

2011 Kansas Behavioral Risk Factor Surveillance System Local Data

Northwest BT Region



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Kansas Department of Health and Environment
Bureau of Health Promotion
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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

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.

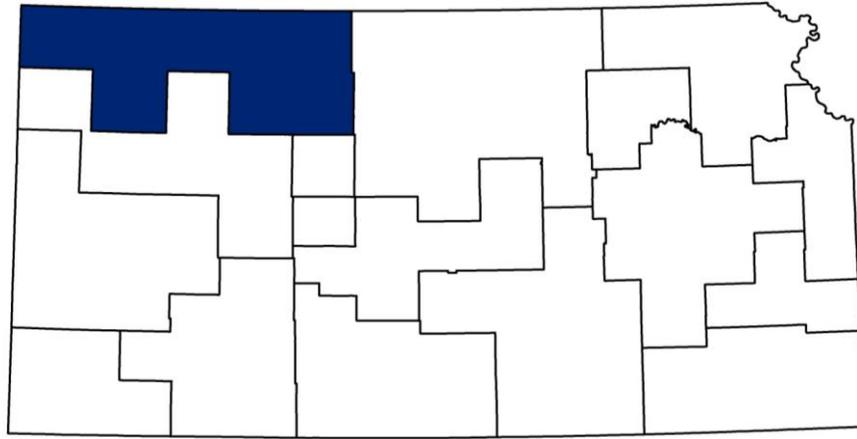
During the 2011 survey year, data were collected from more than 20,000 adult Kansans, providing estimates for 43 of the state's 105 counties and for 16 Public Health Preparedness Regions, with data for 43 health risk indicators analyzed at the county or regional level. By the conclusion of the 10-year 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,

A handwritten signature in blue ink that reads "Robert Moser". The signature is fluid and cursive, with a large initial "R" and "M".

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



The Northwest BT Region comprises the following counties:
Cheyenne, Decatur, Graham, Norton, Phillips, Rawlins, Rooks, Thomas

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:

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Percentage of Adults Who Are Binge Drinkers, 2011

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,281	17.0	0.4	16.2	17.8
Northwest BT Region	28	14.0	2.8	8.5	19.5
Gender					
Men	19	21.4	4.9	11.9	31.0
Women	*	*	*	*	*
Age Group					
18 to 44 Years	12	20.3	5.8	9.0	31.7
45 to 64 Years	14	16.3	4.5	7.5	25.1
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	28	14.1	2.8	8.6	19.6
Race					
White	25	13.2	2.8	7.7	18.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	16	13.2	3.3	6.6	19.7
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	15	12.8	3.4	6.1	19.5
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	23	14.0	3.0	8.1	19.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	15	20.5	5.1	10.4	30.5
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	18	13.2	3.2	6.9	19.4
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	25	15.2	3.2	9.0	21.4
Smoking Status					
Current smoker	13	35.6	8.4	19.0	52.1
Non-smoker	15	7.6	2.1	3.4	11.7
Health Insurance Status					
Insured	24	13.0	2.9	7.4	18.6
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	823	5.4	0.2	5.0	5.9
Northwest BT Region	*	*	*	*	*
Gender					
Men	*	*	*	*	*
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	*	*	*	*	*
Race					
White	*	*	*	*	*
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	*	*	*	*	*
Health Insurance Status					
Insured	*	*	*	*	*
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

Percentage of Adults with Doctor Diagnosed Arthritis, 2011

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,493	23.1	0.3	22.4	23.8
Northwest BT Region	96	27.2	3.0	21.3	33.0
Gender					
Men	33	26.2	4.6	17.1	35.2
Women	63	28.1	3.8	20.7	35.6
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	40	35.7	5.3	25.4	46.0
65 Years and Older	51	43.7	5.2	33.6	53.9
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	95	27.1	3.0	21.2	33.0
Race					
White	94	27.5	3.1	21.5	33.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	46	31.6	4.9	22.0	41.3
Some College or College Graduate	50	23.1	3.5	16.2	29.9
Annual Household Income					
Less than \$35,000 per Year	44	36.0	5.6	25.0	46.9
\$35,000 or Higher per Year	28	14.9	3.0	9.0	20.9
Disability Status					
Living with a Disability	45	53.1	7.0	39.3	66.9
Living without a Disability	50	20.4	3.2	14.1	26.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	21	16.1	4.1	8.0	24.1
Overweight (25 ≤ BMI < 30)	36	35.1	5.7	23.9	46.4
Obese (BMI ≥ 30)	37	34.5	5.8	23.1	45.9
Leisure Time Physical Activity					
Participates in leisure time physical activity	57	24.4	3.5	17.4	31.3
Does not participate in leisure time physical activity	38	32.9	5.6	21.9	44.0
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	87	30.0	3.4	23.3	36.6
Smoking Status					
Current smoker	21	36.9	7.8	21.7	52.1
Non-smoker	74	24.2	3.1	18.2	30.2
Health Insurance Status					
Insured	83	24.5	2.9	18.8	30.3
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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,150	48.8	0.8	47.3	50.4
Northwest BT Region	40	40.8	6.2	28.8	52.9
Gender					
Men	*	*	*	*	*
Women	28	48.1	7.8	32.8	63.4
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	39	40.3	6.2	28.2	52.5
Race					
White	39	41.6	6.3	29.4	53.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	24	39.1	7.8	23.7	54.5
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	36	40.4	6.5	27.6	53.2
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	29	38.7	6.8	25.4	52.0
Health Insurance Status					
Insured	37	47.3	6.6	34.4	60.2
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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,709	8.8	0.3	8.2	9.3
Northwest BT Region	26	10.8	2.5	5.9	15.7
Gender					
Men	15	15.2	4.3	6.7	23.7
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	25	10.7	2.5	5.8	15.6
Race					
White	24	10.2	2.5	5.4	15.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	15	14.5	4.3	6.1	22.8
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	16	27.0	7.1	13.0	41.0
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	22	10.3	2.6	5.2	15.4
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	17	7.4	2.2	3.2	11.6
Health Insurance Status					
Insured	22	10.4	2.7	5.2	15.6
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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,108	6.9	0.2	6.5	7.2
Northwest BT Region	46	10.8	2.0	6.8	14.8
Gender					
Men	18	11.3	3.3	4.9	17.7
Women	28	10.3	2.4	5.6	15.1
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	31	19.5	3.6	12.5	26.5
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	46	10.9	2.0	6.9	14.9
Race					
White	44	10.1	1.9	6.3	13.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	21	13.8	3.7	6.5	21.2
Some College or College Graduate	25	8.0	1.8	4.6	11.5
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	20	8.5	2.1	4.4	12.7
Disability Status					
Living with a Disability	23	22.7	5.6	11.6	33.7
Living without a Disability	21	7.1	2.0	3.1	11.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	22	6.7	1.8	3.2	10.1
Does not participate in leisure time physical activity	22	17.7	4.7	8.5	27.0
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	43	12.5	2.4	7.7	17.2
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	38	9.9	1.9	6.1	13.6
Health Insurance Status					
Insured	44	10.6	2.0	6.7	14.4
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

