Kansas entered the Union on January 29, 1861, as the 34th state, a free state. It is named after the Kansa Native American tribe, which originally inhabited the area. Kansas is the 15th largest state by land area, and the 34th most populous state (2013 Census estimate). The state capital is Topeka, with a population of 127,939 (2012 Census estimate). Topeka is located in Shawnee County. Kansas tends to have a decentralized local government structure with 105 counties, 627 incorporated cities, 100 decentralized local health departments and 286 unified school districts.

Compared with national averages, Kansas is a bit younger, less racially diverse and much less densely populated. Kansas has a lower median household income than the U.S., but fewer people living in poverty. However, Kansas mirrors national trends in many areas, with few dramatic differences from U.S. demographic breakouts, proportionally.

Before reviewing current demographics in anticipation of planning for a healthier Kansas in 2020, we first look back in a brief historical overview of demographic and key health outcome trends.

**Historical Overview**

During the last 110 years, Kansas, like the rest of the nation, has evolved demographically while making great strides in improving health outcomes.
Kansas in 1900

Like today, the eastern side of the state was more densely populated than the western side in 1900, but the population was more homogenously distributed. Kansas represented 2 percent of the total U.S. population, and the 10 most populous counties comprised 28 percent of the state’s population.

10 Most Populous Counties in 1900

<table>
<thead>
<tr>
<th>Number of Farms: 173,000+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leading Causes of Death:</td>
</tr>
<tr>
<td>1. Pneumonia and Influenza</td>
</tr>
<tr>
<td>2. Tuberculosis</td>
</tr>
<tr>
<td>3. Diarrheal diseases</td>
</tr>
<tr>
<td>U.S. Infant Mortality Rate: 162 infant deaths per 1,000 live births</td>
</tr>
<tr>
<td>U.S. Life Expectancy: 47 Years</td>
</tr>
</tbody>
</table>
Kansas in 1960

In 1960, the population was distributing more toward urban areas and regional centers. Kansas represented 1.2 percent of the U.S. population, and the 10 most populous counties comprised more than half (51%) of the Kansas population. The number of farms decreased by 40 percent between 1900 and 1960. The infant mortality rate decreased to one-sixth of what it was in 1900, and life expectancy increased nearly 50 percent.

10 Most Populous Counties in 1960
1. Sedgwick
2. Wyandotte
3. Johnson
4. Shawnee
5. Reno
6. Saline
7. Leavenworth
8. Montgomery
9. Douglas
10. Riley

Number of Farms: 104,000

Leading Causes of Death:
1. Heart Disease
2. Cancer
3. Cerebrovascular Disease

U.S. Infant Mortality Rate: 26 infant deaths per 1,000 live births

Kansas Infant Mortality Rate: 22 infant deaths per 1,000 live births

U.S. Life Expectancy: 70 Years
Kansas in 2010

The national growth rate continued to outpace Kansas’ population growth. By 2010, Kansans represented less than 1 percent of the nation’s population. There were 38,000 fewer farms in 2010 compared with 1960. The geographic trend of increasing densities in urban and regional centers continued, with decreasing populations in the most rural areas of the state. The 10 most populous counties comprised nearly two-thirds (64%) of the state’s population. The 60 smallest counties together made up less than 10 percent of the state’s population. Health outcomes continued to improve, in Kansas and nationally. The state’s infant mortality rate was down 71 percent compared with 1960, and life expectancy increased from 70 to 79 years.

### 10 Most Populous Counties in 2010

1. Johnson
2. Sedgwick
3. Shawnee
4. Wyandotte
5. Douglas
6. Leavenworth
7. Riley
8. Butler
9. Reno
10. Saline

<table>
<thead>
<tr>
<th>Number of Farms: 66,000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leading Causes of Death:</strong></td>
</tr>
<tr>
<td>1. Heart Disease</td>
</tr>
<tr>
<td>2. Cancer</td>
</tr>
<tr>
<td>3. Chronic Lower Respiratory Diseases</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>U.S. Infant Mortality Rate: 6.3 infant deaths per 1,000 live births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kansas Infant Mortality Rate: 6.3 infant deaths per 1,000 live births</td>
</tr>
</tbody>
</table>

| U.S. Life Expectancy: 79 Years |
These highlights demonstrate that significant change has happened in Kansas in the past, both in demographics and key health outcomes. However, those changes are most evident when tracked over decades rather than single years. Looking at the past reminds us that significant demographic shifts can take place in our population, which may contribute to health outcomes. It also gives us hope for making significant impact on the health of Kansans as we move toward 2020 and beyond.

**Age, Gender and Race and Ethnicity Distribution**

In 2013, Kansas had an estimated total population of 2,893,957, compared with 316,128,839 for the U.S. For Kansas, this represents a 1.4 percent increase, compared with a 2.4 percent increase nationally for the same period. Our population is 50.3 percent female and 49.7 percent male, which is similar to the national percentage of female (50.8%) and male (49.2%).

Racially, Kansans are 87.2 percent white “alone” (as opposed to in combination with another race). Black or African-American alone is the largest racial minority, which is 6.2 percent of the population. More than 1 in 10 (11.0%) Kansans are of Hispanic ethnicity (2012 Census estimates).
Seven percent of Kansans are under 5 years old, compared with 6.4 percent for the U.S. One quarter (25.1%) of Kansas are under 18 years old, which is also slightly higher than national proportion (23.5%). Both Kansas and the U.S. have 13.7 percent of the population 65 years old and older (2012 Census estimates).

