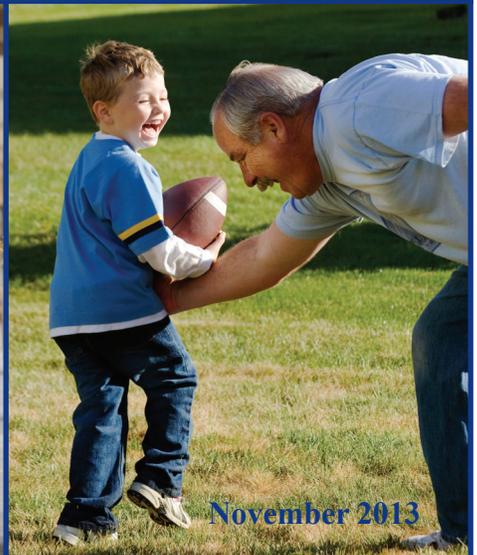


2011 Kansas Behavioral Risk Factor Surveillance System Local Data

Southwest Kansas Health Initiative



2011 Kansas Behavioral Risk Factor Surveillance System Local Data

State of Kansas
Sam Brownback, Governor

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

Kansas Department of Health and Environment (KDHE)

Mission

To protect and improve the health and environment of all Kansans

Vision

Healthy Kansans living in safe and sustainable environments

www.kdheks.gov

Foreword

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

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

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

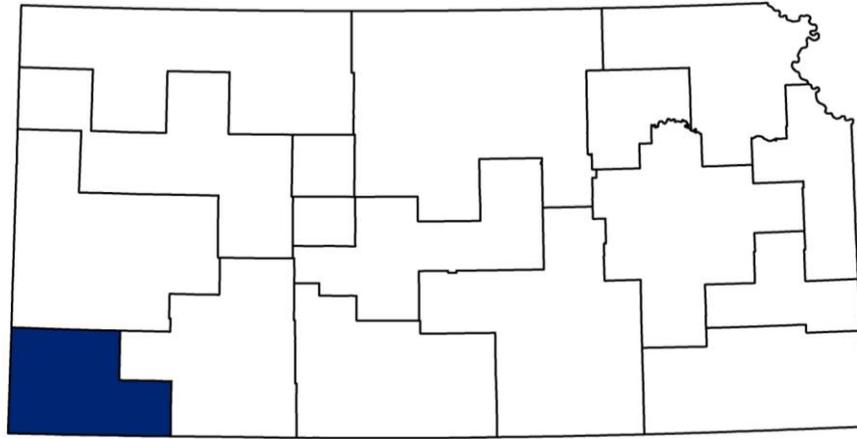
During the 2011 survey year, data were collected from more than 20,000 adult Kansans, providing estimates for 43 of the state's 105 counties and for 16 Public Health Preparedness Regions, with data for 43 health risk indicators analyzed at the county or regional level. By the conclusion of the 10-year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

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

Sincerely,



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



The Southwest Kansas Health Initiative comprises the following counties:
Grant, Morton, Seward, Stanton, Stevens

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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,281	17.0	0.4	16.2	17.8
Southwest Kansas Health Initiative	33	16.7	3.3	10.2	23.2
Gender					
Men	18	24.3	6.1	12.4	36.1
Women	15	9.3	2.5	4.4	14.2
Age Group					
18 to 44 Years	14	18.5	5.5	7.7	29.2
45 to 64 Years	15	17.7	4.6	8.7	26.7
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	29	20.2	3.9	12.5	28.0
Race					
White	29	22.4	4.5	13.6	31.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	22	26.9	6.0	15.1	38.7
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	23	24.9	5.2	14.7	35.1
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	27	18.1	3.9	10.4	25.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	16	28.5	7.3	14.2	42.8
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	20	16.7	4.1	8.7	24.7
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	27	17.0	3.7	9.8	24.3
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	19	14.2	3.7	7.0	21.3
Health Insurance Status					
Insured	32	18.3	3.5	11.5	25.2
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	823	5.4	0.2	5.0	5.9
Southwest Kansas Health Initiative	*	*	*	*	*
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,493	23.1	0.3	22.4	23.8
Southwest Kansas Health Initiative	63	17.2	2.7	11.9	22.5
Gender					
Men	*	*	*	*	*
Women	46	20.4	3.3	13.9	26.9
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	27	23.7	5.1	13.8	33.6
65 Years and Older	33	57.0	6.9	43.4	70.6
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	58	21.3	3.2	15.1	27.5
Race					
White	55	20.9	3.3	14.4	27.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	27	17.3	3.9	9.7	25.0
Some College or College Graduate	36	17.0	3.6	10.0	24.1
Annual Household Income					
Less than \$35,000 per Year	20	18.9	5.3	8.5	29.3
\$35,000 or Higher per Year	26	13.1	3.1	7.0	19.3
Disability Status					
Living with a Disability	35	55.7	8.9	38.3	73.2
Living without a Disability	27	8.6	2.0	4.6	12.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI <30)	30	23.3	4.9	13.7	32.9
Obese (BMI ≥ 30)	20	26.6	6.7	13.5	39.6
Leisure Time Physical Activity					
Participates in leisure time physical activity	35	17.0	3.4	10.3	23.7
Does not participate in leisure time physical activity	28	17.8	4.5	8.9	26.7
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	52	15.9	2.8	10.5	21.3
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	48	16.4	2.9	10.7	22.1
Health Insurance Status					
Insured	60	18.6	2.9	12.9	24.3
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,150	48.8	0.8	47.3	50.4
Southwest Kansas Health Initiative	33	57.1	8.0	41.5	72.8
Gender					
Men	*	*	*	*	*
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	29	50.1	8.0	34.5	65.7
Race					
White	26	50.0	8.6	33.0	66.9
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	*	*	*	*	*
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	27	52.6	8.9	35.1	70.0
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	*	*	*	*	*
Health Insurance Status					
Insured	31	54.6	8.1	38.8	70.5
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,709	8.8	0.3	8.2	9.3
Southwest Kansas Health Initiative	*	*	*	*	*
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: 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

