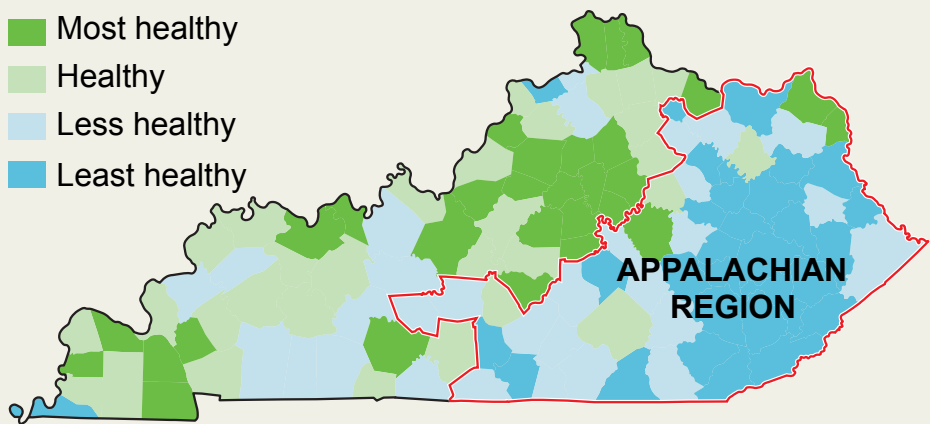
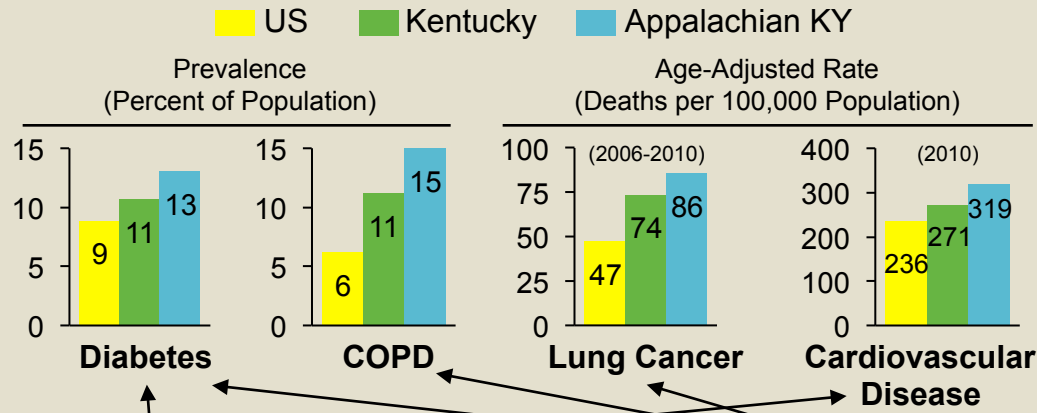


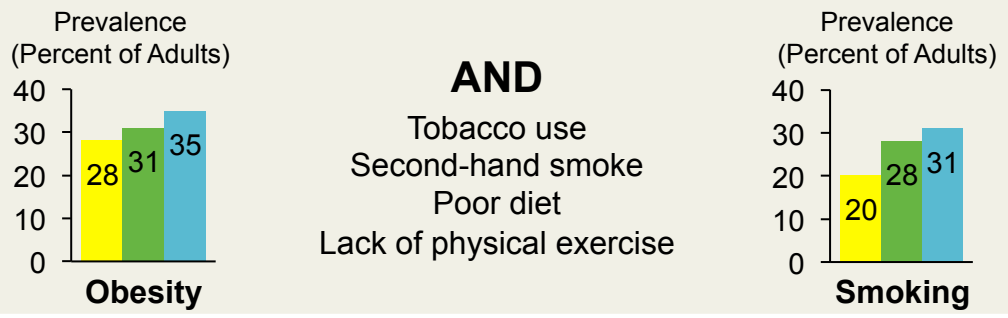
**Kentucky has many health challenges, especially in the Appalachian region<sup>1</sup>**



