



County Health Rankings & Roadmaps

A Healthier Nation, County by County

2013 *Rankings* **Kentucky**



Introduction

Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community's health by implementing effective policies and programs. For example, people who live in communities with smoke-free laws are less likely to smoke or to be exposed to second-hand smoke, which reduces lung cancer risk. In addition, people who live in communities with safe and accessible park and recreation space are more likely to exercise, which reduces heart disease risk.

However, health varies greatly across communities, with some places being much healthier than others. And, until now, there has been no standard method to illustrate what we know about what makes people sick or healthy or a central resource to identify what we can do to create healthier places to live, learn, work and play.

We know that much of what influences our health happens outside of the doctor's office – in our schools, workplaces and neighborhoods. The *County Health Rankings & Roadmaps* program provides information on the overall health of your community and provides the tools necessary to create community-based, evidence-informed solutions. Ranking the health of nearly every county across the nation, the *County Health Rankings* illustrate **what we know** when it comes to what is making communities sick or healthy. The *County Health Roadmaps* show **what we can do** to create healthier places to live, learn, work and play. The Robert Wood Johnson Foundation collaborates with the University of Wisconsin

Population Health Institute to bring this groundbreaking program to counties and states across the nation.

The *County Health Rankings & Roadmaps* program includes the *County Health Rankings* project, launched in 2010, and the newer *Roadmaps* project that mobilizes local communities, national partners and leaders across all sectors to improve health. The program is based on this model of population health improvement:



In this model, health outcomes are measures that describe the current health status of a county. These health outcomes are influenced by a set of health factors. Counties can improve health outcomes by addressing all health factors with effective, evidence-informed policies and programs.

Everyone has a stake in community health. We all need to work together to find solutions. The *County Health Rankings & Roadmaps* serve as both a call to action and a needed tool in this effort.

Guide to Our Web Site

To compile the *Rankings*, we selected measures that reflect important aspects of population health that can be improved and are available at the county level across the nation. Visit www.countyhealthrankings.org to learn more.

To get started and see data, enter your county or state name in the search box. Click on the name of a county or measure to see more details. You can: Compare Counties; Download data for your state; Print one or more county

snapshots; or Share information with others via Facebook, Twitter, or Google+. To understand our methods, click on Learn about the Data and Methods. You can also take advantage of the Using the *Rankings* Data guide to help you explore the data and figure out more about what is driving your community's health. To learn about what you can do to improve health in your community, visit the *Roadmaps to Health* Action Center. Finally, you can learn what others are doing by reading Communities Stories and visiting the Project Showcase.

County Health Roadmaps

The *Rankings* illustrate **what we know** when it comes to making people sick or healthy. The *County Health Rankings* confirm the critical role that factors such as education, jobs, income and the environment play in how healthy people are and how long we live.

The *County Health Roadmaps* mobilizes local communities, national partners and leaders across all sectors to improve health. The *County Health Roadmaps* show **what we can do** to create healthier places to live, learn, work and play. The Robert Wood Johnson Foundation (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) to bring this groundbreaking project to cities, counties and states across the nation.

The *Roadmaps* project includes grants to local coalitions and partnerships among policymakers, business, education, public health, health care, and community organizations; grants to national organizations working to improve health; recognition of communities whose promising efforts have led to better health; and customized guidance on strategies to improve health.

Roadmaps to Health Community Grants

The *Roadmaps to Health* Community Grants provide funding for 2 years to thirty state and local efforts among policymakers, business, education, healthcare, public health and community organizations working to create positive policy or systems changes that address the social and economic factors that influence the health of people in their community.

Roadmaps to Health Partner Grants

RWJF is awarding *Roadmaps to Health* Partner Grants to national organizations that are experienced at engaging local partners and leaders and are able to deliver high-quality training and technical assistance, and committed to making communities healthier places to live, learn, work and play. Partner grantees increase awareness about the *County Health Rankings & Roadmaps* to their members, affiliates and allies. As of February 2013, RWJF has awarded partner grants to United Way Worldwide, National Business Coalition on Health, and National Association of Counties.

RWJF Roadmaps to Health Prize

In February 2013, RWJF awarded the first *RWJF Roadmaps to Health* Prizes of \$25,000 to six communities that are working to become healthier places to live, learn, work and play. The *RWJF Roadmaps to Health* Prize is intended not only to honor successful efforts, but also to inspire and stimulate similar activities in other U.S. communities.



