



district health
reportcard

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A Healthy **Today** for a Brighter **Tomorrow.**

DEAR CITIZENS:

The Centers for Disease Control have identified “Six Winnable Battles” in public health. These include: 1) Hospital Associated Infections, 2) HIV, 3) Motor Vehicle Injuries, 4) Obesity/Nutrition/Physical Activity/Food Safety, 5) Teen Pregnancy, and 6) Tobacco. Let’s take an account of where our district’s health status currently rates in regards to several of these areas.

HIV: Data shows our district has 37 individuals identified as living with AIDS.

Motor Vehicle Injures: Our district scored a “D” in the category of “Motor Vehicle Death Rate.”

Obesity/Nutrition/Physical Activity/Food Safety: Our district scored a “D” in overweight and a “C” in obesity.

Teen Pregnancy: Our district scored a “D” in the category of “Teen Births.”

Tobacco: Our district scored a “D” in the categories of “Lung Cancer Incidence” and in “Lung Cancer Death Rate.”

If you are weary of our citizens constantly being rated so low in areas of public health, here are some things you can do: 1) reserve sexual activity to a committed relationship [this is the best option], or make sure to have protected sex; 2) when driving: don’t do so after drinking alcohol; wear your seatbelt and observe the posted speed limits; and do not text or send messages via electronic devices; 3) eat normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day, 4) exercise about 30 minutes per day, and 5) avoid the use of tobacco products. Do the above and join us in our mission of, “...promoting good health practices...,” and strive for these five healthy activities.



Shawn D. Crabtree
Executive Director



Christine Weyman
Medical Director

TECHNICAL NOTES AND DEFINITIONS

LAKE CUMBERLAND DISTRICT HEALTH DEPARTMENT'S HEALTH REPORT CARD serves as a tool to compare current health indicators in the following ways: compare individual counties; compare individual counties to the Lake Cumberland District; compare individual counties to KY, National, and KY 2010; and compare the Lake Cumberland District to KY, National, and KY 2010. The Kentucky goals, known as Health Kentuckians 2010, are Kentucky's Year 2010 Public Health objectives which were adopted in 2000 by the Kentucky Department for Public Health in conjunction with the national Healthy People 2010 objectives. Priority in selecting the indicators was given to measures for which data are readily available and which are commonly used in public health.

Where applicable, grades are given for the Lake Cumberland District as follows:

A = District is better than KY, National, and KY 2010

B = District is better than KY and National, but worse than KY 2010

C = District is better than KY, worse than National and KY 2010

D = District is worse than KY, National, and KY 2010

Information contained in this report may not be statistically perfect, but it is the best available. Please read footnotes at the bottom of each page for source(s) and explanation of data.

SOCIOECONOMIC INDICATORS

	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	U.S.	KY 2010	Grade
1. 2009 Population Estimates	18,029	16,498	9,403	6,706	11,510	17,795	60,853	17,377	24,420	20,748	203,339	4,314,113	307,006,550	n/a	n/a
2. Median Household Income (08)	\$30,169	\$26,892	\$25,029	\$28,825	\$33,509	\$22,253	\$32,901	\$27,866	\$35,615	\$27,343	\$29,040	\$41,489	\$52,029	n/a	n/a
3. % Persons in Poverty (08)	23.4%	26.2%	26.4%	23.7%	20.7%	35.4%	24.3%	23.5%	19.0%	28.1%	25.1%	17.3%	13.2%	n/a	n/a
4. % persons <18 in Poverty (08)	33%	37%	38%	36%	30%	51%	32%	33%	26%	37%	35%	23%	18%	n/a	n/a
5. High School Graduation Rate (09)	86	82	90	83	98	85	86	95	88	89	88	84	n/a	n/a	n/a

NOTES

1. Census Bureau
2. Median (middle point) total money income received by all persons who occupy an individual housing unit
3. Percentage of total population in poverty
4. Percentage of total under age 18 population in poverty.
5. Rate of students graduating within four years of entering high school, and graduation in more than four years for students with an Individual Education Plan.

