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LETTER FROM YOUR LOCAL CHIEF HEALTH STRATEGISTS

We are extremely proud to release our first regional community health assessment. This was a collaborative process led by the Lincoln Trail District, Breckinridge, and Grayson County Health Departments to assess the health threats, risks, resources, and opportunities for improvement for the entire Lincoln Trail Area Development District (LTADD) which encompasses and eight county area. We recognize that disease knows no county line boundaries and that community members often rely on resources that serve the entire Development District. By working together, we believe that we not only have a greater impact on the health and safety of those in the LTADD, but we can more efficiently utilize resources available across the service area. The information obtained by conducting this community health assessment will help guide our efforts to continue to strive for greater health and safety for all those that reside in our community.

Sincerely,

Sara Jo Best, RS, MPH
Public Health Director
Lincoln Trail District Health Department

Gigi Meredith, RN, BSN
Public Health Director
Grayson County Health Department

Scott Shrewsberry, RS
Public Health Director
Breckinridge County Health Department
The Lincoln Trail District is made up of 8 counties nestled in the middle of the state. The counties include: Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, and Washington. The population is 271,397, with the greatest population being in Hardin County, and the least in Washington County. Geographically the largest county by land mass is Hardin, and the smallest is LaRue. Lincoln Trail is comprised of both urban and rural areas.
# Lincoln Trail Regional Demographics

<table>
<thead>
<tr>
<th></th>
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<th></th>
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<th></th>
<th></th>
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<tbody>
<tr>
<td></td>
<td>20,018</td>
<td>26,221</td>
<td>106,439</td>
<td>14,241</td>
<td>19,365</td>
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<td>4,436,974</td>
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<table>
<thead>
<tr>
<th>Population under 18 yrs. old</th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>23.1%</td>
<td>23.9%</td>
<td>24.7%</td>
<td>22.4%</td>
<td>24.6%</td>
<td>23.7%</td>
<td>24.8%</td>
<td>22.9%</td>
<td>22.5%</td>
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<table>
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<th>Population 65 and over</th>
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<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>18.0%</td>
<td>16.7%</td>
<td>13.1%</td>
<td>17.4%</td>
<td>15.8%</td>
<td>13.2%</td>
<td>14.0%</td>
<td>17.4%</td>
<td>15.2%</td>
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<table>
<thead>
<tr>
<th>Median Household Income</th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$43,479</td>
<td>$35,030</td>
<td>$50,765</td>
<td>$38,578</td>
<td>$38,826</td>
<td>$49,884</td>
<td>$49,298</td>
<td>$40,976</td>
<td>$43,740</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% of Population 25+ with HS Diploma</th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>78.2%</td>
<td>77.1%</td>
<td>89.1%</td>
<td>82.9%</td>
<td>81.6%</td>
<td>86.5%</td>
<td>87.2%</td>
<td>80.2%</td>
<td>84.2%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>People Below Poverty Level</th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19.0%</td>
<td>22.9%</td>
<td>15.0%</td>
<td>18.1%</td>
<td>20.5%</td>
<td>13.5%</td>
<td>12.5%</td>
<td>17.1%</td>
<td>18.5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Children Living in Poverty</th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>27.5%</td>
<td>30.5%</td>
<td>21.8%</td>
<td>27.8%</td>
<td>27.6%</td>
<td>20.9%</td>
<td>19%</td>
<td>20.8%</td>
<td>25.9%</td>
</tr>
</tbody>
</table>

Methodology:

The Lincoln Trail Regional Health Departments utilized a community health assessment process based on Mobilizing for Action through Planning and Partnerships (MAPP). MAPP is a community-driven strategic planning process which helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. MAPP is not an agency-focused assessment process; rather, it is an interactive process that can improve the efficiency, effectiveness, and ultimately the performance of local public health systems. The assessments used in the MAPP process include Community Health Status Assessment, Community Themes and Strengths Assessment, Forces of Change Assessment, and the Local Public Health System Assessment.
The Lincoln Trail Regional Health Departments augmented the MAPP process with a Three Perspective approach to gathering information. Data gathered in conjunction with the Community Health Status Assessment provided a Data Perspective on the health of each community. Information gathered during Community Forums, primarily attended by representatives of community partner organizations, provided the Organizational Perspective. In an effort to add the perspective of individual citizens of each county, both paper and electronic surveys were distributed with particular emphasis on disparate populations attending clinics throughout the region and through a multitude of community venues. These settings included school systems, local department and grocery stores, colleges and universities, health care providers, and health care systems throughout the district. Information from these surveys provided the Individual Perspective. In addition, the Local Public Health System Assessment was completed in each county utilizing the asset mapping approach. See results in Appendix B.
Organizing – Lincoln Trail Regional Community Partners

The Lincoln Trail Regional Health Departments have always been very community oriented and continuously build partnerships throughout. Some partnerships happen through specific programs and projects, some through coalition building, and some through involvement with crisis, improvements, and being a part of the same community.
Visioning Process: What would a healthy Lincoln Trail Region look like?

Breckinridge County

In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?

- ACCESS TO HEALTHCARE SERVICES
- GOOD JOBS & HEALTHY ECONOMY
- DRUG FREE COMMUNITY

Grayson County

In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?

- ACCESS TO HEALTHCARE SERVICES
- GOOD JOBS & HEALTHY ECONOMY
- DRUG FREE COMMUNITY
Visioning Process: What would a healthy Lincoln Trail Region look like?

Hardin County

<table>
<thead>
<tr>
<th>Factor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Infant Death</td>
<td>2.09%</td>
</tr>
<tr>
<td>Low Adult Death/Disease Rates</td>
<td>2.61%</td>
</tr>
<tr>
<td>A Good Place to Grow Old &amp; Retire</td>
<td>3.39%</td>
</tr>
<tr>
<td>Excellent Race Relations</td>
<td>3.92%</td>
</tr>
<tr>
<td>Access to Biking/Walking Paths</td>
<td>6.01%</td>
</tr>
<tr>
<td>Smoke-Free Community</td>
<td>6.79%</td>
</tr>
<tr>
<td>Strong Sense of Community</td>
<td>8.62%</td>
</tr>
<tr>
<td>Low Level of Child Abuse</td>
<td>11.49%</td>
</tr>
<tr>
<td>Strong Religious/Spiritual Values</td>
<td>15.93%</td>
</tr>
<tr>
<td>Low Crime Rate</td>
<td>18.54%</td>
</tr>
<tr>
<td>Good School System</td>
<td>20.37%</td>
</tr>
<tr>
<td>Healthy Lifestyle Behaviors</td>
<td>23.24%</td>
</tr>
<tr>
<td>Clean/Safe Environment</td>
<td>26.89%</td>
</tr>
<tr>
<td>Strong Family Life</td>
<td>33.94%</td>
</tr>
<tr>
<td>Drug Free Community</td>
<td>40.47%</td>
</tr>
<tr>
<td>Good Jobs &amp; Healthy Economy</td>
<td>40.99%</td>
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</table>

LaRue County

<table>
<thead>
<tr>
<th>Factor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Infant Death</td>
<td>0.73%</td>
</tr>
<tr>
<td>Low Adult Death/Disease Rates</td>
<td>2.19%</td>
</tr>
<tr>
<td>A Good Place to Grow Old &amp; Retire</td>
<td>5.11%</td>
</tr>
<tr>
<td>Excellent Race Relations</td>
<td>2.92%</td>
</tr>
<tr>
<td>Access to Biking/Walking Paths</td>
<td>4.38%</td>
</tr>
<tr>
<td>Smoke-Free Community</td>
<td>5.11%</td>
</tr>
<tr>
<td>Strong Sense of Community</td>
<td>8.76%</td>
</tr>
<tr>
<td>Low Level of Child Abuse</td>
<td>21.17%</td>
</tr>
<tr>
<td>Strong Religious/Spiritual Values</td>
<td>32.12%</td>
</tr>
<tr>
<td>Low Crime Rate</td>
<td>16.79%</td>
</tr>
<tr>
<td>Good School System</td>
<td>25.55%</td>
</tr>
<tr>
<td>Healthy Lifestyle Behaviors</td>
<td>13.87%</td>
</tr>
<tr>
<td>Clean/Safe Environment</td>
<td>17.52%</td>
</tr>
<tr>
<td>Strong Family Life</td>
<td>32.85%</td>
</tr>
<tr>
<td>Drug Free Community</td>
<td>37.96%</td>
</tr>
<tr>
<td>Good Jobs &amp; Healthy Economy</td>
<td>38.69%</td>
</tr>
<tr>
<td>Access to Healthcare Services</td>
<td>31.39%</td>
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</table>

In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?
Visioning Process: What would a healthy Lincoln Trail Region look like?

Marion County

<table>
<thead>
<tr>
<th>Factor</th>
<th>Marion County Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Infant Death</td>
<td>1.50%</td>
</tr>
<tr>
<td>Low Adult Death/Disease Rates</td>
<td>2.99%</td>
</tr>
<tr>
<td>A Good Place to Grow OLD &amp; RETIRE</td>
<td>5.39%</td>
</tr>
<tr>
<td>Excellent Race Relations</td>
<td>3.29%</td>
</tr>
<tr>
<td>Access to Biking/Walking Paths</td>
<td>5.09%</td>
</tr>
<tr>
<td>Smoke-Free Community</td>
<td>9.88%</td>
</tr>
<tr>
<td>Strong Sense of Community</td>
<td>12.57%</td>
</tr>
<tr>
<td>Low Level of Child Abuse</td>
<td>5.99%</td>
</tr>
<tr>
<td>Strong Religious/Spiritual Values</td>
<td>22.46%</td>
</tr>
<tr>
<td>Low Crime Rate</td>
<td>15.87%</td>
</tr>
<tr>
<td>Good School System</td>
<td>24.55%</td>
</tr>
<tr>
<td>Healthy Lifestyle Behaviors</td>
<td>24.55%</td>
</tr>
<tr>
<td>Clean/Safe Environment</td>
<td>22.16%</td>
</tr>
<tr>
<td>Strong Family Life</td>
<td>23.95%</td>
</tr>
<tr>
<td>Drug Free Community</td>
<td>25.45%</td>
</tr>
<tr>
<td>Good Jobs &amp; Healthy Economy</td>
<td>40.42%</td>
</tr>
<tr>
<td>Access to Healthcare Services</td>
<td>24.55%</td>
</tr>
</tbody>
</table>

Meade County

<table>
<thead>
<tr>
<th>Factor</th>
<th>Meade County Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Infant Death</td>
<td>2.19%</td>
</tr>
<tr>
<td>Low Adult Death/Disease Rates</td>
<td>1.32%</td>
</tr>
<tr>
<td>A Good Place to Grow OLD &amp; RETIRE</td>
<td>6.14%</td>
</tr>
<tr>
<td>Excellent Race Relations</td>
<td>3.07%</td>
</tr>
<tr>
<td>Access to Biking/Walking Paths</td>
<td>7.46%</td>
</tr>
<tr>
<td>Smoke-Free Community</td>
<td>6.14%</td>
</tr>
<tr>
<td>Strong Sense of Community</td>
<td>12.28%</td>
</tr>
<tr>
<td>Low Level of Child Abuse</td>
<td>10.96%</td>
</tr>
<tr>
<td>Strong Religious/Spiritual Values</td>
<td>15.35%</td>
</tr>
<tr>
<td>Low Crime Rate</td>
<td>14.74%</td>
</tr>
<tr>
<td>Good School System</td>
<td>36.84%</td>
</tr>
<tr>
<td>Healthy Lifestyle Behaviors</td>
<td>22.37%</td>
</tr>
<tr>
<td>Clean/Safe Environment</td>
<td>24.56%</td>
</tr>
<tr>
<td>Strong Family Life</td>
<td>30.70%</td>
</tr>
<tr>
<td>Drug Free Community</td>
<td>35.96%</td>
</tr>
<tr>
<td>Good Jobs &amp; Healthy Economy</td>
<td>44.30%</td>
</tr>
<tr>
<td>Access to Healthcare Services</td>
<td>26.32%</td>
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In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?
Visioning Process: What would a healthy Lincoln Trail Region look like?