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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,108	6.9	0.2	6.5	7.2
Southwest Kansas Health Initiative	19	5.6	1.5	2.7	8.4
Gender					
Men	*	*	*	*	*
Women	14	8.8	2.6	3.8	13.9
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	17	7.2	2.0	3.4	11.1
Race					
White	16	6.6	1.9	2.9	10.2
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	5.6	1.6	2.5	8.7
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	17	6.5	1.8	2.9	10.1
Health Insurance Status					
Insured	18	6.1	1.6	2.9	9.3
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,950	6.2	0.2	5.9	6.5
Southwest Kansas Health Initiative	20	4.4	1.2	2.1	6.6
Gender					
Men	*	*	*	*	*
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	14	21.5	6.0	9.8	33.2
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	18	6.4	1.7	3.0	9.8
Race					
White	18	5.9	1.6	2.7	9.0
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	1.3	1.9	6.9
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	16	5.2	1.5	2.2	8.1
Health Insurance Status					
Insured	20	5.4	1.4	2.6	8.2
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,379	27.1	0.5	26.2	28.0
Southwest Kansas Health Initiative	53	32.7	4.3	24.2	41.1
Gender					
Men	21	36.1	7.3	21.8	50.3
Women	32	29.5	4.8	20.2	38.9
Age Group					
18 to 44 Years	34	46.8	6.9	33.3	60.2
45 to 64 Years	15	21.0	5.7	9.8	32.2
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	35	27.3	4.4	18.6	35.9
Race					
White	36	28.7	4.7	19.5	37.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	28	32.1	6.0	20.3	44.0
Some College or College Graduate	25	33.3	6.1	21.4	45.3
Annual Household Income					
Less than \$35,000 per Year	24	47.0	8.1	31.2	62.8
\$35,000 or Higher per Year	21	25.0	5.4	14.5	35.5
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	47	36.1	4.9	26.4	45.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	19	40.1	8.5	23.6	56.7
Overweight (25 ≤ BMI < 30)	21	37.5	7.3	23.1	51.8
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	30	28.0	5.1	18.1	37.9
Does not participate in leisure time physical activity	22	39.1	7.5	24.5	53.8
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	45	32.8	4.7	23.6	42.0
Smoking Status					
Current smoker	18	48.9	8.9	31.6	66.3
Non-smoker	35	26.8	4.7	17.6	36.0
Health Insurance Status					
Insured	38	25.6	4.2	17.4	33.8
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	7,660	38.4	0.5	37.5	39.3
Southwest Kansas Health Initiative	82	30.6	4.0	22.9	38.4
Gender					
Men	22	20.7	5.7	9.5	31.8
Women	60	40.2	5.0	30.3	50.1
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	32	32.7	5.6	21.6	43.7
65 Years and Older	40	74.5	6.1	62.5	86.5
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	75	36.3	4.3	27.9	44.6
Race					
White	68	31.1	4.1	23.1	39.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	30	28.8	5.9	17.2	40.4
Some College or College Graduate	52	32.8	5.0	22.9	42.6
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	40	25.0	4.3	16.7	33.4
Disability Status					
Living with a Disability	33	56.8	9.1	39.0	74.6
Living without a Disability	47	22.9	3.8	15.4	30.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	32	32.4	6.3	20.1	44.7
Obese (BMI ≥ 30)	29	34.6	6.8	21.3	47.9
Leisure Time Physical Activity					
Participates in leisure time physical activity	46	27.0	4.5	18.2	35.8
Does not participate in leisure time physical activity	35	36.2	7.4	21.8	50.7
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	68	31.4	4.4	22.8	40.1
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	67	31.0	4.5	22.2	39.8
Health Insurance Status					
Insured	77	30.0	3.9	22.4	37.5
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,658	6.6	0.2	6.2	7.0
Southwest Kansas Health Initiative	*	*	*	*	*
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	16	4.4	1.3	1.8	6.9
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

