

UNITEDHEALTH GROUP®

# KEY TRENDS FROM AMERICA'S HEALTH RANKINGS



November 27, 2018

# Overview of America's Health Rankings

Annual Report  
Since 1990



Seniors Aged 65+  
Since 2013



Women and Children  
Since 2016

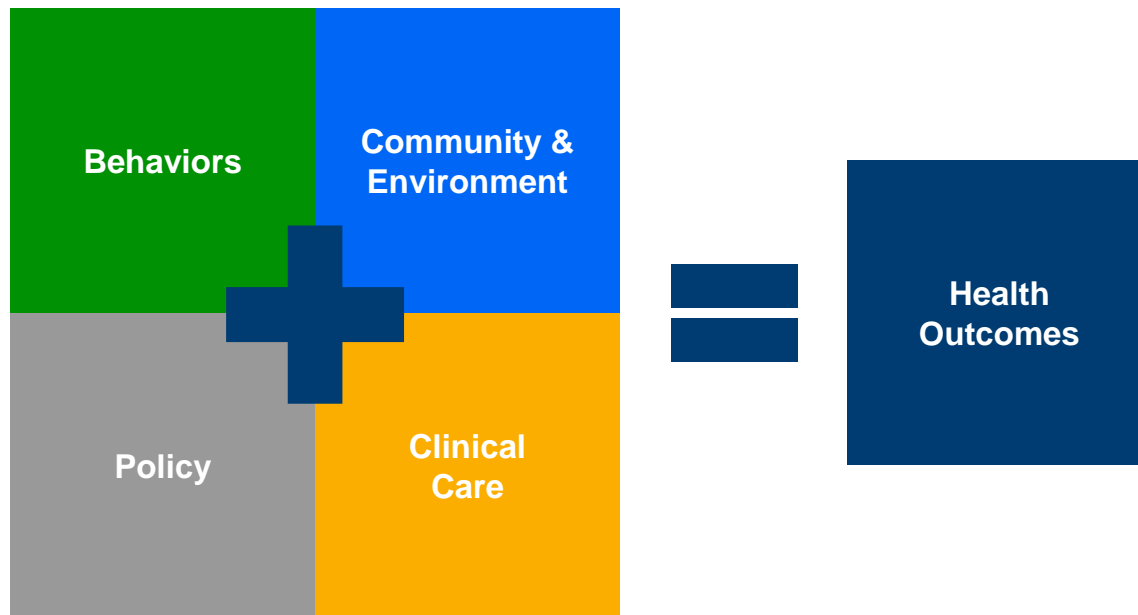


Those Who Have Served  
Since 2016



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# America's Health Rankings Model



# Kentucky's Strengths & Challenges

Positive and Negative Drivers Across Populations



## Strengths

### Behaviors

- Low Excessive Drinking Rates – Adults and Among Seniors
- High School Graduation Rate
- Low Substance Dependence Among Adolescents
- Low Chlamydia Rate

### Policy

- Low Uninsured Rate
- Low-Care Nursing Home Residents

### Clinical Care

- High Women and Adolescent Well-Visits
- High Diabetes Management Participation Among Seniors

### Outcomes

- Low Disparity in Health Status
- Low Number of Children Missing School

### Community & Environment

- Low Violent Crime
- Low Cost of Infant Child Care

## Challenges

### Behaviors

- High Rate of Drug Deaths
- High Prevalence of Smoking - All Adults
- High Tobacco Use During Pregnancy
- High Prevalence of Obesity
- High Physical Inactivity – Adults and Among Seniors

### Policy

- Low Maternity Practices in Infant Nutrition and Care (mPINC) Value

### Clinical Care

- High Rate of Preventable Hospitalizations

### Outcomes

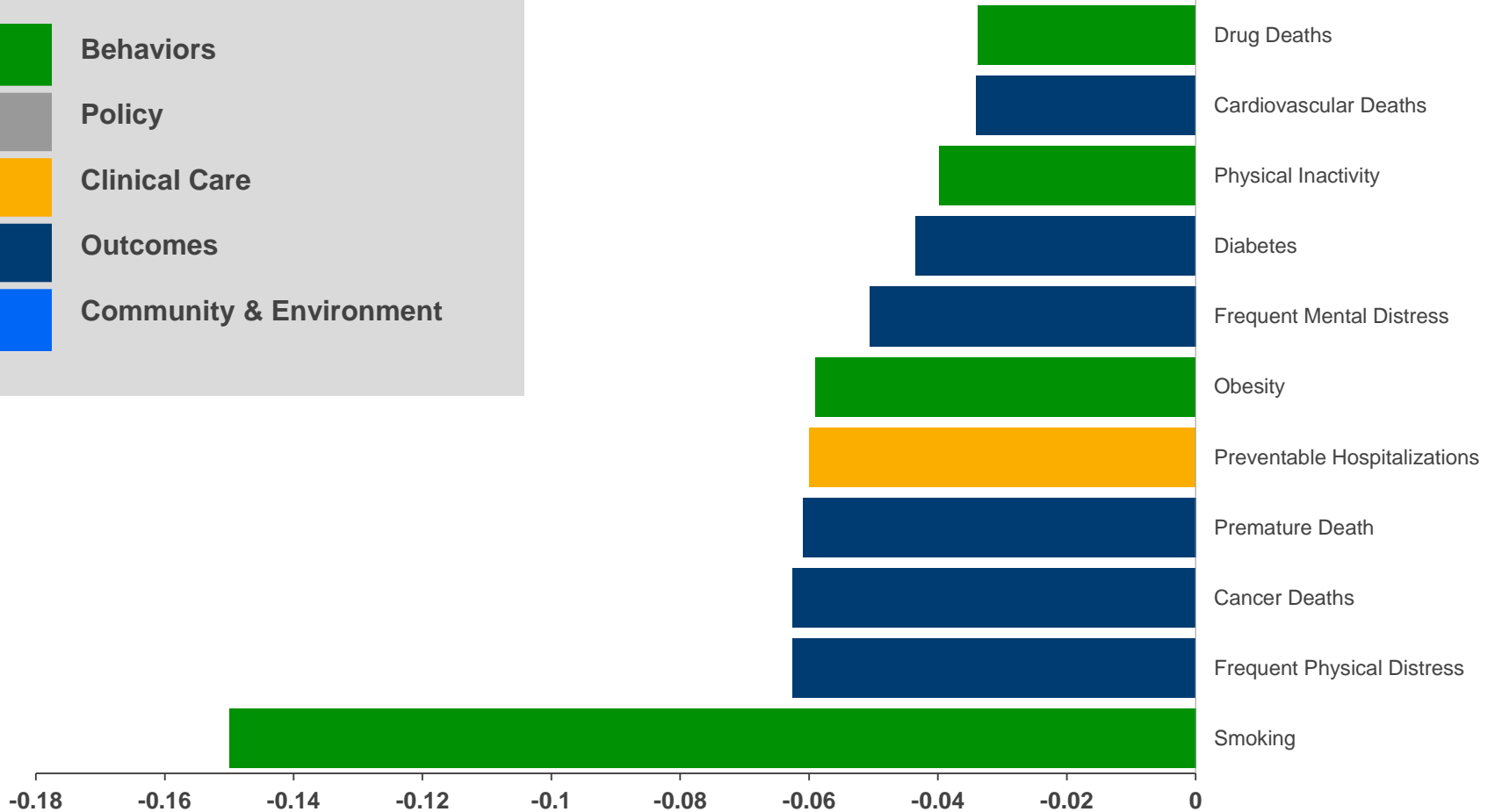
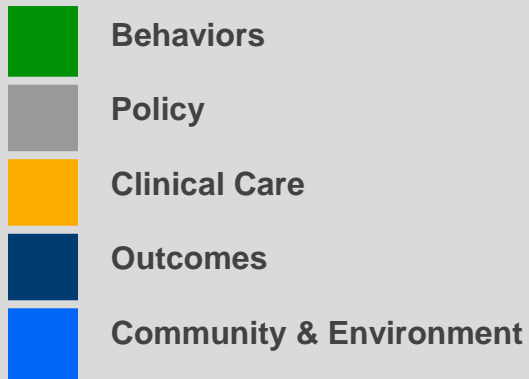
- High Rate of Cancer Deaths
- High Premature Death Rate
- High Rate of Drug Deaths Among Women
- High Prevalence of Diabetes – All Adults and Among Women