Nelson County

In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?

- Low Infant Death
- Low Adult Death/Disease Rates
- A Good Place to Grow Old & Retire
- Excellent Race Relations
- Access to Biking/Walking Paths
- Smoke-Free Community
- Strong Sense of Community
- Low Level of Child Abuse
- Strong Religious/Spiritual Values
- Low Crime Rate
- Good School System
- Healthy Lifestyle Behaviors
- Clean/Safe Environment
- Strong Family Life
- Drug Free Community
- Good Jobs & Healthy Economy
- Access to Healthcare Services

Washington County

In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?
Community Health Status Assessment

Social Factors

According to the Centers for Disease Control and Prevention, conditions in the places where people live, learn, work, and play affect a wide range of health risks and health outcomes known as social determinants of health.

<table>
<thead>
<tr>
<th>Social Determinants of Health</th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>% of High school graduates persons age 25+</td>
<td>78.2%</td>
<td>77.1%</td>
<td>82.9%</td>
<td>82.9%</td>
<td>81.6%</td>
<td>66.3%</td>
<td>87.2%</td>
<td>50.2%</td>
<td>84.2%</td>
</tr>
<tr>
<td>% of persons below poverty level</td>
<td>19.0%</td>
<td>22.9%</td>
<td>16.0%</td>
<td>18.1%</td>
<td>20.5%</td>
<td>18.5%</td>
<td>12.5%</td>
<td>17.1%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Unemployment Rate</td>
<td>7.1%</td>
<td>3.5%</td>
<td>6.2%</td>
<td>6.5%</td>
<td>6.5%</td>
<td>7.0%</td>
<td>6.1%</td>
<td>5.5%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Self-Rated Health Status (% of Adults who report fair or poor health)</td>
<td>20%</td>
<td>23%</td>
<td>20%</td>
<td>22%</td>
<td>22%</td>
<td>20%</td>
<td>20%</td>
<td>21%</td>
<td>24%</td>
</tr>
<tr>
<td>Children living in poverty</td>
<td>27.3%</td>
<td>30.5%</td>
<td>21.6%</td>
<td>17.0%</td>
<td>27.6%</td>
<td>20.9%</td>
<td>19%</td>
<td>20.3%</td>
<td>25.9%</td>
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# Maternal Child Health

<table>
<thead>
<tr>
<th></th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teen Birth Rate per 1000</td>
<td>31</td>
<td>46.1</td>
<td>38</td>
<td>35.3</td>
<td>39.4</td>
<td>26.9</td>
<td>35.6</td>
<td>34.9</td>
<td>37.9</td>
</tr>
<tr>
<td>Neonatal Abstinence Syndrome</td>
<td>0-4</td>
<td>0-4</td>
<td>5-14</td>
<td>0-4</td>
<td>5-14</td>
<td>5-14</td>
<td>5-14</td>
<td>0-4</td>
<td>1234</td>
</tr>
<tr>
<td>Adequate Prenatal Care</td>
<td>58%</td>
<td>69%</td>
<td>61%</td>
<td>66%</td>
<td>74%</td>
<td>65%</td>
<td>75%</td>
<td>74%</td>
<td>67%</td>
</tr>
<tr>
<td>Late/No Prenatal Care</td>
<td>9.1%</td>
<td>4.3%</td>
<td>6.5%</td>
<td>4.4%</td>
<td>2.8%</td>
<td>4.2%</td>
<td>3.8%</td>
<td>5%</td>
<td>5.2%</td>
</tr>
<tr>
<td>Infant Mortality (per 1,000 live births)</td>
<td>13</td>
<td>5</td>
<td>6</td>
<td>11</td>
<td>4</td>
<td>7</td>
<td>5</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Low birth weight</td>
<td>8.7%</td>
<td>8.2%</td>
<td>6.9%</td>
<td>6.3%</td>
<td>8.6%</td>
<td>6.8%</td>
<td>9.3%</td>
<td>9.3%</td>
<td>8.7%</td>
</tr>
<tr>
<td># of Calls meeting criteria for child abuse</td>
<td>223</td>
<td>314</td>
<td>1467</td>
<td>202</td>
<td>220</td>
<td>218</td>
<td>529</td>
<td>123</td>
<td>54,177</td>
</tr>
</tbody>
</table>

Behavioral Factors

According to the Psychology Dictionary, behavioral risk factors is defined as any particular behavior or behavior pattern which strongly yet adversely affects health. It increases the chances of developing disease, disability, or syndrome.

<table>
<thead>
<tr>
<th></th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult smoking</td>
<td>29%</td>
<td>34%</td>
<td>30%</td>
<td>30%</td>
<td>33%</td>
<td>35%</td>
<td>26%</td>
<td>18%</td>
<td>27%</td>
</tr>
<tr>
<td>Prevalence of Youth Smoking</td>
<td>26%</td>
<td>36%</td>
<td>22%</td>
<td>24%</td>
<td>24%</td>
<td>23%</td>
<td>19%</td>
<td>18%</td>
<td>25%</td>
</tr>
<tr>
<td>Adult Prevalence of Obesity</td>
<td>33%</td>
<td>34%</td>
<td>33%</td>
<td>31%</td>
<td>27%</td>
<td>38%</td>
<td>34%</td>
<td>25%</td>
<td>33%</td>
</tr>
<tr>
<td>Excessive Drinking/Binge (among Adults)</td>
<td>11%</td>
<td>16%</td>
<td>10%</td>
<td>9%</td>
<td>23%</td>
<td>14%</td>
<td>8%</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Lack of physical activity (% of adults reporting no PA in past month)</td>
<td>35%</td>
<td>41%</td>
<td>31%</td>
<td>29%</td>
<td>24%</td>
<td>27%</td>
<td>29%</td>
<td>31%</td>
<td>30%</td>
</tr>
<tr>
<td>Drug arrests (per 100,000 population)</td>
<td>382</td>
<td>1,042</td>
<td>1,660</td>
<td>1,989</td>
<td>2,014</td>
<td>1,664</td>
<td>2,383</td>
<td>485</td>
<td>1,322</td>
</tr>
<tr>
<td>Tooth loss (percent of adults missing 6 or more teeth)</td>
<td>25%</td>
<td>32%</td>
<td>15%</td>
<td>36%</td>
<td>32%</td>
<td>19%</td>
<td>24%</td>
<td>27%</td>
<td>24%</td>
</tr>
</tbody>
</table>

### Lincoln Trail Regional Community Health Status

#### Diabetes

<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>% of population with diabetes</td>
<td>12%</td>
<td>15%</td>
<td>13%</td>
<td>8%</td>
<td>9%</td>
<td>13%</td>
<td>13%</td>
<td>14%</td>
<td>12%</td>
<td>9.3%</td>
</tr>
</tbody>
</table>


#### Access to Care

<table>
<thead>
<tr>
<th></th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Population (2015)</td>
<td>20,018</td>
<td>26,221</td>
<td>106,439</td>
<td>14,241</td>
<td>19,365</td>
<td>27,924</td>
<td>45,126</td>
<td>12,063</td>
<td>4,436,974</td>
<td>-</td>
</tr>
<tr>
<td>Primary Care Physicians (Ratio)</td>
<td>3.340:1</td>
<td>1.440:1</td>
<td>1.550:1</td>
<td>14,060:1</td>
<td>2,230:1</td>
<td>4,870:1</td>
<td>2,020:1</td>
<td>2,970:1</td>
<td>1,500:1</td>
<td>-</td>
</tr>
<tr>
<td>Immunization Coverage (Ages 19 – 35 months)</td>
<td>75%</td>
<td>77%</td>
<td>75%</td>
<td>76%</td>
<td>80%</td>
<td>76%</td>
<td>77%</td>
<td>76%</td>
<td>80%</td>
<td>81%</td>
</tr>
<tr>
<td>% of uninsured Adults (under 65 years)</td>
<td>12%</td>
<td>11%</td>
<td>8%</td>
<td>11%</td>
<td>10%</td>
<td>9%</td>
<td>9%</td>
<td>11%</td>
<td>10%</td>
<td>-</td>
</tr>
<tr>
<td>% of uninsured Children under 19 years</td>
<td>6%</td>
<td>6%</td>
<td>4%</td>
<td>6%</td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
<td>6%</td>
<td>5%</td>
<td>-</td>
</tr>
<tr>
<td>Poor Mental Health days (average/month)</td>
<td>4.1</td>
<td>4.4</td>
<td>4.0</td>
<td>4.2</td>
<td>4.1</td>
<td>4.0</td>
<td>4.1</td>
<td>4.0</td>
<td>4.6</td>
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</tbody>
</table>

## Lincoln Trail District Community Health Status

<table>
<thead>
<tr>
<th></th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>Larue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
<th>Kentucky</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Population (2015)</td>
<td>20,018</td>
<td>26,221</td>
<td>106,489</td>
<td>14,241</td>
<td>19,365</td>
<td>27,924</td>
<td>45,126</td>
<td>12,068</td>
<td>4,456,974</td>
<td>-</td>
</tr>
<tr>
<td>Cancer Death Rate (per 100,000)</td>
<td>199</td>
<td>223</td>
<td>200</td>
<td>193</td>
<td>192</td>
<td>216</td>
<td>166</td>
<td>181</td>
<td>201</td>
<td>-</td>
</tr>
<tr>
<td>Lung Cancer Death Rate (per 100,000)</td>
<td>80</td>
<td>87</td>
<td>59</td>
<td>61</td>
<td>68</td>
<td>82</td>
<td>64</td>
<td>62</td>
<td>70</td>
<td>-</td>
</tr>
<tr>
<td>Colorectal Cancer Death Rate (per 100,000)</td>
<td>20</td>
<td>26</td>
<td>18</td>
<td>19</td>
<td>22</td>
<td>16</td>
<td>19</td>
<td>22</td>
<td>18</td>
<td>-</td>
</tr>
<tr>
<td>Breast Cancer Death Rate (per 100,000)</td>
<td>-</td>
<td>26</td>
<td>23</td>
<td>-</td>
<td>-</td>
<td>30</td>
<td>20</td>
<td>-</td>
<td>22</td>
<td>-</td>
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<tr>
<td>Prostate Cancer Death Rate (per 100,000)</td>
<td>-</td>
<td>-</td>
<td>15</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>20</td>
<td>-</td>
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</tr>
</tbody>
</table>


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### Respiratory Illness

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<td>27,924</td>
<td>45,126</td>
<td>12,068</td>
<td>4,456,974</td>
<td>-</td>
</tr>
<tr>
<td>Percent of Adults with Asthma</td>
<td>20%</td>
<td>17%</td>
<td>18%</td>
<td>19%</td>
<td>19%</td>
<td>15%</td>
<td>9%</td>
<td>12%</td>
<td>15%</td>
<td>-</td>
</tr>
</tbody>
</table>

