	0.8	4.4	7.6
<b>Race</b>					
White	85	6.5	0.9	4.7	8.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	34	6.6	1.5	3.8	9.5
Some College or College Graduate	52	5.5	0.9	3.8	7.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	41	7.8	1.7	4.5	11.0
\$35,000 or Higher per Year	31	4.9	1.0	3.0	6.9
<b>Disability Status</b>					
Living with a Disability	47	12.7	2.4	8.0	17.4
Living without a Disability	36	3.4	0.7	2.1	4.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	30	6.4	1.4	3.7	9.0
Obese (BMI ≥ 30)	36	8.3	1.5	5.3	11.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	55	5.8	1.0	3.9	7.7
Does not participate in leisure time physical activity	27	5.2	1.2	2.9	7.5
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	66	5.3	0.8	3.8	6.8
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	68	5.6	0.8	4.0	7.1
<b>Health Insurance Status</b>					
Insured	83	6.9	0.9	5.0	8.7
Uninsured	*	*	*	*	*

Numerator: Respondents reporting they had been told by a doctor, nurse, or other health professional that they had angina or coronary heart disease.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

## Percentage of Adults Who Had A Stroke, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	831	2.7	0.1	2.5	3.0
Central Kansas Region	54	3.3	0.6	2.1	4.4
<b>Gender</b>					
Men	18	2.0	0.5	1.0	3.0
Women	36	4.7	1.1	2.5	6.9
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	13	2.5	0.7	1.0	4.0
65 Years and Older	39	8.1	1.4	5.4	10.8
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	54	3.5	0.6	2.2	4.7
<b>Race</b>					
White	51	3.3	0.6	2.1	4.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	28	4.3	1.1	2.1	6.5
Some College or College Graduate	26	2.4	0.6	1.3	3.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	33	6.7	1.6	3.6	9.8
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	33	8.7	2.1	4.7	12.8
Living without a Disability	18	1.3	0.3	0.6	1.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	23	3.4	0.8	1.9	5.0
Obese (BMI ≥ 30)	18	4.0	1.1	1.8	6.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	30	2.8	0.7	1.4	4.3
Does not participate in leisure time physical activity	22	4.1	1.0	2.1	6.1
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	43	3.0	0.5	1.9	4.0
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	39	2.5	0.5	1.6	3.4
<b>Health Insurance Status</b>					
Insured	51	3.6	0.7	2.2	4.9
Uninsured	*	*	*	*	*

Numerator: Respondents reporting they had been told by a doctor, nurse, or other health professional that they had a stroke.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

## Percentage of Adults with Diagnosed Hypertension, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,234	30.8	0.4	30.1	31.6
Central Kansas Region	500	33.3	1.8	29.7	36.9
<b>Gender</b>					
Men	192	30.9	2.7	25.6	36.3
Women	308	35.9	2.4	31.3	40.6
<b>Age Group</b>					
18 to 44 Years	34	13.8	2.9	8.1	19.4
45 to 64 Years	195	40.2	2.6	35.1	45.3
65 Years and Older	270	59.3	2.7	54.0	64.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	489	34.1	1.9	30.4	37.8
<b>Race</b>					
White	479	34.3	1.9	30.5	38.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	186	30.2	3.0	24.3	36.1
Some College or College Graduate	314	35.9	2.2	31.6	40.2
<b>Annual Household Income</b>					
Less than \$35,000 per Year	223	38.5	2.9	32.8	44.3
\$35,000 or Higher per Year	199	28.7	2.3	24.1	33.2
<b>Disability Status</b>					
Living with a Disability	207	50.5	3.5	43.6	57.4
Living without a Disability	284	27.5	2.1	23.4	31.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	115	20.4	2.5	15.5	25.4
Overweight (25 ≤ BMI < 30)	176	33.7	3.3	27.3	40.1
Obese (BMI ≥ 30)	189	49.4	3.4	42.7	56.1
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	317	30.3	2.1	26.1	34.5
Does not participate in leisure time physical activity	173	41.4	3.6	34.3	48.5
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	63	28.7	4.2	20.5	37.0
Did Not Meet Both Aerobic and Strengthening Guidelines	421	34.6	2.0	30.8	38.5
<b>Smoking Status</b>					
Current smoker	69	25.1	3.6	18.0	32.1
Non-smoker	428	35.8	2.1	31.7	39.9
<b>Health Insurance Status</b>					
Insured	472	36.0	1.9	32.2	39.7
Uninsured	27	20.3	5.8	8.9	31.8

