Kentucky

State Health Department Website: chfs.ky.gov/agencies/dph

Summary

Strengths:
- High high school graduation rate
- High percentage of fluoridated water
- Low violent crime rate

Challenges:
- High prevalence of multiple chronic conditions
- High premature death rate
- High prevalence of cigarette smoking

Highlights:

- **HIGH SCHOOL GRADUATION RACIAL GAP**: ▼30% between 2017 and 2018 from 14.2 to 9.9 percentage points
- **HIGH-SPEED INTERNET**: ▲13% between 2015 and 2018 from 75.9% to 85.6% of households
- **AIR POLLUTION**: ▼37% between 2007-2009 and 2017-2019 from 12.6 to 79 micrograms of fine particulate per cubic meter

Economic Hardship Index

The economic hardship index compares financial strain between states. It combines six population-level social and economic measures to provide a more complete picture of the difficulties faced by communities than a single measure could provide.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crowded Housing (units with more than one person/room)</td>
<td>2.1%</td>
</tr>
<tr>
<td>Dependency (ages 0-17 or ages 65+)</td>
<td>39.3%</td>
</tr>
<tr>
<td>Education (ages 25+ without a high school diploma)</td>
<td>12.8%</td>
</tr>
<tr>
<td>Per Capita Income</td>
<td>$29,029</td>
</tr>
<tr>
<td>Poverty (households below the poverty level)</td>
<td>16.2%</td>
</tr>
<tr>
<td>Unemployment (ages 16-64)</td>
<td>4.9%</td>
</tr>
</tbody>
</table>

Multiple Chronic Conditions

Chronic conditions are medical conditions that last more than a year, require ongoing medical attention and/or limit activities of daily living. Adults with multiple chronic conditions represent one of the highest-need segments of the population.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>34.3%</td>
</tr>
<tr>
<td>Asthma</td>
<td>9.5%</td>
</tr>
<tr>
<td>Cancer (excluding skin)</td>
<td>9.0%</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>12.1%</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>3.9%</td>
</tr>
<tr>
<td>Chronic Obstructive Pulmonary Disease</td>
<td>10.8%</td>
</tr>
<tr>
<td>Depression</td>
<td>25.7%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>13.3%</td>
</tr>
</tbody>
</table>
### Measures

#### SOCIAL & ECONOMIC FACTORS

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>++</td>
<td>-0.151</td>
<td>34</td>
<td>0.965</td>
</tr>
</tbody>
</table>

**Community and Family Safety**
- Occupational Fatalities (deaths per 100,000 workers) +++ 4.9 26 2.9
- Public Health Funding (dollars per person) +++ $91 27 $289
- Violent Crime (offenses per 100,000 population) +++ 217 7 115

**Economic Resources**
- Economic Hardship Index (index from 1-100) ++ 70 43 1
- Food Insecurity (% of households) + 14.7 43 78
- Income Inequality (80-20 ratio) ++ 4.88 39 3.70

**Education**
- High School Graduation (% of students) +++ 90.3 3 914
- High School Graduation Racial Gap (percentage point difference) +++ 9.9 10 3.9

**Social Support and Engagement**
- Adverse Childhood Experiences (% of children ages 0-17) ++ 17.8 39 8.9
- High-speed Internet (% of households) ++ 85.6 40 92.9
- Residential Segregation (index from 0-100) +++ 57 30 42
- Volunteerism (% of adults) ++ 281 37 51.0
- Voter Participation — Midterm (% of U.S. citizens) +++ 53.8 25 65.6

#### PHYSICAL ENVIRONMENT

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>+++</td>
<td>0.406</td>
<td>19</td>
<td>0.816</td>
</tr>
</tbody>
</table>

**Air and Water Quality**
- Air Pollution (micrograms of fine particles per cubic meter) ++ 79 33 41
- Drinking Water Violations (% of community water systems) ++ 17 39 0.0
- Non-smoking Regulation (% of population)* ++ 35.2 31 100.0
- Risk-screening Environmental Indicator Score (unitless score) +++ 3,827,804 26 317
- Water Fluoridation (% of population served) ++++ 98.8 1 99.8

