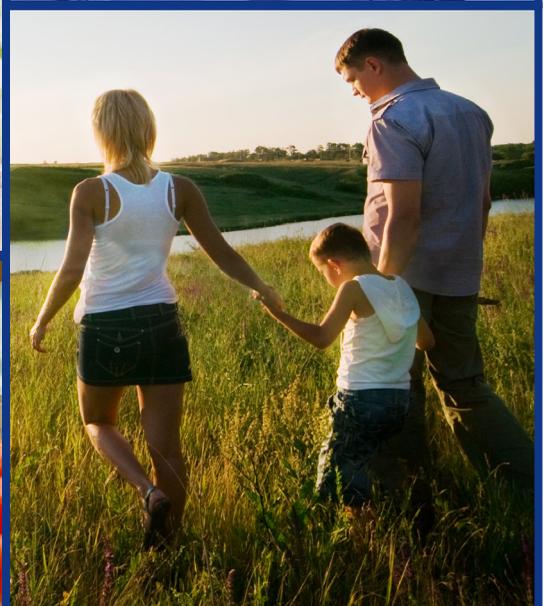


# 2013 Kansas Behavioral Risk Factor Surveillance System Local Data

## Central Kansas Region



November 2014



# **2013 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 2014**

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

## **Mission**

To protect and improve the health and environment of all Kansans

## **Vision**

Healthy Kansans living in safe and sustainable environments

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

## Foreword

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

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

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

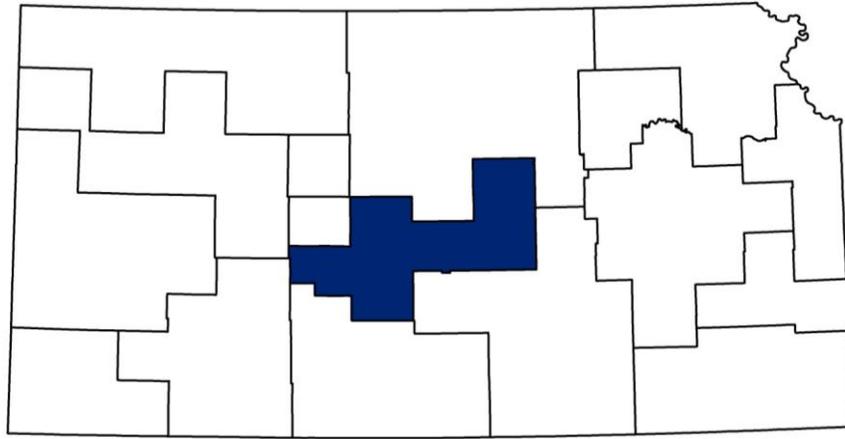
During the 2013 survey year, data were collected from more than 20,000 adult Kansans, providing estimates for 42 of the state's 105 counties and for 16 Public Health Preparedness Regions, with data for 42 health risk indicators analyzed at the county or regional level.

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

Sincerely,



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



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

Kansas Behavioral Risk Factor Surveillance System – Local Data, 2013 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, 2013

## Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,583	15.4	0.3	14.7	16.0
Central Kansas Region	105	13.5	1.4	10.8	16.2
<b>Gender</b>					
Men	66	18.8	2.3	14.2	23.3
Women	39	8.3	1.5	5.4	11.3
<b>Age Group</b>					
18 to 44 Years	52	20.5	2.8	15.1	25.9
45 to 64 Years	42	11.6	1.8	8.0	15.3
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	100	13.5	1.4	10.7	16.3
<b>Race</b>					
White	96	13.5	1.4	10.7	16.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	36	12.3	2.2	8.1	16.6
Some College or College Graduate	69	14.3	1.8	10.8	17.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	35	13.2	2.4	8.5	17.9
\$35,000 or Higher per Year	62	14.1	1.8	10.4	17.7
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	97	15.6	1.6	12.4	18.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	35	12.8	2.3	8.4	17.3
Overweight (25 ≤ BMI < 30)	41	17.2	2.8	11.6	22.7
Obese (BMI ≥ 30)	28	12.2	2.4	7.6	16.8
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	78	14.1	1.7	10.8	17.5
Does not participate in leisure time physical activity	22	10.6	2.4	6.0	15.2
<b>Smoking Status</b>					
Current smoker	34	24.3	4.0	16.4	32.2
Non-smoker	71	10.6	1.3	7.9	13.2
<b>Health Insurance Status</b>					
Insured	83	12.8	1.5	9.9	15.7
Uninsured	22	17.2	3.8	9.8	24.6

**Numerator:** Male respondents who reported having five or more drinks on one occasion in the past 30 days or female respondents who reported 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, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	916	4.6	0.2	4.2	4.9
Central Kansas Region	33	3.8	0.8	2.2	5.3
<b>Gender</b>					
Men	16	3.1	0.9	1.4	4.9
Women	17	4.4	1.3	1.9	6.9
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	15	3.6	1.0	1.6	5.6
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	33	4.1	0.9	2.4	5.8
<b>Race</b>					
White	32	4.0	0.9	2.4	5.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	19	5.7	1.5	2.7	8.7
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	15	5.7	1.7	2.4	9.1
\$35,000 or Higher per Year	15	2.3	0.7	0.9	3.6
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	30	4.4	1.0	2.5	6.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	24	3.7	1.0	1.8	5.5
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	21	2.4	0.6	1.2	3.6
<b>Health Insurance Status</b>					
Insured	25	3.5	0.9	1.8	5.2
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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	7,380	23.9	0.3	23.3	24.5
Central Kansas Region	353	23.3	1.4	20.6	25.9
<b>Gender</b>					
Men	97	16.4	1.8	12.8	20.0
Women	256	30.0	2.0	26.1	33.8
<b>Age Group</b>					
18 to 44 Years	27	7.4	1.5	4.4	10.3
45 to 64 Years	133	26.7	2.4	22.1	31.3
65 Years and Older	192	48.2	2.8	42.6	53.8
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	348	24.8	1.4	22.0	27.6
<b>Race</b>					
White	340	24.4	1.4	21.6	27.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	151	28.3	2.4	23.6	33.1
Some College or College Graduate	202	19.7	1.5	16.7	22.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	156	27.3	2.4	22.5	32.0
\$35,000 or Higher per Year	149	19.5	1.8	16.1	22.9
<b>Disability Status</b>					
Living with a Disability	169	54.9	3.7	47.6	62.2
Living without a Disability	184	15.4	1.3	12.9	17.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	99	18.6	2.1	14.4	22.7
Overweight (25 ≤ BMI < 30)	97	19.7	2.2	15.3	24.1
Obese (BMI ≥ 30)	140	32.1	2.8	26.6	37.7
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	213	19.6	1.5	16.6	22.6
Does not participate in leisure time physical activity	127	33.8	3.0	27.9	39.8
<b>Smoking Status</b>					
Current smoker	55	21.4	3.3	15.0	27.8
Non-smoker	291	23.6	1.5	20.7	26.6
<b>Health Insurance Status</b>					
Insured	325	25.8	1.5	22.8	28.9
Uninsured	28	11.7	2.5	6.8	16.6

**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, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,286	46.4	0.7	45.0	47.9
Central Kansas Region	158	47.1	3.2	40.8	53.4
<b>Gender</b>					
Men	42	42.1	5.8	30.7	53.6
Women	116	49.8	3.7	42.4	57.1
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	68	52.3	5.2	42.1	62.4
65 Years and Older	78	43.7	4.2	35.4	51.9
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	155	46.9	3.2	40.6	53.2
<b>Race</b>					
White	149	46.3	3.2	39.9	52.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	57	43.3	4.9	33.7	52.8
Some College or College Graduate	101	50.9	4.1	42.8	58.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	82	56.5	4.8	47.2	65.8
\$35,000 or Higher per Year	57	39.1	4.8	29.8	48.5
<b>Disability Status</b>					
Living with a Disability	120	75.6	3.9	68.0	83.1
Living without a Disability	38	20.8	3.5	13.8	27.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	34	34.2	5.5	23.3	45.0
Overweight (25 ≤ BMI < 30)	36	38.1	5.9	26.5	49.7
Obese (BMI ≥ 30)	79	59.2	5.0	49.4	69.0
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	86	40.9	4.0	32.9	48.8
Does not participate in leisure time physical activity	71	56.1	5.1	46.1	66.2
<b>Smoking Status</b>					
Current smoker	31	59.1	7.8	43.9	74.3
Non-smoker	127	44.6	3.5	37.9	51.4
<b>Health Insurance Status</b>					
Insured	147	48.1	3.4	41.5	54.6
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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,072	8.9	0.2	8.4	9.3
Central Kansas Region	123	10.4	1.1	8.2	12.5
<b>Gender</b>					
Men	31	8.1	1.6	4.9	11.3
Women	92	12.6	1.5	9.7	15.5
<b>Age Group</b>					
18 to 44 Years	31	10.9	2.1	6.8	14.9
45 to 64 Years	50	10.7	1.6	7.5	13.8
65 Years and Older	42	9.2	1.6	6.1	12.3
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	121	10.9	1.1	8.7	13.1
<b>Race</b>					
White	120	10.8	1.1	8.6	13.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	39	7.9	1.5	5.0	10.7
Some College or College Graduate	83	12.0	1.6	9.0	15.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	51	12.6	2.1	8.4	16.8
\$35,000 or Higher per Year	57	9.0	1.4	6.3	11.6
<b>Disability Status</b>					
Living with a Disability	50	14.0	2.2	9.7	18.3
Living without a Disability	72	9.4	1.3	7.0	11.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	39	10.3	1.9	6.6	14.0
Overweight (25 ≤ BMI < 30)	22	6.5	1.7	3.1	9.9
Obese (BMI ≥ 30)	58	14.9	2.3	10.5	19.3
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	80	10.7	1.4	7.9	13.5
Does not participate in leisure time physical activity	41	11.1	1.9	7.3	14.8
<b>Smoking Status</b>					
Current smoker	19	7.8	2.0	3.9	11.7
Non-smoker	103	11.1	1.3	8.6	13.7
<b>Health Insurance Status</b>					
Insured	107	10.1	1.1	7.9	12.3
Uninsured	15	11.1	3.3	4.6	17.7