### Community & Environment

- High Rate of Household Smoke
- Low Nursing Home Quality Scores

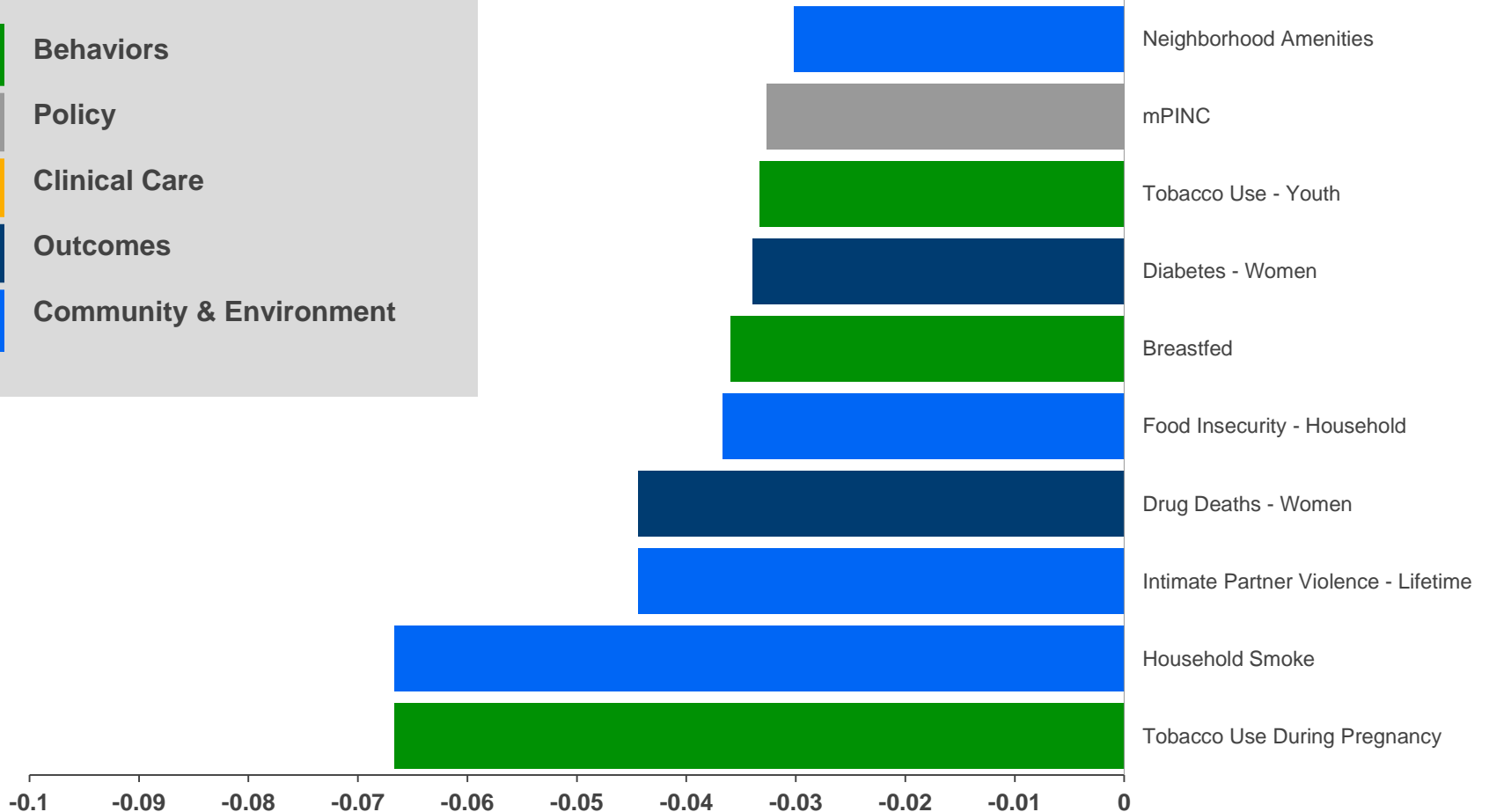
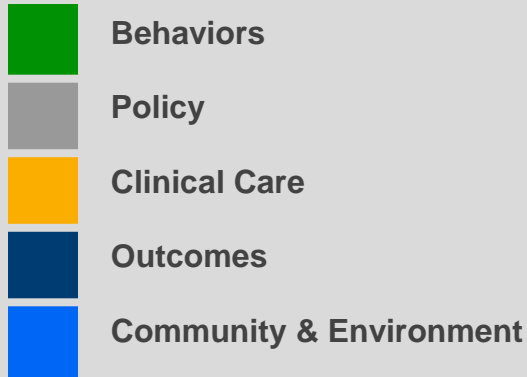
# Key Drivers in Kentucky's 2017 Annual Rank

Negative Impacts on Kentucky's 42<sup>nd</sup> Place Ranking



# Key Drivers in Kentucky's 2018 Health of Women and Children Rank

Negative Impacts on Kentucky's 42<sup>nd</sup> Place Ranking





# KEY FINDINGS ON KENTUCKY'S HEALTH

Outcomes, Risk and Protective Factors,  
Preventive Services and Access

# Mortality: Key Findings

## Bright Spots

- Compared with the U.S., the maternal mortality rate in Kentucky is similar to the U.S. rate in most subpopulations and lower among black women.

## Challenges Related to Key Mortality Findings

- The premature death rate in Kentucky is 1.8 times higher than that of the top-ranked state (10,042 years lost before age 75 per 100,000 population in Kentucky compared to 5,555 years lost before age 75 per 100,000 population in the top-ranked state).
- From 2016 to 2018, drug deaths increased 27% from 23.0 to 29.1 deaths per 100,000 females aged 15-44.
- The infant mortality rate (6.9 deaths per 1,000 live births) is higher than the national average (5.9 deaths per 1,000 live births).
- Early death among seniors is 35% higher (2,418 deaths per 100,000 adults aged 65 to 74) than the national average (1,789 deaths per 100,000 adults aged 65 to 74).

## Key Measures

### Outcomes

- Premature Death
- Drug Deaths
- Drug Deaths Among Women
- Early Death Among Seniors
- Infant Mortality
- Cardiovascular Deaths
- Cancer Deaths
- Suicide
- Teen Suicide
- Maternal Mortality



# Women's Reproductive Health: Key Findings

## Bright Spots

- Compared with the U.S., there are 211.4 fewer cases per 100,000 of chlamydia among women aged 18-44.
- Rates of adolescent well-visits, baby-friendly facilities, and dedicated health care providers among women are higher in Kentucky than the U.S. average.
- Other than Tennessee (-2.9 births per 1000/year), Kentucky had a faster rate of decline in teen birth rates (-2.6 births per 1,000/year) compared to neighboring states and the U.S. (-2.5 births per 1,000/year) over the past 10 years.
- Low uninsured rate among women (6.6% of women aged 18-44).

## Challenges Related to Key Findings of Women's Reproductive Health

- Compared with the U.S., low birthweight infants are 0.6 percentage points higher overall, 0.6 percentage points higher among black mothers and 1.3 percentage points higher among white mothers.
- Low-risk cesarean delivery is 1.6 percentage points higher overall and is 2.2 percentage points higher among white women.
- Breastfed, Maternity Practices in Infant and Nutrition Care Survey Score (mPINC), and tobacco use during pregnancy are all challenges, ranking in the bottom 10 (unhealthiest) states.

## Key Measures

### Outcomes

- Chlamydia (Women)
- Low Birthweight
- Low-Risk Cesarean Delivery
- Maternal Mortality
- Preterm Birth
- Teen Births

### Risk Factors and Protective Factors

- Baby-Friendly Facility
- Breastfed
- Maternity Practices in Infant and Nutrition Care Survey Score (mPINC)
- Tobacco Use During Pregnancy
- Adolescent Well-Visit

### Preventive Services

- Prenatal Care Before 3rd Trimester
- Well-Woman Visit
- Dedicated Health Care Provider (Women)

# Mental Health: Key Findings

## Bright Spots

- Kentucky ranks in the top 10 healthiest states for youth substance use disorder and has a lower prevalence than the U.S.
- Compared with neighboring states, Kentucky has more mental health providers per 100,000 population.

## Challenges Related to Key Mental Health Findings

- The prevalence of frequent mental distress is higher than any of its neighboring states and the U.S.
- Teen suicide is also higher in Kentucky than neighboring states and 22% higher than the U.S.
- Kentucky ranks in the bottom 10 for adverse childhood experiences, concentrated disadvantage, food insecurity, and risk of social isolation. Protective family routines and habits is also an area of challenge.

## Key Measures

### Outcomes

- Frequent Mental Distress
- Teen Suicide

### Risk Factors

- Adverse Childhood Experiences
- Concentrated Disadvantage
- Food Insecurity
- Substance Use Disorder (Youth)
- Risk of Social Isolation (Seniors)

### Protective Factors

- Mental Health Providers
- Neighborhood Amenities
- Protective Family Routines and Habits

# Health Behaviors: Key Findings

## Bright Spots

- Excessive drinking is lower in Kentucky at 15.8% of adults than the U.S. (18.5% of adults) and all neighboring states except Tennessee and West Virginia.
- Adolescents report low rates of dependence or abuse of illicit drugs or alcohol in the past year (4.1% of children aged 12-17).
- Kentucky has the 7<sup>th</sup> best high school graduation rate in the nation.

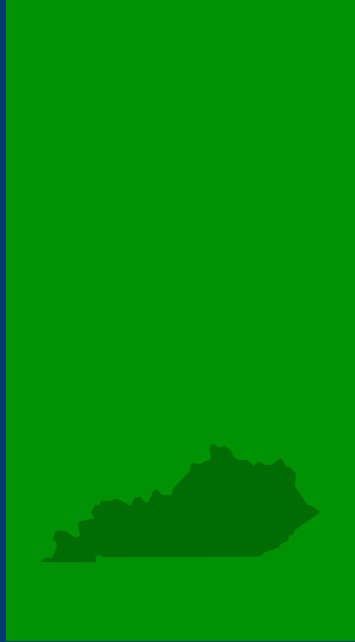
## Challenges Related to Health Behaviors

- Obesity prevalence is higher among females, whites, adults aged 65+, all urbanities, and among those with less than high school and college graduates than any of its neighboring states.
- Compared with the U.S., household smoke, smoking, and youth tobacco use are all higher in Kentucky. HPV immunizations for males and females are also lower than the US.

## Key Measures

### Risk Factors

- Excessive Drinking
- Obesity
- Physical Inactivity
- Smoking
- Household Smoke and Tobacco Use (Youth)
- Substance Use Disorder – Youth
- HPV Immunizations



# TAKING ACTION

How United Health Foundation is Addressing Challenges

United Health Foundation is supporting the University of Kentucky College of Dentistry (UKCD) in its “Eradicate Oral Cancer in Eastern Kentucky” project

The three-year project will:

- **Raise public awareness of the symptoms of oral cancer** and its links to heavy alcohol and tobacco use
- Provide approximately **1,000 oral cancer screenings** at local health departments;
- **Help connect patients** who need additional care to cancer specialists in Lexington; and
- Enable UKCD to **lead an integrated outreach and care program** to local residents

UNITED HEALTH FOUNDATION<sup>®</sup>



# Expanding Access to Mental Health Services in Kentucky



**Pathways and the United Health Foundation have recently launched a new partnership to improve mental health care in eastern Kentucky**

*The three-year project will expand mental health services for over 3,000 children in eastern Kentucky using telehealth technology*

- Telehealth technology will be installed at 16 locations across a 10-county service area
- The new technology will eliminate the need for families to drive up to two hours to access a children's mental health specialist