The median age of Kansans is 36.0, compared with 37.4 for the U.S. (2012 Census estimates). Racial and ethnic minorities have younger median ages than white Kansans, and males have younger median ages than females. Hispanic males and females have young median ages, at 23.8 and 23.2 years, respectively. Those identifying themselves using two or more races have a much younger median age. The way younger people versus older people choose to identify racially or how parents identify their children may be contributing factors to the extremely young age of those using two or more racial categories to self-identify.

Source: 2012 U.S. Census population estimates
Looking at graphs showing five-year age groups by gender, also known as population pyramids, we can see how the population is distributed throughout the age groups and how minority racial and ethnic groups tend to be younger.
Socioeconomic Factors

Compared with the U.S., Kansas has a slightly lower per capita income ($26,390 versus $27,319), median family income ($79,648 versus $83,124), and median household income ($50,241 versus $51,371). However, fewer Kansans (14.0%) are living in poverty than the national proportion (15.9%) (2012 U.S. Census, American Community Survey).

Considering family income, Kansas has more families in the middle income ranges and fewer in the lowest and highest income categories than the U.S.: 51.0 percent of Kansas families have incomes ranging from $35,000 to $99,999 compared to 46.5 percent of U.S. families. Only 6.2 percent of Kansas families are in the lowest income category (less than $15,000) compared to 8.4 percent of U.S. families. Looking at the highest income category, the proportion of U.S. families earning $100,000 or more is 27.1 percent, slightly higher than the proportion of Kansas families (25.1%) in the same category.

Poverty determinations are based on annual income and family size. Poverty ratios measure income as a ratio to the poverty level: 100 percent poverty is equal to the poverty level, while 200 percent poverty represents an annual income twice as much as the poverty level. The higher the income, the greater the poverty ratio. Poverty ratios are often a key factor determining eligibility for federal and state programs, including Medicaid and CHIP. For example, pregnant women in Kansas with an income below 150% poverty are eligible for Medicaid.
This table lists the 2012 federal poverty guidelines, which apply to Kansas and the other 47 contiguous states and the District of Columbia. (Alaska and Hawaii have separate guidelines.) Selected poverty ratios for are also provided for reference.

<table>
<thead>
<tr>
<th>Persons in Family/ Household</th>
<th>Poverty Guideline (100% Poverty)</th>
<th>150% Poverty</th>
<th>200% Poverty</th>
<th>300% Poverty</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$11,170</td>
<td>$16,755</td>
<td>$22,340</td>
<td>$33,510</td>
</tr>
<tr>
<td>2</td>
<td>$15,130</td>
<td>$22,695</td>
<td>$30,260</td>
<td>$45,390</td>
</tr>
<tr>
<td>3</td>
<td>$19,090</td>
<td>$28,635</td>
<td>$38,180</td>
<td>$57,270</td>
</tr>
<tr>
<td>4</td>
<td>$23,050</td>
<td>$34,575</td>
<td>$46,100</td>
<td>$69,150</td>
</tr>
<tr>
<td>5</td>
<td>$27,010</td>
<td>$40,515</td>
<td>$54,020</td>
<td>$81,030</td>
</tr>
<tr>
<td>6</td>
<td>$30,970</td>
<td>$46,455</td>
<td>$61,940</td>
<td>$92,910</td>
</tr>
</tbody>
</table>

Poverty guidelines, which are used for program eligibility determination, are slightly different than poverty thresholds, which are used by the Census Bureau for statistical purposes. (See http://aspe.hhs.gov/poverty/12poverty.shtml for original source and more information.)

Based on the latest estimates (2012 U.S. Census, American Community Survey), 14 percent of Kansans are below 100 percent poverty and 1 in 3 (33.3%) are below 200 percent poverty.

By age group, children are more likely to be below 100 percent and 200 percent poverty than adults. (2010-2012 U.S. Census, American Community Survey)
According to the 2012 American Community Survey (U.S. Census), 13.0 percent of Kansans were uninsured. More than one quarter (27.2%) of those living below poverty are uninsured, compared with 5.7 percent of those at 250 percent poverty or higher.

Statewide, 6.6 percent of children 0 to 17 years old are uninsured (2012 American Community Survey). By poverty ratio, the highest proportion of uninsured children is in the 100 to 149 percent poverty group.
According to the Kansas Labor Information Center, the unemployment rate for 2013 was 5.4 percent. Looking at the trend over several months, monthly cycles were higher than average during the summer as well as in January and February.
According to the American Community Survey (2012), the educational attainment levels of Kansans are slightly higher than the U.S. average: 90.1 percent of Kansans have at least a high school diploma compared with 86.4 percent nationally, and 30.4 percent of Kansans have a bachelor’s degree or higher compared with 29.1 percent in the U.S.

Slightly more than 1 in 10 Kansans (11.2%) speak a language other than English at home compared with 1 in 5 (21%) nationally. Among those who speak a language other than English at home, Spanish is the most common, both nationally and in Kansas. An estimated 4.4 percent of Kansans 5 years old and older speak English less than “very well,” meaning they may struggle to understand health and medical information provided in English only. This compares to 8.5 percent nationally.

Percentage of Languages Spoken Other Than English

- **Spanish**: 13.0% (U.S.), 7.5% (Kansas)
- **Other Indo-European Languages**: 3.8% (U.S.), 1.4% (Kansas)
- **Asian & Pacific Islander Languages**: 3.3% (U.S.), 1.8% (Kansas)
- **Other Languages**: 0.9% (U.S.), 0.4% (Kansas)

2012 American Community Survey
According to the American Community Survey (2012), the mean travel time to work for Kansans is 19 minutes compared with 25.74 minutes nationally. Kansas also has lower urban (18.2 minutes) and rural (21.5 minutes) commute times compared to the national averages. The percentage of people who take less than 15 minutes to get to work is higher in Kansas (41%) than nationally (27.6%).