

Data Profile of Health among Kentucky Adults by Six Regions

2020 Kentucky Behavioral Risk Factor Survey (KyBRFS)



**Kentucky Department for Public Health
Division of Prevention and Quality Improvement
Chronic Disease Prevention & Control Branch**



Kentucky Public Health
Prevent. Promote. Protect.



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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, and contractor for the calendar year 2020. 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 of single stratum. However, to provide adequate sample sizes for smaller geographically defined populations of interest, some states sample disproportionately from strata defined by sub-state regions. Kentucky collects data normally stratified by fourteen sub-state regions also known as Area Development Districts (ADDs). Changes had to be made in the sample design strata for 2020, since the minimum requirement of 500 respondents in each ADD was not met. A minimum of 500 respondents in a stratum is required to conduct appropriate weighting of the ADD. The strata had to be combined further to create six major sub-state geographic regions instead of fourteen ADDs.

The sub-state level data is not available on the CDC website. The main purpose of this document is to provide data, so it can be used by local health departments for public health transformation and other groups for strategic planning and 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 and assist districts in identifying health needs within their region.

The 2011 KyBRFS data reflects the addition of cellphone only respondents and a change in weighting methodology (raking replaces post-stratification). Due to these significant changes, the 2020 KyBRFS data should only be compared to 2011 - 2019 KyBRFS data. It is not directly comparable to KyBRFS data collected before 2011. Comparing 2020 KyBRFS data with KyBRFS data from years prior to 2011 may cause misinterpretation of trend line shifts in prevalence estimates.

Suggested citation: *Data Profile of Health among Kentucky Adults by Six Regions. Kentucky Behavioral Risk Factor Survey (KyBRFS) 2020 Data.* Department for Public Health, Cabinet for Health and Family Services, Frankfort, Kentucky, [2022b].

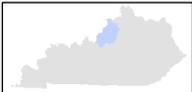
Published July 2022



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 sub-state Region based on prevalence data collected from the 2020 KyBRFS. Kentucky has 120 Counties that are divided into six Regions for program planning. Data for this report are analyzed by six Regions. Statewide and nationwide prevalence estimates have been included for comparison.

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



Statewide and Nationwide Prevalence Estimates

U.S. vs. Kentucky (2020)	Nationwide (States and DC)	Kentucky	
	Median %	%	95% CI
Alcohol Consumption			
Adults who reported heavy drinking	6.7	6.3	5.3 – 7.4
Adults who reported binge drinking	15.7	14.4	12.9 – 15.9
Arthritis			
Adults who have arthritis	24.5	32.2	30.4 – 34.0
Cardiovascular Disease			
Adults who have ever had a heart attack	4.3	6.1	5.2 – 6.9
Adults who have coronary heart disease	4.0	6.1	5.3 – 7.0
Adults who have ever had a stroke	2.8	4.7	3.9 – 5.4
Depression			
Adults who have ever been diagnosed with a depressive disorder	19.6	24.2	22.5 – 25.9
Diabetes			
Adults who have diabetes	10.6	13.0	11.8 – 14.2
General Health Status			
Adults who reported good or better health	86.7	79.0	77.5 – 80.6
Health Care Access/Coverage			
Adults who have health care coverage	89.3	91.8	90.5 – 93.1
Adults aged 18-64 who have health care coverage	86.8	89.7	88.0 – 91.4
HIV Screening Test			
Adults who have ever been tested for HIV	37.1	32.9	30.9 – 34.9
Immunization			
Adults aged 65+ who had a flu shot in past year	67.9	68.7	65.3 – 72.1
Adults aged 65+ who have ever had a pneumococcal vaccination	72.2	72.9	69.8 – 76.0
Oral Health			
Adults who visited dentist or dental clinic past year	66.7	57.2	55.2 – 59.2
Adults aged 65+ who had all their natural teeth extracted	12.9	22.4	19.3 – 25.5
Overweight and Obesity (BMI)			
Adults who are overweight (BMI = 25.0 – 29.9)	35.2	33.5	31.5 – 35.4
Adults who are obese (BMI ≥ 30.0)	31.9	36.6	34.6 – 38.5
Physical Activity			
Adults who participate in any physical activity	77.6	69.4	67.6 – 71.3
Prostate Cancer			
Men aged 40+ who had a PSA test within the past two years	31.8	32.2	28.9 – 35.5
Respiratory Disease			
Adults who currently have asthma	9.6	11.5	10.2 – 12.8
Adults who have COPD, emphysema, or chronic bronchitis	6.2	12.3	11.0 – 13.6
Tobacco Use			
Adults who are current smokers	15.5	21.4	19.7 – 23.1
Women’s Health			
Women aged 21-65 who have had a pap test in the past three years	77.7	80.5	77.4 – 83.5
Women aged 40+ who had a mammogram within the past two years	71.5	70.5	67.5 – 73.4