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# THANK YOU

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# APPENDIX

Supporting Information

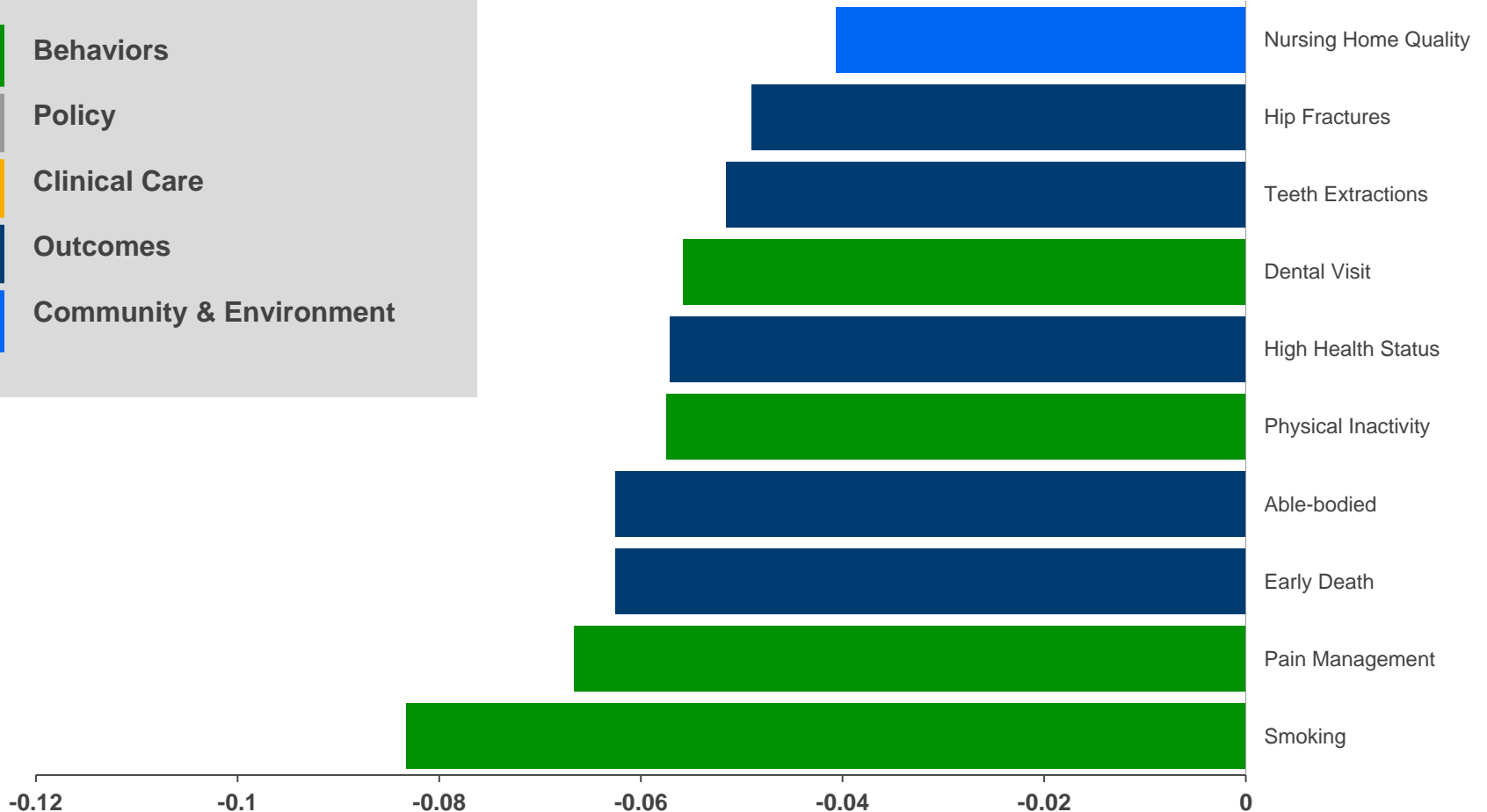


# Key Drivers in Kentucky's 2018 Health of Seniors Rank

Negative Impacts on Kentucky's 48<sup>th</sup> Place Ranking



- Behaviors
- Policy
- Clinical Care
- Outcomes
- Community & Environment





# MENTAL HEALTH

Outcomes, Risk Factors and Protective Factors

# Mental Health Outcomes: Frequent Mental Distress

In Kentucky and Peer States



## FREQUENT MENTAL DISTRESS

Percentage of adults who reported their mental health was not good 14 or more days in the past 30 days

	US	IN	OH	TN	VA	KY
Overall	11.7	13.2	12.9	13.7	10.9	14.7
Female	13.6	14.8	15.8	16.8	13.2	17.5
Male	9.7	11.5	9.8	10.3	8.4	11.8
Amer. Indian / Alaskan Native	19.9	29.6				28.4
Black	12.4	13.9	14.3	15.4	11.0	16.1
White	11.8	13.3	12.5	13.0	11.2	14.3
Multiracial	20.0	10.2	21.8	31.6	16.5	26.6
Aged 18-44	12.9	15.2	15.3	14.0	13.3	17.0
Aged 45-64	12.5	14.2	14.0	16.6	10.4	15.5
Aged 65+	7.3	6.8	6.2	8.3	6.0	8.4
Rural	11.2	9.2	11.2	15.3	10.9	15.3
Suburban	10.0	11.5	10.2	10.9	8.4	12.3
Urban	10.1	12.3	11.1	13.9	7.9	10.9
Less than High School*	17.1	19.6	25.1	26.5	13.7	25.2
High School Grad*	12.3	12.9	13.3	13.6	11.5	15.1
Some College*	12.0	13.2	13.0	12.7	10.9	14.0
College Grad*	6.8	6.7	6.7	7.0	6.4	6.3
Less Than \$25,000*	19.7	21.3	25.7	25.2	19.4	26.4
\$25-\$49,999*	11.1	11.5	11.4	11.6	8.9	13.2
\$50-\$74,999*	8.4	8.9	7.7	8.4	7.8	8.9
\$75,000 or More*	6.2	6.9	6.2	6.0	5.9	6.3



\*Aged 25+

### At-Risk Populations in Kentucky

- Female
- Aged 18-44
- Less than high school
- Income less than \$25,000

### Comparing Kentucky to the U.S. and Neighboring States

- Overall frequent mental distress prevalence is higher than any of its neighboring states and the U.S.
- Compared with the U.S., frequent mental distress is higher among all subpopulations except college graduates.
- Compared with neighboring states, frequent mental distress prevalence is lower among college graduates.

# Mental Health Outcomes: Teen Suicide

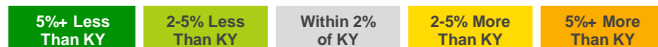
In Kentucky and Peer States



## TEEN SUICIDE

Number of deaths by suicide per 100,000 adolescents aged 15 to 19

	US	IN	OH	TN	VA	KY
Overall	8.9	9.9	9.1	11.2	9.8	11.9
Female	4.8	4.9	5.0	4.7	5.3	
Male	14.0	14.7	13.1	17.5	14.2	19.8
Black	5.5		7.4	8.0	5.5	
White	10.4	10.5	9.5	12.3	11.7	12.5



### At-Risk Populations in Kentucky

- Males
- White teens

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with neighboring states and the U.S., teen suicide is higher among males and whites (all available subpopulations).

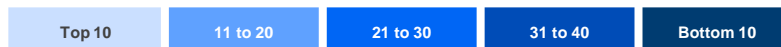
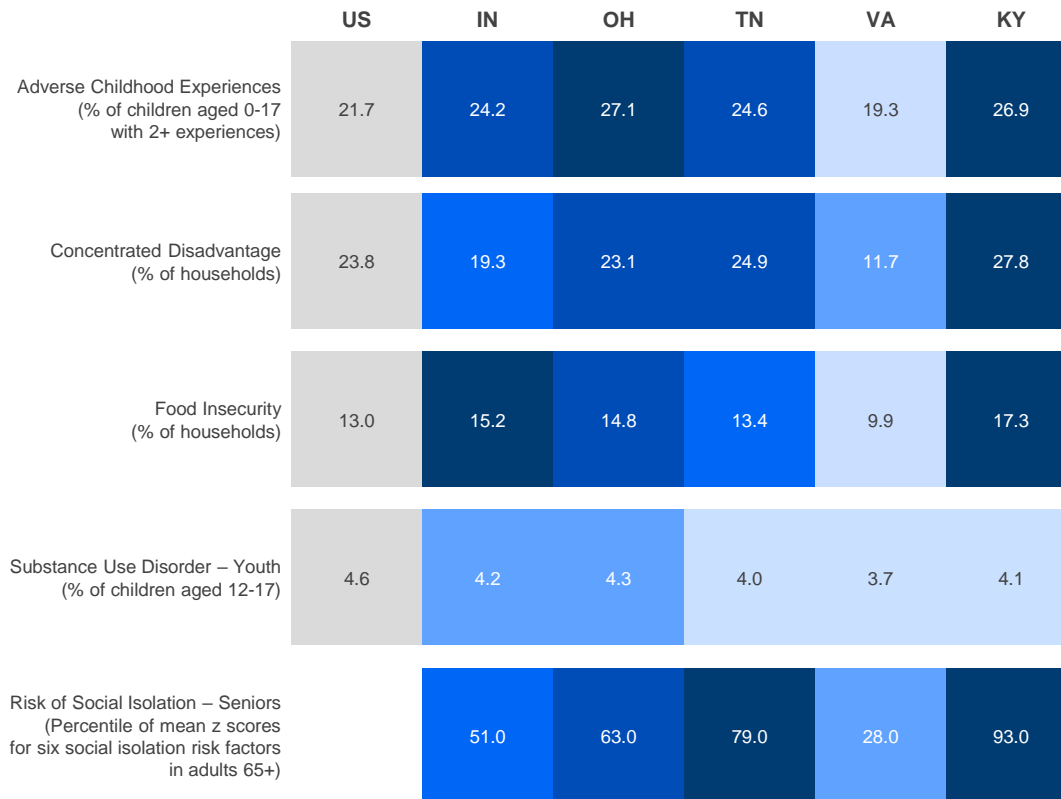
# Mental Health Risk Factors

## In Kentucky and Peer States



### RISK FACTORS

Shaded by quintile of measure rank



### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., adverse childhood experiences, concentrated disadvantage, and food insecurity are challenges.
- Kentucky ranks in the top 10 healthiest states for youth substance use disorder and has a lower prevalence than the U.S.
- Compared with all states, Kentucky ranks in the bottom 10 for adverse childhood experiences, concentrated disadvantage, food insecurity, and risk of social isolation.
- For these four risk factors, Kentucky is more challenged than its neighboring states with the exception of adverse childhood experiences in Ohio.

Sources: CAHMI, Data Resource Center for Child and Adolescent Health, National Survey of Children's Health, 2016; U.S. Census Bureau, American Community Survey, 2012-2016; U.S. Department of Agriculture, Current Population Survey Food Security Supplement, 2014-2016; Substance Abuse and Mental Health Services Administration (SAMHSA), National Survey on Drug Use and Health, 2015-2016

# Mental Health Protective Factors

## In Kentucky and Peer States



### PROTECTIVE FACTORS

Shaded by quintile of measure rank



### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., mental health providers, neighborhood amenities, and protective family routines and habits are challenges.
- Compared with neighboring states, Kentucky has more mental health providers per 100,000 population.
- Kentucky has the lowest percentage of neighborhood amenities compared with neighboring states.
- Compared with neighboring states, only Ohio has a lower percentage of protective family routines and habits.



