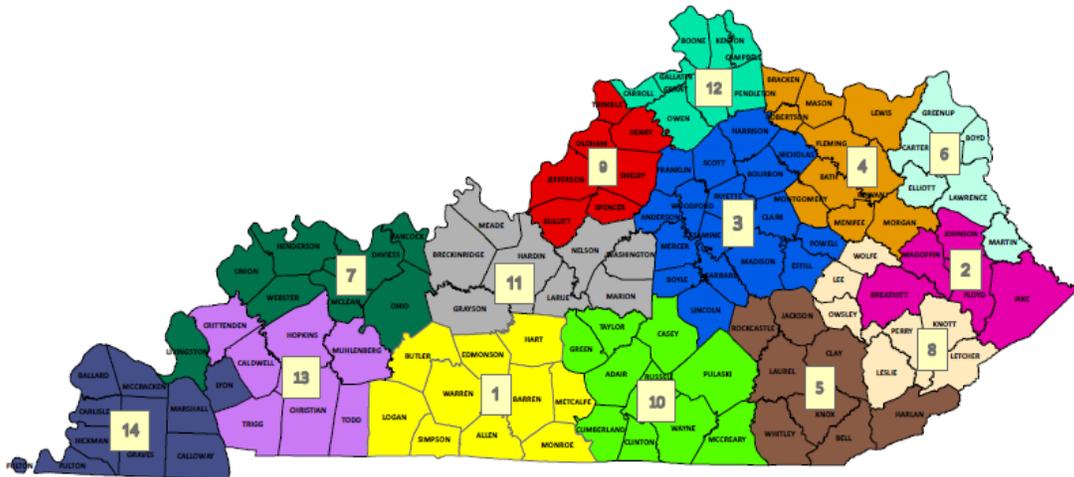


# Kentucky Area Development District (ADD) Profiles

## Kentucky Behavioral Risk Factor Survey (KyBRFS)

Data Source: Kentucky Behavior Risk Factor Survey 2018

# 2019



**Kentucky Public Health**  
Prevent. Promote. Protect.

**Area Development District (ADD) Profiles  
Kentucky Behavioral Risk Factor Survey (KyBRFS)**

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## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

### Executive Summary

The Behavioral Risk Factor Surveillance System (BRFSS) is a telephone health survey co-sponsored by the Centers for Disease Control and Prevention (CDC) and the Kentucky Department for Public Health. The survey is randomly administered to non-institutionalized civilian adults 18 years old or older who are living in a household with a telephone. Personal identifying information, such as name or address, is not collected. In Kentucky the BRFSS program is referred to as KyBRFS (Kentucky Behavioral Risk Factor Survey). The following report consists of data collected by the KyBRFS program for the calendar year 2018. The objective is to collect uniform, Kentucky specific data on preventive health practices and risk behaviors that are linked to chronic diseases, injuries, and preventable infectious diseases that affect the adult population.

CDC publishes the BRFSS data collected by each state on their website. This website has data at state level but not at sub-state level. In most cases, each state constitutes a single stratum. However, to provide adequate sample sizes for smaller geographically defined populations of interest, some states sample disproportionately from strata defined to correspond to sub-state regions. Kentucky has fifteen Area Development Districts (ADD), and we sample all of these ADDs. Thirteen ADDs are sampled individually and each yields 500 completes. We combined Buffalo Trace and Gateway to get 500 completes from these two districts. Individual sampling of these ADDs did not yield enough completes. Kentucky currently has fourteen strata.

The ADD level data is not available on the CDC website. The main purpose of this document is to provide data in a timely manner to the Area Development Districts so the local health departments and other groups can use this data for strategic planning and prioritize program management. This data can be used to identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs. It can also be used to support health-related legislative efforts. The program hopes that this report will be useful in assisting the districts in identifying the health needs within their region.