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



Regional Estimates

Bluegrass vs. Kentucky (2020)	Bluegrass		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	5.3	(3.3 – 7.2)	6.3	5.3 – 7.4
Adults who reported binge drinking	14.2	(10.9 – 17.4)	14.4	12.9 – 15.9
Arthritis				
Adults who have arthritis	29.5	(25.7 – 33.3)	32.2	30.4 – 34.0
Cardiovascular Disease				
Adults who have ever had a heart attack	6.2	(4.3 – 8.1)	6.1	5.2 – 6.9
Adults who have coronary heart disease	6.5	(4.5 – 8.6)	6.1	5.3 – 7.0
Adults who have ever had a stroke	4.8	(3.0 – 6.6)	4.7	3.9 – 5.4
Depression				
Adults who have ever been diagnosed with a depressive disorder	24.6	(20.8 – 28.4)	24.2	22.5 – 25.9
Diabetes				
Adults who have diabetes	11.6	(8.9 – 14.2)	13.0	11.8 – 14.2
General Health Status				
Adults who reported good or better health	84.4	(81.4 – 87.5)	79.0	77.5 – 80.6
Health Care Access/Coverage				
Adults who have health care coverage	93.2	(90.8 – 95.6)	91.8	90.5 – 93.1
Adults aged 18-64 who have health care coverage	92.0	(89.1 – 95.0)	89.7	88.0 – 91.4
HIV Screening Test				
Adults who have ever been tested for HIV	32.8	(28.3 – 37.2)	32.9	30.9 – 34.9
Immunization				
Adults aged 65+ who had a flu shot in past year	74.3	(67.4 – 81.2)	68.7	65.3 – 72.1
Adults aged 65+ who have ever had a pneumococcal vaccination	73.7	(66.8 – 80.8)	72.9	69.8 – 76.0
Oral Health				
Adults who visited dentist or dental clinic past year	61.2	(56.9 – 65.5)	57.2	55.2 – 59.2
Adults aged 65+ who had all their natural teeth extracted	16.1	(10.5 – 21.7)	22.4	19.3 – 25.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	34.6	(30.3 – 38.9)	33.5	31.5 – 35.4
Adults who are obese (BMI ≥ 30.0)	31.2	(27.1 – 35.3)	36.6	34.6 – 38.5
Physical Activity				
Adults who participate in any physical activity	66.3	(62.1 – 70.5)	69.4	67.6 – 71.3
Prostate Cancer				
Men aged 40+ who had a PSA test within the past two years	31.3	(23.9 – 38.6)	32.2	28.9 – 35.5
Respiratory Disease				
Adults who currently have asthma	9.4	(6.9 – 11.9)	11.5	10.2 – 12.8
Adults who have COPD, emphysema, or chronic bronchitis	9.5	(7.1 – 11.9)	12.3	11.0 – 13.6
Tobacco Use				
Adults who are current smokers	20.8	(17.1 – 24.6)	21.4	19.7 – 23.1
Women’s Health				
Women aged 21-65 who have had a pap test in the past three years	84.4	(78.2 – 90.6)	80.5	77.4 – 83.5
Women aged 40+ who had a mammogram within the past two years	72.1	(65.4 – 78.8)	70.5	67.5 – 73.4