# WOMEN'S REPRODUCTIVE HEALTH

Outcomes, Risk and Protective Factors,  
Preventive Services and Access

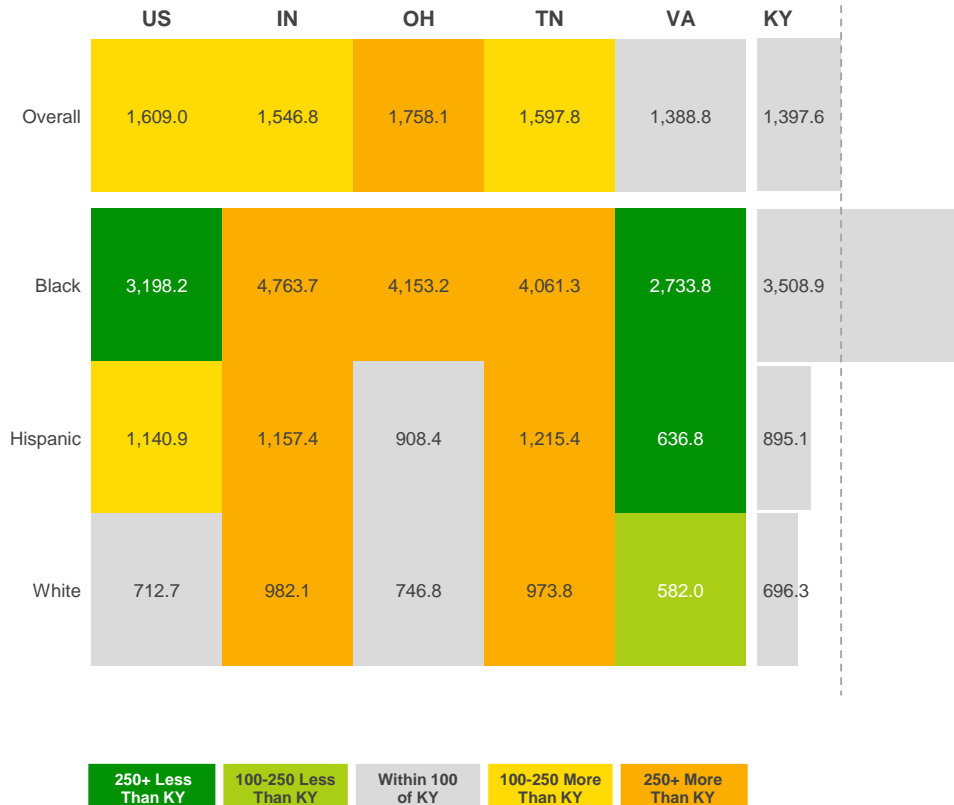
# Reproductive Health Outcomes: Chlamydia (Women)

In Kentucky and Peer States



## CHLAMYDIA (WOMEN)

Number of new cases of chlamydia per 100,000 females aged 15 to 44



### At-Risk Populations in Kentucky

- Black women

### Comparing Kentucky to the U.S. and Neighboring States

- There are 211.4 fewer cases per 100,000 of chlamydia among women overall, and incidence is lower among all race groups except black women.
- Chlamydia incidence among women is lower overall and in each race group than neighboring states Indiana, Ohio, and Tennessee.
- Chlamydia incidence is higher overall and in each race group than in Virginia.



# Reproductive Health Outcomes: Low Birthweight

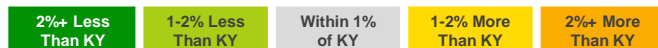
## In Kentucky and Peer States



### LOW BIRTHWEIGHT

Percentage of infants weighing less than 2,500 grams (5 pounds, 8 ounces) at birth

	US	IN	OH	TN	VA	KY
Overall	8.1	8.0	8.5	9.2	7.9	8.7
Black	13.3	12.4	13.9	14.7	12.2	13.9
Hispanic	7.2	7.1	7.7	6.8	6.4	6.5
White	6.9	7.4	7.3	7.8	6.6	8.2
Mother Aged 15-19	9.5	9.2	10.0	10.4	9.9	8.7
Mother Aged 20-24	8.4	8.4	9.3	9.6	8.7	9.4
Mother Aged 25-29	7.5	7.3	7.9	8.6	7.7	8.0
Mother Aged 30-34	7.5	7.8	7.4	8.3	6.8	8.3
Mother Aged 35-39	8.7	8.5	9.5	10.0	7.8	8.8
Mother Aged 40-44	10.8	10.3	10.6	11.5	10.2	11.8



### At-Risk Populations in Kentucky

- Infants born to black mothers
- Infants born to mothers aged 40-44

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., the percentage of low birthweight infants is higher overall, and among black and white mothers, but not Hispanic mothers, and among mothers of all age groups except those aged 15-19.
- Compared with neighboring states, the percentage of low birthweight infants among Hispanic mothers is lower than all except Virginia.
- Compared with neighboring states, the percentage of low birthweight infants is higher among white mothers.
- Compared with neighboring states, the percentage of low birthweight infants is lower among mothers aged 15-19.

# Reproductive Health Outcomes: Low-Risk Cesarean Delivery

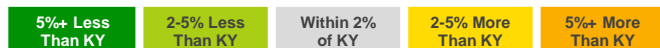
## In Kentucky and Peer States



### LOW-RISK CESAREAN DELIVERY

Percentage of singleton, term (37 or more weeks gestation), vertex (non-breech) cesarean deliveries to women having their first birth per 100 women delivering singleton, term, vertex, first births

	US	IN	OH	TN	VA	KY
Overall	25.8	22.9	24.2	27.6	25.1	27.4
Black	29.7	26.0	27.3	30.4	28.6	29.9
Hispanic	25.2	19.0	20.7	24.2	22.8	27.2
White	24.8	22.6	23.7	27.1	23.4	27.0



### At-Risk Populations in Kentucky

- Black women

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., low-risk cesarean delivery is higher overall and among Hispanic and white women.
- Kentucky has a higher percentage of births through low-risk cesarean delivery overall and across all subpopulations, compared with Indiana, Ohio, and Virginia.

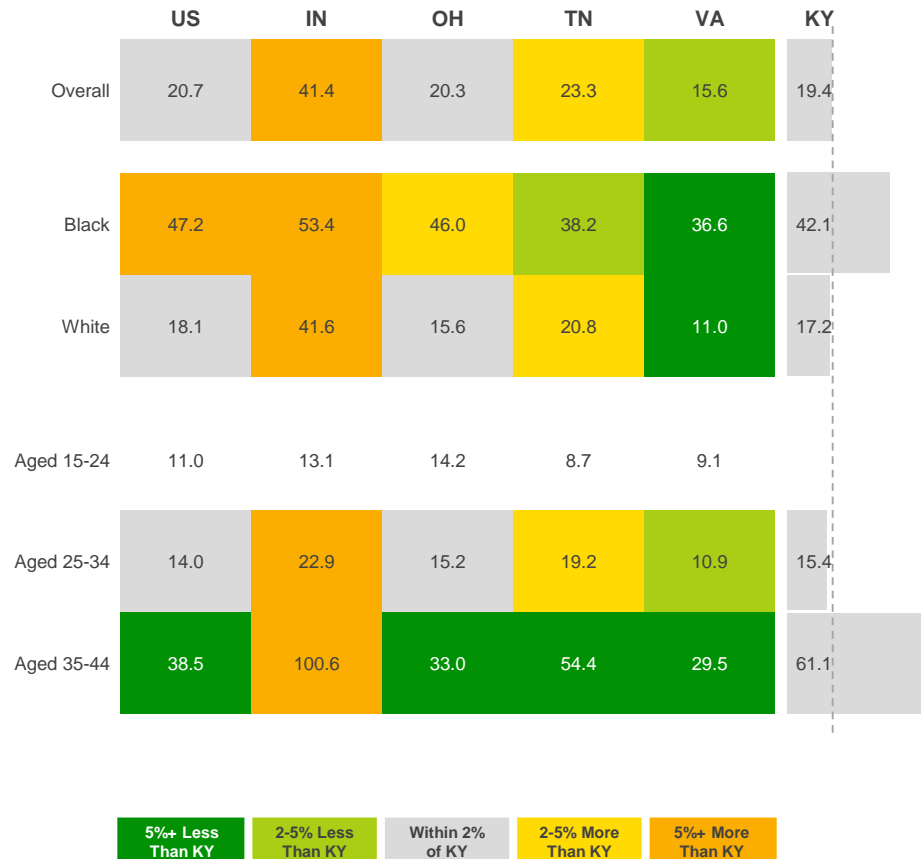
# Reproductive Health Outcomes: Maternal Mortality

## In Kentucky and Peer States



### MATERNAL MORTALITY

Number of deaths from any cause related to or aggravated by pregnancy or its management (excluding accidental or incidental causes) during pregnancy and childbirth or within 42 days of termination of pregnancy, irrespective of the duration and site of the pregnancy, per 100,000 births



### At-Risk Populations in Kentucky

- Black women
- Women aged 35-44

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., the maternal mortality rate in Kentucky is similar to the U.S. rate in most subpopulations.
- Compared with the U.S., maternal mortality is lower among black women and higher among women aged 35-44.
- The maternal mortality rate among black women is lower than Indiana and Ohio, but higher than Tennessee and Virginia.
- Maternal mortality among women aged 35-44 is higher than all neighboring states, except Indiana.