Numerator: Respondents reporting they had been told by a doctor, nurse, or other health professional that they have high blood pressure.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Ages 18 Years and Older Who Did Not Get Immunized  
Against Influenza During the Past 12 Months, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	10,021	58.3	0.4	57.4	59.2
Central Kansas Region	530	60.6	1.9	56.8	64.4
<b>Gender</b>					
Men	251	68.4	2.6	63.3	73.5
Women	279	51.7	2.8	46.3	57.1
<b>Age Group</b>					
18 to 44 Years	144	76.9	3.0	70.9	82.9
45 to 64 Years	249	58.2	2.6	53.0	63.3
65 Years and Older	136	33.3	2.6	28.1	38.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	510	60.5	2.0	56.6	64.3
<b>Race</b>					
White	498	59.0	2.0	55.0	63.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	207	67.1	2.9	61.4	72.9
Some College or College Graduate	322	55.1	2.4	50.3	59.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	211	58.8	3.0	52.8	64.7
\$35,000 or Higher per Year	246	60.4	2.8	54.9	65.9
<b>Disability Status</b>					
Living with a Disability	136	49.1	3.5	42.1	56.0
Living without a Disability	392	64.4	2.2	60.0	68.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	149	60.0	3.8	52.6	67.4
Overweight (25 ≤ BMI < 30)	198	64.8	3.0	58.8	70.7
Obese (BMI ≥ 30)	154	56.3	3.4	49.7	62.9
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	381	61.3	2.3	56.8	65.8
Does not participate in leisure time physical activity	148	58.7	3.7	51.5	65.9
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	81	61.2	5.0	51.4	71.1
Did Not Meet Both Aerobic and Strengthening Guidelines	425	58.5	2.2	54.3	62.7
<b>Smoking Status</b>					
Current smoker	117	70.5	4.0	62.7	78.3
Non-smoker	410	57.6	2.2	53.3	62.0
<b>Health Insurance Status</b>					
Insured	446	55.4	2.2	51.2	59.6
Uninsured	80	86.9	3.3	80.4	93.4

Numerator: Respondents who reported they did not have a flu shot or vaccine sprayed in the nose during the past 12 months.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Ages 65 Years and Older Who Did Not Get Immunized  
Against Influenza During the Past 12 Months, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,059	32.4	0.7	31.0	33.7
Central Kansas Region	136	33.3	2.6	28.1	38.5
<b>Gender</b>					
Men	50	32.5	4.2	24.3	40.8
Women	86	33.9	3.3	27.4	40.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	132	33.1	2.7	27.9	38.3
<b>Race</b>					
White	133	33.1	2.7	27.9	38.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	59	31.6	3.9	23.9	39.3
Some College or College Graduate	77	35.0	3.5	28.1	41.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	77	34.8	3.7	27.5	42.0
\$35,000 or Higher per Year	37	34.6	5.0	24.7	44.5
<b>Disability Status</b>					
Living with a Disability	50	28.6	3.8	21.2	36.1
Living without a Disability	85	36.4	3.6	29.3	43.4
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	43	29.0	4.4	20.3	37.7
Overweight (25 ≤ BMI < 30)	56	36.7	4.3	28.3	45.2
Obese (BMI ≥ 30)	31	32.2	5.3	21.7	42.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	<i>86</i>	<i>32.2</i>	<i>3.2</i>	<i>25.9</i>	<i>38.5</i>
Does not participate in leisure time physical activity	<i>50</i>	<i>35.4</i>	<i>4.7</i>	<i>26.2</i>	<i>44.5</i>
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	<i>22</i>	<i>35.5</i>	<i>6.6</i>	<i>22.6</i>	<i>48.5</i>
Did Not Meet Both Aerobic and Strengthening Guidelines	<i>110</i>	<i>33.1</i>	<i>2.9</i>	<i>27.3</i>	<i>38.9</i>
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	<i>121</i>	<i>32.7</i>	<i>2.8</i>	<i>27.2</i>	<i>38.1</i>
<b>Health Insurance Status</b>					
Insured	<i>132</i>	<i>32.9</i>	<i>2.7</i>	<i>27.7</i>	<i>38.2</i>
Uninsured	*	*	*	*	*