There were two major changes in BRFSS protocol which occurred in 2011 and are discussed in detail in the June 8, 2012, MMWR Policy Note "*Methodologic Changes in the Behavioral Risk Factor Surveillance System in 2011 and Potential Effects on Prevalence Estimates.*" This note is available online at the CDC Surveillance resource Center <http://www.cdc.gov/surveillancepractice/reports/brfss/brfss.html>.

Additionally, the KyBRFS program released a report tailored to the changes seen in Kentucky data. It is entitled "*Effect of Changes in BRFSS Protocols on 2011 Behavioral Risk Factor Surveillance Data in Kentucky*" and can be obtained from the Kentucky BRFSS website <http://chfs.ky.gov/brfss>.

*The 2011 KyBRFS data reflects the addition of cell-phone only respondents and a change in weighting methodology (raking replaces post-stratification). Due to these significant changes, the 2018 KyBRFS data should only be compared to 2011 - 2017 KyBRFS data. It is not directly comparable to KyBRFS data collected before 2011. Comparing 2018 KyBRFS data with KyBRFS data from years prior to 2011 may cause misinterpretation of trend line shifts in prevalence estimates.*

## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

### Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a cross-sectional telephone health survey jointly sponsored by the Centers for Disease Control and Prevention (CDC) and the Kentucky Department for Public Health (KDPH). The survey is randomly administered to non-institutionalized civilian adults aged 18 or older living in a household. Participation in the survey is strictly voluntary. Personal identifying information, such as a person's name or address, is not collected. The BRFSS is a nationwide surveillance tool. In Kentucky the BRFSS program is referred to as KyBRFS (Kentucky Behavioral Risk Factor Survey) and it has been conducted continuously since 1985.

This document presents a data profile of each Area Development District (ADD) based on prevalence data collected from the 2018 KyBRFS. Kentucky has 120 Counties that are divided into 15 ADDs for the planning of a variety of programs. Data for this report are analyzed by ADDs, rather than by county, because sample sizes for most counties are too small to provide statistically reliable estimates. Statewide and nationwide prevalence estimates have been included for comparison.

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

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## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

List of Variables	Nationwide * (States and DC)	Kentucky	
	Median %	%	95% CI
<b>Alcohol Consumption</b>			
Adults who reported heavy drinking	6.5	6.0	5.1 – 6.9
Adults who reported binge drinking	16.2	14.7	13.3 – 16.1
<b>Arthritis</b>			
Adults who have arthritis	26.3	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>			
Adults who have ever had a heart attack	4.5	6.7	5.9 – 7.5
Adults who have coronary heart disease	4.3	6.3	5.5 – 7.0
Adults who have ever had a stroke	3.4	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>			
Adults aged 50-75 who have fully met the USPSTF recommendation	69.7	69.6	67.1 – 72.1
<b>Depression</b>			
Adults who have ever been diagnosed with a depressive disorder	19.6	24.0	22.4 – 25.5
<b>Diabetes</b>			
Adults who have diabetes	10.9	13.7	12.6 – 14.7
<b>General Health Status</b>			
Adults who reported good or better health	82.7	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>			
Adults who have health care coverage	89.1	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	86.8	91.2	89.8 – 92.5
<b>HIV Screening Test</b>			
Adults who have ever been tested for HIV	37.8	34.5	32.7 – 36.3
<b>Immunization</b>			
Adults aged 65+ who had a flu shot in past year	55.3	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	73.6	72.6	69.8 – 75.5
<b>Oral Health</b>			
Adults aged 65+ who had all their natural teeth extracted	13.6	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	67.6	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>			
Adults who are overweight (BMI = 25.0 – 29.9)	34.9	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	30.9	36.6	34.9 – 38.4
<b>Physical Activity</b>			
Adults who participate in any physical activity	76.2	67.6	65.9 – 69.2
<b>Prostate Cancer</b>			
Men aged 40+ who had a PSA test within the past two years	33.2	35.0	31.8 – 38.1
<b>Quality of Life</b>			
Adults who reported 14+ days of poor mental health in the past 30 days	12.4	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	12.0	15.3	14.1 – 16.5
<b>Respiratory Disease</b>			
Adults who currently have asthma	9.5	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	6.6	12.1	11.0 – 13.2
<b>Tobacco Use</b>			
Adults who are current smokers	16.1	23.4	21.8 – 25.0
<b>Women's Health</b>			
Women aged 40+ who had a mammogram within the past two years	78.3	68.6	65.9 – 71.2