SOURCES

1. Annual Estimates of the Resident Population for Counties of Kentucky: April 1, 2000 to July 1, 2009 (CO-EST2009-01-21) Source: Population Division, U.S. Census Bureau Release Date: March 2010 <http://ksdc.louisville.edu/kpr/popest/est.htm>
2. - 3. U.S. Census Data; <http://quickfacts.census.gov/>
4. - 5. Kentucky Youth Advocates - Kids Count Data: <http://www.kyouth.org/>. Kentucky State Data Center: <http://ksdc.louisville.edu/1kidscount.htm>. Kids Count Data Center: <http://datacenter.kidscount.org/data/bystate/StateLanding.aspx?state=KY>

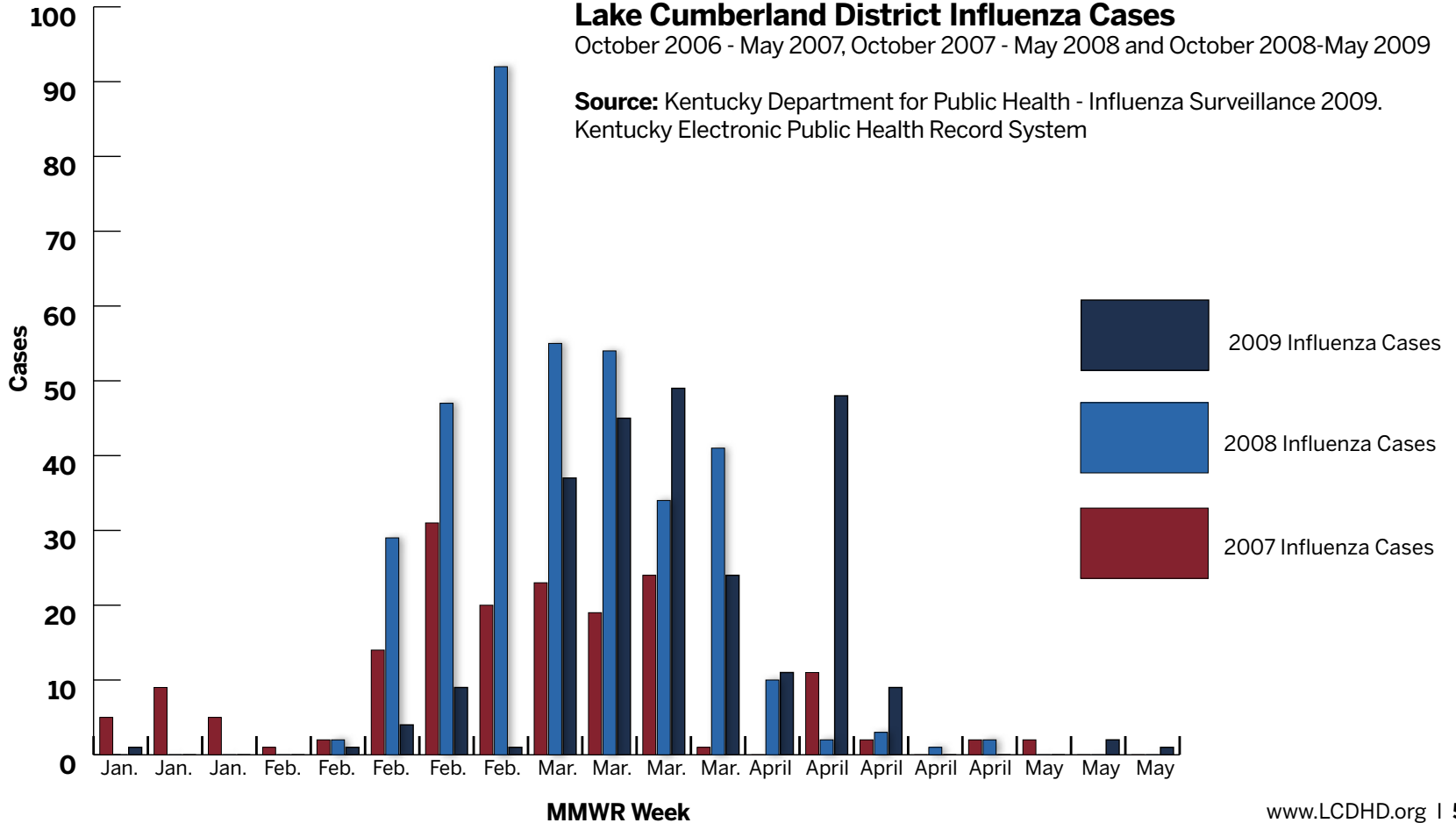
As reported by the Kentucky State Data Center - University of Louisville (<http://ksdc.louisville.edu/>)

