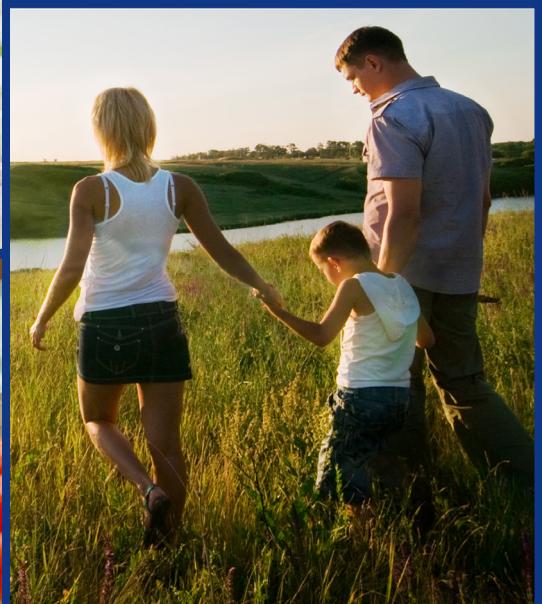


# 2013 Kansas Behavioral Risk Factor Surveillance System Local Data

## Northwest BT 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.

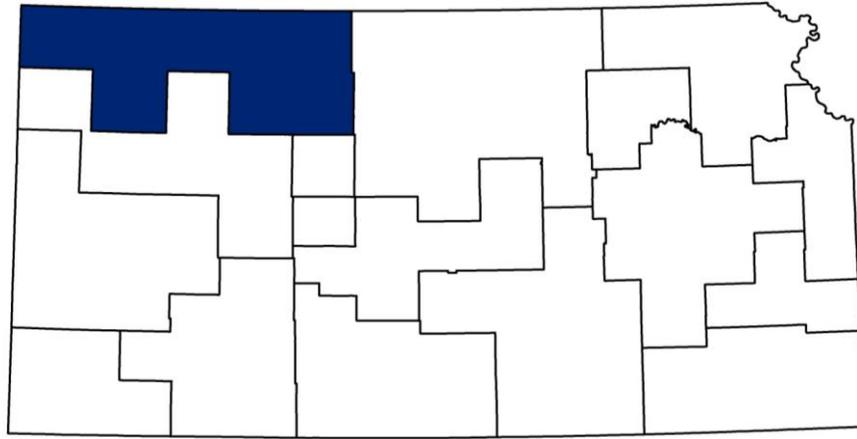
During the 2013 survey year, data were collected from more than 20,000 adult Kansans, providing estimates for 42 of the state's 105 counties and for 16 Public Health Preparedness Regions, with data for 42 health risk indicators analyzed at the county or regional level.

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

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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**Unpublished Tables** - The following data tables are not published due to insufficient sample and/or statistically unreliable estimates for the Northwest BT Region: Heavy Drinking and Stroke.

## Percentage of Adults Who Are Binge Drinkers, 2013

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,583	15.4	0.3	14.7	16.0
Northwest BT Region	46	15.5	2.3	11.1	19.9
<b>Gender</b>					
Men	32	22.7	3.8	15.2	30.2
Women	14	8.5	2.4	3.9	13.1
<b>Age Group</b>					
18 to 44 Years	19	22.2	4.8	12.8	31.7
45 to 64 Years	24	19.2	3.8	11.7	26.7
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	45	15.5	2.3	11.0	20.0
<b>Race</b>					
White	44	15.4	2.3	10.9	19.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	16	11.5	2.9	5.7	17.3
Some College or College Graduate	30	19.1	3.3	12.5	25.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	13	11.4	3.3	5.0	17.9
\$35,000 or Higher per Year	32	22.4	3.7	15.1	29.7
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	39	17.9	2.8	12.5	23.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	19	16.2	3.7	8.9	23.5
Overweight (25 ≤ BMI < 30)	13	14.2	3.8	6.8	21.6
Obese (BMI ≥ 30)	13	16.7	4.6	7.6	25.7
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	33	15.7	2.7	10.5	20.9
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	34	15.0	2.5	10.2	19.9
<b>Health Insurance Status</b>					
Insured	36	13.4	2.2	9.0	17.8
Uninsured	*	*	*	*	*

**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 with Doctor Diagnosed Arthritis, 2013

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	7,380	23.9	0.3	23.3	24.5
Northwest BT Region	128	32.7	2.8	27.2	38.2
<b>Gender</b>					
Men	46	26.2	3.9	18.5	33.8
Women	82	39.3	4.0	31.5	47.2
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	49	36.4	4.6	27.4	45.5
65 Years and Older	67	51.6	4.7	42.3	60.8
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	127	33.3	2.9	27.7	38.9
<b>Race</b>					
White	127	33.5	2.9	27.9	39.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	69	42.0	4.6	33.0	51.0
Some College or College Graduate	58	24.6	3.3	18.2	31.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	61	42.3	4.8	32.9	51.8
\$35,000 or Higher per Year	46	24.0	3.7	16.8	31.2
<b>Disability Status</b>					
Living with a Disability	62	72.1	5.9	60.6	83.6
Living without a Disability	64	21.8	2.8	16.4	27.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	39	30.8	4.9	21.2	40.4
Overweight (25 ≤ BMI < 30)	36	25.0	4.2	16.7	33.3
Obese (BMI ≥ 30)	42	41.2	5.8	29.9	52.6
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	84	30.2	3.2	23.9	36.5
Does not participate in leisure time physical activity	42	43.9	6.0	32.0	55.7
<b>Smoking Status</b>					
Current smoker	27	49.6	7.7	34.5	64.7
Non-smoker	98	28.5	2.8	23.0	34.0
<b>Health Insurance Status</b>					
Insured	120	34.4	3.0	28.5	40.3
Uninsured	*	*	*	*	*

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

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

\* Insufficient sample and/or statistically unreliable estimate

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

**Percentage of Adults with Doctor Diagnosed Arthritis Who Are Limited in Their Usual Activities Because of Arthritis or Joint Symptoms, 2013**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,286	46.4	0.7	45.0	47.9
Northwest BT Region	61	48.2	5.1	38.2	58.3
<b>Gender</b>					
Men	*	*	*	*	*
Women	39	46.4	6.3	34.0	58.7
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	29	45.3	6.7	32.1	58.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	61	49.0	5.2	38.9	59.1
<b>Race</b>					
White	61	49.0	5.2	38.9	59.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	31	50.1	7.1	36.3	64.0
Some College or College Graduate	30	46.1	7.4	31.5	60.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	30	51.0	7.3	36.6	65.4
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	41	71.4	6.4	58.8	84.1
Living without a Disability	18	26.9	6.5	14.1	39.6