\*Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2018]  
NA=Data not Available

Total number of responses in Kentucky, N=8548

**Area Development District (ADD) Profiles  
Kentucky Behavioral Risk Factor Survey (KyBRFS)**

Barren River ADD	Barren River		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	6.4	3.5 – 9.2	6.0	5.1 – 6.9
Adults who reported binge drinking	16.3	11.6 – 20.9	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	35.6	30.3 – 40.9	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	7.0	4.5 – 9.5	6.7	5.9 – 7.5
Adults who have coronary heart disease	7.9	5.3 – 10.5	6.3	5.5 – 7.0
Adults who have ever had a stroke	4.7	2.9 – 6.4	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	58.6	49.7 – 67.4	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	25.0	19.8 – 30.3	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	11.6	8.4 – 14.9	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	73.2	68.3– 78.2	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	93.6	90.8 – 96.3	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	92.6	89.1 – 96.0	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	29.1	23.5 – 34.6	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	52.0	42.0 – 62.1	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	73.7	65.8 – 81.8	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	23.0	15.0 – 31.0	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	57.6	52.1 – 63.2	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	32.0	26.9 – 37.2	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	37.6	31.8 – 43.0	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	63.0	57.6 – 68.4	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	25.8	17.2 – 34.4	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	16.9	12.0 – 21.9	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	16.7	12.3 – 21.1	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	9.6	6.8 – 12.3	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	15.1	11.6 – 18.7	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	29.1	23.7 – 34.5	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	73.9	67.0 – 80.8	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.  
N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.  
Total number of responses in Barren River ADD, N=516

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

**Area Development District (ADD) Profiles  
Kentucky Behavioral Risk Factor Survey (KyBRFS)**

Big Sandy ADD	Big Sandy		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	2.2	0.7 – 3.7	6.0	5.1 – 6.9
Adults who reported binge drinking	5.9	3.6 – 8.2	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	46.2	39.1 – 53.2	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	12.0	6.9 – 17.1	6.7	5.9 – 7.5
Adults who have coronary heart disease	11.3	6.4 – 16.2	6.3	5.5 – 7.0
Adults who have ever had a stroke	5.2	2.7 – 7.7	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	66.4	56.1 – 76.7	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	33.8	26.9 – 40.7	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	23.4	17.3 – 29.6	13.7	12.6 – 14.7
<b>General Health Status</b>				
<i>Adults who reported good or better health</i>	<i>56.4</i>	<i>49.5– 63.2</i>	<i>76.5</i>	<i>75.1 – 78.0</i>
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	91.2	87.3 – 95.1	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	88.4	83.3 – 93.5	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	34.5	27.5 – 41.6	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	53.5	38.2 – 68.7	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	60.8	45.2 – 76.4	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	50.2	34.8 – 65.6	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	47.4	40.4 – 54.4	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	34.5	27.7 – 41.2	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	43.8	36.6 – 51.0	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	56.6	49.6 – 63.5	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	40.9	28.4 – 53.3	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	20.5	14.7 – 26.2	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	31.0	24.0 – 38.0	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	13.7	9.2 – 18.3	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	24.7	18.6 – 30.8	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	23.1	17.3 – 29.0	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	76.2	65.2 – 87.2	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.  
N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.  
Total number of responses in Big Sandy ADD, N=518