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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,360	15.9	0.3	15.2	16.5
Southwest Kansas Health Initiative	39	14.3	2.8	8.9	19.7
Gender					
Men	*	*	*	*	*
Women	29	18.2	3.6	11.2	25.2
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	19	19.5	4.9	10.0	29.0
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	32	14.2	2.7	8.9	19.6
Race					
White	30	12.9	2.6	7.8	18.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	18	15.5	4.2	7.3	23.8
Some College or College Graduate	21	12.7	3.3	6.3	19.1
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	19	38.7	9.2	20.7	56.7
Living without a Disability	19	8.9	2.2	4.5	13.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	14	14.8	4.3	6.4	23.1
Obese (BMI ≥ 30)	16	20.3	5.9	8.8	31.7
Leisure Time Physical Activity					
Participates in leisure time physical activity	20	11.0	2.7	5.7	16.3
Does not participate in leisure time physical activity	19	19.6	5.6	8.6	30.6
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	34	15.1	3.1	9.0	21.3
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	30	12.9	2.9	7.2	18.6
Health Insurance Status					
Insured	29	10.5	2.2	6.3	14.8
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,584	9.5	0.2	9.1	10.0
Southwest Kansas Health Initiative	32	7.7	1.6	4.6	10.9
Gender					
Men	*	*	*	*	*
Women	23	10.8	2.6	5.8	15.8
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	15	10.8	3.1	4.7	16.9
65 Years and Older	13	20.9	6.1	9.0	32.9
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	26	8.0	1.7	4.6	11.5
Race					
White	26	8.8	2.0	4.9	12.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	23	10.9	2.7	5.7	16.2
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	15	7.4	2.2	3.1	11.8
Disability Status					
Living with a Disability	19	23.1	6.0	11.4	34.8
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)	16	16.0	4.5	7.1	24.9
Leisure Time Physical Activity					
Participates in leisure time physical activity	16	7.7	2.2	3.3	12.0
Does not participate in leisure time physical activity	16	8.0	2.3	3.5	12.4
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	26	6.9	1.6	3.8	10.0
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	29	9.3	2.0	5.3	13.3
Health Insurance Status					
Insured	28	7.6	1.7	4.3	10.9
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,714	23.0	0.4	22.3	23.7
Southwest Kansas Health Initiative	58	16.7	2.9	11.0	22.3
Gender					
Men	20	16.8	4.9	7.2	26.5
Women	38	16.5	3.0	10.6	22.3
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	25	21.0	4.8	11.7	30.4
65 Years and Older	28	46.1	7.2	32.0	60.3
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	49	16.4	2.6	11.3	21.5
Race					
White	49	17.2	2.9	11.5	22.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	24	15.6	4.1	7.6	23.6
Some College or College Graduate	34	18.0	3.9	10.4	25.7
Annual Household Income					
Less than \$35,000 per Year	25	26.2	6.7	13.1	39.3
\$35,000 or Higher per Year	21	10.3	2.7	5.1	15.6
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	23	15.0	3.6	7.8	22.1
Obese (BMI ≥ 30)	19	27.0	6.8	13.6	40.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	<i>30</i>	<i>14.2</i>	<i>3.2</i>	<i>8.0</i>	<i>20.4</i>
Does not participate in leisure time physical activity	<i>28</i>	<i>20.4</i>	<i>5.4</i>	<i>9.9</i>	<i>31.0</i>
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	<i>50</i>	<i>15.9</i>	<i>3.0</i>	<i>10.0</i>	<i>21.8</i>
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	<i>44</i>	<i>17.1</i>	<i>3.3</i>	<i>10.6</i>	<i>23.6</i>
Health Insurance Status					
Insured	<i>53</i>	<i>15.9</i>	<i>2.7</i>	<i>10.7</i>	<i>21.1</i>
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,179	24.5	0.4	23.7	25.2
Southwest Kansas Health Initiative	61	18.0	3.0	12.2	23.9
Gender					
Men	22	19.3	5.2	9.2	29.5
Women	39	16.7	3.0	10.9	22.6
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	27	22.5	4.9	12.9	32.0
65 Years and Older	28	46.1	7.2	32.0	60.3
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	51	18.3	2.9	12.6	24.0
Race					
White	51	19.1	3.2	12.9	25.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	26	16.5	4.1	8.4	24.6
Some College or College Graduate	35	20.0	4.2	11.7	28.3
Annual Household Income					
Less than \$35,000 per Year	25	26.2	6.7	13.1	39.3
\$35,000 or Higher per Year	23	12.9	3.2	6.6	19.2
Weight Category					
Normal or Underweight (BMI <25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	24	16.1	3.8	8.6	23.6
Obese (BMI ≥ 30)	21	30.7	7.1	16.8	44.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	33	16.5	3.4	9.7	23.2
Does not participate in leisure time physical activity	28	20.4	5.4	9.9	31.0
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	52	17.3	3.1	11.2	23.5
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	47	18.9	3.5	12.1	25.8
Health Insurance Status					
Insured	56	17.6	2.9	12.0	23.2
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	16,604	83.5	0.4	82.7	84.2
Southwest Kansas Health Initiative	208	90.7	2.5	85.9	95.6
Gender					
Men	70	89.2	4.3	80.8	97.6
Women	138	92.3	2.3	87.7	96.9
Age Group					
18 to 44 Years	72	91.6	3.9	83.9	99.3
45 to 64 Years	84	90.6	3.3	84.2	97.0
65 Years and Older	52	87.1	5.3	76.7	97.6
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	166	91.4	2.2	87.2	95.7
Race					
White	161	88.4	2.9	82.8	94.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	94	93.5	3.2	87.2	99.8
Some College or College Graduate	114	87.2	3.8	79.8	94.7
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	112	91.5	2.7	86.2	96.8
Disability Status					
Living with a Disability	52	86.2	6.8	73.0	99.5
Living without a Disability	155	91.7	2.6	86.6	96.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	57	89.9	6.0	78.2	100
Overweight (25 ≤ BMI < 30)	73	89.1	3.4	82.4	95.8