	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	40	47.7	6.3	35.4	60.0
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	42	38.8	5.3	28.4	49.1
<b>Health Insurance Status</b>					
Insured	56	47.3	5.3	36.9	57.6
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

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,072	8.9	0.2	8.4	9.3
Northwest BT Region	37	10.5	2.0	6.6	14.5
<b>Gender</b>					
Men	16	11.1	3.1	5.0	17.2
Women	21	10.0	2.6	4.9	15.0
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	15	12.4	3.3	5.9	18.9
65 Years and Older	14	7.9	2.3	3.5	12.3
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	37	10.9	2.1	6.8	15.0
<b>Race</b>					
White	36	10.8	2.1	6.7	14.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	17	11.5	3.3	5.0	18.0
Some College or College Graduate	20	9.8	2.5	4.9	14.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	15	11.8	3.5	4.9	18.6
\$35,000 or Higher per Year	16	9.4	2.8	4.0	14.8
<b>Disability Status</b>					
Living with a Disability	20	23.7	6.2	11.5	35.9
Living without a Disability	17	7.0	1.8	3.5	10.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	14	11.1	3.2	4.8	17.4
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	20	7.2	2.0	3.2	11.2
Does not participate in leisure time physical activity	17	22.8	5.5	12.0	33.7
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	27	7.6	1.6	4.5	10.7
<b>Health Insurance Status</b>					
Insured	33	9.7	2.0	5.8	13.6
Uninsured	*	*	*	*	*

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,256	6.8	0.2	6.5	7.1
Northwest BT Region	32	7.4	1.4	4.6	10.2
<b>Gender</b>					
Men	15	7.3	2.0	3.3	11.3
Women	17	7.5	2.0	3.6	11.4
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	26	20.8	3.9	13.1	28.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	32	7.6	1.5	4.8	10.5
<b>Race</b>					
White	31	7.5	1.5	4.6	10.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	20	10.9	2.5	5.9	15.9
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	13	9.2	2.7	4.0	14.5
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	13	13.7	4.1	5.8	21.6
Living without a Disability	19	5.8	1.5	2.9	8.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	15	9.9	2.7	4.6	15.3
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	21	6.8	1.6	3.7	9.9
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	26	7.0	1.5	4.1	10.0
<b>Health Insurance Status</b>					
Insured	32	8.5	1.6	5.3	11.7
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

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

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

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,157	6.3	0.2	6.0	6.6
Northwest BT Region	38	8.1	1.4	5.3	10.8
<b>Gender</b>					
Men	20	8.4	2.0	4.4	12.4
Women	18	7.7	1.9	4.0	11.5
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	27	20.2	3.8	12.7	27.7
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	38	8.3	1.4	5.5	11.1
<b>Race</b>					
White	38	8.4	1.4	5.6	11.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	20	10.0	2.3	5.5	14.5
Some College or College Graduate	17	6.2	1.6	3.0	9.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	14	9.9	2.7	4.6	15.2
\$35,000 or Higher per Year	20	7.6	1.8	4.1	11.1
<b>Disability Status</b>					
Living with a Disability	15	16.1	4.3	7.6	24.5
Living without a Disability	23	6.0	1.3	3.4	8.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	15	8.7	2.4	3.9	13.4
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	30	8.8	1.7	5.5	12.1
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	33	8.7	1.6	5.6	11.9
<b>Health Insurance Status</b>					
Insured	37	8.9	1.5	5.9	11.9
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

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

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

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,331	4.2	0.1	4.0	4.5
Northwest BT Region	23	5.0	1.1	2.8	7.1
<b>Gender</b>					
Men	18	8.2	2.1	4.2	12.3
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	18	13.9	3.3	7.5	20.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	23	5.1	1.1	2.9	7.4
<b>Race</b>					
White	23	5.2	1.2	2.9	7.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	16	8.0	2.1	3.8	12.1
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	13	8.1	2.4	3.4	12.7
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	12	12.1	3.6	5.0	19.1
Living without a Disability	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	21	5.6	1.3	3.1	8.2
<b>Health Insurance Status</b>					
Insured	21	5.0	1.2	2.7	7.3
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

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

## Percentage of Adults Who had Angina or Coronary Heart Disease, 2013

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,352	4.2	0.1	4.0	4.5
Northwest BT Region	19	3.9	1.0	2.0	5.9
<b>Gender</b>					
Men	*	*	*	*	*
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	13	8.8	2.5	4.0	13.7
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	19	4.1	1.0	2.1	6.1
<b>Race</b>					
White	18	3.9	1.0	1.9	5.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	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	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	15	3.9	1.1	1.7	6.1
<b>Health Insurance Status</b>					
Insured	19	4.5	1.1	2.3	6.8
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 with Diagnosed Hypertension, 2013

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	9,309	31.3	0.4	30.6	32.0
Northwest BT Region	144	33.2	2.7	27.8	38.5
<b>Gender</b>					
Men	73	37.0	4.1	29.0	45.1
Women	71	29.2	3.5	22.3	36.1
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	48	34.3	4.6	25.4	43.3
65 Years and Older	84	60.9	4.7	51.7	70.0
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	143	33.9	2.8	28.5	39.3
<b>Race</b>					
White	142	34.1	2.8	28.7	39.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	65	33.0	4.1	24.9	41.0
Some College or College Graduate	79	33.4	3.6	26.3	40.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	66	38.8	4.6	29.8	47.8
\$35,000 or Higher per Year	51	25.3	3.6	18.2	32.3
<b>Disability Status</b>					
Living with a Disability	51	54.2	6.6	41.2	67.1
Living without a Disability	91	27.5	2.9	21.8	33.2

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	34	19.1	3.4	12.5	25.8
Overweight (25 ≤ BMI < 30)	53	37.9	4.9	28.3	47.6
Obese (BMI ≥ 30)	44	43.0	5.8	31.6	54.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	102	33.7	3.2	27.3	40.0
Does not participate in leisure time physical activity	40	38.4	5.8	27.1	49.7
<b>Smoking Status</b>					
Current smoker	22	32.1	7.0	18.3	45.8
Non-smoker	120	34.1	3.0	28.3	40.0
<b>Health Insurance Status</b>					
Insured	137	35.2	2.9	29.5	40.9
Uninsured	*	*	*	*	*