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

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

\* Insufficient sample and/or statistically unreliable estimate

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

**Percentage of Adults Who Have Been Diagnosed With Cancer (Excluding Skin Cancer), 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,256	6.8	0.2	6.5	7.1
Central Kansas Region	125	8.2	0.9	6.3	10.0
<b>Gender</b>					
Men	39	5.2	0.9	3.5	7.0
Women	86	11.0	1.6	7.9	14.2
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	33	5.7	1.1	3.6	7.8
65 Years and Older	79	20.0	2.2	15.6	24.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	123	8.8	1.0	6.8	10.8
<b>Race</b>					
White	117	7.9	0.8	6.3	9.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	53	8.7	1.3	6.1	11.3
Some College or College Graduate	72	7.8	1.3	5.2	10.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	58	9.3	1.4	6.7	12.0
\$35,000 or Higher per Year	50	6.3	1.0	4.3	8.3
<b>Disability Status</b>					
Living with a Disability	50	12.7	1.9	8.9	16.6
Living without a Disability	75	7.1	1.1	4.9	9.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	50	11.0	2.2	6.7	15.3
Overweight (25 ≤ BMI < 30)	33	6.2	1.3	3.7	8.7
Obese (BMI ≥ 30)	36	7.4	1.4	4.7	10.1
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	83	8.4	1.2	5.9	10.8
Does not participate in leisure time physical activity	37	8.3	1.5	5.4	11.2
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	105	8.3	0.9	6.5	10.0
<b>Health Insurance Status</b>					
Insured	120	9.4	1.1	7.2	11.6
Uninsured	*	*	*	*	*

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

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

\* Insufficient sample and/or statistically unreliable estimate

## Percentage of Adults Who Have Been Diagnosed With Skin Cancer, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,157	6.3	0.2	6.0	6.6
Central Kansas Region	119	6.7	0.7	5.4	8.1
<b>Gender</b>					
Men	51	6.7	1.0	4.7	8.8
Women	68	6.7	0.9	4.9	8.5
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	31	6.2	1.2	3.9	8.6
65 Years and Older	85	19.0	2.1	14.9	23.2
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	118	7.1	0.7	5.7	8.6
<b>Race</b>					
White	116	7.1	0.7	5.7	8.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	45	7.3	1.2	4.9	9.6
Some College or College Graduate	74	6.3	0.8	4.7	7.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	58	8.3	1.2	5.9	10.7
\$35,000 or Higher per Year	50	5.9	0.9	4.1	7.8
<b>Disability Status</b>					
Living with a Disability	53	13.0	2.0	9.1	16.9
Living without a Disability	66	5.2	0.7	3.8	6.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	44	7.0	1.2	4.6	9.3
Overweight (25 ≤ BMI < 30)	32	5.2	1.0	3.2	7.2
Obese (BMI ≥ 30)	38	8.1	1.4	5.2	10.9
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	80	6.1	0.7	4.6	7.6
Does not participate in leisure time physical activity	37	9.5	1.7	6.0	12.9
<b>Smoking Status</b>					
Current smoker	16	4.5	1.3	2.0	7.1
Non-smoker	98	7.1	0.8	5.5	8.6
<b>Health Insurance Status</b>					
Insured	113	7.6	0.8	6.0	9.1
Uninsured	*	*	*	*	*

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

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

\* Insufficient sample and/or statistically unreliable estimate

## Percentage of Adults Who had a Heart Attack, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,331	4.2	0.1	4.0	4.5
Central Kansas Region	73	4.8	0.7	3.5	6.1
<b>Gender</b>					
Men	37	6.4	1.2	4.1	8.7
Women	36	3.3	0.6	2.0	4.5
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	27	5.2	1.2	2.8	7.5
65 Years and Older	43	11.6	1.9	7.8	15.3
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	72	5.1	0.7	3.7	6.5
<b>Race</b>					
White	69	5.0	0.7	3.6	6.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	28	5.0	1.1	2.8	7.2
Some College or College Graduate	45	4.7	0.8	3.1	6.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	36	6.3	1.3	3.8	8.8
\$35,000 or Higher per Year	33	4.5	0.9	2.7	6.3
<b>Disability Status</b>					
Living with a Disability	42	11.6	2.1	7.6	15.7
Living without a Disability	31	3.1	0.7	1.8	4.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	15	2.8	0.8	1.2	4.4
Overweight (25 ≤ BMI < 30)	25	4.7	1.1	2.5	7.0
Obese (BMI ≥ 30)	30	7.2	1.5	4.1	10.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	46	4.7	0.8	3.1	6.4
Does not participate in leisure time physical activity	26	5.6	1.3	3.1	8.1
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	61	4.8	0.7	3.4	6.3
<b>Health Insurance Status</b>					
Insured	68	5.6	0.8	4.0	7.2
Uninsured	*	*	*	*	*

**Numerator:** Respondents who reported 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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,352	4.2	0.1	4.0	4.5
Central Kansas Region	70	4.6	0.6	3.4	5.8
<b>Gender</b>					
Men	33	5.2	1.0	3.2	7.1
Women	37	4.1	0.8	2.6	5.5
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	30	5.7	1.2	3.4	8.0
65 Years and Older	39	11.3	1.9	7.5	15.1
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	69	4.9	0.7	3.6	6.2
<b>Race</b>					
White	68	4.9	0.7	3.6	6.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	19	3.5	0.9	1.7	5.3
Some College or College Graduate	51	5.4	0.8	3.7	7.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	33	5.8	1.2	3.5	8.2
\$35,000 or Higher per Year	33	4.5	0.8	2.8	6.1
<b>Disability Status</b>					
Living with a Disability	42	12.3	2.1	8.2	16.4
Living without a Disability	28	2.7	0.6	1.6	3.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	14	2.7	0.8	1.2	4.2
Overweight (25 ≤ BMI < 30)	23	4.0	0.9	2.2	5.9
Obese (BMI ≥ 30)	30	7.4	1.5	4.4	10.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	43	4.2	0.7	2.8	5.6
Does not participate in leisure time physical activity	27	6.6	1.4	3.8	9.5
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	66	5.5	0.8	4.0	7.1
<b>Health Insurance Status</b>					
Insured	64	5.2	0.7	3.8	6.7
Uninsured	*	*	*	*	*

**Numerator:** Respondents who reported 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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	923	3.0	0.1	2.7	3.2
Central Kansas Region	49	3.0	0.5	2.0	4.0
<b>Gender</b>					
Men	17	2.5	0.7	1.1	4.0
Women	32	3.5	0.7	2.1	4.9
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	17	4.0	1.1	1.8	6.2
65 Years and Older	31	7.1	1.4	4.3	9.9
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	46	3.1	0.5	2.0	4.2
<b>Race</b>					
White	45	3.1	0.6	2.0	4.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	25	3.9	0.9	2.1	5.6
Some College or College Graduate	24	2.4	0.6	1.2	3.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	31	5.1	1.1	2.9	7.3
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	37	11.2	2.1	7.1	15.3
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	16	2.7	0.7	1.2	4.1
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	15	3.1	0.9	1.4	4.9
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	23	2.3	0.6	1.2	3.5
Does not participate in leisure time physical activity	26	5.4	1.2	3.0	7.9
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	42	3.4	0.6	2.2	4.6
<b>Health Insurance Status</b>					
Insured	45	3.5	0.6	2.3	4.7
Uninsured	*	*	*	*	*