# Reproductive Health Outcomes: Preterm Birth

## In Kentucky and Peer States



### PRETERM BIRTH

Percentage of live births before 37 weeks gestation



\*Aged 25+

### At-Risk Populations in Kentucky

- Infants born to black mothers
- Infants born to mothers aged 35-39 and aged 40-44

### Comparing Kentucky to the U.S. and Neighboring States

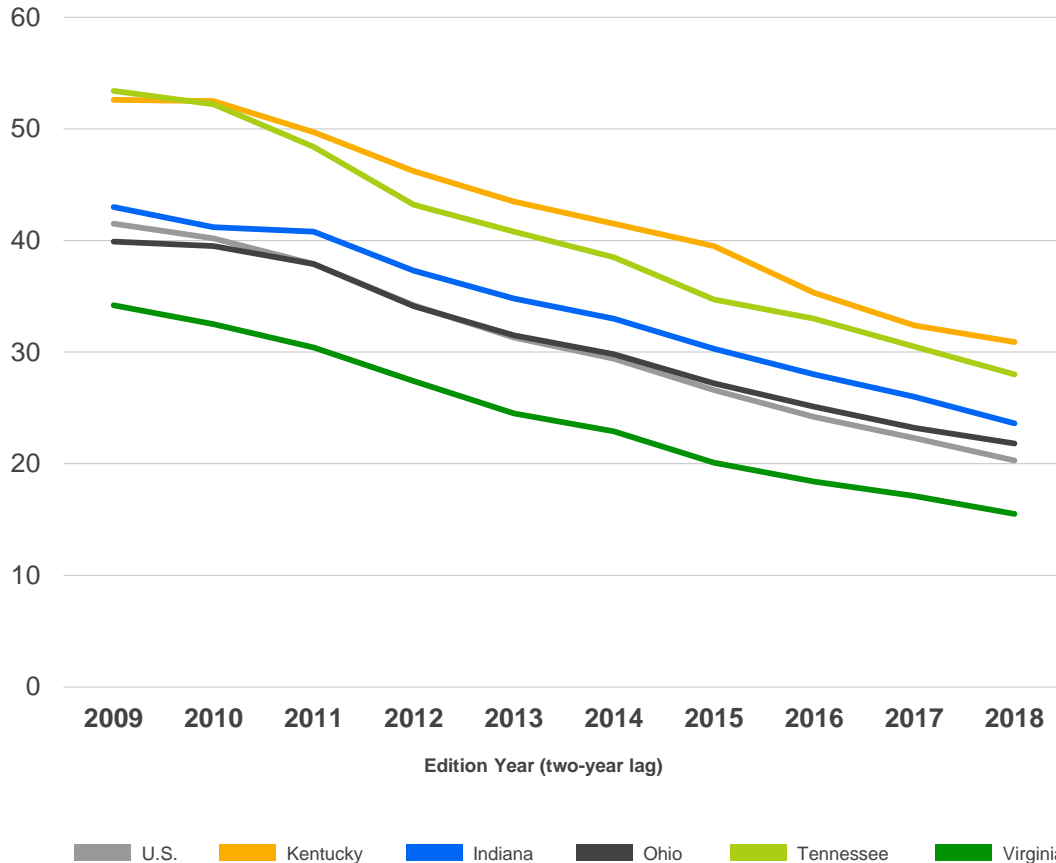
- Compared with the U.S., preterm births are slightly higher overall and among white mothers.
- Preterm births are higher for white mothers and mothers aged 30-34, aged 35-39, and aged 40-44, compared with Virginia.
- Like the U.S. and neighboring states, preterm birth in Kentucky is less prevalent among women who have graduated from college.

# Reproductive Health Outcomes: Teen Births

## In Kentucky and Peer States

### TEEN BIRTHS

Teen females aged 15-19 birth rate per 1,000 live births



### Comparing Kentucky to the U.S. and Neighboring States

- While Kentucky has a higher teen birth rate at 30.9 per 1,000 live births compared with the U.S. at 20.3 per 1,000 live births, teen births have declined at a faster rate in Kentucky (-2.6 births per 1,000/year) compared to the U.S. (-2.5 births per 1,000/year) over the past 10 years.
- Compared with neighboring states, Kentucky has a higher teen birth rate (neighboring states range from 15.5 per 1,000 live births in Virginia to 28.0 per 1,000 live births in Tennessee).
- Compared to neighboring states, only Tennessee had a larger decrease in teen births over the past 10 years (-2.9 births per 1,000/year).
- The other neighboring states all declined at the same rate (-2.2 births per 1,000/year).

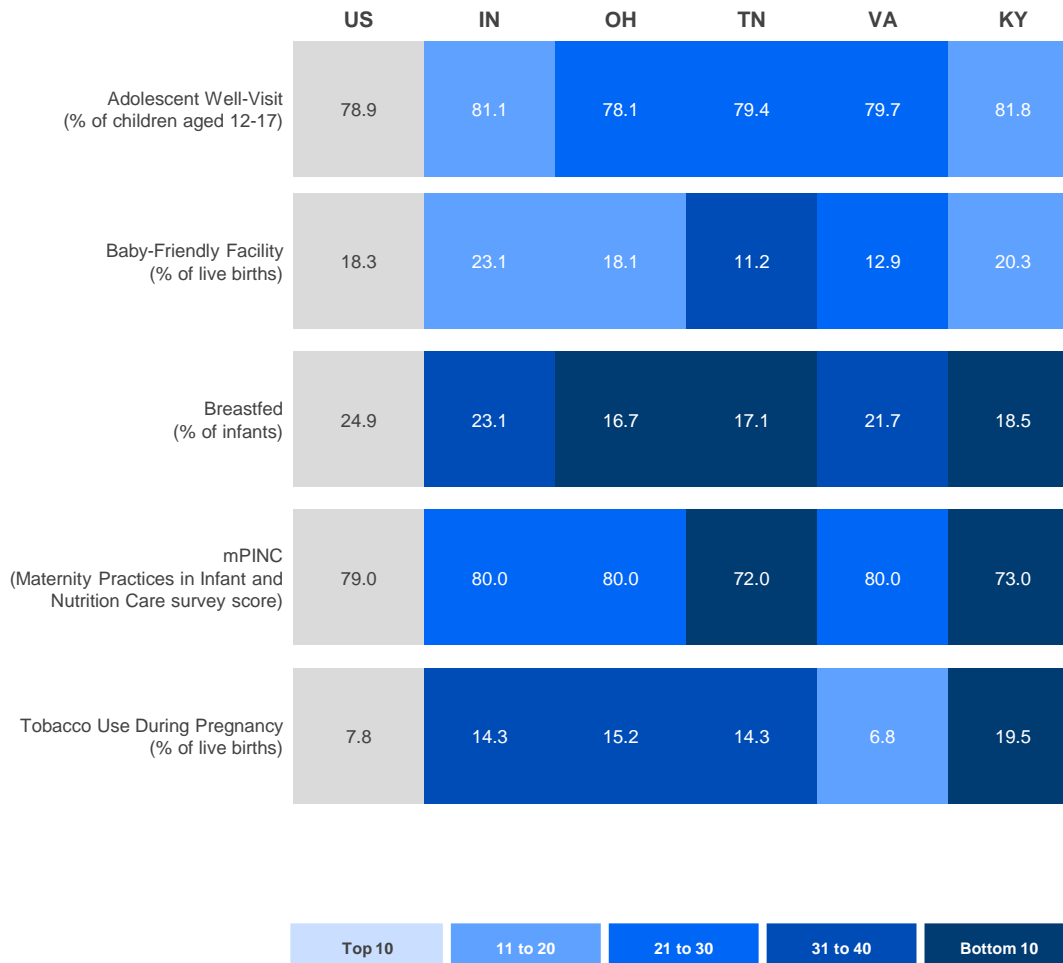
# Reproductive Health: Risk and Protective Factors

In Kentucky and Peer States



## RISK AND PROTECTIVE FACTORS

Shaded by quintile of measure rank



### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., adolescent well-visit and baby-friendly facility are higher than the national value.
- Breastfed, Maternity Practices in Infant and Nutrition Care Survey Score (mPINC), and tobacco use during pregnancy are all challenges, ranking in the bottom 10 (unhealthiest) states.
- Compared with neighboring states, Kentucky has a higher prevalence of tobacco use during pregnancy.

Sources: CAHMI, Data Resource Center for Child and Adolescent Health, National Survey of Children's Health, 2016; CDC, 2016 Breastfeeding Report Card, 2016; CDC, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity and Obesity, National Immunization Survey, 2014; CDC, 2016 Breastfeeding Report Card, 2015; CDC, National Vital Statistics System, 2015

# Reproductive Health Preventive Services: Prenatal Care Before 3<sup>rd</sup> Trimester

In Kentucky and Peer States



## PRENATAL CARE BEFORE 3<sup>RD</sup> TRIMESTER

Percentage of live births in which the mother began prenatal care between the 1<sup>st</sup> and 6<sup>th</sup> month of pregnancy

	US	IN	OH	TN	VA	KY
Overall	94.0	94.3	93.4	94.1	95.8	94.8
Black	90.4	90.1	89.1	90.0	94.1	91.5
Hispanic	92.6	91.9	89.9	91.0	93.0	91.5
White	94.8	95.0	94.5	95.1	96.3	95.2
Asian/Pacific Islander	94.2	91.5	90.8	93.4	96.0	93.1
Mother Aged 15-19	89.6	91.5	90.3	91.3	91.5	93.2
Mother Aged 20-24	92.2	92.8	92.1	92.9	94.0	94.0
Mother Aged 25-29	94.3	94.9	93.8	94.7	95.8	95.4
Mother Aged 30-34	95.4	95.6	94.9	95.4	96.8	95.7
Mother Aged 35-39	95.3	94.9	94.1	95.1	96.7	94.9
Mother Aged 40-44	94.7	92.7	92.6	93.9	96.6	93.0
Less than High School*	88.3	87.9	86.3	87.6	90.4	88.3
High School Graduate*	92.7	93.4	92.4	93.0		93.9
Some College*	94.6	95.1	93.9	95.0	96.0	95.2
College Graduate*	96.7	97.5	96.4	97.3	97.7	97.9

5%+ Less Than KY
2-5% Less Than KY
Within 2% of KY
2-5% More Than KY
5%+ More Than KY

\*Aged 25+

### At-Risk Populations in Kentucky

- Black and Hispanic mothers
- Mothers aged 40-44
- Less than high school education

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., the percentage of mothers receiving prenatal care before the 3rd trimester is similar, except mothers aged 15-19 have higher rates of prenatal care before the 3rd trimester in Kentucky.
- Compared with Ohio, Kentucky has a higher percentage for prenatal care before 3rd trimester among black and Asian/Pacific Islander mothers, mothers aged 15-19, and those with less than high school education.