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



KENTUCKY REGIONAL HEALTH PROFILE

Central KY vs. Kentucky (2020)	Bluegrass		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	6.4	(3.7 – 9.0)	6.3	5.3 – 7.4
Adults who reported binge drinking	12.0	(8.6 – 15.5)	14.4	12.9 – 15.9
Arthritis				
Adults who have arthritis	36.0	(31.7 – 40.3)	32.2	30.4 – 34.0
Cardiovascular Disease				
Adults who have ever had a heart attack	8.1	(5.6 – 10.5)	6.1	5.2 – 6.9
Adults who have coronary heart disease	6.9	(4.7 – 9.0)	6.1	5.3 – 7.0
Adults who have ever had a stroke	4.5	(2.8 – 6.2)	4.7	3.9 – 5.4
Depression				
Adults who have ever been diagnosed with a depressive disorder	26.6	(22.3 – 30.8)	24.2	22.5 – 25.9
Diabetes				
Adults who have diabetes	13.6	(10.6 – 16.5)	13.0	11.8 – 14.2
General Health Status				
Adults who reported good or better health	77.6	(73.8 – 81.3)	79.0	77.5 – 80.6
Health Care Access/Coverage				
Adults who have health care coverage	91.8	(88.7 – 94.8)	91.8	90.5 – 93.1
Adults aged 18-64 who have health care coverage	89.7	(85.7 – 93.6)	89.7	88.0 – 91.4
HIV Screening Test				
Adults who have ever been tested for HIV	26.6	(22.4 – 30.8)	32.9	30.9 – 34.9
Immunization				
Adults aged 65+ who had a flu shot in past year	69.5	(61.8 – 77.2)	68.7	65.3 – 72.1
Adults aged 65+ who have ever had a pneumococcal vaccination	75.0	(67.9 – 82.2)	72.9	69.8 – 76.0
Oral Health				
Adults who visited dentist or dental clinic past year	50.5	(45.8 – 55.3)	57.2	55.2 – 59.2
Adults aged 65+ who had all their natural teeth extracted	26.8	(19.6 – 34.0)	22.4	19.3 – 25.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	32.3	(27.7 – 36.9)	33.5	31.5 – 35.4
Adults who are obese (BMI ≥ 30.0)	39.0	(34.3 – 43.6)	36.6	34.6 – 38.5
Physical Activity				
Adults who participate in any physical activity	65.7	(61.1 – 70.3)	69.4	67.6 – 71.3
Prostate Cancer				
Men aged 40+ who had a PSA test within the past two years	27.8	(20.6 – 34.9)	32.2	28.9 – 35.5
Respiratory Disease				
Adults who currently have asthma	15.1	(11.8 – 18.6)	11.5	10.2 – 12.8
Adults who have COPD, emphysema, or chronic bronchitis	15.3	(12.0 – 18.6)	12.3	11.0 – 13.6
Tobacco Use				
Adults who are current smokers	22.7	(18.6 – 26.8)	21.4	19.7 – 23.1
Women’s Health				
Women aged 21-65 who have had a pap test in the past three years	76.6	(68.5 – 84.8)	80.5	77.4 – 83.5
Women aged 40+ who had a mammogram within the past two years	65.2	(58.3 – 72.1)	70.5	67.5 – 73.4