Obese (BMI ≥ 30)	62	90.0	5.1	80.0	99.9
Smoking Status					
Current smoker	46	90.7	3.9	83.1	98.2
Non-smoker	162	90.8	3.1	84.8	96.8
Health Insurance Status					
Insured	181	89.0	3.0	83.1	94.8
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,956	45.3	0.5	44.4	46.2
Southwest Kansas Health Initiative	128	58.2	4.2	50.0	66.4
Gender					
Men	43	61.5	6.7	48.5	74.6
Women	85	54.7	4.9	45.1	64.3
Age Group					
18 to 44 Years	40	55.8	6.7	42.7	68.8
45 to 64 Years	53	61.7	5.8	50.3	73.2
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	99	51.7	4.6	42.8	60.7
Race					
White	95	51.2	4.7	41.9	60.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	68	50.0	5.8	38.7	61.3
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	65	54.4	5.5	43.5	65.2
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	90	57.1	4.8	47.7	66.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	42	52.4	7.0	38.6	66.1
Obese (BMI ≥ 30)	*	*	*	*	*
Smoking Status					
Current smoker	28	52.0	8.8	34.9	69.2
Non-smoker	100	60.4	4.7	51.2	69.7
Health Insurance Status					
Insured	109	53.6	4.5	44.7	62.6
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,740	26.8	0.4	26.0	27.6
Southwest Kansas Health Initiative	92	39.3	4.2	31.1	47.6
Gender					
Men	30	41.2	7.0	27.5	55.0
Women	62	37.5	4.7	28.3	46.7
Age Group					
18 to 44 Years	26	34.7	6.6	21.8	47.6
45 to 64 Years	39	45.7	6.3	33.4	57.9
65 Years and Older	27	43.1	7.1	29.2	57.1
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	73	37.0	4.3	28.5	45.5
Race					
White	69	36.4	4.5	27.5	45.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	44	43.3	6.1	31.3	55.3
Some College or College Graduate	48	34.2	5.4	23.6	44.8
Annual Household Income					
Less than \$35,000 per Year	36	50.1	7.7	35.0	65.3
\$35,000 or Higher per Year	45	39.4	5.5	28.6	50.2
Disability Status					
Living with a Disability	28	44.7	9.0	27.2	62.3
Living without a Disability	64	38.3	4.7	29.0	47.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	23	34.8	7.8	19.5	50.1
Overweight (25 ≤ BMI <30)	29	40.9	7.1	26.9	54.9
Obese (BMI ≥ 30)	34	44.1	7.2	29.9	58.3
Smoking Status					
Current smoker	25	50.1	8.8	32.8	67.4
Non-smoker	67	35.7	4.7	26.5	44.8
Health Insurance Status					
Insured	78	34.2	4.1	26.2	42.3
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	7,375	41.4	0.5	40.5	42.4
Southwest Kansas Health Initiative	104	45.1	4.2	36.8	53.4
Gender					
Men	43	48.6	7.2	34.5	62.8
Women	61	41.9	4.8	32.5	51.3
Age Group					
18 to 44 Years	35	42.5	6.7	29.4	55.6
45 to 64 Years	44	48.5	6.2	36.3	60.7
65 Years and Older	25	46.3	7.3	31.9	60.7
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	94	54.5	4.4	45.8	63.2
Race					
White	92	54.1	4.6	45.1	63.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	39	36.1	5.8	24.8	47.5
Some College or College Graduate	65	55.7	5.5	44.9	66.6
Annual Household Income					
Less than \$35,000 per Year	31	47.8	7.9	32.3	63.4
\$35,000 or Higher per Year	59	50.1	5.6	39.1	61.1
Disability Status					
Living with a Disability	26	43.5	8.7	26.4	60.6
Living without a Disability	77	45.5	4.8	36.0	55.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	27	37.1	7.5	22.5	51.8
Overweight (25 ≤ BMI <30)	36	48.4	7.2	34.2	62.5
Obese (BMI ≥ 30)	34	52.6	7.3	38.4	66.8
Leisure Time Physical Activity					
Participates in leisure time physical activity	56	37.6	5.1	27.7	47.6
Does not participate in leisure time physical activity	47	57.3	7.1	43.4	71.2
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	92	46.8	4.6	37.8	55.8
Smoking Status					
Current smoker	29	63.2	8.2	47.2	79.3
Non-smoker	75	39.4	4.7	30.1	48.7
Health Insurance Status					
Insured	93	45.3	4.5	36.5	54.1
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,908	22.3	0.4	21.4	23.1
Southwest Kansas Health Initiative	52	19.9	3.4	13.3	26.5
Gender					
Men	*	*	*	*	*
Women	36	24.6	4.4	15.9	33.2
Age Group					
18 to 44 Years	20	21.4	5.5	10.7	32.1
45 to 64 Years	19	17.1	4.3	8.7	25.6
65 Years and Older	13	21.8	6.1	9.8	33.8
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	42	19.2	3.3	12.7	25.7
Race					
White	42	18.5	3.3	12.2	24.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	24	21.9	5.2	11.8	32.1
Some College or College Graduate	28	17.4	3.9	9.8	25.0
Annual Household Income					
Less than \$35,000 per Year	24	30.4	6.9	16.9	43.8
\$35,000 or Higher per Year	21	14.0	3.5	7.0	20.9
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	41	21.5	4.0	13.7	29.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	19	23.3	6.3	10.9	35.6
Overweight (25 ≤ BMI <30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	29	17.6	3.6	10.6	24.5
Does not participate in leisure time physical activity	22	23.0	6.5	10.4	35.7
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	47	21.0	3.8	13.6	28.3
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	40	18.9	3.5	12.0	25.8
Health Insurance Status					
Insured	46	18.4	3.1	12.3	24.5
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,212	16.7	0.4	15.9	17.5
Southwest Kansas Health Initiative	31	19.1	3.8	11.6	26.7
Gender					
Men	*	*	*	*	*
Women	24	21.2	4.5	12.4	30.1
Age Group					
18 to 44 Years	20	29.1	6.4	16.5	41.7
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	17	22.1	5.5	11.3	32.9
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	17	33.2	8.1	17.3	49.1
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	25	18.8	4.2	10.5	27.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	14	32.5	8.7	16.6	48.5
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	17	12.5	3.4	5.8	19.2
Does not participate in leisure time physical activity	14	29.7	7.6	14.9	44.5
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	27	20.4	4.3	12.0	28.8
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	24	17.7	4.2	9.5	26.0