# Reproductive Health Preventive Services: Well-Woman Visit

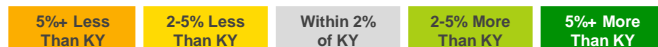
In Kentucky and Peer States



## WELL-WOMAN VISIT

Percentage of women aged 18 to 44 with a preventive medical visit in the past year

	US	IN	OH	TN	VA	KY
Overall	66.8	65.1	69.8	67.7	70.4	73.7
Black	77.8	78.2	80.4	77.4	78.9	77.6
Hispanic	62.8	58.8	73.0	69.2	65.8	80.9
White	65.3	64.2	67.5	65.4	69.4	73.1
Multiracial	64.5		65.6		59.3	49.2
Aged 18-24	65.6	64.8	70.6	66.7	67.9	72.6
Aged 25-34	65.1	64.0	64.4	66.4	71.4	69.6
Aged 35-44	69.4	66.3	74.9	69.8	71.2	78.4
Rural	65.8	59.0	71.7	69.0	79.5	72.1
Suburban	69.4	67.8	70.2	65.4	75.2	74.1
Urban	71.1	66.5	75.8	71.4	76.3	67.1
Less than High School*	60.5	56.2	58.7	61.6	65.4	80.3
High School Grad*	65.7	65.0	69.9	63.6	67.3	74.2
Some College*	67.2	64.2	69.4	71.2	73.1	72.8
College Grad*	70.6	69.7	72.0	71.5	73.3	72.5
Less Than \$25,000*	63.2	63.5	68.2	63.1	66.2	74.7
\$25-\$49,999*	65.6	61.6	68.7	67.0	71.7	74.4
\$50-\$74,999*	67.4	69.5	63.6	69.2	75.3	70.2
\$75,000 or More*	71.9	67.9	75.3	75.6	73.1	72.1



\*Aged 25+

### At-Risk Populations in Kentucky

- Multiracial women
- Urban women
- Aged 25-34

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with neighboring states and the U.S., the prevalence of well-woman visits is higher overall and among Hispanic and white women, women aged 18-24 and 35-44, women with less than or a high school education, and women with incomes less than \$50,000.
- Compared with neighboring states and the U.S., the prevalence of well-woman visits is lower among multiracial women.



# Reproductive Health Preventive Services: Dedicated Health Care Provider (Women)

Women in Kentucky and Peer States



## Dedicated Health Care Provider (Women)

Percentage of women aged 18 to 44 who reported having one or more people they think of as their personal doctor or health care provider

	US	IN	OH	TN	VA	KY
Overall	73.7	80.1	78.2	74.4	72.6	77.1
Black	75.7	77.8	70.5	75.3	77.5	71.6
Hispanic	60.3	69.6	61.7	56.3	56.7	68.9
White	78.7	82.6	81.2	77.0	75.0	78.6
Multiracial	75.2		70.9		68.4	69.3
Aged 18-24	67.3	77.0	70.0	68.7	62.3	65.2
Aged 25-34	71.5	74.7	76.1	71.3	70.3	76.0
Aged 35-44	80.9	88.3	86.7	81.8	82.6	86.8
Rural	80.8	86.9	88.7	88.3	83.9	81.8
Suburban	82.1	86.4	88.5	73.7	78.8	79.5
Urban	81.8	88.8	80.7	80.3	85.8	79.0
Less than High School*	58.1	67.7	76.3	62.9	53.8	81.2
High School Grad*	73.0	79.9	78.7	70.9	69.8	78.9
Some College*	78.9	83.3	82.7	81.3	77.5	81.9
College Grad*	82.5	86.0	82.9	81.7	83.8	83.1
Less Than \$25,000*	66.0	75.9	74.6	68.1	62.4	79.7
\$25-\$49,999*	75.1	81.1	80.3	77.9	72.4	78.0
\$50-\$74,999*	81.6	85.0	81.6	84.6	82.7	87.2
\$75,000 or More*	86.3	88.8	89.5	83.4	84.9	84.6



\*Aged 25+

### At-Risk Populations in Kentucky

- Black, Hispanic and multiracial women
- Aged 18-24

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., the percentage of women with a dedicated health care provider is higher in Kentucky overall and among Hispanic women, women aged 25-44, and among all levels of education and income.
- Dedicated healthcare provider is lower among black women in Kentucky and Ohio, compared with the U.S., Indiana, Tennessee, and Virginia.
- Compared with neighboring states, dedicated health care provider is lower among rural adults and higher among less than high school and income less than \$25,000.



# CANCER

Mortality, Risk Factors and Preventive Services

# Cancer Mortality

## Deaths in Kentucky and Peer States

### CANCER DEATHS

Age-adjusted number of deaths due to all causes of cancer per 100,000 population



### At-Risk Populations in Kentucky

- Males
- White

### Comparing Kentucky to the U.S. and Neighboring States

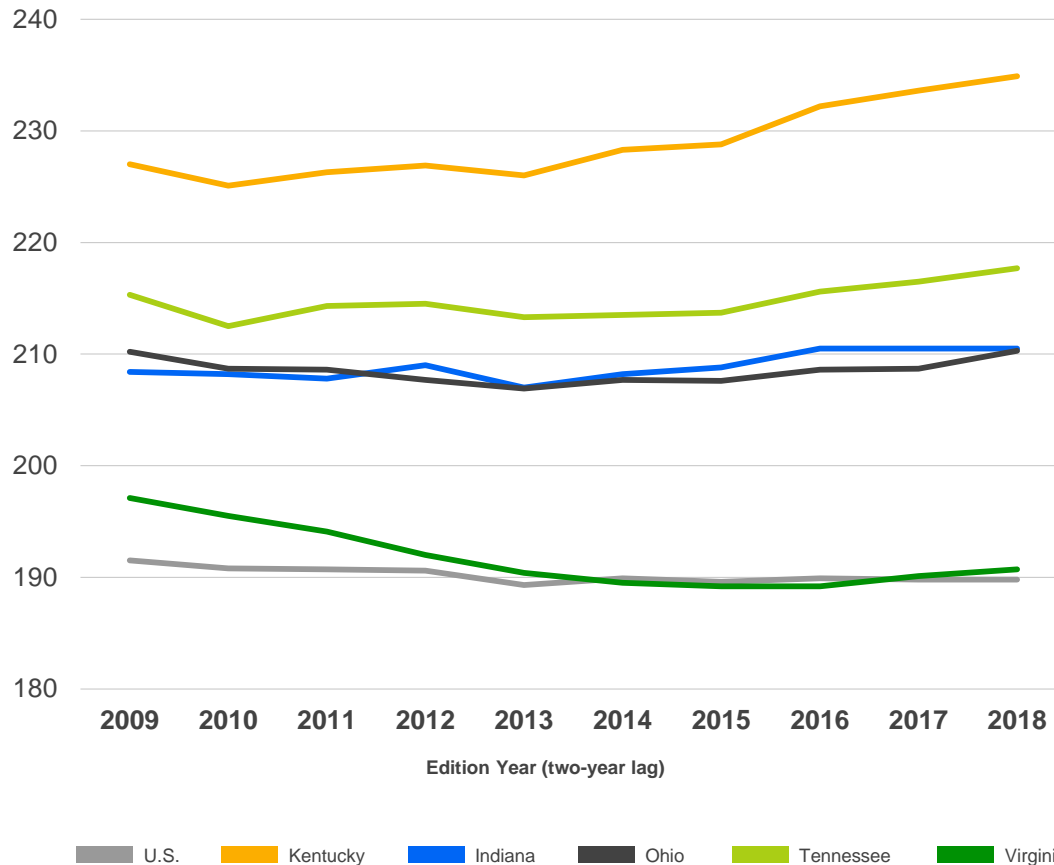
- Compared with the U.S., cancer deaths are a challenge overall and among all subpopulations expect Hispanics and Asian/Pacific Islanders.
- Compared neighboring states, cancer deaths are higher overall and in all subpopulations except black and Hispanic.

# Cancer Mortality: 2009-2018

## In Kentucky and Peer States

### CANCER MORTALITY

Age-adjusted number of deaths due to all causes of cancer per 100,000 population



### Comparing Kentucky to the U.S. and Neighboring States

- In the past 10 years, cancer deaths have increased an average 1.0 deaths per 100,000/ year, while cancer deaths in the U.S. have declined (-0.17 deaths per 100,000/year).
- Compared with neighboring states, Kentucky has the highest cancer mortality rate at 234.9 deaths per 100,000; neighboring states range from 190.7 deaths per 100,000 in Virginia to 217.7 deaths per 100,000 in Tennessee.
- Virginia was the only neighboring state to have a decrease in cancer deaths over the past 10 years, decreasing at a rate of -0.78 deaths per 100,000 per year).
- Cancer deaths in Kentucky are increasing at a faster rate than Indiana (0.30 deaths per 100,000/year), Ohio (0.01 deaths per 100,000/year) and Tennessee (0.33 deaths per 100,000 per year)

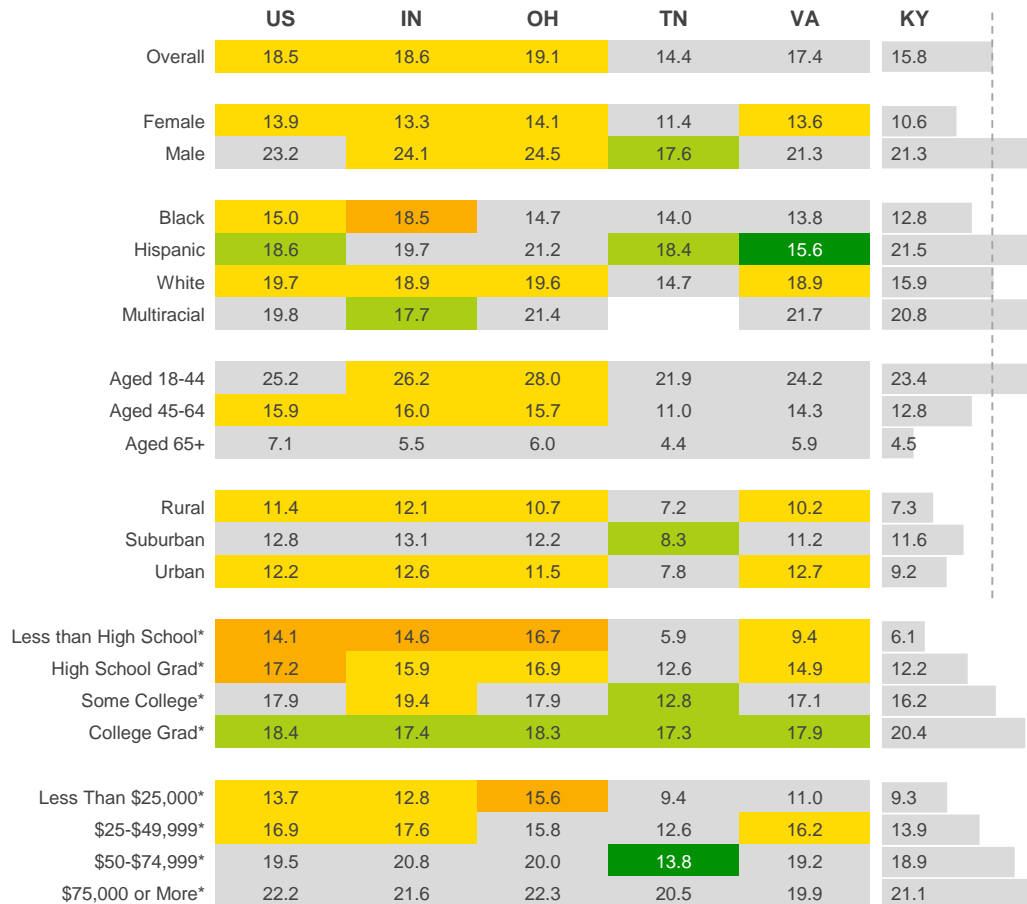
# Cancer Risk Factors: Excessive Drinking

## In Kentucky and Peer States



### EXCESSIVE DRINKING

Percentage of adults who reported either binge drinking (having four or more (women) or five or more (men) drinks on one occasion in the past 30 days) or chronic drinking (having eight or more (women) or 15 or more (men) drinks per week)



\*Aged 25+

### At-Risk Populations in Kentucky

- Males
- Hispanics and multiracial adults
- Aged 18-44
- College graduates
- Income greater than \$50,000

### Comparing Kentucky to the U.S. and Neighboring States

- Excessive drinking overall is lower than the U.S. and all neighboring states except Tennessee.
- Excessive drinking is lower among females, blacks, high school graduates and the lowest income group than the U.S. and any of its neighboring states.
- Compared with neighboring states and the U.S., excessive drinking is higher among Hispanics and college graduates.