**Among the most striking challenges is the high proportion of people with preventable diseases<sup>2-6</sup>**



**Behaviors that contribute to preventable diseases<sup>2</sup>**

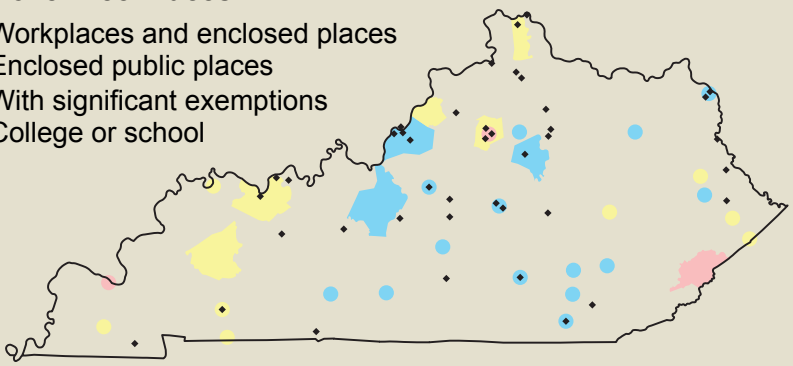


**Why it is difficult to improve the health of Kentuckians**

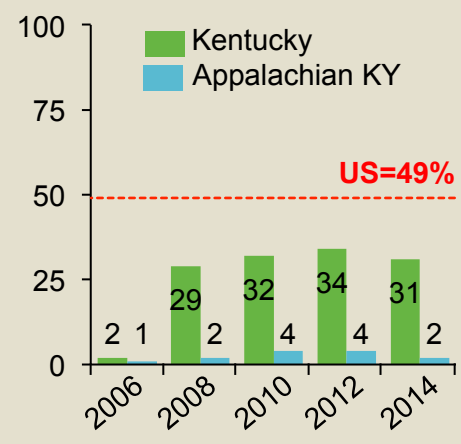
- Lack of education / literacy
- Poverty
- Cultural and socioeconomic barriers
- Lack of statewide smoke-free policy

**Smoke-Free Places<sup>7</sup>**

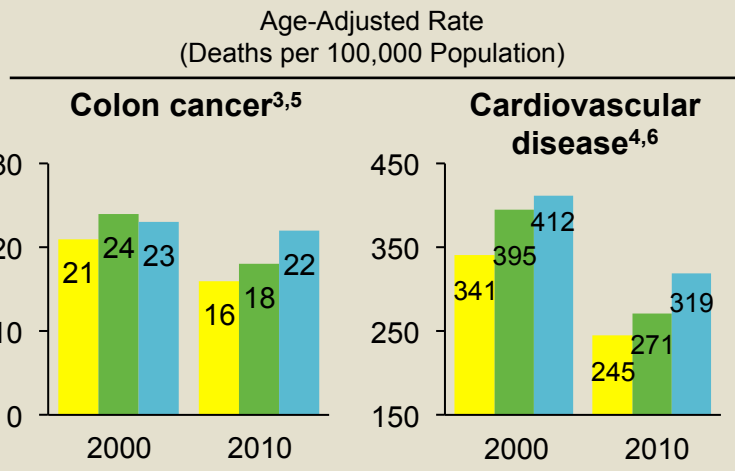
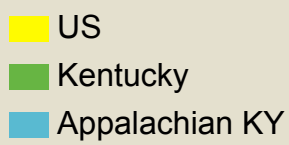
- Workplaces and enclosed places
- Enclosed public places
- With significant exemptions
- College or school



**Percent of Population Protected by Comprehensive Smoke-Free Policy<sup>7</sup>**



# Strengths and successes in overcoming Kentucky's health challenges



## Kentucky plans for overcoming health challenges



### Governor's goals for improving health and wellness by 2019:

1. Reduce Kentucky's rate of uninsured individuals to <5%
2. Reduce Kentucky's smoking rate by 10%
3. Reduce the rate of obesity among Kentuckians by 10%
4. Reduce Kentucky cancer deaths by 10%
5. Reduce cardiovascular deaths by 10%
6. Reduce the percentage of children with untreated dental decay by 25% and increase adult dental visits by 10%
7. Reduce deaths from drug overdose by 25% and reduce by 25% the average number of poor mental health days of Kentuckians

*"Over 421,000 Kentuckians have signed up for health insurance through kynect—about 75% of whom didn't previously have insurance and about 52% of whom were under age 35."*<sup>8</sup>

## Kentucky's Unbridled Health Plan: A plan for coordinated chronic disease prevention and health promotion

- Policy, systems, and environmental changes that support healthy choices
- Expanded access to health screenings and self-management programs
- Strong linkages among community networks
- Data is used to inform and make decisions

## Behaviors that contribute to disease

	Lack of Exercise	Diet	Tobacco Use	SHS
Cancer:				
Breast	✓	✓		
Cervical		✓	✓	✓
Colorectal	✓	✓	✓	
Lung			✓	✓
COPD			✓	✓
Heart disease and stroke	✓	✓	✓	✓
Diabetes	✓	✓	✓	✓

SHS = Second-hand smoke exposure



<sup>1</sup>County Health Rankings & Roadmaps  
<sup>2</sup>Kentucky Behavioral Risk Factor Survey  
<sup>3</sup>Kentucky Cancer Registry  
<sup>4</sup>Kentucky Office of Vital Statistics  
<sup>5</sup>SEER\*Stat Mortality Database  
<sup>6</sup>CDC Wonder Compressed Mortality files  
<sup>7</sup>Kentucky Center for Smoke-Free Policy and [www.no-smoke.org/pdf/mediaordlist.pdf](http://www.no-smoke.org/pdf/mediaordlist.pdf)  
<sup>8</sup>[www.huffingtonpost.com/steve-beshear/kentucky-health-care\\_b\\_5412779.html](http://www.huffingtonpost.com/steve-beshear/kentucky-health-care_b_5412779.html)