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,976	26.7	0.4	25.9	27.5
Northwest BT Region	69	27.6	3.0	21.7	33.5
<b>Gender</b>					
Men	43	36.4	4.7	27.2	45.5
Women	26	18.9	3.5	12.0	25.8
<b>Age Group</b>					
18 to 44 Years	31	48.2	6.3	35.9	60.5
45 to 64 Years	29	24.9	4.3	16.5	33.3
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	65	26.4	3.0	20.5	32.3
<b>Race</b>					
White	64	26.5	3.0	20.6	32.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	37	34.2	4.7	25.0	43.4
Some College or College Graduate	32	21.6	3.7	14.3	28.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	29	34.9	5.2	24.7	45.1
\$35,000 or Higher per Year	32	24.4	4.1	16.4	32.4
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	60	31.1	3.5	24.3	38.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	30	32.9	5.2	22.7	43.1
Overweight (25 ≤ BMI < 30)	21	25.1	5.0	15.4	34.9
Obese (BMI ≥ 30)	14	22.0	5.9	10.4	33.7
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	48	27.3	3.6	20.3	34.4
Does not participate in leisure time physical activity	17	28.7	6.1	16.7	40.7
<b>Smoking Status</b>					
Current smoker	15	36.5	8.0	20.7	52.2
Non-smoker	50	24.2	3.2	18.0	30.5
<b>Health Insurance Status</b>					
Insured	49	21.2	2.9	15.5	26.9
Uninsured	*	*	*	*	*

**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

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,351	38.1	0.4	37.3	38.9
Northwest BT Region	129	41.4	3.3	35.1	47.8
<b>Gender</b>					
Men	55	42.3	5.0	32.5	52.1
Women	74	40.7	4.3	32.3	49.0
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	46	39.1	5.1	29.2	49.0
65 Years and Older	68	54.0	4.8	44.6	63.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	128	41.4	3.3	35.0	47.8
<b>Race</b>					
White	128	41.4	3.2	35.1	47.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	55	37.5	4.9	27.9	47.0
Some College or College Graduate	74	44.9	4.3	36.4	53.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	47	41.8	5.3	31.4	52.1
\$35,000 or Higher per Year	62	40.8	4.6	31.8	49.8
<b>Disability Status</b>					
Living with a Disability	40	50.6	6.7	37.4	63.8
Living without a Disability	87	38.3	3.7	31.0	45.6

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	33	30.7	5.3	20.3	41.2
Overweight (25 ≤ BMI < 30)	53	51.6	5.7	40.4	62.7
Obese (BMI ≥ 30)	37	44.8	6.1	32.8	56.8
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	92	42.4	3.9	34.7	50.0
Does not participate in leisure time physical activity	35	49.3	6.5	36.5	62.1
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	108	42.9	3.5	36.0	49.8
<b>Health Insurance Status</b>					
Insured	126	42.9	3.3	36.3	49.4
Uninsured	*	*	*	*	*

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	1,835	6.2	0.2	5.9	6.6
Northwest BT Region	25	6.7	1.5	3.8	9.7
<b>Gender</b>					
Men	13	8.5	2.5	3.5	13.5
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	24	6.4	1.5	3.6	9.3
<b>Race</b>					
White	24	6.5	1.5	3.6	9.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	15	9.5	2.7	4.2	14.8
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	16	16.4	4.5	7.5	25.2
Living without a Disability	*	*	*	*	*

	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	16	6.2	1.7	2.8	9.5
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	15	4.3	1.2	1.9	6.8
<b>Health Insurance Status</b>					
Insured	23	6.7	1.6	3.6	9.8
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

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

**Percentage of Adults Who Were EVER Diagnosed with a Depressive Disorder,  
2013**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	4,386	18.1	0.3	17.5	18.7
Northwest BT Region	64	18.3	2.4	13.6	23.1
<b>Gender</b>					
Men	21	13.5	3.2	7.1	19.8
Women	43	23.3	3.6	16.2	30.3
<b>Age Group</b>					
18 to 44 Years	16	20.9	5.0	11.1	30.7
45 to 64 Years	27	19.1	3.8	11.7	26.5
65 Years and Older	21	14.3	3.1	8.3	20.3
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	63	18.4	2.5	13.6	23.3
<b>Race</b>					
White	64	19.1	2.5	14.2	24.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	31	20.7	3.9	13.0	28.3
Some College or College Graduate	33	16.4	3.0	10.4	22.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	33	25.6	4.4	17.1	34.2
\$35,000 or Higher per Year	22	13.2	3.2	6.9	19.5
<b>Disability Status</b>					
Living with a Disability	24	30.9	6.4	18.3	43.5
Living without a Disability	40	15.2	2.5	10.3	20.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	22	20.8	4.5	12.0	29.6
Overweight (25 ≤ BMI < 30)	20	15.0	3.4	8.4	21.6
Obese (BMI ≥ 30)	19	20.2	5.1	10.3	30.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	35	14.2	2.6	9.0	19.3
Does not participate in leisure time physical activity	25	28.6	5.7	17.5	39.7
<b>Smoking Status</b>					
Current smoker	21	36.4	7.5	21.7	51.0
Non-smoker	43	14.1	2.3	9.7	18.5
<b>Health Insurance Status</b>					
Insured	55	17.3	2.5	12.4	22.2
Uninsured	*	*	*	*	*

**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

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,832	9.6	0.2	9.1	10.0
Northwest BT Region	41	10.1	1.7	6.8	13.5
<b>Gender</b>					
Men	20	10.3	2.4	5.6	15.0
Women	21	10.0	2.4	5.3	14.7
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	14	12.2	3.3	5.7	18.8
65 Years and Older	24	17.8	3.5	11.0	24.7
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	40	10.1	1.7	6.8	13.5
<b>Race</b>					
White	41	10.6	1.8	7.1	14.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	20	11.2	2.7	5.9	16.6
Some College or College Graduate	21	9.2	2.1	5.1	13.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	16	10.5	2.8	5.1	15.9
\$35,000 or Higher per Year	14	7.9	2.3	3.4	12.4
<b>Disability Status</b>					
Living with a Disability	18	18.7	4.6	9.6	27.8
Living without a Disability	23	7.9	1.8	4.5	11.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	14	9.1	2.5	4.2	13.9
Obese (BMI ≥ 30)	19	20.1	4.7	10.9	29.3
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	27	9.8	2.0	5.9	13.7
Does not participate in leisure time physical activity	14	13.7	3.9	6.1	21.3
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	35	10.7	1.9	7.1	14.4
<b>Health Insurance Status</b>					
Insured	41	11.7	1.9	7.9	15.5
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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	5,417	19.1	0.3	18.5	19.7
Northwest BT Region	78	20.4	2.4	15.6	25.2
<b>Gender</b>					
Men	29	18.4	3.6	11.4	25.4
Women	49	22.5	3.3	16.0	29.0
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	29	22.3	4.0	14.3	30.2
65 Years and Older	41	31.7	4.4	22.9	40.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	78	21.1	2.5	16.2	26.0
<b>Race</b>					
White	77	21.1	2.5	16.1	26.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	41	25.7	4.1	17.5	33.8
Some College or College Graduate	37	15.7	2.6	10.5	20.9
<b>Annual Household Income</b>					
Less than \$35,000 per Year	34	22.9	3.9	15.3	30.5
\$35,000 or Higher per Year	28	15.0	3.2	8.9	21.2
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	26	21.0	4.5	12.2	29.8
Overweight (25 ≤ BMI < 30)	22	17.1	3.8	9.6	24.5
Obese (BMI ≥ 30)	24	21.8	4.5	12.9	30.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	47	17.9	2.8	12.5	23.3
Does not participate in leisure time physical activity	28	26.8	5.0	17.0	36.6
<b>Smoking Status</b>					
Current smoker	18	33.0	7.6	18.2	47.8
Non-smoker	58	17.2	2.3	12.7	21.7
<b>Health Insurance Status</b>					
Insured	73	21.6	2.7	16.4	26.8
Uninsured	*	*	*	*	*