**Numerator:** Respondents who reported 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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	9,309	31.3	0.4	30.6	32.0
Central Kansas Region	471	31.9	1.6	28.9	35.0
<b>Gender</b>					
Men	179	30.9	2.4	26.2	35.6
Women	292	32.9	2.0	29.0	36.9
<b>Age Group</b>					
18 to 44 Years	25	9.0	1.9	5.3	12.7
45 to 64 Years	188	38.6	2.6	33.5	43.8
65 Years and Older	256	65.2	2.7	59.9	70.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	457	33.2	1.6	30.0	36.3
<b>Race</b>					
White	448	32.6	1.6	29.4	35.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	184	33.0	2.6	28.0	38.0
Some College or College Graduate	287	31.2	2.0	27.4	35.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	201	36.8	2.8	31.3	42.2
\$35,000 or Higher per Year	212	29.1	2.1	25.1	33.2
<b>Disability Status</b>					
Living with a Disability	175	54.3	3.7	47.1	61.4
Living without a Disability	293	26.1	1.7	22.9	29.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	105	19.2	2.1	15.0	23.4
Overweight (25 ≤ BMI < 30)	143	28.9	2.6	23.8	34.0
Obese (BMI ≥ 30)	196	48.0	3.2	41.7	54.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	282	27.6	1.8	24.0	31.1
Does not participate in leisure time physical activity	168	43.9	3.3	37.4	50.3
<b>Smoking Status</b>					
Current smoker	62	25.7	3.6	18.6	32.8
Non-smoker	400	33.4	1.7	30.0	36.9
<b>Health Insurance Status</b>					
Insured	434	35.6	1.8	32.1	39.0
Uninsured	37	15.6	3.0	9.8	21.4

**Numerator:** Respondents who reported 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 Who Did Not Have Their Blood Cholesterol Checked  
Within the Past Five Years, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,976	26.7	0.4	25.9	27.5
Central Kansas Region	204	26.6	1.7	23.2	30.0
<b>Gender</b>					
Men	94	29.1	2.7	23.8	34.5
Women	110	24.0	2.2	19.7	28.3
<b>Age Group</b>					
18 to 44 Years	121	48.0	3.4	41.2	54.7
45 to 64 Years	56	15.6	2.2	11.3	19.8
65 Years and Older	27	6.6	1.4	3.7	9.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	188	26.0	1.8	22.5	29.5
<b>Race</b>					
White	187	26.5	1.8	23.0	30.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	101	31.7	2.9	26.0	37.3
Some College or College Graduate	103	22.9	2.2	18.7	27.2
<b>Annual Household Income</b>					
Less than \$35,000 per Year	91	33.3	3.1	27.2	39.4
\$35,000 or Higher per Year	90	21.8	2.2	17.4	26.1
<b>Disability Status</b>					
Living with a Disability	30	14.8	2.9	9.1	20.6
Living without a Disability	173	29.6	2.0	25.6	33.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	78	29.8	3.1	23.7	35.9
Overweight (25 ≤ BMI < 30)	61	24.8	3.1	18.8	30.8
Obese (BMI ≥ 30)	51	24.0	3.1	17.9	30.1
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	140	27.2	2.2	22.9	31.4
Does not participate in leisure time physical activity	55	24.6	3.2	18.3	30.8
<b>Smoking Status</b>					
Current smoker	61	40.4	4.5	31.5	49.2
Non-smoker	143	23.7	1.9	20.0	27.4
<b>Health Insurance Status</b>					
Insured	142	21.1	1.7	17.7	24.5
Uninsured	60	50.9	5.1	40.9	60.9

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

**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 Tested and Diagnosed with High Cholesterol, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,351	38.1	0.4	37.3	38.9
Central Kansas Region	420	39.8	1.9	36.1	43.6
<b>Gender</b>					
Men	164	41.2	3.1	35.2	47.2
Women	256	38.6	2.4	33.9	43.2
<b>Age Group</b>					
18 to 44 Years	15	10.9	2.9	5.2	16.6
45 to 64 Years	203	49.7	2.9	44.0	55.3
65 Years and Older	202	56.2	2.9	50.5	61.9
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	408	41.7	2.0	37.9	45.5
<b>Race</b>					
White	407	42.0	2.0	38.1	45.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	141	37.4	3.2	31.2	43.6
Some College or College Graduate	279	41.5	2.4	36.9	46.2
<b>Annual Household Income</b>					
Less than \$35,000 per Year	161	41.8	3.4	35.3	48.4
\$35,000 or Higher per Year	212	38.7	2.5	33.7	43.7
<b>Disability Status</b>					
Living with a Disability	140	52.1	3.9	44.5	59.7
Living without a Disability	278	36.3	2.2	32.0	40.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	93	27.3	3.1	21.3	33.2
Overweight (25 ≤ BMI < 30)	152	45.5	3.5	38.7	52.3
Obese (BMI ≥ 30)	155	46.1	3.4	39.4	52.8
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	265	37.7	2.3	33.1	42.2
Does not participate in leisure time physical activity	140	47.3	3.7	40.0	54.6
<b>Smoking Status</b>					
Current smoker	52	37.9	5.3	27.5	48.3
Non-smoker	361	40.4	2.1	36.4	44.5
<b>Health Insurance Status</b>					
Insured	389	41.4	2.0	37.5	45.4
Uninsured	31	27.8	5.6	16.9	38.7

**Numerator:** Respondents who reported 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 Have Chronic Obstructive Pulmonary Disease  
(COPD), Emphysema or Chronic Bronchitis, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,835	6.2	0.2	5.9	6.6
Central Kansas Region	81	5.4	0.7	4.0	6.8
<b>Gender</b>					
Men	24	4.4	1.0	2.4	6.4
Women	57	6.4	1.0	4.4	8.4
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	31	6.0	1.2	3.6	8.4
65 Years and Older	44	11.0	1.8	7.4	14.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	79	5.8	0.8	4.3	7.3
<b>Race</b>					
White	78	5.8	0.8	4.3	7.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	44	7.6	1.3	5.1	10.2
Some College or College Graduate	37	3.9	0.8	2.3	5.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	53	10.0	1.6	6.8	13.3
\$35,000 or Higher per Year	14	1.9	0.6	0.8	2.9
<b>Disability Status</b>					
Living with a Disability	53	14.6	2.3	10.2	19.1
Living without a Disability	27	3.0	0.7	1.7	4.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	27	4.0	0.9	2.3	5.7
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	38	10.0	1.8	6.4	13.6
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	42	4.2	0.8	2.7	5.8
Does not participate in leisure time physical activity	36	8.6	1.6	5.4	11.8
<b>Smoking Status</b>					
Current smoker	23	7.3	1.8	3.8	10.7
Non-smoker	57	5.0	0.8	3.4	6.5
<b>Health Insurance Status</b>					
Insured	73	5.7	0.8	4.2	7.2
Uninsured	*	*	*	*	*

**Numerator:** Respondents who reported they had been told by a doctor, nurse or other health professional that they have 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,  
2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	4,386	18.1	0.3	17.5	18.7
Central Kansas Region	204	17.2	1.3	14.6	19.8
<b>Gender</b>					
Men	58	12.3	1.8	8.8	15.8
Women	146	21.9	1.9	18.1	25.6
<b>Age Group</b>					
18 to 44 Years	60	19.2	2.5	14.4	24.1
45 to 64 Years	85	17.8	2.0	13.9	21.7
65 Years and Older	59	12.3	1.7	8.9	15.7
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	195	17.8	1.4	15.1	20.5
<b>Race</b>					
White	196	18.1	1.4	15.3	20.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	72	15.7	2.0	11.7	19.7
Some College or College Graduate	131	18.1	1.7	14.6	21.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	100	21.8	2.4	17.1	26.5
\$35,000 or Higher per Year	83	14.1	1.7	10.8	17.4
<b>Disability Status</b>					
Living with a Disability	89	30.4	3.3	23.9	36.8
Living without a Disability	114	13.8	1.4	11.0	16.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	62	16.0	2.3	11.6	20.5
Overweight (25 ≤ BMI < 30)	49	13.8	2.2	9.5	18.2
Obese (BMI ≥ 30)	84	22.3	2.6	17.2	27.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	127	16.8	1.7	13.6	20.1
Does not participate in leisure time physical activity	68	18.2	2.3	13.6	22.8
<b>Smoking Status</b>					
Current smoker	44	21.0	3.5	14.2	27.7
Non-smoker	155	16.0	1.4	13.2	18.8
<b>Health Insurance Status</b>					
Insured	174	17.0	1.4	14.2	19.8
Uninsured	30	18.3	3.6	11.4	25.3