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 Skin Cancer, 2011

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,950	6.2	0.2	5.9	6.5
Northwest BT Region	32	6.7	1.4	4.0	9.5
Gender					
Men	17	8.3	2.5	3.5	13.1
Women	15	5.2	1.4	2.4	7.9
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	26	20.9	4.4	12.3	29.5
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	32	6.8	1.4	4.0	9.6
Race					
White	32	7.1	1.5	4.2	10.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	17	6.0	1.6	2.9	9.1
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	18	5.4	1.6	2.3	8.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	20	5.7	1.4	3.0	8.4
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	30	7.8	1.7	4.5	11.1
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	29	7.9	1.7	4.4	11.3
Health Insurance Status					
Insured	32	7.8	1.6	4.6	10.9
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

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,379	27.1	0.5	26.2	28.0
Northwest BT Region	64	30.8	3.8	23.5	38.2
Gender					
Men	25	30.9	5.8	19.6	42.3
Women	39	30.7	4.8	21.4	40.1
Age Group					
18 to 44 Years	26	50.5	7.3	36.1	64.9
45 to 64 Years	25	27.4	5.3	17.0	37.9
65 Years and Older	13	10.3	3.0	4.3	16.2
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	64	31.1	3.8	23.7	38.5
Race					
White	60	29.7	3.8	22.2	37.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	25	31.8	6.1	19.9	43.6
Some College or College Graduate	39	30.0	4.6	20.9	39.1
Annual Household Income					
Less than \$35,000 per Year	29	36.9	6.2	24.8	48.9
\$35,000 or Higher per Year	26	27.1	5.4	16.5	37.6
Disability Status					
Living with a Disability	13	28.3	7.9	12.9	43.8
Living without a Disability	48	30.8	4.4	22.2	39.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	27	43.7	6.8	30.3	57.1
Overweight (25 ≤ BMI < 30)	20	27.9	5.7	16.7	39.1
Obese (BMI ≥ 30)	15	21.4	6.2	9.1	33.6
Leisure Time Physical Activity					
Participates in leisure time physical activity	37	27.6	4.5	18.8	36.5
Does not participate in leisure time physical activity	25	36.7	6.8	23.5	50.0
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	54	30.1	4.0	22.3	37.9
Smoking Status					
Current smoker	20	55.4	8.2	39.3	71.6
Non-smoker	44	24.1	4.0	16.3	31.8
Health Insurance Status					
Insured	49	27.3	4.0	19.5	35.2
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	7,660	38.4	0.5	37.5	39.3
Northwest BT Region	119	43.6	3.6	36.5	50.8
Gender					
Men	55	48.7	5.7	37.5	59.8
Women	64	38.6	4.5	29.8	47.3
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	40	43.0	5.7	31.9	54.2
65 Years and Older	69	59.9	5.3	49.5	70.3
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	119	44.1	3.7	36.9	51.3
Race					
White	115	43.7	3.7	36.4	51.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	55	48.4	5.9	36.7	60.0
Some College or College Graduate	64	39.7	4.5	30.9	48.4
Annual Household Income					
Less than \$35,000 per Year	45	50.4	6.7	37.3	63.4
\$35,000 or Higher per Year	53	41.7	5.0	32.0	51.4
Disability Status					
Living with a Disability	43	59.9	6.8	46.5	73.3
Living without a Disability	74	38.7	4.3	30.4	47.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	34	38.5	6.7	26.5	50.6
Overweight (25 ≤ BMI < 30)	44	50.0	6.7	36.9	63.1
Obese (BMI ≥ 30)	37	46.0	6.4	33.4	58.6
Leisure Time Physical Activity					
Participates in leisure time physical activity	72	37.9	4.2	29.6	46.2
Does not participate in leisure time physical activity	45	56.2	6.8	42.9	69.4
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	108	48.4	4.0	40.5	56.3
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	101	43.9	4.0	36.1	51.6
Health Insurance Status					
Insured	116	45.2	3.7	37.9	52.6
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,658	6.6	0.2	6.2	7.0
Northwest BT Region	30	10.8	2.3	6.2	15.4
Gender					
Men	18	14.1	3.9	6.6	21.7
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	16	12.4	3.2	6.1	18.8
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	29	10.7	2.3	6.1	15.3
Race					
White	29	11.2	2.4	6.4	15.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	18	14.8	4.1	6.7	22.9
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	14	17.8	5.3	7.6	28.1
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	17	28.8	7.2	14.7	42.8
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	19	20.6	5.4	10.0	31.2
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	29	12.9	2.8	7.5	18.4
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	20	6.4	1.6	3.2	9.6
Health Insurance Status					
Insured	29	11.8	2.6	6.7	16.9
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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,360	15.9	0.3	15.2	16.5
Northwest BT Region	31	11.3	2.4	6.6	16.0
Gender					
Men	*	*	*	*	*
Women	20	12.1	3.0	6.2	18.0
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	14	10.6	3.1	4.5	16.7
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	31	11.4	2.4	6.7	16.1
Race					
White	30	11.5	2.5	6.6	16.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	22	12.8	3.0	7.0	18.6
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	19	8.1	2.2	3.8	12.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	14	16.0	4.6	7.0	25.0
Leisure Time Physical Activity					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	15	18.9	5.3	8.5	29.4
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	25	11.1	2.6	6.0	16.1
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	21	8.6	2.2	4.3	13.0