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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,123	20.1	0.5	19.2	21.0
Southwest Kansas Health Initiative	30	21.3	4.3	12.8	29.7
Gender					
Men	*	*	*	*	*
Women	23	24.3	5.2	14.0	34.6
Age Group					
18 to 44 Years	20	29.1	6.4	16.5	41.7
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	16	24.3	6.2	12.2	36.5
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	17	39.9	9.2	21.7	58.0
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	25	20.6	4.6	11.6	29.5

	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	13.3	3.8	5.8	20.7
Does not participate in leisure time physical activity	14	34.2	8.4	17.8	50.7
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	26	22.2	4.7	13.0	31.5
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	23	19.6	4.7	10.3	28.9

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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,606	19.7	0.4	18.9	20.6
Southwest Kansas Health Initiative	55	27.4	4.0	19.6	35.2
Gender					
Men	19	29.3	6.7	16.3	42.4
Women	36	25.5	4.4	16.9	34.0
Age Group					
18 to 44 Years	32	40.4	6.7	27.4	53.5
45 to 64 Years	18	14.4	3.9	6.8	22.0
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	35	20.7	4.0	13.0	28.5
Race					
White	33	21.9	4.4	13.3	30.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	27	27.1	5.4	16.5	37.7
Some College or College Graduate	28	27.7	5.9	16.2	39.2
Annual Household Income					
Less than \$35,000 per Year	24	35.5	7.9	20.1	50.9
\$35,000 or Higher per Year	20	21.0	5.0	11.2	30.8
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	45	28.3	4.5	19.5	37.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	15	31.3	8.3	15.1	47.5
Overweight (25 ≤ BMI < 30)	23	35.7	7.2	21.7	49.7
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	35	26.7	4.8	17.3	36.1
Does not participate in leisure time physical activity	19	28.3	6.9	14.7	41.9
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	46	27.7	4.3	19.2	36.2
Smoking Status					
Current smoker	16	32.9	8.3	16.6	49.2
Non-smoker	39	25.5	4.5	16.6	34.3
Health Insurance Status					
Insured	39	21.6	3.8	14.1	29.1
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,334	14.3	0.3	13.7	15.0
Southwest Kansas Health Initiative	32	15.1	3.2	8.9	21.3
Gender					
Men	*	*	*	*	*
Women	26	18.5	3.9	10.9	26.2
Age Group					
18 to 44 Years	15	18.1	5.1	8.1	28.2
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	18	7.2	1.9	3.4	11.0
Race					
White	20	9.1	2.4	4.4	13.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	18	20.8	5.1	10.9	30.7
Some College or College Graduate	*	*	*	*	*
Annual Household Income					
Less than \$35,000 per Year	18	32.3	7.7	17.1	47.4
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	21	12.2	3.1	6.1	18.2

	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	22	16.1	3.9	8.4	23.8
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	29	16.9	3.6	9.8	24.0
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	20	12.8	3.5	5.9	19.7
Health Insurance Status					
Insured	*	*	*	*	*
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,614	15.0	0.3	14.4	15.6
Southwest Kansas Health Initiative	49	17.2	3.1	11.1	23.4
Gender					
Men	*	*	*	*	*
Women	35	18.8	3.7	11.6	26.0
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	18	19.6	5.4	9.0	30.2
65 Years and Older	22	34.4	7.0	20.6	48.1
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	37	12.2	2.4	7.6	16.9
Race					
White	36	11.0	2.2	6.8	15.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	27	24.3	5.1	14.2	34.3
Some College or College Graduate	22	8.0	2.0	4.2	11.8
Annual Household Income					
Less than \$35,000 per Year	25	29.3	7.1	15.4	43.2
\$35,000 or Higher per Year	*	*	*	*	*
Disability Status					
Living with a Disability	32	51.2	8.9	33.8	68.6
Living without a Disability	16	9.7	2.9	4.1	15.3

