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GOVERNOR

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Gov. Beshear, Dr. Stack Roll Out ‘Our Healthy Kentucky Home’ Initiative

A regimen of small steps Kentuckians can take to improve health and wellness together

FRANKFORT, Ky. (Oct. 31, 2024) – To build on the success of job growth and historic economic progress, Gov. Andy Beshear announced the launch of [Our Healthy Kentucky Home](#), an initiative aimed to engage and inspire Kentuckians on a personal journey of achievable health and wellness improvements.

“We should all take pride in what the commonwealth is accomplishing, and Team Kentucky is committed to building on that success,” said **Gov. Beshear**. “But there is an equally important factor in this that we all must consider, and that is our health as Kentuckians. Because we must all be healthy enough to fully enjoy the good things to come in our new Kentucky home – a place where prosperity and opportunity are possible for everyone.”

Team Kentucky will release a month-by-month guide to promote small changes that create a healthier path forward. The guide will help Kentuckians stay on track with exercising goals, adding consistent servings of vegetables or fruits to diets, reminders to see through important health screenings and more.

“This campaign seeks to make health and wellness accessible through clear, simple and achievable lifestyle changes,” said Kentucky Department for Public Health (KDPH) Commissioner **Dr. Steven Stack**. “To succeed, we need all of Kentucky to join us in this journey. In doing so, we can work together to ensure that everyone is encouraged and supported to eat, exercise and engage to achieve better health and their full potential.”

Team Kentucky is requesting government agencies, community-based organizations, schools, businesses, communities of faith and others to use [the road map](#). Additionally, participants can create their own complimentary initiatives that build on Our Healthy Kentucky Home by personalizing it to their unique circumstances.



In the [2023 America's Health Rankings](#), the United Health Foundation reported that Kentucky ranks 41 among the 50 states. These factors contribute to health conditions such as diabetes, hypertension, cardiovascular disease and cancers, which diminish quality of life and contribute to premature death.

“Throughout our careers, we’ve all heard stats that place Kentucky at or near the bottom of nationwide rankings when it comes to mortality from cancer, lower respiratory disease, diabetes and overdoses,” said **Eric Friedlander**, secretary of the Cabinet for Health and Family Services. “Team Kentucky is taking action, and we welcome everyone – public and private sector partners included – to join us. With everyone pitching in, we can improve the health, wellness and quality of life for all Kentuckians.”

The one-year campaign will begin with a statewide call to action to eat, exercise and engage. This will consist of eating two servings of fruits or vegetables daily, exercising at least 30 minutes three times per week and engaging with others to stay connected.

Other monthly calls to action will include steps for heart health, diabetes management, disaster preparedness, cancer prevention, mental health, addiction, tobacco cessation, obesity and women’s and men’s health.

A campaign website – OurHealthyKYHome.ky.gov – has been created so Kentuckians can access all resources in one place. Additionally, videos and tips will be posted on the KDPH Facebook page, follow [here](#).

Committed to Health Care

The Beshear-Coleman administration is committed to supporting Kentuckians as they seek health care, whether that’s physical or mental health care, and is continuously working to make both more accessible.

The administration protected health care access for nearly 100,000 Kentuckians by removing governmental roadblocks and relaunched and expanded the state insurance marketplace, [kynect](#). The Governor expanded Medicaid coverage for new mothers; boosted the commonwealth’s workforce by adding dental, vision and hearing coverage; is working to grow mental and physical health care in school-based settings; and helped cap the cost of insulin. The state is also seeing its health care industry grow all over the commonwealth, including the first hospital in West Louisville to open in 150 years.

Team Kentucky believes mental health should be treated the same as physical health. In March, the Governor announced that the state’s FindHelpNowKy.org website now helps Kentuckians find the life-saving drug naloxone, addiction treatment and mental health resources. The administration launched the 988 crisis hotline, which connects Kentuckians facing a risk of suicide, mental health distress or an addiction crisis to compassionate and trained counselors who can help. The state is also leading the nation in the number of residential drug and alcohol treatment beds per capita. In July 2023, the Governor reported that, according to Mental Health America, Kentucky ranked No. 1 in the country in the area of adult mental health care access.

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Information on how the state is working to improve the lives and health of our people is available at [CHFS.ky.gov](https://chfs.ky.gov). Follow the cabinet on [Facebook](#), [X](#), [Instagram](#) and [LinkedIn](#).