

Kentucky Behavioral Risk Factor Surveillance System 2005 Annual Report



Kentucky Behavioral Risk Factor Surveillance System

2005 Report

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The Behavioral Risk Factor Surveillance System (BRFSS) is a collaborative effort of the Kentucky Department for Public Health (DPH) and the Centers for Disease Control and Prevention (CDC). The administrative responsibilities lie within the Division of Prevention and Quality Improvement and Health Promotion Branch.

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INTRODUCTION

What is the BRFSS?

The BRFSS is a telephone health survey jointly sponsored by the Centers for Disease Control and Prevention (CDC) and the Kentucky Department for Public Health (DPH). The survey is administered to randomly selected non-institutionalized adults who live in a household with a landline telephone. Participation in the survey is strictly voluntary. Personal identifying information, such as name or address, is not collected. In Kentucky, the BRFSS has been conducted continuously since 1985.

How is the survey conducted?

Kentucky currently uses disproportionate stratified sampling to obtain a random sample of Kentucky telephone numbers. Once an interviewer reaches a household, a member of the household 18 years of age or older is randomly selected to be interviewed. Surveyors conduct interviews six days a week, Monday through Saturday, January through December. The number of completed interviews has increased each year, but the most dramatic increase occurred from approximately 3,700 respondents in 1998 to 7,500 respondents in 1999. There were approximately 6,600 respondents in 2005.

What data are included in this report?

This report contains statewide prevalence estimates of risk factors and health behaviors from the 2005 BRFSS survey. Each topic is cross-tabulated by demographic groups, Area Development Districts (ADD), and Appalachian/Non-Appalachian Regions.

How is this report organized?

This report is organized into two sections: the main report and the appendices.

The Main Report

This section contains a summary of selected risk factors, and health behaviors surveyed in 2005. There are two pages of information on each topic. The first page describes each topic, lists prevalence estimates for 2005 by gender, race, education, and household income and lists bullet points identifying key findings in the data tables. Following the standards set by the CDC, the data presented excludes missing, refused, and “don’t know” responses.

The second page of each topic includes data related to geographic distribution, which includes the Area Development Districts (ADD) and Appalachian/Non-Appalachian Regions. This page contains a table with the prevalence estimates of the selected risk factor or health behavior by national median, Kentucky, ADD, and Appalachian/Non-Appalachian Regions.

Appendices

Some risk factors covered in this report have related *Healthy Kentuckians 2010 goals*. These goals are covered in the appendices as well as a comparison of Kentucky’s data to the nation and a comparison of the BRFSS sample to Kentucky’s population.

INTRODUCTION

What is a prevalence estimate?

Prevalence is the proportion of people in a population with a certain condition or health behavior. The data included in this report are statewide prevalence estimates of certain risk factors and health behaviors.

Data from all respondents interviewed are weighted to determine the prevalence estimate. Weighting adjusts for over-sampling or under-sampling of certain subgroups and allows the survey responses to be projected to a state estimate. Factors in weighting include the number of telephone numbers per household, the number of adults in a household, and the demographic distribution of the sample. Only crude estimates are included in this report. The data is not age-adjusted.

What is a confidence interval (CI)?

The data presented are the weighted prevalence estimates for the risk factors as well as confidence intervals (CI). It is important to remember that with survey data, the results are estimates based on the responses from individuals who complete the survey. Any survey data includes sampling error, or chance variations that occur because of using a sample, rather than a census-collecting data from all eligible respondents. The CI is a statistical calculation of the margin of error associated with each prevalence estimate. This report used a 95% CI. This means that if the survey was conducted 100 times, 95 times the result will fall within the stated confidence interval.

How can this report be used?

Data from this report can be used in many of the following ways:

- To document health trends
- To provide information related to the development of policies and legislation
- To plan and measure the progress of health initiatives
- To educate the public about risk behaviors and preventive health practices
- To monitor health goals, such as those stated in *Healthy Kentuckians 2010*, a document that provides the state's health agenda and guides health policy

The *Healthy Kentuckians 2010* goals that are related to the risk factors in this report are included in the appendices. This report also includes data for each ADD so the information can be used on a more local level.

How is the data analyzed?

Data is analyzed using SAS 9.1 and SAS Callable SUDAAN 9.1. A pre-calculated weighting variable provided by the CDC is used to weight the data. Data estimates for fewer than fifty respondents are considered unreliable by the CDC and are not included in this report.

What are the limitations to the data?

There are two main limitations to BRFSS data: non-coverage bias and self-report bias. These limitations should not hinder the use of BRFSS data, but should be considered.

INTRODUCTION

Non-coverage bias

The BRFSS is a telephone survey. According to the 2001 Census Population Estimate, 6.5% of Kentuckians were without landline telephones and therefore could not be reached to participate in the survey. This excluded the socio-economic differences between the surveyed population and the general population. The BRFSS only surveys adults in households. Individuals living in a group setting, such as a nursing home, college dormitory, the military, or prison are not surveyed.

Self-report bias

The BRFSS survey relies on self report, which means that the prevalence estimates are strictly based on the respondents answers to the survey questions. The tendency to report a more healthy lifestyle may occur.

Race

Beginning in 2001, the BRFSS race question allowed reporting of more than one race. Therefore, data users should be extremely cautious when comparing race data from the year 2001 onward to race data from previous years due to the change in race categories. Since Kentucky is a predominantly white state; survey respondents are predominantly white and the low number of non-white population tend to make data regarding that population statistically unstable. Data users are advised to use caution when using the data due to the above reason. Race data, therefore, may be excluded from this report due to the small nature of the sample size.

Small Sample Size for Subgroups

Producing accurate prevalence estimates for different subgroups (men, women, Whites, Blacks, women aged 40+, etc.) requires a minimum number of 50 respondents. In some cases, the KY BRFSS does not reach enough people in certain categories to produce statistically reliable estimates. In this report, if the confidence interval for a subgroup is too large, the data is not reported. For this reason, we are unable to include data on Hispanics and sometimes Blacks. The same problem of small numbers of responses occurs at the county level. In order to provide locally relevant estimates, data is reported by ADD.

AREA DEVELOPMENT DISTRICTS

Kentucky has 120 Counties that are divided into 15 Area Development Districts (ADDs) for the planning of a variety of programs. Data in this report are analyzed by ADDs rather than by county because for almost all counties, the sample size is too small to provide statistically reliable estimates.

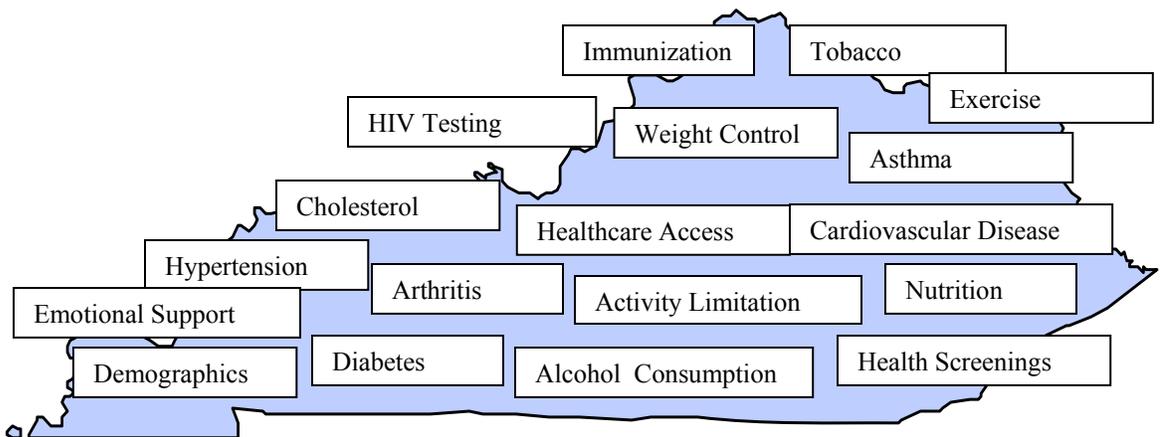


Counties in each Area Development District	
Barren River:	Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren
Big Sandy:	Floyd, Johnson, Magoffin, Martin, Pike
Bluegrass:	Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford
Buffalo Trace:	Bracken, Fleming, Lewis, Mason, Robertson
Cumberland Valley:	Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley
FIVCO:	Boyd, Carter, Elliott, Greenup, Lawrence
Gateway:	Bath, Menifee, Montgomery, Morgan, Rowan
Green River:	Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster
Kentucky River:	Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe
KIPDA:	Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble
Lake Cumberland:	Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne
Lincoln Trail:	Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington
Northern Kentucky:	Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton
Pennyrile:	Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, Trigg
Purchase:	Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, McCracken, Marshall

RISK FACTORS AND HEALTH BEHAVIOR

The BRFSS questionnaire is designed by a working group of state coordinators and CDC staff. Currently, the questionnaire has three parts: 1) the core component, consisting of the fixed core, rotating core, and emerging core, 2) optional modules, and 3) state-added questions. All state health departments must ask the core component questions without modification in wording. It includes questions about current behaviors that affect health (e.g., tobacco use) and questions on demographic characteristics. The rotating core is made up of two distinct sets of questions, each asked in alternating years by all states, addressing different topics. In the years that rotate, topics are not used in the core, they are supported as optional modules. The emerging core is a set of up to five questions that are added to the fixed and rotating cores. Emerging core questions typically focus on issues of a "late breaking" nature and do not necessarily receive the same scrutiny that other questions receive before being added to the instrument. These questions are part of the core for one year and are evaluated during, or soon after, the year concludes to determine their potential value in future surveys.

The 2005 core topics are included below:



Optional CDC modules are sets of questions on specific topics (e.g., smokeless tobacco) that states elect to use on their questionnaires. Although the modules are optional, CDC standards require that, if they are used, they must be used without modification. Module topics have included survey items on smokeless tobacco, oral health, cardiovascular disease, and firearms.

State-added questions are questions that are submitted to the survey by state public health programs and other public health entities. These questions are often developed and tested by the particular programs, however, the questions can be selected out of the CDC modules.

ACTIVITY LIMITATION

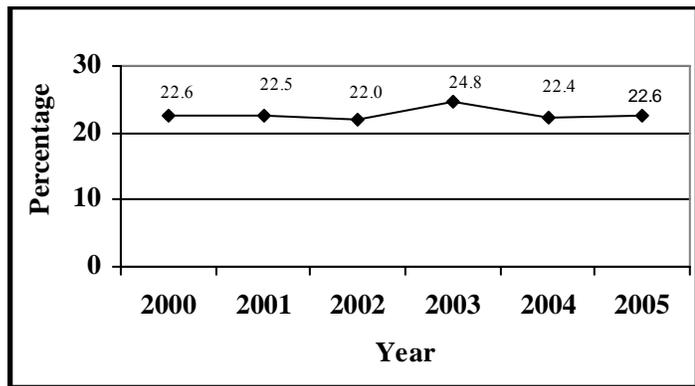
Individuals 18 and older who answered “YES” to the following question, “Are you limited in any way in any activities because of physical, mental, or emotional problems?”

- Kentuckians report a higher rate of activity limitation due to physical, mental or emotional problems (22.6%) than the nation as a whole (18.6%).
- The rate of activity limitation has remained relatively unchanged since 2000.
- There is no statistically meaningful difference in the rates of activity limitation reported by Males and Females.
- Whites report a higher rate of activity limitation (22.8%) than do Blacks (13.8%).
- Activity limitation steadily increases with age. Only 9.4% of those aged 18-24 report activity limitations while 35.3% of those aged 55 to 64 report limitations.
- Activity limitations are highest among those with lower levels of education and income. 38.8% of those without a high school diploma report activity limitations compared to only 15.0% of college graduates. 45.4% of Kentuckians earning less than \$15,000 annually report activity limitations compared to only 20% of those earning between \$25,000 and \$34,999. Only 10% of those earning \$75,000 or more report activity limitations

Demographic Characteristics	Activity Limitation	
	%	95% CI
Total	22.6	(21.3-24.0)
Gender		
Male	21.0	(18.9-23.2)
Female	24.1	(22.5-25.9)
Race		
White/Non-Hispanic	22.8	(21.5-24.3)
Black/Non-Hispanic	13.8	(9.0-20.7)
Age		
18-24	9.4	(6.2-14.1)
25-34	12.6	(10.1-15.7)
35-44	19.2	(16.4-22.4)
45-54	27.0	(24.0-30.3)
55-64	35.3	(31.7-39.1)
65+	32.3	(28.9-35.8)
Education		
<High School	38.8	(34.8-42.9)
H.S. or GED	21.9	(19.8-24.1)
Some College	20.6	(17.9-23.5)
College Grad	15.0	(12.7-17.7)
Household Income		
<\$15,000	45.4	(40.5-50.5)
\$15,000-\$24,999	30.4	(26.7-34.4)
\$25,000-\$34,999	20.0	(16.4-24.0)
\$35,000-\$49,999	16.4	(13.2-20.1)
\$50,000-\$74,999	12.5	(9.7-16.0)
\$75,000+	10.0	(7.5-13.5)

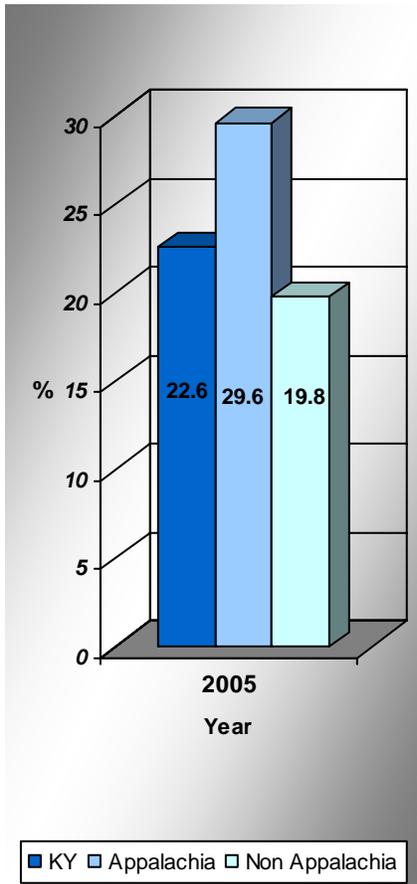
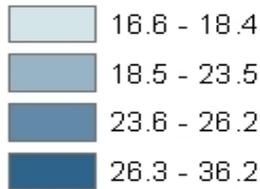
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Activity Limitation, 2000-2005



ACTIVITY LIMITATION 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Activity Limitation	
	%	95% CI
National Median*	18.6	
KY Total	22.6	(21.3-24.0)
ADD		
Barren River	23.5	(19.3-28.3)
Big Sandy	31.9	(26.2-38.2)
Bluegrass	20.7	(17.1-24.9)
Buffalo Trace	22.1	(17.3-27.6)
Cumberland Valley	33.3	(27.5-39.5)
FIVCO	33.0	(27.4-39.1)
Gateway	24.9	(19.8-30.9)
Green River	20.5	(16.4-25.2)
Kentucky River	36.2	(30.6-42.1)
KIPDA	16.6	(13.5-20.2)
Lake Cumberland	26.2	(21.6-31.4)
Lincoln Trail	21.4	(17.0-26.5)
Northern Kentucky	18.4	(14.6-22.9)
Pennyrile	25.9	(20.5-32.1)
Purchase	23.4	(18.3-29.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

ALCOHOL CONSUMPTION: BINGE DRINKING

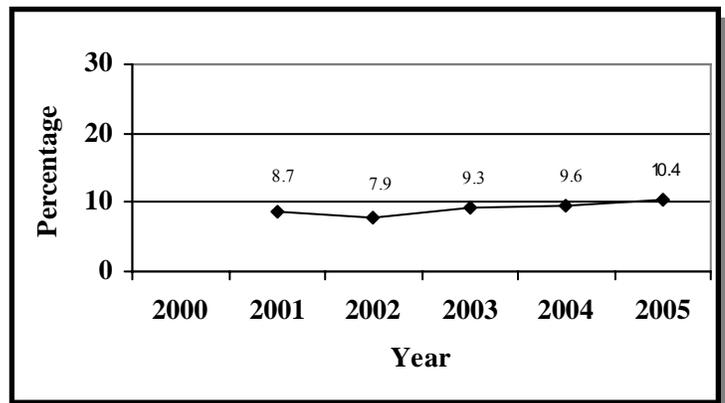
Individuals 18 and older who had five or more drinks on one or more occasions in the past 30 days

- Kentuckians report lower rates of binge drinking (10.4%) compared to the nation as a whole (14.4%).
- Binge drinking has remained relatively stable since 2001, but the 2005 rate of 10.4% is a significant increase from the 2001 rate of 8.7%.
- Males are more than 3 times more likely to report binge drinking than are females. Male binge drinking rates are 16.7% compared to a rate of 4.5% for females.
- Binge drinking rates are not statistically different by race.
- Binge drinking rates decrease by age, with the highest rate of 19.1% being reported by those aged 18-24, and the lowest rate of 3% reported by those aged 65+.
- There is no clear pattern of binge drinking by education or income. Within education levels, the highest rates are reported by those with a high school diploma or GED (12.2%), while the lowest rate is reported by those with less than high school education (6.6%). Those earning less than \$15,000 annually have a rate of 4.1% while the highest rate of 12.9% is reported by 2 groups, those earning between \$15,000-\$24,999 and those earning \$75,000 or more.

Demographic Characteristics	Binge Drinking	
	%	95% CI
Total	10.4	(9.1-11.7)
Gender		
Male	16.7	(14.3-19.1)
Female	4.5	(3.5-5.5)
Race		
White/Non-Hispanic	10.6	(9.2-12.0)
Black/Non-Hispanic	6.2	(1.5-10.9)
Age		
18-24	19.1	(13.2-25.0)
25-34	16.1	(12.2-20.0)
35-44	10.7	(8.2-13.2)
45-54	8.4	(6.2-10.6)
55-64	6.2	(4.1-8.3)
65+	3.0	(2.0-4.0)
Education		
<High School	6.6	(4.0-9.2)
H.S. or GED	12.2	(9.9-14.5)
Some College	11.6	(8.7-14.5)
College Grad	8.8	(6.7-10.9)
Household Income		
<\$15,000	4.1	(2.2-6.0)
\$15,000-\$24,999	12.9	(9.3-16.5)
\$25,000-\$34,999	9.6	(5.9-13.3)
\$35,000-\$49,999	12.1	(8.4-15.8)
\$50,000-\$74,999	11.4	(8.3-15.5)
\$75,000+	12.9	(9.4-17.5)

Missing, "Don't Know", and Refused Responses are excluded. 95% CI= 95% Confidence Interval

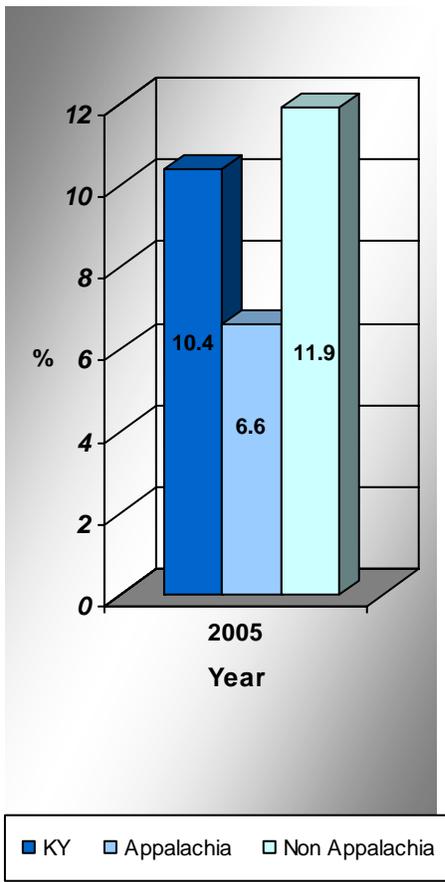
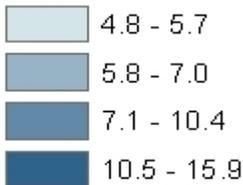
KY Statewide BRFSS DATA: Binge Drinking, 2000-2005



Alcohol consumption questions were not asked in 2000.

ALCOHOL CONSUMPTION: BINGE DRINKING 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Binge Drinking	
	%	95% CI
National Median*	14.4	
KY Total	10.4	(9.1-11.7)
ADD		
Barren River	10.0	(6.3-15.6)
Big Sandy	6.3	(3.3-11.6)
Bluegrass	8.7	(6.0-12.4)
Buffalo Trace	7.0	(3.6-12.9)
Cumberland Valley	6.7	(3.7-11.8)
FIVCO	8.8	(5.5-13.8)
Gateway	10.4	(6.2-16.9)
Green River	12.7	(8.3-19.0)
Kentucky River	5.7	(3.3-9.8)
KIPDA	13.8	(10.4-18.1)
Lake Cumberland	4.8	(2.5-9.1)
Lincoln Trail	9.5	(6.1-14.4)
Northern Kentucky	15.9	(11.9-20.8)
Pennyrile	12.6	(7.6-20.2)
Purchase	6.0	(3.3-10.8)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

ALCOHOL CONSUMPTION: HEAVY DRINKING

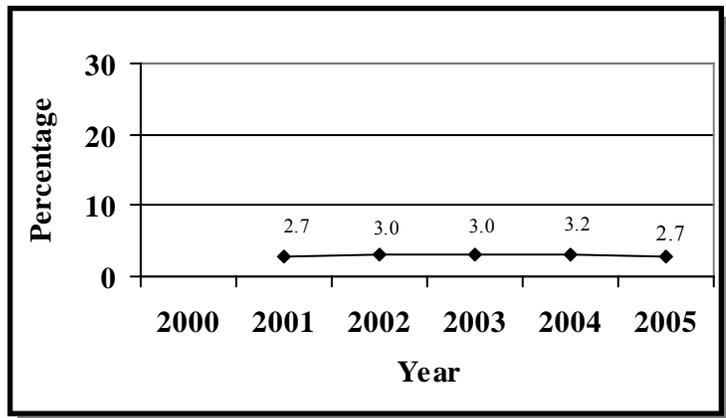
Males age 18 and older who had an average of more than two drinks per day, and females who had an average of more than one drink per day.

- Kentuckians report lower rates of heavy drinking (2.7%) compared to the nation as a whole (4.9%).
- The rate of heavy drinking has remained stable since 2001 with no significant change.
- Males are more than 3 times more likely to report heavy drinking than are females. Male heavy drinking rates are 4.1% compared to a rate of 1.3% for females.
- Heavy drinking rates are not statistically different by race or age.
- Heavy drinking rates vary somewhat by education, with the lowest rate of 1.5% reported by those with less than high school education and the highest rate of 3.1% reported by those with a high school diploma or GED and those with some college.
- Heavy drinking rates vary somewhat by income, with the lowest rate of 1.7% reported by those earning less than \$15,000 annually and the highest rate of 4.1% reported by those earning more than \$75,000.

Demographic Characteristics	Heavy Drinking	
	%	95% CI
Total	2.7	(2.0-3.4)
Gender		
Male	4.1	(2.8-5.4)
Female	1.3	(0.7-1.9)
Race		
White/Non-Hispanic	2.6	(1.9-3.3)
Black/Non-Hispanic	2.3	(0.0-5.4)
Age		
18-24	3.8	(0.7-6.9)
25-34	3.4	(1.2-5.6)
35-44	2.9	(1.5-4.3)
45-54	1.9	(1.1-2.7)
55-64	2.3	(1.1-3.5)
65+	1.8	(0.9-2.7)
Education		
<High School	1.5	(0.9-2.7)
H.S. or GED	3.1	(2.1-4.7)
Some College	3.1	(1.8-5.2)
College Grad	2.2	(1.3-3.7)
Household Income		
<\$15,000	1.7	(0.8-3.7)
\$15,000-\$24,999	2.9	(1.5-5.6)
\$25,000-\$34,999	3.2	(1.6-6.4)
\$35,000-\$49,999	2.6	(1.4-4.8)
\$50,000-\$74,999	2.9	(1.6-5.1)
\$75,000+	4.1	(2.1-8.2)

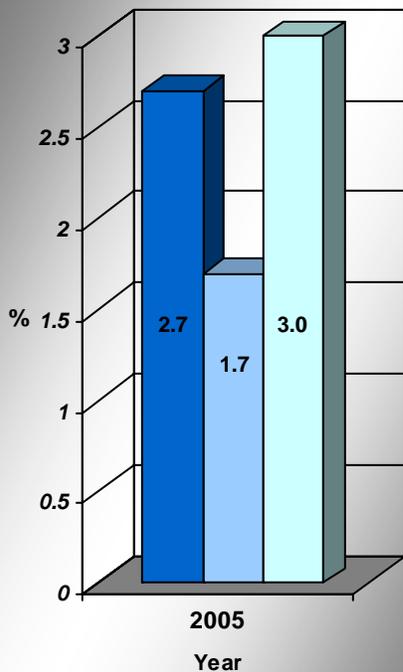
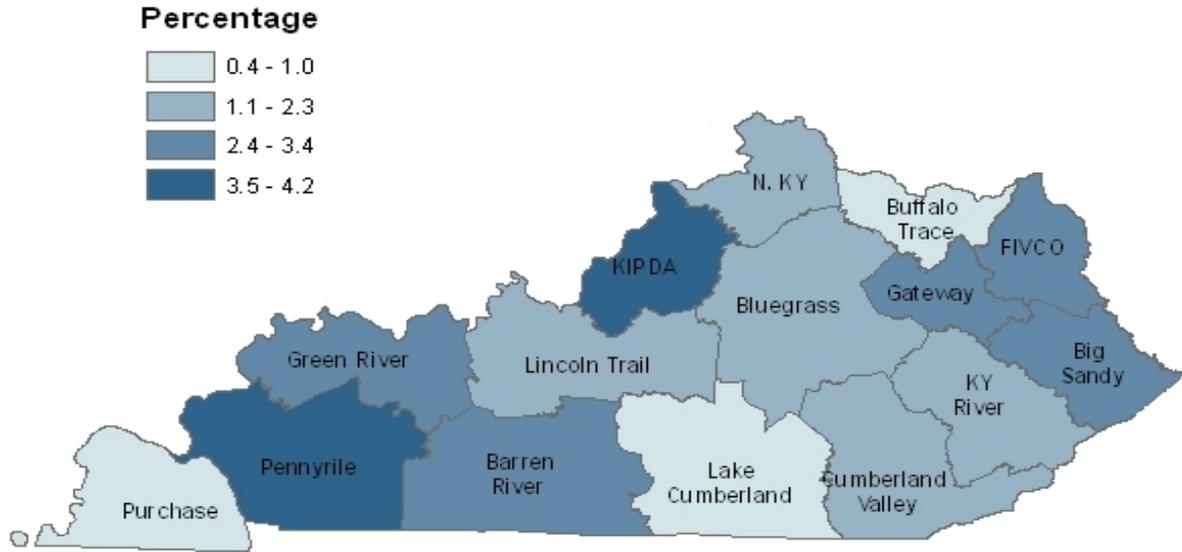
Missing, "Don't Know", and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Heavy Drinking, 2000-2005



Alcohol consumption questions were not asked in 2000.

ALCOHOL CONSUMPTION: HEAVY DRINKING 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



■ KY ■ Appalachia □ Non Appalachia

Geographic Distribution	Heavy Drinking	
	%	95% CI
National Median*	4.9	
KY Total	2.7	(2.0-3.4)
ADD		
Barren River	3.4	(1.5-7.3)
Big Sandy	3.0	(1.2-7.4)
Bluegrass	2.1	(1.0-4.2)
Buffalo Trace	0.6	(0.1-2.4)
Cumberland Valley	2.1	(0.8-5.5)
FIVCO	2.9	(1.3-6.4)
Gateway	3.0	(1.0-8.4)
Green River	2.7	(0.9-7.8)
Kentucky River	1.6	(0.5-5.0)
KIPDA	4.2	(2.4-7.3)
Lake Cumberland	0.4	(0.1-1.4)
Lincoln Trail	1.6	(0.6-3.9)
Northern Kentucky	2.3	(1.3-4.0)
Pennyrile	4.0	(1.7-9.0)
Purchase	1.0	(0.4-2.5)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

ARTHRITIS

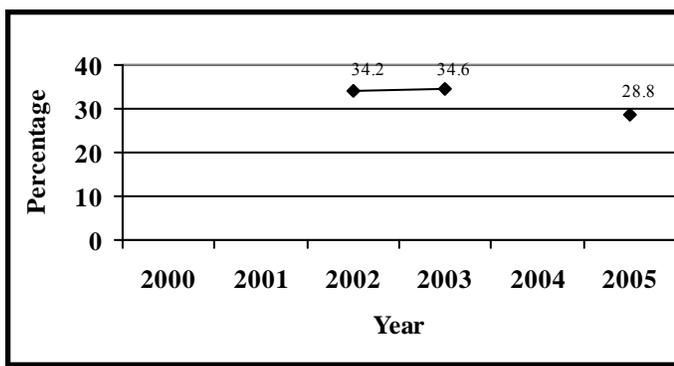
Individuals 18 and older who answered “YES” to the following question, “Have you ever been told by a doctor or other health professional that you have some form of arthritis or rheumatoid arthritis, gout, lupus, or fibromyalgia?”