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



KENTUCKY REGIONAL HEALTH PROFILE

Eastern KY vs. Kentucky (2020)	Bluegrass		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	7.0	(3.9 – 10.1)	6.3	5.3 – 7.4
Adults who reported binge drinking	12.4	(8.8 – 16.0)	14.4	12.9 – 15.9
Arthritis				
Adults who have arthritis	41.8	(37.4 – 46.1)	32.2	30.4 – 34.0
Cardiovascular Disease				
Adults who have ever had a heart attack	7.4	(5.2 – 9.5)	6.1	5.2 – 6.9
Adults who have coronary heart disease	8.3	(6.0 – 10.6)	6.1	5.3 – 7.0
Adults who have ever had a stroke	5.8	(4.0 – 7.6)	4.7	3.9 – 5.4
Depression				
Adults who have ever been diagnosed with a depressive disorder	26.9	(22.7 – 31.1)	24.2	22.5 – 25.9
Diabetes				
Adults who have diabetes	17.0	(13.9 – 20.0)	13.0	11.8 – 14.2
General Health Status				
Adults who reported good or better health	68.0	(63.8 – 72.2)	79.0	77.5 – 80.6
Health Care Access/Coverage				
Adults who have health care coverage	91.6	(87.6 – 95.6)	91.8	90.5 – 93.1
Adults aged 18-64 who have health care coverage	88.9	(84.8 – 93.0)	89.7	88.0 – 91.4
HIV Screening Test				
Adults who have ever been tested for HIV	29.2	(24.7 – 33.7)	32.9	30.9 – 34.9
Immunization				
Adults aged 65+ who had a flu shot in past year	60.1	(51.8 – 68.5)	68.7	65.3 – 72.1
Adults aged 65+ who have ever had a pneumococcal vaccination	66.9	(59.2 – 74.7)	72.9	69.8 – 76.0
Oral Health				
Adults who visited dentist or dental clinic past year	51.0	(46.3 – 55.7)	57.2	55.2 – 59.2
Adults aged 65+ who had all their natural teeth extracted	28.3	(20.2 – 36.3)	22.4	19.3 – 25.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	33.9	(29.3 – 38.6)	33.5	31.5 – 35.4
Adults who are obese (BMI ≥ 30.0)	43.8	(39.0 – 48.6)	36.6	34.6 – 38.5
Physical Activity				
Adults who participate in any physical activity	64.5	(60.1 – 69.0)	69.4	67.6 – 71.3
Prostate Cancer				
Men aged 40+ who had a PSA test within the past two years	26.1	(19.2 – 32.9)	32.2	28.9 – 35.5
Respiratory Disease				
Adults who currently have asthma	12.7	(9.6 – 15.8)	11.5	10.2 – 12.8
Adults who have COPD, emphysema, or chronic bronchitis	17.8	(14.6 – 21.0)	12.3	11.0 – 13.6
Tobacco Use				
Adults who are current smokers	25.6	(21.3 – 29.8)	21.4	19.7 – 23.1
Women's Health				
Women aged 21-65 who have had a pap test in the past three years	79.1	(72.7 – 85.5)	80.5	77.4 – 83.5
Women aged 40+ who had a mammogram within the past two years	65.1	(58.2 – 71.9)	70.5	67.5 – 73.4

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



KENTUCKY REGIONAL HEALTH PROFILE

KIPDA vs. Kentucky (2020)	Bluegrass		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	6.3	(3.7 – 8.8)	6.3	5.3 – 7.4
Adults who reported binge drinking	16.6	(12.9 – 20.3)	14.4	12.9 – 15.9
Arthritis				
Adults who have arthritis	26.8	(22.6 – 31.0)	32.2	30.4 – 34.0
Cardiovascular Disease				
Adults who have ever had a heart attack	5.1	(3.0 – 7.1)	6.1	5.2 – 6.9
Adults who have coronary heart disease	5.2	(3.0 – 7.3)	6.1	5.3 – 7.0
Adults who have ever had a stroke	4.4	(2.7 – 6.2)	4.7	3.9 – 5.4
Depression				
Adults who have ever been diagnosed with a depressive disorder	22.6	(18.4 – 26.8)	24.2	22.5 – 25.9
Diabetes				
Adults who have diabetes	10.6	(7.8 – 13.4)	13.0	11.8 – 14.2
General Health Status				
Adults who reported good or better health	83.5	(80.0 – 87.1)	79.0	77.5 – 80.6
Health Care Access/Coverage				
Adults who have health care coverage	91.2	(88.2 – 94.3)	91.8	90.5 – 93.1
Adults aged 18-64 who have health care coverage	89.2	(85.3 – 93.0)	89.7	88.0 – 91.4
HIV Screening Test				
Adults who have ever been tested for HIV	40.4	(35.3 – 45.5)	32.9	30.9 – 34.9
Immunization				
Adults aged 65+ who had a flu shot in past year	76.5	(68.9 – 84.0)	68.7	65.3 – 72.1
Adults aged 65+ who have ever had a pneumococcal vaccination	77.6	(70.3 – 85.0)	72.9	69.8 – 76.0
Oral Health				
Adults who visited dentist or dental clinic past year	64.9	(60.2 – 69.7)	57.2	55.2 – 59.2
Adults aged 65+ who had all their natural teeth extracted	12.7	(6.6 – 18.9)	22.4	19.3 – 25.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	31.8	(27.2 – 36.4)	33.5	31.5 – 35.4
Adults who are obese (BMI ≥ 30.0)	33.7	(29.0 – 38.4)	36.6	34.6 – 38.5
Physical Activity				
Adults who participate in any physical activity	76.1	(71.9 – 80.4)	69.4	67.6 – 71.3
Prostate Cancer				
Men aged 40+ who had a PSA test within the past two years	38.6	(29.3 – 48.0)	32.2	28.9 – 35.5
Respiratory Disease				
Adults who currently have asthma	10.9	(7.7 – 14.0)	11.5	10.2 – 12.8
Adults who have COPD, emphysema, or chronic bronchitis	10.0	(6.8 – 13.1)	12.3	11.0 – 13.6
Tobacco Use				
Adults who are current smokers	16.7	(12.7 – 2.7)	21.4	19.7 – 23.1
Women’s Health				
Women aged 21-65 who have had a pap test in the past three years	82.0	(75.0 – 89.0)	80.5	77.4 – 83.5
Women aged 40+ who had a mammogram within the past two years	74.7	(67.5 – 82.0)	70.5	67.5 – 73.4