Numerator: Respondents ages 65 years and older who reported they did not receive a flu shot or vaccine sprayed in the nose during the past 12 months.

Denominator: All respondents ages 65 years and older, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Ages 65 Years and Older Who Never Had Pneumonia  
Vaccination, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,792	29.2	0.7	27.9	30.6
Central Kansas Region	123	30.2	2.6	25.1	35.3
<b>Gender</b>					
Men	52	34.1	4.3	25.7	42.6
Women	71	27.0	3.2	20.9	33.2
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	116	28.6	2.6	23.6	33.6
<b>Race</b>					
White	118	29.2	2.6	24.1	34.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	65	35.3	4.1	27.3	43.3
Some College or College Graduate	58	25.0	3.1	18.8	31.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	57	26.5	3.5	19.7	33.4
\$35,000 or Higher per Year	40	31.9	4.8	22.4	41.3
<b>Disability Status</b>					
Living with a Disability	32	17.9	3.3	11.5	24.3
Living without a Disability	90	38.5	3.6	31.4	45.6
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	46	34.2	4.7	25.1	43.3
Overweight (25 ≤ BMI < 30)	47	30.9	4.2	22.7	39.2
Obese (BMI ≥ 30)	25	22.8	4.6	13.7	31.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	78	29.5	3.7	23.5	35.6
Does not participate in leisure time physical activity	44	31.0	4.7	21.8	40.2
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	17	29.6	6.5	17.0	42.3
Did Not Meet Both Aerobic and Strengthening Guidelines	100	29.8	2.9	24.2	35.5
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	112	29.8	2.7	24.5	35.1
<b>Health Insurance Status</b>					
Insured	120	29.8	2.6	24.7	35.0
Uninsured	*	*	*	*	*

Numerator: Respondents ages 65 years and older who reported they never had a pneumonia vaccination.

Denominator: All respondents ages 65 years and older, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults who are Obese, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,907	29.6	0.4	28.7	30.4
Central Kansas Region	323	28.9	1.8	25.4	32.5
<b>Gender</b>					
Men	136	27.2	2.6	22.2	32.3
Women	187	31.0	2.5	26.1	35.8
<b>Age Group</b>					
18 to 44 Years	63	25.2	3.4	18.5	31.8
45 to 64 Years	154	34.9	2.6	29.8	39.9
65 Years and Older	106	26.6	2.6	21.6	31.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	311	28.9	1.8	25.3	32.5
<b>Race</b>					
White	307	29.3	1.9	25.6	33.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	115	24.7	2.7	19.4	30.1
Some College or College Graduate	208	32.5	2.3	27.9	37.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	127	31.6	3.0	25.6	37.5
\$35,000 or Higher per Year	160	29.9	2.6	24.8	34.9
<b>Disability Status</b>					
Living with a Disability	126	40.5	3.6	33.5	47.6
Living without a Disability	192	24.9	2.0	20.9	28.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	211	26.9	2.1	22.7	31.0
Does not participate in leisure time physical activity	107	34.2	3.6	27.2	41.3
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	37	23.2	4.2	14.9	31.6
Did Not Meet Both Aerobic and Strengthening Guidelines	276	31.5	2.1	27.4	35.6
<b>Smoking Status</b>					
Current smoker	48	23.4	3.8	15.9	30.9
Non-smoker	275	30.7	2.1	26.6	34.7
<b>Health Insurance Status</b>					
Insured	292	29.1	1.9	25.4	32.8
Uninsured	30	29.4	5.6	18.4	40.4

