

Kentucky

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

Summary

Strengths:

- Low prevalence of excessive drinking
- High flu vaccination coverage
- Low percentage of low-care nursing home residents

Challenges:

- High prevalence of physical inactivity
- High early death rate
- High prevalence of frequent mental distress

Highlights:

EXCESSIVE DRINKING

▲38% in the past four years from 4.0% to 5.5% of adults ages 65+

FOOD INSECURITY

▼11% in the past year from 16.6% to 14.8% of adults ages 60+

LOW-CARE NURSING HOME RESIDENTS

▼24% in the past year from 7.4% to 5.6% of residents

FLU VACCINATION

▼14% in the past four years from 68.9% to 59.4% of adults ages 65+

FREQUENT MENTAL DISTRESS

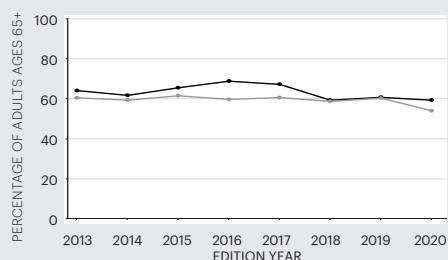
▲55% in the past four years from 7.3% to 11.3% of adults ages 65+

TEETH EXTRACTIONS

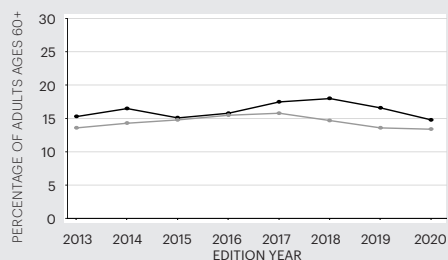
▲12% in the past two years from 22.0% to 24.6% of adults ages 65+

Trends

FLU VACCINATION



FOOD INSECURITY



State ● Nation ○

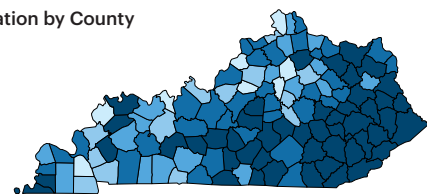
 For source details and methodology visit
www.AmericasHealthRankings.org

Risk of Social Isolation

Social isolation, defined as an absence of meaningful social relationships, can negatively impact physical health and mental well-being of seniors. The risk of social isolation measure can be used by states to identify counties in greater need of interventions that alleviate isolation and loneliness in older adults.

Risk of Social Isolation by County

- ≤ 18th
- 19th to 38th
- 39th to 57th
- 58th to 77th
- ≥ 78th



Percentile of the mean
z-scores for six risk factors
in adults ages 65 and older,
relative to all U.S. counties

Risk Factors Among Adults Ages 65+

Risk Factors Among Adults Ages 65+	State Value (%)
Disability	41.3
Divorced, Separated or Widowed	40.6
Independent Living Difficulty	16.8
Live Alone	11.0
Never Married	4.1
Poverty	10.8

