



KENTUCKY

STATE HEALTH PROFILE



Overall America's Health Ranking: **41**

United Health Foundation. (2024 Annual Report). America's Health Rankings.
www.america'shealthrankings.org

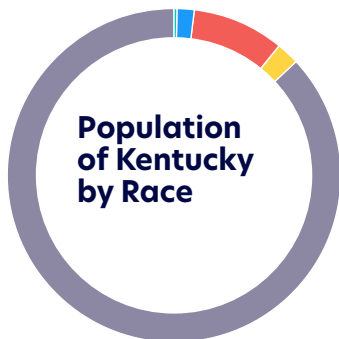


Source: National Commission on Certification of PAs. (2023). Statistical Profile of Board Certified PAs by State

Total Population of PAs in KY: 1,899
PAs Practicing in a Rural Area: 21.4%

- 0.0% – American Indian/Alaskan Native
- 1.4% – Asian
- 1.7% – Black/African American
- 1.4% – Multi-race
- 0.0% – Native Hawaiian/Pacific Islander
- 0.7% – Other
- 92.6% – White
- 2.2% – Prefer not to answer

1.2% – Percentage of PAs by Hispanic, Latino(a), or Spanish origin



Source: United States Census Bureau accessible at Census.gov/quickfacts

Total Population: ~4.6 Million

- 0.3% – American Indian/Alaskan Native
- 1.8% – Asian
- 8.8% – Black/African American
- 0.1% – Native Hawaiian/Pacific Islander
- 2.3% – Two or More Races
- 86.7% – White

5.0% – Hispanic/Latino
82.4% – White Alone, Not Hispanic or Latino

Populations At Risk for Health Disparities

Source: United States Census Bureau accessible at Census.gov/quickfacts

 **Veterans**
235,118


 **Language Other than English Spoken at Home**
6.4%

 **People Living with a Disability Under Age 65**
13.4%

 **People without Health Insurance Under 65**
6.5%

 **Medicaid/CHIP Enrollment**
28.3%

Kaiser Family Foundation, Medicaid State Fact Sheets 2022

 **Medicare Beneficiaries**
21%
Source: Kaiser Family Foundation, State Health Facts 2021

 **Poverty**
16.4%

 **2020 Rural Population**
41.3%

 **Persons with Less Than High School Education**
11.0%

Top Ten Drivers of Poor Health Rankings

1 Multiple Chronic Conditions

Percentage of adults who had three or more of the following chronic health conditions: arthritis, asthma, chronic kidney disease, chronic obstructive pulmonary disease, cardiovascular disease (heart disease, heart attack or stroke), cancer (excluding non-melanoma skin cancer), depression, or diabetes

2 Adverse Childhood Experiences

Percentage of children ages 0-17 who have ever experienced two or more of the following: parental divorce or separation; household with an alcohol or drug problem; neighborhood violence victim or witness; household with mental illness; domestic violence witness; parent served jail time; treated or judged unfairly due to race/ethnicity, sexual orientation, gender identity, or a health condition or disability; or death of a parent (2-year estimate)

3 Premature Death

Years of potential life lost before age 75 per 100,000 population (1-year estimate)

4 Smoking

Percentage of adults who reported smoking at least 100 cigarettes in their lifetime and currently smoke daily or some days

5 Frequent Physical Distress

Percentage of adults who reported their physical health was not good 14 or more days in the past 30 days

6 Teen Births

Births per 1,000 females ages 15-19

7 Economic Hardship Index

Index of state economic conditions based on crowded housing, dependency, education, income, poverty and unemployment

8 Insufficient Sleep

Percentage of adults who reported sleeping, on average, fewer than seven hours in a 24-hour period

9 Occupational Fatalities

Number of fatal occupational injuries in construction, manufacturing, trade, transportation, and utility industries as well as professional and business services per 100,000 workers (3-year estimate)

10 Food Insecurity

Percentage of households unable to provide adequate food for one or more household members due to lack of resources