**Numerator:** Respondents who reported they had ever 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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,832	9.6	0.2	9.1	10.0
Central Kansas Region	152	10.6	1.1	8.5	12.7
<b>Gender</b>					
Men	56	9.4	1.4	6.7	12.2
Women	96	11.7	1.6	8.6	14.8
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	70	13.4	1.7	10.0	16.8
65 Years and Older	73	19.6	2.3	15.0	24.1
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	146	10.8	1.1	8.6	13.0
<b>Race</b>					
White	140	9.9	0.9	8.1	11.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	53	10.1	1.5	7.0	13.1
Some College or College Graduate	99	11.0	1.5	8.1	13.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	73	13.0	1.8	9.5	16.4
\$35,000 or Higher per Year	58	8.0	1.1	5.7	10.2
<b>Disability Status</b>					
Living with a Disability	65	19.5	2.6	14.4	24.5
Living without a Disability	87	8.4	1.2	6.1	10.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	28	7.2	2.1	3.2	11.3
Overweight (25 ≤ BMI < 30)	39	7.1	1.3	4.6	9.6
Obese (BMI ≥ 30)	79	18.0	2.2	13.6	22.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	93	10.2	1.3	7.6	12.8
Does not participate in leisure time physical activity	53	12.0	1.9	8.2	15.7
<b>Smoking Status</b>					
Current smoker	24	12.2	3.3	5.7	18.7
Non-smoker	126	10.2	1.0	8.2	12.2
<b>Health Insurance Status</b>					
Insured	143	12.0	1.2	9.6	14.5
Uninsured	*	*	*	*	*

**Numerator:** Respondents who reported 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, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,417	19.1	0.3	18.5	19.7
Central Kansas Region	254	18.1	1.3	15.5	20.6
<b>Gender</b>					
Men	87	16.0	2.0	12.1	19.8
Women	167	20.1	1.7	16.7	23.5
<b>Age Group</b>					
18 to 44 Years	25	8.8	1.9	5.1	12.5
45 to 64 Years	112	23.7	2.3	19.2	28.2
65 Years and Older	117	27.1	2.5	22.3	31.9
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	244	18.6	1.4	15.9	21.2
<b>Race</b>					
White	239	18.4	1.4	15.8	21.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	97	19.9	2.2	15.5	24.2
Some College or College Graduate	156	16.6	1.6	13.6	19.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	141	26.7	2.5	21.7	31.6
\$35,000 or Higher per Year	85	12.5	1.6	9.5	15.6
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	70	14.4	2.1	10.3	18.4
Overweight (25 ≤ BMI < 30)	69	15.3	2.1	11.2	19.5
Obese (BMI ≥ 30)	104	25.2	2.7	19.9	30.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	146	14.8	1.5	12.0	17.7
Does not participate in leisure time physical activity	101	27.7	2.9	22.0	33.4
<b>Smoking Status</b>					
Current smoker	49	19.9	3.2	13.5	26.2
Non-smoker	202	17.6	1.4	14.8	20.4
<b>Health Insurance Status</b>					
Insured	237	20.3	1.5	17.4	23.3
Uninsured	17	7.7	2.2	3.5	12.0

**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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,048	21.1	0.3	20.5	21.7
Central Kansas Region	290	20.4	1.4	17.7	23.1
<b>Gender</b>					
Men	106	19.3	2.1	15.1	23.4
Women	184	21.5	1.7	18.1	24.9
<b>Age Group</b>					
18 to 44 Years	27	9.6	2.0	5.7	13.4
45 to 64 Years	117	25.1	2.4	20.4	29.7
65 Years and Older	146	34.1	2.7	28.9	39.3
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	280	21.1	1.4	18.3	23.9
<b>Race</b>					
White	273	20.7	1.4	18.0	23.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	116	23.2	2.4	18.6	27.9
Some College or College Graduate	173	18.2	1.6	15.1	21.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	162	30.1	2.6	24.9	35.3
\$35,000 or Higher per Year	96	14.2	1.6	11.0	17.4
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	82	15.7	2.1	11.6	19.8
Overweight (25 ≤ BMI < 30)	75	16.2	2.1	12.0	20.4
Obese (BMI ≥ 30)	121	30.0	2.9	24.3	35.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	167	16.8	1.5	13.8	19.9
Does not participate in leisure time physical activity	115	31.1	3.0	25.2	37.0
<b>Smoking Status</b>					
Current smoker	52	22.7	3.5	15.8	29.6
Non-smoker	235	19.8	1.5	17.0	22.7
<b>Health Insurance Status</b>					
Insured	268	22.8	1.5	19.7	25.8
Uninsured	22	9.7	2.5	4.8	14.6

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 Participating in the Recommended Level of Physical Activity (Aerobic and/or Strengthening), 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	17,688	82.1	0.3	81.4	82.8
Central Kansas Region	869	84.4	1.4	81.6	87.1
<b>Gender</b>					
Men	331	82.3	2.3	77.7	86.8
Women	538	86.4	1.6	83.3	89.6
<b>Age Group</b>					
18 to 44 Years	206	80.7	2.8	75.3	86.1
45 to 64 Years	358	88.2	1.8	84.7	91.7
65 Years and Older	304	85.1	2.0	81.1	89.0
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	831	84.6	1.4	81.9	87.3
<b>Race</b>					
White	815	84.5	1.5	81.6	87.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	325	86.9	2.3	82.3	91.4
Some College or College Graduate	543	82.6	1.8	79.1	86.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	321	85.3	2.3	80.8	89.9
\$35,000 or Higher per Year	444	83.0	2.0	79.0	86.9
<b>Disability Status</b>					
Living with a Disability	235	87.5	2.5	82.7	92.4
Living without a Disability	632	83.5	1.7	80.2	86.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	273	83.5	2.6	78.4	88.7
Overweight (25 ≤ BMI < 30)	276	84.7	2.4	79.9	89.5
Obese (BMI ≥ 30)	276	85.2	2.4	80.4	90.0
<b>Smoking Status</b>					
Current smoker	157	86.9	3.7	79.5	94.2
Non-smoker	704	83.6	1.5	80.6	86.5
<b>Health Insurance Status</b>					
Insured	761	85.2	1.4	82.5	87.9
Uninsured	107	82.2	4.6	73.1	91.2

**Numerator:** Respondents not participating in the recommended level of physical activity or participating in insufficient recommended level of physical activity for either aerobic or muscle strengthening guidelines.

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

**Not participating in the recommended level of physical activity** referred to not participating in aerobic and strengthening exercises according to guidelines.

**Participating in insufficient level of recommended physical activity** referred to participating only in aerobic or only in strengthening exercises according to 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.

\* 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 the Recommended Level of Physical Activity (Aerobic and Strengthening), 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,900	42.0	0.4	41.2	42.8
Central Kansas Region	447	43.6	1.9	39.9	47.3
<b>Gender</b>					
Men	159	42.2	2.9	36.5	48.0
Women	288	44.9	2.4	40.1	49.6
<b>Age Group</b>					
18 to 44 Years	111	41.1	3.4	34.5	47.7
45 to 64 Years	191	48.2	2.9	42.6	53.8
65 Years and Older	144	39.9	2.9	34.2	45.7
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	425	43.1	1.9	39.4	46.9
<b>Race</b>					
White	417	43.3	1.9	39.5	47.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	183	47.9	3.2	41.7	54.0
Some College or College Graduate	264	40.7	2.3	36.1	45.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	166	41.4	3.2	35.2	47.5
\$35,000 or Higher per Year	226	44.6	2.6	39.6	49.6
<b>Disability Status</b>					
Living with a Disability	126	47.6	3.8	40.2	55.0
Living without a Disability	320	42.5	2.2	38.2	46.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	114	35.1	3.2	28.8	41.4
Overweight (25 ≤ BMI <30)	135	43.9	3.4	37.2	50.5
Obese (BMI ≥ 30)	166	49.7	3.3	43.2	56.3
<b>Smoking Status</b>					
Current smoker	84	45.1	4.7	36.0	54.2
Non-smoker	359	43.0	2.1	39.0	47.0
<b>Health Insurance Status</b>					
Insured	387	43.5	2.0	39.5	47.4
Uninsured	60	45.5	5.2	35.2	55.7

**Numerator:** Respondents who did not participate in the recommended level of aerobic and strengthening exercises during the past month.

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

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.