- Kentuckians report slightly higher rates of arthritis (28.8%) than the nation as a whole (26.9%).
- Arthritis prevalence has decreased slightly between 2003 (34.6%) and 2005 (28.8%). It is too early to determine if this is a trend that will continue.
- Females report arthritis rates (33.6%) that are significantly higher than males (23.7%).
- The reported rate of arthritis increases steadily with age. While only 12.6% of those aged 25 to 34 report having arthritis, 35.8% of 45-54 year olds report having arthritis and the rate increases to 50.6% for those aged 65 and older.
- Like many chronic diseases, arthritis is more prevalent among those with less education and/or lower levels of income. Among those with less than a high school level of education, 39.9% report having arthritis, compared to 28.9% of those with a high school diploma or GED. Only 23.8% of those with a college degree report having arthritis.
- For those earning less than \$15,000 annually, 43.8% report having arthritis, compared to only 17.7% of those earning \$50,000 - \$74,999 annually.

Demographic Characteristics	Arthritis	
	%	95% CI
Total	28.8	(27.3-30.3)
Gender		
Male	23.7	(21.5-26.1)
Female	33.6	(31.7-35.5)
Race		
White/Non-Hispanic	29.2	(27.7-30.8)
Black/Non-Hispanic	25.2	(18.5-33.4)
Age		
18-24	7.6	(4.5-12.5)
25-34	12.6	(10.0-15.7)
35-44	20.3	(17.4-23.5)
45-54	35.8	(32.4-39.4)
55-64	46.5	(42.5-50.5)
65+	50.6	(46.8-54.4)
Education		
<High School	39.9	(35.9-44.0)
H.S. or GED	28.9	(26.5-31.4)
Some College	26.4	(23.4-29.6)
College Grad	23.8	(20.9-26.9)
Household Income		
<\$15,000	43.8	(38.9-48.9)
\$15,000-\$24,999	33.9	(30.2-37.8)
\$25,000-\$34,999	26.4	(22.3-30.8)
\$35,000-\$49,999	27.4	(23.4-31.9)
\$50,000-\$74,999	17.7	(14.7-21.0)
\$75,000+	23.2	(19.2-27.7)

Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI = 95% Confidence Interval

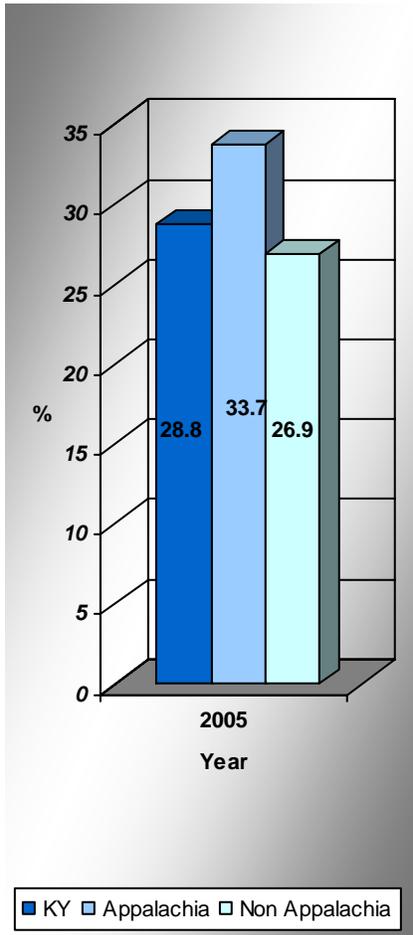
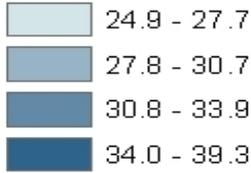
KY Statewide BRFSS DATA: Arthritis, 2000-2005



Arthritis questions were not asked in 2000, 2001, and 2004.

ARTHRITIS 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Arthritis	
	%	95% CI
National Median*	26.9	
KY Total	28.8	(27.3-30.3)
ADD		
Barren River	27.7	(23.2-32.7)
Big Sandy	36.5	(30.4-43.2)
Bluegrass	25.4	(21.6-29.7)
Buffalo Trace	30.5	(24.9-36.8)
Cumberland Valley	33.9	(28.4-40.0)
FIVCO	39.3	(33.3-45.6)
Gateway	33.8	(27.4-40.7)
Green River	28.5	(23.3-34.3)
Kentucky River	38.9	(33.3-44.9)
KIPDA	24.9	(21.2-29.1)
Lake Cumberland	30.7	(25.6-36.3)
Lincoln Trail	28.7	(23.8-34.3)
Northern Kentucky	26.3	(21.9-31.1)
Pennyryle	30.6	(25.0-36.9)
Purchase	33.5	(27.4-40.2)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

ASTHMA: CURRENT ASTHMA

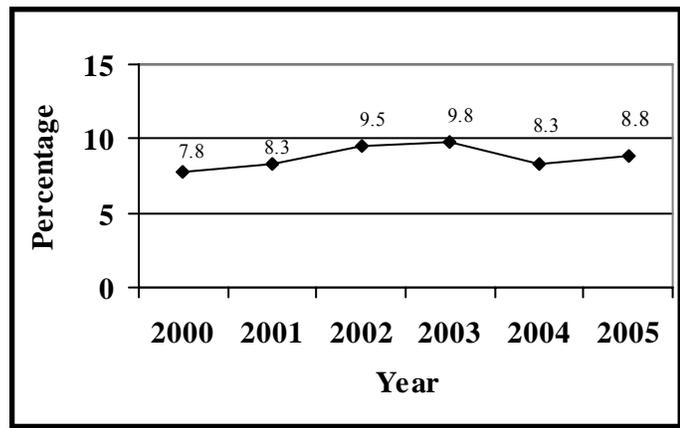
Individuals 18 and older who answered “YES” to the following question, “Have you have been told by a doctor, nurse or other health professional that you had asthma? And do you still have asthma?”

- Kentuckians report an asthma rate (8.8%) which is statistically similar to the nation as a whole (8.0%).
- Asthma rates have remained statistically stable since the year 2000, with no meaningful change.
- Females report higher rates of asthma (10.6%) than do males (6.8%).
- Asthma rates do not show a statistically significant difference according to age.
- Asthma rates are higher among those with lower levels of education and/or income. Reported asthma prevalence is 14.6% among those with less than high school education and 17.6% among those earning less than \$15,000 annually. In comparison, much lower asthma rates of 5.8% are reported by those with a college degree, while those earning \$75,000 or more report rates of only 4.1%.

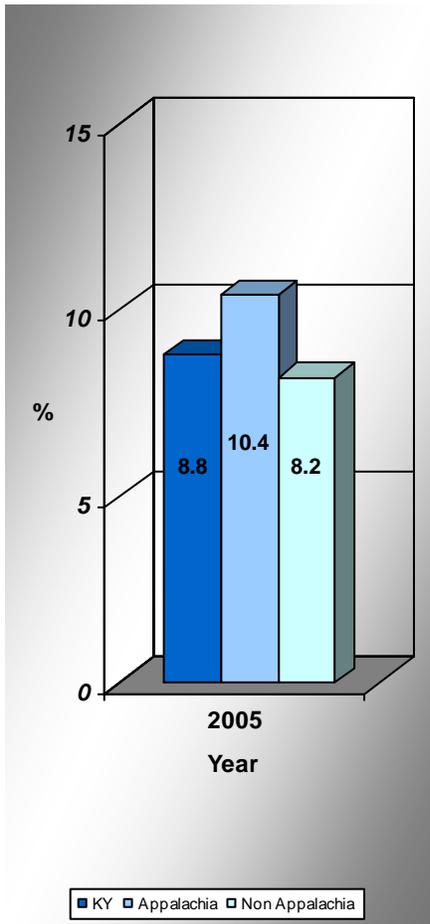
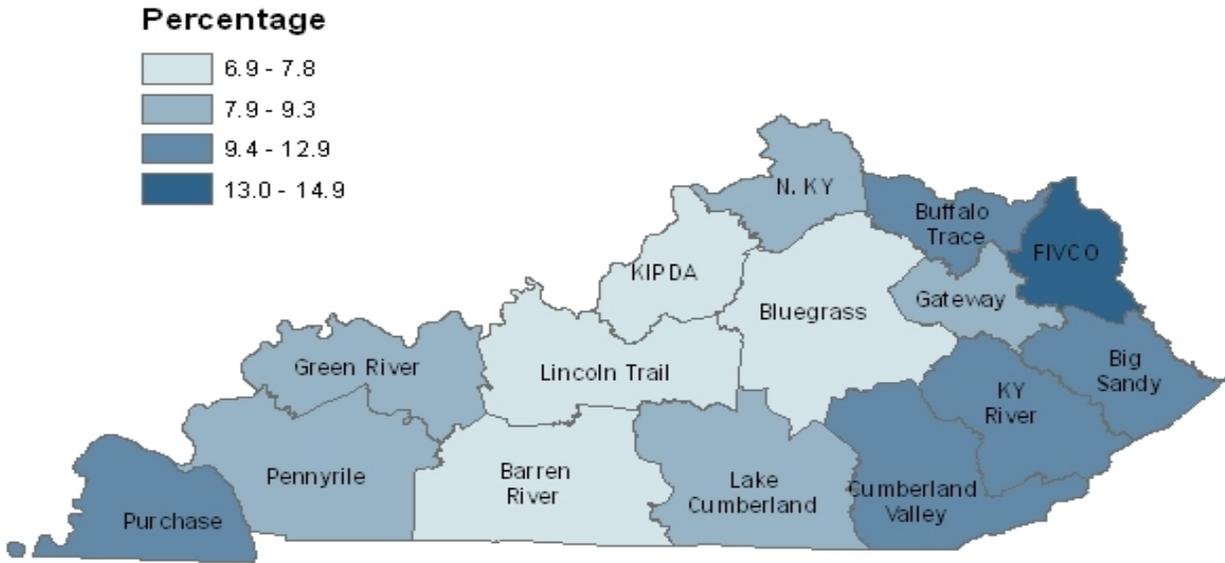
<u>Current Asthma</u>		
<u>Demographic Characteristics</u>	%	95% CI
Total	8.8	(7.9-9.8)
Gender		
Male	6.8	(5.5-8.4)
Female	10.6	(9.5-11.9)
Race		
White/Non-Hispanic	9.1	(8.1-10.1)
Black/Non-Hispanic	4.9	(2.5-9.3)
Age		
18-24	8.4	(5.2-13.5)
25-34	7.4	(5.5-9.9)
35-44	9.0	(7.0-11.4)
45-54	8.7	(7.1-10.7)
55-64	9.8	(7.9-12.1)
65+	9.8	(8.0-11.9)
Education		
<High School	14.6	(12.2-17.4)
H.S. or GED	9.9	(8.2-11.8)
Some College	6.2	(4.9-7.9)
College Grad	5.8	(4.4-7.5)
Household Income		
<\$15,000	17.6	(14.8-20.9)
\$15,000-\$24,999	10.1	(7.7-13.1)
\$25,000-\$34,999	7.5	(5.6-10.1)
\$35,000-\$49,999	6.1	(4.4-8.9)
\$50,000-\$74,999	7.5	(5.4-10.2)
\$75,000+	4.1	(2.5-6.7)

Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Current Asthma, 2000-2005



ASTHMA: CURRENT ASTHMA 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



Geographic Distribution	Current Asthma	
	%	95% CI
National Median*	8.0	
KY Total	8.8	(7.9-9.8)
ADD		
Barren River	7.4	(5.2-10.4)
Big Sandy	11.3	(8.2-15.2)
Bluegrass	7.8	(5.6-10.9)
Buffalo Trace	11.9	(6.8-20.1)
Cumberland Valley	12.9	(9.1-17.9)
FIVCO	14.9	(10.8-20.0)
Gateway	8.4	(5.6-12.3)
Green River	8.7	(5.6-13.3)
Kentucky River	12.1	(8.8-16.3)
KIPDA	6.9	(5.0-9.6)
Lake Cumberland	8.5	(6.0-12.0)
Lincoln Trail	7.2	(4.9-10.4)
Northern Kentucky	9.3	(6.8-12.6)
Pennyrile	8.1	(5.5-11.7)
Purchase	11.4	(6.3-20.0)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

CARDIOVASCULAR DISEASE: ANGINA OR CORONARY HEART DISEASE (CHD)

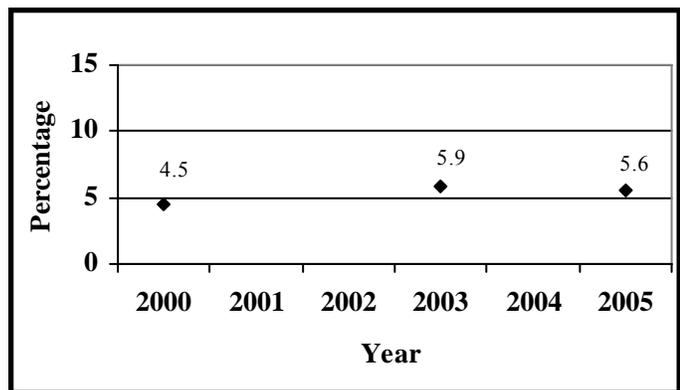
Individuals 18 and older who answered “YES” to the following question, “Has a doctor, nurse or other health professional ever told you that you had angina or coronary heart disease (CHD)?”

- Kentuckians report somewhat higher rates of Angina/CHD (5.6%) than the nation as a whole (4.4%).
- The rate of Angina/CHD has remained relatively unchanged since 2000.
- Males report higher rates of Angina/CHD (6.5%) than do females (4.8%).
- Males report higher rates of Angina/CHD (6.5%) than do females (4.8%).
- Reported rates of Angina/CHD rates are much higher among whites (5.8%) than blacks (1.2%).
- The reported rates of Angina/CHD increase steadily with age. Less than 1% of those under age 34 report having Angina/CHD, compared to 4.9% of those aged 45-54 and 11.1% of those aged 65 and older.
- Higher rates of Angina/CHD are seen among those with the lowest levels of education and income. 9.9% of those with less than high school education report Angina/CHD compared to 4.6% of college graduates. Similarly, while 10.1% of those with an income of less than \$15,000 report a diagnosis or angina/CHD only 2.7% of those in the highest income bracket reports the same diagnosis.

Demographic Characteristics	Angina or CHD	
	%	95% CI
Total	5.6	(5.0-6.4)
Gender		
Male	6.5	(5.4-7.8)
Female	4.8	(4.2-5.6)
Race		
White/Non-Hispanic	5.8	(5.1-6.6)
Black/Non-Hispanic	1.2	(0.4-4.0)
Age		
18-24	0.4	(0.1-1.7)
25-34	0.9	(0.4-2.1)
35-44	3.5	(2.3-5.4)
45-54	4.9	(3.7-6.5)
55-64	11.3	(9.1-13.9)
65+	11.1	(9.0-13.8)
Education		
<High School	9.9	(8.0-12.2)
H.S. or GED	4.7	(3.8-5.8)
Some College	5.4	(3.9-7.2)
College Grad	4.6	(3.4-6.1)
Household Income		
<\$15,000	10.1	(8.0-12.7)
\$15,000-\$24,999	6.9	(5.2-9.1)
\$25,000-\$34,999	5.1	(3.5-7.2)
\$35,000-\$49,999	6.2	(4.3-8.8)
\$50,000-\$74,999	3.5	(2.3-5.3)
\$75,000+	2.7	(1.4-5.1)

Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

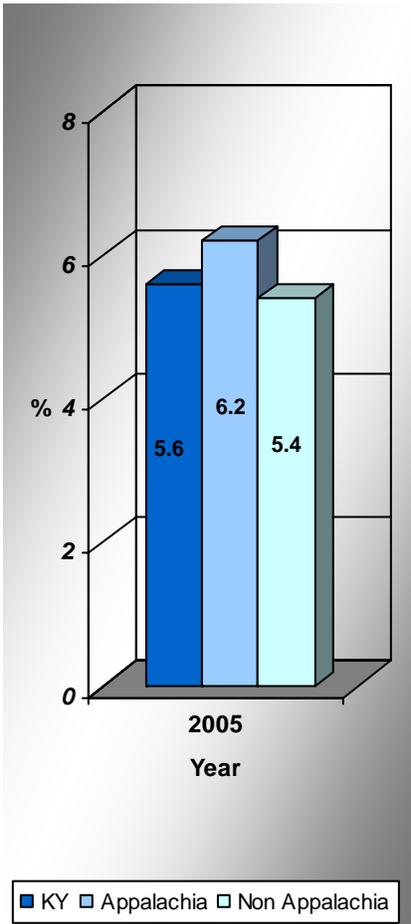
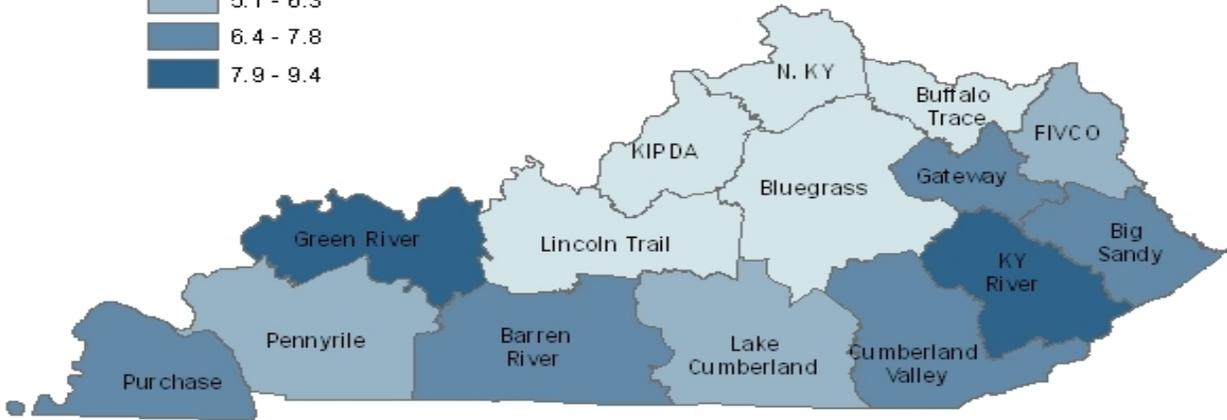
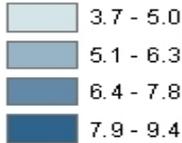
KY Statewide BRFSS DATA: Angina or CHD, 2000-2005



The CHD question was part of a cardiovascular module, which was not used in 2001, 2002, and 2004.

CARDIOVASCULAR DISEASE: ANGINA OR CORONARY HEART DISEASE (CHD) 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Angina or CHD	
	%	95% CI
National Median*	4.4	
KY Total	5.6	(5.0-6.4)
ADD		
Barren River	7.2	(4.9-10.4)
Big Sandy	7.0	(4.7-10.4)
Bluegrass	4.7	(3.1-7.2)
Buffalo Trace	4.6	(2.8-7.4)
Cumberland Valley	7.8	(5.4-11.1)
FIVCO	6.3	(4.0-9.8)
Gateway	7.1	(3.8-12.7)
Green River	8.8	(5.9-12.9)
Kentucky River	9.4	(6.7-13.0)
KIPDA	4.3	(2.9-6.3)
Lake Cumberland	5.8	(3.8-8.9)
Lincoln Trail	3.7	(2.3-6.0)
Northern Kentucky	5.0	(3.3-7.5)
Pennyrile	5.7	(3.6-8.8)
Purchase	6.8	(4.3-10.7)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

CARDIOVASCULAR DISEASE: HEART ATTACK OR MYOCARDIAL INFARCTION (MI)

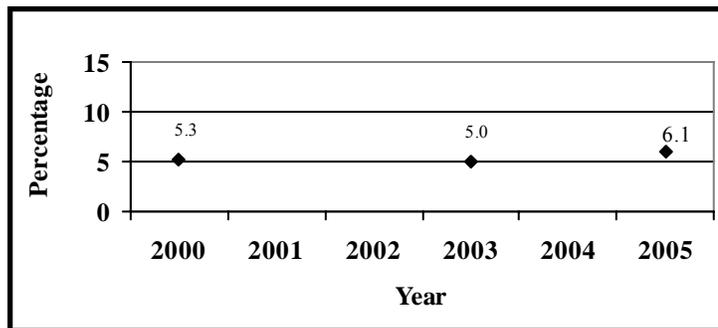
Individuals 18 and older who answered “YES” to the following question, “Has a doctor, nurse or other health professional ever told you that you had a heart attack also called a myocardial infarction?”

- Kentuckians report significantly higher rates of heart attack (6.1%) than the nation as a whole (4.0%).
- Heart attack rates have remained statistically stable since 2000, with no meaningful change.
- Males report higher rates of heart attack (7.8%) than do females (4.6%)
- Blacks and Whites have statistically similar rates of heart attack.
- The rate of reported heart attack steadily increases with age. In fact, there is a statistically significant increase for each age group shown with the exception of the two youngest age groups. Those aged 35-44 have a rate of 3.0% compared to a high of 15.2% for those aged 65 and older.
- Heart attack rates are higher among those with lower levels of education and lower incomes. Those with less than a high school education report a 13.1% rate of heart attack compared to a 3.5% rate among college graduates. For those with an annual income less than \$15,000 the rate is 13.4% compared to a rate of only 2.0% for those earning over \$75,000.

Demographic Characteristics	Heart Attack or MI	
	%	95% CI
Total	6.1	(5.4-6.9)
Gender		
Male	7.8	(6.6-9.2)
Female	4.6	(3.9-5.3)
Race		
White/Non-Hispanic	6.2	(5.5-7.1)
Black/Non-Hispanic	4.3	(2.1-8.7)
Age		
18-24	0.2	(0.0-1.3)
25-34	0.7	(0.3-1.4)
35-44	3.0	(1.9-4.7)
45-54	5.8	(4.3-7.8)
55-64	10.0	(7.8-12.3)
65+	15.2	(12.5-18.4)
Education		
<High School	13.1	(10.9-15.8)
H.S. or GED	5.7	(4.6-7.0)
Some College	4.6	(3.4-6.2)
College Grad	3.5	(2.6-4.9)
Household Income		
<\$15,000	13.4	(10.9-16.5)
\$15,000-\$24,999	7.6	(5.7-10.0)
\$25,000-\$34,999	4.6	(3.2-6.6)
\$35,000-\$49,999	5.4	(3.6-8.0)
\$50,000-\$74,999	3.4	(2.1-5.3)
\$75,000+	2.0	(1.1-3.4)

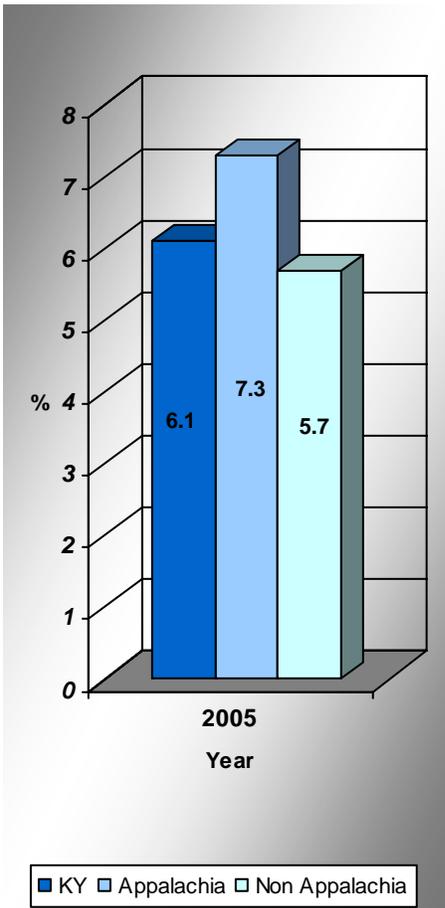
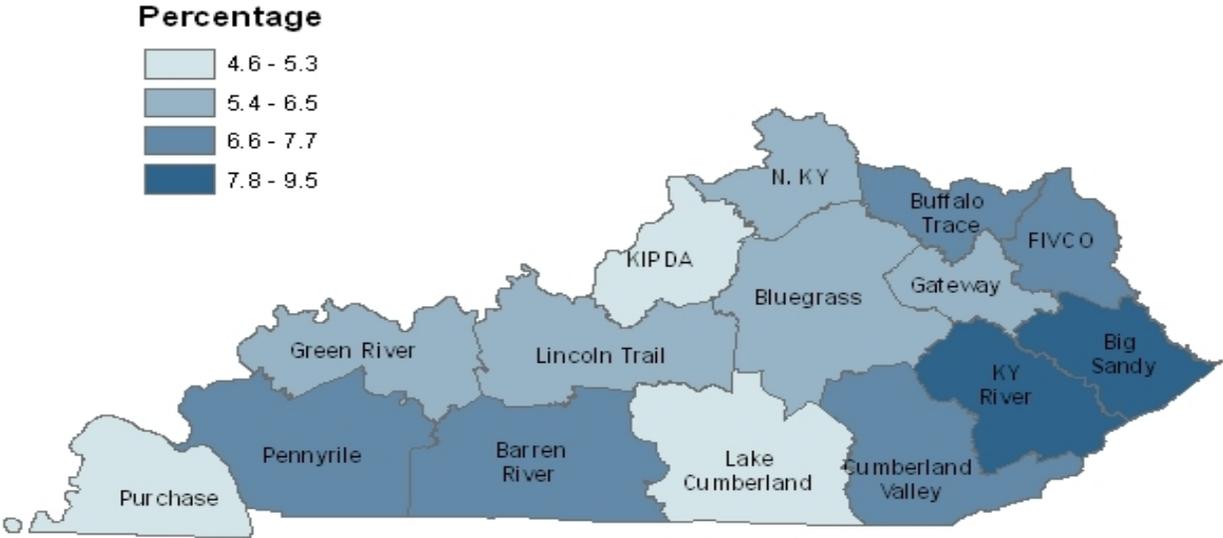
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Heart Attack or MI, 2000-005



The heart Attack question was a part of cardiovascular module, which was not used in 2001, 2002, and 2004.

CARDIOVASCULAR DISEASE: HEART ATTACK OR MYOCARDIAL INFARCTION (MI) 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



Geographic Distribution	Heart Attack or MI	
	%	95% CI
National Median*	4.0	
KY Total	6.1	(5.4-6.9)
ADD		
Barren River	7.7	(5.2-11.3)
Big Sandy	9.5	(6.8-13.2)
Bluegrass	5.7	(3.9-8.4)
Buffalo Trace	7.2	(4.8-10.6)
Cumberland Valley	7.7	(5.1-11.5)
FIVCO	7.5	(5.0-11.0)
Gateway	6.5	(3.9-10.6)
Green River	6.2	(4.1-9.1)
Kentucky River	9.2	(6.4-13.0)
KIPDA	4.6	(3.2-6.7)
Lake Cumberland	5.3	(3.4-8.1)
Lincoln Trail	5.6	(3.7-8.3)
Northern Kentucky	5.5	(3.8-8.0)
Pennyrile	7.7	(5.2-11.2)
Purchase	5.1	(2.8-10.0)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

CARDIOVASCULAR DISEASE: STROKE

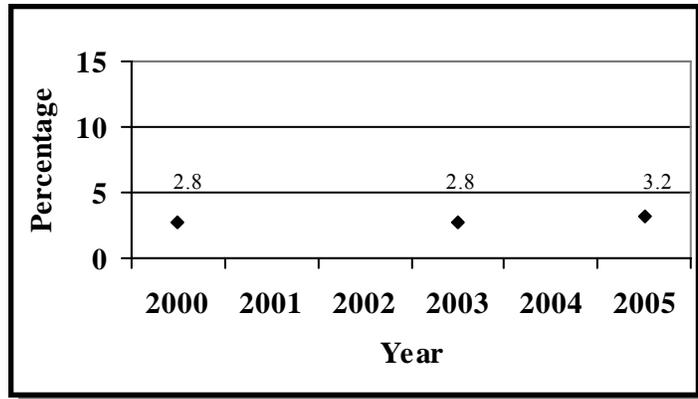
Individuals 18 and older who answered “YES” to the following question, “Has a doctor, nurse or a health professional ever told you that you had a stroke?”