Numerator: Respondents with a body mass index greater than or equal to 30, based on self-reported height and weight.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

# Percentage of Adults Who are Overweight or Obese, 2011

## Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	12,869	64.4	0.5	63.5	65.3
Central Kansas Region	714	66.5	2.2	62.2	70.8
<b>Gender</b>					
Men	329	70.5	3.1	64.5	76.6
Women	385	61.6	3.0	55.8	67.5
<b>Age Group</b>					
18 to 44 Years	129	60.6	4.5	51.8	69.4
45 to 64 Years	320	75.8	2.3	71.4	80.3
65 Years and Older	265	63.0	2.7	57.8	68.2
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	691	66.6	2.2	62.2	71.0
<b>Race</b>					
White	677	65.7	2.3	61.3	70.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	269	65.6	3.7	58.3	72.8
Some College or College Graduate	444	67.3	2.5	62.3	72.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	290	69.1	2.9	63.3	74.8
\$35,000 or Higher per Year	333	67.9	3.1	61.8	74.0
<b>Disability Status</b>					
Living with a Disability	247	74.0	3.3	67.7	80.4
Living without a Disability	460	64.7	2.7	59.4	70.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	486	65.1	2.7	59.9	70.3
Does not participate in leisure time physical activity	221	72.3	3.9	64.7	79.9
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	91	60.7	6.0	49.0	72.4
Did Not Meet Both Aerobic and Strengthening Guidelines	597	67.7	2.4	63.0	72.4
<b>Smoking Status</b>					
Current smoker	108	62.2	4.5	53.4	70.9
Non-smoker	603	67.9	2.5	62.9	72.8
<b>Health Insurance Status</b>					
Insured	636	63.9	2.4	59.3	68.6
Uninsured	74	79.0	4.7	69.9	88.2

Numerator: Respondents with a body mass index greater than or equal to 25, based on self-reported height and weight.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Reported That They Do Not Always Wear a Seatbelt  
When They Drive or Ride in a Car, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,339	19.4	0.4	18.6	20.1
Central Kansas Region	214	22.9	1.9	19.2	26.6
<b>Gender</b>					
Men	120	31.0	3.7	24.9	37.0
Women	94	13.7	1.7	10.2	17.1
<b>Age Group</b>					
18 to 44 Years	54	29.3	3.9	21.6	36.9
45 to 64 Years	79	17.4	2.0	13.5	21.4
65 Years and Older	81	19.2	2.2	14.9	23.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	204	21.8	1.9	18.1	25.4
<b>Race</b>					
White	203	22.2	1.9	18.5	25.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	83	24.8	3.3	18.4	31.2
Some College or College Graduate	130	21.2	2.2	16.9	25.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	87	22.6	3.0	16.7	28.4
\$35,000 or Higher per Year	94	23.7	2.8	18.2	29.2
<b>Disability Status</b>					
Living with a Disability	69	20.6	3.1	14.6	26.7
Living without a Disability	145	23.7	2.3	19.1	28.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	47	19.1	3.4	12.5	25.7
Overweight (25 ≤ BMI < 30)	77	21.1	3.2	14.8	27.4
Obese (BMI ≥ 30)	79	29.3	3.4	22.8	35.9
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	140	22.4	2.3	17.9	26.8
Does not participate in leisure time physical activity	73	24.3	3.4	17.7	31.0
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	22	15.7	3.8	8.3	23.1
Did Not Meet Both Aerobic and Strengthening Guidelines	182	23.3	2.1	19.3	27.4
<b>Smoking Status</b>					
Current smoker	44	30.2	4.9	20.7	39.7
Non-smoker	168	20.6	1.9	16.8	24.4
<b>Health Insurance Status</b>					
Insured	183	21.8	1.9	18.0	25.6
Uninsured	31	30.2	6.2	18.1	42.2