	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)	15	21.6	6.4	9.1	34.2
Leisure Time Physical Activity					
Participates in leisure time physical activity	18	10.4	2.8	4.8	16.0
Does not participate in leisure time physical activity	30	27.4	6.3	15.0	39.8
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	45	18.8	3.6	11.8	25.8
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	35	16.9	3.7	9.8	24.1
Health Insurance Status					
Insured	40	13.6	2.8	8.2	19.0
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,519	10.5	0.3	10.0	11.0
Southwest Kansas Health Initiative	33	9.5	2.2	5.1	13.8
Gender					
Men	*	*	*	*	*
Women	25	11.8	2.7	6.4	17.1
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	15	24.0	6.6	11.0	37.0
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	28	9.5	2.1	5.4	13.6
Race					
White	28	9.4	2.1	5.3	13.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	20	13.6	3.8	6.2	21.0
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	26	36.1	8.6	19.1	53.0
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	16	7.8	2.2	3.4	12.1
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	27	9.4	2.5	4.5	14.2
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	*	*	*	*	*
Health Insurance Status					
Insured	28	7.9	1.8	4.3	11.4
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,937	10.2	0.3	9.6	10.8
Southwest Kansas Health Initiative	*	*	*	*	*
Gender					
Men	*	*	*	*	*
Women	16	7.3	2.0	3.4	11.3
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	15	5.2	1.5	2.2	8.2
Race					
White	15	5.1	1.5	2.1	8.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	14	6.6	2.0	2.8	10.5
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: 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

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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,985	39.5	0.7	38.2	40.8
Southwest Kansas Health Initiative	47	35.5	5.7	24.2	46.7
Gender					
Men	*	*	*	*	*
Women	34	38.8	6.5	26.1	51.6
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	24	34.1	7.5	19.3	48.9
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	40	34.4	5.5	23.6	45.3
Race					
White	37	28.8	5.2	18.6	39.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	18	36.7	8.2	20.7	52.7
Some College or College Graduate	29	34.0	7.8	18.8	49.2
Annual Household Income					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	21	32.6	7.5	17.9	47.3
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	20	26.5	6.7	13.4	39.6

	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	27	34.9	7.2	20.8	48.9
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	41	38.6	6.4	26.1	51.2
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	36	35.6	6.5	22.8	48.5
Health Insurance Status					
Insured	40	33.6	5.9	22.0	45.3
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,236	4.4	0.2	4.1	4.7
Southwest Kansas Health Initiative	*	*	*	*	*
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: Respondents reporting they had been told by a doctor, nurse, or other health professional that they had a heart attack also called a myocardial infarction.

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,333	4.5	0.2	4.2	4.8
Southwest Kansas Health Initiative	*	*	*	*	*
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: Respondents reporting they had been told by a doctor, nurse, or other health professional that they had angina or coronary heart disease.

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Percentage of Adults Who Had A Stroke, 2011

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	831	2.7	0.1	2.5	3.0
Southwest Kansas Health Initiative	*	*	*	*	*
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: Respondents reporting they had been told by a doctor, nurse, or other health professional that they had a stroke.

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

Percentage of Adults with Diagnosed Hypertension, 2011

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,234	30.8	0.4	30.1	31.6
Southwest Kansas Health Initiative	89	26.4	3.3	19.9	32.9
Gender					
Men	29	24.3	5.3	13.9	34.8
Women	60	28.5	3.9	20.8	36.1
Age Group					
18 to 44 Years	13	12.7	3.8	5.3	20.2
45 to 64 Years	37	35.3	5.9	23.8	46.9
65 Years and Older	39	61.1	6.9	47.5	74.7
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	78	33.3	4.0	25.3	41.2
Race					
White	75	29.7	3.8	22.3	37.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	44	28.0	4.9	18.5	37.5
Some College or College Graduate	45	24.3	4.3	15.9	32.6
Annual Household Income					
Less than \$35,000 per Year	26	25.0	5.9	13.4	36.6
\$35,000 or Higher per Year	44	29.1	4.8	19.7	38.6
Disability Status					
Living with a Disability	40	57.0	9.1	39.2	74.8
Living without a Disability	47	19.5	3.3	13.0	26.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	18	14.5	4.2	6.3	22.7
Overweight (25 ≤ BMI <30)	31	29.5	6.0	17.7	41.2
Obese (BMI ≥ 30)	33	36.4	6.8	23.1	49.7
Leisure Time Physical Activity					
Participates in leisure time physical activity	51	25.3	4.1	17.3	33.3
Does not participate in leisure time physical activity	37	27.9	5.7	16.8	39.0
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	78	27.8	3.7	20.5	35.1
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	75	27.6	3.7	20.4	34.9
Health Insurance Status					
Insured	80	27.5	3.6	20.5	34.5
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	10,021	58.3	0.4	57.4	59.2
Southwest Kansas Health Initiative	141	63.3	4.1	55.3	71.2
Gender					
Men	48	64.1	6.7	51.0	77.2
Women	93	62.5	4.7	53.3	71.6
Age Group					
18 to 44 Years	61	72.5	6.3	60.1	84.8
45 to 64 Years	47	52.2	6.3	39.9	64.4
65 Years and Older	31	52.5	7.1	38.6	66.5
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	111	63.2	4.2	54.9	71.5
Race					
White	107	63.9	4.2	55.6	72.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	61	62.5	5.9	50.9	74.0
Some College or College Graduate	80	64.3	5.3	53.9	74.8
Annual Household Income					
Less than \$35,000 per Year	46	72.5	6.6	59.5	85.4
\$35,000 or Higher per Year	75	67.1	4.9	57.4	76.8
Disability Status					
Living with a Disability	21	45.0	9.2	27.0	62.9
Living without a Disability	120	67.3	4.6	58.3	76.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	36	51.3	8.2	35.2	67.4
Overweight (25 ≤ BMI <30)	46	62.5	6.3	50.2	74.7
Obese (BMI ≥ 30)	45	72.2	6.2	60.1	84.3
Leisure Time Physical Activity					
Participates in leisure time physical activity	86	60.2	5.2	50.0	70.4
Does not participate in leisure time physical activity	55	68.0	6.4	55.4	80.6
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	126	68.2	4.2	60.1	76.4
Smoking Status					
Current smoker	36	65.5	8.8	48.3	82.7
Non-smoker	105	62.5	4.6	53.5	71.5
Health Insurance Status					
Insured	121	62.3	4.3	53.9	70.7
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,059	32.4	0.7	31.0	33.7
Southwest Kansas Health Initiative	31	52.5	7.1	38.6	66.5
Gender					
Men	*	*	*	*	*
Women	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	28	51.3	7.5	36.7	65.9
Race					
White	25	46.0	7.5	31.3	60.7
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	*	*	*	*	*
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	*	*	*	*	*
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>26</i>	<i>52.9</i>	<i>8.0</i>	<i>37.2</i>	<i>68.6</i>
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	<i>20</i>	<i>40.5</i>	<i>8.0</i>	<i>24.9</i>	<i>56.1</i>
Health Insurance Status					
Insured	<i>30</i>	<i>50.4</i>	<i>7.2</i>	<i>36.4</i>	<i>64.4</i>
Uninsured	*	*	*	*	*