- Kentuckians report a stroke rate (3.2%) which is statistically similar to the nation as a whole (2.5%).
- Stroke rates have remained statistically stable since 2000, with no meaningful change.
- There is no statistically meaningful variation in stroke rates by either gender or race.
- The rate of reported stroke steadily increases with age. There is a statistically significant increase for each age group beginning with the 35-44 age group. Those aged 35-44, report a rate of 1.2% which increases to a rate of 2.9% for those aged 45-54, and finally showing a rate of 8.4% for those aged 65+.
- Stroke rates are higher among those with lower levels of education and lower incomes. Those with less than a high school education report a 6.1% stroke rate compared to 2.8% of high school graduates and 2.3% of college graduates. Those with incomes of \$15,000 or less report a stroke rate of 7.1% compared to only 3.6% of those earning between \$15,000 and \$24,999, while 1.8% those in the highest income group of \$75,000+ report having had a stroke.

Demographic Characteristics	Stroke	
	%	95% CI
Total	3.2	(2.7-3.8)
Gender		
Male	2.9	(2.2-3.9)
Female	3.5	(2.9-4.2)
Race		
White/Non-Hispanic	3.2	(2.7-3.7)
Black/Non-Hispanic	3.6	(1.7-7.3)
Age		
18-24	0.0	(0.0-0.0)
25-34	0.9	(0.4-2.1)
35-44	1.2	(0.6-2.3)
45-54	2.9	(1.8-4.5)
55-64	4.3	(3.1-5.9)
65+	8.4	(6.4-10.6)
Education		
<High School	6.1	(4.7-7.9)
H.S. or GED	2.8	(2.1-3.7)
Some College	2.6	(1.6-4.1)
College Grad	2.3	(1.5-3.4)
Household Income		
<\$15,000	7.1	(5.3-9.4)
\$15,000-\$24,999	3.6	(2.3-5.5)
\$25,000-\$34,999	3.0	(1.9-4.6)
\$35,000-\$49,999	2.0	(1.2-3.2)
\$50,000-\$74,999	0.9	(0.4-1.7)
\$75,000+	1.8	(0.7-4.2)

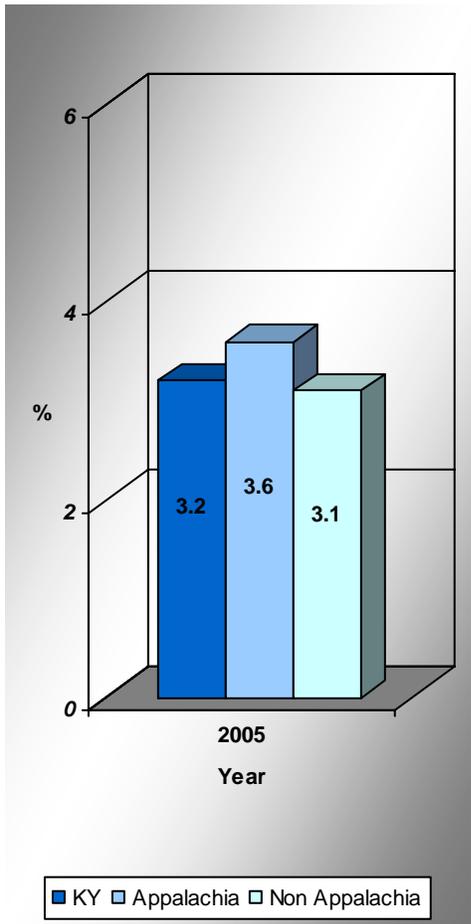
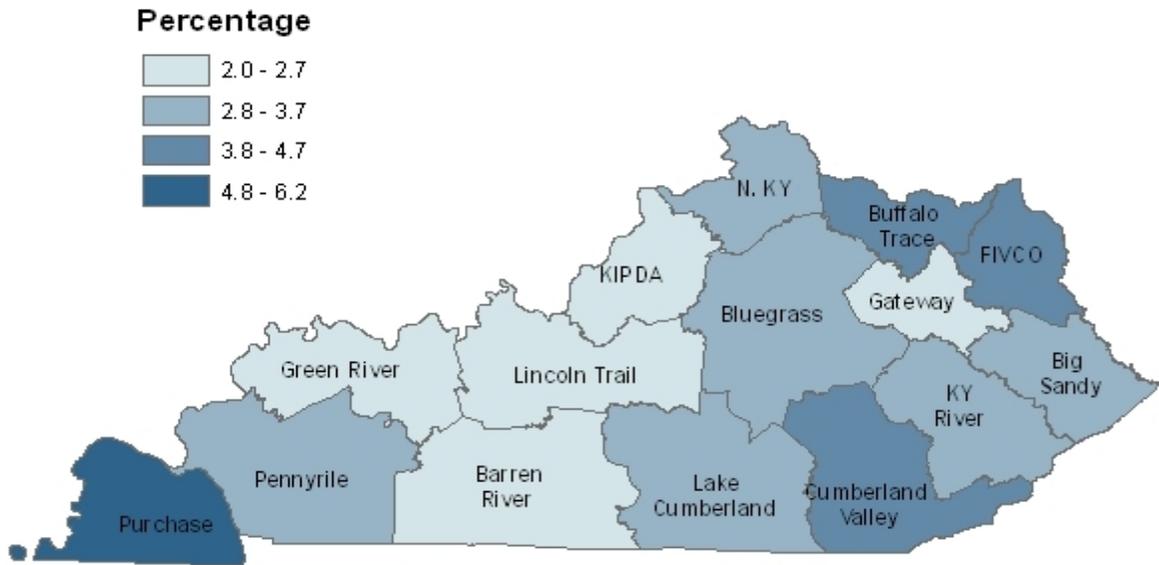
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Stroke, 2000-2005



The Stroke question was part of cardiovascular disease module, which was not used in 2001, 2002, and 2004.

CARDIOVASCULAR DISEASE: STROKE 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



Geographic Distribution	Stroke	
	%	95% CI
National Median*	2.5	
KY Total	3.2	(2.7-3.8)
ADD		
Barren River	2.7	(1.5-4.8)
Big Sandy	3.4	(2.0-5.8)
Bluegrass	3.2	(1.9-5.3)
Buffalo Trace	4.5	(2.7-7.6)
Cumberland Valley	4.0	(2.5-6.4)
FIVCO	4.7	(2.6-8.6)
Gateway	2.0	(1.1-3.7)
Green River	2.7	(1.6-4.5)
Kentucky River	3.6	(2.2-6.0)
KIPDA	2.6	(1.5-4.3)
Lake Cumberland	2.9	(1.7-4.7)
Lincoln Trail	2.0	(1.0-4.0)
Northern Kentucky	3.4	(2.1-5.7)
Pennyrile	3.7	(2.2-6.1)
Purchase	6.2	(3.9-9.6)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

CHOLESTEROL: HIGH CHOLESTEROL AWARENESS

Individuals 18 and older who answered “YES” to the following question, “Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?”

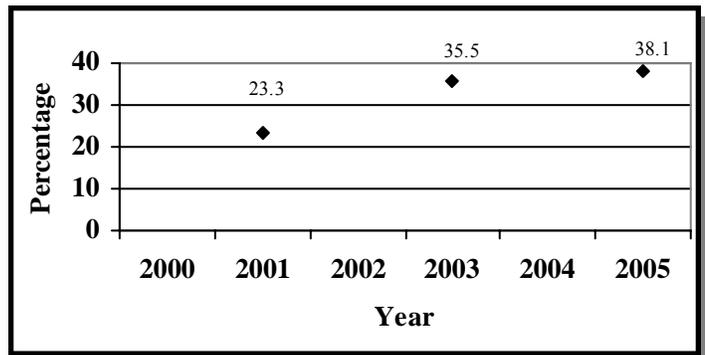
- Kentuckians report significantly higher rates of high cholesterol (38.1%) than the nation as a whole (35.6%).
- Since 2001, there has been a statistically significant increase in the percentage of Kentuckians reporting that they have high cholesterol. In 2001, 23.3% of Kentuckians reported high cholesterol levels, compared to 38.1% in 2005.
- Reported rates of high cholesterol steadily increase with age. There is a statistically significant increase for each age group shown from a low of 8.4% for those aged 18-24, increasing to a rate of 40.6% for those aged 45-54, and finally showing a rate of 55.2% for those aged 65+.
- High cholesterol rates are a concern at all levels of education and income. As seen in other chronic conditions, high cholesterol rates are most pronounced for those with the lowest levels of education, (55% <high school), and lower income (49% <\$15,000). However, even in the higher levels of education and income, high cholesterol rates are quite apparent, with 27.8% of college graduates and 31.3% of those earning \$75,000+ reporting high cholesterol.

High Cholesterol Awareness

Demographic Characteristics	%	95% CI
Total	38.1	(36.2-39.9)
Gender		
Male	37.6	(34.5-40.7)
Female	38.5	(36.4-40.7)
Race		
White/Non-Hispanic	38.6	(36.7-40.5)
Black/Non-Hispanic	35.3	(25.8-46.0)
Age		
18-24	8.4	(4.2-16.0)
25-34	21.6	(17.2-26.7)
35-44	29.7	(25.7-34.1)
45-54	40.6	(36.7-44.6)
55-64	52.1	(48.0-56.2)
65+	55.2	(51.3-59.1)
Education		
<High School	55.0	(50.1-59.7)
H.S. or GED	40.2	(37.1-43.4)
Some College	36.1	(32.3-40.0)
College Grad	27.8	(24.5-31.4)
Household Income		
<\$15,000	49.0	(43.3-54.8)
\$15,000-\$24,999	42.3	(37.9-46.8)
\$25,000-\$34,999	39.0	(33.5-44.8)
\$35,000-\$49,999	36.3	(31.5-41.5)
\$50,000-\$74,999	30.7	(26.0-35.9)
\$75,000+	31.3	(26.6-36.4)

Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

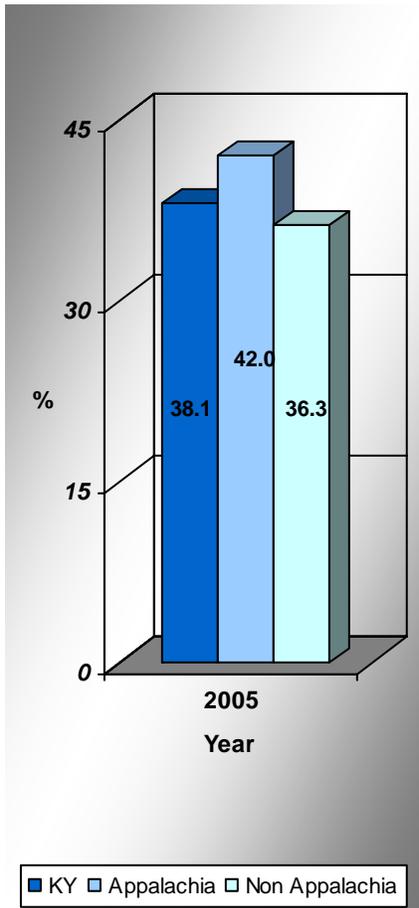
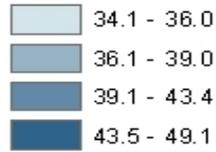
KY Statewide BRFSS DATA: High Cholesterol Awareness, 2000-2005



Blood Cholesterol Screening questions are asked every other year on odd years.

CHOLESTEROL: HIGH CHOLESTEROL AWARENESS 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



<u>Geographic Distribution</u>	<u>High Cholesterol Awareness</u>	
	<u>%</u>	<u>95% CI</u>
National Median*	35.6	
KY Total	38.1	(36.2-39.9)
ADD		
Barren River	34.1	(28.6-40.0)
Big Sandy	49.1	(42.2-56.1)
Bluegrass	37.6	(32.4-43.0)
Buffalo Trace	39.5	(32.8-46.8)
Cumberland Valley	40.5	(34.2-47.1)
FIVCO	43.4	(36.7-50.3)
Gateway	42.5	(35.8-49.4)
Green River	39.0	(32.8-45.6)
Kentucky River	46.2	(39.5-53.1)
KIPDA	35.2	(30.4-40.3)
Lake Cumberland	40.7	(35.0-46.8)
Lincoln Trail	37.4	(31.4-43.9)
Northern Kentucky	36.0	(30.5-41.9)
Pennyrile	37.3	(30.7-44.4)
Purchase	39.9	(33.7-46.5)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

DIABETES

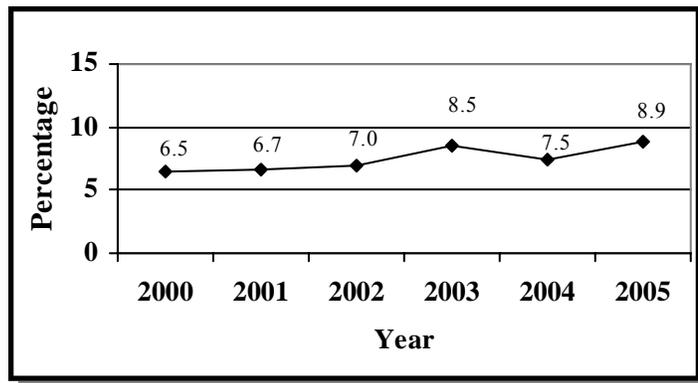
Individuals 18 and older who answered “YES” to the following question, “Have you ever been told by a doctor that you have diabetes?” This does not include women who have been told that they have diabetes only during pregnancy.

- Kentuckians report significantly higher rate of diabetes (8.9%) than the nation as a whole (7.3%).
- Since 2000 there has been a statistically significant increase in the percentage of Kentuckians reporting that they have diabetes. In 2000, 6.5% reported having diabetes, but by 2005 the prevalence rate had increased to 8.9%.
- Blacks reports significantly higher rates of diabetes (17.6%) than do Whites (8.5%).
- As expected, the rate of diabetes steadily increases with age. 1.6% of those aged 18-24 report having diabetes compared to 4.9% of those aged 35-44 and 16.2% of those age 65+.
- Similar to other chronic diseases, diabetes rates are higher among those with lower levels of education and/or income. Reported diabetes prevalence is 14.7% among those with less than a high school education and 12.9% among those earning less than \$15,000 annually. In comparison, lower diabetes rates of 5.7% are reported by those with a college degree, while those earning \$75,000 or more report rates of only 4.1%.

Demographic Characteristics	Diabetes	
	%	95% CI
Total	8.9	(8.0-9.9)
Gender		
Male	8.9	(7.6-10.5)
Female	8.8	(7.8-10.1)
Race		
White/Non-Hispanic	8.5	(7.6-9.5)
Black/Non-Hispanic	17.6	(11.8-25.3)
Age		
18-24	1.6	(0.3-7.7)
25-34	2.3	(1.3-4.2)
35-44	4.9	(3.5-6.8)
45-54	10.8	(8.6-13.4)
55-64	18.1	(15.2-21.4)
65+	16.2	(13.7-19.2)
Education		
<High School	14.7	(12.3-17.5)
H.S. or GED	8.2	(7.0-9.7)
Some College	8.9	(6.9-11.5)
College Grad	5.7	(4.4-7.5)
Household Income		
<\$15,000	12.9	(10.5-15.8)
\$15,000-\$24,999	10.9	(8.8-13.4)
\$25,000-\$34,999	11.8	(8.8-15.6)
\$35,000-\$49,999	8.0	(5.7-11.1)
\$50,000-\$74,999	4.8	(3.2-7.2)
\$75,000+	4.1	(2.7-6.2)

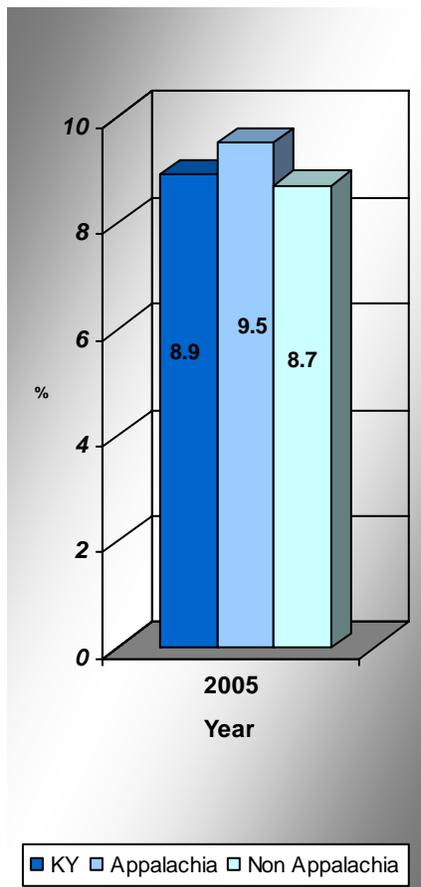
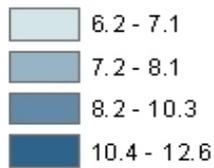
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Diabetes, 2000-2005



DIABETES 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Diabetes	
	%	95% CI
National Median*	7.3	
KY Total	8.9	(8.0-9.9)
ADD		
Barren River	8.1	(5.9-11.1)
Big Sandy	11.7	(8.6-15.8)
Bluegrass	7.1	(5.0-9.9)
Buffalo Trace	7.8	(5.3-11.4)
Cumberland Valley	10.3	(7.5-13.9)
FIVCO	9.1	(6.4-12.8)
Gateway	11.0	(8.1-14.8)
Green River	7.6	(5.5-10.3)
Kentucky River	10.3	(7.4-14.2)
KIPDA	9.0	(6.6-12.2)
Lake Cumberland	6.2	(4.2-9.0)
Lincoln Trail	9.9	(7.2-13.6)
Northern Kentucky	7.9	(5.5-11.1)
Pennyrile	12.6	(9.3-17.0)
Purchase	11.1	(7.6-16.1)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

FRUITS AND VEGETABLES: CONSUME LESS THAN FIVE SERVINGS A DAY

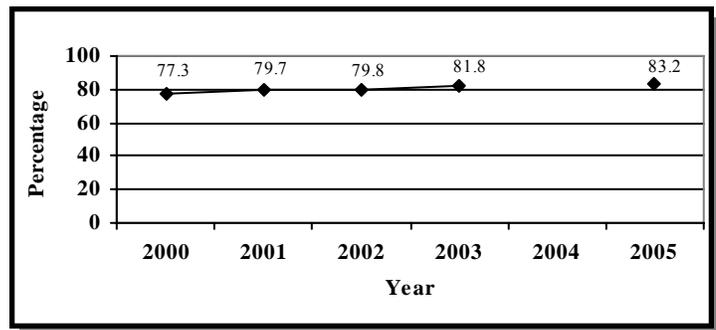
Individuals 18 and older who consume less than five servings of fruits and vegetables per day.

- Kentuckians are less likely to eat adequate servings of fruits and vegetables than those in the nation as a whole. 83.2% of Kentuckians report that they eat fewer than 5 servings of fruits and vegetables a day compared to 76.8% of the nation as a whole.
- Since 2000, there has been an upward trend in the percentage of Kentuckians who eat fewer than 5 servings of fruits and vegetables a day.
- Low levels of adequate fruit and vegetable consumption are a concern for all demographic groups in Kentucky. The demographic group with the best reported consumption of 5 or more servings of fruits and vegetables a day are college graduates and those with annually earnings of \$75,000+ . Even then, a sizable 75.4% of college graduates and 76.4% of those earning \$75,000+ do not consume adequate amounts of fruits and vegetables.
- Appalachian residents are less likely to eat 5 or more servings of fruits and vegetables a day than are Non-Appalachian residents.

	<u>Consume less than 5 a day</u>	
Demographic Characteristics	%	95% CI
Total	83.2	(81.7-84.5)
Gender		
Male	86.5	(84.2-88.5)
Female	80.1	(78.3-81.7)
Race		
White/Non-Hispanic	83.4	(81.9-84.7)
Black/Non-Hispanic	82.6	(71.8-89.9)
Age		
18-24	84.3	(77.9-89.2)
25-34	85.9	(82.4-88.8)
35-44	83.5	(80.2-86.4)
45-54	82.9	(79.9-85.6)
55-64	85.1	(82.3-87.6)
65+	79.5	(76.2-82.4)
Education		
<High School	89.4	(85.8-92.2)
H.S. or GED	86.4	(84.2-88.3)
Some College	81.4	(78.4-84.1)
College Grad	75.4	(71.9-78.7)
Household Income		
<\$15,000	84.1	(78.6-88.3)
\$15,000-\$24,999	86.2	(82.9-88.9)
\$25,000-\$34,999	83.9	(79.5-87.6)
\$35,000-\$49,999	82.6	(78.6-85.9)
\$50,000-\$74,999	83.8	(80.2-86.9)
\$75,000+	76.4	(71.6-80.7)

Missing, "Don't Know", and Refused Responses are excluded. 95% CI= 95% Confidence Interval

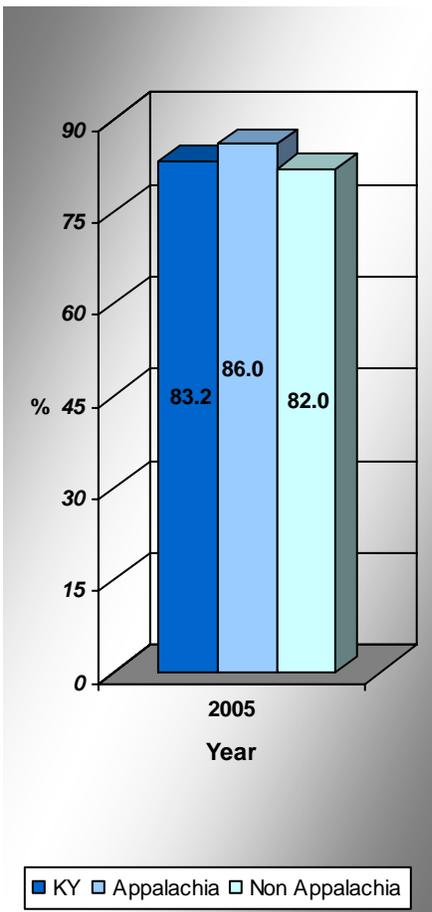
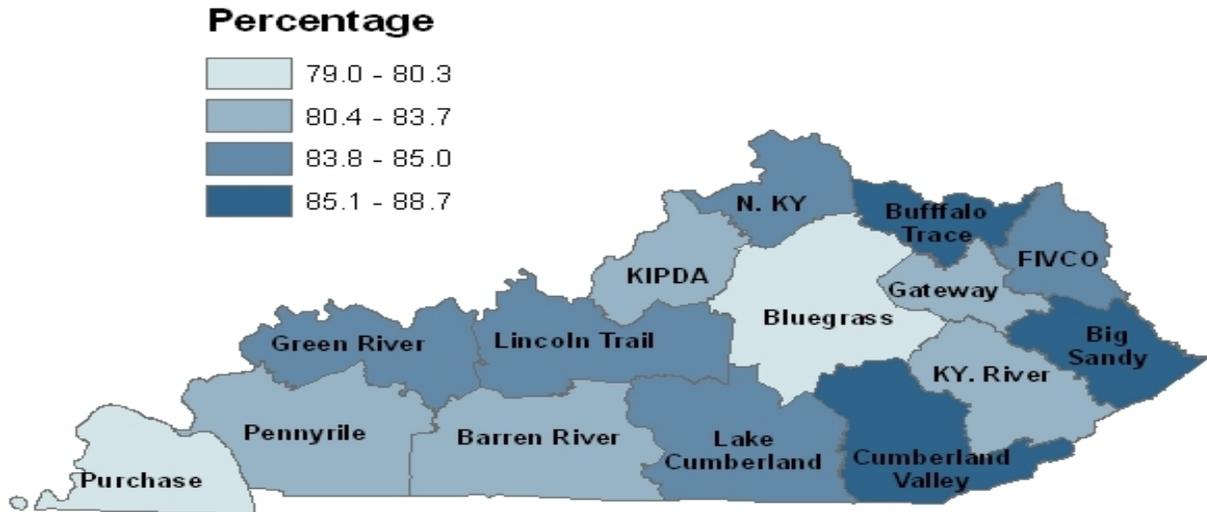
KY Statewide BRFSS DATA: Consume less than 5 a day, 2000-2005



The fruits and vegetable consumption question was not asked in 2004.

FRUITS AND VEGETABLES: CONSUME LESS THAN FIVE SERVINGS A DAY

2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



Geographic Distribution	Consume less than 5 a day	
	%	95% CI
National Median*	76.8	
KY Total	83.2	(81.7-84.5)
ADD		
Barren River	82.8	(78.1-86.7)
Big Sandy	86.7	(81.5-90.6)
Bluegrass	79.0	(74.4-83.0)
Buffalo Trace	86.5	(82.0-90.0)
Cumberland Valley	88.7	(84.3-92.0)
FIVCO	84.8	(79.3-89.1)
Gateway	83.7	(78.0-88.2)
Green River	84.0	(78.4-88.3)
Kentucky River	83.2	(78.1-87.3)
KIPDA	83.1	(79.0-86.5)
Lake Cumberland	84.6	(80.2-88.2)
Lincoln Trail	84.5	(79.3-88.6)
Northern Kentucky	85.0	(80.7-88.5)
Pennyrile	82.6	(76.4-87.4)
Purchase	80.3	(74.5-85.1)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

HEALTHCARE ACCESS: NO HEALTHCARE COVERAGE

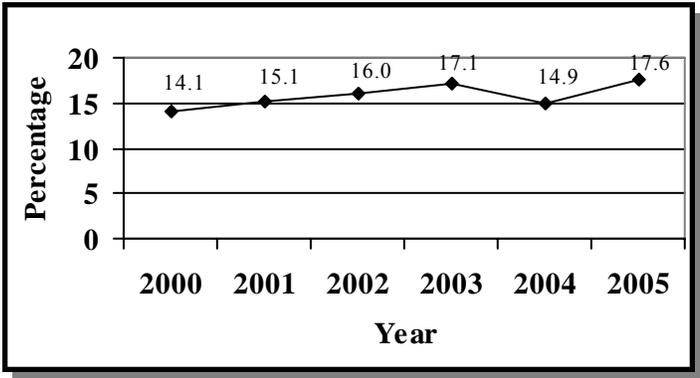
Individuals 18 and older who answered “NO” to the following question, “Do you have any kind of healthcare coverage, including health insurance, prepaid plans such as HMO’s, or government plans such as Medicare?”

- More Kentuckians report a lack of healthcare coverage (17.6%) than does the nation as a whole (14.5%).
- There has been a statistically significant increase in the percentage of Kentuckians lacking healthcare coverage since 2000 when 14.1% were not covered compared to 17.6% in 2005.
- More Blacks reported lack of healthcare coverage (21.8%) than Whites (16.6%).
- In regards to gender, males (19.3%) reported a higher rate of lack of healthcare coverage compared to females (16.1%).
- Lack of healthcare coverage decreases with age. While 38.9% of those aged 18-24 lack health care coverage, this figure decreases to 18.3% for 35-44 year olds, 11.3% for 55-64 year old and 4.4% for those over age 65.
- Lack of healthcare coverage also decreases with education and income. While 27.6% of those with less than high school education, and 31.1% of those earning less than \$15,000 annually have coverage those figures drop steadily as education and income increase.