Numerator: Respondents who reported they nearly always, sometimes, seldom, or never use a seatbelt when they ride or drive in a car.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults Who Currently Smoke Cigarettes, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,547	22.0	0.4	21.2	22.8
Central Kansas Region	195	23.2	1.9	19.5	26.9
<b>Gender</b>					
Men	94	26.0	2.9	20.3	31.7
Women	101	20.0	2.3	15.5	24.6
<b>Age Group</b>					
18 to 44 Years	64	32.6	3.9	24.9	40.3
45 to 64 Years	94	20.5	2.2	16.2	24.9
65 Years and Older	37	9.6	1.7	6.4	12.9
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	188	23.3	1.9	19.5	27.1
<b>Race</b>					
White	172	21.0	1.9	17.3	24.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	90	29.1	3.4	22.5	35.8
Some College or College Graduate	104	18.1	2.0	14.3	22.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	117	36.9	3.3	30.4	43.3
\$35,000 or Higher per Year	58	15.8	2.5	10.9	20.8
<b>Disability Status</b>					
Living with a Disability	76	33.7	3.7	26.5	40.9
Living without a Disability	115	19.6	2.2	15.2	23.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	82	26.6	3.4	20.0	33.2
Overweight (25 ≤ BMI <30)	60	24.3	3.6	17.3	31.2
Obese (BMI ≥ 30)	48	19.0	3.0	13.1	24.9
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	123	21.9	2.2	17.5	26.3
Does not participate in leisure time physical activity	67	26.4	3.7	19.1	33.7
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	173	24.5	2.1	20.3	28.6
<b>Health Insurance Status</b>					
Insured	145	17.4	1.7	14.0	20.8
Uninsured	50	55.8	6.5	43.1	68.5

**Numerator:** Respondents who reported they have smoked at least 100 cigarettes in their entire life and that they now smoke some days or every day.

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Stopped Smoking for One Day or Longer Because  
They Were Trying to Quit Smoking, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,868	55.5	1.1	53.4	57.6
Central Kansas Region	91	46.0	4.7	36.7	55.3
<b>Gender</b>					
Men	46	45.9	6.6	33.0	58.8
Women	45	46.0	6.6	33.1	59.0
<b>Age Group</b>					
18 to 44 Years	31	45.1	7.1	31.2	59.1
45 to 64 Years	45	51.8	6.1	39.8	63.9
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	89	46.1	4.8	36.6	55.5
<b>Race</b>					
White	81	45.3	5.0	35.5	55.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	45	46.1	7.0	32.4	59.8
Some College or College Graduate	45	45.4	6.0	33.6	57.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	53	48.2	6.1	36.2	60.2
\$35,000 or Higher per Year	26	41.1	8.4	24.6	57.6
<b>Disability Status</b>					
Living with a Disability	40	58.7	7.0	44.9	72.4
Living without a Disability	50	39.3	6.1	27.4	51.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	37	49.4	7.0	35.8	63.0
Overweight (25 ≤ BMI < 30)	25	38.1	8.3	21.8	54.4
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	66	55.6	5.9	44.1	67.2
Does not participate in leisure time physical activity	24	25.7	6.3	13.4	38.1
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	80	43.9	4.9	34.2	53.6
<b>Health Insurance Status</b>					
Insured	72	48.1	5.5	37.3	59.0
Uninsured	19	42.3	8.7	25.2	59.4

Numerator: Current smokers who stopped smoking for one day or longer because they were trying to quit smoking.

Denominator: Among current smokers, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Percentage of Adults Who Currently Use Any Smokeless Tobacco Products, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	760	5.3	0.2	4.9	5.8
Central Kansas Region	50	6.8	1.3	4.2	9.4
<b>Gender</b>					
Men	45	11.6	2.3	7.0	16.1
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	26	7.0	1.5	4.1	9.9
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	49	7.1	1.4	4.4	9.8
<b>Race</b>					
White	49	7.1	1.4	4.3	9.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	23	8.8	2.5	3.9	13.7
Some College or College Graduate	27	5.2	1.2	2.9	7.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	19	6.9	2.0	3.0	10.7
\$35,000 or Higher per Year	29	8.4	2.2	4.1	12.7
<b>Disability Status</b>					
Living with a Disability	13	6.0	1.8	2.5	9.4
Living without a Disability	36	7.0	1.7	3.7	10.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	20	6.6	1.8	3.2	10.1
Obese (BMI ≥ 30)	14	5.2	1.5	2.2	8.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	28	6.7	1.7	3.4	10.0
Does not participate in leisure time physical activity	21	6.8	1.7	3.4	10.1
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	38	5.7	1.1	3.4	7.9
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	35	6.3	1.5	3.3	9.2
<b>Health Insurance Status</b>					
Insured	42	6.3	1.4	3.6	9.1
Uninsured	*	*	*	*	*