## Top Needs as Identified by the Public Health Forum in Each County

<table>
<thead>
<tr>
<th></th>
<th>Breckinridge</th>
<th>Grayson</th>
<th>Hardin</th>
<th>LaRue</th>
<th>Marion</th>
<th>Meade</th>
<th>Nelson</th>
<th>Washington</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance Abuse</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Obesity</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>4</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Access to Care</td>
<td>3</td>
<td>3</td>
<td>4</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Violence</td>
<td></td>
<td></td>
<td>5</td>
<td>4</td>
<td>2</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health</td>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td>3</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unemployment/Economy</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Poverty</td>
<td>3</td>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
A SWOT analysis (strengths, weaknesses, opportunities, threats) guides you to identify the positives and negatives inside and outside our communities. Developing an inclusive understanding of the situation can help with both strategic planning and decision-making. The photo below shows the breakout session focused on quality of life issues and community assets.
The Forces of Change assessment is one of four assessments conducted in the MAPP Process. The purpose of this assessment is to identify the trends, factors, and events that are likely to influence community health and quality of life, or impact the work of the local public health system in the Lincoln Trail Region. The Forces of Change brainstorming session focused on the following questions:

• What has occurred recently that may affect our local public health system or the health of our community?
• Are there trends occurring that will have an impact? Describe.
• What forces are occurring locally? Regionally? Nationally? Globally?
• What may occur in the foreseeable future that may affect our public health system or the health of our community?
Positive Changes

• Self, community awareness issues
• Increased number of high school graduates
• Increased number of health related groups
• Technology and information for health is advancing
• Gaps for providers being filled by NP and PA
• Harm Reduction Syringe Exchange Program
• Medical Science continuing to positively impact chronic disease
• Knowledge that social determinants of health impact health outcomes
• Companies providing more integrated care—employers taking proactive role
• Convicted felons can now access work
• Increased locations/programs for healthy behaviors and physical activity
• Accountability/responsibility for personal health choices
• Lack of regulations – restaurants/tattoo parlors
• Faith-based—transportation help offering other services
• Liability of healthcare providers
• Policies/trends for healthy foods/Farmers markets/Tobacco Free Housing & businesses/Prescription drug use
• Increase in focus on human trafficking
• Federally Qualified Health Center(FQHC)/Urgent Care
• Good leadership
• Community coalitions
• Self, community awareness – issues here
• Increased number of high school graduates
• Increased number of health related groups
• Insurances rewarding healthy behavior
Forces of Change

Negative Changes

- Repeal of ACA – millions have been helped
- Some local smoking bans failed
- Decreased federal budget
- Number/lack of providers
- Mental Health Care affordability
- No soft skills in younger generations
- Family Structure unstable
- Increase in child abuse
- Lack of knowledge of resources for funding
- Job wages do not cover all cost of living expenses
- Misuse of technical information
- Lack of transportation

- Focus on human-trafficking
- Jobs leaving communities
- Close minded leadership
- KY Grandparent Bill for assistance in raising grandchildren did not pass
- Lack of locations (rural city/town) for healthy choices
- High cost of healthy foods
- Lack of legislation that affect health and food
- Enabling children (no jobs, sports giving awards to everyone)
- Technology can lead to isolation and lack of relationship
As part of the community needs assessment process, Lincoln Trail District Health Department conducted a Local Public Health Needs Assessment using an asset mapping approach. Public Health System Asset Mapping refers to a community-based approach of assessing the resources and programs of the public health system within a specific community as they relate to the 10 Essential Public Health Services. Once gathered, this asset map of public health system programs and services is distributed to community partners for use in referring citizens in the community to appropriate services. In addition, the Public Health System Asset Map is utilized during the community health improvement planning process to provide a list of assets that can be used toward strategic initiatives or gaps in the system that must be filled before strategic initiatives can be addressed. See Appendix B for the regional Local Public Health System Assessment using this approach.
Community Health Status Assessment  
Breckinridge County  
Grayson County  
Hardin County  
LaRue County  
Marion County  
Meade County  
Nelson County  
Washington County  

Local Public Health System Assessment  

Regional Forum Photos  

Appendix A  
Appendix B  
Appendix C
Community Health Status Assessment by County

Community Themes & Strengths Assessment

Organize for Success

Partnership Development

Visioning

Four MAPP Assessments

Identify Strategic Issues

Formulate Goals and Strategies

Evaluate

Plan

Implement

Local Public Health System Assessment

Community Health Status Assessment

Forces of Change Assessment
In the most recent data available, the median household income in Breckinridge County is $40,039
## Social and Behavioral Factors

<table>
<thead>
<tr>
<th>Measure</th>
<th>Breckinridge County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults that report that they are sedentary – no physical activity</td>
<td>38%</td>
<td>29%</td>
<td>22.6% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Obesity (adults)</td>
<td>37%</td>
<td>32%</td>
<td>37.9% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Overweight (adults)</td>
<td>75%</td>
<td>67%</td>
<td>70.7% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Smoking (adults)</td>
<td>29%</td>
<td>27%</td>
<td>16.8% (2014)</td>
</tr>
<tr>
<td>Prevalence of Youth Smoking (% of high school students)</td>
<td>26%</td>
<td>25%</td>
<td>25.3% (2014)</td>
</tr>
<tr>
<td>Tooth Loss (adults missing six or more teeth)</td>
<td>25%</td>
<td>24%</td>
<td>N/A</td>
</tr>
<tr>
<td>Binge Drinking (adults)</td>
<td>8%</td>
<td>14%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Drug Arrests (per 100,000 population)</td>
<td>382 (2014)</td>
<td>1,322 (2014)</td>
<td>489.0 (2014)</td>
</tr>
</tbody>
</table>

## Maternal and Child Health

<table>
<thead>
<tr>
<th>Measure</th>
<th>Breckinridge County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequate Prenatal Care (percentage of pregnant women who received prenatal care)</td>
<td>58%</td>
<td>67%</td>
<td>69.4% (2009)</td>
</tr>
<tr>
<td>Infant Mortality (per 1,000 live births)</td>
<td>13</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Low Birth Weight (percentage of babies born with a weight of &lt;5 pounds, 8 ounces)</td>
<td>9%</td>
<td>9%</td>
<td>8</td>
</tr>
<tr>
<td>Teen Births (rate per 1,000 women ages 15-19)</td>
<td>35</td>
<td>41</td>
<td>26.5</td>
</tr>
<tr>
<td>Immunization Coverage (percentage of children ages 19-35 months who received the suggested early childhood immunizations)</td>
<td>75%</td>
<td>80%</td>
<td>81%</td>
</tr>
<tr>
<td>Uninsured Child Population (percent of children under age 19)</td>
<td>6%</td>
<td>5%</td>
<td>6.2%</td>
</tr>
</tbody>
</table>

## State Funded Program Enrollment/Performance

<table>
<thead>
<tr>
<th>Measure</th>
<th>Breckinridge County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free and Reduces Lunch Program</td>
<td>41</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicaid and KCHIP Enrollment</td>
<td>59</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicaid Enrollment (percent of population)</td>
<td>25%</td>
<td>22%</td>
<td>18%</td>
</tr>
</tbody>
</table>

*Counties were ranked (from 1 to 120) according to the percentage of public school students enrolled in free and reduced lunch program. This data is considered a proxy for the number of low-income and potentially KCHIP – eligible children in a county. Counties were subsequently ranked from 1 to 120 according to the percentage of children enrolled in KCHIP or Medicaid.*
### Hospitals/Access to Care

<table>
<thead>
<tr>
<th>Measure</th>
<th>Breckinridge County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitals (inpatient, Mental Health, Rehabilitation)</td>
<td>1</td>
</tr>
<tr>
<td>Urgent Care Centers</td>
<td>0</td>
</tr>
<tr>
<td>Forego Care Due to Cost (percent adults)</td>
<td>10%</td>
</tr>
</tbody>
</table>
Lincoln Trail Regional Survey Results
Breckinridge County

In the following list, what do you believe are the 3 most important health problems in our community (problems that have the greatest impact on overall community health)?

- Drug Abuse 54.67%
- Obesity 29.33%
- Cancer 22.67%

In the following list, what do you believe are the 3 most important risky behaviors in our community (behaviors that have the greatest impact on overall community health)? Check only 3.

- Drug Abuse 65.33%
- Alcohol Abuse 42.67%
- Being Overweight 35.56%
In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?

WHERE DO YOU GET YOUR HEALTH INFORMATION?

- Doctor: 35%
- Internet: 23%
- Family/Friends: 18%
- Local Health Department: 10%
- Hospital: 4%
- Television: 4%

When you need health care, where do you go most often?

- Primary Care Physician: 86.67%
- Urgent Care: 7.11%
- Health Department Clinic: 3.11%
- Drug Store/Grocery Clinic: 0.44%
- Emergency Department or Hospital: 2.67%
How often do you understand your healthcare provider's instructions?

- Always: 60.00%
- Very Often: 27.11%
- Often: 8.00%
- Somewhat Often: 4.89%
- Rarely: 0.00%
- Never: 0%

What barriers affect your understanding of healthcare instruction?

- Medical Terms: 45%
- Time Spent w/ Healthcare Provider: 43%
- Language: 7%
- Education Level: 5%

What is your sex?

- Female: 82.22%
- Male: 17.78%
- Other/Transgender: 0.00%
Breckinridge County

**What is your age?**

- 25 or Less: 13.33%
- 26 - 39: 32.00%
- 40 - 54: 36.44%
- 55 - 64: 13.78%
- 56 - 65: 0.00%
- 65 or Older: 4.44%

**What is your education level?**

- High School Diploma/GED: 52%
- College Degree or Higher: 44%
- Less Than High School: 4%

**What is your race?**

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White/Caucasian</td>
<td>96.44%</td>
</tr>
<tr>
<td>African American</td>
<td>0.89%</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>0.89%</td>
</tr>
<tr>
<td>American Indian</td>
<td>0.44%</td>
</tr>
<tr>
<td>Multiple Ethnicity</td>
<td>1.33%</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>0.00%</td>
</tr>
<tr>
<td>Other</td>
<td>0.00%</td>
</tr>
</tbody>
</table>
Data Sources:


Kentucky Health Facts. Retrieved from [http://www.kentuckyhealthfacts.org/data/location/show.aspx?cat=1%2c2%2c3%2c5%2c8%2c11&loc=14](http://www.kentuckyhealthfacts.org/data/location/show.aspx?cat=1%2c2%2c3%2c5%2c8%2c11&loc=14)


Grayson County

Social and Economic Factors

Demographics

Grayson County Total Population 26,221
White Persons 97.1%
Black Persons 1.2%
Hispanics or Latino Origin 1.3%
Other 0.4%

Health Care Access

Indicators Ratio
Primary Care Physician 1 per 1,440
Dentist 1 per 2,620
Mental Health Provider 1 per 820

Educational Attainment

MAJOR INDUSTRIES

(Persons Employed, 3rd Quarter, 2014)

In the most recent data available, the median household income in Grayson County is $33,788.
# Grayson County

## Social and Behavioral Factors

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</tr>
</tbody>
</table>

## Maternal and Child Health

<table>
<thead>
<tr>
<th>Measure</th>
<th>Grayson County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequate Prenatal Care (percentage of pregnant women who received prenatal care)</td>
<td>69%</td>
<td>67%</td>
<td>69.4 (2009)</td>
</tr>
<tr>
<td>Infant Mortality (per 1,000 live births)</td>
<td>5</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Low Birth Weight (percentage of babies born with a weight of &lt;5 pounds, 8 ounces)</td>
<td>8%</td>
<td>9%</td>
<td>8</td>
</tr>
<tr>
<td>Teen Births (rate per 1,000 women ages 15-19)</td>
<td>52</td>
<td>41</td>
<td>26.5</td>
</tr>
<tr>
<td>Immunization Coverage (percentage of children ages 19-35 months who received the suggested early childhood immunizations)</td>
<td>77%</td>
<td>80%</td>
<td>81%</td>
</tr>
<tr>
<td>Uninsured Child Population (percent of children under age 19)</td>
<td>6%</td>
<td>5%</td>
<td>6.2%</td>
</tr>
</tbody>
</table>

## State Funded Program Enrollment/Performance

<table>
<thead>
<tr>
<th>Measure</th>
<th>Grayson County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free and Reduces Lunch Program</td>
<td>67</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicaid and KCHIP Enrollment</td>
<td>47</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicaid Enrollment (percent of population)</td>
<td>27%</td>
<td>22%</td>
<td>18%</td>
</tr>
</tbody>
</table>

*Counties were ranked (from 1 to 120) according to the percentage of public school students enrolled in free and reduced lunch program. This data is considered a proxy for the number of low-income and potentially KCHIP – eligible children in a county. Counties were subsequently ranked from 1 to 120 according to the percentage of children enrolled in KCHIP or Medicaid.*
### Grayson County

#### Hospitals/Access to Care

<table>
<thead>
<tr>
<th>Measure</th>
<th>Grayson County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitals (inpatient, Mental Health, Rehabilitation)</td>
<td>2</td>
</tr>
<tr>
<td>Urgent Care Centers</td>
<td>0</td>
</tr>
<tr>
<td>Forego Care Due to Cost (percent adults)</td>
<td>22%</td>
</tr>
</tbody>
</table>
Lincoln Trail Regional Survey Results
Grayson County

In the following list, what do you believe are the 3 most important health problems in our community (problems that have the greatest impact on overall community health)?