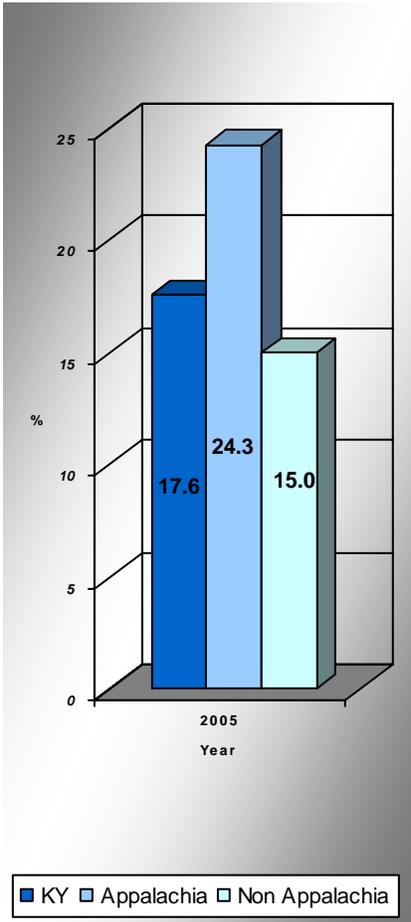
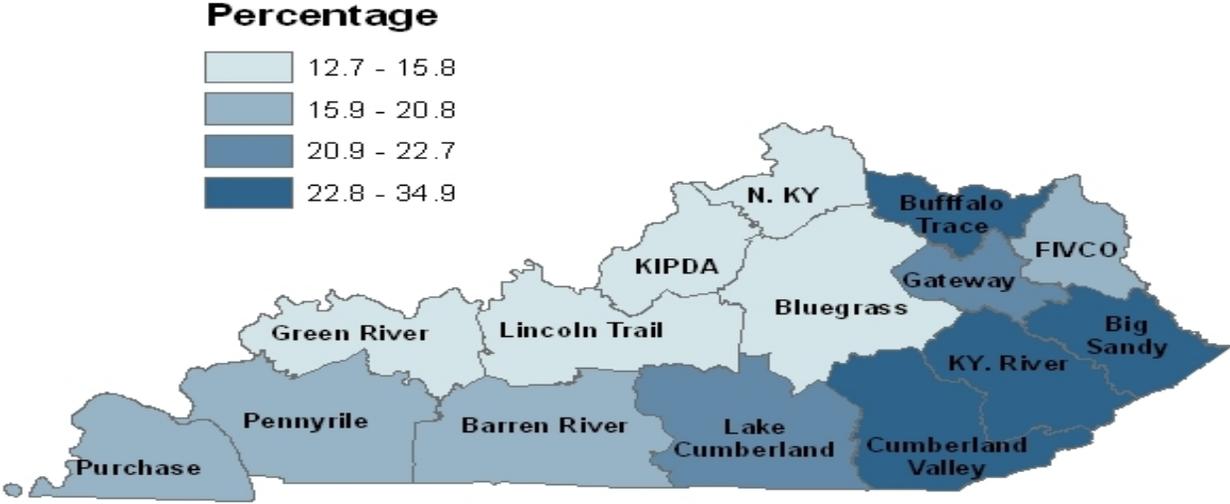
<u>No Healthcare Coverage</u>		
Demographic Characteristics	%	95% CI
Total	17.6	(16.2-19.2)
Gender		
Male	19.3	(16.1-22.0)
Female	16.1	(14.5-17.7)
Race		
White/Non-Hispanic	16.6	(15.2-18.1)
Black/Non-Hispanic	21.8	(15.2-30.1)
Age		
18-24	38.9	(31.9-46.3)
25-34	22.6	(18.9-26.8)
35-44	18.3	(15.4-21.6)
45-54	15.1	(12.9-17.5)
55-64	11.3	(9.2-13.8)
65+	4.4	(3.0-6.3)
Education		
<High School	27.6	(23.4-32.2)
H.S. or GED	21.6	(19.1-24.4)
Some College	17.1	(14.4-20.2)
College Grad	4.9	(3.5-6.7)
Household Income		
<\$15,000	31.1	(26.2-36.3)
\$15,000-\$24,999	33.6	(29.4-38.0)
\$25,000-\$34,999	22.2	(17.9-27.2)
\$35,000-\$49,999	11.3	(8.4-15.0)
\$50,000-\$74,999	6.6	(4.1-10.5)
\$75,000+	3.1	(1.8-5.4)

Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence interval

KY Statewide BRFSS DATA: No Healthcare Coverage, 2000-2005



HEALTHCARE ACCESS: NO HEALTHCARE COVERAGE 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



Geographic Distribution	No Healthcare Coverage	
	%	95% CI
National Median*	14.5	
KY Total	17.6	(16.2-19.2)
ADD		
Barren River	19.6	(14.6-25.7)
Big Sandy	34.9	(27.6-43.0)
Bluegrass	14.2	(11.6-18.7)
Buffalo Trace	29.4	(22.2-37.8)
Cumberland Valley	26.8	(21.2-33.3)
FIVCO	20.8	(15.9-26.9)
Gateway	22.7	(14.6-33.6)
Green River	13.7	(9.9-18.7)
Kentucky River	26.5	(20.6-33.3)
KIPDA	12.7	(9.5-16.8)
Lake Cumberland	21.9	(16.1-29.0)
Lincoln Trail	15.8	(11.5-21.3)
Northern Kentucky	13.5	(10.1-17.9)
Pennyrile	19.6	(14.4-26.2)
Purchase	19.1	(12.2-28.6)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

HEALTHCARE ACCESS: NO HEALTHCARE PROVIDER

Individuals 18 and older who answered “NO” to the following question, “Do you have one person you think of as your personal doctor or health care provider?” The version of this question was not asked in 2000.

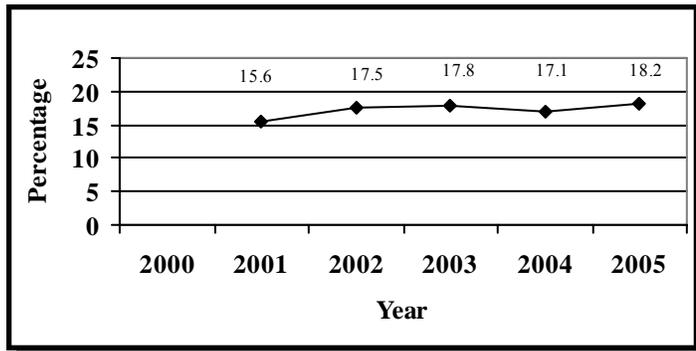
- Kentuckians report a similar rate (18.2%) of lacking a healthcare provider as do people in the nation as a whole (19.1%)
- There appears to be an upward trend in the percentage of Kentuckians who report they lack a healthcare provider. In 2001, 15.6% of Kentuckians lacked a healthcare provider compared to 18.2% in 2005.
- Lack of having a healthcare provider decreases with age. Among 18-24 year olds, 39.7% do not have a healthcare provider compared to 18.7% of 35-44 year olds and 8.5% of 55-64 year olds.
- Lack of having a health care provider also decreases with higher education and income. Among those who do not have a high school diploma 26.1% do not have a healthcare provider, compared to only 10.8% of college graduates. Similarly, 26.2% of those earning <\$15,000 annually do not have a healthcare provider compared to 10.5% of those earning \$75,000 or more.

No Healthcare Provider

Demographic Characteristics	%	95% CI
Total	18.2	(16.7-19.9)
Gender		
Male	24.8	(22.1-27.7)
Female	12.1	(10.7-13.6)
Race		
White/Non-Hispanic	17.6	(16.1-19.3)
Black/Non-Hispanic	20.3	(13.3-29.8)
Age		
18-24	39.7	(32.6-47.2)
25-34	27.9	(23.7-32.5)
35-44	18.7	(15.7-22.2)
45-54	11.2	(9.3-13.6)
55-64	8.5	(6.8-10.7)
65+	8.2	(6.3-10.7)
Education		
<High School	26.1	(21.8-30.9)
H.S. or GED	19.6	(17.0-22.4)
Some College	18.1	(15.1-21.6)
College Grad	10.8	(8.6-13.5)
Household Income		
<\$15,000	26.2	(21.0-32.1)
\$15,000-\$24,999	25.3	(21.4-29.6)
\$25,000-\$34,999	21.8	(17.2-27.2)
\$35,000-\$49,999	13.5	(10.4-17.3)
\$50,000-\$74,999	13.2	(9.9-17.5)
\$75,000+	10.5	(7.5-14.6)

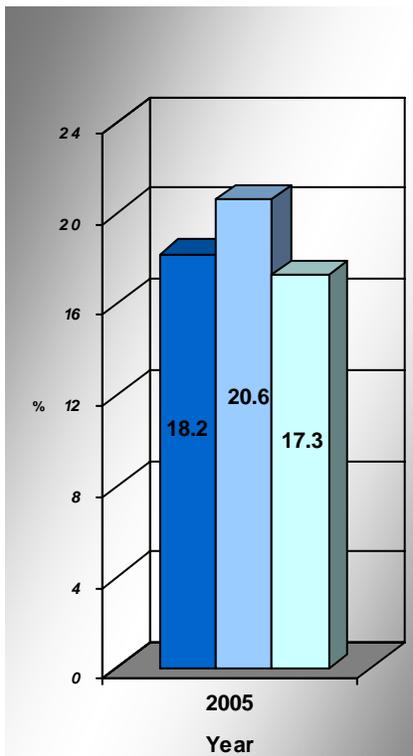
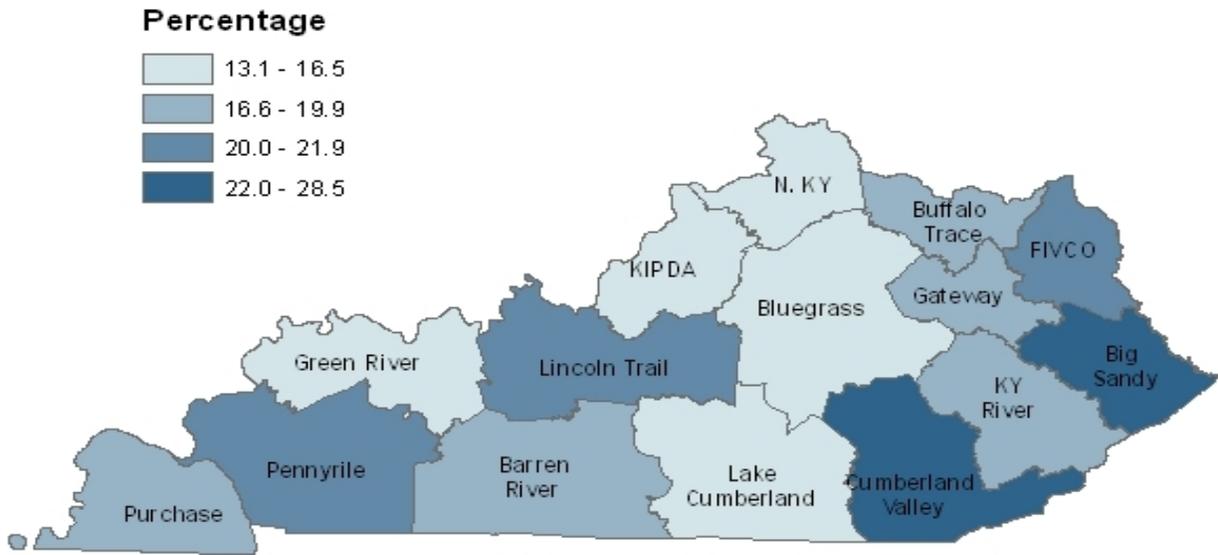
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: No Healthcare Provider, 2000-2005



No healthcare provider question was not asked in 2000.

HEALTHCARE ACCESS: NO HEALTHCARE PROVIDER 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



■ KY ■ Appalachia □ Non Appalachia

Geographic Distribution	No Healthcare Provider	
	%	95% CI
National Median*	19.1	
KY Total	18.2	(16.7-19.9)
ADD		
Barren River	19.2	(14.5-25.2)
Big Sandy	28.5	(21.4-36.8)
Bluegrass	16.5	(12.6-21.4)
Buffalo Trace	18.8	(12.5-27.4)
Cumberland Valley	25.4	(19.6-32.2)
FIVCO	21.1	(15.9-27.4)
Gateway	17.9	(10.3-29.4)
Green River	15.9	(11.5-21.5)
Kentucky River	19.9	(15.1-25.9)
KIPDA	16.1	(12.3-20.8)
Lake Cumberland	16.5	(11.3-23.5)
Lincoln Trail	21.2	(16.1-27.4)
Northern Kentucky	13.1	(9.7-17.5)
Pennyrile	21.9	(16.3-28.7)
Purchase	18.4	(11.7-27.8)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

HEALTHCARE ACCESS: COST AS A BARRIER TO SEEING A DOCTOR

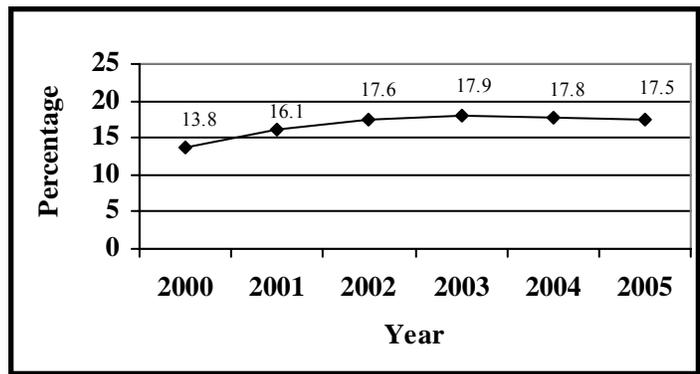
Individuals 18 and older who answered “YES” to the following question, “Was there a time in the past year when you needed to see a doctor, but could not, because of cost?”

- More Kentuckians report that cost is a barrier to healthcare access (17.5%) than does the nation as a whole (13.3%).
- There has been a statistically significant increase in the percentage of Kentuckians reporting that cost is a barrier to healthcare access since 2000 when 13.8% reported such a barrier compared to 17.5% in 2005.
- Females report cost as a barrier to health care access at a higher rate (20.0%) than do males (14.8%).
- Cost as a barrier to healthcare access decreases with age. While 25.1% of those aged 18-24 report cost as a barrier to healthcare access, only 18.0% of those aged 45-54 report a cost barrier, and this falls to only 8.4% of those aged 65 and older.
- Those with lower levels of education and/or those with lower annual incomes are more likely to report that cost is a barrier to healthcare access. For those with less than a high school education, 25.7% report that cost is a barrier to healthcare compared to only 6.1% of college graduates. Similarly, 33.1% of those earning less than \$15,000 annually report cost as a barrier to healthcare access as compared to 11.2% of those earning \$35,000-\$49,999 and 3.2% of those earning \$75,000 or more.

Demographic Characteristics	Cost as a barrier	
	%	95% CI
Total	17.5	(16.2-19.0)
Gender		
Male	14.8	(12.7-17.1)
Female	20.0	(18.4-21.8)
Race		
White/Non-Hispanic	16.5	(15.1-17.9)
Black/Non-Hispanic	21.0	(14.9-28.7)
Age		
18-24	25.1	(19.2-32.0)
25-34	23.2	(19.6-27.3)
35-44	19.1	(16.2-22.4)
45-54	18.0	(15.6-20.6)
55-64	12.4	(10.3-14.8)
65+	8.4	(6.5-10.8)
Education		
<High School	25.7	(22.1-30.0)
H.S. or GED	19.8	(17.5-22.3)
Some College	19.5	(16.6-22.8)
College Grad	6.1	(4.6-8.0)
Household Income		
<\$15,000	33.1	(28.5-38.0)
\$15,000-\$24,999	31.1	(27.2-35.3)
\$25,000-\$34,999	21.2	(16.8-26.3)
\$35,000-\$49,999	11.2	(8.6-14.6)
\$50,000-\$74,999	9.7	(6.6-14.0)
\$75,000+	3.2	(1.8-5.5)

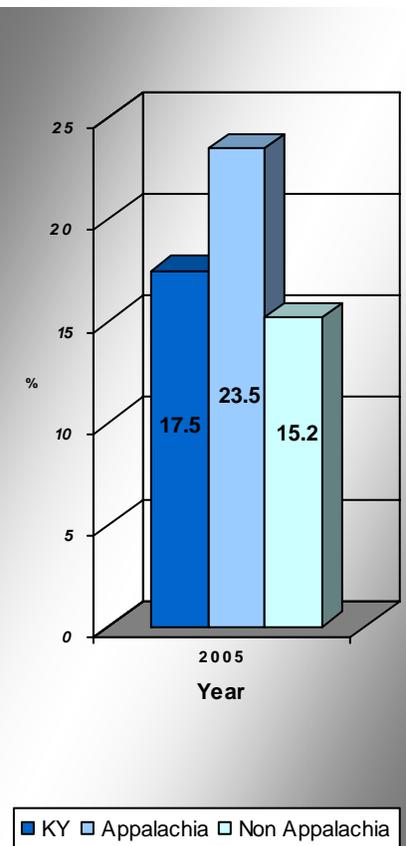
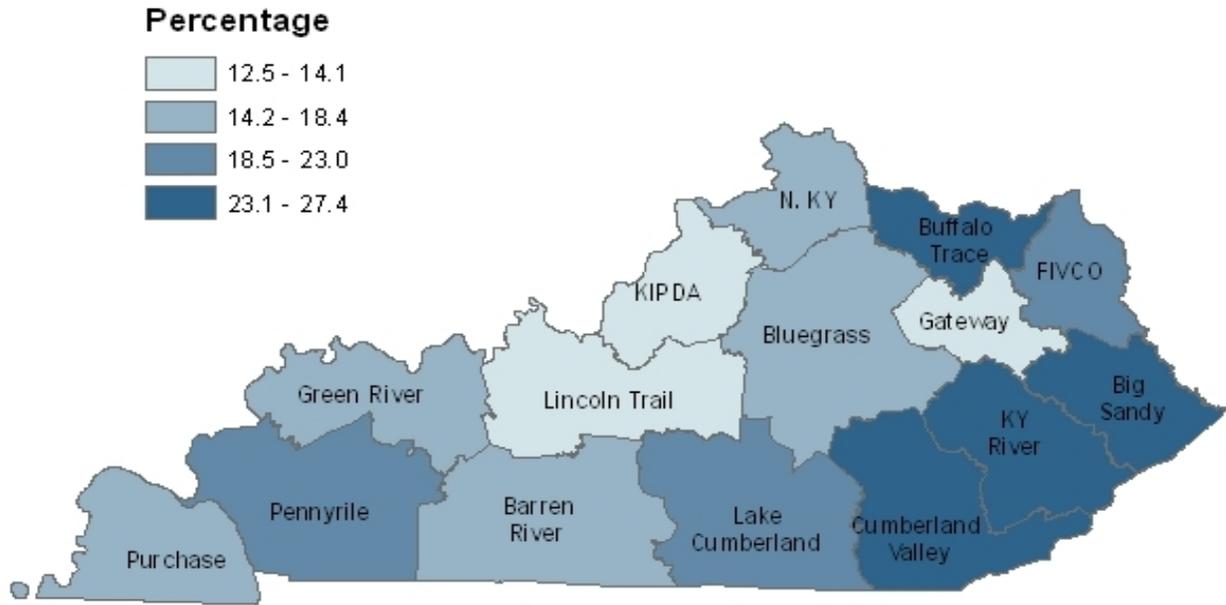
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Cost as a barrier, 2000-2005



Cost as a barrier to see a doctor question was not asked in 2000.

HEALTHCARE ACCESS: COST AS A BARRIER TO SEEING A DOCTOR 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



Geographic Distribution	Cost as a barrier	
	%	95% CI
National Median*	13.3	
KY Total	17.5	(16.2-19.0)
ADD		
Barren River	18.4	(13.9-24.0)
Big Sandy	25.1	(19.5-31.6)
Bluegrass	16.2	(12.5-20.7)
Buffalo Trace	25.3	(18.6-33.5)
Cumberland Valley	27.4	(21.8-33.8)
FIVCO	22.3	(17.2-28.5)
Gateway	14.1	(10.7-18.4)
Green River	15.4	(11.3-20.8)
Kentucky River	25.9	(20.9-31.6)
KIPDA	13.2	(10.1-17.0)
Lake Cumberland	23.0	(18.0-29.0)
Lincoln Trail	12.5	(9.3-16.7)
Northern Kentucky	15.3	(11.6-19.8)
Pennyrile	21.1	(15.9-27.4)
Purchase	16.8	(11.0-24.9)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

HEALTH STATUS: FAIR OR POOR HEALTH

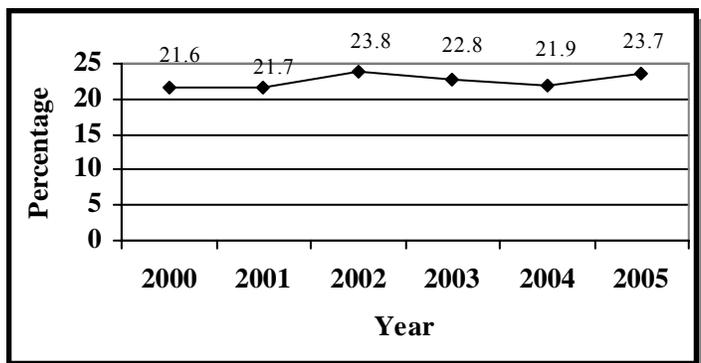
Individuals 18 and older who stated that their health was fair or poor when asked the question: “Would you say that in general your health is excellent, very good, good, fair or poor?”

- More Kentuckians rate their health as only fair or poor (23.7%) than does the nation as a whole (14.9%).
- The rate of Kentuckians reporting that their health is fair or poor has remained relatively stable since 2000.
- The percentage of people who rate their health as fair or poor increases with age. Only 8.1% of those aged 18-24 rate their health as fair or poor, compared to 18.3% of those aged 35-44 and 38.0% of those aged 65+.
- Those with lower levels of education and lower income also rate their health more poorly than do others. Slightly more than half of those with less than a high school education (50.6%) and those earning <\$15,000 annually (51.1%) rate their health as fair or poor. In contrast, only 10% of college graduates and 6.1% of those earning \$75,000 or more rate their health as fair or poor.
- Residents of Appalachia report higher rates of fair or poor health (32.2%) than do Non-Appalachia residents (20.4%).

Demographic Characteristics	Fair or Poor Health	
	%	95% CI
Total	23.7	(22.4-25.1)
Gender		
Male	22.6	(20.4-25.0)
Female	24.7	(23.1-26.4)
Race		
White/Non-Hispanic	23.3	(21.9-24.7)
Black/Non-Hispanic	29.5	(22.3-38.1)
Age		
18-24	8.1	(4.9-13.2)
25-34	10.5	(8.2-13.5)
35-44	18.3	(15.4-21.6)
45-54	27.9	(24.9-31.2)
55-64	36.2	(32.6-40.0)
65+	38.0	(34.5-41.7)
Education		
<High School	50.6	(46.3-54.9)
H.S. or GED	23.4	(21.2-25.8)
Some College	19.3	(16.7-22.1)
College Grad	10.0	(8.1-12.4)
Household Income		
<\$15,000	51.1	(46.0-56.3)
\$15,000-\$24,999	33.3	(29.5-37.3)
\$25,000-\$34,999	21.2	(17.7-25.1)
\$35,000-\$49,999	17.3	(14.0-21.3)
\$50,000-\$74,999	9.1	(6.8-12.0)
\$75,000+	6.1	(4.0-9.2)

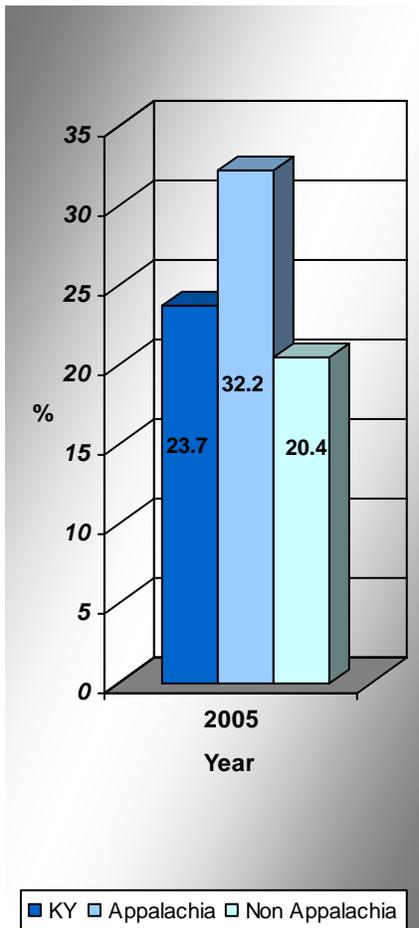
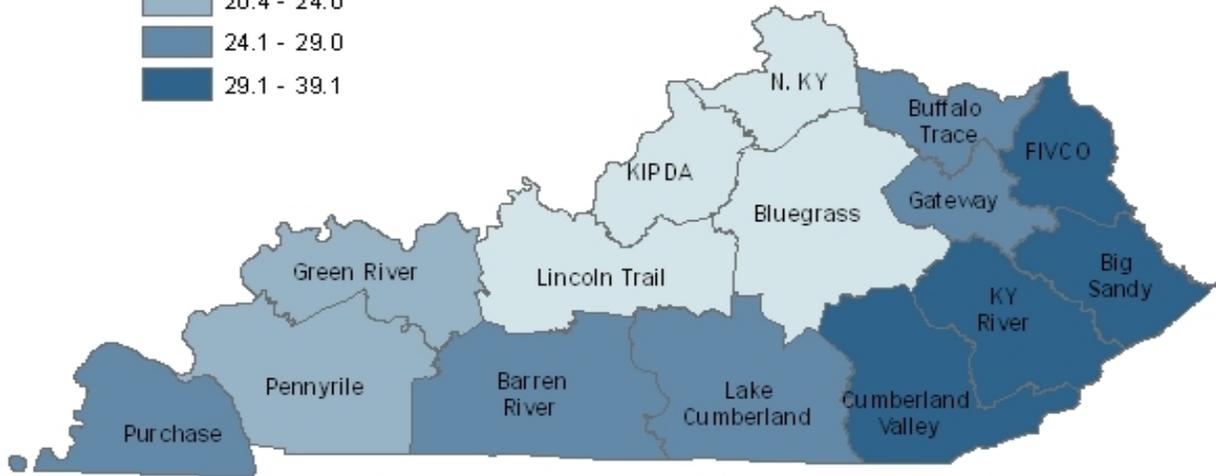
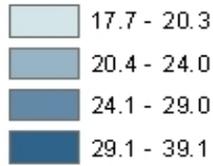
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Fair or Poor Health, 2000-2005



HEALTH STATUS: FAIR OR POOR HEALTH 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Fair or Poor Health	
	%	95% CI
National Median*	14.9	
KY Total	23.7	(22.4-25.1)
ADD		
Barren River	26.6	(22.1-31.7)
Big Sandy	39.1	(32.9-45.8)
Bluegrass	18.5	(15.2-22.4)
Buffalo Trace	26.8	(21.4-32.9)
Cumberland Valley	36.0	(30.2-42.2)
FIVCO	34.7	(28.8-41.1)
Gateway	26.7	(21.5-32.7)
Green River	22.7	(18.3-27.8)
Kentucky River	36.3	(30.9-42.1)
KIPDA	17.7	(14.5-21.6)
Lake Cumberland	29.0	(24.3-34.2)
Lincoln Trail	20.2	(16.3-24.7)
Northern Kentucky	20.3	(16.5-24.6)
Pennyrile	24.0	(19.1-29.8)
Purchase	28.3	(21.8-35.9)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. CI: Confidence Interval. The CI is not available.

HEALTH STATUS: FREQUENT MENTAL DISTRESS

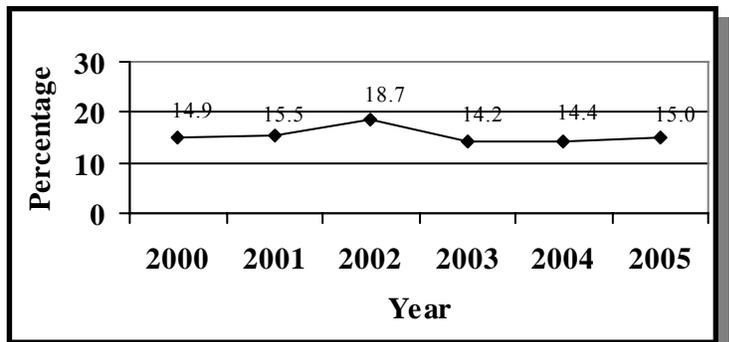
Individuals 18 and older who stated that they had 14 or more days of poor mental health when responding to the question, “Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?”

- Survey respondents who report having problems with mental health, depression or emotions for 14 or more of the 30 days before the interview are categorized as having “Frequent Mental Distress” (FMD).
- More Kentuckians report frequent mental distress (15.0%) than the nation as a whole (9.5%).
- The rate of frequent mental distress has remained statistically stable since 2000.
- Females are more likely to report frequent mental distress (18.7%) than males (11.1%).
- Those aged 65 and older reported the lowest rates of frequent mental distress at 9.3% compared to those aged 45-54 at 18.0% and those aged 35-44 at 17.6%.
- The highest rates of frequent mental distress are reported by those in the lowest education and income categories. While only 7.7% of college graduates report frequent mental distress, 26.4% of those with less than a high school education report frequent mental distress. Similarly, only 5.7% of those with annual earning over \$75,000 report frequent mental distress compared to 27.0% of those earning less than \$15,000 annually.