Numerator: Respondents who reported they currently use chewing tobacco, snuff or snus (Swedish for snuff) some days or every day.

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

## Percentage of Men Who Currently Use Any Smokeless Tobacco Products, 2011

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	684	10.1	0.4	9.2	11.0
Central Kansas Region	45	11.6	2.3	7.0	16.1
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	23	11.6	2.5	6.6	16.6
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	44	12.2	2.5	7.4	17.1
<b>Race</b>					
White	44	12.3	2.5	7.4	17.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	26	9.9	2.2	5.5	14.2
<b>Annual Household Income</b>					
Less than \$35,000 per Year	16	13.5	4.0	5.6	21.4
\$35,000 or Higher per Year	27	12.7	3.4	6.1	19.3
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	33	11.7	2.9	6.1	17.3
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	18	9.6	2.7	4.3	14.8
Obese (BMI ≥ 30)	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	26	11.9	3.7	5.9	17.9
Does not participate in leisure time physical activity	18	10.1	2.7	4.8	15.5
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	34	10.4	2.1	6.2	14.6
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	33	11.3	2.7	6.0	16.7
<b>Health Insurance Status</b>					
Insured	37	10.9	2.5	5.9	15.8
Uninsured	*	*	*	*	*

Numerator: Male respondents who reported they currently use chewing tobacco, snuff or snus (Swedish for snuff) some days or every day.

Denominator: All male respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Ever Served on Active Duty in the United States  
Armed Forces, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,699	11.5	0.3	11.0	12.1
Central Kansas Region	170	12.6	1.1	10.5	14.8
<b>Gender</b>					
Men	159	21.9	2.0	17.9	25.9
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	62	15.4	2.0	11.4	19.3
65 Years and Older	98	26.1	2.5	21.2	30.9
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	164	12.8	1.1	10.6	15.0
<b>Race</b>					
White	162	13.0	1.2	10.7	15.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	60	11.5	1.7	8.2	14.8
Some College or College Graduate	110	13.6	1.4	10.8	16.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	64	12.4	1.8	8.9	15.8
\$35,000 or Higher per Year	82	13.5	1.7	10.2	16.8
<b>Disability Status</b>					
Living with a Disability	58	17.1	2.4	12.5	21.8
Living without a Disability	107	10.6	1.2	8.3	13.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	51	11.1	1.9	7.4	14.8
Overweight (25 ≤ BMI <30)	69	13.9	1.9	10.1	17.7
Obese (BMI ≥ 30)	49	14.6	2.2	10.3	19.0
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	106	11.2	1.2	8.8	13.6
Does not participate in leisure time physical activity	59	15.5	2.3	11.0	20.0
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	16	9.4	2.6	4.4	14.5
Did Not Meet Both Aerobic and Strengthening Guidelines	144	13.3	1.3	10.8	15.7
<b>Smoking Status</b>					
Current smoker	34	12.4	2.4	7.6	17.2
Non-smoker	136	12.7	1.2	10.3	15.2
<b>Health Insurance Status</b>					
Insured	156	13.6	1.2	11.2	16.0
Uninsured	*	*	*	*	*