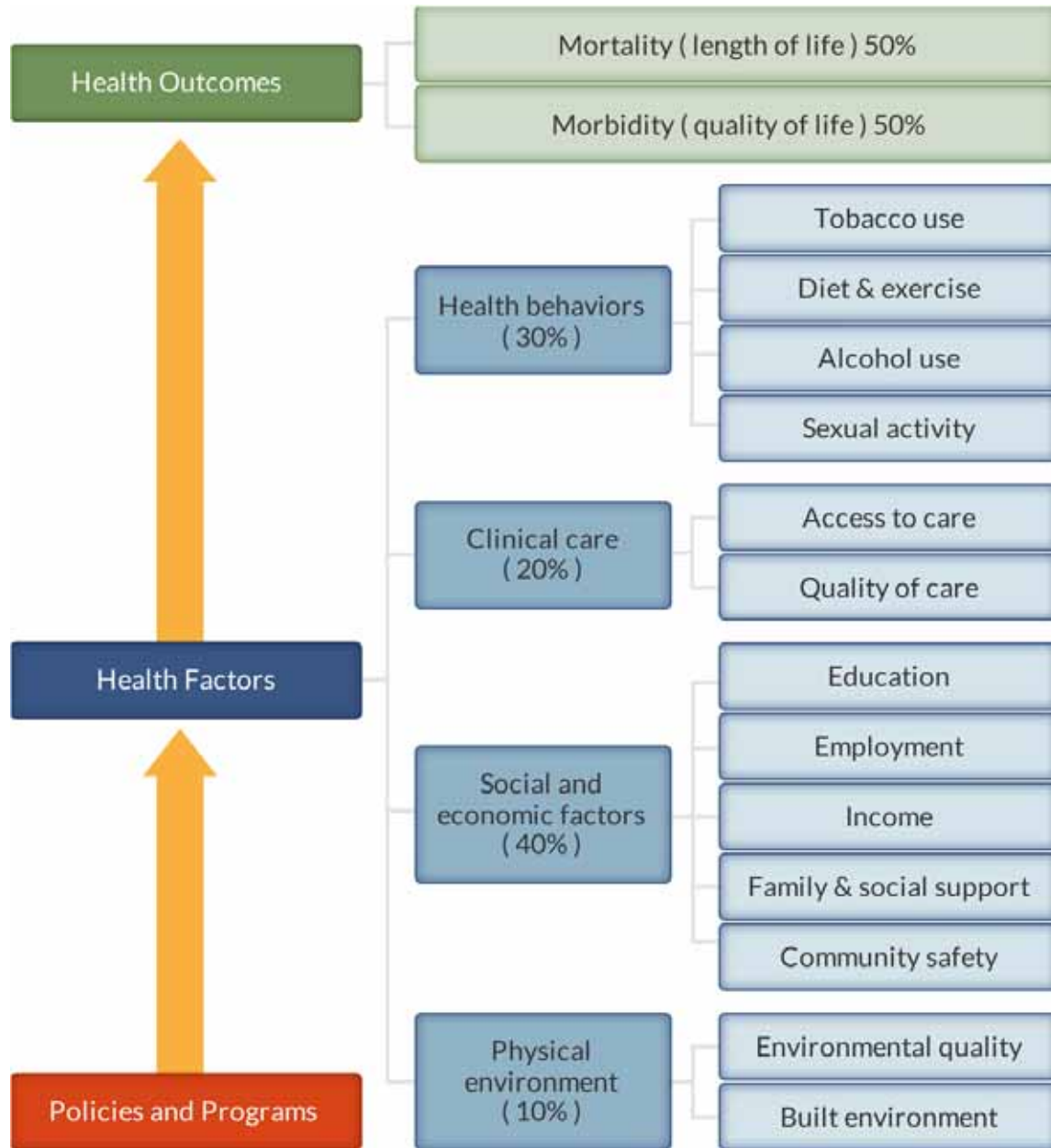
Roadmaps to Health Action Center

The *Roadmaps to Health* Action Center, based at UWPHI, provides tools and guidance to help groups working to make their communities healthier places. The Action Center website provides guidance on developing strategies and advocacy efforts to advance pro-health policies, opportunities for ongoing learning, and a searchable database of evidence-informed policies and programs focused on health improvement: *What Works for Health*. Action Center staff provide customized consultation via email and telephone to those seeking more information about how to improve health. Coaching, including possible on-site visits, is also available for communities who have demonstrated the willingness and capacity to address factors that we know influence how healthy a person is, such as education, income and family connectedness.