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

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

\* Insufficient sample and/or statistically unreliable estimate

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

## Percentage of Adults Who Reported Living with a Disability, 2013

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,048	21.1	0.3	20.5	21.7
Northwest BT Region	84	22.1	2.5	17.1	27.0
<b>Gender</b>					
Men	33	20.1	3.6	12.9	27.2
Women	51	24.1	3.5	17.1	31.0
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	30	23.2	4.1	15.1	31.2
65 Years and Older	45	34.1	4.5	25.3	43.0
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	84	22.8	2.6	17.7	27.9
<b>Race</b>					
White	83	22.8	2.6	17.7	27.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	45	27.2	4.2	19.0	35.5
Some College or College Graduate	39	17.6	3.0	11.8	23.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	39	26.5	4.2	18.2	34.8
\$35,000 or Higher per Year	28	15.1	3.2	8.9	21.3
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	27	21.9	4.5	13.0	30.8
Overweight (25 ≤ BMI < 30)	24	18.0	3.9	10.4	25.7
Obese (BMI ≥ 30)	26	25.3	5.1	15.3	35.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	51	18.7	2.8	13.3	24.2
Does not participate in leisure time physical activity	30	30.7	5.5	19.8	41.5
<b>Smoking Status</b>					
Current smoker	20	36.1	7.7	21.0	51.2
Non-smoker	62	18.3	2.4	13.7	23.0
<b>Health Insurance Status</b>					
Insured	78	22.7	2.7	17.5	28.0
Uninsured	*	*	*	*	*

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

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

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

**Percentage of Adults Not Participating in the Recommended Level of Physical Activity (Aerobic and/or Strengthening), 2013**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	17,688	82.1	0.3	81.4	82.8
Northwest BT Region	266	85.0	2.3	80.4	89.6
<b>Gender</b>					
Men	123	86.5	3.4	79.7	93.2
Women	143	83.5	3.2	77.2	89.7
<b>Age Group</b>					
18 to 44 Years	55	80.6	5.3	70.3	91.0
45 to 64 Years	105	86.3	3.3	79.9	92.8
65 Years and Older	105	88.3	3.0	82.3	94.2
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	261	85.4	2.4	80.8	90.0
<b>Race</b>					
White	259	84.9	2.4	80.2	89.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	122	87.4	3.6	80.4	94.5
Some College or College Graduate	143	82.8	3.1	76.7	88.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	106	86.5	3.6	79.4	93.5
\$35,000 or Higher per Year	120	81.5	3.7	74.2	88.7
<b>Disability Status</b>					
Living with a Disability	64	86.9	5.6	75.8	97.9
Living without a Disability	200	84.6	2.6	79.6	89.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	90	79.6	4.6	70.5	88.6
Overweight (25 ≤ BMI < 30)	86	85.5	4.0	77.7	93.4
Obese (BMI ≥ 30)	77	91.5	3.1	85.4	97.5
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	215	82.9	2.6	77.7	88.0
<b>Health Insurance Status</b>					
Insured	240	83.8	2.6	78.8	88.9
Uninsured	*	*	*	*	*

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,900	42.0	0.4	41.2	42.8
Northwest BT Region	141	47.3	3.2	41.0	53.6
<b>Gender</b>					
Men	62	46.2	4.7	36.9	55.5
Women	79	48.5	4.3	40.0	57.0
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	65	56.2	4.9	46.6	65.8
65 Years and Older	47	41.5	4.9	31.8	51.1
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	139	48.0	3.3	41.6	54.3
<b>Race</b>					
White	136	46.6	3.2	40.3	53.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	71	53.3	4.9	43.7	62.9
Some College or College Graduate	69	41.9	4.2	33.6	50.2
<b>Annual Household Income</b>					
Less than \$35,000 per Year	53	47.5	5.2	37.3	57.7
\$35,000 or Higher per Year	68	47.7	4.6	38.6	56.8
<b>Disability Status</b>					
Living with a Disability	37	51.9	7.0	38.2	65.6
Living without a Disability	103	46.2	3.6	39.1	53.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI <25)	41	38.4	5.3	28.1	48.7
Overweight (25 ≤ BMI <30)	44	47.1	5.6	36.0	58.1
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	105	42.8	3.5	36.0	49.6
<b>Health Insurance Status</b>					
Insured	126	45.7	3.3	39.2	52.2
Uninsured	*	*	*	*	*

**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

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

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

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,085	26.5	0.4	25.8	27.3
Northwest BT Region	86	25.9	2.7	20.5	31.2
<b>Gender</b>					
Men	40	27.5	4.1	19.5	35.5
Women	46	24.2	3.5	17.2	31.1
<b>Age Group</b>					
18 to 44 Years	12	16.5	4.7	7.2	25.7
45 to 64 Years	41	33.8	4.7	24.7	43.0
65 Years and Older	32	25.8	4.2	17.6	34.0
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	86	26.8	2.8	21.3	32.2
<b>Race</b>					
White	85	26.7	2.8	21.3	32.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	44	29.8	4.3	21.4	38.1
Some College or College Graduate	42	22.5	3.5	15.7	29.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	37	30.1	4.7	20.9	39.3
\$35,000 or Higher per Year	38	23.3	3.7	16.1	30.5
<b>Disability Status</b>					
Living with a Disability	30	36.7	6.3	24.3	49.0
Living without a Disability	56	23.2	3.0	17.3	29.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	23	21.0	4.3	12.5	29.5
Overweight (25 ≤ BMI < 30)	27	25.3	4.7	16.1	34.5
Obese (BMI ≥ 30)	32	33.7	5.6	22.7	44.7
<b>Smoking Status</b>					
Current smoker	20	38.7	7.8	23.4	53.9
Non-smoker	66	23.0	2.8	17.6	28.4
<b>Health Insurance Status</b>					
Insured	78	26.0	2.8	20.4	31.6
Uninsured	*	*	*	*	*