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

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

* Insufficient sample and/or statistically unreliable estimate

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

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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,792	29.2	0.7	27.9	30.6
Southwest Kansas Health Initiative	20	30.3	6.5	17.5	43.0
Gender					
Men	*	*	*	*	*
Women	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	18	30.8	6.8	17.4	44.2
Race					
White	16	25.2	6.1	13.3	37.1
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	*	*	*	*	*
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	*	*	*	*	*
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>15</i>	<i>28.6</i>	<i>7.2</i>	<i>14.4</i>	<i>42.7</i>
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	*	*	*	*	*
Health Insurance Status					
Insured	<i>20</i>	<i>31.7</i>	<i>6.7</i>	<i>18.6</i>	<i>44.7</i>
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,907	29.6	0.4	28.7	30.4
Southwest Kansas Health Initiative	72	30.0	3.8	22.6	37.4
Gender					
Men	27	30.0	6.1	18.1	42.0
Women	45	29.9	4.5	21.2	38.7
Age Group					
18 to 44 Years	26	27.2	5.5	16.3	38.0
45 to 64 Years	34	37.4	6.2	25.2	49.6
65 Years and Older	12	19.3	5.7	8.1	30.6
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	58	30.7	4.1	22.7	38.8
Race					
White	55	30.9	4.3	22.5	39.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	30	26.7	5.2	16.5	36.8
Some College or College Graduate	42	33.9	5.4	23.3	44.6
Annual Household Income					
Less than \$35,000 per Year	22	26.7	6.7	13.6	39.9
\$35,000 or Higher per Year	39	33.4	5.3	23.1	43.7
Disability Status					
Living with a Disability	21	46.6	9.2	28.6	64.7
Living without a Disability	49	25.4	3.9	17.7	33.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	37	27.6	4.6	18.5	36.6
Does not participate in leisure time physical activity	34	32.8	6.4	20.3	45.3
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	62	30.0	4.1	22.0	38.0
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	61	33.3	4.4	24.6	42.0
Health Insurance Status					
Insured	67	33.9	4.2	25.7	42.0
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	12,869	64.4	0.5	63.5	65.3
Southwest Kansas Health Initiative	161	68.3	4.2	60.1	76.4
Gender					
Men	63	74.2	6.5	61.4	87.1
Women	98	62.5	5.1	52.4	72.5
Age Group					
18 to 44 Years	49	61.1	6.9	47.6	74.7
45 to 64 Years	73	78.8	5.1	68.8	88.8
65 Years and Older	39	65.6	6.8	52.3	79.0
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	134	74.1	4.1	66.1	82.0
Race					
White	129	74.2	4.0	66.3	82.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	71	62.1	6.3	49.8	74.4
Some College or College Graduate	90	75.6	4.7	66.4	84.9
Annual Household Income					
Less than \$35,000 per Year	47	58.5	8.1	42.5	74.4
\$35,000 or Higher per Year	90	80.9	4.1	72.9	88.9
Disability Status					
Living with a Disability	45	78.6	8.5	62.0	95.3
Living without a Disability	114	65.5	4.8	56.1	74.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Leisure Time Physical Activity					
Participates in leisure time physical activity	97	65.4	5.4	54.9	75.9
Does not participate in leisure time physical activity	63	72.1	6.5	59.3	85.0
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	135	69.1	4.4	60.5	77.7
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	129	67.2	4.9	57.5	76.8
Health Insurance Status					
Insured	146	73.5	4.2	65.3	81.7
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,339	19.4	0.4	18.6	20.1
Southwest Kansas Health Initiative	69	30.4	4.0	22.5	38.2
Gender					
Men	24	33.2	6.8	19.9	46.5
Women	45	27.6	4.3	19.2	36.0
Age Group					
18 to 44 Years	26	35.7	6.5	22.9	48.4
45 to 64 Years	20	21.3	5.2	11.1	31.5
65 Years and Older	23	34.6	6.7	21.4	47.8
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	56	33.8	4.5	25.0	42.6
Race					
White	54	31.7	4.5	22.9	40.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	30	28.9	5.6	17.8	39.9
Some College or College Graduate	39	32.3	5.6	21.4	43.3
Annual Household Income					
Less than \$35,000 per Year	25	33.2	7.3	18.8	47.6
\$35,000 or Higher per Year	34	32.9	5.5	22.2	43.5
Disability Status					
Living with a Disability	19	31.1	8.2	15.0	47.2
Living without a Disability	50	30.2	4.5	21.3	39.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	20	30.8	7.6	16.0	45.7
Overweight (25 ≤ BMI <30)	21	26.4	6.5	13.7	39.2
Obese (BMI ≥ 30)	24	34.7	7.1	20.9	48.5
Leisure Time Physical Activity					
Participates in leisure time physical activity	36	28.8	5.0	19.0	38.6
Does not participate in leisure time physical activity	33	32.8	6.6	19.8	45.8
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	60	31.5	4.4	22.9	40.1
Smoking Status					
Current smoker	22	51.8	8.7	34.7	68.9
Non-smoker	47	23.0	3.9	15.4	30.6
Health Insurance Status					
Insured	63	31.4	4.2	23.1	39.6
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,547	22.0	0.4	21.2	22.8
Southwest Kansas Health Initiative	54	25.5	3.8	18.1	33.0
Gender					
Men	18	28.9	6.5	16.1	41.8
Women	36	22.2	3.9	14.6	29.9
Age Group					
18 to 44 Years	19	25.1	5.9	13.6	36.7
45 to 64 Years	22	27.0	5.9	15.5	38.6
65 Years and Older	13	24.1	6.5	11.3	37.0
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	47	31.0	4.4	22.3	39.6
Race					
White	40	24.4	4.1	16.3	32.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	27	25.4	5.3	15.0	35.8
Some College or College Graduate	27	25.7	5.3	15.3	36.2
Annual Household Income					
Less than \$35,000 per Year	22	27.5	6.4	15.0	40.1
\$35,000 or Higher per Year	22	25.9	5.5	15.2	36.6
Disability Status					
Living with a Disability	*	*	*	*	*
Living without a Disability	39	26.4	4.4	17.8	34.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI <25)	17	22.8	6.2	10.6	35.0
Overweight (25 ≤ BMI <30)	21	33.9	7.0	20.2	47.5
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	28	20.9	4.3	12.5	29.4
Does not participate in leisure time physical activity	25	32.4	6.9	18.9	45.9
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	46	26.7	4.2	18.4	35.0
Health Insurance Status					
Insured	47	24.2	3.9	16.7	31.8
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,868	55.5	1.1	53.4	57.6
Southwest Kansas Health Initiative	27	53.1	8.8	35.9	70.2
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	*	*	*	*	*
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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	760	5.3	0.2	4.9	5.8
Southwest Kansas Health Initiative	*	*	*	*	*
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: Respondents who reported they currently use chewing tobacco, snuff or snus (Swedish for snuff) some days or every day.