\* Insufficient sample and/or statistically unreliable estimate

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**Percentage of Adults Not Participating in Any Physical Activity Other Than Their Regular Job in the Past 30 Days (Leisure Time Physical Activity), 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,085	26.5	0.4	25.8	27.3
Central Kansas Region	308	27.3	1.6	24.1	30.5
<b>Gender</b>					
Men	102	24.0	2.4	19.3	28.8
Women	206	30.5	2.1	26.3	34.7
<b>Age Group</b>					
18 to 44 Years	62	21.3	2.7	16.1	26.5
45 to 64 Years	130	31.5	2.6	26.4	36.7
65 Years and Older	115	31.4	2.8	26.0	36.8
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	294	27.3	1.6	24.1	30.5
<b>Race</b>					
White	290	27.8	1.7	24.6	31.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	140	33.0	2.8	27.6	38.5
Some College or College Graduate	168	23.4	1.9	19.6	27.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	135	31.1	2.8	25.6	36.6
\$35,000 or Higher per Year	131	23.5	2.1	19.4	27.6
<b>Disability Status</b>					
Living with a Disability	115	40.9	3.6	33.9	48.0
Living without a Disability	192	23.7	1.8	20.2	27.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	84	24.8	2.8	19.2	30.3
Overweight (25 ≤ BMI < 30)	85	25.3	2.9	19.7	30.9
Obese (BMI ≥ 30)	120	31.6	2.9	25.9	37.4
<b>Smoking Status</b>					
Current smoker	64	32.2	4.1	24.1	40.3
Non-smoker	241	25.8	1.7	22.4	29.2
<b>Health Insurance Status</b>					
Insured	260	26.3	1.7	23.0	29.6
Uninsured	48	33.2	4.7	23.9	42.5

**Numerator:** Respondents who reported 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,  
2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,400	41.7	0.4	40.9	42.6
Central Kansas Region	395	44.0	1.9	40.2	47.7
<b>Gender</b>					
Men	181	50.4	2.9	44.7	56.1
Women	214	37.6	2.4	32.9	42.3
<b>Age Group</b>					
18 to 44 Years	130	50.7	3.5	43.9	57.5
45 to 64 Years	172	45.6	2.8	40.1	51.2
65 Years and Older	91	26.5	2.7	21.2	31.8
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	375	43.6	1.9	39.8	47.4
<b>Race</b>					
White	371	44.8	2.0	40.9	48.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	167	50.4	3.1	44.3	56.5
Some College or College Graduate	227	39.5	2.4	34.8	44.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	143	42.2	3.2	36.0	48.4
\$35,000 or Higher per Year	205	44.7	2.6	39.6	49.7
<b>Disability Status</b>					
Living with a Disability	95	40.7	3.7	33.4	48.1
Living without a Disability	299	44.7	2.2	40.4	49.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	110	42.0	3.5	35.2	48.8
Overweight (25 ≤ BMI < 30)	126	43.1	3.4	36.5	49.7
Obese (BMI ≥ 30)	140	48.9	3.3	42.3	55.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	255	40.7	2.3	36.3	45.2
Does not participate in leisure time physical activity	136	51.8	3.4	45.2	58.5
<b>Smoking Status</b>					
Current smoker	85	52.8	4.7	43.5	62.1
Non-smoker	306	41.5	2.1	37.5	45.5
<b>Health Insurance Status</b>					
Insured	339	42.9	2.0	39.0	46.9
Uninsured	55	49.2	5.4	38.6	59.7

**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, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	4,482	22.9	0.4	22.2	23.6
Central Kansas Region	219	23.8	1.7	20.5	27.1
<b>Gender</b>					
Men	96	24.7	2.6	19.5	29.8
Women	123	23.0	2.2	18.7	27.2
<b>Age Group</b>					
18 to 44 Years	65	27.0	3.2	20.7	33.2
45 to 64 Years	90	22.5	2.4	17.8	27.2
65 Years and Older	63	18.8	2.4	14.1	23.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	208	23.2	1.7	19.9	26.5
<b>Race</b>					
White	206	24.1	1.8	20.6	27.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	91	26.5	2.9	20.8	32.3
Some College or College Graduate	128	22.0	2.0	18.0	26.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	85	25.4	2.9	19.8	31.1
\$35,000 or Higher per Year	109	21.9	2.2	17.6	26.3
<b>Disability Status</b>					
Living with a Disability	63	24.9	3.4	18.3	31.4
Living without a Disability	156	23.6	2.0	19.8	27.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	70	27.2	3.4	20.6	33.8
Overweight (25 ≤ BMI < 30)	58	15.8	2.3	11.2	20.4
Obese (BMI ≥ 30)	79	28.5	3.1	22.4	34.6
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	139	21.2	2.0	17.3	25.0
Does not participate in leisure time physical activity	79	31.0	3.3	24.5	37.5
<b>Smoking Status</b>					
Current smoker	41	26.9	4.4	18.2	35.6
Non-smoker	173	22.6	1.8	19.1	26.2
<b>Health Insurance Status</b>					
Insured	188	23.2	1.8	19.7	26.7
Uninsured	30	26.3	5.0	16.4	36.2

**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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,668	17.1	0.4	16.4	17.8
Central Kansas Region	140	17.3	1.5	14.3	20.3
<b>Gender</b>					
Men	62	20.0	2.5	15.0	24.9
Women	78	14.8	1.7	11.4	18.1
<b>Age Group</b>					
18 to 44 Years	72	28.3	3.7	22.3	34.4
45 to 64 Years	59	14.2	2.0	10.3	18.1
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	123	15.4	1.4	12.6	18.3
<b>Race</b>					
White	121	16.2	1.6	13.2	19.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	69	22.1	2.7	16.8	27.4
Some College or College Graduate	71	13.9	1.8	10.5	17.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	78	26.6	2.9	20.9	32.2
\$35,000 or Higher per Year	42	10.4	1.8	6.8	14.0
<b>Disability Status</b>					
Living with a Disability	22	8.2	2.1	4.2	12.3
Living without a Disability	117	19.7	1.8	16.1	23.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	54	21.2	3.0	15.3	27.1
Overweight (25 ≤ BMI < 30)	34	14.8	2.6	9.7	19.9
Obese (BMI ≥ 30)	40	14.7	2.5	9.9	19.6
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	81	15.3	1.8	11.7	18.9
Does not participate in leisure time physical activity	48	20.1	2.9	14.3	25.8
<b>Smoking Status</b>					
Current smoker	51	31.1	4.3	22.7	39.5
Non-smoker	89	13.9	1.6	10.8	16.9

**Numerator:** Respondents who reported 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,  
2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,551	20.8	0.4	19.9	21.6
Central Kansas Region	131	21.8	1.9	18.0	25.5
<b>Gender</b>					
Men	59	24.2	3.0	18.3	30.1
Women	72	19.2	2.3	14.7	23.6
<b>Age Group</b>					
18 to 44 Years	72	28.3	3.1	22.3	34.4
45 to 64 Years	59	14.2	2.0	10.3	18.1
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	114	19.7	1.9	16.1	23.4
<b>Race</b>					
White	112	20.8	2.0	16.9	24.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	64	29.7	3.6	22.8	36.7
Some College or College Graduate	67	16.7	2.1	12.6	20.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	75	36.3	3.8	28.9	43.7
\$35,000 or Higher per Year	39	12.3	2.2	8.0	16.6
<b>Disability Status</b>					
Living with a Disability	19	12.2	3.2	6.0	18.4
Living without a Disability	111	23.7	2.2	19.4	28.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	50	27.3	3.8	19.8	34.8
Overweight (25 ≤ BMI < 30)	32	19.3	3.3	12.7	25.8
Obese (BMI ≥ 30)	37	17.6	3.0	11.7	23.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	75	18.8	2.3	14.3	23.2
Does not participate in leisure time physical activity	45	26.5	3.8	19.1	33.9
<b>Smoking Status</b>					
Current smoker	51	34.9	4.7	25.6	44.2
Non-smoker	80	17.8	2.0	13.8	21.7