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	8,400	41.7	0.4	40.9	42.6
Northwest BT Region	126	43.9	3.2	37.7	50.2
<b>Gender</b>					
Men	65	50.7	4.7	41.4	60.0
Women	61	37.2	4.2	29.0	45.4
<b>Age Group</b>					
18 to 44 Years	37	53.1	6.4	40.5	65.6
45 to 64 Years	55	47.3	5.0	37.5	57.1
65 Years and Older	33	27.7	4.4	19.1	36.3
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	124	44.1	3.2	37.8	50.4
<b>Race</b>					
White	125	45.3	3.2	38.9	51.6
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	56	44.7	5.0	35.0	54.5
Some College or College Graduate	70	43.4	4.2	35.2	51.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	54	48.4	5.2	38.1	58.7
\$35,000 or Higher per Year	59	41.7	4.5	32.9	50.6
<b>Disability Status</b>					
Living with a Disability	32	44.6	6.6	31.6	57.5
Living without a Disability	93	43.9	3.7	36.7	51.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	38	34.5	5.0	24.7	44.4
Overweight (25 ≤ BMI < 30)	42	46.7	5.6	35.7	57.6
Obese (BMI ≥ 30)	41	54.6	6.0	42.7	66.4
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	86	41.5	3.7	34.2	48.7
Does not participate in leisure time physical activity	39	50.6	6.3	38.2	62.9
<b>Smoking Status</b>					
Current smoker	31	59.3	8.0	43.7	75.0
Non-smoker	95	40.6	3.5	33.8	47.5
<b>Health Insurance Status</b>					
Insured	111	42.4	3.3	35.9	48.9
Uninsured	*	*	*	*	*

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

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

\* Insufficient sample and/or statistically unreliable estimate

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

**Percentage of Adults Who Reported Consuming Vegetables Less than 1 Time  
Per Day, 2013**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	4,482	22.9	0.4	22.2	23.6
Northwest BT Region	72	22.8	2.7	17.6	28.1
<b>Gender</b>					
Men	35	25.2	4.0	17.3	33.1
Women	37	20.4	3.5	13.5	27.3
<b>Age Group</b>					
18 to 44 Years	14	17.9	4.6	8.9	26.9
45 to 64 Years	32	29.3	4.8	20.0	38.6
65 Years and Older	26	19.9	3.8	12.4	27.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	72	23.7	2.8	18.3	29.1
<b>Race</b>					
White	70	22.8	2.7	17.5	28.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	41	29.9	4.5	21.1	38.8
Some College or College Graduate	31	17.0	3.1	10.9	23.0
<b>Annual Household Income</b>					
Less than \$35,000 per Year	32	23.9	4.3	15.6	32.2
\$35,000 or Higher per Year	32	21.7	3.8	14.2	29.2
<b>Disability Status</b>					
Living with a Disability	15	19.2	5.0	9.4	29.1
Living without a Disability	55	23.4	3.1	17.3	29.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	23	20.9	4.4	12.3	29.6
Overweight (25 ≤ BMI < 30)	26	24.7	4.7	15.4	34.0
Obese (BMI ≥ 30)	20	24.5	5.3	14.1	34.9
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	50	20.9	3.0	15.0	26.8
Does not participate in leisure time physical activity	22	28.9	5.7	17.7	40.1
<b>Smoking Status</b>					
Current smoker	14	26.2	7.0	12.5	39.8
Non-smoker	56	21.3	2.8	15.7	26.8
<b>Health Insurance Status</b>					
Insured	64	22.5	2.8	17.0	28.0
Uninsured	*	*	*	*	*

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

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

\* Insufficient sample and/or statistically unreliable estimate

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

## Percentage of Adults Who Lack Health Care Coverage, 2013

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,668	17.1	0.4	16.4	17.8
Northwest BT Region	32	12.8	2.3	8.3	17.3
<b>Gender</b>					
Men	21	16.8	3.6	9.7	23.9
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	18	23.9	5.2	13.7	34.1
45 to 64 Years	13	11.4	3.3	4.9	17.8
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	29	11.7	2.3	7.3	16.2
<b>Race</b>					
White	27	10.9	2.2	6.6	15.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	19	17.8	3.9	10.1	25.4
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	21	23.2	4.7	14.0	32.4
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	26	13.7	2.7	8.4	19.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	14	16.0	4.1	8.1	24.0
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	23	13.3	2.8	7.8	18.8
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	22	11.6	2.5	6.6	16.5

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,551	20.8	0.4	19.9	21.6
Northwest BT Region	31	17.5	3.1	11.4	23.5
<b>Gender</b>					
Men	20	21.5	4.6	12.5	30.5
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	18	23.9	5.2	13.7	34.1
45 to 64 Years	13	11.4	3.3	4.9	17.8
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	28	16.2	3.1	10.2	22.3
<b>Race</b>					
White	26	15.0	3.0	9.2	20.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	19	26.9	5.7	15.8	38.0
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	20	35.1	6.6	22.1	48.0
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	25	17.6	3.4	10.9	24.4

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	14	23.2	5.7	12.1	34.4
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	22	18.3	3.8	10.9	25.7
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	21	16.5	3.5	9.6	23.3

**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

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,359	21.5	0.4	20.8	22.3
Northwest BT Region	63	22.4	2.7	17.0	27.7
<b>Gender</b>					
Men	46	34.3	4.4	25.6	43.0
Women	17	10.4	2.6	5.4	15.5
<b>Age Group</b>					
18 to 44 Years	27	36.6	5.8	25.2	48.0
45 to 64 Years	24	17.8	3.6	10.8	24.8
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	60	21.6	2.7	16.3	27.0
<b>Race</b>					
White	60	21.8	2.7	16.4	27.2
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	27	23.1	4.3	14.6	31.5
Some College or College Graduate	36	21.8	3.4	15.1	28.6
<b>Annual Household Income</b>					
Less than \$35,000 per Year	23	21.2	4.4	12.5	29.8
\$35,000 or Higher per Year	34	25.6	4.1	17.6	33.6
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	57	26.2	3.2	19.8	32.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	28	26.6	4.7	17.3	35.8
Overweight (25 ≤ BMI < 30)	17	18.7	4.4	10.0	27.3
Obese (BMI ≥ 30)	15	20.2	5.3	9.8	30.6
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	50	26.4	3.5	19.6	33.2
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	51	23.4	3.1	17.4	29.4
<b>Health Insurance Status</b>					
Insured	50	18.6	2.6	13.4	23.8
Uninsured	*	*	*	*	*