**Numerator:** Respondents who reported that they served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit.

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

**Percentage of Adults Who Have Vision Impairment In One of Both Eyes, Even  
When Wearing Glasses, 2011**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	4,108	15.7	0.3	15.1	16.3
Central Kansas Region	240	16.8	1.3	14.2	19.4
<b>Gender</b>					
Men	90	14.4	1.8	11.0	17.9
Women	150	19.5	2.0	15.7	23.4
<b>Age Group</b>					
18 to 44 Years	16	6.7	1.8	3.1	10.3
45 to 64 Years	82	19.0	2.2	14.8	23.2
65 Years and Older	142	32.4	2.6	27.3	37.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	235	17.3	1.4	14.6	20.0
<b>Race</b>					
White	228	16.9	1.4	14.2	19.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	98	17.1	2.2	12.8	21.4
Some College or College Graduate	141	16.5	1.6	13.4	19.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	121	23.1	2.5	18.2	28.0
\$35,000 or Higher per Year	82	12.5	1.6	9.4	15.5
<b>Disability Status</b>					
Living with a Disability	113	32.8	3.3	26.3	39.2
Living without a Disability	118	10.7	1.2	8.4	13.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	69	14.9	2.4	10.2	19.6
Overweight (25 ≤ BMI <30)	91	15.8	2.0	11.9	19.8
Obese (BMI ≥ 30)	71	20.7	2.7	15.5	26.0
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	149	14.4	1.5	11.5	17.2
Does not participate in leisure time physical activity	84	22.1	2.9	16.5	27.7
<b>Aerobic and Strengthening Exercise (2-Level)</b>					
Met Both Aerobic and Strengthening Guidelines	30	14.0	2.8	8.4	19.6
Did Not Meet Both Aerobic and Strengthening Guidelines	198	17.2	1.5	14.3	20.1
<b>Smoking Status</b>					
Current smoker	43	19.4	3.4	12.6	26.2
Non-smoker	195	16.0	1.4	13.3	18.6
<b>Health Insurance Status</b>					
Insured	220	18.2	1.5	15.3	21.1
Uninsured	20	10.1	2.7	4.8	15.4

**Numerator:** Respondents who reported they had been told by a doctor, nurse, or other health professional that they have vision impairment in one of both eyes, even when wearing glasses.

**Denominator:** All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

Italicized prevalence estimates have a margin of error >5 and should be interpreted with caution. Please refer to Technical Notes for more information.

## Technical Notes

Data on 43 health risk indicators, analyzed by various subpopulation groups (e.g. gender, age group, ethnicity, etc.), are included in this report. The indicators are summarized in tables that show:

- Unweighted Frequency: the number of respondents who reported the risk behavior
- Weighted Percentage: the prevalence estimate for the risk behavior within a particular subpopulation group category
- Standard Error: used to compute the 95% confidence limits
- Lower and upper 95% confidence limits

Prevalence estimates vary in precision depending on sample size. One way of describing the precision of an estimate is the margin of error, which is the half-width of the confidence interval. When the sample size is large for a particular subpopulation group, the corresponding margin of error for an estimate is small. When the sample size is small for a particular subpopulation group, the corresponding margin of error for an estimate is large. Large margins of error (i.e. >5) indicate that an estimate may be unreliable. Prevalence estimates that have a margin of error >5 are *italicized* in this report and should be interpreted with caution.

To determine whether two weighted percentages are significantly different from one another, the reader must compare the confidence intervals. Confidence intervals which do not overlap indicate a statistically significant difference while overlapping confidence intervals indicate that two estimates are not statistically significantly different from one another. It is incorrect to say two estimates are different if their confidence limits overlap.

Estimates have been censored with an asterisk ("\*") when the sample size was inadequate and/or when the estimates were statistically unreliable. Specifically, estimates were censored when any of the following conditions were met:

- the numerator of the indicator is less than 5
- the denominator of the indicator is less than 50
- the relative standard error (RSE) is 30 percent or higher

RSE is obtained by dividing the standard error of the estimate by the estimate itself, then multiplying that result by 100 to be expressed as a percent.

2011 BRFSS data represent a new baseline for public health surveillance. Due to changes in BRFSS survey methodology, 2011 BRFSS estimates cannot be compared to estimates from previous years.

For more information on changes to the Kansas BRFSS survey methodology beginning in 2011, please visit: <http://www.kdheks.gov/brfss/newmethod.html>

For more detailed technical notes on the Kansas BRFSS, please visit: <http://www.kdheks.gov/brfss/technotes.html>