Demographic Characteristics	Frequent Mental Distress	
	%	95% CI
Total	15.0	(13.8-16.8)
Gender		
Male	11.1	(9.4-13.1)
Female	18.7	(17.1-20.4)
Race		
White/Non-Hispanic	14.6	(13.4-15.9)
Black/Non-Hispanic	15.2	(9.9-22.7)
Age		
18-24	12.6	(8.6-18.1)
25-34	15.0	(12.3-18.2)
35-44	17.6	(14.7-20.9)
45-54	18.0	(15.4-21.0)
55-64	15.7	(13.1-18.6)
65+	9.3	(7.4-11.6)
Education		
<High School	26.4	(22.6-30.6)
H.S. or GED	14.3	(12.4-16.4)
Some College	15.9	(13.4-18.7)
College Grad	7.7	(6.1-9.6)
Household Income		
<\$15,000	27.0	(22.9-31.6)
\$15,000-\$24,999	21.0	(17.6-24.9)
\$25,000-\$34,999	14.6	(11.2-18.9)
\$35,000-\$49,999	12.3	(9.5-15.9)
\$50,000-\$74,999	9.8	(7.2-13.2)
\$75,000+	5.7	(4.0-8.1)

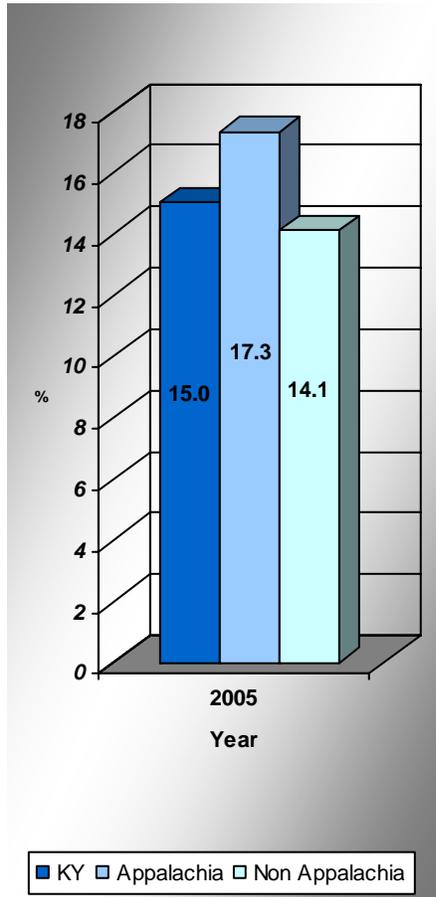
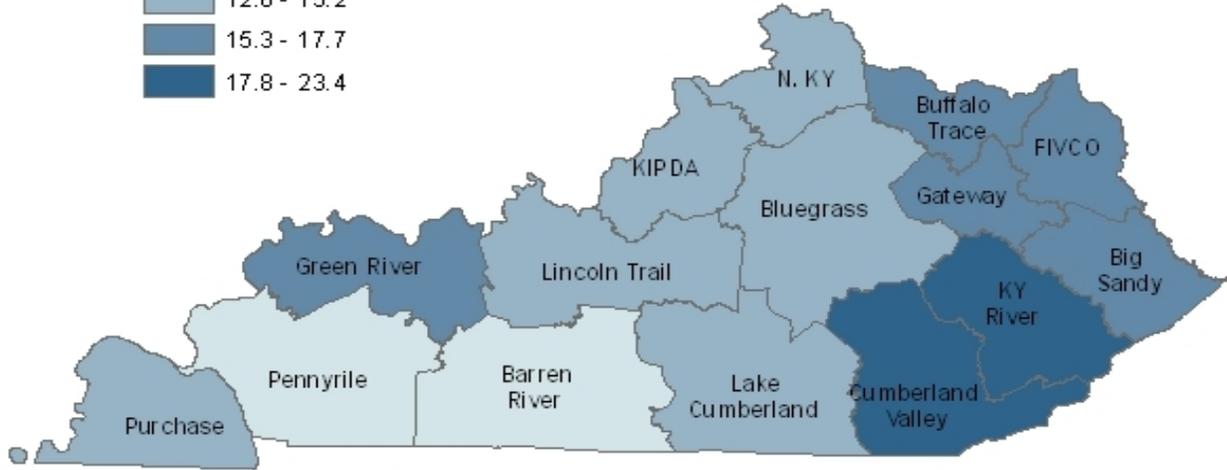
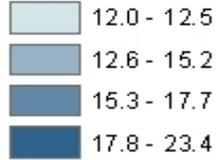
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Frequent Mental Distress 2000-2005



HEALTH STATUS: FREQUENT MENTAL DISTRESS 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Frequent Mental Distress	
	%	95% CI
National Median*	9.5	
KY Total	15.0	(13.8-16.8)
ADD		
Barren River	12.0	(9.0-15.8)
Big Sandy	17.7	(13.3-23.1)
Bluegrass	13.8	(10.6-17.6)
Buffalo Trace	16.2	(10.2-24.8)
Cumberland Valley	20.7	(16.2-25.9)
FIVCO	17.3	(12.9-22.7)
Gateway	16.5	(12.4-21.7)
Green River	15.6	(11.7-20.6)
Kentucky River	23.4	(18.7-28.9)
KIPDA	14.6	(11.4-18.5)
Lake Cumberland	13.6	(9.6-18.8)
Lincoln Trail	13.4	(9.9-18.0)
Northern Kentucky	15.2	(11.7-19.6)
Pennyrile	12.5	(9.0-17.0)
Purchase	14.2	(10.4-19.1)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

HEALTH STATUS: FREQUENT PHYSICAL PROBLEMS

Individuals 18 and older who stated that they had 14 or more days of poor physical health when responding to the question, “Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?”

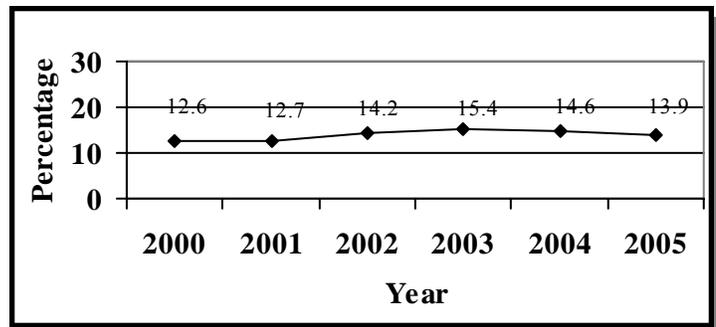
- Survey respondents who report having problems with physical illness or injury for 14 or more of the 30 days before the interview are categorized as having “Frequent Physical Problems” (FPP).
- More Kentucky residents report frequent physical problems (13.9%) than the nation as a whole (10.6%).
- The rate of frequent physical problems has remained statistically stable since 2000.
- The reported rate of frequent physical problems increases with age. Only 3.2% of those aged 18-24 report FPP. This increases to a rate of 11.6% among 35-44 year olds, 16.8% for 45-54 year olds and 20.4% for those 65 and older.
- Higher rates of FPP are reported among those with lower levels of education and income. For those with less than a high school degree, 26.6% report FPP, compared to only 6.0% of those with college degrees. Almost one third (31.0%) of those earning \$15,000 or less report FPP compared to only 4.3% of those earning \$75,000 or more.

Frequent Physical Problems

<u>Demographic Characteristics</u>	<u>%</u>	<u>95% C</u>
Total	13.9	(12.8-15.0)
Gender		
Male	13.3	(11.6-15.3)
Female	14.4	(13.1-15.8)
Race		
White/Non-Hispanic	13.7	(12.6-14.9)
Black/Non-Hispanic	16.6	(10.2-25.8)
Age		
18-24	3.2	(1.4-7.1)
25-34	8.5	(6.4-11.3)
35-44	11.6	(9.2-14.5)
45-54	16.8	(14.4-19.5)
55-64	19.8	(17.0-22.9)
65+	20.4	(17.5-23.6)
Education		
<High School	26.6	(23.3-30.2)
H.S. or GED	13.1	(11.5-14.9)
Some College	14.6	(12.0-17.6)
College Grad	6.0	(4.7-7.8)
Household Income		
<\$15,000	31.0	(26.9-35.4)
\$15,000-\$24,999	17.7	(14.9-21.0)
\$25,000-\$34,999	10.8	(8.4-13.8)
\$35,000-\$49,999	10.2	(7.4-13.8)
\$50,000-\$74,999	7.5	(5.2-10.8)
\$75,000+	4.3	(2.5-7.1)

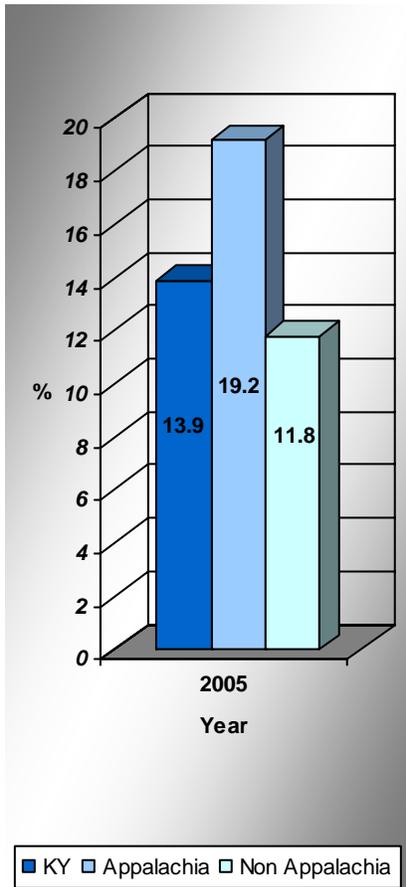
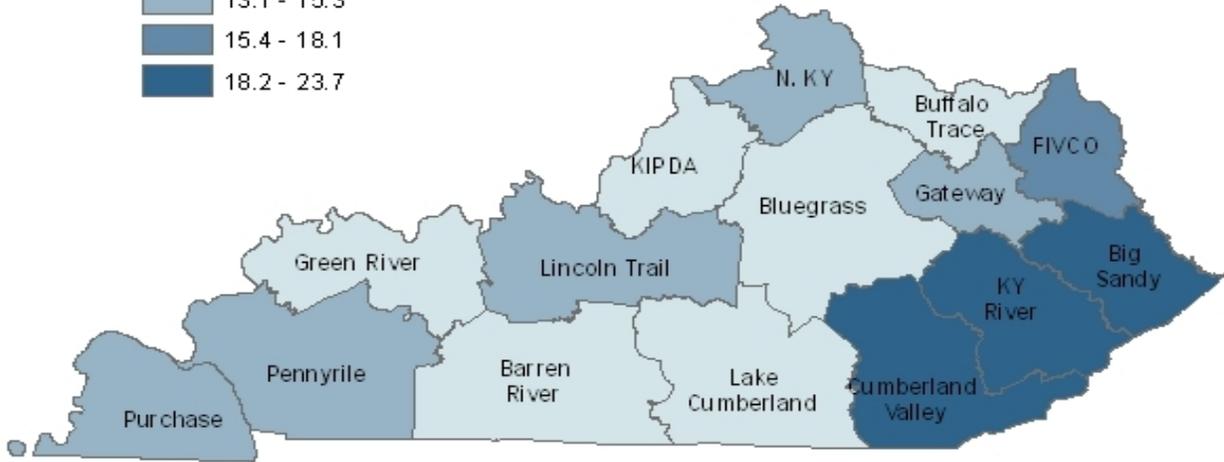
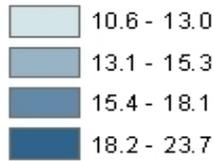
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Frequent Physical Problems 2000-2005



HEALTH STATUS: FREQUENT PHYSICAL PROBLEMS 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Frequent Physical Problems	
	%	95% CI
National Median*	10.6	
KY Total	13.9	(12.8-15.0)
ADD		
Barren River	11.9	(9.0-15.6)
Big Sandy	23.7	(18.7-29.5)
Bluegrass	11.2	(8.6-14.5)
Buffalo Trace	12.2	(8.9-16.6)
Cumberland Valley	23.2	(18.3-29.0)
FIVCO	18.1	(13.7-23.5)
Gateway	15.3	(11.6-2.0)
Green River	13.0	(9.6-17.4)
Kentucky River	23.7	(19.1-29.0)
KIPDA	10.6	(8.0-13.8)
Lake Cumberland	12.6	(9.4-16.6)
Lincoln Trail	14.8	(10.5-20.5)
Northern Kentucky	14.0	(10.8-17.9)
Pennyrile	14.1	(10.6-18.6)
Purchase	13.6	(9.9-18.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

HIV: EVER BEEN TESTED , ADULTS 18-64

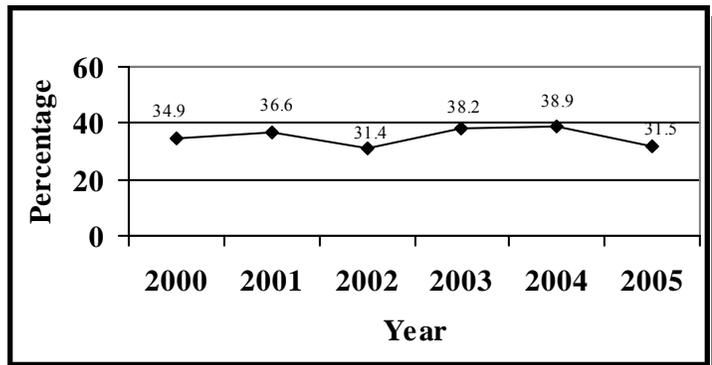
Individuals 18-64 who answered “YES” to the following question, “Have you ever been tested for HIV?”

- Fewer Kentuckians have been tested for HIV (31.5%) than the nation as a whole (38.4%).
- The rate of HIV testing has varied significantly from year to year, most recently showing a decline from 38.9% to 31.5%.
- Females report higher rates of HIV testing (36.2%) than do males (26.9%).
- Blacks report higher rates of HIV testing (43.4%) than do whites (30.3%).
- HIV testing rates are highest among those aged 25-34 (46.4%). Those aged 18-24 and 35-44 have similar testing rates of 36.6% and 36.2% respectively. The lowest rates are found in those aged 55-64 (15.5%).
- HIV testing rates show no statistically significant difference by level of education.
- HIV testing rates decrease with increasing income level, with testing seen more frequently (40.6%) among those earning less than \$15,000 annually as compared to those in any of the income categories over \$35,000. In particular, those least likely to be tested are those earning \$75,000 or more (27.4%).

Demographic Characteristics	Ever been Tested	
	%	95%CI
Total	31.5	(29.5-33.6)
Gender		
Male	26.9	(23.8-30.2)
Female	36.2	(33.7-38.7)
Race		
White/Non-Hispanic	30.3	(28.3-32.4)
Black/Non-Hispanic	43.4	(32.8-54.5)
Age		
18-24	36.6	(29.7-44.0)
25-34	46.4	(41.6-51.2)
35-44	36.2	(32.3-40.3)
45-54	20.5	(17.5-23.8)
55-64	15.5	(12.5-19.0)
Education		
<High School	28.4	(23.3-34.2)
H.S. or GED	30.8	(27.5-34.3)
Some College	31.9	(28.2-36.0)
College Grad	33.9	(29.8-38.2)
Household Income		
<\$15,000	40.6	(34.1-47.3)
\$15,000-\$24,999	34.4	(29.5-39.6)
\$25,000-\$34,999	34.0	(28.0-40.4)
\$35,000-\$49,999	32.5	(27.5-37.9)
\$50,000-\$74,999	31.8	(26.8-37.2)
\$75,000+	27.4	(22.8-32.6)

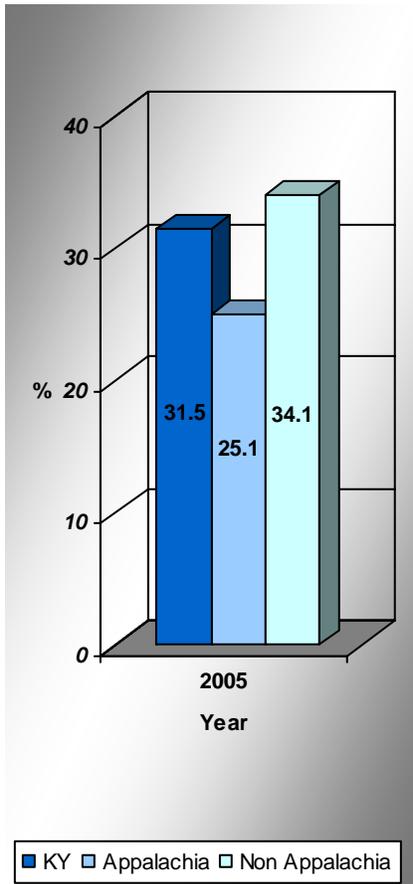
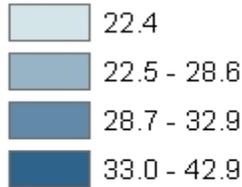
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Ever been HIV Tested, 2000– 2005



HIV: EVER BEEN TESTED, ADULTS 18-64 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Ever been Tested	
	%	95% CI
National Median*	38.4	
KY Total	31.5	(29.5-33.6)
ADD		
Barren River	32.9	(26.8-39.7)
Big Sandy	26.4	(20.0-33.9)
Bluegrass	30.4	(25.2-36.2)
Buffalo Trace	30.1	(21.7-40.0)
Cumberland Valley	27.4	(21.1-34.7)
FIVCO	22.4	(16.2-30.1)
Gateway	27.7	(20.9-35.7)
Green River	26.8	(21.1-33.4)
Kentucky River	28.6	(22.8-35.2)
KIPDA	31.3	(26.0-37.1)
Lake Cumberland	25.9	(20.3-32.4)
Lincoln Trail	42.9	(35.2-50.9)
Northern Kentucky	32.3	(26.6-38.6)
Pennyrile	37.0	(29.3-45.4)
Purchase	42.2	(33.7-51.1)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

HIV: RECENT HIV TESTING, ADULTS 18-64

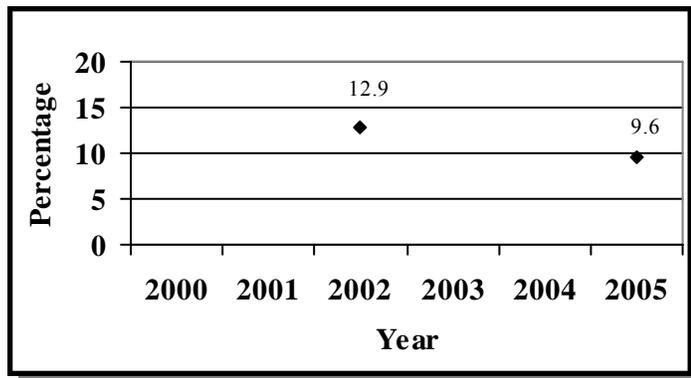
Individuals 18-64 who were tested for Human Immunodeficiency Virus (HIV) in 2004 or 2005.

- Fewer Kentuckians have been recently tested for HIV in 2004 or 2005 (9.6%) than the nation as a whole (15.3%).
- More Blacks (24.7%) have been recently tested for HIV than Whites (8.6%).
- Recent HIV testing rates were higher among younger age groups compared to older age groups. The highest rate is reported by those aged 18 to 24 (20.2%), while the lowest rate is reported by those aged 45 to 64 (3.9%).
- The rates of recent HIV testing are similar among education levels
- Recent HIV test rates decrease with increasing income levels. Those earning less than \$15,000 and \$15,000-24,999 per annum are more likely to report recent HIV testing (14.5%) and (13.4%) respectively compared to those earning \$50,000-74,999 and \$75, 000+ per annum, who reported (7.5%) and (7.8%) respectively.

Demographic Characteristics	Recent HIV Testing	
	%	95% CI
Total	9.6	(8.3-11.1)
Gender		
Male	8.0	(6.2-10.2)
Female	11.2	(9.4-13.3)
Race		
White/Non-Hispanic	8.6	(7.4-10.1)
Black/Non-Hispanic	24.7	(15.8-36.4)
Age		
18-24	20.2	(14.9-26.4)
25-34	13.3	(10.5-16.7)
35-44	8.7	(6.5-11.7)
45-54	3.9	(2.7-5.6)
55-64	3.9	(2.3-6.3)
Education		
<High School	9.1	(5.9-13.8)
H.S. or GED	9.9	(7.7-12.5)
Some College	10.3	(7.8-13.4)
College Grad	8.6	(6.4-11.6)
Household Income		
<\$15,000	13.4	(9.6-18.4)
\$15,000-\$24,999	14.5	(11.0-18.9)
\$25,000-\$34,999	8.9	(5.5-14.0)
\$35,000-\$49,999	8.5	(5.2-13.6)
\$50,000-\$74,999	7.5	(4.9-11.4)
\$75,000+	7.8	(5.2-11.5)

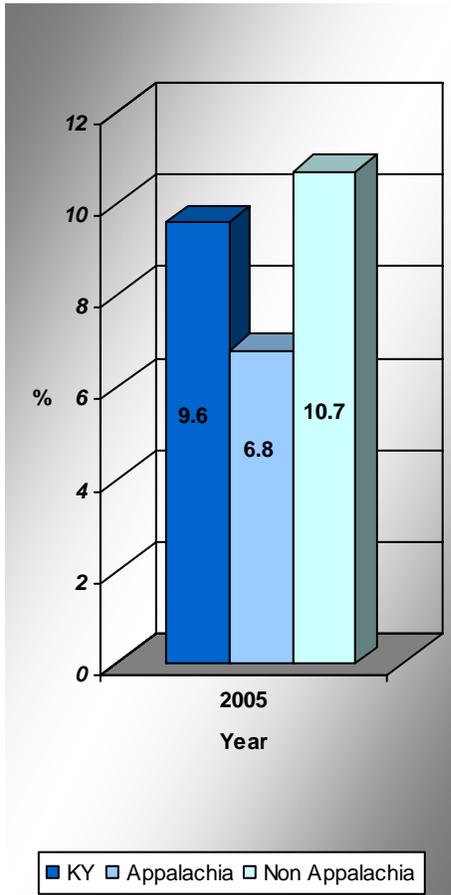
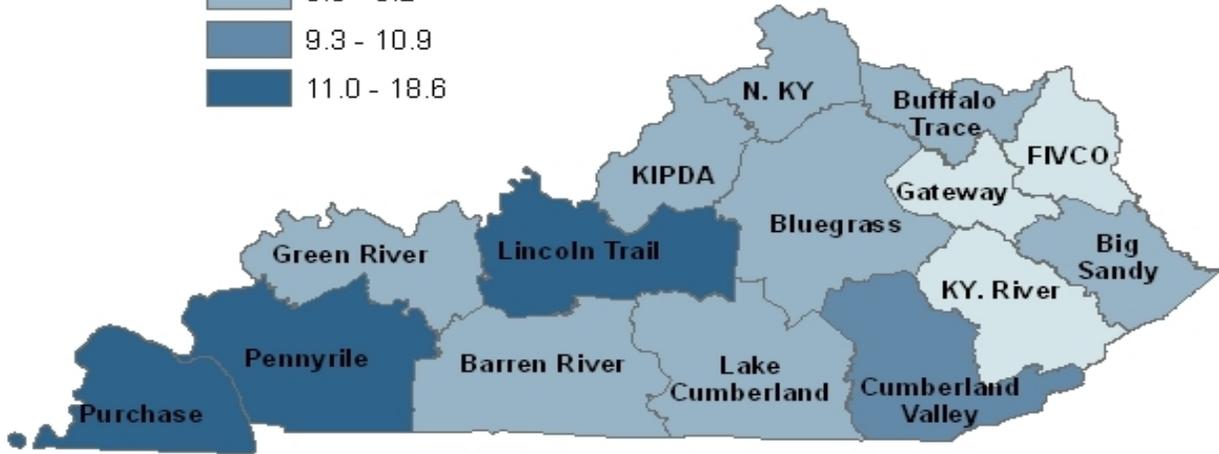
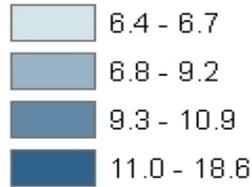
Missing, "Don't Know", and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Recent HIV Testing, 2005



HIV: RECENT HIV TESTING, ADULTS 18-64 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Recent HIV Testing	
	%	95% CI
National Median*	15.3	
KY Total	9.6	(8.3-11.1)
ADD		
Barren River	9.2	(5.5-14.9)
Big Sandy	7.5	(4.1-13.4)
Bluegrass	7.8	(4.8-12.3)
Buffalo Trace	7.4	(4.1-13.0)
Cumberland Valley	10.9	(6.7-17.0)
FIVCO	6.4	(3.5-11.3)
Gateway	6.4	(3.6-11.2)
Green River	8.1	(4.8-13.1)
Kentucky River	6.7	(3.8-11.6)
KIPDA	8.6	(5.9-12.4)
Lake Cumberland	8.0	(4.9-12.8)
Lincoln Trail	18.6	(11.8-28.1)
Northern Kentucky	8.1	(5.4-12.1)
Pennyrile	16.5	(10.6-24.6)
Purchase	14.9	(7.5-27.3)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

HYPERTENSION

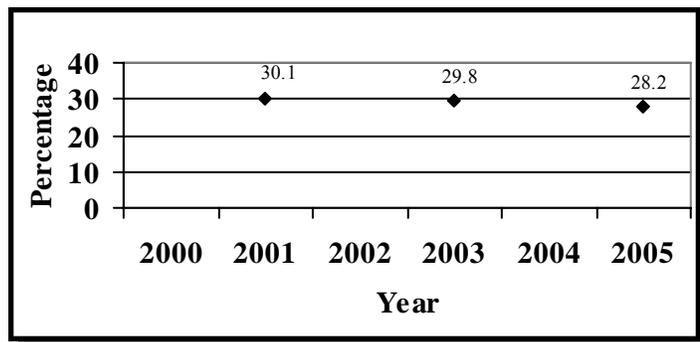
Individuals 18 and older who answered “YES” to the following question, “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”

- Kentuckians report a higher rate of hypertension (28.2%) than the nation as a whole (25.5%).
- The rate of Hypertension has remained statistically stable since 2001.
- Hypertension rates are statistically similar by gender and race.
- Hypertension rates increase with age. The lowest rate 4.2% is reported by those 18-24. The rates increase to 19.6% for 35-44 year olds and 53.6% for the 65 and older population.
- Hypertension rates are higher for those with lower levels of education or income. For those with less than a high school education, 38.1% have hypertension compared to 22.4% of college graduates. Similarly, 38.5% of those earning <\$15,000 annually have hypertension compared to 22.6% of those earning \$75,000 or more.

Demographic Characteristics	Hypertension	
	%	95% CI
Total	28.2	(26.7-29.7)
Gender		
Male	27.7	(25.4-30.3)
Female	28.6	(26.9-30.3)
Race		
White/Non-Hispanic	28.1	(26.7-29.7)
Black/Non-Hispanic	34.5	(26.8-43.1)
Age		
18-24	4.2	(2.4-7.2)
25-34	10.3	(7.8-13.5)
35-44	19.6	(16.6-23.0)
45-54	32.7	(29.4-36.3)
55-64	47.4	(43.6-51.4)
65+	53.6	(49.9-57.3)
Education		
<High School	38.1	(34.3-42.0)
H.S. or GED	28.3	(26.0-30.7)
Some College	26.7	(23.7-29.9)
College Grad	22.4	(19.6-25.6)
Household Income		
<\$15,000	38.5	(34.1-43.1)
\$15,000-\$24,999	32.3	(28.7-36.1)
\$25,000-\$34,999	26.8	(22.8-31.2)
\$35,000-\$49,999	24.6	(21.0-28.7)
\$50,000-\$74,999	20.8	(17.3-24.8)
\$75,000+	22.6	(18.6-27.2)

Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

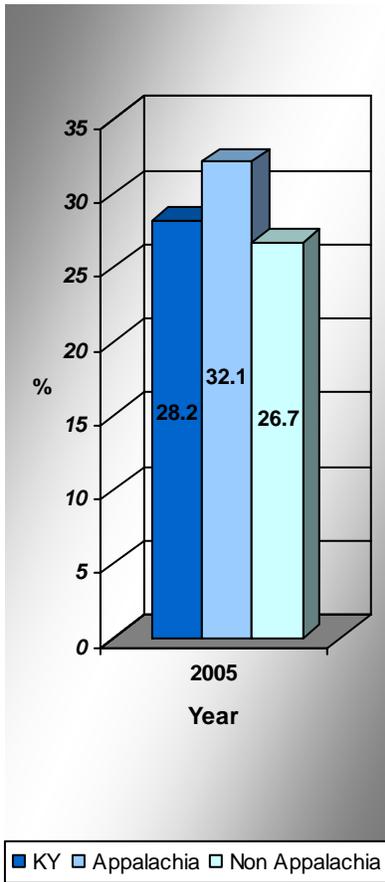
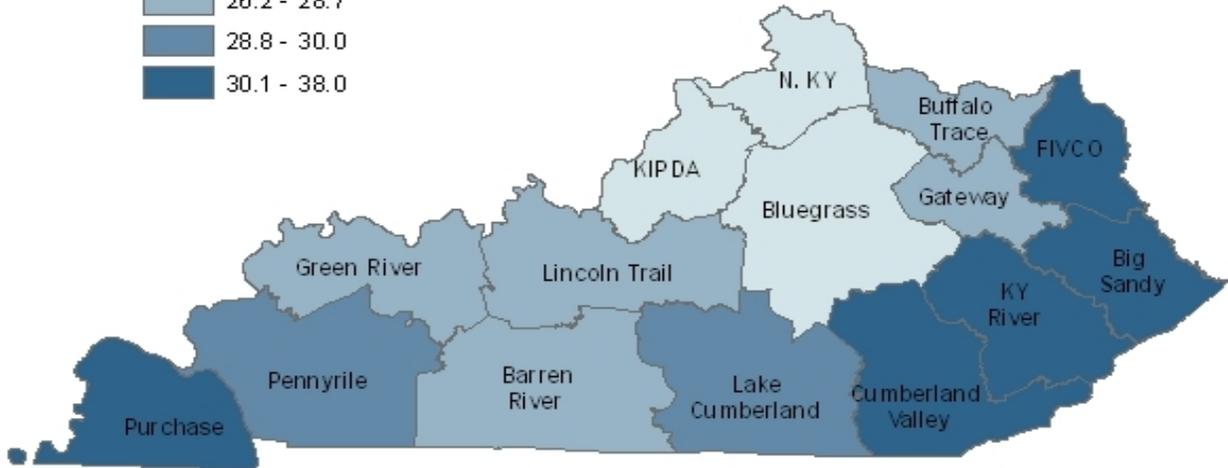
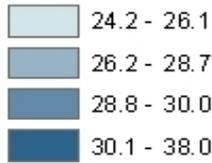
KY Statewide BRFSS DATA: Hypertension, 2000-2005



Hypertension questions were asked every other year on odd years.