**Numerator:** Respondents ages 18-64 years old who reported 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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,359	21.5	0.4	20.8	22.3
Central Kansas Region	140	19.1	1.7	15.8	22.3
<b>Gender</b>					
Men	75	24.2	2.7	18.9	29.4
Women	65	14.2	1.9	10.4	18.0
<b>Age Group</b>					
18 to 44 Years	73	30.9	3.3	24.5	37.2
45 to 64 Years	52	13.6	2.0	9.7	17.5
65 Years and Older	14	4.8	1.4	2.0	7.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	124	16.8	1.5	13.8	19.9
<b>Race</b>					
White	125	18.2	1.7	14.9	21.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	60	23.1	2.9	17.4	28.8
Some College or College Graduate	80	16.3	1.9	12.5	20.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	73	28.5	3.1	22.4	34.5
\$35,000 or Higher per Year	49	12.6	2.0	8.8	16.5
<b>Disability Status</b>					
Living with a Disability	20	13.8	3.2	7.5	20.0
Living without a Disability	120	20.6	1.9	16.8	24.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	43	17.8	2.9	12.1	23.6
Overweight (25 ≤ BMI < 30)	51	22.9	3.1	16.9	29.0
Obese (BMI ≥ 30)	37	15.2	2.6	10.1	20.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	92	18.7	2.1	14.7	22.8
Does not participate in leisure time physical activity	37	18.0	2.9	12.4	23.6
<b>Smoking Status</b>					
Current smoker	50	35.5	4.6	26.6	44.4
Non-smoker	88	14.8	1.6	11.5	18.0
<b>Health Insurance Status</b>					
Insured	84	13.1	1.5	10.1	16.2
Uninsured	56	47.9	5.0	38.0	57.7

**Numerator:** Respondents who reported 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 a Doctor Because of Cost In the Past 12 Months, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,570	13.6	0.3	13.0	14.2
Central Kansas Region	115	11.8	1.2	9.4	14.2
<b>Gender</b>					
Men	36	9.8	1.8	6.3	13.2
Women	79	13.7	1.7	10.4	17.0
<b>Age Group</b>					
18 to 44 Years	47	16.1	2.4	11.4	20.7
45 to 64 Years	58	12.9	1.9	9.3	16.6
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	107	11.4	1.2	9.1	13.8
<b>Race</b>					
White	100	11.1	1.2	8.8	13.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	42	11.1	1.9	7.3	14.8
Some College or College Graduate	73	12.3	1.6	9.2	15.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	69	18.8	2.4	14.1	23.5
\$35,000 or Higher per Year	30	6.2	1.2	3.8	8.6
<b>Disability Status</b>					
Living with a Disability	41	16.4	2.8	10.9	21.9
Living without a Disability	74	10.7	1.4	8.0	13.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	37	12.1	2.3	7.7	16.5
Overweight (25 ≤ BMI < 30)	30	10.2	2.0	6.3	14.1
Obese (BMI ≥ 30)	42	13.6	2.3	9.1	18.1
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	70	11.1	1.5	8.2	14.0
Does not participate in leisure time physical activity	42	14.8	2.5	10.0	19.7
<b>Smoking Status</b>					
Current smoker	37	19.1	3.4	12.6	25.7
Non-smoker	77	9.9	1.3	7.4	12.4
<b>Health Insurance Status</b>					
Insured	65	7.2	1.0	5.2	9.3
Uninsured	49	32.8	4.6	23.8	41.7

**Numerator:** Respondents who reported 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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,911	15.4	0.3	14.8	16.0
Central Kansas Region	194	15.2	1.2	12.8	17.7
<b>Gender</b>					
Men	79	16.1	2.0	12.2	20.0
Women	115	14.4	1.5	11.5	17.3
<b>Age Group</b>					
18 to 44 Years	24	8.4	1.8	4.8	12.0
45 to 64 Years	85	19.0	2.2	14.8	23.3
65 Years and Older	84	21.9	2.4	17.2	26.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	183	14.8	1.2	12.4	17.3
<b>Race</b>					
White	172	14.0	1.2	11.6	16.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	98	20.0	2.2	15.6	24.4
Some College or College Graduate	95	11.7	1.4	9.0	14.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	115	24.5	2.5	19.6	29.5
\$35,000 or Higher per Year	50	8.2	1.3	5.7	10.7
<b>Disability Status</b>					
Living with a Disability	122	41.3	3.5	34.3	48.2
Living without a Disability	71	8.6	1.2	6.3	10.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	61	13.7	2.0	9.8	17.6
Overweight (25 ≤ BMI < 30)	41	8.3	1.5	5.3	11.2
Obese (BMI ≥ 30)	88	25.8	2.8	20.2	31.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	110	13.1	1.4	10.3	15.9
Does not participate in leisure time physical activity	72	20.7	2.6	15.5	25.8
<b>Smoking Status</b>					
Current smoker	42	17.3	3.0	11.4	23.2
Non-smoker	147	14.5	1.4	11.9	17.2
<b>Health Insurance Status</b>					
Insured	170	16.0	1.4	13.4	18.7
Uninsured	24	11.9	2.9	6.1	17.7

**Numerator:** Respondents who reported 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, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,773	10.5	0.2	10.0	11.0
Central Kansas Region	126	10.5	1.1	8.4	12.6
<b>Gender</b>					
Men	55	11.6	1.7	8.2	14.9
Women	71	9.4	1.3	7.0	11.9
<b>Age Group</b>					
18 to 44 Years	20	7.1	1.6	3.9	10.2
45 to 64 Years	58	13.9	2.0	10.0	17.7
65 Years and Older	48	11.7	1.8	8.2	15.2
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	118	10.1	1.1	8.0	12.2
<b>Race</b>					
White	112	9.8	1.1	7.8	11.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	52	11.5	1.8	8.0	15.0
Some College or College Graduate	73	9.6	1.3	7.0	12.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	73	15.3	2.0	11.3	19.3
\$35,000 or Higher per Year	36	7.0	1.3	4.5	9.6
<b>Disability Status</b>					
Living with a Disability	91	35.1	3.6	28.1	42.0
Living without a Disability	35	4.4	0.8	2.8	6.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	36	8.2	1.6	5.0	11.4
Overweight (25 ≤ BMI < 30)	35	10.3	2.0	6.4	14.2
Obese (BMI ≥ 30)	47	12.8	2.0	8.8	16.7
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	66	8.5	1.2	6.1	10.9
Does not participate in leisure time physical activity	57	16.9	2.4	12.3	21.6
<b>Smoking Status</b>					
Current smoker	30	14.2	2.9	8.6	19.8
Non-smoker	95	9.6	1.1	7.4	11.8
<b>Health Insurance Status</b>					
Insured	117	11.5	1.2	9.1	13.8
Uninsured	*	*	*	*	*

**Numerator:** Respondents who reported 14 or more days when their physical health was not good 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 Their Mental Health Was Not Good on 14  
or More Days in the Past 30 Days, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,075	9.7	0.3	9.2	10.2
Central Kansas Region	88	8.9	1.1	6.8	11.0
<b>Gender</b>					
Men	34	8.3	1.6	5.3	11.4
Women	54	9.4	1.5	6.5	12.2
<b>Age Group</b>					
18 to 44 Years	31	11.5	2.1	7.4	15.6
45 to 64 Years	40	9.0	1.5	6.0	12.0
65 Years and Older	17	3.6	1.0	1.6	5.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	85	9.2	1.1	7.0	11.4
<b>Race</b>					
White	80	8.8	1.1	6.6	11.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	38	9.7	1.8	6.2	13.1
Some College or College Graduate	50	8.3	1.3	5.7	10.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	48	12.9	2.1	8.9	17.0
\$35,000 or Higher per Year	27	5.6	1.2	3.2	8.1
<b>Disability Status</b>					
Living with a Disability	44	19.9	3.1	13.7	26.0
Living without a Disability	44	6.1	1.1	4.1	8.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	30	8.5	1.8	5.0	12.1
Overweight (25 ≤ BMI < 30)	21	8.3	2.0	4.4	12.1
Obese (BMI ≥ 30)	31	10.2	2.0	6.2	14.1
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	54	8.6	1.3	6.0	11.2
Does not participate in leisure time physical activity	30	9.9	1.9	6.2	13.7
<b>Smoking Status</b>					
Current smoker	29	16.3	3.3	9.9	22.8
Non-smoker	57	6.7	1.0	4.7	8.8
<b>Health Insurance Status</b>					
Insured	67	8.1	1.1	5.9	10.3
Uninsured	21	12.7	3.2	6.5	19.0