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

Bluegrass ADD	Bluegrass		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	7.5	4.6 – 10.4	6.0	5.1 – 6.9
Adults who reported binge drinking	18.6	14.5 – 22.8	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	27.1	23.1 – 31.1	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	3.9	2.3 – 5.4	6.7	5.9 – 7.5
Adults who have coronary heart disease	5.4	3.6 – 7.3	6.3	5.5 – 7.0
Adults who have ever had a stroke	3.2	1.6 – 4.8	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	71.5	64.5 – 78.4	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	23.3	19.0 – 27.5	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	9.7	7.4 – 12.0	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	81.5	77.6 – 85.4	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	91.2	87.7 – 94.7	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	89.1	84.8 – 93.5	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	35.6	30.6 – 40.6	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	61.0	52.5 – 69.5	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	74.3	67.0 – 81.5	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	27.7	19.3 – 36.0	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	65.1	60.3 – 70.0	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	28.0	23.6 – 32.3	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	34.2	29.5 – 39.0	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	71.8	67.4 – 76.2	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	41.0	31.6 – 50.5	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	15.6	11.9 – 19.2	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	11.6	8.6 – 14.6	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	15.5	11.7 – 19.4	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	9.9	6.7 – 13.0	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	20.8	16.4 – 25.1	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	65.9	58.5 – 73.3	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.  
N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.  
Total number of responses in Bluegrass ADD, N=770

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

**Area Development District (ADD) Profiles**  
**Kentucky Behavioral Risk Factor Survey (KyBRFS)**

Buffalo Trace and Gateway ADD	Buffalo Trace and Gateway		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	6.1	3.4 – 8.8	6.0	5.1 – 6.9
Adults who reported binge drinking	12.9	8.9 – 16.9	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	37.2	31.0 – 43.5	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	7.6	4.4 – 10.9	6.7	5.9 – 7.5
Adults who have coronary heart disease	8.8	5.6 – 12.0	6.3	5.5 – 7.0
Adults who have ever had a stroke	4.1	1.6 – 6.5	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	60.8	52.9 – 68.8	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	23.6	17.8 – 29.5	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	14.5	10.5 – 18.5	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	73.1	67.9 – 78.3	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	94.1	91.4 – 96.8	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	93.7	90.6 – 96.7	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	29.8	24.0 – 35.5	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	54.4	43.5 – 65.3	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	64.4	53.1 – 75.7	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	36.3	25.5 – 47.2	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	58.1	52.2 – 64.0	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	26.0	21.3 – 30.7	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	43.9	37.6 – 50.2	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	64.7	59.1 – 70.3	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	32.9	22.7 – 43.1	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	21.0	14.5 – 27.5	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	22.7	16.2 – 29.1	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	9.9	6.9 – 13.0	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	13.4	9.7 – 17.1	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	28.6	22.7 – 34.5	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	61.4	51.7 – 71.1	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.  
 N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.  
 Total number of responses in Buffalo Trace and Gateway ADD, N=513

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

Cumberland Valley ADD	Cumberland Valley		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	2.8	1.1 – 4.4	6.0	5.1 – 6.9
Adults who reported binge drinking	8.9	5.1– 12.7	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	45.5	38.7 – 52.2	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	9.3	5.1 – 13.6	6.7	5.9 – 7.5
Adults who have coronary heart disease	7.4	4.2 – 10.6	6.3	5.5 – 7.0
Adults who have ever had a stroke	4.3	2.0 – 6.6	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	75.0	67.0 – 83.0	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	31.5	24.9 – 38.2	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	20.9	14.8 – 27.1	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	59.5	52.6– 66.5	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	94.9	92.3 – 97.6	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	93.6	90.1 – 97.0	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	32.8	25.7 – 39.9	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	55.9	39.6 – 72.1	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	61.6	45.2 – 77.9	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	21.2	10.0 – 32.3	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	50.4	43.6 – 57.1	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	28.5	22.8 – 34.1	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	47.7	40.8 – 54.7	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	59.0	52.4 – 65.6	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	27.1	16.9 – 37.3	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	21.3	15.4 – 26.3	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	26.4	19.9 – 32.9	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	15.4	9.7 – 21.1	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	20.5	14.6 – 26.4	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	25.2	19.1 – 31.2	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	67.5	57.1 – 78.0	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.