**Climate Change**
- Climate Change Policies (number of four policies)* +++ 25 4
- Transportation Energy Use (trillions of BTUs per 100,000 population)* ++ 111 40 5.8

**Housing and Transit**
- Drive Alone to Work (% of workers) ++ 82.0 38 52.8
- Housing With Lead Risk (% of housing stock) +++ 15.6 23 5.2
- Severe Housing Problems (% of occupied housing units) ++++ 13.7 12 11.2

#### CLINICAL CARE

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
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</tr>
</thead>
<tbody>
<tr>
<td>++</td>
<td>-0.121</td>
<td>31</td>
<td>1.443</td>
</tr>
</tbody>
</table>

**Access to Care**
- Avoided Care Due to Cost (% of adults) +++ 121 21 8.2
- Providers
  - Dental Providers (number per 100,000 population) +++ 56.9 29 90.6
  - Mental Health Providers (number per 100,000 population) +++ 2491 28 666.4
  - Primary Care Providers (number per 100,000 population) +++ 2701 17 362.8
  - Uninsured (% of population) ++++ 6.4 14 3.0

**Preventive Clinical Services**
- Colorectal Cancer Screening (% of adults ages 50-75) +++ 89.8 25 77.1
- Dental Visit (% of adults) + 61.9 41 76.5
- Immunizations
  - Childhood Immunizations (% by age 35 months) + 71.9 43 86.6
  - Flu Vaccination (% adults) ++ 421 31 50.5
- HPV Vaccination (% of adolescents ages 13-17) +++ 54.9 25 78.9

**Quality of Care**
- Dedicated Health Care Provider (% of adults) +++ 81.7 14 88.8
- Preventable Hospitalizations (discharges per 100,000 Medicare enrollees) + 5,509 46 1,971

#### BEHAVIORS

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>+</td>
<td>-1.328</td>
<td>48</td>
<td>1.072</td>
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</table>

**Sleep Health**
- Insufficient Sleep (% of adults) + 411 48 28.7

**Nutrition and Physical Activity**
- Exercise (% of adults) + 15.3 50 28.5
- Fruit and Vegetable Consumption (% of adults) + 47 50 14.1
- Physical Inactivity (% of adults) + 32.8 48 18.5

**Sexual Health**
- Chlamydia (cases per 100,000 population) ++++ 436.4 11 108.2
- High-risk HIV Behaviors (% of adults) +++ 6.4 28 4.7
- Teen Births (births per 1000 females ages 15-19) + 273 47 7.2

**Tobacco Use**
- E-cigarette Use (% of adults)* + 23.6 49 7.9
- Smoking (% of adults) + 23.6 49 7.9

#### ALL DETERMINANTS

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</tr>
</thead>
<tbody>
<tr>
<td>+</td>
<td>-0.385</td>
<td>43</td>
<td>0.865</td>
</tr>
</tbody>
</table>

**Behavioral Health**
- Depression (% of adults)* + 25.7 49 11.8
- Excessive Drinking (% of adults) +++ 16.8 16 12.0
- Frequent Mental Distress (% of adults) ++ 172 45 10.6
- Non-medical Drug Use (% of adults) ++ 13.4 39 6.4

**Mortality**
- Drug Deaths (deaths per 100,000 population)* + 29.8 41 6.8
- Premature Death (years lost before age 75 per 100,000 population) + 10,082 47 5,648
- Premature Death Racial Inequality (ratio) ++++ 11 4 10
- Suicide (deaths per 100,000 population)* +++ 179 30 8.6

**Physical Health**
- Frequent Physical Activity (% of adults) + 16.6 48 9.3
- Low Birthweight (% of live births) ++ 8.9 37 5.8
- Low Birthweight Racial Gap (percentage point difference) +++ 6.1 22 2.4
- Multiple Chronic Conditions (% of adults) + 151 49 6.4
- Risk Factors
  - High Blood Pressure (% of adults)* + 409 46 25.8
  - High Cholesterol (% of adults)* + 379 49 28.1
  - Obesity (% of adults) + 365 45 23.8

**OVERALL**
- -0.493 — 0.723

* Measure not included in overall score. For measure definitions, source details and methodology, visit www.AmericasHealthRankings.org
— Indicates data missing or suppressed.