Source: U.S. Census Bureau, American Community Survey, 2014-2018

Measures

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

	Rating	2020 Value	2020 Rank	No. 1 State
BEHAVIORS*	+	-1.218	50	1.050
Insufficient Sleep (% of adults ages 65+)	+	29.8	44	20.9
Physical Activity and Nutrition*	+	-1.752	50	1.393
Exercise (% of adults ages 65+)	+	11.6	48	24.5
Physical Inactivity (% of adults ages 65+ in fair or better health)	+	41.5	50	20.3
Fruit Consumption (% of adults ages 65+)	+	26.6	47	42.2
Vegetable Consumption (% of adults ages 65+)	+	9.6	46	19.6
Substance Use*	+	-0.664	41	1.912
Excessive Drinking (% of adults ages 65+)	+++++	5.5	9	3.6
Smoking (% of adults ages 65+)	+	13.1	49	5.5
SOCIAL & ECONOMIC FACTORS*	+	-0.424	41	1.110
Household Economics*	++	-0.512	39	1.398
Food Insecurity (% of adults ages 60+)	++	14.8	37	6.6
Poverty (% of adults ages 65+)	++	10.2	38	5.5
SNAP Reach (participants per 100 adults ages 60+ living in poverty)	++	60.4	34	100.0
Social Support and Engagement*	+	-0.687	48	1.425
Community Support Expenditure (dollars per adult ages 60+)	++	\$26	37	\$265
Low-care Nursing Home Residents (% of residents)	+++++	5.6	10	2.1
Risk of Social Isolation (percentile of mean z-scores for risk factors in adults 65+)	+	87	45	1
Volunteerism (% of adults ages 65+)	+	18.9	50	44.6
Voter Turnout (% of citizens ages 65+)	++	63.5	38	78.9
Violent Crime (offenses per 100,000 population)	+++++	212	7	112
PHYSICAL ENVIRONMENT*	++	-0.092	39	1.272
Air and Water Quality*	+	-0.403	45	1.110
Air Pollution (micrograms of fine particles per cubic meter)	++	8.1	36	4.4
Non-smoking Regulation (% of population)	++	35.2	31	100.0
Drinking Water Violations (% of community water systems)	+	4.8	44	0.0
Severe Housing Problems (% of occupied housing units)	++++	13.9	11	11.2
CLINICAL CARE*	+	-0.668	47	0.795
Access to Care*	+	-0.856	47	1.524
Avoided Care Due to Cost (% of adults ages 65+)	+	6.3	41	2.8
Dedicated Health Care Provider (% of adults ages 65+)	+++	94.0	21	96.6
Geriatricians (number per 100,000 adults ages 65+)	+	6.3	46	26.9
Home Health Care Workers (number per 1,000 adults ages 65+ with a disability)	+	69	47	398
Preventive Clinical Services*	++	-0.190	35	0.850
Cancer Screenings (% of seniors)	+++	71.5	29	81.1
Immunizations*	+++	0.090	25	1.220
Flu Vaccination (% of adults ages 65+)	+++++	59.4	10	65.6
Pneumonia Vaccination (% of adults ages 65+)	++	72.6	32	78.6
Shingles Vaccination (% of adults ages 65+)	++	41.6	37	55.9
Quality of Care*	+	-0.958	49	1.465
Hospice Care (% of Medicare decedents)	+	41.6	45	59.4
Hospital Readmissions (% of hospitalized Medicare enrollees ages 65-74)	+++	16.0	23	14.0
Nursing Home Quality (% of 4- or 5-star beds)	+	37.5	44	67.9
Preventable Hospitalizations (discharges per 100,000 Medicare enrollees ages 65-74)	+	3,924	49	1,128
ALL DETERMINANTS*	+	-0.657	48	0.847
HEALTH OUTCOMES*	+	-1.349	49	1.183
Health Status*	+	-1.620	48	1.543
Able-bodied (% of adults ages 65+)	+	60.3	46	70.6
Frequent Mental Distress (% of adults ages 65+)	+	11.3	48	4.6
Frequent Physical Distress (% of adults ages 65+)	+	21.4	48	13.2
High Health Status (% of adults ages 65+)	+	34.5	44	52.6
Injury and Illness*	+	-1.027	47	1.660
Falls (% of adults ages 65+)	+	30.7	42	20.0
Multiple Chronic Conditions, 4+ (% Medicare enrollees ages 65+)	+	44.4	46	23.6
Obesity (% of adults ages 65+)	++	30.8	33	17.4
Teeth Extractions (% of adults ages 65+)	+	24.6	49	6.2
Mortality*	+	-1.452	49	1.098
Early Death (deaths per 100,000 adults ages 65-74)	+	2,407	49	1,419
Suicide (deaths per 100,000 adults ages 65+)	++	20.5	35	9.4
OVERALL*	+	-0.830	—	0.868

* Value indicates z-score. Negative scores are below U.S. value; positive scores are above U.S. value. Years reflect edition year, not data source year. For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.

—Indicates data suppressed.