Source: United Health Foundation. (2024 Annual Report). America's Health Rankings. www.americashealthrankings.org

1 Multiple Chronic Conditions

- Encourage patients to reduce their risk of developing chronic diseases, including eating healthy, not smoking, getting enough regular physical activity, and avoiding excessive drinking
- Explore County Health Rankings & Roadmaps and the U.S. Community Preventive Services Task Force resources to help support individuals with multiple chronic conditions such as comprehensive telehealth interventions to improve diet and text messaging interventions for medication adherence

2 Adverse Childhood Experiences

- Consider screening and assessing patients for ACES

3 Premature Death

- Collaborate with state and local health departments to understand causes of premature death and consider increased health risk screenings, increasing vaccine rates, and increasing access to care for underserved populations

4 Smoking

- Advocate for smoke-free policies and increased taxes on tobacco products
- Explore evidence-based strategies to address tobacco use at County Health Rankings & Roadmaps and the Community Preventive Services Task Force
- Link patients to smoking cessation resources including Smokefree.gov, the Centers for Disease Control and Prevention, and the American Lung Association

5 Frequent Physical Distress

- Explore strategies to reduce the prevalence of frequent physical distress include reducing the risk of developing chronic conditions such as cardiovascular disease, cancer, diabetes, obesity, and arthritis. This may be done by focusing on evidence-based interventions that curb smoking, increase physical activity, and promote healthy eating.

6 Teen Births

- Advocate for federal and state policies to increase access to family planning services and comprehensive risk-reduction sex education
- Encourage abstinence
- Educate patients on contraceptive use using ACOG and AAP resources

7 Economic Hardship Index

- Screen, assess, and refer to resources that address education, housing, and poverty

8 Insufficient Sleep

- Educate patients on NIH-recommended sleep guidelines and limiting use of electronic devices before bed

9 Occupational Fatalities

- Take an occupational history, and if specific hazardous exposures are suspected, gather more information and review health effects of identified exposures, recommend ways to reduce or eliminate exposure to hazards, refer patients to an occupational medicine specialist for more detailed assessment and management or other specialist(s), discuss safe return to work, and educate patients about the NIOSH Health Hazard Evaluation Program where employers, workers, or their representative can request a free evaluation of potential workplace hazard

10 Food Insecurity

- Screen, assess, and refer patients to programs that have been effective at reducing food insecurity including Supplemental Nutrition Assistance Program (SNAP), Women Infants and Children (WIC), the National School Lunch Program (NSLP) and School Breakfast Program (SBP)
- Partner with local food banks to help patients get access to free food

Source: United Health Foundation. *Americas Health Rankings*. www.americashealthrankings.org/explore/measures

Prevalence of Top 10 Chronic Conditions

CHRONIC CONDITION	RATES (age-adjusted prevalence)
Hypertension among adults	55.2%
Obesity among adults	38.1%
High cholesterol among adults who have been screened	32.4%
Depression among adults	26.4%
Diabetes among adults	13%
Asthma among adults	11%
COPD among adults	10.4%
Cancer: Invasive cancer (all sites combined)	502.7 age-adjusted rate (cases per 100,000)
Chronic kidney disease: Incidence of treated end-stage kidney disease	1836 (cases per 1 million population)
Coronary heart disease: Mortality among all people, underlying cause	108.6 age-adjusted rate (cases per 100,000)

Source: CDC Chronic Disease Indicators accessible at <https://www.cdc.gov/cdi/>

Top 10 Causes of Death

LEADING CAUSES OF DEATH	DEATHS (per 100,000 population)
1. Heart disease	208.6
2. Cancer	177.3
3. Accidents	91.5
4. COVID	72.9
5. Chronic lower respiratory illness	55.8
6. Drug overdose	53.2
7. Stroke	42.9
8. Diabetes	28.4
9. Alzheimer's disease	28.4
10. Kidney disease	19.7

Source: CDC National Center for Health Statistics Stats of the States https://www.cdc.gov/nchs/pressroom/stats_of_the_states.htm