HYPERTENSION 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Hypertension	
	%	95% CI
National Median*	25.5	
KY Total	28.2	(26.7-29.7)
ADD		
Barren River	27.2	(22.8-32.2)
Big Sandy	34.9	(28.9-41.4)
Bluegrass	26.1	(22.2-30.5)
Buffalo Trace	27.3	(22.1-33.3)
Cumberland Valley	33.9	(28.5-39.8)
FIVCO	34.4	(29.0-40.3)
Gateway	28.4	(23.0-34.5)
Green River	28.6	(23.6-34.1)
Kentucky River	38.0	(32.5-43.8)
KIPDA	24.2	(20.5-28.3)
Lake Cumberland	29.3	(24.7-34.5)
Lincoln Trail	28.7	(23.8-34.0)
Northern Kentucky	25.7	(21.6-30.3)
Pennyrile	30.0	(24.7-35.9)
Purchase	33.6	(27.6-40.0)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

IMMUNIZATION: NO FLU SHOT IN THE PAST 12 MONTHS, ADULTS 65 AND OLDER

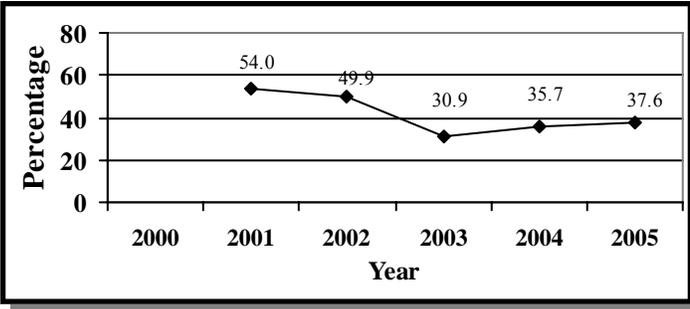
Individuals 65 and older who answered “NO” to the following question, “Have you had a flu shot during the past 12 months?” after being told that a flu shot is an influenza vaccine injected into the arm.

- Fewer Kentuckians report having had a Flu shot in the previous 12 months than the nation as a whole. For Kentucky, 37.6% of adults aged 65 and older did not have a flu shot, compared to 34.5% of the nation as a whole.
- Kentucky has made significant progress in the percentage of the 65 and older population who have had a flu shot. In 2001, 54.0% had not had a flu shot compared to 37.6% in 2005.
- A higher percentage of those with less than high school degree (44.6%) report not having a flu shot in the past 12 months compared to those with college degree (31.1%). There is a linear relationship noticed between education level and immunization rates.

<u>No Flu Shot in Past 12 Months, Adults 65+</u>		
Demographic Characteristics	%	95% CI
Total	37.6	(34.7-40.6)
Gender		
Male	35.0	(30.1-40.3)
Female	39.4	(36.0-42.9)
Race		
White/Non-Hispanic	36.7	(33.8-39.8)
Black/Non-Hispanic	55.1	(38.1-70.9)
Age		
65+	37.6	(34.7-40.6)
Education		
<High School	44.6	(39.4-50.0)
H.S. or GED	36.6	(31.9-41.7)
Some College	34.4	(27.5-42.0)
College Grad	31.1	(24.7-38.3)
Household Income		
<\$15,000	42.7	(35.6-50.1)
\$15,000-\$24,999	35.6	(29.2-42.5)
\$25,000-\$34,999	40.2	(31.8-49.2)
\$35,000-\$49,999	31.4	(22.6-41.8)
\$50,000-\$74,999	30.8	(19.1-45.5)
\$75,000+	36.9	(23.0-53.3)

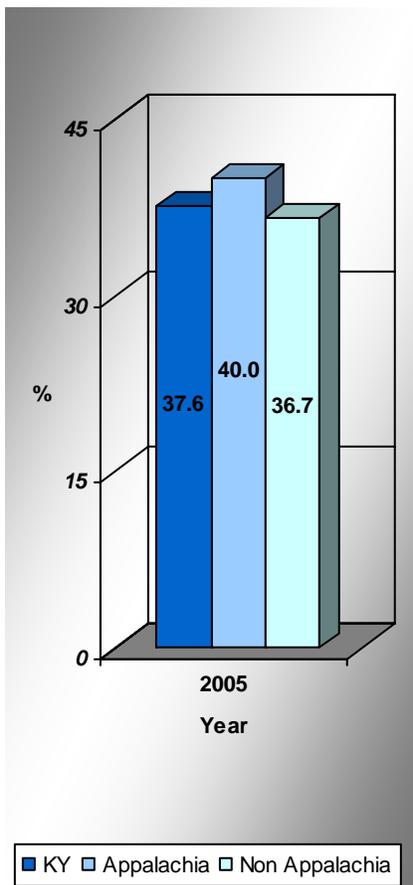
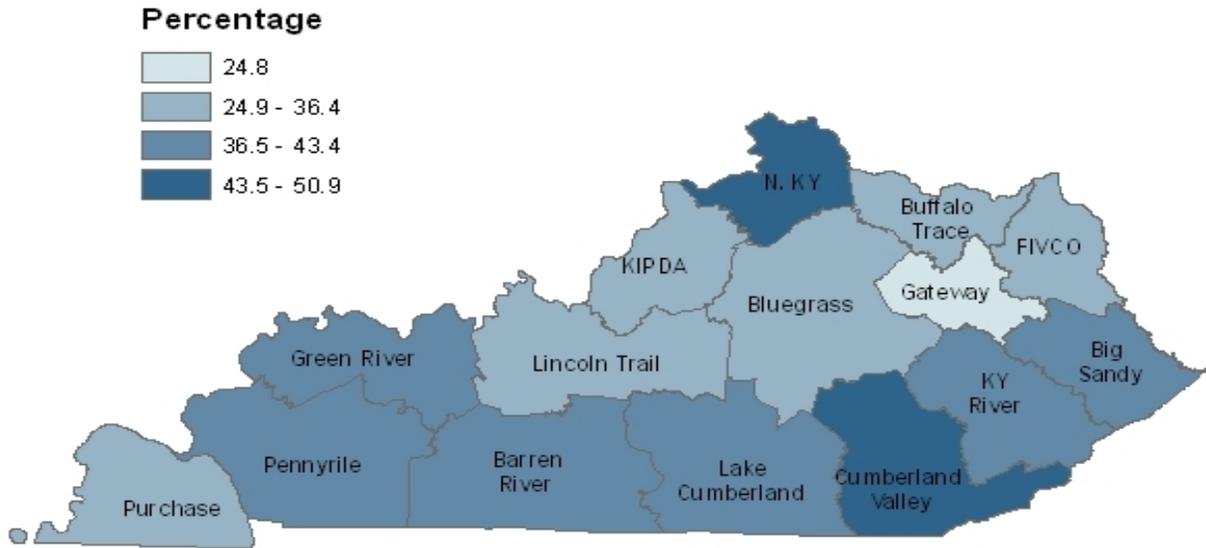
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: No Flu Shot in Past 12 months, Adults 65+, 2000-2005



Immunization questions were not asked in 2000.

IMMUNIZATION: NO FLU SHOT IN THE PAST 12 MONTHS ADULTS 65 AND OLDER 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



<u>Geographic Distribution</u>	<u>No Flu Shot in Past 12 Months, Adults 65+</u>	
	<u>%</u>	<u>95% CI</u>
National Median*	34.5	
KY Total	37.6	(34.7-40.6)
ADD		
Barren River	39.3	(29.3-50.2)
Big Sandy	42.0	(31.2-53.6)
Bluegrass	33.0	(25.2-41.8)
Buffalo Trace	35.1	(25.3-46.2)
Cumberland Valley	49.4	(37.3-61.7)
FIVCO	36.3	(26.8-47.0)
Gateway	24.8	(17.4-34.2)
Green River	38.7	(29.8-48.5)
Kentucky River	43.4	(30.3-57.5)
KIPDA	31.7	(24.6-39.7)
Lake Cumberland	42.5	(32.9-52.8)
Lincoln Trail	36.4	(25.9-48.3)
Northern Kentucky	50.9	(40.2-61.4)
Pennyrite	40.5	(30.1-51.8)
Purchase	33.3	(24.4-43.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

PHYSICAL ACTIVITY: LACK OF LEISURE TIME PHYSICAL ACTIVITY

Individuals 18 and older who answered “NO” to the following question, “During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”

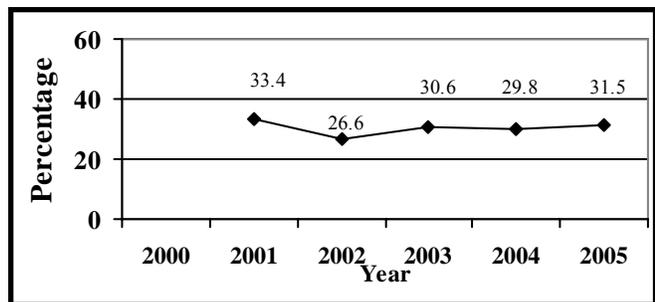
- Fewer Kentuckians report taking part in leisure time physical activity than the nation as a whole. In Kentucky, 31.5% of residents do not take part in leisure time physical activity while only 23.9% of the country reports a lack of leisure time physical activity.
- The rate of leisure time physical activity has remained statistically stable since 2000.
- Females are more likely to report a lack of leisure time physical activity (34.3%) than are males (28.6%).
- Lack of leisure time physical activity increases with age. Among those aged 18-24, 24.5% report a lack of activity compared to 34.2% of those aged 45-54 and 38.2% of those aged 65 and older.
- Lack of physical activity is also directly linked to lower levels of education and income. Among those with less than a high school education, 55.2% report a lack of activity compared to 17.2% of college graduates. For those with incomes less than \$15,000, 51.5% report a lack of physical activity compared to only 10.6% of those earning \$75,000 or more.

Lack of Leisure Time Activity

Demographic Characteristics	%	95% CI
Total	31.5	(29.9-33.2)
Gender		
Male	28.6	(26.0-31.3)
Female	34.3	(32.4-36.3)
Race		
White/Non-Hispanic	31.0	(29.3-32.6)
Black/Non-Hispanic	38.7	(30.4-47.8)
Age		
18-24	24.5	(18.6-31.5)
25-34	22.1	(18.4-26.2)
35-44	28.7	(25.4-32.3)
45-54	34.2	(30.8-37.6)
55-64	37.1	(33.4-40.8)
65+	38.2	(34.7-41.9)
Education		
<High School	55.2	(50.9-59.5)
H.S. or GED	34.7	(32.0-37.5)
Some College	24.5	(21.4-27.9)
College Grad	17.2	(14.6-20.1)
Household Income		
<\$15,000	51.5	(46.3-56.6)
\$15,000-\$24,999	42.2	(38.0-46.5)
\$25,000-\$34,999	32.3	(27.8-37.3)
\$35,000-\$49,999	27.1	(23.0-31.7)
\$50,000-\$74,999	20.8	(17.2-25.0)
\$75,000+	10.6	(8.0-13.9)

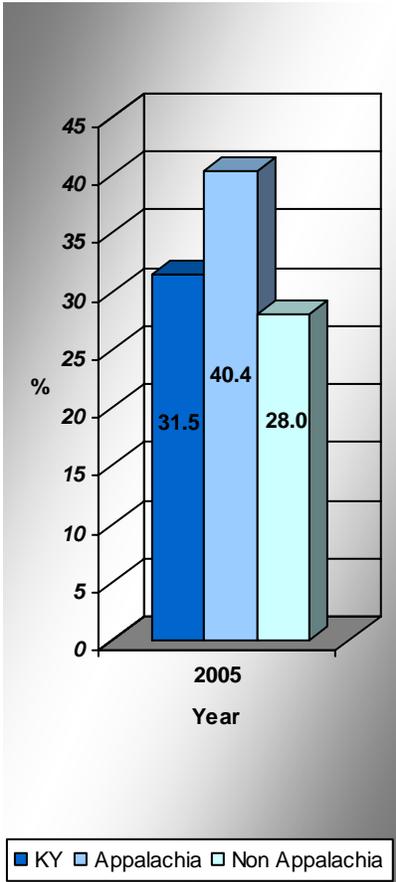
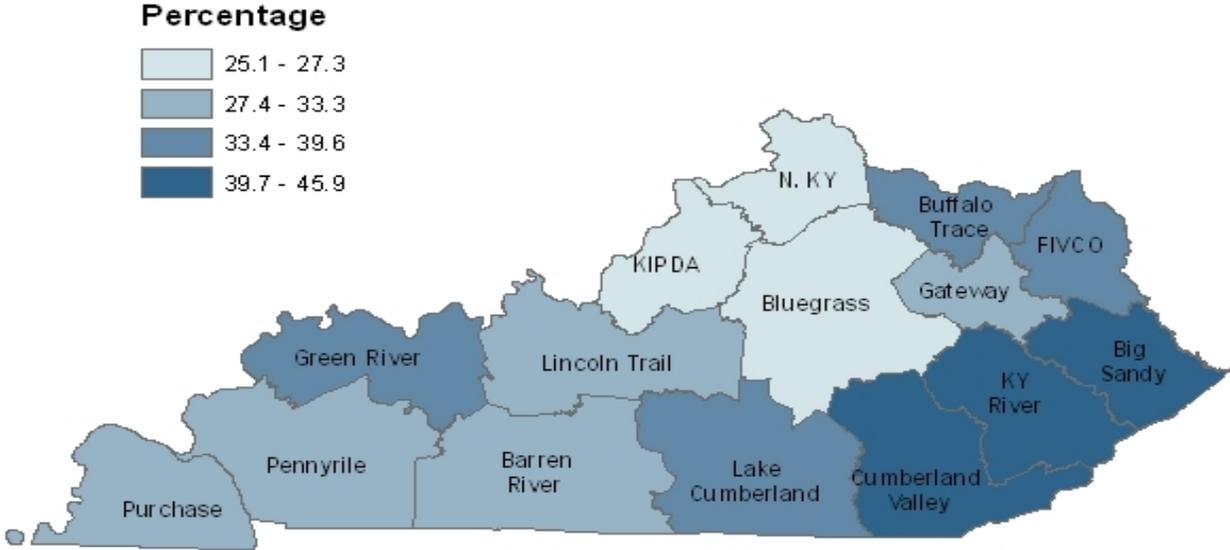
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Lack of Leisure Time Physical Activity 2000-2005



The current version of physical activity questions were not asked in 2000.

PHYSICAL ACTIVITY: LACK OF LEISURE TIME PHYSICAL ACTIVITY 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



<u>Geographic Distribution</u>	<u>Lack of Leisure Time Physical Activity</u>	
	<u>%</u>	<u>95% CI</u>
National Median*	23.9	
KY Total	31.5	(29.9-33.2)
ADD		
Barren River	30.6	(25.4-36.4)
Big Sandy	45.9	(39.0-53.0)
Bluegrass	27.2	(23.0-31.8)
Buffalo Trace	38.2	(31.5-45.4)
Cumberland Valley	44.8	(38.5-51.1)
FIVCO	39.6	(33.7-45.8)
Gateway	33.3	(27.3-39.9)
Green River	34.8	(29.1-40.8)
Kentucky River	42.3	(36.5-48.4)
KIPDA	27.3	(23.1-32.0)
Lake Cumberland	37.2	(31.4-43.4)
Lincoln Trail	29.6	(24.3-35.5)
Northern Kentucky	25.1	(21.0-29.7)
Pennyrile	31.9	(26.1-38.4)
Purchase	31.1	(25.4-37.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

PHYSICAL ACTIVITY: LACK OF MODERATE PHYSICAL ACTIVITY

Individuals 18 and older who have NOT participated in 30 or more minutes of moderate physical activity, for five or more times a week, or 20 minutes or more of vigorous physical activity, three or more times a week.

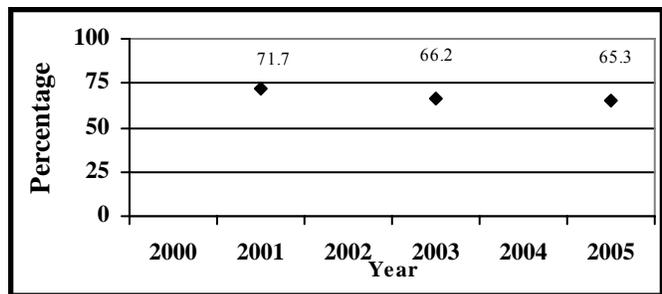
- Kentuckians are more likely to lack adequate moderate physical activity (65.3%) compared to the nation as a whole (51.3%).
- There has been a significant decrease in the percentage of Kentuckians who do not participate in moderate physical activity, with rates falling to 65.3% in 2005 from 71.7% in 2001.
- Females (67.7%) are more likely to lack moderate physical activity than are males (62.8%).
- The reported rate of lack of physical activity varies little by age. While the percentages trend slowly upward by age group, only those aged 65 and older report a rate (71.3%) which is statistically higher than rates reported in the lower age groups.
- Physical activity increases with education and income. For those with a high school diploma or GED, 79.5% report that they lack moderate physical activity compared to 61.7% of those with a college degree. Similarly, 77.9% of those earning less than \$15,000 annually lack moderate physical activity compared to 58.3% of those earning \$75,000 or more.

Lack of Moderate Physical Activity

Demographic Characteristics	%	95% CI
Total	65.3	(63.4-67.1)
Gender		
Male	62.8	(59.5-65.9)
Female	67.7	(65.6-69.7)
Race		
White/Non-Hispanic	65.0	(63.0-66.8)
Black/Non-Hispanic	74.1	(64.0-82.1)
Age		
18-24	60.9	(53.0-68.2)
25-34	58.1	(53.1-62.9)
35-44	64.3	(60.1-68.2)
45-54	65.2	(61.3-68.9)
55-64	68.2	(64.2-71.9)
65+	71.3	(67.4-74.8)
Education		
<High School	65.3	(63.4-67.1)
H.S. or GED	79.5	(75.3-83.2)
Some College	66.5	(63.3-69.5)
College Grad	61.7	(57.7-65.6)
Household Income		
<\$15,000	77.9	(72.9-82.3)
\$15,000-\$24,999	68.3	(63.6-72.7)
\$25,000-\$34,999	60.9	(55.1-66.4)
\$35,000-\$49,999	60.9	(55.8-65.8)
\$50,000-\$74,999	61.0	(55.9-65.9)
\$75,000+	58.3	(52.9-63.5)

Missing, "Don't Know", and Refused Responses are excluded. 95% CI= 95% Confidence

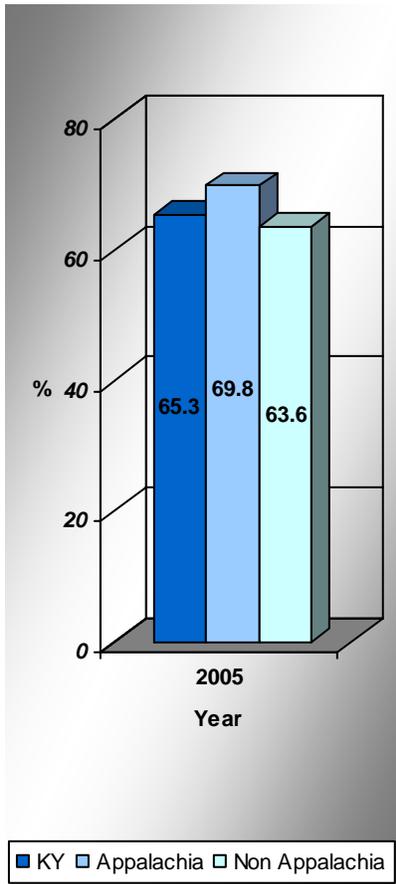
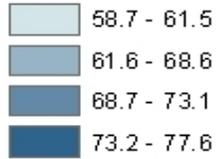
KY Statewide BRFSS DATA: Lack of Moderate Physical Activity 2000-2005



The current version of physical activity questions were asked every other year on odd years.

PHYSICAL ACTIVITY: LACK OF MODERATE PHYSICAL ACTIVITY 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



<u>Geographic Distribution</u>	<u>Lack of Moderate Physical Activity</u>	
	<u>%</u>	<u>95% CI</u>
National Median*	51.3	
KY Total	65.3	(63.4-67.1)
ADD		
Barren River	68.6	(62.6-74.0)
Big Sandy	70.3	(63.3-76.5)
Bluegrass	61.5	(56.0-66.7)
Buffalo Trace	70.2	(63.1-76.5)
Cumberland Valley	77.6	(71.3-82.9)
FIVCO	65.9	(58.8-72.3)
Gateway	67.3	(60.8-73.2)
Green River	65.7	(59.1-71.8)
Kentucky River	73.1	(66.8-78.6)
KIPDA	67.1	(62.1-71.8)
Lake Cumberland	68.0	(61.2-74.1)
Lincoln Trail	59.0	(51.7-65.9)
Northern Kentucky	58.7	(52.8-64.5)
Pennyrile	59.9	(52.3-67.0)
Purchase	66.6	(60.0-72.7)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

PHYSICAL ACTIVITY: LACK OF VIGOROUS PHYSICAL ACTIVITY

Individuals 18 and older who have NOT participated in 20 or more minutes of vigorous physical activity three or more times a week.

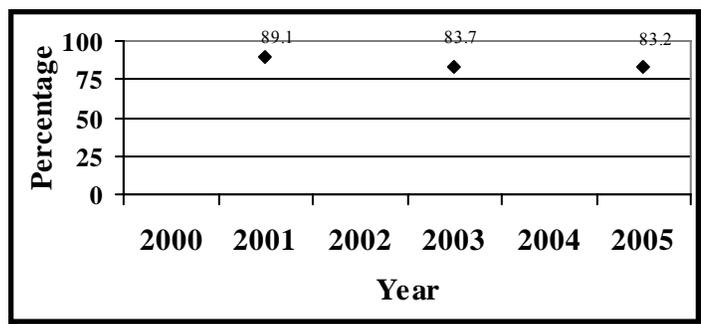
- Kentuckians are more likely to lack adequate vigorous physical activity (83.2%) compared to the nation as a whole (72.6%).
- There has been a significant decrease in the percentage of Kentuckians who do not participate in vigorous physical activity, with rates falling to 83.2% in 2005 from 89.1% in 2001.
- Females (86.1%) are more likely to lack vigorous physical activity than are males (80.1%).
- Vigorous physical activity is highest among the 2 younger age groups, with 75.7% of 18-24 year olds and 73.4% of 25-34 year olds reporting a lack of vigorous physical activity compared to 90.5% of those aged 55-64 and 90.2% of those aged 65 and older.
- Physical activity increases with education and income. For those without a high school diploma or GED, 93.4% report that they lack vigorous physical activity compared to 77.0% of those with a college degree. Similarly, 93.7% of those earning less than \$15,000 annually lack vigorous physical activity compared to 74.3% of those earning \$75,000 or more.

Lack of Vigorous Physical Activity

Demographic Characteristics	%	95% CI
Total	83.2	(81.6-84.7)
Gender		
Male	80.1	(77.3-82.7)
Female	86.1	(84.5-87.6)
Race		
White/Non-Hispanic	83.0	(81.3-84.5)
Black/Non-Hispanic	86.7	(76.5-92.8)
Age		
18-24	75.7	(68.4-81.7)
25-34	73.4	(68.5-77.7)
35-44	83.4	(80.1-86.2)
45-54	84.0	(80.8-86.7)
55-64	90.5	(87.9-92.6)
65+	90.2	(87.4-92.4)
Education		
<High School	93.4	(89.8-95.8)
H.S. or GED	84.8	(82.1-87.3)
Some College	80.2	(76.6-83.3)
College Grad	77.0	(73.6-80.2)
Household Income		
<\$15,000	93.7	(91.0-95.6)
\$15,000-\$24,999	87.6	(83.5-90.8)
\$25,000-\$34,999	80.8	(75.5-85.2)
\$35,000-\$49,999	81.5	(76.9-85.4)
\$50,000-\$74,999	76.8	(71.8-81.1)
\$75,000+	74.3	(69.6-78.5)

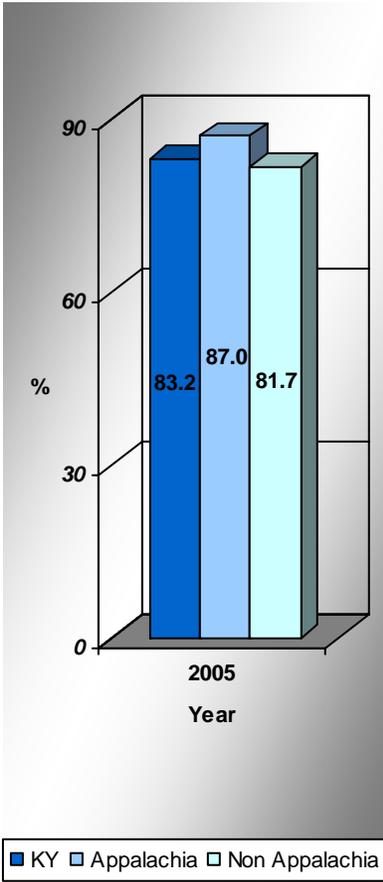
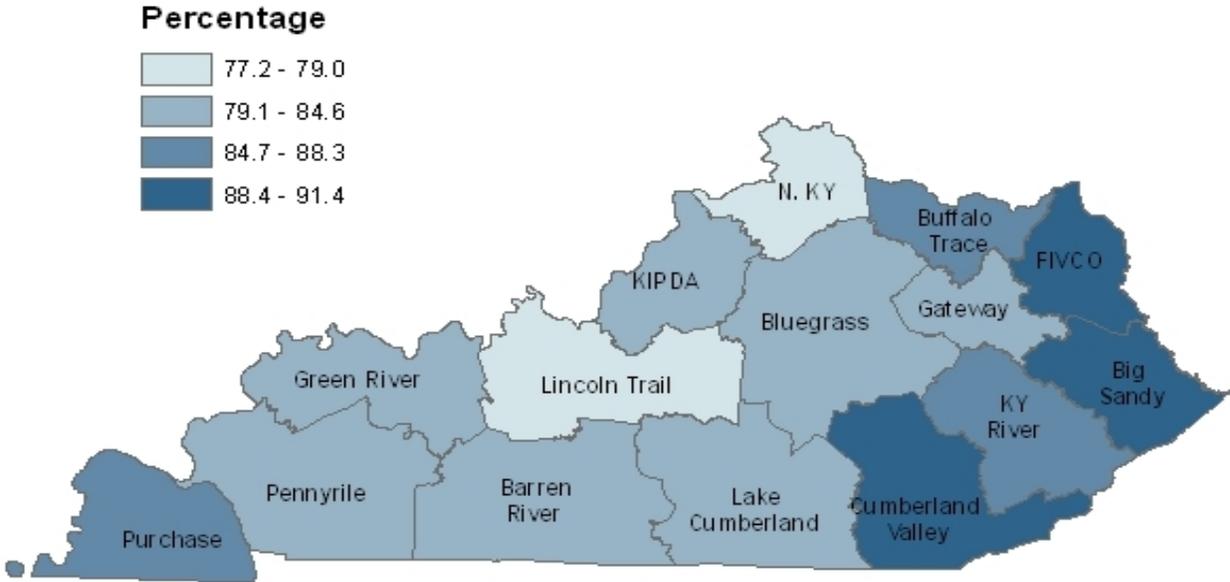
Missing, "Don't Know", and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Lack of Vigorous Physical Activity 2000-2005



The current version of physical activity questions were asked every other year on odd years.