**Numerator:** Respondents who reported 14 or more days when their mental health was not good 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 Their Poor Physical or Mental Health Kept Them From Doing Their Usual Activities, such as Self-care, Work or Recreation in the Past 30 Days, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	4,563	39.3	0.6	38.1	40.4
Central Kansas Region	192	33.5	2.5	28.7	38.3
<b>Gender</b>					
Men	69	34.3	4.0	26.5	42.1
Women	123	32.7	3.0	26.8	38.7
<b>Age Group</b>					
18 to 44 Years	44	30.6	4.2	22.4	38.9
45 to 64 Years	90	37.7	3.7	30.4	45.0
65 Years and Older	58	31.5	4.1	23.6	39.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	184	33.0	2.5	28.1	37.9
<b>Race</b>					
White	176	32.7	2.5	27.8	37.7
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	61	33.5	4.2	25.4	41.7
Some College or College Graduate	130	33.2	3.0	27.3	39.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	87	37.4	4.1	29.3	45.4
\$35,000 or Higher per Year	85	31.3	3.4	24.7	37.9
<b>Disability Status</b>					
Living with a Disability	107	52.8	4.4	44.2	61.4
Living without a Disability	85	25.7	2.9	20.0	31.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	54	31.9	4.4	23.3	40.6
Overweight (25 ≤ BMI < 30)	53	30.0	4.4	21.4	38.5
Obese (BMI ≥ 30)	75	37.7	4.2	29.4	46.0
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	112	31.7	3.1	25.6	37.7
Does not participate in leisure time physical activity	74	39.1	4.3	30.6	47.7
<b>Smoking Status</b>					
Current smoker	47	38.6	5.6	27.7	49.4
Non-smoker	141	31.7	2.8	26.3	37.1
<b>Health Insurance Status</b>					
Insured	161	31.9	2.6	26.8	37.0
Uninsured	31	41.0	6.7	27.8	54.1

**Numerator:** Respondents who reported 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:** 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 Ages 18 Years and Older Who Did Not Get Immunized  
Against Influenza During the Past 12 Months, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	11,185	57.8	0.4	57.0	58.6
Central Kansas Region	552	59.9	1.8	56.4	63.4
<b>Gender</b>					
Men	241	65.7	2.6	60.5	70.8
Women	311	54.2	2.4	49.5	58.9
<b>Age Group</b>					
18 to 44 Years	180	73.1	2.9	67.4	78.8
45 to 64 Years	229	58.2	2.8	52.9	63.6
65 Years and Older	141	35.9	2.8	30.4	41.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	524	58.6	1.8	55.0	62.2
<b>Race</b>					
White	508	58.4	1.9	54.7	62.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	213	64.9	2.8	59.4	70.3
Some College or College Graduate	339	56.6	2.3	52.0	61.1
<b>Annual Household Income</b>					
Less than \$35,000 per Year	210	62.2	2.9	56.5	68.0
\$35,000 or Higher per Year	277	57.4	2.5	52.6	62.2
<b>Disability Status</b>					
Living with a Disability	124	47.9	3.7	40.6	55.2
Living without a Disability	427	63.1	2.0	59.1	67.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	182	61.5	3.2	55.3	67.7
Overweight (25 ≤ BMI < 30)	186	61.9	3.1	55.9	68.0
Obese (BMI ≥ 30)	158	56.8	3.2	50.5	63.1
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	397	59.8	2.1	55.6	64.0
Does not participate in leisure time physical activity	155	60.2	3.2	53.8	66.5
<b>Smoking Status</b>					
Current smoker	119	72.9	3.8	65.4	80.4
Non-smoker	428	56.3	2.0	52.4	60.2
<b>Health Insurance Status</b>					
Insured	455	55.2	2.0	51.3	59.0
Uninsured	95	83.2	3.3	76.7	89.8

**Numerator:** Respondents who reported they did not get a flu shot or flu vaccine sprayed in their 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 65 Years Old and Older Who Did Not Get Immunized  
Against Influenza During the Past 12 Months, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,547	35.2	0.6	33.9	36.4
Central Kansas Region	141	35.9	2.8	30.4	41.4
<b>Gender</b>					
Men	50	37.8	4.8	28.5	47.2
Women	91	34.6	3.4	28.0	41.2
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	140	35.5	2.8	30.1	40.9
<b>Race</b>					
White	138	35.5	2.8	30.0	40.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	61	35.6	4.2	27.4	43.7
Some College or College Graduate	80	36.7	3.7	29.4	44.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	69	37.6	4.2	29.4	45.9
\$35,000 or Higher per Year	51	32.9	4.3	24.6	41.3
<b>Disability Status</b>					
Living with a Disability	53	36.9	4.7	27.7	46.1
Living without a Disability	88	35.7	3.5	28.8	42.5
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	46	31.6	4.4	22.9	40.3
Overweight (25 ≤ BMI < 30)	57	42.0	4.8	32.7	51.4
Obese (BMI ≥ 30)	33	33.8	5.5	23.0	44.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	102	36.1	3.3	29.7	42.5
Does not participate in leisure time physical activity	39	35.5	5.3	25.2	45.9
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	119	33.0	2.8	27.4	38.5
<b>Health Insurance Status</b>					
Insured	140	36.6	2.8	31.0	42.1
Uninsured	*	*	*	*	*

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

Denominator: All respondents 65 years old 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 65 Years Old and Older Who Never Had Pneumonia  
Vaccination, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,063	30.0	0.6	28.7	31.2
Central Kansas Region	108	30.1	2.7	24.8	35.5
<b>Gender</b>					
Men	41	33.0	4.7	23.8	42.3
Women	67	28.2	3.3	21.8	34.7
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	108	30.2	2.7	24.9	35.6
<b>Race</b>					
White	107	30.2	2.7	24.9	35.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	45	28.6	3.9	20.9	36.3
Some College or College Graduate	63	32.1	3.8	24.7	39.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	41	27.3	4.0	19.5	35.0
\$35,000 or Higher per Year	49	31.3	4.2	23.0	39.5
<b>Disability Status</b>					
Living with a Disability	32	29.1	4.7	19.8	38.3
Living without a Disability	76	30.9	3.4	24.3	37.5
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	30	23.1	4.2	15.0	31.3
Overweight (25 ≤ BMI < 30)	44	34.1	4.6	25.0	43.2
Obese (BMI ≥ 30)	28	31.5	5.5	20.6	42.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	75	29.5	3.2	23.3	35.8
Does not participate in leisure time physical activity	33	31.3	5.1	21.3	41.3
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	94	28.5	2.8	23.0	33.9
<b>Health Insurance Status</b>					
Insured	108	30.7	2.8	25.3	36.1
Uninsured	*	*	*	*	*

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

Denominator: All respondents 65 years old 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 Reported That They Do Not Always Wear a Seatbelt  
When They Drive or Ride in a Car, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,359	17.0	0.3	16.3	17.6
Central Kansas Region	208	25.3	1.8	21.9	28.8
<b>Gender</b>					
Men	119	34.1	2.9	28.4	39.7
Women	89	16.8	1.9	13.0	20.6
<b>Age Group</b>					
18 to 44 Years	82	34.1	3.3	27.6	40.7
45 to 64 Years	75	21.5	2.5	16.7	26.4
65 Years and Older	50	13.6	2.0	9.6	17.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	197	24.9	1.8	21.4	28.4
<b>Race</b>					
White	193	25.5	1.8	21.9	29.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	76	27.7	3.1	21.7	33.7
Some College or College Graduate	131	23.6	2.1	19.5	27.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	71	24.5	3.0	18.6	30.4
\$35,000 or Higher per Year	114	26.7	2.5	21.9	31.6
<b>Disability Status</b>					
Living with a Disability	53	26.1	3.6	19.0	33.2
Living without a Disability	155	25.2	2.0	21.2	29.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	43	16.7	2.9	11.0	22.3
Overweight (25 ≤ BMI < 30)	77	29.7	3.2	23.4	36.1
Obese (BMI ≥ 30)	80	31.7	3.3	25.3	38.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	144	24.4	2.1	20.3	28.5
Does not participate in leisure time physical activity	64	28.0	3.3	21.5	34.4
<b>Smoking Status</b>					
Current smoker	41	33.1	4.7	23.9	42.3
Non-smoker	166	23.3	1.8	19.7	27.0
<b>Health Insurance Status</b>					
Insured	175	24.5	1.9	20.9	28.2
Uninsured	33	30.4	5.1	20.3	40.5

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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,865	20.0	0.4	19.3	20.7
Central Kansas Region	186	21.3	1.7	18.1	24.6
<b>Gender</b>					
Men	89	24.1	2.5	19.1	29.1
Women	97	18.7	2.2	14.4	22.9
<b>Age Group</b>					
18 to 44 Years	68	27.7	3.2	21.4	33.9
45 to 64 Years	82	20.3	2.3	15.8	24.9
65 Years and Older	35	9.9	1.9	6.2	13.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	177	21.4	1.7	18.1	24.8
<b>Race</b>					
White	171	21.0	1.7	17.7	24.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	83	25.0	2.8	19.5	30.5
Some College or College Graduate	103	18.8	2.0	14.8	22.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	99	28.1	2.9	22.5	33.7
\$35,000 or Higher per Year	64	15.7	2.1	11.6	19.8
<b>Disability Status</b>					
Living with a Disability	52	23.8	3.4	17.1	30.4
Living without a Disability	134	20.8	1.9	17.0	24.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	78	25.6	3.3	19.2	32.0
Overweight (25 ≤ BMI < 30)	46	19.0	2.9	13.4	24.7
Obese (BMI ≥ 30)	57	21.3	2.8	15.8	26.7
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	114	19.6	2.0	15.6	23.6
Does not participate in leisure time physical activity	64	25.0	3.1	18.9	31.0
<b>Health Insurance Status</b>					
Insured	135	17.9	1.7	14.6	21.3
Uninsured	51	38.0	4.9	28.4	47.6