Health Insurance Status					
Insured	29	11.9	2.6	6.8	17.1
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,584	9.5	0.2	9.1	10.0
Northwest BT Region	39	9.6	1.7	6.3	13.0
Gender					
Men	18	10.6	2.7	5.2	16.0
Women	21	8.6	2.0	4.7	12.6
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	29	23.9	4.3	15.5	32.3
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	39	9.7	1.7	6.3	13.1
Race					
White	39	10.1	1.8	6.6	13.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	26	13.9	3.7	7.9	19.9
Some College or College Graduate	13	5.7	1.7	2.4	9.0
Annual Household Income					
Less than \$35,000 per Year	20	10.9	2.6	5.7	16.0
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	20	22.1	5.2	11.9	32.4
Living without a Disability	18	6.0	1.6	2.9	9.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	21	19.9	4.5	11.0	28.7
Leisure Time Physical Activity					
Participates in leisure time physical activity	21	7.3	1.7	3.9	10.7
Does not participate in leisure time physical activity	17	13.6	3.7	6.5	20.8
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	34	10.1	1.9	6.3	14.0
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	34	10.5	1.9	6.7	14.2
Health Insurance Status					
Insured	37	10.5	1.9	6.8	14.3
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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,714	23.0	0.4	22.3	23.7
Northwest BT Region	76	20.5	2.7	15.1	25.8
Gender					
Men	31	19.7	4.1	11.6	27.7
Women	45	21.3	3.5	14.3	28.2
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	25	21.1	4.6	12.1	30.1
65 Years and Older	42	31.1	4.5	22.2	39.9
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	75	20.4	2.7	15.0	25.7
Race					
White	73	19.8	2.7	14.5	25.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	31	20.2	4.3	11.7	28.7
Some College or College Graduate	45	20.7	3.3	14.1	27.2
Annual Household Income					
Less than \$35,000 per Year	34	28.8	5.6	17.9	39.7
\$35,000 or Higher per Year	26	13.0	2.7	7.7	18.4
Weight Category					
Normal or Underweight (BMI < 25)	22	19.1	4.9	9.4	28.8
Overweight (25 ≤ BMI < 30)	26	22.0	4.8	12.6	31.4
Obese (BMI ≥ 30)	24	21.3	4.6	12.2	30.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	37	16.2	3.0	10.3	22.1
Does not participate in leisure time physical activity	39	28.4	5.3	18.0	38.8
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	69	22.2	3.1	16.2	28.2
Smoking Status					
Current smoker	20	37.1	8.2	21.0	53.2
Non-smoker	56	15.6	2.3	11.2	20.1
Health Insurance Status					
Insured	69	20.2	2.8	14.7	25.7
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,179	24.5	0.4	23.7	25.2
Northwest BT Region	84	22.5	2.8	17.0	28.0
Gender					
Men	36	22.1	4.3	13.7	30.5
Women	48	22.8	3.6	15.7	30.0
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	26	23.4	4.9	13.9	32.9
65 Years and Older	49	35.8	4.7	26.5	45.0
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	83	22.4	2.8	16.9	27.9
Race					
White	81	21.9	2.8	16.4	27.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	34	21.5	4.4	12.9	30.0
Some College or College Graduate	50	23.4	3.6	16.4	30.5
Annual Household Income					
Less than \$35,000 per Year	37	30.7	5.6	19.7	41.7
\$35,000 or Higher per Year	28	14.9	3.1	8.8	21.1
Weight Category					
Normal or Underweight (BMI <25)	27	22.7	5.3	12.4	33.0
Overweight (25 ≤ BMI < 30)	27	22.2	4.8	12.8	31.6
Obese (BMI ≥ 30)	25	22.6	4.8	13.2	31.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	43	18.6	3.2	12.3	24.9
Does not participate in leisure time physical activity	41	29.6	5.4	19.1	40.1
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	76	24.6	3.2	18.3	30.8
Smoking Status					
Current smoker	20	37.1	8.2	21.0	53.2
Non-smoker	64	18.3	2.5	13.3	23.2
Health Insurance Status					
Insured	77	22.5	3.0	16.7	28.3
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	16,604	83.5	0.4	82.7	84.2
Northwest BT Region	269	87.6	2.7	82.3	92.9
Gender					
Men	106	87.0	4.2	78.7	95.3
Women	163	88.2	3.4	81.6	94.9
Age Group					
18 to 44 Years	53	81.0	6.4	68.5	93.5
45 to 64 Years	105	91.5	2.5	86.6	96.3
65 Years and Older	111	91.5	2.9	85.9	97.2
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	267	87.8	2.7	82.4	93.1
Race					
White	261	87.8	2.8	82.4	93.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	116	86.9	5.0	77.2	96.7
Some College or College Graduate	153	88.2	2.5	83.4	93.1
Annual Household Income					
Less than \$35,000 per Year	100	87.8	4.1	79.7	95.9
\$35,000 or Higher per Year	124	87.6	4.2	79.4	95.7
Disability Status					
Living with a Disability	76	93.9	2.9	88.1	99.6
Living without a Disability	193	86.0	3.4	79.3	92.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	90	84.8	5.6	73.9	95.8
Overweight (25 ≤ BMI < 30)	88	88.6	3.7	81.3	95.9
Obese (BMI ≥ 30)	80	92.5	2.7	87.3	97.8
Smoking Status					
Current smoker	46	94.2	2.5	89.3	99.1
Non-smoker	222	85.6	3.4	78.9	92.2
Health Insurance Status					
Insured	240	85.8	3.1	79.7	91.9
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,956	45.3	0.5	44.4	46.2
Northwest BT Region	152	53.1	3.6	46.0	60.2
Gender					
Men	63	54.8	5.5	44.0	65.6
Women	89	51.5	4.7	42.3	60.6
Age Group					
18 to 44 Years	31	50.4	7.3	36.0	64.7
45 to 64 Years	60	56.7	5.2	46.5	67.0
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	151	53.3	3.6	46.2	60.4
Race					
White	145	52.0	3.7	44.8	59.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	71	54.9	5.7	43.6	66.1