County Health Rankings

The 2013 *County Health Rankings* report ranks Kentucky counties according to their summary measures of **health outcomes** and **health factors**. Counties also receive a rank for mortality, morbidity, health behaviors, clinical care, social and economic factors, and the physical environment. The figure below depicts the structure of the *Rankings* model; those having high ranks (e.g., 1 or 2) are estimated to be the “healthiest.”

Our summary **health outcomes** rankings are based on an equal weighting of mortality and morbidity measures. The summary **health factors** rankings are based on weighted scores of four types of factors: behavioral, clinical, social and economic, and environmental. The weights for the factors (shown in parentheses in the figure) are based upon a review of the literature and expert input, but represent just one way of combining these factors.

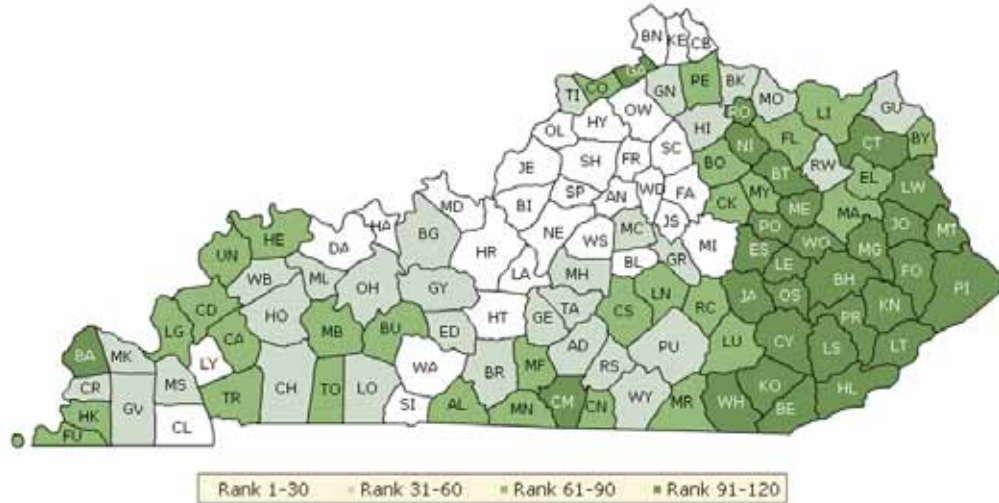


County Health Rankings model ©2012 UWPHI

The maps on this page and the next display Kentucky’s counties divided into groups by health rank. Maps help locate the healthiest and least healthy counties in the state. The lighter colors indicate better performance in the respective

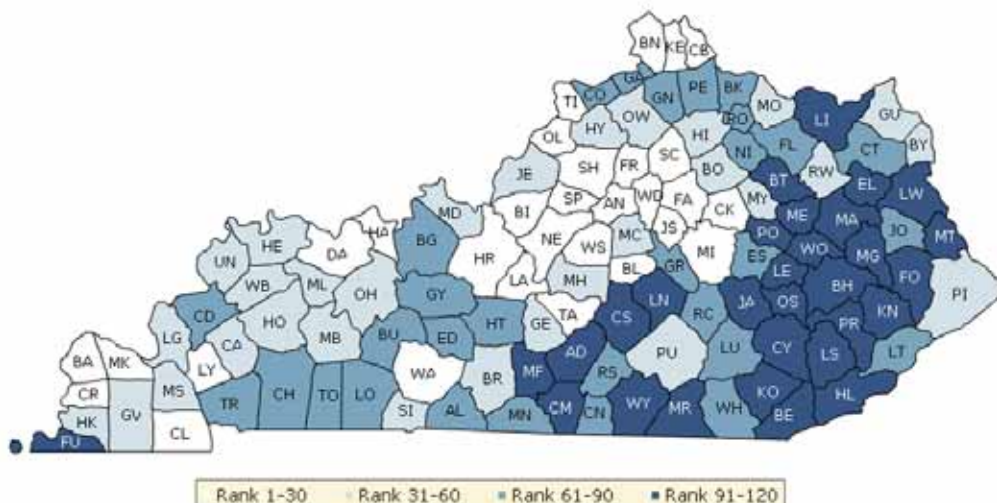
summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