- Cancer: 48.76%
- Obesity: 19.83%
- Drug Abuse: 15.70%

In the following list, what do you believe are the 3 most important risky behaviors in our community (behaviors that have the greatest impact on overall community health)?

- Drug Abuse: 74.38%
- Alcohol Abuse: 36.36%
- Being Overweight or Obese: 14.88%
In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?

WHERE DO YOU GET YOUR HEALTH INFORMATION? CHECK YOUR TOP 3 RESOURCES.

- Doctor
- Internet
- Family/Friends
- Local Health Department
- Hospital
- Television

When you need health care, where do you go most often?

- Emergency Department or Hospital: 79.34%
- Urgent Care: 10.74%
- Health Department Clinic: 2.48%
- Drug Store/Grocery Clinic: 3.31%
- Primary Care Physician: 4.13%
How often do you understand your healthcare provider's instructions?

- Always: 47.11%
- Very Often: 27.27%
- Often: 16.53%
- Somewhat Often: 7.44%
- Rarely: 0.83%
- Never: 1%

What barriers affect your understanding of healthcare instruction? Choose all that apply.

- Medical Terms: 42%
- Time Spent with Healthcare Provider: 32%
- Language: 14%
- Education Level: 12%

What is your sex?

- Female: 82.64%
- Male: 15.70%
- Other/Transgender: 1.65%

Grayson County
Grayson County

What is your age?

- 25 or Less: 14.88%
- 26-39: 18.18%
- 40-54: 29.75%
- 55-64: 16.53%
- 56-65: 0.83%
- 65 or Older: 19.83%

What is your education level?

- High School Diploma/GED: 50.41%
- College Degree or Higher: 31.40%
- Less Than High School: 18.18%
- Other: 0.00%

What is your race/ethnicity?

- White/Caucasian: 90.91%
- African American: 5.79%
- Hispanic/Latino: 1.65%
- Multiple Ethnicity: 1.65%
- American Indian: 1.65%
- Asian/Pacific Islander: 0.00%
- Other: 0.00%
Grayson County

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>43.80%</td>
</tr>
<tr>
<td>Single</td>
<td>26.45%</td>
</tr>
<tr>
<td>Divorced</td>
<td>14.88%</td>
</tr>
<tr>
<td>Separated</td>
<td>4.13%</td>
</tr>
<tr>
<td>Widowed</td>
<td>10.74%</td>
</tr>
</tbody>
</table>

Data Sources:


Hardin County

**Social and Economic Factors**

- Uninsured Adults (18-64):
  - 8.00%
- Children in Single-Parent Families Below the Poverty Level:
  - 14.30%
- Families Below the Poverty Level:
  - 35.00%

**Demographics**

- Hardin County Total Population: 106,439
- White Persons: 80.8%
- Black Persons: 12.7%
- Hispanics or Latino Origin: 5.5%
- Other: 1.0%

**Health Care Access**

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Care Physician</td>
<td>1 per 1,550</td>
</tr>
<tr>
<td>Dentist</td>
<td>1 per 1,140</td>
</tr>
<tr>
<td>Mental Health Provider</td>
<td>1 per 330</td>
</tr>
</tbody>
</table>

**Educational Attainment**

- Bachelor's Degree or Higher: 22.20%
- Students not Graduating on Time: 10%
- High School Graduate: 89%

**Educational Attainment (Students not Graduating on Time)**

- Bachelor's Degree or Higher: 22.20%
- Students not Graduating on Time: 10%
- High School Graduate: 89%

**Age**

- Persons Age 65 and Older: 13.10%
- Persons Under 18 Years: 24.70%
- Persons Under 5 Years: 6.90%
- Persons 18 to 64: 62.20%

**MAJOR INDUSTRIES**

- Trade, Transportation, & Utilities: 29%
- Services: 32%
- Public Administration: 17%
- Manufacturing: 21%
- Other: 1%

In the most recent data available, the median household income in Hardin County is $49,602.00
### Social and Behavioral Factors

<table>
<thead>
<tr>
<th>Measure</th>
<th>Hardin County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults that report that they are sedentary – no physical activity</td>
<td>27%</td>
<td>29%</td>
<td>22.6%</td>
</tr>
<tr>
<td>Prevalence of Obesity (adults)</td>
<td>29%</td>
<td>32%</td>
<td>37.9% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Overweight (adults)</td>
<td>66%</td>
<td>67%</td>
<td>70.7% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Smoking (adults)</td>
<td>30%</td>
<td>27%</td>
<td>16.8% (2014)</td>
</tr>
<tr>
<td>Prevalence of Youth Smoking (% of high school students)</td>
<td>22%</td>
<td>25%</td>
<td>25.3%</td>
</tr>
<tr>
<td>Tooth Loss (adults missing six or more teeth)</td>
<td>15%</td>
<td>24%</td>
<td>N/A</td>
</tr>
<tr>
<td>Binge Drinking (adults)</td>
<td>14%</td>
<td>14%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Drug Arrests (per 100,000 population)</td>
<td>1,660 (2014)</td>
<td>1,322 (2014)</td>
<td>489.0 (2014)</td>
</tr>
</tbody>
</table>

### Maternal and Child Health

<table>
<thead>
<tr>
<th>Measure</th>
<th>Hardin County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequate Prenatal Care (percentage of pregnant women who received prenatal care)</td>
<td>61%</td>
<td>67%</td>
<td>69.4 (2009)</td>
</tr>
<tr>
<td>Infant Mortality (per 1,000 live births)</td>
<td>6</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Low Birth Weight (percentage of babies born with a weight of &lt;5 pounds, 8 ounces)</td>
<td>7%</td>
<td>9%</td>
<td>8</td>
</tr>
<tr>
<td>Teen Births (rate per 1,000 women ages 15-19)</td>
<td>42</td>
<td>41</td>
<td>26.5</td>
</tr>
<tr>
<td>Immunization Coverage (percentage of children ages 19-35 months who received the suggested early childhood immunizations)</td>
<td>75%</td>
<td>80%</td>
<td>81%</td>
</tr>
<tr>
<td>Uninsured Child Population (percent of children under age 19)</td>
<td>4%</td>
<td>5%</td>
<td>6.2%</td>
</tr>
</tbody>
</table>

### State Funded Program Enrollment

<table>
<thead>
<tr>
<th>Measure</th>
<th>Hardin County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free and Reduces Lunch Program</td>
<td>113</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicaid and KCHIP Enrollment</td>
<td>110</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicaid Enrollment (percent of population)</td>
<td>17%</td>
<td>22%</td>
<td>18%</td>
</tr>
</tbody>
</table>

*Counties were ranked (from 1 to 120) according to the percentage of public school students enrolled in free and reduced lunch program. This data is considered a proxy for the number of low-income and potentially KCHIP – eligible children in a county. Counties were subsequently ranked from 1 to 120 according to the percentage of children enrolled in KCHIP or Medicaid.
### Hospitals/Access to Care

<table>
<thead>
<tr>
<th>Measure</th>
<th>Hardin County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitals (inpatient, Mental Health, Rehabilitation)</td>
<td>4</td>
</tr>
<tr>
<td>Urgent Care Centers</td>
<td>3</td>
</tr>
<tr>
<td>Forego Care Due to Cost (percent adults)</td>
<td>15%</td>
</tr>
</tbody>
</table>

### Drug Related Deaths (Reported by Coroner)

<table>
<thead>
<tr>
<th>Measure</th>
<th>Hardin County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Deaths</td>
<td>14 (2014)</td>
</tr>
<tr>
<td></td>
<td>10 (2015)</td>
</tr>
<tr>
<td></td>
<td>22 (2016)</td>
</tr>
<tr>
<td></td>
<td>6 pending</td>
</tr>
<tr>
<td>Opioid Related</td>
<td>12 (2014)</td>
</tr>
<tr>
<td></td>
<td>8 (2015)</td>
</tr>
<tr>
<td></td>
<td>11 (2016)</td>
</tr>
<tr>
<td>Heroin/Fentanyl Related</td>
<td>2 Heroin (2014)</td>
</tr>
<tr>
<td></td>
<td>1 Fentanyl (2015)</td>
</tr>
<tr>
<td></td>
<td>4 Heroin, 6 Fentanyl (2016)</td>
</tr>
</tbody>
</table>

---

**Social, environmental and individual factors influence our health as well as the opportunity to make healthy choices.**

- **Health Care**
- **Climate & Environment**
- **Food & Nutrition**
- **Healthy Behaviors & Choices**
- **Education**
- **Income**
- **Neighborhoods**

---
Lincoln Trail Regional Survey Results
Hardin County

In the following list, what do you believe are the 3 most important health problems in our community (problems that have the greatest impact on overall community health)?

- DRUG ABUSE: 42.30%
- OBESITY: 28.20%
- COST OF HEALTHCARE: 27.68%

In the following list, what do you believe are the 3 most important risky behaviors in our community (behaviors that have the greatest impact on overall community health)?

- Drug Abuse: 59.53%
- Alcohol Abuse: 34.46%
- Being Overweight or Obese: 32.11%

(Other behaviors and their respective percentages are shown in the graph.)
In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?

WHERE DO YOU GET YOUR HEALTH INFORMATION?

WHERE DO YOU GET YOUR HEALTH INFORMATION?

When you need health care, where do you go most often?
How often do you understand your healthcare provider's instructions?

- Always: 57.96%
- Very Often: 24.02%
- Often: 12.53%
- Somewhat Often: 3.66%
- Rarely: 1.57%
- Never: 0%

What barriers affect your understanding of healthcare instructions?

- Medical Terms: 41%
- Time Spent w/ Healthcare Provider: 39%
- Language: 15%
- Education Level: 5%

What is your sex?

