MENTAL HEALTH BURDEN IN SEDGWICK COUNTY, KANSAS

NU 780 POPULATION HEALTH

MODULE 4: POPULATION IDENTIFICATION PRESENTATION

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POPULATION OF INTEREST: ADULTS IN ZIP CODE 67203

- Adult residents living in ZIP code 67203 in Wichita, Sedgwick County, Kansas.

- Urban community within a regional hub for health care and social services.

- Population examined with county and ZIP level indicators of mental health and quality of life.

- Focus on self reported mentally unhealthy days in the past 30 days as a core metric (County Health Rankings and Roadmaps, 2025a).

POPULATION HEALTH DATA: MENTALLY UNHEALTHY DAYS

- Sedgwick County adults report about 5 mentally unhealthy days in the past 30 days (Kansas Health Institute, 2025).

- County Health Rankings and Roadmaps uses 2022 data in its 2025 release, supporting stable trend comparisons (County Health Rankings and Roadmaps, 2025a).

- Kansas Health Matters reports approximately 5.5 mentally unhealthy days and classifies Sedgwick County among worse performing counties (Kansas Health Matters, 2025).

- These indicators show a sustained pattern of frequent mentally unhealthy days that exceeds desirable benchmarks.

STRUCTURAL AND COMMUNITY CONTEXT: ZIP 67203

- AARP Livability Index gives ZIP 67203 a Health score of 46 out of 100 (AARP, 2024).

- Score indicates gaps in prevention, access, and quality of behavioral health services (AARP, 2024).

- CDC PLACES provides neighborhood level mental health estimates for Sedgwick County (Centers for Disease Control and Prevention, 2024).

- PLACES highlights tracts with higher frequent mental distress, aligning with elevated county level averages.

- PLACES notes that some updates were delayed because of a government shutdown, but data still offer a useful baseline.

RATIONALE: FREQUENT MENTALLY UNHEALTHY DAYS AS A PRIORITY

- Cross source evidence shows 5 to 5.5 mentally unhealthy days per month, a clinically significant burden (Kansas Health Institute, 2025; Kansas Health Matters, 2025).

- Poor mental health days are linked to reduced quality of life, functioning, and productivity (County Health Rankings and Roadmaps, 2025a).

- Worse performing status compared with other Kansas and U.S. counties suggests inequities in mental health outcomes (Kansas Health Matters, 2025).

- A low Health score on the AARP Livability Index points to modifiable gaps in prevention, access, and continuity of care (AARP, 2024).

- Neighborhood variation in PLACES estimates raises equity concerns and signals the need for targeted services (Centers for Disease Control and Prevention, 2024).

PRACTICE IMPLICATIONS AND THEORETICAL ALIGNMENT

- Data support system level and community level interventions, not only individual clinical care.

- The Minnesota Public Health Intervention Wheel guides population based nursing actions across levels (Minnesota Department of Health, 2025).

- For this population, priority interventions include routine depression and anxiety screening in primary and urgent care settings.

- Automatic referral pathways and closed loop follow up help ensure connection to mental health services after a positive screen.

- Behavioral health coalitions can coordinate outreach, workplace based screening, and navigation supports for uninsured and underinsured adults.

- Social marketing campaigns can normalize help seeking, reduce stigma, and target neighborhoods with high frequent mental distress (Centers for Disease Control and Prevention, 2024; Minnesota Department of Health, 2025).

- These strategies address frequent mentally unhealthy days and aim to reduce average mentally unhealthy days and time to treatment initiation at the population level.

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