Denominator: All respondents, excluding unknowns and refusals.

* Insufficient sample and/or statistically unreliable estimate

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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	684	10.1	0.4	9.2	11.0
Southwest Kansas Health Initiative	*	*	*	*	*
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	*	*	*	*	*
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	*	*	*	*	*
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 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

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

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,699	11.5	0.3	11.0	12.1
Southwest Kansas Health Initiative	16	5.2	1.5	2.3	8.1
Gender					
Men	16	10.6	3.7	4.5	16.6
Women	*	*	*	*	*
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	16	8.0	2.2	3.6	12.4
Race					
White	15	6.8	2.0	3.0	10.6
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	*	*	*	*	*
Smoking Status					
Current smoker	*	*	*	*	*
Non-smoker	*	*	*	*	*
Health Insurance Status					
Insured	15	6.2	1.8	2.6	9.7
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**

Southwest Kansas Health Initiative

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	4,108	15.7	0.3	15.1	16.3
Southwest Kansas Health Initiative	56	17.7	3.0	11.8	23.7
Gender					
Men	17	16.4	4.9	6.8	26.0
Women	39	19.1	3.6	12.0	26.1
Age Group					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	18	18.5	5.0	8.7	28.3
65 Years and Older	28	42.5	7.2	28.5	56.6
Ethnicity					
Hispanic	*	*	*	*	*
Non-Hispanic	48	19.6	3.4	13.0	26.2
Race					
White	47	18.8	3.3	12.3	25.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
Education					
High School Graduate or Less	22	17.0	4.4	8.3	25.7
Some College or College Graduate	34	18.7	4.0	10.8	26.6
Annual Household Income					
Less than \$35,000 per Year	22	24.0	6.8	10.8	37.3
\$35,000 or Higher per Year	22	14.3	3.6	7.4	21.3
Disability Status					
Living with a Disability	22	33.2	8.4	16.8	49.6
Living without a Disability	34	14.5	3.2	8.3	20.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Weight Category					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	23	16.3	3.9	8.5	24.0
Obese (BMI ≥ 30)	*	*	*	*	*
Leisure Time Physical Activity					
Participates in leisure time physical activity	34	19.4	4.2	11.3	27.6
Does not participate in leisure time physical activity	22	15.5	4.4	6.8	24.2
Aerobic and Strengthening Exercise (2-Level)					
Met Both Aerobic and Strengthening Guidelines	*	*	*	*	*
Did Not Meet Both Aerobic and Strengthening Guidelines	46	17.1	3.3	10.7	23.5
Smoking Status					
Current smoker	18	26.5	7.3	12.2	40.9
Non-smoker	38	14.8	3.2	8.5	21.2
Health Insurance Status					
Insured	50	17.5	3.2	11.3	23.7
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>