Total number of responses in Cumberland Valley, ADD, N=504

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

FIFCO ADD	FIFCO		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	5.2	2.3 – 8.1	6.0	5.1 – 6.9
Adults who reported binge drinking	10.0	6.3 – 13.7	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	42.9	37.3 – 48.4	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	6.7	4.6 – 8.8	6.7	5.9 – 7.5
Adults who have coronary heart disease	6.0	3.7 – 8.3	6.3	5.5 – 7.0
Adults who have ever had a stroke	7.0	4.8 – 9.3	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	78.9	72.8 – 85.1	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	26.2	21.3 – 31.1	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	13.8	10.6 – 17.1	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	68.7	63.4 – 74.0	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	92.6	89.6 – 95.6	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	90.3	86.4 – 94.3	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	28.1	22.5 – 33.7	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	56.6	47.6 – 65.6	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	79.2	71.3 – 87.0	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	25.4	17.2 – 33.6	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	54.1	48.4 – 59.9	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	27.6	22.6 – 32.5	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	44.1	38.2 – 49.9	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	62.3	56.9 – 67.7	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	29.3	20.5 – 38.0	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	16.3	11.8 – 20.7	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	21.8	17.7 – 25.9	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	15.9	11.7 – 20.1	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	17.7	13.4 – 22.0	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	28.3	22.7 – 34.0	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	64.1	54.0 – 74.1	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.

Total number of responses in FIFCO, ADD, N=577

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

Green River ADD	Green River		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	8.7	4.7 – 12.6	6.0	5.1 – 6.9
Adults who reported binge drinking	15.4	11.0 – 19.8	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	34.5	29.5 – 39.6	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	10.0	6.6 – 13.4	6.7	5.9 – 7.5
Adults who have coronary heart disease	10.9	7.4 – 14.4	6.3	5.5 – 7.0
Adults who have ever had a stroke	5.8	2.8 – 8.9	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	71.2	64.3 – 78.1	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	25.4	20.7 – 30.2	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	16.3	12.5 – 20.2	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	76.5	72.0 – 80.9	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	89.9	85.6 – 94.2	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	88.3	83.0 – 93.7	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	35.1	29.6 – 40.6	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	48.3	40.3 – 56.3	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	69.8	62.1 – 77.5	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	21.1	13.3 – 28.9	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	63.1	57.8 – 68.4	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	35.8	30.2 – 41.5	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	34.0	28.7 – 39.4	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	68.6	63.7 – 73.5	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	42.3	33.1 – 51.6	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	17.1	13.0 – 21.2	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	18.9	14.8 – 23.0	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	9.5	6.0 – 13.0	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	12.1	8.4 – 15.8	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	21.9	17.4 – 26.4	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	74.1	67.5 – 80.7	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.  
N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.  
Total number of responses in Green River ADD, N=511

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

Kentucky River ADD	Kentucky River		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	3.3	0.9 – 5.7	6.0	5.1 – 6.9
Adults who reported binge drinking	5.2	2.1 – 8.4	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	50.2	43.9 – 56.5	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	11.7	6.9 – 16.4	6.7	5.9 – 7.5
Adults who have coronary heart disease	10.5	6.4 – 14.6	6.3	5.5 – 7.0
Adults who have ever had a stroke	7.3	3.9 – 10.7	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	60.9	52.1 – 69.8	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	30.0	23.9 – 36.1	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	22.1	16.9 – 27.4	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	64.5	58.4 – 70.6	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	94.4	92.1 – 96.8	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	93.3	90.3 – 96.4	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	39.6	32.3 – 46.8	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	58.4	45.4 – 71.3	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	70.0	58.2 – 81.9	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	37.8	25.4 – 50.3	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	53.6	47.0 – 60.1	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	30.8	25.2 – 36.5	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	45.8	39.1 – 52.5	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	56.1	49.2 – 63.0	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	34.0	23.8 – 44.1	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	24.2	18.5 – 29.9	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	22.2	16.9 – 27.5	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	16.8	11.0 – 22.7	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	23.0	17.6 – 28.4	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	31.3	24.2 – 38.4	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	58.5	49.0 – 67.9	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.  
N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.  
Total number of responses in Kentucky River ADD, N=561