HEALTH OUTCOMES



County	Rank	County	Rank	County	Rank	County	Rank
Adair	59	Edmonson	50	Knox	98	Nicholas	99
Allen	63	Elliott	73	Larue	14	Ohio	32
Anderson	17	Estill	95	Laurel	64	Oldham	1
Ballard	92	Fayette	8	Lawrence	100	Owen	20
Barren	43	Fleming	83	Lee	116	Owsley	102
Bath	97	Floyd	120	Leslie	113	Pendleton	90
Bell	109	Franklin	29	Letcher	101	Perry	119
Boone	2	Fulton	77	Lewis	86	Pike	115
Bourbon	68	Gallatin	94	Lincoln	87	Powell	106
Boyd	88	Garrard	36	Livingston	71	Pulaski	49
Boyle	24	Grant	60	Logan	35	Robertson	93
Bracken	41	Graves	33	Lyon	4	Rockcastle	85
Breathitt	118	Grayson	53	Madison	19	Rowan	38
Breckinridge	58	Green	47	Magoffin	104	Russell	48
Bullitt	25	Greenup	54	Marion	39	Scott	7
Butler	79	Hancock	10	Marshall	34	Shelby	3
Caldwell	81	Hardin	13	Martin	114	Simpson	27
Calloway	9	Harlan	110	Mason	42	Spencer	5
Campbell	16	Harrison	55	McCracken	37	Taylor	31
Carlisle	44	Hart	28	McCreary	89	Todd	65
Carroll	67	Henderson	62	McLean	57	Trigg	72
Carter	91	Henry	26	Meade	18	Trimble	52
Casey	82	Hickman	61	Menifee	111	Union	74
Christian	45	Hopkins	56	Mercer	40	Warren	15
Clark	78	Jackson	107	Metcalfe	80	Washington	6
Clay	112	Jefferson	30	Monroe	66	Wayne	46
Clinton	84	Jessamine	12	Montgomery	76	Webster	51
Crittenden	70	Johnson	108	Morgan	69	Whitley	96
Cumberland	105	Kenton	21	Muhlenberg	75	Wolfe	117
Daviess	22	Knott	103	Nelson	23	Woodford	11

HEALTH FACTORS



County	Rank	County	Rank	County	Rank	County	Rank
Adair	95	Edmonson	82	Knox	106	Nicholas	62
Allen	69	Elliott	108	Larue	30	Ohio	44
Anderson	13	Estill	89	Laurel	79	Oldham	1
Ballard	24	Fayette	4	Lawrence	99	Owen	53
Barren	35	Fleming	78	Lee	115	Owsley	107
Bath	92	Floyd	97	Leslie	114	Pendleton	74
Bell	118	Franklin	27	Letcher	90	Perry	93
Boone	3	Fulton	105	Lewis	112	Pike	59
Bourbon	52	Gallatin	75	Lincoln	91	Powell	96
Boyd	38	Garrard	65	Livingston	47	Pulaski	50
Boyle	23	Grant	67	Logan	76	Robertson	81
Bracken	70	Graves	45	Lyon	11	Rockcastle	80
Breathitt	113	Grayson	77	Madison	6	Rowan	43
Breckinridge	64	Green	55	Magoffin	111	Russell	68
Bullitt	22	Greenup	31	Marion	42	Scott	5
Butler	63	Hancock	8	Marshall	34	Shelby	17
Caldwell	60	Hardin	18	Martin	116	Simpson	58
Calloway	10	Harlan	104	Mason	37	Spencer	16
Campbell	9	Harrison	36	McCracken	14	Taylor	28
Carlisle	12	Hart	86	McCreary	120	Todd	73
Carroll	84	Henderson	33	McLean	32	Trigg	61
Carter	87	Henry	49	Meade	54	Trimble	21
Casey	98	Hickman	57	Menifee	109	Union	46
Christian	72	Hopkins	39	Mercer	40	Warren	15
Clark	29	Jackson	110	Metcalfe	101	Washington	26
Clay	117	Jefferson	41	Monroe	88	Wayne	100
Clinton	83	Jessamine	19	Montgomery	51	Webster	56
Crittenden	85	Johnson	66	Morgan	102	Whitley	71
Cumberland	103	Kenton	20	Muhlenberg	48	Wolfe	119
Daviess	7	Knott	94	Nelson	25	Woodford	2

Summary Health Outcomes & Health Factors Rankings

Counties receive two summary ranks:

- Health Outcomes
- Health Factors

Each of these ranks represents a weighted summary of a number of measures.