PHYSICAL ACTIVITY: LACK OF VIGOROUS PHYSICAL ACTIVITY 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



<u>Geographic Distribution</u>	<u>Lack of Vigorous Physical Activity</u>	
	<u>%</u>	<u>95% CI</u>
National Median*	72.6	
KY Total	83.2	(81.6-84.7)
ADD		
Barren River	83.9	(78.5-88.1)
Big Sandy	89.8	(83.9-93.7)
Bluegrass	81.2	(76.2-85.4)
Buffalo Trace	86.8	(80.8-91.1)
Cumberland Valley	91.4	(87.6-94.2)
FIVCO	89.1	(84.7-92.4)
Gateway	83.5	(76.9-88.5)
Green River	84.1	(77.9-88.8)
Kentucky River	88.3	(83.0-92.1)
KIPDA	82.1	(77.6-85.7)
Lake Cumberland	84.6	(78.3-89.4)
Lincoln Trail	77.2	(69.6-83.3)
Northern Kentucky	79.0	(73.5-83.6)
Pennyrile	83.1	(76.3-88.2)
Purchase	86.9	(82.1-90.6)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

TOBACCO USE: EVER SMOKED CIGARETTES

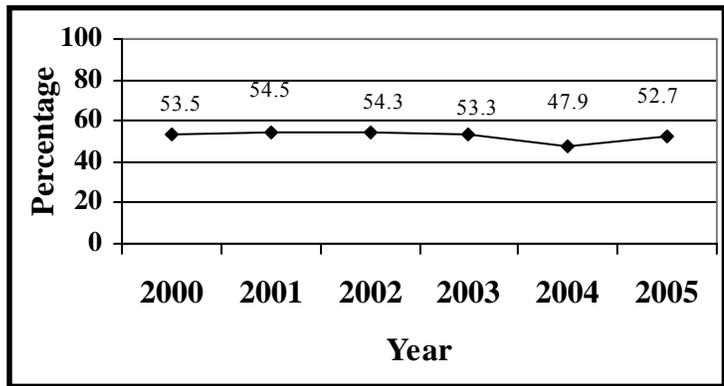
Individuals 18 and older who answered “YES” to the following question, “Have you smoked at least 100 cigarettes in your entire lifetime?”

- Kentuckians have a higher rate of having ever smoked cigarettes (52.7%) than the nation as a whole (46.0%).
- The rate of having ever smoked cigarettes has remained statistically stable since 2000.
- Males are more likely to have smoked cigarettes (58.9%) than females (46.9%).
- Whites are more likely to have smoked cigarettes (53.6%), than Blacks (36.8%).
- The likelihood of having ever smoked cigarettes differs by age. For those aged 18-24, 45.1% report having smoked, compared to 56.0% of those aged 45-54, and 61.6% of those aged 65 and older.
- Smoking rates decrease with level of education and income. For those with less than a high school education, 66.7% reported having smoked, compared to 36.6% of those with a college degree. Those earning less than \$15,000 annually report a rate of 61.3% for having ever smoked compared to 39.7% of those earning \$75,000 or more.

Demographic Characteristics	Ever Smoked Cigarettes	
	%	95% CI
Total	52.7	(50.9-54.5)
Gender		
Male	58.9	(55.8-61.9)
Female	46.9	(44.8-48.9)
Race		
White/Non-Hispanic	53.6	(51.8-55.5)
Black/Non-Hispanic	36.8	(28.6-45.8)
Age		
18-24	45.1	(37.9-52.5)
25-34	47.6	(42.9-52.2)
35-44	51.3	(47.3-55.3)
45-54	56.0	(52.2-59.7)
55-64	62.9	(59.1-66.7)
65+	61.6	(57.9-65.1)
Education		
<High School	66.7	(62.3-70.8)
H.S. or GED	56.9	(54.0-59.9)
Some College	51.9	(48.1-55.7)
College Grad	36.6	(33.1-40.3)
Household Income		
<\$15,000	61.3	(56.0-66.3)
\$15,000-\$24,999	61.7	(57.2-65.9)
\$25,000-\$34,999	58.4	(53.1-63.6)
\$35,000-\$49,999	55.2	(50.3-60.0)
\$50,000-\$74,999	46.1	(41.1-51.1)
\$75,000+	39.7	(34.8-44.9)

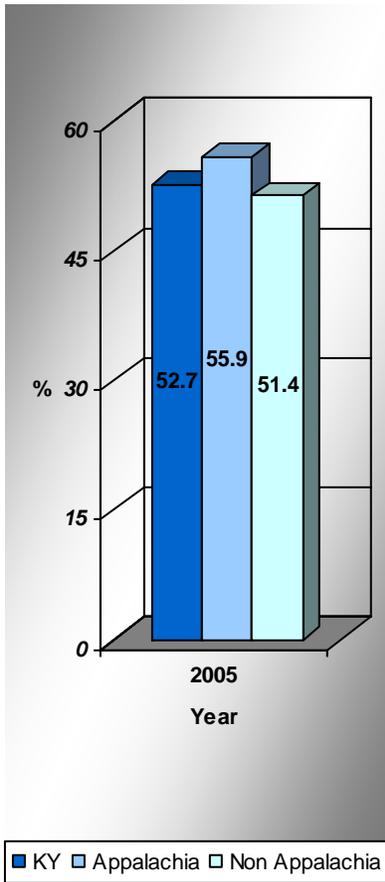
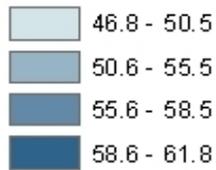
Missing, “Don’t Know”, and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Ever Smoked Cigarettes, 2000-2005



TOBACCO USE: EVER SMOKED CIGARETTES 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Ever Smoked Cigarettes	
	%	95% CI
National Median*	46.0	
KY Total	52.7	(50.9-54.5)
ADD		
Barren River	58.0	(52.1-63.6)
Big Sandy	57.5	(50.3-64.4)
Bluegrass	50.5	(45.3-55.7)
Buffalo Trace	61.8	(54.8-68.3)
Cumberland Valley	56.0	(49.3-62.4)
FIVCO	57.6	(51.3-63.6)
Gateway	57.2	(48.8-65.3)
Green River	56.3	(50.0-62.4)
Kentucky River	58.5	(52.2-64.5)
KIPDA	46.8	(41.8-51.7)
Lake Cumberland	54.2	(48.0-60.3)
Lincoln Trail	57.9	(51.3-64.1)
Northern Kentucky	49.1	(43.6-54.6)
Pennyrile	55.5	(48.8-62.0)
Purchase	52.9	(45.8-59.9)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

TOBACCO USE: CURRENT CIGARETTE SMOKING

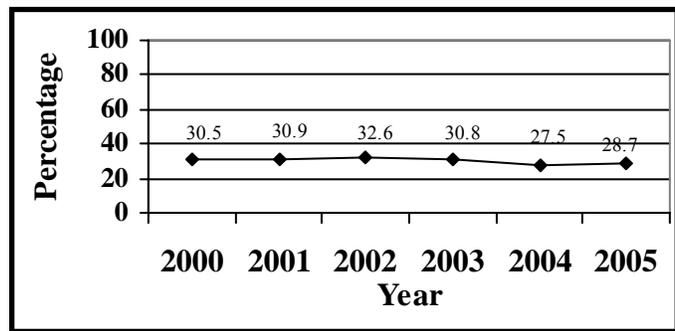
Individuals 18 and older who have smoked at least 100 cigarettes in their entire lifetime and now smoke everyday or some days.

- Kentuckians report a higher rate of smoking (28.7%) than the nation as a whole (20.5%).
- The rate of cigarette smoking has declined slightly from 30.5% in 2000 to 28.7% in 2005.
- More males report current smoking (30.5%) compared to females (26.9%).
- In regards to race, White respondents (29.0%) reported a higher percentage of current smoking than Black respondents (18.9%).
- Smoking rates are similar for those aged 18-24 (34.8%), 25-34 (33.1%), 35-44 (33.3%) and 45-54 (30.9%). Smoking rates drop significantly for the two older age groups, with 26.0% of those aged 55-64 being current smokers and 18.7% of those aged 65 and older.
- Smoking rates are much higher among those with lower levels of education and lower levels of income. For those with less than a high school education, 41.5% are smokers, compared to only 14.4% of college graduates. Among those earning less than \$15,000 annually, 38.8% smoke compared to only 15.4% of those earning \$75,000 or more.

Demographic Characteristics	Current Cigarette Smoking	
	%	95% CI
Total	28.7	(27.0-30.4)
Gender		
Male	30.5	(27.8-33.4)
Female	26.9	(25.1-28.8)
Race		
White/Non-Hispanic	29.0	(27.3-30.7)
Black/Non-Hispanic	18.9	(13.3-26.0)
Age		
18-24	34.8	(28.0-42.3)
25-34	33.1	(28.9-37.5)
35-44	33.3	(29.7-37.0)
45-54	30.9	(27.7-34.4)
55-64	26.0	(22.8-29.5)
65+	18.7	(15.9-21.8)
Education		
<High School	41.5	(37.3-45.8)
H.S. or GED	33.7	(30.8-36.7)
Some College	25.7	(22.6-29.0)
College Grad	14.4	(12.1-17.1)
Household Income		
<\$15,000	38.8	(34.0-43.8)
\$15,000-\$24,999	38.1	(34.0-42.4)
\$25,000-\$34,999	32.4	(27.6-37.7)
\$35,000-\$49,999	31.5	(27.2-36.2)
\$50,000-\$74,999	22.6	(18.6-27.2)
\$75,000+	15.4	(11.8-19.8)

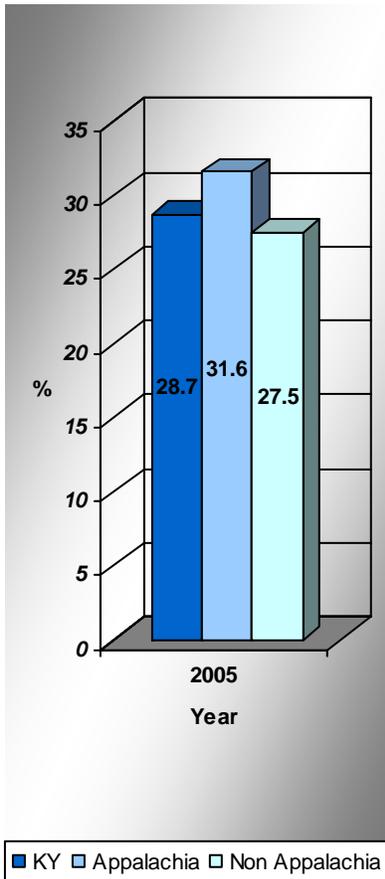
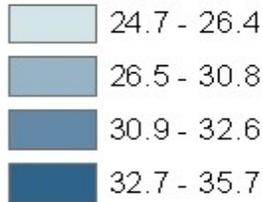
Missing, "Don't Know", and Refused Responses are excluded. 95% CI= 95% Confidence Interval

KY Statewide BRFSS DATA: Current Cigarettes Smoking, 2000-2005



TOBACCO USE: CURRENT CIGARETTE SMOKING 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Current Cigarette Smoker	
	%	95% CI
National Median*	20.5	
KY Total	28.7	(27.0-30.4)
ADD		
Barren River	32.3	(26.9-38.2)
Big Sandy	33.7	(27.3-40.8)
Bluegrass	24.7	(20.5-29.4)
Buffalo Trace	35.7	(28.9-43.1)
Cumberland Valley	31.8	(26.2-38.1)
FIVCO	33.5	(27.5-40.1)
Gateway	33.6	(27.3-40.6)
Green River	31.6	(26.1-37.7)
Kentucky River	33.5	(28.2-39.4)
KIPDA	25.1	(20.9-29.8)
Lake Cumberland	30.8	(25.7-36.4)
Lincoln Trail	29.6	(24.1-35.7)
Northern Kentucky	26.4	(21.5-32.0)
Pennyrile	32.6	(26.6-39.2)
Purchase	30.6	(23.3-39.0)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

WEIGHT CONTROL: OVERWEIGHT OR OBESE

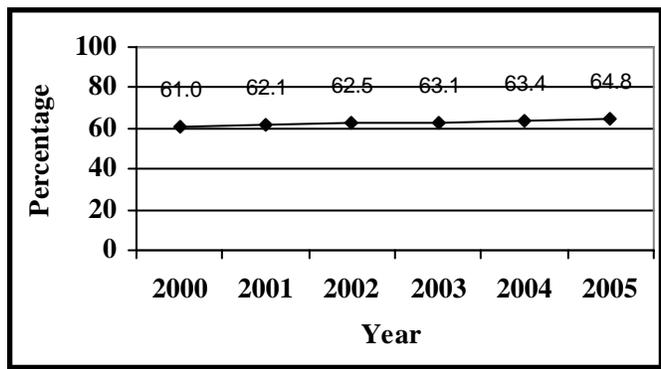
Individuals 18 and older who have a body mass index (BMI) of 25 kg/m² or greater.

- Kentuckians are overweight or obese at a higher rate (64.8%) than the rest of the nation (61.5%).
- Males are more likely to be overweight or obese (70.9%) than are females (58.8%).
- Blacks are more likely to be overweight or obese (70.7%) than Whites (64.3%)
- Overweight or obese rates generally increase with age. Among those aged 18-24, 51.0% are overweight or obese, compared to 75.2% of those aged 55-64. This rate then drops to 61.5% for those aged 65 and older.
- Overweight or Obesity rates are higher among those with lower levels of education. Among those with less than high school education, 67.2% are overweight or obese compared to 61.3% of college graduates.
- Overweight or Obesity rates differ by income level, however the relationship is not linear. The highest rates are actually reported in the middle to upper income ranges, with lower rates at the highest end of the income scale. For those earning \$35,000 to \$49,999 annually, 72.4% are overweight or obese, decreasing slightly to 67.8% of those earning \$50,000 to \$74,999 annually, followed by 62.4% of those earning \$75,000 or more.

Demographic Characteristics	Overweight or Obese	
	%	95% CI
Total	64.8	(63.0-66.6)
Gender		
Male	70.9	(67.9-73.1)
Female	58.8	(56.7-60.9)
Race		
White/Non-Hispanic	64.3	(63.5-66.2)
Black/Non-Hispanic	70.7	(61.4-78.5)
Age		
18-24	51.0	(43.4-58.5)
25-34	60.9	(56.2-65.4)
35-44	67.2	(63.3-70.8)
45-54	70.4	(66.8-73.8)
55-64	75.2	(71.5-78.4)
65+	61.5	(57.1-65.8)
Education		
<High School	67.2	(62.9-71.1)
H.S. or GED	65.1	(62.0-68.0)
Some College	66.3	(62.5-69.9)
College Grad	61.3	(57.5-64.9)
Household Income		
<\$15,000	67.3	(62.3-71.9)
\$15,000-\$24,999	64.5	(59.9-68.8)
\$25,000-\$34,999	63.8	(58.2-69.0)
\$35,000-\$49,999	72.4	(68.0-76.4)
\$50,000-\$74,999	67.8	(62.9-72.4)
\$75,000+	62.4	(57.2-67.4)

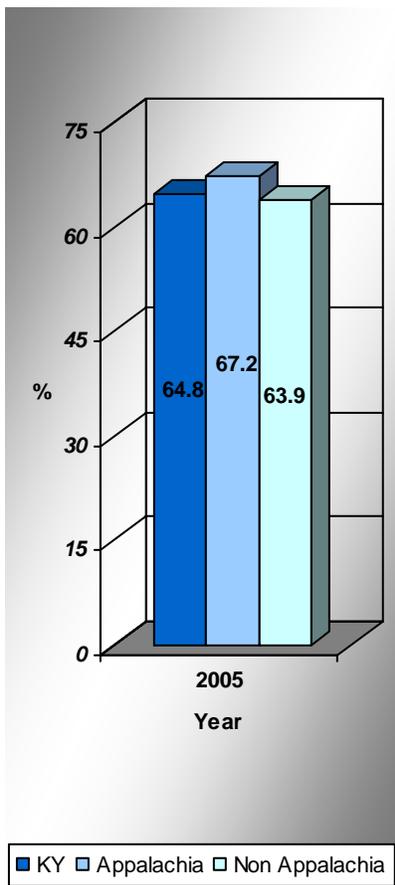
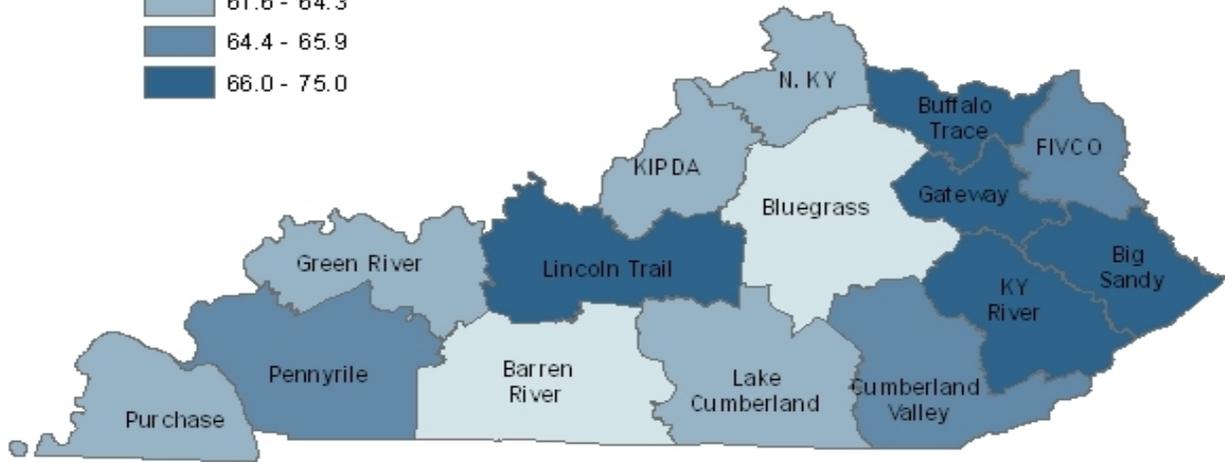
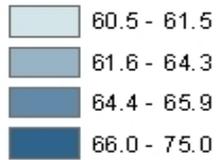
Missing, "Don't Know", and Refused Responses are excluded. 95% CI= 95% Confidence Interval. kg/m² is a measurement of one's weight versus

KY Statewide BRFSS DATA: Overweight or Obese, 2000-2005



WEIGHT CONTROL: OVERWEIGHT OR OBESE 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Overweight or Obese	
	%	95% CI
National Median*	61.5	
KY Total	64.8	(63.0-66.6)
ADD		
Barren River	60.5	(54.4-66.3)
Big Sandy	71.5	(64.7-77.5)
Bluegrass	61.5	(56.2-66.5)
Buffalo Trace	70.7	(63.6-76.8)
Cumberland Valley	65.9	(59.2-71.9)
FIVCO	65.3	(58.7-71.4)
Gateway	72.5	(66.2-78.1)
Green River	64.0	(57.8-69.8)
Kentucky River	75.0	(69.1-80.0)
KIPDA	63.8	(58.9-68.5)
Lake Cumberland	64.2	(58.1-69.9)
Lincoln Trail	71.5	(65.1-77.2)
Northern Kentucky	62.8	(57.0-68.1)
Pennyrile	65.5	(58.6-71.8)
Purchase	64.3	(56.6-71.4)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

WEIGHT CONTROL: OBESITY

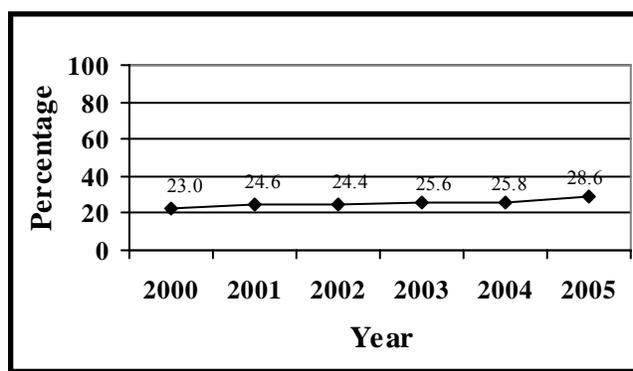
Individuals 18 and older who have a body mass index (BMI) of greater or equal to 30 kg/m².

- Kentuckians report a higher rate of obesity (28.6%) than the nation as a whole (24.4%).
- Kentucky's obesity rate has increased significantly since 2000, rising from 23.0% to 28.6% in 2005.
- Males (28.3%) and females (28.8%) report similar rates of obesity.
- The reported rate of obesity is higher among Blacks (38.3%) than among Whites (28.0%).
- Obesity rates increase with age before dropping off again after age 65. Among 18-24 year olds, 19.8% report being obese compared to 35.1% of those aged 55-64. However, among those aged 65 and older, the rate drops to 25.6%.
- Obesity rates are significantly lower among those with the highest level of education or income. The obesity rate is 23.2% for college graduates compared to 29.8% for those with less than a high school education. Among those in the highest income bracket of \$75,000+, 21.8% are obese compared to 33.3% of those earning less than \$15,000 annually.

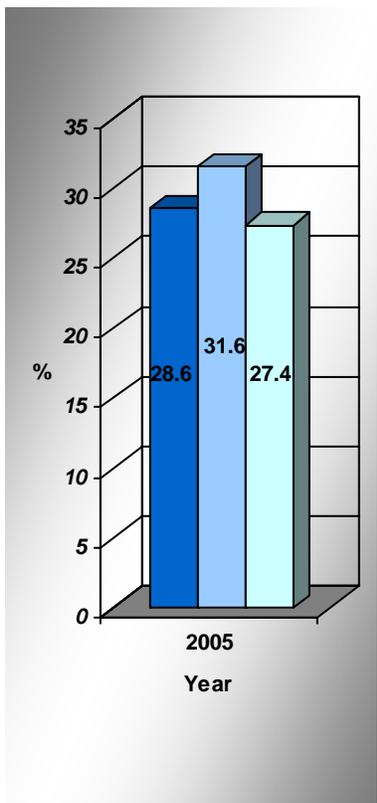
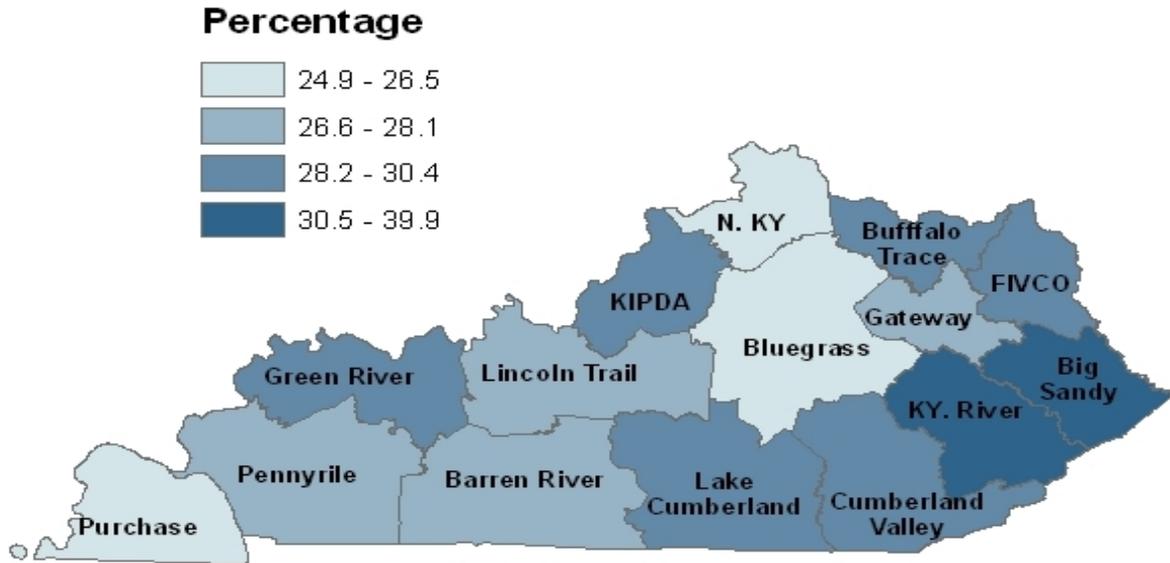
Demographic Characteristics	Obesity	
	%	95% CI
Total	28.6	(27.0-32.2)
Gender		
Male	28.3	(25.7-31.1)
Female	28.8	(26.9-30.7)
Race		
White/Non-Hispanic	28.0	(26.4-29.7)
Black/Non-Hispanic	38.3	(29.3-48.1)
Age		
18-24	19.8	(14.5-26.4)
25-34	27.5	(23.5-31.9)
35-44	30.7	(27.0-34.7)
45-54	33.7	(30.4-37.3)
55-64	35.1	(31.2-39.1)
65+	25.6	(22.5-29.0)
Education		
<High School	29.8	(25.9-33.9)
H.S. or GED	30.3	(27.7-33.1)
Some College	30.3	(26.9-33.9)
College Grad	23.2	(20.0-26.7)
Household Income		
<\$15,000	33.3	(28.6-38.3)
\$15,000-\$24,999	32.4	(28.5-36.6)
\$25,000-\$34,999	28.0	(23.4-33.0)
\$35,000-\$49,999	33.7	(29.1-38.5)
\$50,000-\$74,999	28.4	(24.1-33.2)
\$75,000+	21.8	(17.8-26.3)

Missing, "Don't Know", and Refused Responses are excluded. 95% CI= 95% Confidence Interval. kg/m² is a measurement of one's weight versus height.

KY Statewide BRFSS DATA: Obesity, 2000-2005



WEIGHT CONTROL: OBESITY 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION



■ KY □ Appalachia □ Non Appalachia

Geographic Distribution	Obesity	
	%	95% CI
National Median*	24.4	
KY Total	28.6	(27.0-32.2)
ADD		
Barren River	27.4	(22.6-32.8)
Big Sandy	36.9	(30.1-44.3)
Bluegrass	24.9	(20.9-29.5)
Buffalo Trace	30.0	(23.4-37.7)
Cumberland Valley	30.4	(25.0-36.3)
FIVCO	30.4	(24.9-36.5)
Gateway	28.1	(22.3-34.7)
Green River	29.4	(24.1-35.3)
Kentucky River	39.9	(33.8-46.4)
KIPDA	29.5	(25.1-34.5)
Lake Cumberland	29.4	(24.2-35.2)
Lincoln Trail	27.8	(22.6-33.7)
Northern Kentucky	25.9	(21.3-31.1)
Pennyryle	27.5	(21.9-33.9)
Purchase	26.5	(21.0-32.9)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

WEIGHT CONTROL: OVERWEIGHT NOT OBESE

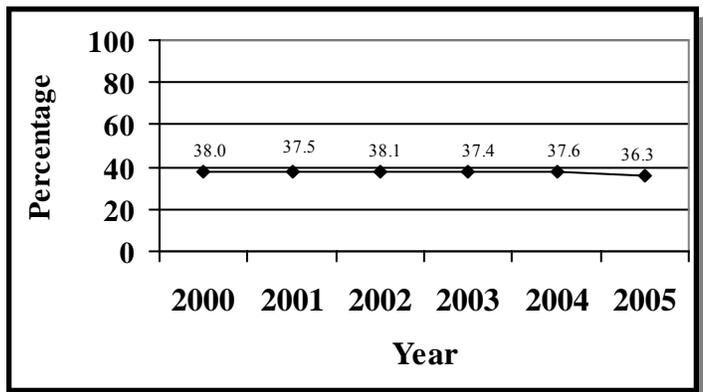
Individuals 18 and older who have a body mass index (BMI) between 25kg/m² and 29.9kg/m².

- The percentage of Kentuckians who are overweight but not obese (36.3%) is similar to the rest of the nation (36.7%).
- The percentage of Kentuckians who are overweight but not obese has remained stable since 2000.
- Males are more likely to be overweight (42.6%) than are females (30.0%).
- The rate of being overweight increases gradually with age, from 31.2% of those aged 18-24 up to 40.5% of those aged 65 and older.
- The rate of being overweight does increase with income. For those earning less than \$15,000 annually, 34.0% are overweight compared to 40.6% of those earning \$75,000 or more.