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



KENTUCKY REGIONAL HEALTH PROFILE

Northern KY vs. Kentucky (2020)	Bluegrass		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	6.9	(4.5 – 9.3)	6.3	(5.3 – 7.4)
Adults who reported binge drinking	15.1	(11.7 – 18.5)	14.4	(12.9 – 15.9)
Arthritis				
Adults who have arthritis	29.8	(25.6 – 33.9)	32.2	(30.4 – 34.0)
Cardiovascular Disease				
Adults who have ever had a heart attack	5.2	(3.0 – 7.3)	6.1	(5.2 – 6.9)
Adults who have coronary heart disease	5.6	(3.6 – 7.6)	6.1	(5.3 – 7.0)
Adults who have ever had a stroke	3.3	(1.8 – 4.7)	4.7	(3.9 – 5.4)
Depression				
Adults who have ever been diagnosed with a depressive disorder	21.9	(18.1 – 25.7)	24.2	(22.5 – 25.9)
Diabetes				
Adults who have diabetes	10.8	(8.1 – 13.5)	13.0	(11.8 – 14.2)
General Health Status				
Adults who reported good or better health	81.2	(77.6 – 84.8)	79.0	(77.5 – 80.6)
Health Care Access/Coverage				
Adults who have health care coverage	91.2	(88.2 – 94.3)	91.8	(90.5 – 93.1)
Adults aged 18-64 who have health care coverage	88.7	(84.8 – 92.6)	89.7	(88.0 – 91.4)
HIV Screening Test				
Adults who have ever been tested for HIV	29.8	(25.2 – 34.4)	32.9	(30.9 – 34.9)
Immunization				
Adults aged 65+ who had a flu shot in past year	75.1	(67.7 – 82.6)	68.7	(65.3 – 72.1)
Adults aged 65+ who have ever had a pneumococcal vaccination	73.4	(65.5 – 81.2)	72.9	(69.8 – 76.0)
Oral Health				
Adults who visited dentist or dental clinic past year	56.8	(52.2 – 61.5)	57.2	(55.2 – 59.2)
Adults aged 65+ who had all their natural teeth extracted	32.1	(22.8 – 41.5)	22.4	(19.3 – 25.5)
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	35.3	(30.3 – 40.2)	33.5	(31.5 – 35.4)
Adults who are obese (BMI ≥ 30.0)	37.7	(33.0 – 42.4)	36.6	(34.6 – 38.5)
Physical Activity				
Adults who participate in any physical activity	68.0	(63.6 – 72.5)	69.4	(67.6 – 71.3)
Prostate Cancer				
Men aged 40+ who had a PSA test within the past two years	33.5	(25.5 – 41.6)	32.2	(28.9 – 35.5)
Respiratory Disease				
Adults who currently have asthma	11.2	(8.2 – 14.1)	11.5	(10.2 – 12.8)
Adults who have COPD, emphysema, or chronic bronchitis	8.3	(5.9 – 10.6)	12.3	(11.0 – 13.6)
Tobacco Use				
Adults who are current smokers	18.6	(14.8 – 22.4)	21.4	(19.7 – 23.1)
Women’s Health				
Women aged 21-65 who have had a pap test in the past three years	73.9	(66.9 – 80.8)	80.5	(77.4 – 83.5)
Women aged 40+ who had a mammogram within the past two years	73.0	(66.2 – 79.7)	70.5	(67.5 – 73.4)