Some College or College Graduate	81	51.5	4.5	42.6	60.4
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	63	45.6	5.2	35.4	55.7
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	102	50.0	4.2	41.7	58.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	41	42.9	6.5	30.3	55.6
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	49	63.1	5.9	51.5	74.7
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	119	46.8	3.9	39.1	54.6
Health Insurance Status					
Insured	131	50.0	3.9	42.4	57.5
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,740	26.8	0.4	26.0	27.6
Northwest BT Region	106	34.5	3.4	27.8	41.2
Gender					
Men	45	36.4	5.3	26.1	46.7
Women	61	32.6	4.4	23.9	41.2
Age Group					
18 to 44 Years	20	32.1	6.9	18.6	45.6
45 to 64 Years	39	34.8	5.1	24.8	44.8
65 Years and Older	47	38.6	5.1	28.5	48.6
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	105	34.6	3.5	27.8	41.3
Race					
White	100	34.1	3.5	27.2	41.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	56	41.0	5.5	30.2	51.8
Some College or College Graduate	50	28.6	4.3	20.3	37.0
Annual Household Income					
Less than \$35,000 per Year	44	38.9	5.9	27.3	50.5
\$35,000 or Higher per Year	39	26.4	4.5	17.6	35.2
Disability Status					
Living with a Disability	41	46.2	6.9	32.6	59.7
Living without a Disability	65	31.8	4.0	24.0	39.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	31	32.4	6.2	20.2	44.7
Overweight (25 ≤ BMI < 30)	36	31.6	5.4	21.1	42.1
Obese (BMI ≥ 30)	36	44.3	6.5	31.6	56.9
Smoking Status					
Current smoker	24	49.6	8.2	33.6	65.7
Non-smoker	82	30.0	3.6	22.9	37.0
Health Insurance Status					
Insured	90	31.9	3.6	24.9	39.0
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	7,375	41.4	0.5	40.5	42.4
Northwest BT Region	122	45.4	3.6	38.3	52.5
Gender					
Men	60	54.5	5.6	43.6	65.5
Women	62	36.6	4.5	27.8	45.3
Age Group					
18 to 44 Years	25	41.7	7.2	27.7	55.8
45 to 64 Years	64	57.3	5.3	47.0	67.6
65 Years and Older	33	33.6	5.4	23.1	44.1
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	121	45.5	3.6	38.4	52.7
Race					
White	114	45.0	3.7	37.7	52.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	55	49.5	5.6	38.5	60.6
Some College or College Graduate	67	41.4	4.6	32.5	50.3
Annual Household Income					
Less than \$35,000 per Year	45	49.3	6.0	37.4	61.1
\$35,000 or Higher per Year	58	41.3	5.0	31.6	51.1
Disability Status					
Living with a Disability	32	52.2	7.0	38.4	66.0
Living without a Disability	88	43.9	4.2	35.6	52.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	33	42.0	6.6	29.0	54.9
Overweight (25 ≤ BMI < 30)	42	47.5	6.0	35.7	59.4
Obese (BMI ≥ 30)	41	49.1	6.4	36.5	61.8
Leisure Time Physical Activity					
Participates in leisure time physical activity	74	40.6	4.3	32.1	49.2
Does not participate in leisure time physical activity	46	53.5	6.4	41.0	66.0
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	108	49.1	3.9	41.5	56.7
Smoking Status					
Current smoker	28	62.6	7.8	47.4	77.8
Non-smoker	94	40.0	3.9	32.5	47.6
Health Insurance Status					
Insured	105	41.7	3.8	34.3	49.1
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,908	22.3	0.4	21.4	23.1
Northwest BT Region	59	22.6	3.1	16.5	28.7
Gender					
Men	31	25.6	4.8	16.2	35.1
Women	28	19.7	4.0	11.8	27.6
Age Group					
18 to 44 Years	14	24.8	6.4	12.4	37.3
45 to 64 Years	27	21.9	4.1	13.8	30.0
65 Years and Older	18	21.1	5.2	10.8	31.3
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	59	22.8	3.1	16.6	28.9
Race					
White	57	23.3	3.2	16.9	29.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	30	25.7	5.0	15.9	35.4
Some College or College Graduate	29	19.8	3.9	12.2	27.4
Annual Household Income					
Less than \$35,000 per Year	23	23.0	5.1	12.9	33.1
\$35,000 or Higher per Year	22	18.1	3.9	10.4	25.8
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	48	26.3	3.9	18.7	33.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	17	16.1	4.3	7.7	24.5
Overweight (25 ≤ BMI <30)	21	25.4	5.5	14.6	36.2
Obese (BMI ≥ 30)	18	25.7	6.3	13.3	38.1
Leisure Time Physical Activity					
Participates in leisure time physical activity	38	21.0	3.6	14.0	28.0
Does not participate in leisure time physical activity	21	26.1	6.0	14.4	37.8
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	53	24.2	3.4	17.5	30.9
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	47	24.5	3.6	17.4	31.6
Health Insurance Status					
Insured	49	20.2	3.2	14.0	26.4
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,212	16.7	0.4	15.9	17.5
Northwest BT Region	31	13.9	2.6	8.8	19.1
Gender					
Men	13	13.9	3.9	6.3	21.6
Women	18	14.0	3.5	7.0	20.9
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	20	23.1	5.1	13.1	33.0
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	30	13.7	2.6	8.6	18.9
Race					
White	27	12.4	2.6	7.4	17.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	17	17.1	4.2	8.8	25.3
Some College or College Graduate	14	11.0	3.2	4.7	17.4
Annual Household Income					
Less than \$35,000 per Year	14	18.6	5.0	8.7	28.4
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	24	14.4	3.1	8.4	20.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	13	15.9	4.5	7.1	24.6
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	15	10.7	3.0	4.9	16.5
Does not participate in leisure time physical activity	16	20.6	5.2	10.3	30.8
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	29	16.2	3.1	10.1	22.3
Smoking Status					
Current smoker	12	29.8	7.8	14.5	45.1
Non-smoker	18	8.5	2.2	4.2	12.8