**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, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,063	56.5	1.0	54.5	58.4
Central Kansas Region	86	45.7	4.5	36.8	54.6
<b>Gender</b>					
Men	38	42.3	6.0	30.5	54.2
Women	48	49.9	6.7	36.8	63.0
<b>Age Group</b>					
18 to 44 Years	36	48.3	7.0	34.7	62.0
45 to 64 Years	33	42.8	6.5	30.1	55.5
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	81	45.8	4.6	36.8	54.9
<b>Race</b>					
White	77	42.9	4.5	34.0	51.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	39	47.0	6.7	33.9	60.2
Some College or College Graduate	47	44.4	6.2	32.3	56.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	43	41.7	6.0	29.9	53.6
\$35,000 or Higher per Year	30	46.6	7.4	32.1	61.1
<b>Disability Status</b>					
Living with a Disability	23	49.1	8.5	32.5	65.7
Living without a Disability	63	44.7	5.3	34.3	55.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	34	40.7	7.7	25.6	55.7
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	29	49.9	7.5	35.2	64.6
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	58	49.6	6.0	37.8	61.3
Does not participate in leisure time physical activity	21	30.5	6.5	17.7	43.3
<b>Health Insurance Status</b>					
Insured	61	45.6	5.4	35.0	56.3
Uninsured	25	45.8	8.3	29.6	62.0

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

**Denominator:** 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, 2013

## Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	961	5.5	0.2	5.1	5.9
Central Kansas Region	46	5.7	0.9	3.9	7.4
<b>Gender</b>					
Men	42	10.6	1.7	7.2	14.0
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	15	6.4	1.7	3.1	9.6
45 to 64 Years	22	6.6	1.5	3.7	9.4
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	45	6.0	1.0	4.1	7.9
<b>Race</b>					
White	46	6.2	1.0	4.3	8.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	17	5.0	1.4	2.3	7.6
Some College or College Graduate	29	6.2	1.2	3.8	8.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	13	4.9	1.4	2.0	7.7
\$35,000 or Higher per Year	30	6.8	1.3	4.2	9.4
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	39	6.3	1.1	4.2	8.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	18	6.8	1.7	3.4	10.2
Obese (BMI ≥ 30)	16	6.7	1.8	3.2	10.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	30	5.4	1.1	3.3	7.6
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	38	5.9	1.0	3.8	7.9
<b>Health Insurance Status</b>					
Insured	35	5.0	0.9	3.2	6.7
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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	866	10.4	0.4	9.6	11.2
Central Kansas Region	42	10.6	1.7	7.2	14.0
<b>Age Group</b>					
18 to 44 Years	13	11.4	3.1	5.3	17.5
45 to 64 Years	20	11.6	2.6	6.4	16.8
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	41	11.4	1.9	7.7	15.1
<b>Race</b>					
White	42	11.7	1.9	8.0	15.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	17	9.7	2.6	4.6	14.8
Some College or College Graduate	25	11.3	2.3	6.8	15.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	28	11.3	2.3	6.9	15.7
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	36	11.8	2.1	7.8	15.8
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	17	11.1	2.8	5.6	16.7
Obese (BMI ≥ 30)	15	11.4	3.1	5.3	17.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	28	9.9	2.0	6.0	13.8
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	37	12.2	2.1	8.0	16.3
<b>Health Insurance Status</b>					
Insured	33	9.8	1.8	6.2	13.3
Uninsured	*	*	*	*	*

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

Denominator: All male respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

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

**Percentage of Adults Who Ever Served on Active Duty in the United States  
Armed Forces, 2013**

**Central Kansas Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,022	12.0	0.3	11.5	12.5
Central Kansas Region	150	13.0	1.2	10.6	15.3
<b>Gender</b>					
Men	140	24.9	2.3	20.5	29.4
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	17	7.6	1.8	4.0	11.2
45 to 64 Years	49	12.9	1.9	9.1	16.7
65 Years and Older	83	23.2	2.4	18.5	28.0
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	146	13.6	1.2	11.1	16.0
<b>Race</b>					
White	140	13.2	1.2	10.8	15.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	63	13.9	1.9	10.2	17.6
Some College or College Graduate	87	12.3	1.5	9.3	15.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	60	13.4	2.0	9.5	17.3
\$35,000 or Higher per Year	82	13.9	1.7	10.6	17.3
<b>Disability Status</b>					
Living with a Disability	50	19.3	2.9	13.6	25.0
Living without a Disability	99	11.3	1.3	8.8	13.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	33	9.1	1.8	5.6	12.7
Overweight (25 ≤ BMI < 30)	62	16.0	2.3	11.5	20.6
Obese (BMI ≥ 30)	53	15.5	2.2	11.1	19.9
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	108	13.8	1.5	10.8	16.7
Does not participate in leisure time physical activity	35	10.7	2.0	6.8	14.6
<b>Smoking Status</b>					
Current smoker	28	13.5	2.8	8.1	18.9
Non-smoker	117	12.5	1.3	10.0	15.1
<b>Health Insurance Status</b>					
Insured	138	14.2	1.3	11.6	16.8
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 Are Obese, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,656	30.0	0.4	29.2	30.7
Central Kansas Region	343	32.8	1.7	29.4	36.2
<b>Gender</b>					
Men	147	34.5	2.7	29.3	39.8
Women	196	31.0	2.2	26.7	35.4
<b>Age Group</b>					
18 to 44 Years	79	30.1	3.1	23.9	36.2
45 to 64 Years	161	39.1	2.7	33.7	44.4
65 Years and Older	103	28.2	2.6	23.1	33.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	326	32.9	1.8	29.4	36.4
<b>Race</b>					
White	321	32.4	1.8	28.9	35.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	137	36.5	2.9	30.8	42.2
Some College or College Graduate	205	30.0	2.1	25.9	34.2
<b>Annual Household Income</b>					
Less than \$35,000 per Year	134	35.6	3.0	29.7	41.6
\$35,000 or Higher per Year	178	32.2	2.3	27.7	36.8
<b>Disability Status</b>					
Living with a Disability	121	47.9	3.7	40.6	55.1
Living without a Disability	221	29.0	1.9	25.1	32.8

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	208	30.9	2.1	26.8	35.1
Does not participate in leisure time physical activity	120	38.3	3.3	31.8	44.8
<b>Smoking Status</b>					
Current smoker	57	31.7	4.1	23.7	39.8
Non-smoker	280	33.1	1.9	29.3	36.9
<b>Health Insurance Status</b>					
Insured	303	33.9	1.9	30.2	37.6
Uninsured	40	28.7	4.6	19.7	37.7

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, 2013

### Central Kansas Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	14,533	65.3	0.4	64.5	66.1
Central Kansas Region	700	65.8	1.8	62.3	69.3
<b>Gender</b>					
Men	325	73.1	2.6	68.0	78.2
Women	375	58.2	2.4	53.5	63.0
<b>Age Group</b>					
18 to 44 Years	152	58.5	3.4	51.8	65.3
45 to 64 Years	300	75.2	2.3	70.7	79.8
65 Years and Older	248	65.1	2.7	59.7	70.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	667	65.6	1.8	62.1	69.2
<b>Race</b>					
White	661	66.1	1.8	62.5	69.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	251	65.0	2.9	59.3	70.7
Some College or College Graduate	448	66.3	2.3	61.8	70.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	261	67.6	2.8	62.1	73.2
\$35,000 or Higher per Year	373	67.6	2.4	62.9	72.3
<b>Disability Status</b>					
Living with a Disability	196	73.9	3.2	67.7	80.2
Living without a Disability	502	63.8	2.1	59.7	67.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	464	65.1	2.2	60.7	69.4
Does not participate in leisure time physical activity	205	69.2	3.3	62.8	75.6
<b>Smoking Status</b>					
Current smoker	103	60.5	4.6	51.5	69.5
Non-smoker	587	67.6	1.9	63.8	71.4
<b>Health Insurance Status</b>					
Insured	626	67.9	1.9	64.2	71.6
Uninsured	74	57.7	5.2	47.5	67.8

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.

## Technical Notes

The 2013 BRFSS data for your county/region on 42 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 less precise. 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 between the two prevalence estimates while overlapping confidence intervals indicate that two estimates are not statistically 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, the BRFSS estimates for 2011 and subsequent years cannot be compared to estimates from the years prior to 2011.

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>