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



KENTUCKY REGIONAL HEALTH PROFILE

Western KY vs. Kentucky (2020)	Bluegrass		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	6.4	(4.0 – 8.7)	6.3	(5.3 – 7.4)
Adults who reported binge drinking	16.1	(12.3 – 19.9)	14.4	(12.9 – 15.9)
Arthritis				
Adults who have arthritis	30.0	(25.7 – 34.3)	32.2	(30.4 – 34.0)
Cardiovascular Disease				
Adults who have ever had a heart attack	4.1	(2.6 – 5.7)	6.1	(5.2 – 6.9)
Adults who have coronary heart disease	4.0	(2.4 – 5.7)	6.1	(5.3 – 7.0)
Adults who have ever had a stroke	4.8	(2.8 – 6.7)	4.7	(3.9 – 5.4)
Depression				
Adults who have ever been diagnosed with a depressive disorder	21.7	(17.5 – 25.8)	24.2	(22.5 – 25.9)
Diabetes				
Adults who have diabetes	14.9	(11.5 – 18.3)	13.0	(11.8 – 14.2)
General Health Status				
Adults who reported good or better health	78.0	(73.7 – 82.2)	79.0	(77.5 – 80.6)
Health Care Access/Coverage				
Adults who have health care coverage	91.6	(88.4 – 94.9)	91.8	(90.5 – 93.1)
Adults aged 18-64 who have health care coverage	89.0	(84.7 – 93.3)	89.7	(88.0 – 91.4)
HIV Screening Test				
Adults who have ever been tested for HIV	35.9	(30.6 – 41.1)	32.9	(30.9 – 34.9)
Immunization				
Adults aged 65+ who had a flu shot in past year	55.7	(46.5 – 64.9)	68.7	(65.3 – 72.1)
Adults aged 65+ who have ever had a pneumococcal vaccination	69.3	(62.1 – 76.4)	72.9	(69.8 – 76.0)
Oral Health				
Adults who visited dentist or dental clinic past year	55.5	(50.4 – 60.6)	57.2	(55.2 – 59.2)
Adults aged 65+ who had all their natural teeth extracted	25.5	(17.1 – 33.9)	22.4	(19.3 – 25.5)
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	34.4	(29.5 – 39.3)	33.5	(31.5 – 35.4)
Adults who are obese (BMI ≥ 30.0)	36.1	(31.2 – 41.0)	36.6	(34.6 – 38.5)
Physical Activity				
Adults who participate in any physical activity	74.4	(70.2 – 78.7)	69.4	(67.6 – 71.3)
Prostate Cancer				
Men aged 40+ who had a PSA test within the past two years	36.0	(28.2 – 43.8)	32.2	(28.9 – 35.5)
Respiratory Disease				
Adults who currently have asthma	9.5	(6.6 – 12.5)	11.5	(10.2 – 12.8)
Adults who have COPD, emphysema, or chronic bronchitis	12.5	(9.1 – 15.9)	12.3	(11.0 – 13.6)
Tobacco Use				
Adults who are current smokers	25.1	(20.6 – 29.5)	21.4	(19.7 – 23.1)
Women’s Health				
Women aged 21-65 who have had a pap test in the past three years	83.7	(76.2 – 91.1)	80.5	(77.4 – 83.5)
Women aged 40+ who had a mammogram within the past two years	72.9	(66.1 – 79.8)	70.5	(67.5 – 73.4)

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