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,123	20.1	0.5	19.2	21.0
Northwest BT Region	29	18.3	3.5	11.4	25.1
Gender					
Men	12	17.8	5.2	7.7	27.9
Women	17	18.7	4.7	9.5	28.0
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	20	23.1	5.1	13.1	33.0
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	28	18.0	3.5	11.1	24.9
Race					
White	26	16.9	3.5	10.1	23.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	16	25.3	6.2	13.2	37.5
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	13	28.3	7.5	13.7	42.9
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	22	17.5	3.8	10.0	25.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	12	<i>19.8</i>	<i>5.8</i>	<i>8.5</i>	<i>31.1</i>
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	13	<i>13.1</i>	<i>3.8</i>	<i>5.6</i>	<i>20.5</i>
Does not participate in leisure time physical activity	16	<i>28.9</i>	<i>7.1</i>	<i>14.9</i>	<i>42.8</i>
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	28	<i>22.1</i>	<i>4.1</i>	<i>14.0</i>	<i>30.2</i>
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	17	<i>12.4</i>	<i>3.2</i>	<i>6.1</i>	<i>18.7</i>

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,606	19.7	0.4	18.9	20.6
Northwest BT Region	51	19.7	3.0	13.9	25.6
Gender					
Men	30	23.8	4.6	14.8	32.8
Women	21	15.7	3.8	8.2	23.1
Age Group					
18 to 44 Years	15	25.5	6.2	13.3	37.8
45 to 64 Years	26	22.8	4.6	13.9	31.8
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	51	19.9	3.0	14.0	25.7
Race					
White	49	19.6	3.0	13.7	25.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	24	22.5	4.8	13.2	31.9
Some College or College Graduate	27	17.2	3.6	10.1	24.3
Annual Household Income					
Less than \$35,000 per Year	23	28.5	5.9	16.9	40.0
\$35,000 or Higher per Year	20	13.6	3.2	7.3	20.0
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	39	18.6	3.2	12.3	24.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	18	22.5	5.5	11.7	33.4
Overweight (25 ≤ BMI < 30)	17	17.9	4.4	9.3	26.5
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	35	19.6	3.5	12.7	26.5
Does not participate in leisure time physical activity	16	20.7	5.6	9.8	31.7
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	42	18.8	3.1	12.7	25.0
Smoking Status					
Current smoker	14	34.0	8.1	18.1	50.0
Non-smoker	37	15.4	2.8	10.0	20.8
Health Insurance Status					
Insured	40	17.7	3.1	11.6	23.7
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,334	14.3	0.3	13.7	15.0
Northwest BT Region	28	12.6	2.6	7.6	17.7
Gender					
Men	*	*	*	*	*
Women	18	14.3	3.7	7.0	21.6
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	17	19.1	4.8	9.7	28.5
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	28	12.7	2.6	7.6	17.8
Race					
White	27	12.4	2.6	7.3	17.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	13	14.4	4.2	6.2	22.5
Some College or College Graduate	15	11.0	3.2	4.8	17.3
Annual Household Income					
Less than \$35,000 per Year	18	24.1	5.6	13.1	35.1
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	16	10.6	2.8	5.0	16.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	19	13.0	3.3	6.6	19.4
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	25	13.5	2.9	7.8	19.1
Smoking Status					
Current smoker	11	24.8	7.3	10.5	39.1
Non-smoker	17	8.9	2.5	4.1	13.8
Health Insurance Status					
Insured	17	7.5	2.1	3.3	11.7
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,614	15.0	0.3	14.4	15.6
Northwest BT Region	56	15.4	2.5	10.5	20.2
Gender					
Men	23	15.0	3.8	7.5	22.4
Women	33	15.8	3.7	9.6	21.9
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	14	13.5	4.0	5.7	21.3
65 Years and Older	35	24.5	4.1	16.4	32.5
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	55	15.3	2.5	10.4	20.2
Race					
White	53	14.7	2.5	9.9	19.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	33	20.1	4.2	11.8	28.3
Some College or College Graduate	23	11.0	2.7	5.7	16.4
Annual Household Income					
Less than \$35,000 per Year	27	21.3	5.0	11.4	31.1
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	33	44.8	7.7	30.9	58.7
Living without a Disability	20	6.5	1.7	3.1	9.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	24	20.6	4.7	11.4	29.9
Obese (BMI ≥ 30)	18	16.3	4.4	7.8	24.9
Leisure Time Physical Activity					
Participates in leisure time physical activity	21	8.2	2.2	3.7	12.6
Does not participate in leisure time physical activity	33	28.2	5.5	17.4	38.9
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	49	17.0	2.9	11.3	22.7
Smoking Status					
Current smoker	16	30.8	7.8	15.5	46.1
Non-smoker	40	10.7	1.9	7.0	14.3
Health Insurance Status					
Insured	50	14.6	2.5	9.6	19.5
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,519	10.5	0.3	10.0	11.0
Northwest BT Region	34	8.4	1.7	5.2	11.6
Gender					
Men	*	*	*	*	*
Women	21	10.2	2.6	5.2	15.2
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	21	16.6	3.7	9.3	23.9
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	33	8.2	1.7	5.0	11.5
Race					
White	32	8.5	1.7	5.1	11.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	18	9.2	2.5	4.4	14.0
Some College or College Graduate	16	7.7	2.2	3.3	12.1
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	22	24.1	5.6	13.1	35.1
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	18	12.2	3.2	6.0	18.5
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	30	9.3	1.9	5.5	13.1
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	28	8.0	1.7	4.7	11.3
Health Insurance Status					
Insured	32	9.0	1.8	5.4	12.6
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,937	10.2	0.3	9.6	10.8
Northwest BT Region	22	8.4	2.1	4.3	12.4
Gender					
Men	*	*	*	*	*
Women	16	10.9	3.2	4.7	17.1
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	22	8.4	2.1	4.3	12.5
Race					
White	21	8.4	2.1	4.2	12.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	16	7.7	2.2	3.5	12.0
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	*	*	*	*	*
Health Insurance Status					
Insured	19	8.9	2.3	4.3	13.5
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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,985	39.5	0.7	38.2	40.8
Northwest BT Region	45	33.9	5.1	23.9	44.0
Gender					
Men	*	*	*	*	*
Women	27	37.2	6.7	24.0	50.4
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	16	30.0	7.3	15.6	44.4
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	44	33.5	5.1	23.4	43.6
Race					
White	43	34.4	5.3	24.0	44.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	17	33.2	8.3	16.9	49.5
Some College or College Graduate	28	34.5	6.4	22.1	47.0
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	23	41.3	7.3	26.9	55.7
Disability Status					
Living with a Disability	28	53.8	8.8	36.6	71.0
Living without a Disability	16	23.9	6.3	11.6	36.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	24	33.0	6.7	19.9	46.1
Does not participate in leisure time physical activity	20	34.6	8.1	18.8	50.4
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	37	34.0	5.5	23.2	44.7
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	34	34.7	5.8	23.3	46.0
Health Insurance Status					
Insured	41	34.6	5.5	23.8	45.4
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,236	4.4	0.2	4.1	4.7
Northwest BT Region	22	5.7	1.4	2.9	8.4
Gender					
Men	*	*	*	*	*
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	15	11.7	3.1	5.6	17.7
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	21	5.5	1.4	2.7	8.2
Race					
White	19	5.0	1.4	2.3	7.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	19	5.9	1.6	2.7	9.0
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	16	5.8	1.7	2.5	9.1
Health Insurance Status					
Insured	21	5.6	1.3	3.0	8.1
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