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,570	13.6	0.3	13.0	14.2
Northwest BT Region	27	10.4	2.3	5.9	14.8
<b>Gender</b>					
Men	*	*	*	*	*
Women	16	11.4	3.1	5.2	17.5
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	15	12.2	3.3	5.7	18.8
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	25	9.7	2.3	5.3	14.2
<b>Race</b>					
White	26	10.3	2.3	5.8	14.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	17	16.3	4.1	8.2	24.4
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	19	18.6	4.4	9.9	27.2
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	17	7.9	2.2	3.6	12.1

	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	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	12	27.5	7.6	12.6	42.4
Non-smoker	*	*	*	*	*
<b>Health Insurance Status</b>					
Insured	17	6.8	2.0	2.9	10.6
Uninsured	*	*	*	*	*

**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

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,911	15.4	0.3	14.8	16.0
Northwest BT Region	64	18.8	2.5	13.9	23.7
<b>Gender</b>					
Men	27	18.6	3.6	11.4	25.7
Women	37	19.0	3.5	12.2	25.8
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	24	20.8	4.1	12.7	28.9
65 Years and Older	31	23.9	4.1	15.9	31.9
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	64	19.4	2.6	14.4	24.5
<b>Race</b>					
White	61	19.0	2.6	13.9	24.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	40	27.2	4.3	18.7	35.7
Some College or College Graduate	24	11.6	2.6	6.5	16.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	27	21.1	4.1	13.1	29.2
\$35,000 or Higher per Year	22	13.3	3.2	6.9	19.6
<b>Disability Status</b>					
Living with a Disability	42	55.1	6.3	42.7	67.6
Living without a Disability	22	8.9	2.1	4.9	13.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	22	19.7	4.5	10.8	28.5
Overweight (25 ≤ BMI < 30)	18	15.5	3.8	8.1	22.9
Obese (BMI ≥ 30)	19	21.1	5.1	11.1	31.2
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	36	15.3	2.7	9.9	20.6
Does not participate in leisure time physical activity	27	30.2	5.7	19.0	41.3
<b>Smoking Status</b>					
Current smoker	24	46.1	7.8	30.9	61.3
Non-smoker	40	12.2	2.0	8.2	16.1
<b>Health Insurance Status</b>					
Insured	57	18.8	2.7	13.6	24.1
Uninsured	*	*	*	*	*

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,773	10.5	0.2	10.0	11.0
Northwest BT Region	52	15.9	2.4	11.3	20.6
<b>Gender</b>					
Men	18	12.9	3.2	6.6	19.3
Women	34	19.0	3.5	12.2	25.8
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	23	18.6	3.8	11.2	26.1
65 Years and Older	17	12.1	2.9	6.4	17.8
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	51	16.0	2.4	11.3	20.7
<b>Race</b>					
White	49	15.7	2.4	11.0	20.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	28	19.5	4.0	11.8	27.3
Some College or College Graduate	24	12.8	2.8	7.4	18.2
<b>Annual Household Income</b>					
Less than \$35,000 per Year	23	18.0	3.9	10.4	25.7
\$35,000 or Higher per Year	19	11.5	2.9	5.7	17.3
<b>Disability Status</b>					
Living with a Disability	38	53.3	6.5	40.5	66.0
Living without a Disability	13	5.5	1.6	2.4	8.7

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	14	15.1	4.3	6.6	23.6
Overweight (25 ≤ BMI < 30)	21	16.8	3.8	9.4	24.2
Obese (BMI ≥ 30)	13	15.8	4.7	6.6	24.9
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	33	13.6	2.6	8.6	18.6
Does not participate in leisure time physical activity	18	23.1	5.5	12.4	33.8
<b>Smoking Status</b>					
Current smoker	15	31.0	7.6	16.0	46.0
Non-smoker	37	12.5	2.1	8.4	16.6
<b>Health Insurance Status</b>					
Insured	48	16.4	2.5	11.5	21.4
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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,075	9.7	0.3	9.2	10.2
Northwest BT Region	26	8.4	1.9	4.8	12.1
<b>Gender</b>					
Men	*	*	*	*	*
Women	21	12.1	2.9	6.5	17.6
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	25	8.2	1.9	4.6	11.9
<b>Race</b>					
White	25	8.3	1.9	4.6	12.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	15	10.4	3.0	4.5	16.2
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	15	12.4	3.4	5.8	19.1
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	16	23.3	6.2	11.1	35.4
Living without a Disability	*	*	*	*	*

	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	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	14	5.4	1.5	2.4	8.4
<b>Health Insurance Status</b>					
Insured	20	6.8	1.8	3.4	10.2
Uninsured	*	*	*	*	*

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	4,563	39.3	0.6	38.1	40.4
Northwest BT Region	70	42.2	4.6	33.2	51.2
<b>Gender</b>					
Men	28	47.5	7.4	33.0	61.9
Women	42	38.0	5.7	26.9	49.1
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	32	50.1	6.9	36.6	63.5
65 Years and Older	26	46.0	7.4	31.4	60.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	68	41.5	4.6	32.4	50.5
<b>Race</b>					
White	69	42.9	4.7	33.7	52.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	34	40.9	6.4	28.3	53.6
Some College or College Graduate	36	43.7	6.4	31.2	56.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	32	46.7	7.0	33.0	60.5
\$35,000 or Higher per Year	25	34.5	6.6	21.5	47.5
<b>Disability Status</b>					
Living with a Disability	37	56.4	7.9	41.0	71.8
Living without a Disability	33	34.6	5.5	23.8	45.5

	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	45	39.1	5.4	28.4	49.8
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	52	40.0	5.0	30.2	49.8
<b>Health Insurance Status</b>					
Insured	64	42.1	4.8	32.7	51.4
Uninsured	*	*	*	*	*

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	11,185	57.8	0.4	57.0	58.6
Northwest BT Region	188	59.7	3.0	53.7	65.6
<b>Gender</b>					
Men	99	71.6	4.0	63.8	79.4
Women	89	47.6	4.2	39.4	55.8
<b>Age Group</b>					
18 to 44 Years	46	63.5	6.0	51.8	75.3
45 to 64 Years	82	65.8	4.6	56.7	74.8
65 Years and Older	59	46.3	4.8	36.9	55.7
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	185	60.1	3.0	54.2	66.1
<b>Race</b>					
White	183	60.0	3.0	54.0	65.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	80	62.9	4.5	54.1	71.7
Some College or College Graduate	107	56.7	4.1	48.8	64.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	76	61.8	4.9	52.2	71.3
\$35,000 or Higher per Year	92	61.4	4.3	52.9	69.9
<b>Disability Status</b>					
Living with a Disability	40	48.1	6.5	35.3	60.9
Living without a Disability	144	62.4	3.4	55.8	69.1