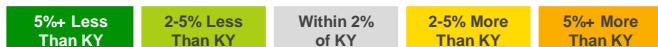
# Cancer Risk Factors: Obesity

## In Kentucky and Peer States



### OBESITY

Percentage of adults with a body mass index of 30.0 or higher based on reported height and weight



\*Aged 25+

### At-Risk Populations in Kentucky

- Females
- Blacks
- Aged 45-64
- Rural and urban
- Less than a college education
- Income less than \$50,000

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., obesity is a challenge among all subpopulations except American Indian/Alaskan Natives and Hispanics.
- Obesity prevalence is higher among females, whites, adults aged 65+, all urbanities, and among those with less than high school and college graduates than any of its neighboring states.

# Cancer Risk Factors: Physical Inactivity

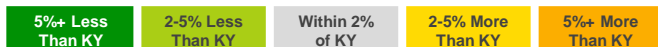
## In Kentucky and Peer States



### PHYSICAL INACTIVITY

Percentage of adults who reported doing no physical activity or exercise other than their regular job in the past 30 days

	US	IN	OH	TN	VA	KY
Overall	23.1	26.8	25.9	28.4	23.3	29.8
Female	26.4	28.5	28.6	32.6	25.2	31.7
Male	21.9	25.0	23.1	23.9	21.4	27.8
American Indian/Alaskan Native	26.5	20.3	24.5	29.7		35.6
Black	29.5	27.5	33.0	32.0	27.8	25.3
Hispanic	30.1	32.9	25.9	33.4	41.6	24.0
White	22.1	26.3	25.1	27.2	20.7	30.3
Multiracial	21.6	24.3	20.6	31.0	20.1	35.8
Aged 18-44	19.1	20.2	18.8	19.8	19.1	21.0
Aged 45-64	26.6	30.2	27.9	33.7	25.3	34.9
Aged 65+	32.2	36.3	37.3	38.5	30.4	40.5
Rural	31.4	33.5	34.8	36.2	32.0	38.4
Suburban	26.3	29.6	27.3	34.7	27.6	27.6
Urban	26.8	30.2	29.6	31.3	21.9	32.5
Less than High School*	44.0	44.4	49.6	52.9	49.3	50.7
High School Grad*	32.4	36.9	34.9	35.2	30.8	37.3
Some College*	23.1	24.3	23.8	26.2	22.8	27.1
College Grad*	12.5	13.1	12.2	13.5	11.5	13.6
Less Than \$25,000*	39.5	42.4	42.1	40.7	43.7	44.7
\$25-\$49,999*	28.4	31.3	29.7	35.6	26.9	32.3
\$50-\$74,999*	20.0	21.7	20.7	21.3	21.1	24.0
\$75,000 or More*	12.9	14.2	13.1	13.0	12.0	16.4



\*Aged 25+

### At-Risk Populations in Kentucky

- Females
- American Indian/Alaska Natives and multiracial adults
- Aged 45+
- Rural and urban
- Less than a high school or high school education
- Income less than \$50,000

### Comparing Kentucky to the U.S. and Neighboring States

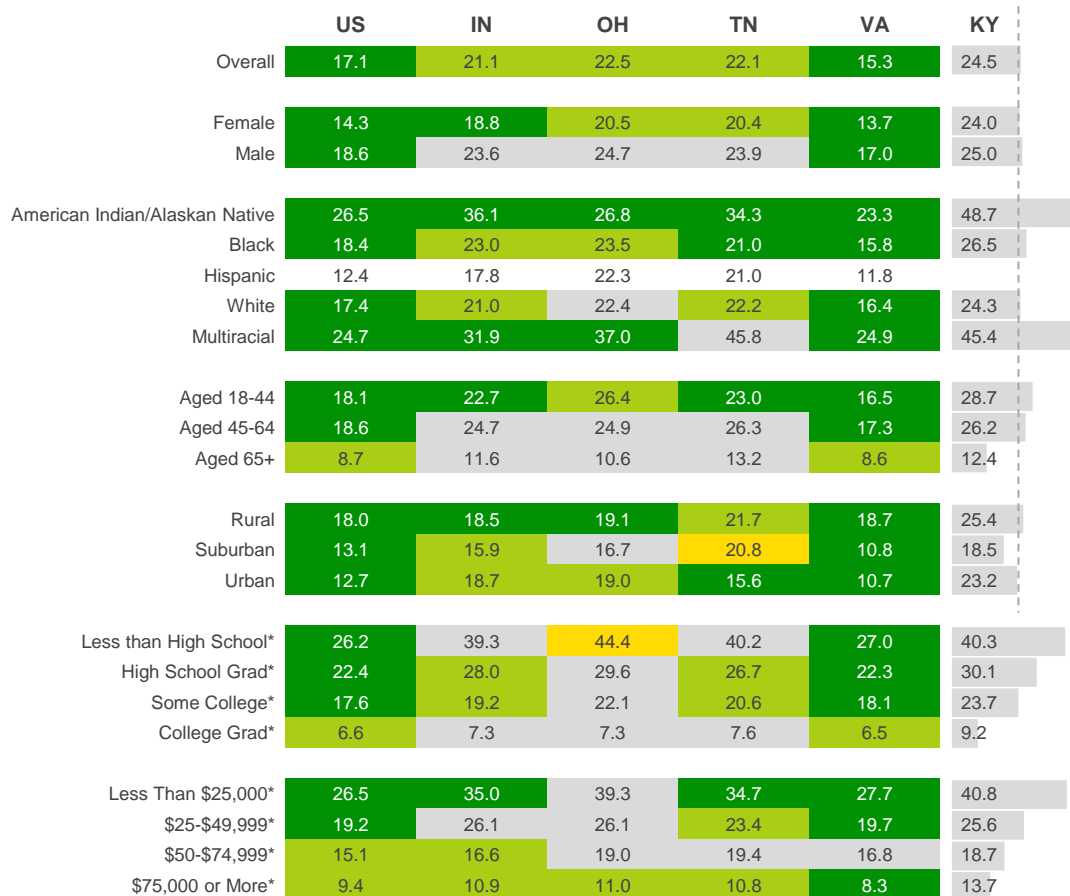
- Compared with the U.S., physical inactivity is a challenge among all subpopulations except blacks and Hispanics.
- Compared with neighboring states and the U.S., physical inactivity is lower among black and Hispanics.
- Physical inactivity is lower among suburban adults than in Indiana and Tennessee.

# Cancer Risk Factors: Smoking

## In Kentucky and Peer States

### SMOKING

Percentage of adults who are smokers (reported smoking at least 100 cigarettes in their lifetime and currently smoke every or some days)



\*Aged 25+

### At-Risk Populations in Kentucky

- American Indian/Alaskan Natives and multiracial adults
- Aged 18-44
- Less than a high school and high school education
- Income less than \$25,000

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., smoking is a challenge among all subpopulations.
- Compared with neighboring states and the U.S., smoking prevalence is higher among females, males, blacks whites, multiracial adults, those aged 18-44, rural, urban, all education groups except less than high school, and the lowest and highest income groups.



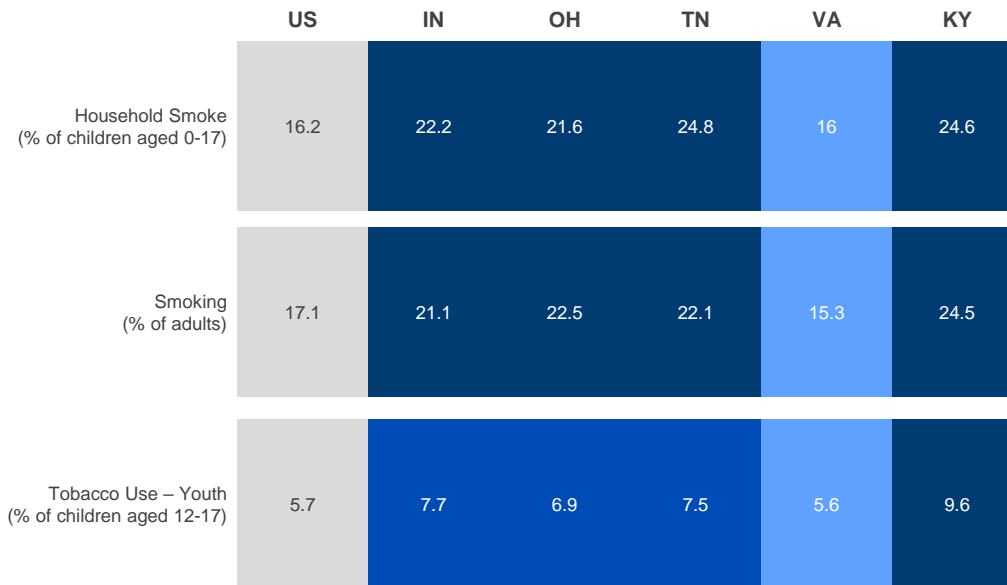
# Cancer Risk Factors: Smoking and Tobacco