Health outcomes represent how healthy a county is while health factors represent what influences the health of the county.

Rank	Health Outcomes	Rank	Health Factors
1	Oldham	1	Oldham
2	Boone	2	Woodford
3	Shelby	3	Boone
4	Lyon	4	Fayette
5	Spencer	5	Scott
6	Washington	6	Madison
7	Scott	7	Daviess
8	Fayette	8	Hancock
9	Calloway	9	Campbell
10	Hancock	10	Calloway
11	Woodford	11	Lyon
12	Jessamine	12	Carlisle
13	Hardin	13	Anderson
14	Larue	14	McCracken
15	Warren	15	Warren
16	Campbell	16	Spencer
17	Anderson	17	Shelby
18	Meade	18	Hardin
19	Madison	19	Jessamine
20	Owen	20	Kenton
21	Kenton	21	Trimble
22	Daviess	22	Bullitt
23	Nelson	23	Boyle
24	Boyle	24	Ballard
25	Bullitt	25	Nelson
26	Henry	26	Washington
27	Simpson	27	Franklin
28	Hart	28	Taylor
29	Franklin	29	Clark
30	Jefferson	30	Larue
31	Taylor	31	Greenup
32	Ohio	32	McLean
33	Graves	33	Henderson
34	Marshall	34	Marshall
35	Logan	35	Barren
36	Garrard	36	Harrison
37	McCracken	37	Mason
38	Rowan	38	Boyd
39	Marion	39	Hopkins
40	Mercer	40	Mercer
41	Bracken	41	Jefferson
42	Mason	42	Marion

Rank	Health Outcomes	Rank	Health Factors
43	Barren	43	Rowan
44	Carlisle	44	Ohio
45	Christian	45	Graves
46	Wayne	46	Union
47	Green	47	Livingston
48	Russell	48	Muhlenberg
49	Pulaski	49	Henry
50	Edmonson	50	Pulaski
51	Webster	51	Montgomery
52	Trimble	52	Bourbon
53	Grayson	53	Owen
54	Greenup	54	Meade
55	Harrison	55	Green
56	Hopkins	56	Webster
57	McLean	57	Hickman
58	Breckinridge	58	Simpson
59	Adair	59	Pike
60	Grant	60	Caldwell
61	Hickman	61	Trigg
62	Henderson	62	Nicholas
63	Allen	63	Butler
64	Laurel	64	Breckinridge
65	Todd	65	Garrard
66	Monroe	66	Johnson
67	Carroll	67	Grant
68	Bourbon	68	Russell
69	Morgan	69	Allen
70	Crittenden	70	Bracken
71	Livingston	71	Whitley
72	Trigg	72	Christian
73	Elliott	73	Todd
74	Union	74	Pendleton
75	Muhlenberg	75	Gallatin
76	Montgomery	76	Logan
77	Fulton	77	Grayson
78	Clark	78	Fleming
79	Butler	79	Laurel
80	Metcalfe	80	Rockcastle
81	Caldwell	81	Robertson
82	Casey	82	Edmonson
83	Fleming	83	Clinton
84	Clinton	84	Carroll
85	Rockcastle	85	Crittenden
86	Lewis	86	Hart
87	Lincoln	87	Carter
88	Boyd	88	Monroe
89	McCreary	89	Estill
90	Pendleton	90	Letcher