- Female: 76.24%
- Male: 23.50%
- Other/Transgender: 0.26%
**What is your age?**

- 25 or Less: 23.24%
- 26 - 39: 39.43%
- 40 - 54: 22.45%
- 55 - 64: 10.70%
- 56 - 65: 1.04%
- 65 or Older: 3.13%

**What is your education level?**

- High School Diploma/GED: 54.05%
- College Degree or Higher: 43.86%
- Less Than High School: 2.09%

**What is your race?**

- White/Caucasian: 80.68%
- African American: 10.97%
- Hispanic/Latino: 3.92%
- American Indian: 0.78%
- Asian/Pacific Islander: 0.78%
- Multiple Ethnicity: 2.61%
- Other: 0.26%
Hardin County

<table>
<thead>
<tr>
<th>What is your marital status?</th>
</tr>
</thead>
<tbody>
<tr>
<td>MARRIED</td>
</tr>
<tr>
<td>53.79%</td>
</tr>
<tr>
<td>SINGLE</td>
</tr>
<tr>
<td>33.68%</td>
</tr>
<tr>
<td>DIVORCED</td>
</tr>
<tr>
<td>8.88%</td>
</tr>
<tr>
<td>SEPARATED</td>
</tr>
<tr>
<td>2.61%</td>
</tr>
<tr>
<td>WIDOWED</td>
</tr>
<tr>
<td>1.04%</td>
</tr>
</tbody>
</table>

Data Sources:


LaRue County

Social and Economic Factors

Demographics

- LaRue County Total Population: 14,241
- White Persons: 94.7%
- Black Persons: 3.2%
- Hispanics or Latino Origin: 3.1%
- Other: 0%

Health Care Access

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Care Physician</td>
<td>1 per 14,060</td>
</tr>
<tr>
<td>Dentist</td>
<td>1 per 4,730</td>
</tr>
<tr>
<td>Mental Health Provider</td>
<td>1 per 7,090</td>
</tr>
</tbody>
</table>

Educational Attainment

- Bachelor's Degree or Higher: 81%
- Students not Graduating on Time: 2%

MAJOR INDUSTRIES

- Trade, Transportation, & Utilities: 27%
- Services: 32%
- Public Administration: 9%
- Manufacturing: 27%
- Other: 5%

In the most recent data available, the median household income in Larue County is $39,364
### Social and Behavioral Factors

<table>
<thead>
<tr>
<th>Measure</th>
<th>Larue County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults that report that they are sedentary – no physical activity</td>
<td>32%</td>
<td>29%</td>
<td>22.6%</td>
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<td>32%</td>
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</tr>
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</tr>
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<td>30%</td>
<td>27%</td>
<td>16.8% (2013/14)</td>
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<td>Prevalence of Youth Smoking (% of high school students)</td>
<td>24%</td>
<td>25%</td>
<td>25.3%</td>
</tr>
<tr>
<td>Tooth Loss (adults missing six or more teeth)</td>
<td>36%</td>
<td>24%</td>
<td>N/A</td>
</tr>
<tr>
<td>Binge Drinking (adults)</td>
<td>8%</td>
<td>14%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Drug Arrests (per 100,000 population)</td>
<td>1,989 (2014)</td>
<td>1,322 (2014)</td>
<td>489.0 (2014)</td>
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</tbody>
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### Maternal and Child Health

<table>
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<tr>
<th>Measure</th>
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</tr>
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<tbody>
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<td>Adequate Prenatal Care (percentage of pregnant women who received prenatal care)</td>
<td>66%</td>
<td>67%</td>
<td>69.4 (2009)</td>
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<tr>
<td>Infant Mortality (per 1,000 live births)</td>
<td>11</td>
<td>7</td>
<td>6</td>
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<tr>
<td>Low Birth Weight (percentage of babies born with a weight of &lt;5 pounds, 8 ounces)</td>
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<td>9%</td>
<td>8</td>
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<tr>
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<td>41</td>
<td>26.5</td>
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<td>76%</td>
<td>80%</td>
<td>81%</td>
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<td>Uninsured Child Population (percent of children under age 19)</td>
<td>6%</td>
<td>5%</td>
<td>6.2%</td>
</tr>
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### State Funded Program Enrollment/Performance

<table>
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<tr>
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<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free and Reduces Lunch Program</td>
<td>79</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Medicaid and KCHIP Enrollment</td>
<td>63</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Medicaid Enrollment (percent of population)</td>
<td>23%</td>
<td>22%</td>
<td>18%</td>
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LaRue County

<table>
<thead>
<tr>
<th>Measure</th>
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</tr>
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<tbody>
<tr>
<td>Hospitals (inpatient, Mental Health, Rehabilitation)</td>
<td>0</td>
</tr>
<tr>
<td>Urgent Care Centers</td>
<td>0</td>
</tr>
<tr>
<td>Forego Care Due to Cost (percent adults)</td>
<td>26%</td>
</tr>
</tbody>
</table>

Social, environmental and individual factors influence our health as well as the opportunity to make healthy choices.
Lincoln Trail Regional Survey Results
LaRue County

In the following list, what do you believe are the 3 most important health problems in our community (problems that have the greatest impact on overall community health)?

In the following list, what do you believe are the 3 most important risky behaviors in our community (behaviors that have the greatest impact on overall community health)?
In the following list, what do you believe are the 3 most important factors for a healthy community? (Factors which improve the quality of life in a community)?

WHERE DO YOU GET YOUR HEALTH INFORMATION?

- Doctor: 46%
- Internet: 16%
- Family/Friends: 10%
- Local Health Department: 15%
- Hospital: 9%
- Television: 4%

EMERGENCY DEPARTMENT OR HOSPITAL: 73.72%
URGENT CARE: 12.41%
HEALTH DEPARTMENT CLINIC: 3.65%
DRUG STORE/GROCERY CLINIC: 3.65%
PRIMARY CARE PHYSICIAN: 6.57%

When you need health care, where do you go most often?
How often do you understand your healthcare provider's instructions?

- **ALWAYS**: 54.74%
- **VERY OFTEN**: 23.36%
- **OFTEN**: 12.41%
- **SOMewhat OFTEN**: 5.84%
- **RARELY**: 2.19%
- **NEVER**: 1%

What barriers affect your understanding of healthcare instruction? Choose all that apply.

- Medical Terms: 44%
- Time Spent w/ Healthcare Provider: 18%
- Language: 6%
- Education Level: 4%

What is your sex?

- **FEMALE**: 83.21%
- **MALE**: 16.79%
- **OTHER/TRANSGENDER**: 0.00%
LaRue County

What is your age?

- 25 or Less: 13.14%
- 26 - 39: 29.20%
- 40 - 54: 27.74%
- 55 - 64: 15.33%
- 56 - 65: 1.46%
- 65 or Older: 13.14%

What is your education level?

- High School Diploma/GED: 58.39%
- College Degree or Higher: 35.04%
- Less Than High School: 6.57%

What is your race/ethnicity?

- White/Caucasian: 72.99%
- African American: 21.99%
- Hispanic/Latino: 0.73%
- Multiple Ethnicity: 0.73%
- Asian/Pacific Islander: 0.73%
- American Indian: 0.73%
- Other: 2.92%
LaRue County

What is your marital status?

<table>
<thead>
<tr>
<th>Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>56.93%</td>
</tr>
<tr>
<td>Single</td>
<td>27.74%</td>
</tr>
<tr>
<td>Divorced</td>
<td>10.22%</td>
</tr>
<tr>
<td>Separated</td>
<td>1.46%</td>
</tr>
<tr>
<td>Widowed</td>
<td>3.65%</td>
</tr>
</tbody>
</table>

Data Sources:


Kentucky Health Facts. Retrieved from http://www.kentuckyhealthfacts.org/data/location/show.aspx?cat=1%2c2%2c3%2c5%2c8%2c11&loc=62


Marion County

Social and Economic Factors

Demographics

- Marion County Total Population: 19,365
- White Persons: 89.7%
- Black Persons: 7.5%
- Hispanics or Latino Origin: 2.6%
- Other: 0.2%

Health Care Access

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Care Physician</td>
<td>1 per 2,230</td>
</tr>
<tr>
<td>Dentist</td>
<td>1 per 2,860</td>
</tr>
<tr>
<td>Mental Health Provider</td>
<td>1 per 650</td>
</tr>
</tbody>
</table>

Educational Attainment

- Bachelor's Degree or Higher: 82%
- Students not Graduating on Time: 10%
- High School Graduate: 13.00%

In the most recent data available, the median household income in Marion County is $38,478
# Marion County

## Social and Behavioral Factors

<table>
<thead>
<tr>
<th>Measure</th>
<th>Marion County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults that report that they are sedentary – no physical activity</td>
<td>16%</td>
<td>29%</td>
<td>22.6%</td>
</tr>
<tr>
<td>Prevalence of Obesity (adults)</td>
<td>20%</td>
<td>32%</td>
<td>37.9% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Overweight (adults)</td>
<td>68%</td>
<td>67%</td>
<td>70.7% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Smoking (adults)</td>
<td>33%</td>
<td>27%</td>
<td>16.8% (2014)</td>
</tr>
<tr>
<td>Prevalence of Youth Smoking (% of high school students)</td>
<td>24%</td>
<td>25%</td>
<td>25.3%</td>
</tr>
<tr>
<td>Tooth Loss (adults missing six or more teeth)</td>
<td>32%</td>
<td>24%</td>
<td>N/A</td>
</tr>
<tr>
<td>Binge Drinking (adults)</td>
<td>13%</td>
<td>14%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Drug Arrests (per 100,000 population)</td>
<td>2,014 (2014)</td>
<td>1,322 (2014)</td>
<td>489.0 (2014)</td>
</tr>
</tbody>
</table>

## Maternal and Child Health

<table>
<thead>
<tr>
<th>Measure</th>
<th>Marion County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequate Prenatal Care (percentage of pregnant women who received prenatal care)</td>
<td>74%</td>
<td>67%</td>
<td>69.4 (2009)</td>
</tr>
<tr>
<td>Infant Mortality (per 1,000 live births)</td>
<td>4</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Low Birth Weight (percentage of babies born with a weight of &lt;5 pounds, 8 ounces)</td>
<td>9%</td>
<td>9%</td>
<td>8</td>
</tr>
<tr>
<td>Teen Births (rate per 1,000 women ages 15-19)</td>
<td>44</td>
<td>41</td>
<td>26.5</td>
</tr>
<tr>
<td>Immunization Coverage (percentage of children ages 19-35 months who received the suggested early childhood immunizations)</td>
<td>80%</td>
<td>80%</td>
<td>81%</td>
</tr>
<tr>
<td>Uninsured Child Population (percent of children under age 19)</td>
<td>5%</td>
<td>5%</td>
<td>6.2%</td>
</tr>
</tbody>
</table>

## State Funded Program Enrollment/Performance

<table>
<thead>
<tr>
<th>Measure</th>
<th>Marion County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free and Reduces Lunch Program</td>
<td>58</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Medicaid and KCHIP Enrollment</td>
<td>96</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Medicaid Enrollment (percent of population)</td>
<td>24%</td>
<td>22%</td>
<td>18%</td>
</tr>
</tbody>
</table>

*Counties were ranked (from 1 to 120) according to the percentage of public school students enrolled in free and reduced lunch program. This data is considered a proxy for the number of low-income and potentially KCHIP – eligible children in a county. Counties were subsequently ranked from 1 to 120 according to the percentage of children enrolled in KCHIP or Medicaid.*
## Hospitals/Access to Care

<table>
<thead>
<tr>
<th>Measure</th>
<th>Marion County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitals (inpatient, Mental Health, Rehabilitation)</td>
<td>1</td>
</tr>
<tr>
<td>Urgent Care Centers</td>
<td>1</td>
</tr>
<tr>
<td>Forego Care Due to Cost (percent adults)</td>
<td>12%</td>
</tr>
</tbody>
</table>

![Diagram showing the impact of social, environmental, and individual factors on health and choices.](image)
In the following list, what do you believe are the 3 most important health problems in our community (problems that have the greatest impact on overall community health)?