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 Angina or Coronary Heart Disease, 2011

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,333	4.5	0.2	4.2	4.8
Northwest BT Region	21	5.2	1.3	2.6	7.8
Gender					
Men	*	*	*	*	*
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	13	10.2	2.9	4.6	15.8
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	20	5.0	1.3	2.4	7.6
Race					
White	19	4.9	1.3	2.3	7.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	13	4.4	1.3	1.9	7.0
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	18	5.3	1.5	2.4	8.3
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	17	5.7	1.6	2.5	9.0
Health Insurance Status					
Insured	20	5.0	1.2	2.7	7.3
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

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 Stroke, 2011

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	831	2.7	0.1	2.5	3.0
Northwest BT Region	19	3.9	1.0	1.8	5.9
Gender					
Men	*	*	*	*	*
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	15	10.6	3.1	4.5	16.7
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	19	3.9	1.0	1.8	5.9
Race					
White	19	4.1	1.1	1.9	6.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	17	4.4	1.2	2.0	6.9
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	16	4.6	1.3	2.0	7.2
Health Insurance Status					
Insured	18	4.1	1.1	1.8	6.3
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

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 Hypertension, 2011

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,234	30.8	0.4	30.1	31.6
Northwest BT Region	141	38.7	3.3	32.2	45.2
Gender					
Men	62	46.2	5.4	35.7	56.8
Women	79	31.0	3.6	23.9	38.2
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	47	41.2	5.3	30.9	51.6
65 Years and Older	82	64.8	5.0	55.1	74.6
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	141	39.0	3.3	32.4	45.5
Race					
White	137	39.7	3.4	33.0	46.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	66	44.6	5.4	34.0	55.2
Some College or College Graduate	75	33.2	3.8	25.7	40.8
Annual Household Income					
Less than \$35,000 per Year	57	43.2	5.8	32.0	54.5
\$35,000 or Higher per Year	53	29.9	4.2	21.7	38.0
Disability Status					
Living with a Disability	49	58.0	6.8	44.6	71.3
Living without a Disability	88	33.2	3.7	26.0	40.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	36	29.3	5.6	18.4	40.3
Overweight (25 ≤ BMI <30)	46	36.5	5.4	25.9	47.1
Obese (BMI ≥ 30)	55	54.8	6.4	42.3	67.2
Leisure Time Physical Activity					
Participates in leisure time physical activity	87	35.6	3.9	28.0	43.2
Does not participate in leisure time physical activity	51	43.7	6.2	31.6	55.9
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	124	42.1	3.7	34.9	49.3
Smoking Status					
Current smoker	19	32.0	7.8	16.8	47.2
Non-smoker	121	40.9	3.7	33.8	48.1
Health Insurance Status					
Insured	133	40.5	3.5	33.6	47.5
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	10,021	58.3	0.4	57.4	59.2
Northwest BT Region	165	57.6	3.5	50.8	64.5
Gender					
Men	79	62.7	5.3	52.3	73.1
Women	86	52.5	4.5	43.6	61.4
Age Group					
18 to 44 Years	46	71.3	6.5	58.6	84.0
45 to 64 Years	71	57.9	5.3	47.5	68.2
65 Years and Older	48	39.0	5.1	28.9	49.0
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	164	57.8	3.5	50.9	64.6
Race					
White	158	57.4	3.6	50.4	64.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	64	56.6	5.5	45.8	67.5
Some College or College Graduate	101	58.6	4.3	50.1	67.0
Annual Household Income					
Less than \$35,000 per Year	62	62.2	5.6	51.3	73.2
\$35,000 or Higher per Year	80	56.3	5.1	46.3	66.2
Disability Status					
Living with a Disability	33	44.3	7.1	30.5	58.2
Living without a Disability	132	61.6	4.0	53.8	69.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	54	54.4	6.4	41.9	67.0
Overweight (25 ≤ BMI < 30)	59	60.7	5.7	49.5	71.8
Obese (BMI ≥ 30)	47	60.0	6.1	48.0	72.1
Leisure Time Physical Activity					
Participates in leisure time physical activity	105	54.0	4.3	45.5	62.5
Does not participate in leisure time physical activity	60	64.4	5.6	53.5	75.3
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	139	58.0	3.6	50.9	65.2
Smoking Status					
Current smoker	40	77.3	6.6	64.4	90.2
Non-smoker	125	52.2	3.9	44.5	59.8
Health Insurance Status					
Insured	142	53.8	3.8	46.4	61.1
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,059	32.4	0.7	31.0	33.7
Northwest BT Region	48	39.0	5.1	28.9	49.0
Gender					
Men	24	47.2	8.2	31.1	63.2
Women	24	30.5	5.7	19.4	41.7
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	48	39.0	5.1	28.9	49.0
Race					
White	46	37.9	5.2	27.8	48.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	23	33.5	6.9	20.1	46.9
Some College or College Graduate	25	47.5	7.5	32.9	62.1
Annual Household Income					
Less than \$35,000 per Year	27	45.2	7.8	30.0	60.5
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	31	41.8	6.8	28.4	55.2
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	27	33.4	5.8	21.9	44.8
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	42	37.7	5.4	27.0	48.4
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	42	37.6	5.3	27.2	48.0
Health Insurance Status					
Insured	48	39.2	5.1	29.1	49.2
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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,792	29.2	0.7	27.9	30.6
Northwest BT Region	39	29.3	4.5	20.4	38.1
Gender					
Men	*	*	*	*	*
Women	26	32.0	5.8	20.7	43.3
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	39	29.3	4.5	20.4	38.1
Race					
White	37	28.0	4.5	19.2	36.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	23	28.6	5.9	17.0	40.2
Some College or College Graduate	16	30.3	6.8	16.9	43.8