		<u>Overweight not Obese</u>	
Demographic Characteristics		%	95% CI
Total		36.3	(34.5-38.1)
Gender			
	Male	42.6	(39.6-45.6)
	Female	30.0	(28.1-32.0)
Race			
	White/Non-Hispanic	36.3	(34.5-38.2)
	Black/Non-Hispanic	32.4	(24.1-41.9)
Age			
	18-24	31.2	(24.7-38.5)
	25-34	33.4	(28.9-38.3)
	35-44	36.5	(32.6-40.5)
	45-54	36.7	(33.0-40.5)
	55-64	40.2	(36.3-44.1)
	65+	40.5	(36.8-44.4)
Education			
	<High School	37.4	(33.2-41.8)
	H.S. or GED	34.8	(31.9-37.7)
	Some College	36.0	(32.3-39.9)
	College Grad	38.1	(34.3-41.9)
Household Income			
	<\$15,000	34.0	(29.2-39.1)
	\$15,000-\$24,999	32.1	(28.1-36.3)
	\$25,000-\$34,999	35.8	(30.9-41.0)
	\$35,000-\$49,999	38.7	(34.0-43.7)
	\$50,000-\$74,999	39.4	(34.6-44.4)
	\$75,000+	40.6	(35.5-46.0)

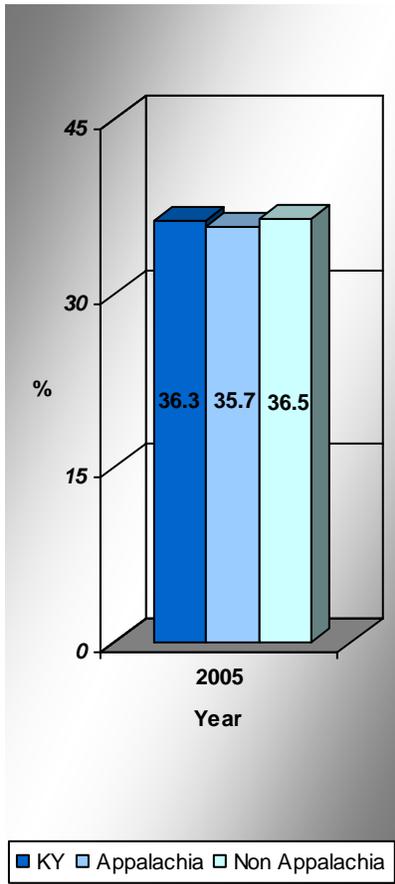
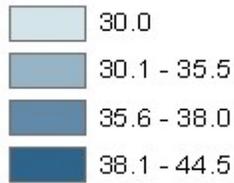
Missing, "Don't Know", and Refused Responses are excluded. 95% CI= 95% Confidence Interval. kg/m² is a measurement of one's weight versus height.

KY Statewide BRFSS DATA: Overweight not Obese, 2000-2005



WEIGHT CONTROL: OVERWEIGHT NOT OBESE 2005 BRFSS DATA BY GEOGRAPHIC DISTRIBUTION

Percentage



Geographic Distribution	Overweight not Obese	
	%	95% CI
National Median	36.7	
KY Total	36.3	(34.5-38.1)
ADD		
Barren River	33.1	(27.6-39.1)
Big Sandy	34.7	(28.5-41.4)
Bluegrass	36.6	(31.5-41.9)
Buffalo Trace	30.0	(23.4-37.7)
Cumberland Valley	35.5	(29.4-42.1)
FIVCO	34.9	(29.1-41.2)
Gateway	44.5	(36.1-53.1)
Green River	34.6	(28.7-41.1)
Kentucky River	35.0	(29.4-41.1)
KIPDA	34.3	(29.7-39.2)
Lake Cumberland	34.8	(29.0-41.2)
Lincoln Trail	43.7	(37.1-50.5)
Northern Kentucky	36.9	(31.6-42.5)
Pennyrile	38.0	(31.5-45.0)
Purchase	37.8	(30.8-45.3)

*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The Confidence Interval is not available.

APPENDICES

**Healthy Kentuckians (HK) 2010
BRFSS Monitored Objectives**

HK 2010 Objectives Mid Decade Review	Target	Kentucky Prevalence BRFSS, 2005	Objective Met
<p>Overweight - 2010, Objective 1.1</p> <p>Reduce the prevalence of overweight.</p>	25.0%	36.3%	No
<p>Fruit and Vegetable Consumption - 2010, Objective 2.5</p> <p>Increase the proportion of people age 2 and older who meet the Dietary Guidelines minimum average daily goal of at least five servings of fruits and vegetables a day.</p>	40.0%	16.8%	No
<p>Current Smoking - 2010, Objective 3.1</p> <p>Reduce the proportion of adults 18 and older who use cigarettes.</p>	25.0%	28.7%	No
<p>Health Insurance - 2010, Objective 10.1</p> <p>Reduce to zero the proportion of adults without health care coverage.</p>	0%	17.6%	No
<p>Primary Care Provider - 2010, Objective 10.6</p> <p>Increase the proportion of people who have a specific source of ongoing primary care.</p>	90.0%	81.8%	No
<p>Barriers to Health Care - 2010, Objective 10.8</p> <p>Reduce the proportion of individuals/families who reported that they did not obtain all of the health care that they needed.</p>	7.0%	17.5%	No

**Healthy Kentuckians (HK) 2010
BRFSS Monitored Objectives**

HK 2010 Objectives Mid Decade Review	Target	Kentucky Prevalence BRFSS, 2005	Objective Met
<p>Diabetes - 2010, Objective 18.2</p> <p>Decrease the rate at which the prevalence of diagnosed diabetes is climbing so that it reaches no more than 6% of the population age 18 and older.</p>	6.0%	8.9%	No
<p>Influenza Immunization - 2010, Objective 22.12</p> <p>Increase the rate of influenza immunization coverage among non-institutionalized adults 65 years of age and older.</p>	75.0%	62.4%	No
<p>Pneumonia Immunization - 2010, Objective 22.12</p> <p>Increase the rate of pneumococcal vaccine coverage among non-institutionalized adults 65 years of age and older.</p>	70.0%	62.9%	No
<p>Binge Drinking - 2010, Objective 26.18 (Developmental)</p> <p>Reduce by one fourth the proportion of Kentuckians of all ages who report binge drinking in the past month. (Baseline 8.7% in 2001)</p>	6.5%	10.4%	No

Comparing Kentucky to the Nation
Ranking is denoted by Highest to Lowest using Prevalence
of Risk Factor or Health Behavior

Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median¹ (%)	National Range (%)	Kentucky's Rank in Nation²
Activity Limitation, Age 18+	22.6	18.6	9.7-27.4	2
Alcohol Consumption Binge Drinking, Age 18+	10.4	14.4	8.3-22.1	48
Alcohol Consumption Heavy Drinking, Age 18+	2.7	4.9	2.7-7.5	53
Arthritis, Age 18+	28.8	26.9	16.6-34.6	15
Asthma, Age 18+	8.8	8.0	4.4-10.7	16

¹Unless stated differently the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands.

²For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

Comparing Kentucky to the Nation
Ranking is denoted by Highest to Lowest using Prevalence
of Risk Factor or Health Behavior

Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median¹ (%)	National Range (%)	Kentucky's Rank in Nation²
Cardiovascular Disease Coronary Heart Disease Age 18+	5.6	4.4	1.9-8.5	4
Cardiovascular Disease Heart Attack Age 18+	6.1	4.0	1.7-7.0	2
Cardiovascular Disease Stroke Age 18+	3.2	2.5	1.4-4.2	7
Cholesterol High Cholesterol Awareness Age 18+	38.1	35.6	30.3-39.9	9
Diabetes, Age 18+	8.9	7.3	4.4-12.5	9

¹Unless stated differently the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands.

² For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

Comparing Kentucky to the Nation
Ranking is denoted by Highest to Lowest using Prevalence
of Risk Factor or Health Behavior

Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median¹ (%)	National Range (%)	Kentucky's Rank in Nation²
Health Care Access No Health Care Coverage, Age 18+	17.6	14.5	7.0-30.1	18
Health Care Access No Primary Health Care Provider, Age 18+	18.2	19.1	10.7-32.0	29
Health Care Access Barriers to Seeing a Doctor, Age 18+	17.5	13.3	6.2-19.1	6
Health Status Fair or Poor Health, Age 18+	23.7	14.9	11.1-34.1	3
Health Status Frequent Mental Distress, Age 18+	15.0	9.5	6.8-15.0	1

¹Unless stated differently the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands.

²For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

Comparing Kentucky to the Nation
Ranking is denoted by Highest to Lowest using Prevalence
of Risk Factor or Health Behavior

Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median¹ (%)	National Range (%)	Kentucky's Rank in Nation²
Health Status Frequent Physical Problems, Age 18+	13.9	10.6	6.5-18.3	3
Hypertension Age 18+	28.2	25.5	18.4-33.3	11
Immunization Flu Shot, Age 65+	37.6	34.5	21.9-68.0	18
Immunization Never Had a Pneumonia Shot, Age 65+	37.1	34.3	28.3-71.7	16
Nutrition Less than five Fruits and Vegetables per day, Age 18+	83.2	76.8	67.7-85.7	4
Physical Activity Lack of Leisure Time Physical Activity, Age 18+	31.5	23.9	16.2-49.0	5

¹Unless stated differently the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands.

²For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

Comparing Kentucky to the Nation
Ranking is denoted by Highest to Lowest using Prevalence
of Risk Factor or Health Behavior

Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median¹ (%)	National Range (%)	Kentucky's Rank in Nation²
Tobacco Use Ever Smoked Cigarettes, Age 18+	52.7	46.0	21.1-52.7	1
Tobacco Use Current Cigarettes Smoking, Age 18+	28.7	20.5	8.1-28.7	1
Weight Control Overweight or Obesity (BMI ≥ 25 kg/m ²), Age 18+	64.8	61.5	53.0-67.3	3
Weight Control Obesity (BMI ≥ 30 kg/m ²), Age 18+	28.6	24.4	17.8-30.9	6
Weight Control Overweight (BMI 25-29.9 kg/m ²), Age 18+	36.3	36.7	33.3-39.4	35

¹Unless stated differently the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands.

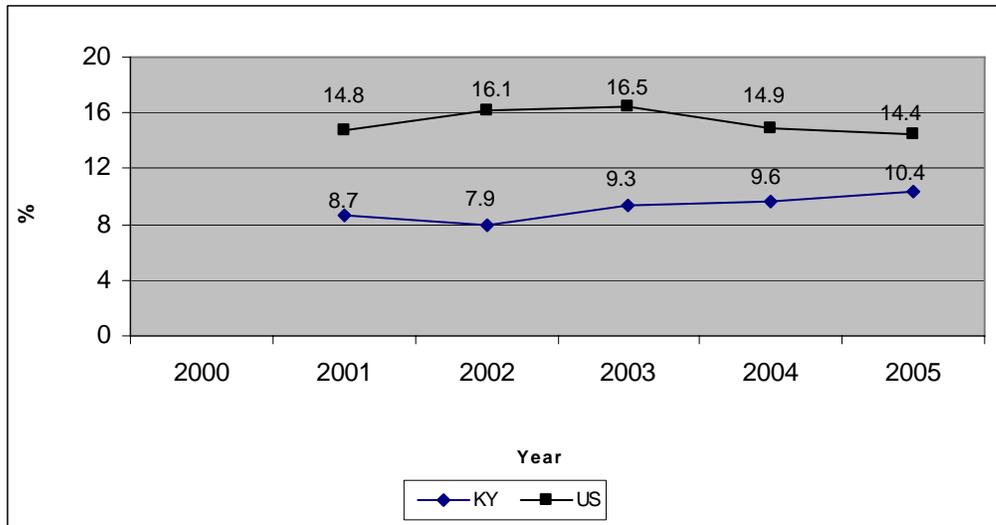
² For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

**Comparison of 2005 BRFSS Sample
to 2005 Kentucky Population
Age 18 and Older**

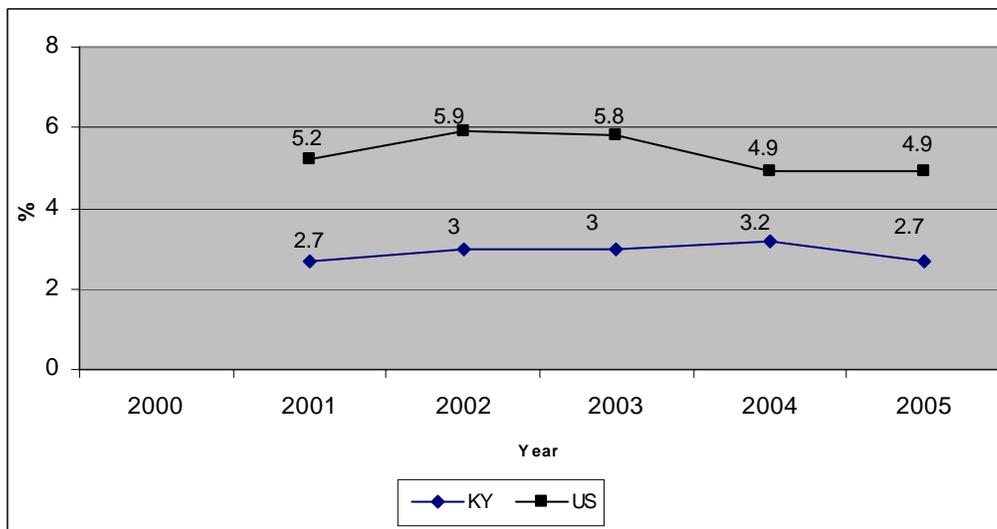
Demographic Characteristics	Unweighted BRFSS Sample Size	Unweighted BRFSS Percentage	Weighted BRFSS Percentage	2005 Population Estimate Percentage
GENDER				
Male	2,077	31.1	48.3	49.0
Female	4,555	68.9	51.7	51.0
RACE				
White, Non-Hispanic	6,177	93.8	90.6	90.3
African-American, Non-Hispanic	229	3.5	5.5	7.5
Hispanics	72	1.1	1.9	2.0
Multiracial, Non-Hispanic	46	0.7	0.7	*
Other	63	1.0	1.3	0.9
AGE				
18-24 Years	285	4.3	12.8	13.1
25-34 Years	798	12.0	18.0	13.9
35-44 Years	1,135	17.1	19.4	14.6
45-54 Years	1,389	21.0	19.1	14.6
55-64 Years	1,222	18.4	14.1	10.2
65+	1,799	27.1	16.7	12.7

Comparing Kentucky to the Nation Measuring the Status of Kentucky's Health

BRFSS Data, Alcohol Consumption: Binge Drinking, 2001-2005



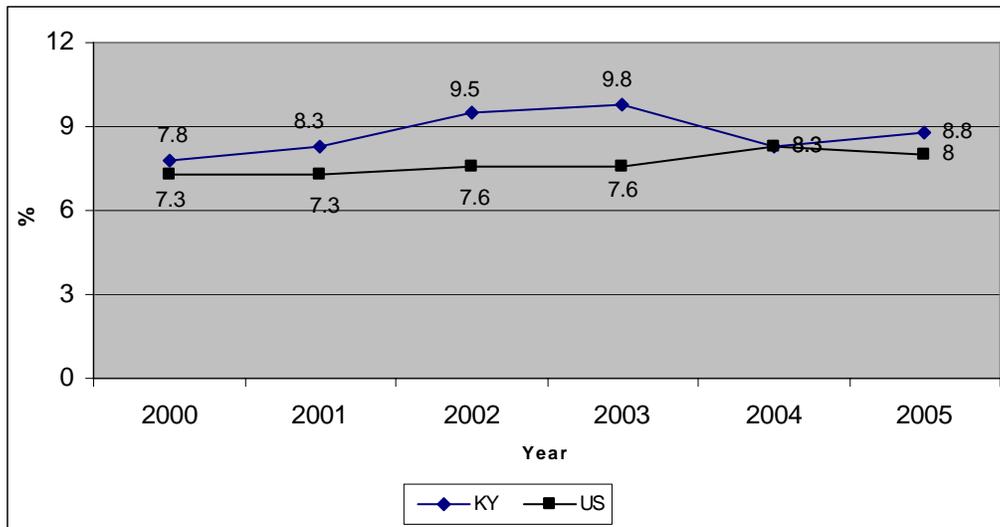
BRFSS Data, Alcohol Consumption: Heavy Drinking, 2001-2005



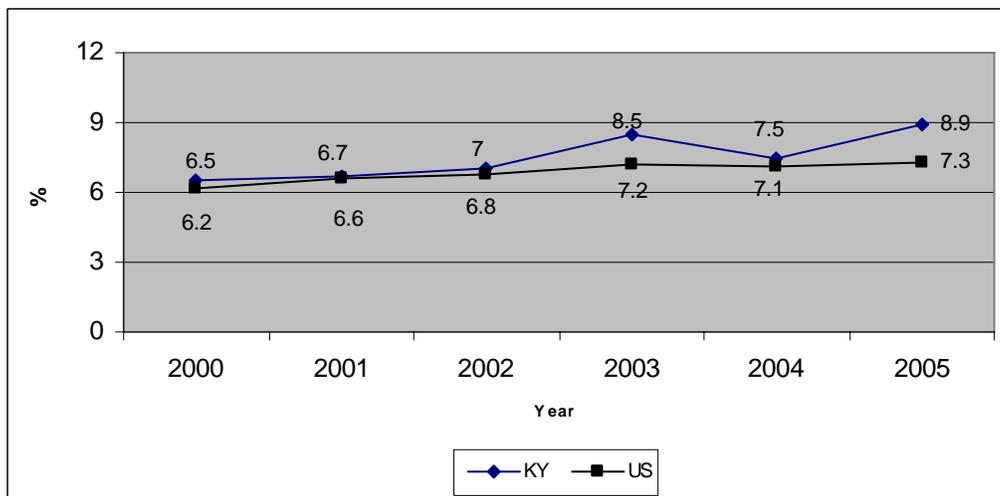
Comparison of State vs. US is based on particular year prevalence estimate. The prevalence is the proportion of people in a population with a certain condition or health behavior. The data included in this report are statewide prevalence estimates of certain risk factors and health behaviors. Data from all respondents interviewed are weighted to determine the prevalence estimate. Weighting adjusts for over sampling or under sampling of certain subgroups and allows the survey responses to be projected to a state estimate. Factors in weighting include the number of telephone numbers per household, the number of adults in a household, and the demographic distribution of the sample.

Comparing Kentucky to the Nation Measuring the Status of Kentucky's Health

BRFSS Data, Asthma, 2000-2005



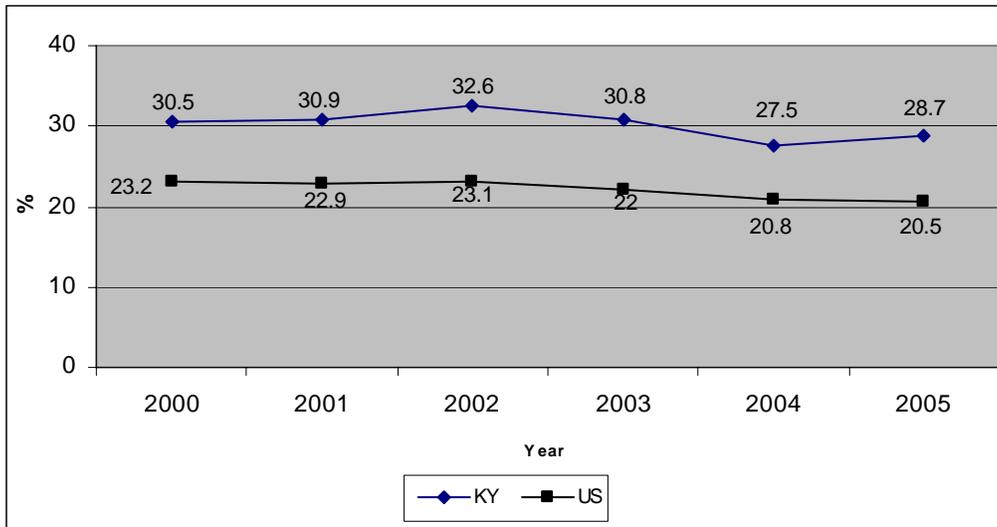
BRFSS Data, Diabetes, 2000-2005



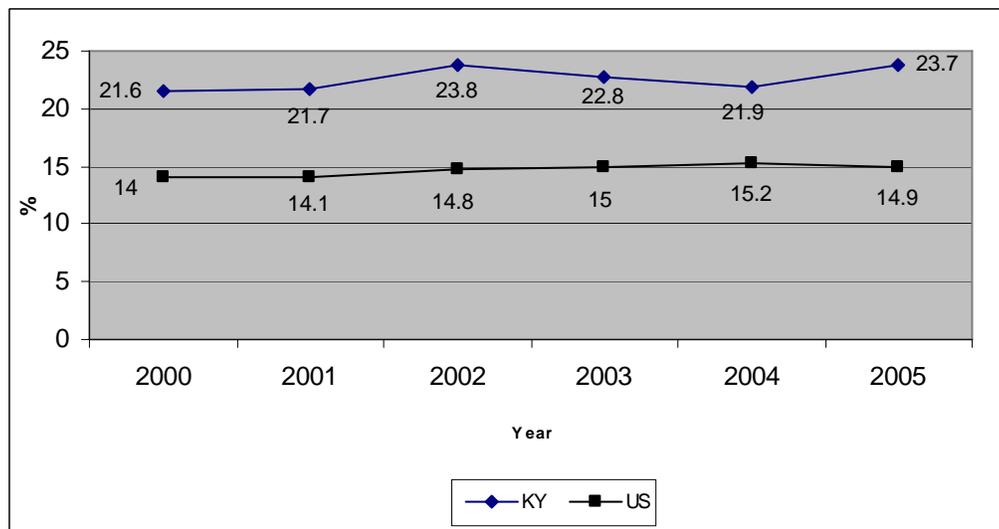
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Comparing Kentucky to the Nation Measuring the Status of Kentucky's Health

BRFSS Data, Cigarette Smoking, 2000-2005



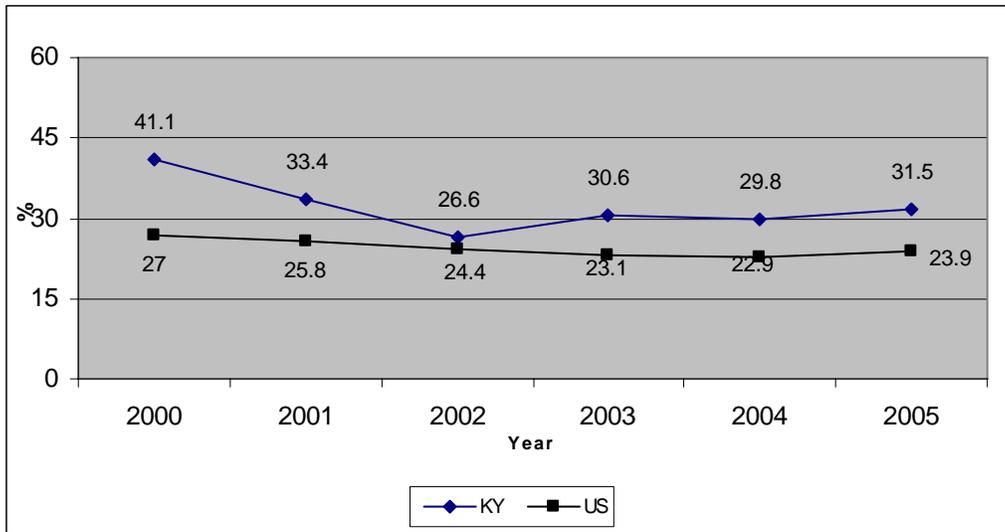
BRFSS Data, General Health: Fair or Poor 2000-2005



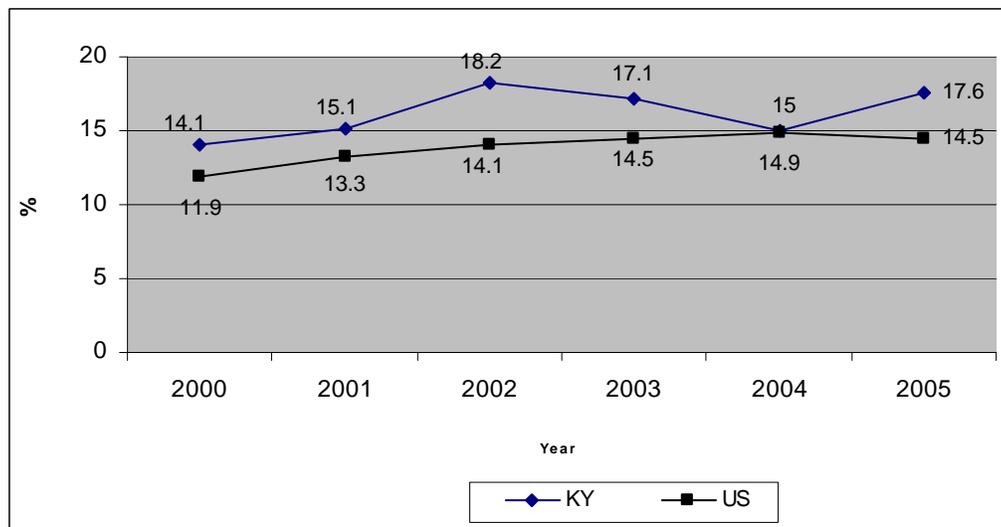
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Comparing Kentucky to the Nation Measuring the Status of Kentucky's Health

BRFSS Data, Lack of Exercise Activity, 2000-2005



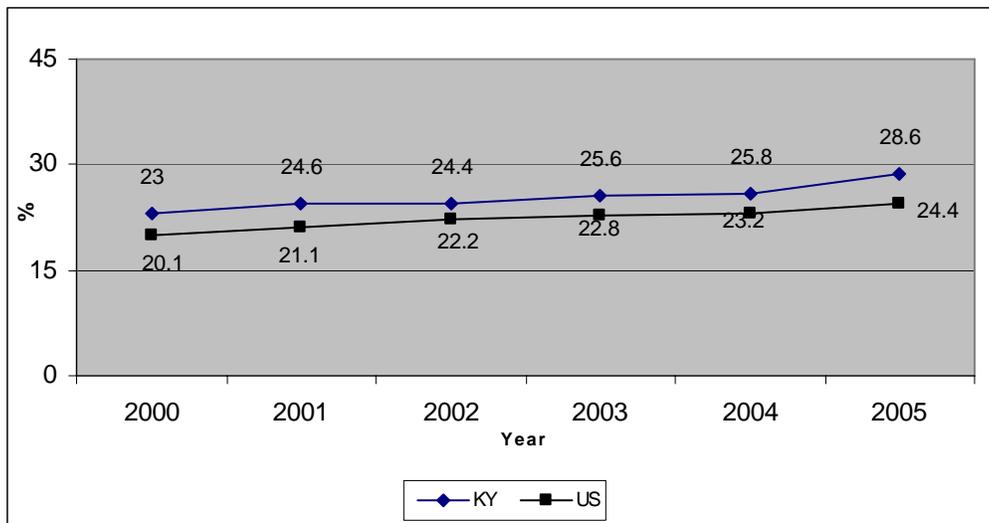
BRFSS Data, Lack of Health Care Coverage 2000-2005



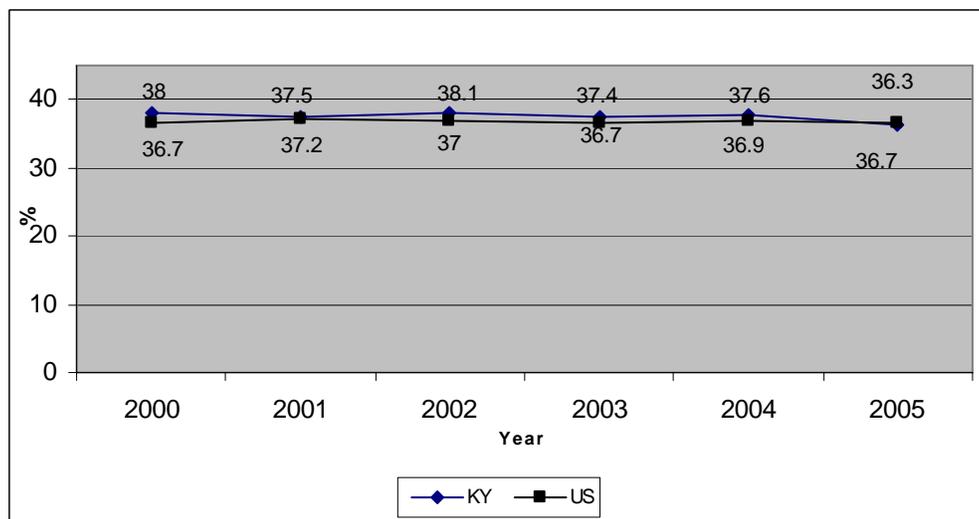
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Comparing Kentucky to the Nation Measuring the Status of Kentucky's Health

BRFSS Data, Obesity, 2000-2005



BRFSS Data, Overweight, 2000-2005



Comparison of State vs. US is based on particular year prevalence estimate. The prevalence is the proportion of people in a population with a certain condition or health behavior. The data included in this report are statewide prevalence estimates of certain risk factors and health behaviors. Data from all respondents interviewed are weighted to determine the prevalence estimate. Weighting adjusts for over sampling or under sampling of certain subgroups and allows the survey responses to be projected to a state estimate. Factors in weighting include the number of telephone numbers per household, the number of adults in a household, and the demographic distribution of the sample.