Rank	Health Outcomes	Rank	Health Factors
91	Carter	91	Lincoln
92	Ballard	92	Bath
93	Robertson	93	Perry
94	Gallatin	94	Knott
95	Estill	95	Adair
96	Whitley	96	Powell
97	Bath	97	Floyd
98	Knox	98	Casey
99	Nicholas	99	Lawrence
100	Lawrence	100	Wayne
101	Letcher	101	Metcalfe
102	Owsley	102	Morgan
103	Knott	103	Cumberland
104	Magoffin	104	Harlan
105	Cumberland	105	Fulton
106	Powell	106	Knox
107	Jackson	107	Owsley
108	Johnson	108	Elliott
109	Bell	109	Menifee
110	Harlan	110	Jackson
111	Menifee	111	Magoffin
112	Clay	112	Lewis
113	Leslie	113	Breathitt
114	Martin	114	Leslie
115	Pike	115	Lee
116	Lee	116	Martin
117	Wolfe	117	Clay
118	Breathitt	118	Bell
119	Perry	119	Wolfe
120	Floyd	120	McCreary

2013 County Health Rankings: Measures, Data Sources, and Years of Data

	Measure	Data Source	Years of Data
HEALTH OUTCOMES			
Mortality	Premature death	National Center for Health Statistics	2008-2010
Morbidity	Poor or fair health	Behavioral Risk Factor Surveillance System	2005-2011
	Poor physical health days	Behavioral Risk Factor Surveillance System	2005-2011
	Poor mental health days	Behavioral Risk Factor Surveillance System	2005-2011
	Low birthweight	National Center for Health Statistics	2004-2010
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2005-2011
Diet and Exercise	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2009
	Physical inactivity	National Center for Chronic Disease Prevention and Health Promotion	2009
Alcohol Use	Excessive drinking	Behavioral Risk Factor Surveillance System	2005-2011
	Motor vehicle crash death rate	National Center for Health Statistics	2004-2010
Sexual Activity	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB prevention	2010
	Teen birth rate	National Center for Health Statistics	2004-2010
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2010
	Primary care physicians	HRSA Area Resource File	2011-2012
	Dentists	HRSA Area Resource File	2011-2012
Quality of Care	Preventable hospital stays	Medicare/Dartmouth Institute	2010
	Diabetic screening	Medicare/Dartmouth Institute	2010
	Mammography screening	Medicare/Dartmouth Institute	2010
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	Primarily state-specific sources, supplemented with National Center for Education Statistics	State-specific
	Some college	American Community Survey	2007-2011
Employment	Unemployment	Bureau of Labor Statistics	2011
Income	Children in poverty	Small Area Income and Poverty Estimates	2011
Family and Social Support	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2010
	Children in single-parent households	American Community Survey	2007-2011
Community Safety	Violent crime rate	Federal Bureau of Investigation	2008-2010
PHYSICAL ENVIRONMENT			
Environmental Quality	Daily fine particulate matter ¹	CDC WONDER Environmental data	2008
	Drinking water safety	Safe Drinking Water Information System	FY 2012
Built Environment	Access to recreational facilities	Census County Business Patterns	2010
	Limited access to healthy foods	USDA Food Environment Atlas	2012
	Fast food restaurants	Census County Business Patterns	2010

¹ Not available for AK and HI.

CREDITS

Report Authors

University of Wisconsin-Madison
School of Medicine and Public Health
Department of Population Health Sciences
Population Health Institute

Bridget Booske Catlin, PhD, MHSA
Amanda Jovaag, MS
Patrick Remington, MD, MPH

This publication would not have been possible without the following contributions:

Data

Centers for Disease Control and Prevention: National Center for Health Statistics and Division of Behavioral Surveillance
Dartmouth Institute for Health Policy & Clinical Practice

Research Assistance

Jennifer Buechner
Hyojun Park, MA
Elizabeth Pollock
Jennifer Robinson
Matthew Rodock, MPH
Anne Roubal, MS

Communications and Outreach

Burness Communications
Anna Graupner, MPH
Kate Konkle, MPH
Karen Odegaard, MPH
Jan O'Neill, MPA
Angela Russell, MS
Julie Willems Van Dijk, PhD, RN

Design

Forum One, Alexandria, VA

Robert Wood Johnson Foundation

Abbey Cofsky, MPH –Senior Program Officer
Michelle Larkin, JD, MS, RN – Assistant Vice-President and Deputy Director, Health Group
James S. Marks, MD, MPH – Senior Vice-President and Group Director, Health Group
Joe Marx – Senior Communications Officer

Suggested citation: University of Wisconsin Population Health Institute. *County Health Rankings 2013*.



countyhealthrankings.org



University of Wisconsin Population Health Institute
610 Walnut St, #524, Madison, WI 53726
(608) 265-6370 / info@countyhealthrankings.org