In the following list, what do you believe are the 3 most important risky behaviors in our community (behaviors that have the greatest impact on overall community health)?
WHERE DO YOU GET YOUR HEALTH INFORMATION? CHECK YOUR TOP 3 RESOURCES.

- Doctor
- Internet
- Family/Friends
- Local Health Department
- Hospital
- Television

In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?

- A Good Place to Grow Old & Retire
- Excellent Race Relations
- Access to Biking/Walking Paths
- Smoke-Free Community
- Strong Sense of Community
- Low Level of Child Abuse
- Strong Religious/Spiritual Values
- Low Crime Rate
- Good School System
- Healthy Lifestyle Behaviors
- Clean/Safe Environment
- Strong Family Life
- Drug Free Community
- Access to Healthcare Services
- Good Jobs & Healthy Economy
- Access to Biking/Walking Paths

When you need health care, where do you go most often?
Marion County

How often do you understand your healthcare provider's instructions?

- Always: 55.69%
- Very Often: 23.65%
- Often: 13.77%
- Somewhat Often: 4.49%
- Rarely: 2.10%
- Never: 0%

What barriers affect your understanding of healthcare instruction?

- Medical Terms: 49%
- Time Spent w/ Healthcare Provider: 31%
- Language: 8%
- Education Level: 12%

What is your sex?

- Female: 74.85%
- Male: 23.05%
- Other/Transgender: 2.10%
What is your age?
- 25 or Less: 7.19%
- 26 - 39: 18.26%
- 40 - 54: 24.25%
- 55 - 64: 24.85%
- 56 - 65: 4.49%
- 65 or Older: 20.96%

What is your education level?
- High School Diploma/GED: 40.72%
- College Degree or Higher: 44.31%
- Less Than High School: 14.97%

What is your race/ethnicity?
- White/Caucasian: 85.63%
- African American: 11.08%
- Hispanic/Latino: 0.60%
- Multiple Ethnicity: 0.90%
- American Indian: 0.60%
- Asian/Pacific Islander: 0.00%
- Other: 1.20%

Marion County
Marion County

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>54.49%</td>
</tr>
<tr>
<td>Single</td>
<td>21.56%</td>
</tr>
<tr>
<td>Divorced</td>
<td>14.07%</td>
</tr>
<tr>
<td>Separated</td>
<td>1.50%</td>
</tr>
<tr>
<td>Widowed</td>
<td>8.38%</td>
</tr>
</tbody>
</table>

**Data Sources:**


Kentucky Health Facts. Retrieved from [http://www.kentuckyhealthfacts.org/data/location/show.aspx?cat=1%2c2%2c3%2c5%2c8%2c11&loc=75](http://www.kentuckyhealthfacts.org/data/location/show.aspx?cat=1%2c2%2c3%2c5%2c8%2c11&loc=75)


Meade County

Social and Economic Factors

Demographics

- Meade County Total Population: 27,924
- White Persons: 92.1%
- Black Persons: 3.6%
- Hispanics or Latino Origin: 4.0%
- Other: 0.3%

Health Care Access

- Primary Care Physician: 1 per 4,870
- Dentist: 1 per 4,160
- Mental Health Provider: 1 per 1000

Educational Attainment

- Bachelor’s Degree or Higher: 13.40%
- Students not Graduating on Time: 7%
- High School Graduate: 86%

MAJOR INDUSTRIES

- Trade, Transportation, & Utilities: 41%
- Services: 31%
- Public Administration: 10%
- Manufacturing: 17%
- Other: 1%

In the most recent data available, the median household income in Meade County is $49,379
## Meade County

### Social and Behavioral Factors

<table>
<thead>
<tr>
<th>Measure</th>
<th>Meade County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults that report that they are sedentary – no physical activity</td>
<td>21%</td>
<td>29%</td>
<td>22.6%</td>
</tr>
<tr>
<td>Prevalence of Obesity (adults)</td>
<td>38%</td>
<td>32%</td>
<td>37.9% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Overweight (adults)</td>
<td>72%</td>
<td>67%</td>
<td>70.7% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Smoking (adults)</td>
<td>35%</td>
<td>27%</td>
<td>16.8% (2014)</td>
</tr>
<tr>
<td>Prevalence of Youth Smoking (% of high school students)</td>
<td>23%</td>
<td>25%</td>
<td>25.3%</td>
</tr>
<tr>
<td>Tooth Loss (adults missing six or more teeth)</td>
<td>19%</td>
<td>24%</td>
<td>N/A</td>
</tr>
<tr>
<td>Binge Drinking (adults)</td>
<td>24%</td>
<td>14%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Drug Arrests (per 100,000 population)</td>
<td>1,664 (2014)</td>
<td>1,322 (2014)</td>
<td>489.0 (2014)</td>
</tr>
</tbody>
</table>

### Maternal and Child Health

<table>
<thead>
<tr>
<th>Measure</th>
<th>Meade County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequate Prenatal Care (percentage of pregnant women who received prenatal care)</td>
<td>65%</td>
<td>67%</td>
<td>69.4 (2009)</td>
</tr>
<tr>
<td>Infant Mortality (per 1,000 live births)</td>
<td>7</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Low Birth Weight (percentage of babies born with a weight of &lt;5 pounds, 8 ounces)</td>
<td>7%</td>
<td>9%</td>
<td>8</td>
</tr>
<tr>
<td>Teen Births (rate per 1,000 women ages 15-19)</td>
<td>33</td>
<td>41</td>
<td>26.5</td>
</tr>
<tr>
<td>Immunization Coverage (percentage of children ages 19-35 months who received the suggested early childhood immunizations)</td>
<td>76%</td>
<td>80%</td>
<td>81%</td>
</tr>
<tr>
<td>Uninsured Child Population (percent of children under age 19)</td>
<td>5%</td>
<td>5%</td>
<td>6.2%</td>
</tr>
</tbody>
</table>

### State Funded Program Enrollment/Performance

<table>
<thead>
<tr>
<th>Measure</th>
<th>Meade County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free and Reduces Lunch Program</td>
<td>78</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Medicaid and KCHIP Enrollment</td>
<td>114</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Medicaid Enrollment (percent of population)</td>
<td>16%</td>
<td>22%</td>
<td>18%</td>
</tr>
</tbody>
</table>

*Counties were ranked (from 1 to 120) according to the percentage of public school students enrolled in free and reduced lunch program. This data is considered a proxy for the number of low-income and potentially KCHIP – eligible children in a county. Counties were subsequently ranked from 1 to 120 according to the percentage of children enrolled in KCHIP or Medicaid.
# Meade County

## Hospitals/Access to Care

<table>
<thead>
<tr>
<th>Measure</th>
<th>Meade County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitals (inpatient, Mental Health, Rehabilitation)</td>
<td>1</td>
</tr>
<tr>
<td>Urgent Care Centers</td>
<td>1</td>
</tr>
<tr>
<td>Forego Care Due to Cost (percent adults)</td>
<td>11%</td>
</tr>
</tbody>
</table>

_Social, environmental and individual factors influence our health as well as the opportunity to make healthy choices._

[Diagram showing various factors influencing health]
Lincoln Trail Regional Survey
Meade County

In the following list, what do you believe are the 3 most important health problems in our community (problems that have the greatest impact on overall community health)?

DRUG ABUSE: 50.88%
OBESITY: 31.58%
COST OF HEALTHCARE: 21.49%

In the following list, what do you believe are the 3 most important risky behaviors in our community (behaviors that have the greatest impact on overall community health)?

Drug Abuse: 64.04%
Alcohol Abuse: 42.11%
Being Overweight or Obese: 26.75%
In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?

WHERE DO YOU GET YOUR HEALTH INFORMATION?

- Doctor: 42%
- Internet: 22%
- Family/Friends: 19%
- Local Health Department: 6%
- Hospital: 4%
- Television: 7%

When you need health care, where do you go most often?

- PRIMARY CARE PHYSICIAN: 90.35%
- EMERGENCY DEPARTMENT OR HOSPITAL: 3.07%
- URGENT CARE: 3.51%
- HEALTH DEPARTMENT CLINIC: 0.88%
- DRUG STORE/GROCERY CLINIC: 2.19%
Meade County

53.95% How often do you understand your healthcare provider's instructions?

ALWAYS 33.77% VERY OFTEN 7.46% OFTEN 3.95% SOMEWHAT OFTEN 0.88% RARELY 0% NEVER

WHAT BARRIERS AFFECT YOUR UNDERSTANDING OF HEALTHCARE INSTRUCTION?

Medical Terms 41% Time Spent w/ Healthcare Provider 13% Language 3% Education Level 43%

What is your sex?

FEMALE 86.84% MALE 13.16% OTHER/TRANSGENDER 0.00%
Meade County

**What is your age?**

- 25 or Less: 24.56%
- 26 - 39: 28.07%
- 40 - 54: 20.61%
- 55 - 64: 19.30%
- 56 - 65: 2.63%
- 65 or Older: 4.82%

**What is your education level?**

- High School Diploma/GED: 48.25%
- College Degree or Higher: 47.81%
- Less Than High School: 3.95%
- Other: 0.44%

**What is your race/ethnicity?**

- White/Caucasian: 96.93%
- African American: 0.88%
- Hispanic/Latino: 0.88%
- American Indian: 0.44%
- Asian/Pacific...: 0.44%
- Multiple Ethnicity: 0.88%
- Other: 0.44%

0% 20% 40% 60% 80% 100% 120%
What is your marital status?

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>50.88%</td>
</tr>
<tr>
<td>Single</td>
<td>32.02%</td>
</tr>
<tr>
<td>Divorced</td>
<td>11.84%</td>
</tr>
<tr>
<td>Separated</td>
<td>3.07%</td>
</tr>
<tr>
<td>Widowed</td>
<td>2.19%</td>
</tr>
</tbody>
</table>

Data Sources:


Kentucky Health Facts. Retrieved from http://www.kentuckyhealthfacts.org/data/location/show.aspx?cat=1%2c2%2c3%2c5%2c8%2c11&loc=82


In the most recent data available, the median household income in Nelson County is $45,655.
### Social and Behavioral Factors

<table>
<thead>
<tr>
<th>Measure</th>
<th>Nelson County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults that report that they are sedentary – no physical activity</td>
<td>32%</td>
<td>29%</td>
<td>22.6%</td>
</tr>
<tr>
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<td>32%</td>
<td>32%</td>
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</tr>
<tr>
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<td>73%</td>
<td>67%</td>
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</tr>
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<td>24%</td>
<td>24%</td>
<td>N/A</td>
</tr>
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<td>17%</td>
<td>14%</td>
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</tr>
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<td>Drug Arrests (per 100,000 population)</td>
<td>2,383 (2014)</td>
<td>1,322 (2014)</td>
<td>489.0 (2014)</td>
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### Maternal and Child Health

<table>
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<tr>
<th>Measure</th>
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<tbody>
<tr>
<td>Adequate Prenatal Care (percentage of pregnant women who received prenatal care)</td>
<td>75%</td>
<td>67%</td>
<td>69.4 (2009)</td>
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<tr>
<td>Infant Mortality (per 1,000 live births)</td>
<td>5</td>
<td>7</td>
<td>6</td>
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<tr>
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<td>9%</td>
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<td>8</td>
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<td>80%</td>
<td>81%</td>
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<tr>
<td>Uninsured Child Population (percent of children under age 19)</td>
<td>5%</td>
<td>5%</td>
<td>6.2%</td>
</tr>
</tbody>
</table>

### State Funded Program Enrollment/Performance

<table>
<thead>
<tr>
<th>Measure</th>
<th>Nelson County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free and Reduces Lunch Program</td>
<td>100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicaid and KCHIP Enrollment</td>
<td>88</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicaid Enrollment (percent of population)</td>
<td>19%</td>
<td>22%</td>
<td>18%</td>
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</table>

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### Nelson County

#### Hospitals/Access to Care

<table>
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<tr>
<th>Measure</th>
<th>Nelson County</th>
</tr>
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<tbody>
<tr>
<td>Hospitals (inpatient, Mental Health, Rehabilitation)</td>
<td>1</td>
</tr>
<tr>
<td>Urgent Care Centers</td>
<td>3</td>
</tr>
<tr>
<td>Forego Care Due to Cost (percent adults)</td>
<td>12%</td>
</tr>
</tbody>
</table>

#### Diagram

Social, environmental and individual factors influence our health as well as the opportunity to make healthy choices.