Annual Household Income					
Less than \$35,000 per Year	25	35.3	6.9	21.8	48.8
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	32	39.1	6.4	26.6	51.7
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	26	33.2	5.9	21.6	44.8
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	31	24.9	4.4	16.2	33.5
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	33	27.6	4.6	18.6	36.6
Health Insurance Status					
Insured	39	29.4	4.5	20.5	38.3
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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,907	29.6	0.4	28.7	30.4
Northwest BT Region	95	30.0	3.2	23.6	36.3
Gender					
Men	41	32.3	5.0	22.4	42.1
Women	54	27.4	3.9	19.8	35.1
Age Group					
18 to 44 Years	15	25.8	6.4	13.2	38.3
45 to 64 Years	42	33.6	5.0	23.7	43.5
65 Years and Older	38	31.2	4.7	22.0	40.4
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	95	30.2	3.2	23.8	36.6
Race					
White	92	30.0	3.3	23.5	36.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	35	27.1	4.9	17.5	36.6
Some College or College Graduate	60	32.6	4.2	24.2	40.9
Annual Household Income					
Less than \$35,000 per Year	34	26.5	5.0	16.7	36.3
\$35,000 or Higher per Year	46	29.6	4.4	21.0	38.3
Disability Status					
Living with a Disability	25	28.7	5.9	17.2	40.3
Living without a Disability	65	28.6	3.8	21.2	36.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	57	25.8	3.7	18.6	33.0
Does not participate in leisure time physical activity	36	36.9	6.1	25.0	48.9
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	80	30.6	3.5	23.7	37.6
Smoking Status					
Current smoker	18	33.9	7.9	18.5	49.4
Non-smoker	76	28.8	3.4	22.1	35.5
Health Insurance Status					
Insured	86	29.8	3.4	23.2	36.4
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	12,869	64.4	0.5	63.5	65.3
Northwest BT Region	199	62.5	3.6	55.4	69.5
Gender					
Men	88	67.5	5.3	57.0	77.9
Women	111	57.0	4.7	47.7	66.3
Age Group					
18 to 44 Years	33	49.6	7.3	35.2	64.0
45 to 64 Years	90	74.4	4.9	64.8	84.0
65 Years and Older	75	62.9	4.8	53.5	72.2
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	198	62.6	3.6	55.5	69.7
Race					
White	190	61.4	3.7	54.1	68.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	78	57.8	5.8	46.5	69.0
Some College or College Graduate	121	66.7	4.4	58.1	75.3
Annual Household Income					
Less than \$35,000 per Year	71	61.8	6.0	50.1	73.5
\$35,000 or Higher per Year	94	60.1	5.3	49.7	70.5
Disability Status					
Living with a Disability	52	61.8	7.3	47.4	76.1
Living without a Disability	142	62.2	4.2	53.9	70.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	125	60.8	4.4	52.1	69.5
Does not participate in leisure time physical activity	72	66.1	6.3	53.7	78.5
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	168	62.6	3.8	55.1	70.1
Smoking Status					
Current smoker	38	65.7	8.2	49.5	81.8
Non-smoker	159	61.2	4.0	53.4	69.0
Health Insurance Status					
Insured	177	61.8	3.9	54.2	69.3
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,339	19.4	0.4	18.6	20.1
Northwest BT Region	121	43.9	3.6	36.8	50.9
Gender					
Men	71	56.8	5.4	46.2	67.3
Women	50	30.8	4.6	21.9	39.8
Age Group					
18 to 44 Years	25	45.7	7.2	31.6	59.9
45 to 64 Years	47	42.5	5.3	32.0	53.0
65 Years and Older	47	41.4	5.1	31.4	51.4
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	120	44.0	3.6	36.9	51.1
Race					
White	118	44.9	3.7	37.6	52.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	54	48.6	5.6	37.6	59.7
Some College or College Graduate	67	39.4	4.5	30.6	48.3
Annual Household Income					
Less than \$35,000 per Year	42	42.0	6.0	30.3	53.6
\$35,000 or Higher per Year	56	45.4	5.2	35.1	55.6
Disability Status					
Living with a Disability	30	40.9	6.9	27.5	54.4
Living without a Disability	91	44.8	4.2	36.6	53.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	37	43.5	6.6	30.5	56.4
Overweight (25 ≤ BMI < 30)	41	42.2	5.8	30.7	53.6
Obese (BMI ≥ 30)	36	45.0	6.5	32.2	57.8
Leisure Time Physical Activity					
Participates in leisure time physical activity	82	46.9	4.4	38.4	55.5
Does not participate in leisure time physical activity	39	38.1	6.2	26.0	50.3
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	102	42.9	3.8	35.5	50.4
Smoking Status					
Current smoker	25	47.6	8.4	31.1	64.0
Non-smoker	95	42.4	4.0	34.6	50.2
Health Insurance Status					
Insured	110	44.5	3.8	37.0	52.0
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,547	22.0	0.4	21.2	22.8
Northwest BT Region	55	23.7	3.3	17.3	30.1
Gender					
Men	26	26.8	5.1	16.7	36.8
Women	29	20.6	4.0	12.7	28.5
Age Group					
18 to 44 Years	17	29.5	6.5	16.7	42.3
45 to 64 Years	29	31.2	5.4	20.7	41.8
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	54	23.6	3.3	17.2	30.0
Race					
White	49	21.4	3.2	15.0	27.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	24	25.9	5.1	15.8	35.9
Some College or College Graduate	31	21.7	4.2	13.5	29.8
Annual Household Income					
Less than \$35,000 per Year	24	32.1	6.1	20.1	44.1
\$35,000 or Higher per Year	16	11.4	3.2	5.2	17.6
Disability Status					
Living with a Disability	20	37.8	7.4	23.2	52.3
Living without a Disability	33	18.7	3.5	11.9	25.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	16	22.1	5.8	10.7	33.4
Overweight (25 ≤ BMI <30)	20	23.9	5.4	13.3	34.5
Obese (BMI ≥ 30)	18	27.4	6.3	15.0	39.7
Leisure Time Physical Activity					
Participates in leisure time physical activity	31	18.5	3.6	11.4	25.6
Does not participate in leisure time physical activity	24	34.3	6.3	21.9	46.6
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	46	25.4	3.7	18.2	32.6
Health Insurance Status					
Insured	43	19.2	3.2	12.9	25.5
Uninsured	*	*	*	*	*