INFLUENZA

Lake Cumberland District Influenza Cases

October 2006 - May 2007, October 2007 - May 2008 and October 2008 - May 2009

Source: Kentucky Department for Public Health - Influenza Surveillance 2009.
Kentucky Electronic Public Health Record System



INFECTIOUS DISEASE

Indicator	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	U.S.	KY 2010	Grade
1. Tuberculosis Case Rate	5.6	0.0	21.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8	2.0	2.4	4.2	1.0	B
2. AIDS Cases	2	0	2	3	1	2	14	4	4	5	37	2702	453843	n/a	n/a
3. Ehrlichiosis Human Monocytic Ehrlichiosis	0.0	0.0	0.0	0.0	8.7	0.0	0.0	0.0	0.0	0.0	0.5	0.3	0.3	n/a	n/a
4. Group A Streptococcal Infection, Invasive	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	1.8	n/a	n/a
5. Hepatitis A	0.0	0.0	10.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.7	0.8	n/a	n/a
6. Hepatitis B, acute	0.0	0.0	10.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	2.4	1.3	n/a	n/a
7. Hepatitis C, acute	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.1	0.0	0.5	1.6	0.3	n/a	n/a
8. Histoplasmosis	0.0	0.0	10.6	59.6	0.0	0.0	0.0	5.8	0.0	4.8	3.4	1.0	n/a	n/a	n/a
9. Legionellosis	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	1.0	n/a	n/a
10. Listeriosis	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2	n/a	n/a
11. Pertussis	0.0	6.1	0.0	0.0	0.0	5.6	1.6	0.0	0.0	4.8	2.0	4.3	4.3	n/a	n/a
12. Rocky Mountain Spotted Fever	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	<.01	0.8	n/a	n/a
13. Streptococcus Pneumoniae, drug resistant invasive disease	0.0	6.1	0.0	0.0	0.0	0.0	0.0	0.0	8.2	0.0	1.5	1.9	1.1	n/a	n/a
14. Food borne diseases *	44.4	18.2	31.9	59.6	0.0	16.9	16.4	11.5	16.4	28.9	21.1	22.5	n/a	n/a	n/a

NOTES

1. Case rate per 100,000 population based upon the 2007 census estimates
 2. Number of persons living with AIDS
 - 3.-14. Case rate per 100,000 population based upon the 2008 census estimates
- * Includes Campylobacter, Cryptosporidiosis, Shiga-toxin producing E.Coli, and Salmonella infections.