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

KIPDA ADD	KIPDA River		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	6.3	4.0 – 8.7	6.0	5.1 – 6.9
Adults who reported binge drinking	16.1	12.4 – 19.8	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	26.5	22.4 – 30.6	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	5.3	3.4 – 7.2	6.7	5.9 – 7.5
Adults who have coronary heart disease	3.8	2.2 – 5.4	6.3	5.5 – 7.0
Adults who have ever had a stroke	3.7	2.0 – 5.4	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	72.7	65.4 – 80.0	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	20.4	16.3 – 24.4	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	10.8	8.1 – 13.4	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	84.3	80.9 – 87.7	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	92.4	89.8 – 95.0	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	90.9	87.7 – 94.2	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	39.3	34.4 – 44.1	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	64.4	55.8 – 72.9	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	72.6	64.4 – 80.8	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	12.3	6.9 – 17.7	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	70.9	66.3 – 75.4	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	34.6	29.7 – 39.4	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	31.4	26.7 – 36.1	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	72.6	68.3 – 76.9	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	41.3	31.2 – 51.4	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	14.4	10.9 – 18.0	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	9.5	6.8 – 12.3	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	9.2	6.6 – 11.9	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	8.3	5.8 – 10.7	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	24.3	19.8 – 28.9	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	70.8	63.8 – 77.7	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.

Total number of responses in KIPDA ADD, N=1423

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

**Area Development District (ADD) Profiles**  
**Kentucky Behavioral Risk Factor Survey (KyBRFS)**

Lake Cumberland ADD	Lake Cumberland		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	4.4	1.5 – 7.3	6.0	5.1 – 6.9
Adults who reported binge drinking	10.7	7.1 – 14.3	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	39.1	33.6 – 44.5	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	7.1	4.1 – 10.1	6.7	5.9 – 7.5
Adults who have coronary heart disease	9.1	5.4 – 12.7	6.3	5.5 – 7.0
Adults who have ever had a stroke	7.4	4.3 – 10.4	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	54.0	45.7 – 62.4	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	26.3	21.2 – 31.5	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	17.9	13.6 – 22.1	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	69.2	64.2– 74.2	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	92.2	89.0 – 95.4	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	90.1	85.9 – 94.3	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	24.7	19.9 – 29.6	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	58.0	46.8 – 69.2	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	64.6	53.5 – 75.8	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	37.9	26.6 – 49.3	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	52.2	46.6 – 57.9	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	29.9	24.9 – 34.9	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	41.0	35.2 – 46.8	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	59.3	53.8 – 64.8	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	31.6	22.7 – 40.6	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	17.5	13.1 – 21.9	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	21.1	16.9 – 25.4	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	9.2	6.3 – 12.2	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	12.0	8.5 – 15.5	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	19.1	14.6 – 23.7	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	60.4	51.4– 69.4	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.  
N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.  
Total number of responses in Lake Cumberland ADD, N=562

