

Kansas Prevention Data Cheat Sheet



Quick, Credible Stats Advocates Can Use in Elevator Speeches

Use one strong data point, not a data dump, to show urgency and impact. These Kansas-specific examples are drawn from trusted state and national sources.

Substance Use Prevention

- **Fatal overdose deaths in 2024 were at 19.3% compared to 16.8% in 2020**, with stimulants or opioids involved in the majority of deaths [kdhe.ks.gov]
- **62.5% of these Kansas overdose deaths had at least one potential opportunity for intervention** [cdc.gov]
- **8.9% of Kansas youth surveyed in 2025 have had alcohol at least once in the past 30 days** [kctcdata.org]

How to use in a pitch:

“Data from Kansas shows overdose deaths have risen in recent years, most involving stimulants and/or opioids. This is preventable with early, evidence-based prevention.”

Suicide Prevention & Mental Health

- **Suicide is the 2nd leading cause of death for Kansans ages 15–34** [results.kctcdata.org]
- **Over 550 Kansans die by suicide each year**, and thousands more experience suicidal thoughts or attempts [results.kctcdata.org]
- **About 20% of Kansas youth experience a major depressive episode**, impacting roughly 50,000 young people annually [kansasreflector.com]
- **More than 116,000 Kansas adults report serious thoughts of suicide each year** [nami.org]

How to use in a pitch:

“Suicide is one of the leading causes of death for young Kansans, but data shows that prevention and early mental health support can reduce risk before crisis occurs.”

Problem Gambling Prevention

- **Over 70% of Kansas adults reported gambling in the past year**, a significant increase since 2017 [kslegislature.gov]
- **Moderate and high-risk gambling behaviors have nearly tripled in Kansas**, with high-risk rates increasing fivefold since 2017 [bircheshealth.com]
- High-risk problem gamblers in Kansas report **higher rates of depression, financial stress, relationship harm, and suicide attempts** [bircheshealth.com]

How to use in a pitch:

“As gambling access has expanded in Kansas, so has the risk. Data shows prevention and education are essential to reduce long-term harm.”

Why Prevention Works in Kansas

- Prevention programs cost far less than crisis response, treatment, or incarceration and reduce long-term public spending [[kansasprev...rative.org](https://www.kansaspreventive.org)]
- The Kansas Strategic Prevention Plan prioritizes data-driven prevention across substance use, suicide, mental health, and problem gambling [[kansasprev...rative.org](https://www.kansaspreventive.org)]

Tips for Using Kansas Data

- Use local or state data whenever possible
- Stick to one clear statistic
- Pair the number with human impact
- Cite trusted sources: Kansas Department of Health and Environment (KDHE), Kansas Department for Aging and Disability Services (KDADS), Kansas Communities That Care Student Survey (KCTC), Kansas Young Adult Survey (KYAS), Kansas Health Institute (KHI), Centers for Disease Control and Prevention (CDC), etc.