- **Health Care**
  - Climate & Environment
  - Education
  - Income
  - Neighborhoods
- **Food & Nutrition**
- **Healthy Behaviors & Choices**
In the following list, what do you believe are the 3 most important health problems in our community (problems that have the greatest impact on overall community health)?

- Drug Abuse: 65.13%
- Alcohol Abuse: 34.87%
- Being Overweight or Obese: 27.63%
- Violence: 23.03%
- Poor Eating Habits: 19.74%
- Bullying: 32.24%
- Lack of Exercise: 13.16%
- Unsafe Sex: 15.13%
- Racism: 17.76%
- Dropping Out of School: 7.89%
- Not Using Birth Control: 7.25%
- Underage Drinking: 14.47%
- Not Receiving Immunizations: 13.82%
- Not Wearing Seatbelt: 2.63%
- 4.61%
In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?

WHERE DO YOU GET YOUR HEALTH INFORMATION?

- Doctor: 40%
- Internet: 23%
- Family/Friends: 16%
- Local Health Department: 9%
- Hospital: 7%
- Television: 5%

When you need health care, where do you go most often?

- Primary Care Physician: 82.89%
- Emergency Department or Hospital: 2.63%
- Urgent Care: 8.55%
- Health Department Clinic: 1.97%
- Drug Store/Grocery Clinic: 3.95%
Nelson County

How often do you understand your healthcare provider’s instructions?

- Always: 57.89%
- Very Often: 26.97%
- Often: 11.84%
- Somewhat Often: 2.63%
- Rarely: 0.66%
- Never: 0%

What barriers affect your understanding of healthcare instruction?

- Medical Terms: 43%
- Time Spent w/ Healthcare Provider: 40%
- Language: 15%
- Education Level: 2%

What is your sex?

- Female: 85.53%
- Male: 14.47%
- Other/Transgender: 0.00%
Nelson County

What is your age?

- 25 or Less: 28.29%
- 26 - 39: 26.97%
- 40 - 54: 17.11%
- 55 - 64: 17.11%
- 56 - 65: 4.61%
- 65 or Older: 5.92%

What is your education level?

- High School Diploma/GED: 56.58%
- College Degree or Higher: 37.50%
- Less Than High School: 5.92%

What is your race/ethnicity?

- White/Caucasian: 92.11%
- African American: 4.61%
- Hispanic/Latino: 1.32%
- Multiple Ethnicity: 1.97%
- American Indian: 0.00%
- Asian/Pacific Islander: 0.00%
- Other: 0.00%
What is your marital status?

- 53.29% Married
- 35.53% Single
- 7.24% Divorced
- 1.32% Separated
- 2.63% Widowed

Data Sources:


Kentucky Health Facts. Retrieved from http://www.kentuckyhealthfacts.org/data/location/show.aspx?cat=1%2c2%2c3%2c5%2c8%2c11&loc=82


In the most recent data available, the median household income in Washington County is $39,313
### Social and Behavioral Factors

<table>
<thead>
<tr>
<th>Measure</th>
<th>Washington County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults that report that they are sedentary – no physical activity</td>
<td>33%</td>
<td>29%</td>
<td>22.6%</td>
</tr>
<tr>
<td>Prevalence of Obesity (adults)</td>
<td>33%</td>
<td>32%</td>
<td>37.9% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Overweight (adults)</td>
<td>65%</td>
<td>67%</td>
<td>70.7% (2013/14)</td>
</tr>
<tr>
<td>Prevalence of Smoking (adults)</td>
<td>18%</td>
<td>27%</td>
<td>16.8% (2014)</td>
</tr>
<tr>
<td>Prevalence of Youth Smoking (% of high school students)</td>
<td>18%</td>
<td>25%</td>
<td>25.3%</td>
</tr>
<tr>
<td>Tooth Loss (adults missing six or more teeth)</td>
<td>27%</td>
<td>24%</td>
<td>N/A</td>
</tr>
<tr>
<td>Binge Drinking (adults)</td>
<td>11%</td>
<td>14%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Drug Arrests (per 100,000 population)</td>
<td>485 (2014)</td>
<td>1,322 (2014)</td>
<td>489.0 (2014)</td>
</tr>
</tbody>
</table>

### Maternal and Child Health

<table>
<thead>
<tr>
<th>Measure</th>
<th>Washington County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequate Prenatal Care (percentage of pregnant women who received prenatal care)</td>
<td>74%</td>
<td>67%</td>
<td>69.4% (2009)</td>
</tr>
<tr>
<td>Infant Mortality (per 1,000 live births)</td>
<td>3</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Low Birth Weight (percentage of babies born with a weight of &lt;5 pounds, 8 ounces)</td>
<td>9%</td>
<td>9%</td>
<td>8</td>
</tr>
<tr>
<td>Teen Births (rate per 1,000 women ages 15-19)</td>
<td>32</td>
<td>41</td>
<td>26.5</td>
</tr>
<tr>
<td>Immunization Coverage (percentage of children ages 19-35 months who received the suggested early childhood immunizations)</td>
<td>76%</td>
<td>80%</td>
<td>81%</td>
</tr>
<tr>
<td>Uninsured Child Population (percent of children under age 19)</td>
<td>6%</td>
<td>5%</td>
<td>6.2%</td>
</tr>
</tbody>
</table>

### State Funded Program Enrollment/Performance

<table>
<thead>
<tr>
<th>Measure</th>
<th>Washington County</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free and Reduces Lunch Program</td>
<td>61</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Medicaid and KCHIP Enrollment</td>
<td>95</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Medicaid Enrollment (percent of population)</td>
<td>21%</td>
<td>22%</td>
<td>18%</td>
</tr>
</tbody>
</table>

*Counties were ranked (from 1 to 120) according to the percentage of public school students enrolled in free and reduced lunch program. This data is considered a proxy for the number of low-income and potentially KCHIP – eligible children in a county. Counties were subsequently ranked from 1 to 120 according to the percentage of children enrolled in KCHIP or Medicaid.
Washington County

<table>
<thead>
<tr>
<th>Hospitals/Access to Care</th>
<th>Washington County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitals (inpatient, Mental Health, Rehabilitation)</td>
<td>0</td>
</tr>
<tr>
<td>Urgent Care Centers</td>
<td>0</td>
</tr>
<tr>
<td>Forego Care Due to Cost (percent adults)</td>
<td>12%</td>
</tr>
</tbody>
</table>

Social, environmental and individual factors influence our health as well as the opportunity to make healthy choices.
In the following list, what do you believe are the 3 most important health problems in our community (problems that have the greatest impact on overall community health)?

- DRUG ABUSE: 68.82%
- OBESITY: 20.43%
- COST OF HEALTHCARE: 17.20%

In the following list, what do you believe are the 3 most important risky behaviors in our community (behaviors that have the greatest impact on overall community health)? Check only 3.

- Drug Abuse: 75.27%
- Alcohol Abuse: 53.76%
- Being Overweight or Obese: 21.51%
In the following list, what do you believe are the 3 most important factors for a healthy community (Factors which improve the quality of life in a community)?

WHERE DO YOU GET YOUR HEALTH INFORMATION?

Doctor  Internet  Family/Friends  Local Health Department  Hospital  Television

EMERGENCY DEPARTMENT OR HOSPITAL  2.15%
URNENT CARE  12.90%
HEALTH DEPARTMENT CLINIC  4.30%
DRUG STORE/GROCERY CLINIC  5.38%
PRIMARY CARE PHYSICIAN  75.27%
How often do you understand your healthcare provider's instructions?

- Always: 33.33%
- Very Often: 39.78%
- Often: 12.90%
- Somewhat Often: 8.60%
- Rarely: 5.38%
- Never: 0%

What barriers affect your understanding of healthcare instruction?

- Medical Terms: 42%
- Time Spent with Healthcare Provider: 40%
- Language: 8%
- Education Level: 10%

What is your sex?

- Female: 88.17%
- Male: 10.75%
- Other/Transgender: 1.08%

Washington County
What is your age?

- 25 or Less: 21.51%
- 26 - 39: 41.94%
- 40 - 54: 16.13%
- 55 - 64: 13.98%
- 56 - 65: 3.23%
- 65 or Older: 3.23%

What is your education level?

- High School Diploma/GED: 47.31%
- College Degree or Higher: 5.38%
- Less Than High School: 47.31%
- Other: 0.00%

What is your race/ethnicity?

- White/Caucasian: 83.87%
- African American: 9.68%
- Hispanic/Latino: 5.38%
- Multiple Ethnicity: 0.00%
- Asian/Pacific Islander: 0.00%
- American Indian: 0.00%
- Other: 1.08%
What is your marital status?

- Married: 53.76%
- Single: 35.48%
- Divorced: 6.45%
- Separated: 1.08%
- Widowed: 3.23%

Data Sources:


Kentucky Health Facts. Retrieved from http://www.kentuckyhealthfacts.org/data/location/show.aspx?cat=1%2c2%2c3%2c5%2c8%2c11&loc=82


Local Public Health System Assessment

Essential Public Health Service (EPHS) #1: Monitor health status to identify community health problems.

• Coroner – stats on deaths in the county, evaluate hazards which cause death, present statistics and prevention ideas to news media in order to educate the public, coordinate with hospital and EMS and law enforcement agencies on prevention issues

• Lincoln Trail Behavioral Health System (LTBHS) – community representatives identify mental health needs in the community and region. Programs at LTBHS are designed to meet those needs

• Drug Court – observe drug trends and communicate the dangers of those trends

• Schools – pregnancy rates, diabetes, obesity rates, connecting families to community resources, monitor meals, Healthy Hunger Free Act, coordinated health survey (employees and students) every two years, health screenings

• Pregnancy Resource Centers – keep data on teen pregnancy, STD’s, abortion, in our client population

• Fire Department – stay connected to other agencies including non-fire
• Center for Behavioral Health – provide TB skin testing, provide communicable disease education, monitor vital signs, RPR, Provide urine screens, availability of medical staff, perform physicals

• Hospital – keep statistics, tumor registry, utilize public websites involved in coalitions to make improvements, report labs to health department for state and county stats, community health needs assessment completion and assist/solve identified needs, sexual assault trends

• Health Department – surveys

• Communicare – Local Interagency Council (LIAC), Regional Interagency Council (RIAC)

• Nursing Homes - We monitor the health of elderly persons that remain in their homes and make that information available to their families

• YSC – referrals

• Regional Health Departments – Epidemiologist Office keeps data, offers community education, and discusses current issues, monitor pregnancy rates, MAPP, and communicable disease investigation and monitoring, environmental

• Extension Office – through a federal reporting system, nutrition education, monitor and incorporate research to identify/address current trends, issues

• Industry – health insurance and wellness programs

• Community Coalition – monitor Kentucky Incentive Program (CKIP) data schools

• Activity Center- monitor BMI on children

• Isaiah House – drug test 2x month, STD, HEP C, HIV testing

• FQHC – health data trends

• Police Department – Drug/mental health related arrests, abuse/neglect reporting referrals

• EMS – Narcan reports, EMS Reporting System
EPHS # 2: Diagnose and investigate health problems and health hazards in the community.