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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,868	55.5	1.1	53.4	57.6
Northwest BT Region	33	62.7	8.0	47.1	78.3
Gender					
Men	*	*	*	*	*
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	32	62.3	8.0	46.6	78.1
Race					
White	*	*	*	*	*
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Health Insurance Status					
Insured	*	*	*	*	*
Uninsured	*	*	*	*	*

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

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	760	5.3	0.2	4.9	5.8
Northwest BT Region	21	11.3	2.6	6.2	16.5
Gender					
Men	21	22.6	4.9	13.1	32.2
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	20	11.2	2.6	6.0	16.4
Race					
White	20	11.7	2.8	6.3	17.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	14	18.3	4.8	8.9	27.7
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	15	10.9	2.9	5.2	16.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	16	12.9	3.3	6.4	19.4
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	18	11.9	2.9	6.1	17.6
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	14	8.7	2.5	3.8	13.5
Health Insurance Status					
Insured	16	9.1	2.5	4.1	14.1
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

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 Men Who Currently Use Any Smokeless Tobacco Products, 2011

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	684	10.1	0.4	9.2	11.0
Northwest BT Region	21	22.6	4.9	13.1	32.2
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	20	22.3	4.9	12.7	31.9
Race					
White	20	23.7	5.1	13.6	33.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	14	32.2	7.8	17.0	47.4
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	15	21.5	5.4	11.0	32.0
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	<i>16</i>	<i>26.3</i>	<i>6.2</i>	<i>14.2</i>	<i>38.5</i>
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	<i>18</i>	<i>24.1</i>	<i>5.5</i>	<i>13.4</i>	<i>34.8</i>
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	<i>14</i>	<i>18.1</i>	<i>4.9</i>	<i>8.5</i>	<i>27.6</i>
Health Insurance Status					
Insured	<i>16</i>	<i>18.1</i>	<i>4.8</i>	<i>8.7</i>	<i>27.5</i>
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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,699	11.5	0.3	11.0	12.1
Northwest BT Region	42	11.4	2.0	7.5	15.3
Gender					
Men	40	22.1	3.9	14.5	29.8
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	28	23.4	4.2	15.1	31.7
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	41	11.2	2.0	7.3	15.1
Race					
White	38	10.4	1.9	6.6	14.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	28	13.2	2.8	7.8	18.7
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	22	12.4	2.9	6.7	18.1
Disability Status					
Living with a Disability	18	19.0	4.9	9.3	28.7
Living without a Disability	23	9.2	2.2	5.0	13.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	16	16.5	4.2	8.3	24.7
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	28	11.4	2.4	6.7	16.0
Does not participate in leisure time physical activity	*	*	*	*	*
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	34	11.4	2.2	7.1	15.8
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	38	13.0	2.4	8.4	17.6
Health Insurance Status					
Insured	39	10.9	1.9	7.1	14.7
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**

Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	4,108	15.7	0.3	15.1	16.3
Northwest BT Region	65	17.9	2.6	12.8	23.0
Gender					
Men	23	17.7	4.3	9.3	26.1
Women	42	18.1	3.0	12.3	23.9
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	19	16.7	4.2	8.5	24.9
65 Years and Older	37	28.5	4.6	19.5	37.5
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	65	18.0	2.6	12.9	23.1
Race					
White	64	18.6	2.7	13.3	23.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	30	20.6	4.4	12.0	29.2
Some College or College Graduate	35	15.4	2.9	9.8	21.1
Annual Household Income					
Less than \$35,000 per Year	22	17.7	4.8	8.3	27.1
\$35,000 or Higher per Year	31	17.3	3.4	10.8	23.9
Disability Status					
Living with a Disability	21	25.0	6.6	12.1	37.9
Living without a Disability	42	16.0	2.8	10.6	21.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	21	19.4	5.0	9.6	29.2
Overweight (25 ≤ BMI <30)	22	17.3	4.2	9.1	25.5
Obese (BMI ≥ 30)	21	18.4	4.5	9.5	27.3
Leisure Time Physical Activity					
Participates in leisure time physical activity	39	16.1	2.9	10.4	21.8
Does not participate in leisure time physical activity	25	21.4	5.2	11.1	31.6
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	58	20.1	3.0	14.1	26.0
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	55	18.5	2.7	13.2	23.9
Health Insurance Status					
Insured	58	16.4	2.6	11.4	21.4
Uninsured	*	*	*	*	*

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>