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

Lincoln Trail ADD	Lincoln Trail		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	5.0	2.8 – 7.3	6.0	5.1 – 6.9
Adults who reported binge drinking	10.4	7.3 – 13.5	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	36.8	31.7 – 41.9	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	10.3	6.6 – 14.0	6.7	5.9 – 7.5
Adults who have coronary heart disease	6.8	3.9 – 9.7	6.3	5.5 – 7.0
Adults who have ever had a stroke	6.2	3.3 – 9.1	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	70.3	61.8 – 78.8	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	28.3	23.0 – 33.6	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	12.7	9.2 – 16.2	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	73.9	68.8 – 79.1	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	94.2	91.7 – 96.6	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	93.5	90.6 – 96.5	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	33.5	27.8 – 39.2	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	64.3	54.6 – 74.0	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	78.4	70.8 – 86.0	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	34.0	23.4 – 44.5	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	59.9	54.3 – 65.4	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	38.7	33.2 – 44.3	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	40.2	34.8 – 45.7	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	66.6	61.3 – 71.2	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	23.6	15.8 – 31.5	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	15.9	11.6 – 20.2	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	15.1	11.4 – 18.8	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	13.0	9.0 – 17.1	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	12.3	8.7 – 16.0	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	23.4	18.7 – 28.1	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	67.8	59.4 – 76.2	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.  
N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.  
Total number of responses in Lincoln Trail ADD, N=515

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

**Area Development District (ADD) Profiles  
Kentucky Behavioral Risk Factor Survey (KyBRFS)**

Northern Kentucky ADD	Northern Kentucky		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	6.2	3.6 – 8.7	6.0	5.1 – 6.9
Adults who reported binge drinking	18.0	13.8 – 22.2	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	33.5	28.6 – 38.4	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	6.2	3.1 – 9.3	6.7	5.9 – 7.5
Adults who have coronary heart disease	4.4	1.9 – 6.9	6.3	5.5 – 7.0
Adults who have ever had a stroke	3.5	1.1 – 5.9	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	66.9	60.0 – 73.7	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	19.6	15.4 – 23.7	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	14.6	10.9 – 18.2	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	79.2	74.7 – 88.8	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	95.0	92.4 – 97.6	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	93.7	90.5 – 97.0	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	32.7	27.1 – 38.3	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	55.5	44.5 – 66.5	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	81.6	73.8 – 89.4	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	21.7	11.7 – 31.7	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	63.7	58.4 – 68.9	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	32.7	27.6 – 37.7	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	35.0	29.7 – 40.3	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	70.7	65.7 – 75.7	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	29.0	21.0 – 37.1	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	16.7	12.3 – 21.1	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	12.1	8.6 – 15.6	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	8.1	4.9 – 11.3	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	11.7	7.9 – 15.4	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	18.7	14.5 – 22.9	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	63.9	55.8 – 72.0	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.  
N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.  
Total number of responses in Northern Kentucky ADD, N=536

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

Pennyrile ADD	Pennyrile		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	4.7	2.2 – 7.2	6.0	5.1 – 6.9
Adults who reported binge drinking	14.1	10.1 – 18.1	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	37.6	32.0 – 43.2	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	7.4	4.9 – 9.8	6.7	5.9 – 7.5
Adults who have coronary heart disease	6.2	4.2 – 8.3	6.3	5.5 – 7.0
Adults who have ever had a stroke	4.4	2.5 – 6.4	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	76.9	70.6 – 82.5	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	25.7	20.4 – 31.0	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	18.5	14.7 – 22.3	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	75.7	70.6 – 80.7	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	91.5	86.7 – 96.3	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	89.1	83.0 – 95.3	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	40.3	34.2 – 46.4	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	65.5	57.7 – 73.4	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	77.4	70.7 – 84.1	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	19.9	12.2 – 27.6	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	56.8	50.9 – 62.8	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	29.8	24.6 – 34.9	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	39.8	33.8 – 45.7	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	64.4	58.8 – 70.0	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	34.9	26.3 – 43.5	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	18.6	13.5 – 23.2	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	15.7	12.0 – 19.4	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	10.9	7.5 – 14.4	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	12.2	8.8 – 15.5	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	26.8	21.6 – 32.1	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	71.6	62.1 – 81.0	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.  
N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.  
Total number of responses in Pennyrile ADD, N=499