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	67	63.3	4.8	53.9	72.7
Overweight (25 ≤ BMI < 30)	62	62.0	5.3	51.7	72.4
Obese (BMI ≥ 30)	52	54.9	6.0	43.1	66.8
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	138	59.8	3.5	52.9	66.6
Does not participate in leisure time physical activity	50	59.4	6.0	47.7	71.0
<b>Smoking Status</b>					
Current smoker	35	65.0	7.7	50.0	80.0
Non-smoker	151	58.3	3.3	51.9	64.8
<b>Health Insurance Status</b>					
Insured	162	56.3	3.2	50.1	62.6
Uninsured	*	*	*	*	*

**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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,547	35.2	0.6	33.9	36.4
Northwest BT Region	59	46.3	4.8	36.9	55.7
<b>Gender</b>					
Men	25	51.4	7.6	36.6	66.3
Women	34	42.6	6.1	30.6	54.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	59	46.3	4.8	36.9	55.7
<b>Race</b>					
White	59	46.7	4.8	37.3	56.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	30	46.2	6.6	33.3	59.2
Some College or College Graduate	28	45.8	6.9	32.3	59.4
<b>Annual Household Income</b>					
Less than \$35,000 per Year	30	46.8	7.0	33.1	60.4
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	38	45.5	5.9	34.0	57.0
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	24	46.0	7.4	31.5	60.4
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	41	41.7	5.5	30.9	52.5
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	51	43.9	5.0	34.2	53.7
<b>Health Insurance Status</b>					
Insured	58	46.1	4.8	36.7	55.6
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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,063	30.0	0.6	28.7	31.2
Northwest BT Region	39	28.8	4.3	20.4	37.2
<b>Gender</b>					
Men	14	26.5	6.8	13.2	39.7
Women	25	30.6	5.5	19.7	41.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	39	28.8	4.3	20.4	37.2
<b>Race</b>					
White	39	29.1	4.3	20.6	37.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	21	28.1	5.8	16.7	39.5
Some College or College Graduate	18	30.2	6.4	17.7	42.7
<b>Annual Household Income</b>					
Less than \$35,000 per Year	16	25.5	6.1	13.5	37.5
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	30	34.3	5.6	23.4	45.2
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	20	35.0	7.0	21.3	48.7
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	30	27.1	4.7	17.9	36.3
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	37	30.5	4.5	21.6	39.4
<b>Health Insurance Status</b>					
Insured	39	28.9	4.3	20.5	37.4
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**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,359	17.0	0.3	16.3	17.6
Northwest BT Region	108	31.3	2.8	25.8	36.9
<b>Gender</b>					
Men	61	39.4	4.5	30.7	48.1
Women	47	23.2	3.3	16.7	29.7
<b>Age Group</b>					
18 to 44 Years	22	27.6	5.4	17.0	38.3
45 to 64 Years	46	35.8	4.6	26.7	44.9
65 Years and Older	40	29.9	4.3	21.3	38.4
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	106	31.3	2.9	25.7	37.0
<b>Race</b>					
White	107	32.1	2.9	26.5	37.8
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	46	30.2	4.2	21.9	38.6
Some College or College Graduate	62	32.3	3.8	24.9	39.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	38	29.4	4.5	20.5	38.2
\$35,000 or Higher per Year	52	30.6	4.1	22.6	38.5
<b>Disability Status</b>					
Living with a Disability	27	32.2	5.9	20.7	43.7
Living without a Disability	78	30.6	3.3	24.2	37.0

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	30	21.6	4.0	13.8	29.5
Overweight (25 ≤ BMI < 30)	33	33.2	5.3	22.9	43.5
Obese (BMI ≥ 30)	40	40.6	5.8	29.3	51.9
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	82	32.4	3.4	25.9	39.0
Does not participate in leisure time physical activity	26	28.2	5.3	17.9	38.5
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	95	34.7	3.2	28.4	41.0
<b>Health Insurance Status</b>					
Insured	98	31.8	3.0	25.9	37.6
Uninsured	*	*	*	*	*

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

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,865	20.0	0.4	19.3	20.7
Northwest BT Region	57	21.2	2.8	15.7	26.7
<b>Gender</b>					
Men	26	23.0	4.2	14.8	31.3
Women	31	19.4	3.7	12.2	26.6
<b>Age Group</b>					
18 to 44 Years	19	27.0	5.6	16.0	38.1
45 to 64 Years	25	22.5	4.4	14.0	31.1
65 Years and Older	13	11.9	3.5	5.0	18.8
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	57	21.9	2.9	16.3	27.5
<b>Race</b>					
White	56	21.9	2.9	16.3	27.5
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	36	31.2	4.7	21.9	40.4
Some College or College Graduate	21	12.7	2.9	7.0	18.5
<b>Annual Household Income</b>					
Less than \$35,000 per Year	33	28.2	4.7	19.1	37.3
\$35,000 or Higher per Year	18	15.6	3.7	8.3	22.9
<b>Disability Status</b>					
Living with a Disability	20	34.5	7.0	20.8	48.3
Living without a Disability	36	17.3	2.9	11.7	22.9

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	28	30.6	5.2	20.4	40.9
Overweight (25 ≤ BMI < 30)	15	15.7	4.1	7.8	23.7
Obese (BMI ≥ 30)	12	17.4	5.2	7.3	27.5
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	33	16.6	3.0	10.7	22.4
Does not participate in leisure time physical activity	20	29.5	6.1	17.6	41.4
<b>Health Insurance Status</b>					
Insured	47	19.8	2.9	14.1	25.5
Uninsured	*	*	*	*	*

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

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

\* Insufficient sample and/or statistically unreliable estimate

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

**Percentage of Adults Who Stopped Smoking for One Day or Longer Because  
They Were Trying to Quit Smoking, 2013**

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	2,063	56.5	1.0	54.5	58.4
Northwest BT Region	33	63.3	7.2	49.2	77.4
<b>Gender</b>					
Men	*	*	*	*	*
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	33	63.3	7.2	49.2	77.4
<b>Race</b>					
White	33	63.9	7.2	49.7	78.1
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	*	*	*	*	*
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	*	*	*	*	*

	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	*	*	*	*	*
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Health Insurance Status</b>					
Insured	*	*	*	*	*
Uninsured	*	*	*	*	*

**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

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	961	5.5	0.2	5.1	5.9
Northwest BT Region	25	9.4	2.0	5.5	13.3
<b>Gender</b>					
Men	22	17.2	3.7	10.0	24.5
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	11	15.7	4.6	6.8	24.7
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	25	9.7	2.1	5.7	13.8
<b>Race</b>					
White	25	9.8	2.1	5.7	13.9
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	14	10.9	3.2	4.6	17.2
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	13	9.9	2.8	4.4	15.4
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	20	10.3	2.4	5.6	15.1