## In Kentucky and Peer States



### SMOKING AND TOBACCO

Shaded by quintile of measure rank



### Comparing Kentucky to the U.S. and Neighboring States

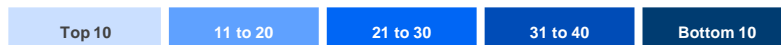
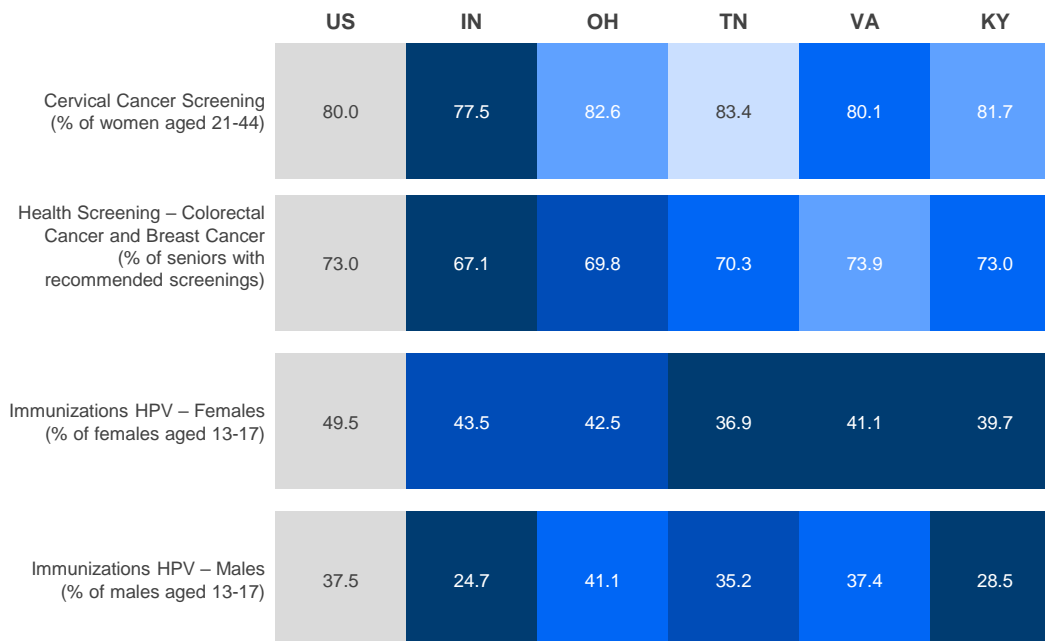
- Compared with the U.S., household smoke, smoking, and youth tobacco use are all higher in Kentucky.
- With the exception of Virginia, all neighboring states rank in the bottom 10 (unhealthiest) states for household smoke and smoking.
- All neighboring states have a healthier rank for youth tobacco use.
- Virginia has healthier ranks in all 3 smoking measures.

# Cancer Preventive Services

## In Kentucky and Peer States

### PREVENTIVE SERVICES

Shaded by quintile of measure rank



### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., cervical cancer screening is higher, however, HPV immunization is a challenge.
- Compared with neighboring states, cervical cancer screening is higher than Indiana and Virginia.
- Compared with neighboring states, health screenings are higher than in Indiana, Ohio, and Tennessee.
- Tennessee and Virginia are also in the bottom (unhealthiest) quartile of states for HPV immunization among females.
- Neighboring states Ohio, Tennessee, and Virginia rank higher for HPV immunization among males.

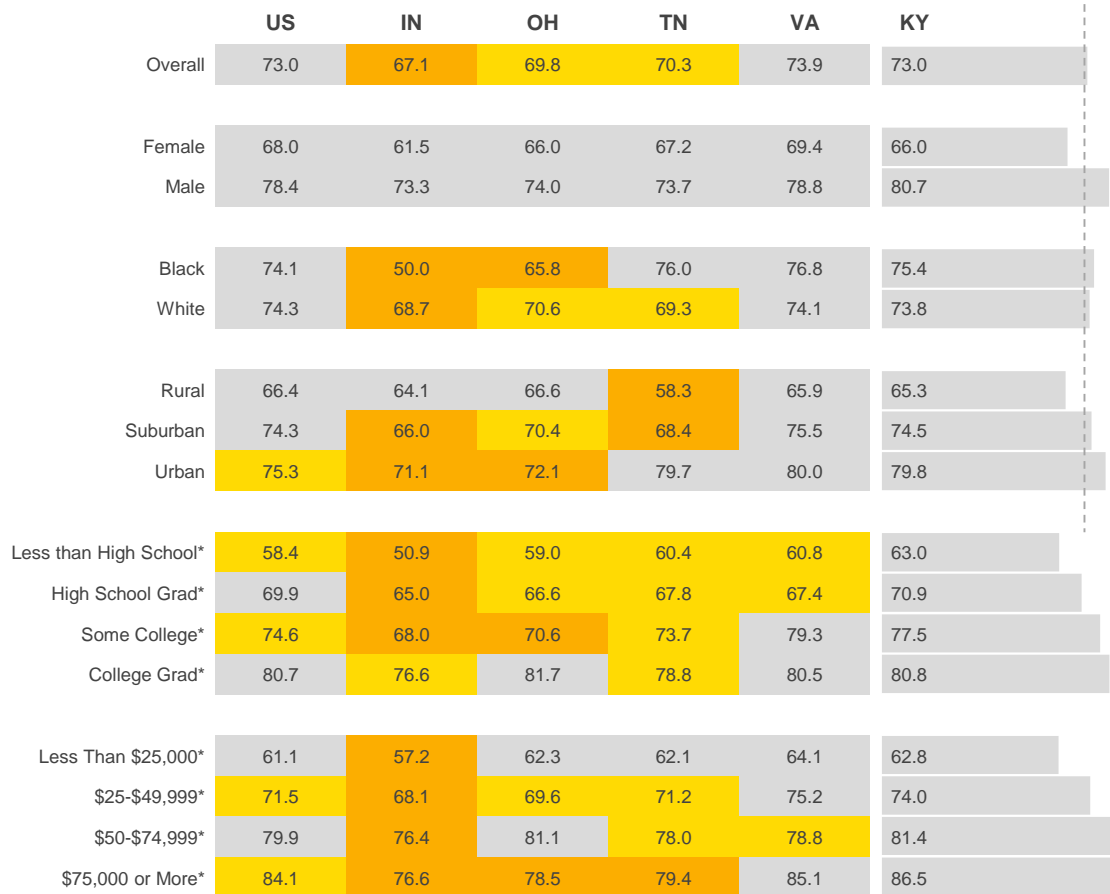
# Cancer Preventive Services: Senior Health Screenings (Colorectal Cancer and Breast Cancer)

In Kentucky and Peer States



## SENIOR HEALTH SCREENINGS

Percentage of women aged 65 to 74 who reported receiving a mammogram in the past two years and the percentage of adults aged 65 to 75 who reported receiving colorectal cancer screening within the recommended time period



\*Aged 25+

### At-Risk Populations in Kentucky

- Females
- Rural
- Less than high school
- Income less than \$25,000

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., health screenings are higher among seniors with less than high school, some college, and among seniors with incomes of \$25-\$49,999 and \$75,000 or more.
- Health screenings among seniors with less than a high school or high school education are higher than in neighboring states.

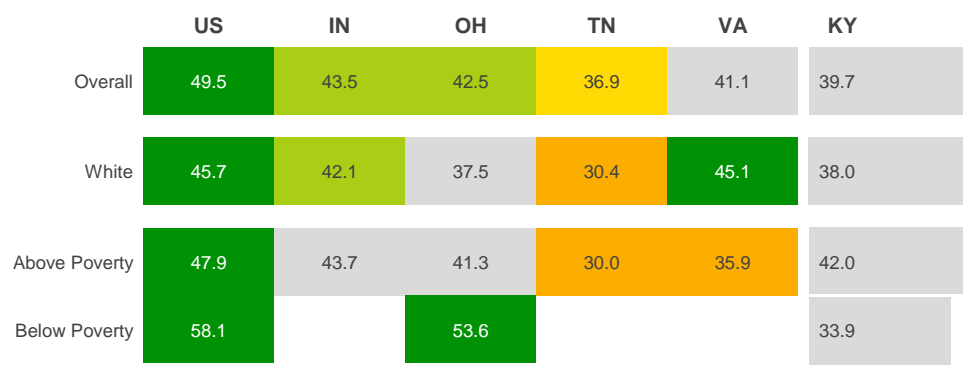
# Cancer Preventive Services: HPV Immunization (Females and Males)

In Kentucky and Peer States



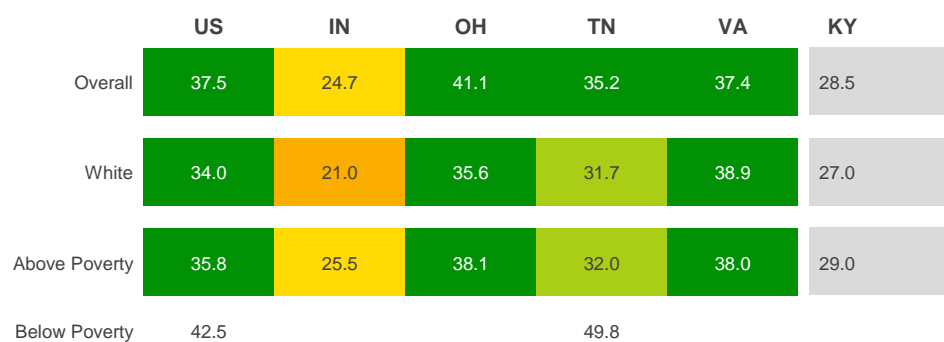
## IMMUNIZATION HPV (FEMALES)

Percentage of women aged 13 to 17 who are up to date on all the recommended doses of human papillomavirus (HPV) vaccine



## IMMUNIZATION HPV (MALES)

Percentage of males aged 13 to 17 who are up to date on all the recommended doses of human papillomavirus (HPV) vaccine



### At-Risk Populations in Kentucky

- Females below poverty
- White males

### Comparing Kentucky to the U.S. and Neighboring States

- Compared with the U.S., HPV immunization is lower among all subpopulation groups.
- Compared with neighboring states, HPV immunization is higher among females than in Tennessee and higher than males in Indiana.
- Compared with neighboring states, HPV immunization among females is lower overall than in Indiana and Ohio, and lower among white females than in Indiana and Virginia.
- Compared with neighboring states, HPV immunization among males is higher than in Ohio, Tennessee and Virginia.