**Data Source: Kentucky Behavior Risk Factor Survey 2018**

## Area Development District (ADD) Profiles Kentucky Behavioral Risk Factor Survey (KyBRFS)

Purchase ADD	Purchase		Kentucky	
	%	95% CI	%	95% CI
<b>Alcohol Consumption</b>				
Adults who reported heavy drinking	7.2	4.6 – 9.7	6.0	5.1 – 6.9
Adults who reported binge drinking	13.0	9.6 – 16.5	14.7	13.3 – 16.1
<b>Arthritis</b>				
Adults who have arthritis	34.4	29.3 – 39.5	33.4	31.8 – 34.9
<b>Cardiovascular Disease</b>				
Adults who have ever had a heart attack	7.5	5.0 – 9.9	6.7	5.9 – 7.5
Adults who have coronary heart disease	7.1	4.8 – 9.4	6.3	5.5 – 7.0
Adults who have ever had a stroke	7.1	4.3 – 9.9	4.5	3.9 – 5.2
<b>Colorectal Cancer Screening</b>				
Adults aged 50-75 who have fully met the USPSTF recommendation	76.5	70.6 – 82.5	69.6	67.1 – 72.1
<b>Depression</b>				
Adults who have ever been diagnosed with a depressive disorder	22.1	17.9 – 26.3	24.0	22.4 – 25.5
<b>Diabetes</b>				
Adults who have diabetes	16.1	12.4 – 19.7	13.7	12.6 – 14.7
<b>General Health Status</b>				
Adults who reported good or better health	73.9	69.0 – 78.8	76.5	75.1 – 78.0
<b>Health Care Access/Coverage</b>				
Adults who have health care coverage	94.2	91.8 – 96.7	92.7	91.7 – 93.8
Adults aged 18-64 who have health care coverage	92.6	89.3 – 95.8	91.2	89.8 – 92.5
<b>HIV Screening Test</b>				
Adults who have ever been tested for HIV	30.9	25.4 – 36.4	34.5	32.7 – 36.3
<b>Immunization</b>				
Adults aged 65+ who had a flu shot in past year	64.7	56.6 – 72.8	59.4	56.2 – 62.6
Adults aged 65+ who have ever had a pneumococcal vaccination	72.9	65.1 – 80.8	72.6	69.8 – 75.5
<b>Oral Health</b>				
Adults aged 65+ who had all their natural teeth extracted	29.0	19.5 – 38.5	24.6	21.9 – 27.4
Adults who visited dentist or dental clinic past year	56.6	51.2 – 62.0	61.9	60.1 – 63.6
<b>Overweight and Obesity (BMI)</b>				
Adults who are overweight (BMI = 25.0 – 29.9)	33.2	28.1 – 38.2	31.9	30.2 – 33.6
Adults who are obese (BMI ≥ 30.0)	32.3	27.4 – 37.2	36.6	34.9 – 38.4
<b>Physical Activity</b>				
Adults who participate in any physical activity	64.8	59.8 – 69.7	67.6	65.9 – 69.2
<b>Prostate Cancer</b>				
Men aged 40+ who had a PSA test within the past two years	34.5	25.9 – 43.1	35.0	31.8 – 38.1
<b>Quality of Life</b>				
Adults who reported 14+ days of poor mental health in the past 30 days	16.3	12.4 – 21.0	16.7	15.3 – 18.1
Adults who reported 14+ days of poor physical health in the past 30 days	17.2	13.4 – 21.0	15.3	14.1 – 16.5
<b>Respiratory Disease</b>				
Adults who currently have asthma	8.2	5.3 – 11.0	11.5	10.3 – 12.6
Adults who have COPD, emphysema, or chronic bronchitis	12.6	9.1 – 16.1	12.1	11.0 – 13.2
<b>Tobacco Use</b>				
Adults who are current smokers	21.7	16.6 – 26.7	23.4	21.8 – 25.0
<b>Women Health</b>				
Women aged 40+ who had a mammogram within the past two years	78.3	71.7 – 85.0	68.6	65.9 – 71.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

N/A = Not available if the unweighted sample size for the denominator was < 50 or the CI half width was > 10 for any cell.

Total number of responses in Purchase ADD, N=543

**Data Source: Kentucky Behavior Risk Factor Survey 2018**