	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	19	10.1	2.5	5.3	15.0
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	17	7.9	2.1	3.8	12.1
<b>Health Insurance Status</b>					
Insured	20	7.9	1.9	4.2	11.5
Uninsured	*	*	*	*	*

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

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

\* Insufficient sample and/or statistically unreliable estimate

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

## Percentage of Men Who Currently Use Any Smokeless Tobacco Products, 2013

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	866	10.4	0.4	9.6	11.2
Northwest BT Region	22	17.2	3.7	10.0	24.5
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	*	*	*	*	*
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	22	17.7	3.8	10.3	25.1
<b>Race</b>					
White	22	17.6	3.8	10.3	25.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	14	20.4	5.7	9.3	31.6
Some College or College Graduate	*	*	*	*	*
<b>Annual Household Income</b>					
Less than \$35,000 per Year	*	*	*	*	*
\$35,000 or Higher per Year	11	16.6	4.9	7.0	26.2
<b>Disability Status</b>					
Living with a Disability	*	*	*	*	*
Living without a Disability	17	18.2	4.4	9.7	26.8
<b>Weight Category</b>					
Normal or Underweight (BMI < 25)	*	*	*	*	*
Overweight (25 ≤ BMI < 30)	*	*	*	*	*
Obese (BMI ≥ 30)	*	*	*	*	*

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	16	18.4	4.6	9.5	27.3
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	14	14.3	4.0	6.6	22.1
<b>Health Insurance Status</b>					
Insured	17	14.7	3.6	7.6	21.8
Uninsured	*	*	*	*	*

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

Denominator: All male respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

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

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

**Northwest BT Region**

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	3,022	12.0	0.3	11.5	12.5
Northwest BT Region	42	9.1	1.5	6.2	12.0
<b>Gender</b>					
Men	40	17.4	2.9	11.8	23.1
Women	*	*	*	*	*
<b>Age Group</b>					
18 to 44 Years	*	*	*	*	*
45 to 64 Years	*	*	*	*	*
65 Years and Older	34	26.3	4.2	18.1	34.5
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	41	9.1	1.5	6.1	12.0
<b>Race</b>					
White	41	9.3	1.5	6.3	12.3
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	22	11.7	2.6	6.6	16.7
Some College or College Graduate	20	6.9	1.7	3.6	10.2
<b>Annual Household Income</b>					
Less than \$35,000 per Year	22	13.8	3.0	7.8	19.8
\$35,000 or Higher per Year	*	*	*	*	*
<b>Disability Status</b>					
Living with a Disability	12	12.8	3.8	5.3	20.4
Living without a Disability	29	7.9	1.6	4.8	11.0

	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	12.0	2.9	6.3	17.7
Obese (BMI ≥ 30)	*	*	*	*	*
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	31	9.4	1.8	5.9	12.9
Does not participate in leisure time physical activity	*	*	*	*	*
<b>Smoking Status</b>					
Current smoker	*	*	*	*	*
Non-smoker	37	10.1	1.8	6.7	13.6
<b>Health Insurance Status</b>					
Insured	40	10.1	1.7	6.8	13.4
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

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	6,656	30.0	0.4	29.2	30.7
Northwest BT Region	92	27.9	2.8	22.4	33.4
<b>Gender</b>					
Men	48	30.1	4.1	22.0	38.3
Women	44	25.6	3.8	18.2	33.0
<b>Age Group</b>					
18 to 44 Years	25	30.5	5.6	19.6	41.5
45 to 64 Years	43	31.4	4.4	22.7	40.0
65 Years and Older	24	20.0	3.9	12.3	27.6
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	91	28.0	2.8	22.5	33.6
<b>Race</b>					
White	92	28.8	2.9	23.2	34.4
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	35	25.1	4.2	16.9	33.2
Some College or College Graduate	57	30.3	3.8	22.9	37.8
<b>Annual Household Income</b>					
Less than \$35,000 per Year	34	30.9	4.9	21.3	40.6
\$35,000 or Higher per Year	47	27.6	3.9	20.1	35.2
<b>Disability Status</b>					
Living with a Disability	26	33.3	6.4	20.8	45.8
Living without a Disability	66	27.1	3.2	20.8	33.3

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	57	25.9	3.3	19.4	32.4
Does not participate in leisure time physical activity	32	37.3	6.0	25.5	49.0
<b>Smoking Status</b>					
Current smoker	12	22.1	6.5	9.3	34.9
Non-smoker	78	29.4	3.1	23.3	35.6
<b>Health Insurance Status</b>					
Insured	88	28.8	2.9	23.2	34.5
Uninsured	*	*	*	*	*

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

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

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

## Percentage of Adults Who Are Overweight or Obese, 2013

### Northwest BT Region

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
Kansas	14,533	65.3	0.4	64.5	66.1
Northwest BT Region	208	61.7	3.0	55.8	67.7
<b>Gender</b>					
Men	114	71.0	4.3	62.6	79.3
Women	94	52.2	4.2	43.9	60.5
<b>Age Group</b>					
18 to 44 Years	45	57.6	6.0	45.8	69.3
45 to 64 Years	91	69.5	4.6	60.5	78.5
65 Years and Older	70	55.6	4.8	46.1	65.1
<b>Ethnicity</b>					
Hispanic	*	*	*	*	*
Non-Hispanic	206	62.0	3.1	56.0	68.0
<b>Race</b>					
White	204	62.0	3.1	56.0	68.0
African American	*	*	*	*	*
Other	*	*	*	*	*
Multi-Race	*	*	*	*	*
<b>Education</b>					
High School Graduate or Less	89	59.3	4.8	49.9	68.7
Some College or College Graduate	118	63.7	3.9	56.1	71.3
<b>Annual Household Income</b>					
Less than \$35,000 per Year	75	61.4	4.9	51.8	71.0
\$35,000 or Higher per Year	109	65.1	4.3	56.7	73.5
<b>Disability Status</b>					
Living with a Disability	50	61.1	6.9	47.5	74.6
Living without a Disability	153	61.8	3.4	55.0	68.5

	Unweighted Frequency	Weighted Percentage	Standard Error	95% Confidence Limits	
				Lower	Upper
<b>Leisure Time Physical Activity</b>					
Participates in leisure time physical activity	140	60.3	3.6	53.3	67.4
Does not participate in leisure time physical activity	59	70.2	5.8	58.8	81.6
<b>Smoking Status</b>					
Current smoker	27	46.5	7.7	31.4	61.5
Non-smoker	176	66.0	3.2	59.7	72.3
<b>Health Insurance Status</b>					
Insured	195	63.9	3.1	57.7	70.1
Uninsured	*	*	*	*	*

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

Denominator: All respondents, excluding unknowns and refusals.

\* Insufficient sample and/or statistically unreliable estimate

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

## 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>