• Hospital - Provide diagnostic services, monitor trends, stats in hospital ER, treatment time ER, heart attack, strokes, identify community needs and strategies to improve those needs

• Mental Health – psycho social assessment and treatment planning

• Behavioral Health – diagnose opioid dependency, diagnose substance abuse dependence, diagnose nicotine dependence, and make referrals for other mental health services

• Fire Department – participate in child fatality reviews, carbon monoxide safety

• Lincoln Trail Behavioral Health System works with various agencies to identify and address health hazards

• Mental Health Court – see individuals in criminal justice system who need mental health services, evaluate for services

• Drug Court – through grant services we have been able to move services to homes for individual issues. These issues can show community trends

• Schools – participate in Hardin Co. Health Forum, participate in Kentucky Youth Advocates Health Panel, Kentucky Incentive Program survey 6th, 8th, 10th, 12th, referral to PCM and/or mental health, managed care services

• Pregnancy Resource Centers – assess health status and risk in early pregnancy

• Health Department – surveys, epidemiology, monitor restaurants, tattoo parlors, track trends and data of safety hazards

• Nursing homes - monitor possible health issues that can be part of a community problem

• Regional Health Departments – environmental office monitors safety of community (health related), EPI response, Report cards, CFR

• City Hall – through building inspections and nuisance complaints

• YSC – monitor and refer KCHIP/Medicaid applications

• FQHC – diagnose health problems in patients

Created 6-20-2017

Revised 11-22-2017
• Water Department – monitors hazards associated with water supply

• Head Start – home visits

EPHS # 3: Inform, educate, and empower people about health issues.

• Drug Court – we do much drug education with both our participants as well as others in the community

• Mental Health – psychological education groups, organization wide trainings, guest speakers at staffing

• Lincoln Trail Behavioral Health System- offers educational info and advice in local newspaper, offer free support groups such as AA, NA. Participate in community health fairs by providing information on mental health and substance abuse issues

• Center for Behavioral Health – educate on communicable disease, educate about dangers of substance abuse/polysubstance use, make referrals to other community health care agencies, create treatment plans for patients, and provide contraceptives

• Hospital – wellness prevention, WOW mobile unit, website, Health Connections, Health in the Heartland, newsletters, speakers bureau seminars, offers educational workshops, prenatal education, CPR, health fairs, and support groups

• Pregnancy Resource Centers – prenatal and postnatal education, sexual education

• YSC – promote & facilitate KCHIP applications, Cradle program, services available, partner of programs, immunizations, child safety/child health, and childcare, speakers are brought in to speak for students

• Police – teach “DARE” in schools

• Fire Dept. – conduct public education where possible to improve emergency and disaster planning

• ECTC – provide allied health programs and workforce development

• Schools – heart healthy family nights at schools, school nurse programs, First Connections, CPR programs, Guidance CNS sessions, teen parent support groups, suicide awareness, after school programs
that educate about healthy living, health education K-12, Biggest Loser program, Choosing the Best, drug prevention, Teen Leadership Conference, and Project Graduation

• Health Department – health education, nutrition classes, physical activity classes, topical newspaper articles, sexually transmitted diseases (STDs) classes, condom distribution, Reducing The Risks classes, safety classes, alcohol, tobacco, and other drug classes, boys mentoring group, hygiene classes, preparedness trainings on health issues, diabetes education, HANDS, First Steps, WIC

• Extension Office - using accredited USDA, University of Kentucky information to educate lower income families and children, nutrition education, financial education, public policy, cooking, food safety, canning, food shopping, healthy eating

• EMS – child passenger safety seat checks, first aid, CPR, HIV-AIDs training, public education awareness

• Employment Services – education about KTAP, job skills

• Regional District Health Departments - health educator, diabetes, WIC

• Local Press – educate about health issues in the community

• Coalitions – educate regarding health nutrition, substance use prevention

• Community Action – training and resources

• Library – health education classes

EPHS # 4: Mobilize community partnerships to identify and solve health problems.

• Drug Court – we have worked with the health department to educate and prevent Sexually Transmitted Diseases (STDs)

• Mental Health – Local Interagency Council (LIAC), Regional Interagency Council (RIAC)

• Mental Health Court – work with judges, lawyers, corrections, law enforcement and community mental health to serve population
• Lincoln Trail Behavioral Health System – emergency response team provides free mobile health assessments at schools, doctor’s offices and DCBS

• Schools – Collaborate with local health department as well as others on Regional Interagency Council (RIAC)

• Health Department – community coalitions, work with outside agencies to develop preparedness plans and exercises

• Hospitals – coalitions/partnerships, partner with community clinic, United Way, Feeding America, Prescription Assistance program, and Health Connections

• Nursing Homes - Work closely with LTADD on elderly issues, serve as member of Lincoln Trail Abuse Council

• Extension Office – working with local community agencies to form and develop classes and educational material, serve on coalitions

• Regional Health Departments – work together as councils, Board of Health Meetings, work together using statistics, share with other organizations, and bring awareness of other services

• YSC – collaborate with local drug coalitions

• United Way – coordinates health and human services serving the people of the region

• Isaiah House – partnership with health department/hospital to help solve health issues

• Warm Blessings – collaborated with community partners to tackle transportation and homelessness challenges

• FQHC – working with schools to increase community healthcare availability

• Community Action – work with Feeding America food distribution, regional meetings to address barriers to access for families

• Coalitions – work within their communities with other partners to impact health policies and promote healthy behaviors
EPHS # 5: Develop policies and plans that support individual and community health efforts.

- Fire Departments - review, update, and calculate comprehensive emergency planning, operations, and structuring recovery
- Hospital – Healthy Babies Worth the Wait Hard Stop policy, Safe Sleep policies
- Drug Court – plans related to emergencies such as suicide and or death threats
- Schools – student & staff programs, district wide wellness policies, drug policy, alcohol policy, tobacco policy,
- Health Department – through community partnerships and individual depts. developing and establishing policies.
- Regional Health Departments – develop community health plans.
- Warm Blessings – working with United Way, Helping Hand of Hope, and LHD to create a program that will ensure access to care
- Local Government – improve walkability of community, and tobacco free policies, HRSEP
- United Way – 211, Hardin County Works
- Mental Health – Tobacco free social hosts,
- Communicare - ASAP boards
- Community Action Health Advisory Board – policy development

EPHS # 6: Enforce laws and regulations that protect health and ensure safety.

- Drug Court – participants must follow our rules/plans to change behavior or there are consequences
• Schools – enforce requirements for immunizations and physicals by partnering with family court system and connecting families to assistance, discipline codes

• Hospital – monitor signs of abuse and report, HIPPA, OSHA compliance

• Mental Health – follow HIPPA,

• Communicare - Zero Tolerance program, Child Therapeutic Rehabilitation program

• Police Department – enforce traffic, drug, and criminal justice laws

• Center for Behavioral Health – health/safety inspections and drills

• Fire Department – enforce smoking ordinance, fire code

• Health Department – enforcement of environmental codes and statutes

• Tobacco and liquor facilities- prohibited to sell products to minors

• Regional District Health Department – enforce environmental laws to protect citizens from various health hazards, immunizations, water safety, Boards of Health

• Investigate, cite, and prosecute environmental nuisances and hazards

• City Hall – enforcement of maintenance codes

• Pharmacy – reporting requirements

EPHS # 7: Link people to needed personal health services and assure the provision of health care when otherwise unavailable.

• Mental Health Court – link offenders to treatment options

• Hospital – patient referrals, work with patients who are referred by physicians to obtain free prescription coverage

• YSC – targeted case management, referrals & assistance to access services that are needed, school based mental health counseling, assist families in applying for KCHIP, and refer to tobacco cessation, and refer families to needed community resources
• Pregnancy Resource Centers – provide referrals to other healthcare agencies

• Lincoln Trail Behavioral Health System – provide free & confidential assessments along with referrals to other resources and agencies

• Center for Behavioral Health – make referrals for patients to resources in the community

• Health Department – link patients to various community resources dependent on need

• Police – refer public in mental crisis to treatment facilities

• Extension Office – informing clients on where different resources may be located

• Regional District Health Departments – we are law to assure care for those under our services, refer for mental health services, free clinic, FQHC

• Lincoln Trail Behavioral Health – Provides in-patient mental health and substance abuse treatment for 6 years old through adults. Recently opened a geriatric psych unit. Provides acute mental health in-patient treatment for 60+ population.

• Community Action – refer to local agencies for needed services that we don’t provide

• Isaiah House – links students to health department, dental, vision, Extension Office

• Social Services to include Warm Blessings, Helping Hand of Hope, St. Vincent Du Paul – refer clients to community resources

• FQHC – provide and link healthcare to those in need

• United Way - 211

EPHS # 8: Assure a competent public health and personal health care workforce.

• Hospital – health screenings, competency evaluations, continuing education for professionals

• Lincoln Trail Behavioral Health System – provide specialized programs for military members and veterans

• ECTC – provide allied health programs
• Center for Behavioral Health – in service logs, and trainings

• Health Department - health education, CPR classes, staff competencies,

• Regional Health Departments – Employees are required to have certain degree and/or licenses for their field of work, OSHA, CPR, First Aid, EPHS, PIC training

• Communicare – provide Narcan training

EPHS # 9: Evaluate effectiveness, accessibility, and quality of personal and population- based health services.

• Center for Behavioral Health – Kortos Study participant, patient satisfaction surveys, CARF logs, yearly audits

• Mental Health – service team meetings

• Drug Cabinet – we constantly have meetings to evaluate and improve team performance

• Hospital - monitor and report quality data, accreditations, certifications, survey patients, community needs

• Coroner – gather and evaluate numbers each quarter or year or whatever to determine our effectiveness

• Schools – community surveys

• Extension Office – through federal evaluation a system that collects data from info collected from clients and youth, incorporate research, evaluate programs to increase effectiveness, interest trends

• YSC – community education surveys

• Regional District Health Departments – regular meetings for Board of Health to discuss current needs and issues needing attention, accreditation, access to care and patient satisfaction surveys

• Isaiah House – research mental and medical health offices for resident treatment

• Community Action – annual needs survey

EPHS # 10: Research for new insights and innovative solutions to health problems.
• Mental Health Court – create a program to help the mentally ill in jail and prison

• Pregnancy Resource Center - research new ways to educate clients about risky sexual behavior, sexual integrity

• Fire Department – develop better understanding of social media as a means of distribution of safety

• Extension Office – through trainings and education, developing new ways to educate the at-risk community, bring research from UK to incorporate into programs/trends

• Hospital - evidence-based practices

• Youth Service Center - new ideas for students or staff to be healthy

• Health Department – using research based curriculum, “choosing the best” “RTR”

• Universities – research project
The following photos were taken during our Regional Community Health Assessment Forum Meetings. During this time we were able to collaborate and complete the Community Health Assessment process. Thank you to all of our community partners who were able to come out and participate!

Lincoln Trail Regional Community Health Assessment Forum 10-26-16

Lincoln Trail District Health Department’s Public Health Director, Sara Jo Best, welcomes attendees and introduces the guest speaker, Susan Zepeda.
The following photos show the community partners during the table discussions.
Lincoln Trail Regional Community Health Assessment Follow-Up Forum 5-4-17. The following photos show the community partners during the breakout sessions.
This page was left blank intentionally.
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