REFERENCES

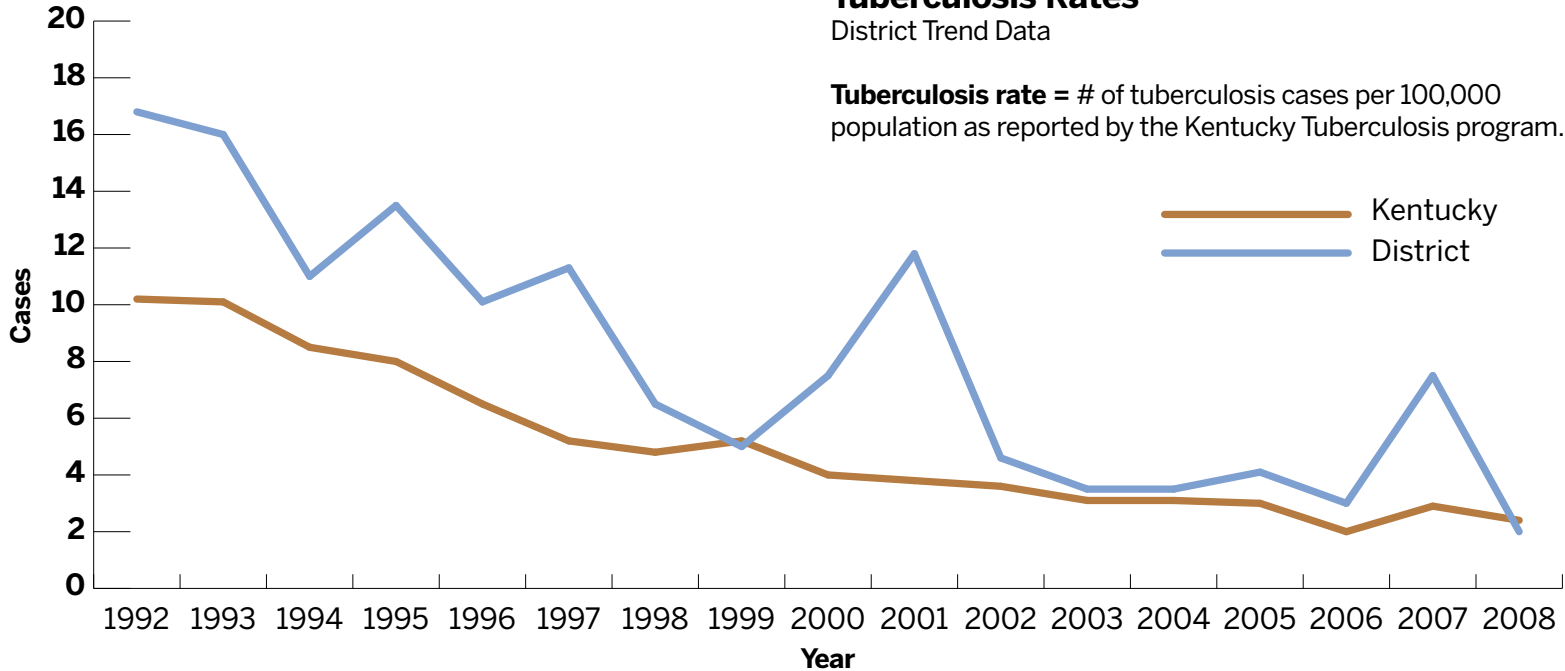
1. Kentucky Tuberculosis Program 2008 <http://chfs.ky.gov/dph/epi/tb.htm>. CDC Tuberculosis Cases, Case Rates per 100,000 Population, Deaths, and Death Rates per 100,000 Population, and Percent Change: United States, 1953–2008. Atlanta, GA: U.S. Department of Health and Human Services, CDC, 2008. http://www.cdc.gov/tb/statistics/reports/2008/pdf/4_MorbTrend.pdf

INFECTIOUS DISEASE

Tuberculosis Rates

District Trend Data

Tuberculosis rate = # of tuberculosis cases per 100,000 population as reported by the Kentucky Tuberculosis program.



REFERENCES (cont.)

2. Cumulative AIDS Cases by Area Development Districts (ADD) and County at the Time of Diagnosis, Kentucky HIV/AIDS Semi-Annual Report, December, 2008: Volume 8, Number 2. <http://chfs.ky.gov/NR/rdonlyres/C0B91089-5601-49CA-A2D8-DAD31D37B609/0/FinalDecember2008SemiannualReport.pdf>
 HIV Surveillance Report, Volume 20: Table 16a. Persons living with an AIDS diagnosis, by year and selected characteristics, 2005–2007—United States: <http://www.cdc.gov/hiv/surveillance/resources/reports/2008report/table16a.htm>

3-14. Reportable Diseases in Kentucky 2008 Summary, Cabinet for Health and Family Services, Department for Public Health, Division of Epidemiology and Health Planning, http://chfs.ky.gov/NR/rdonlyres/87D05C27-24F4-40AD-80DE-505907083E29/0/2007annualreport_FinalWEB.pdf MMWR 2008 Reports of Nationally Notifiable Infectious Diseases; Centers for Disease Control and Prevention; <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5754a1.htm>

CHRONIC ILLNESS

Indicator	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	U.S.	KY 2010	Grade
1. Heart Disease	237.4	280.6	285.1	371.9	254.6	291.1	197.3	314.5	200.7	247.5	243.1	244.1	211.0	250.0	B
2. Cerebrovascular disease/Stroke	28.3	99.3	24.5	47.7	89.1	13.9	53.3	68.4	38.7	24.7	50.0	52.3	45.8	59.0	C
3. Diabetes	19.4	21.8	31.5	9.8	25.5	15.9	17.6	26.1	32.7	4.9	20.5	26.6	24.2	28.0	A
4. All Causes	801.1	1001.4	1002.4	1088.4	922.8	1060.8	872.2	1021.7	808.7	927.2	918.6	948.3	810.4	n/a	C

NOTES

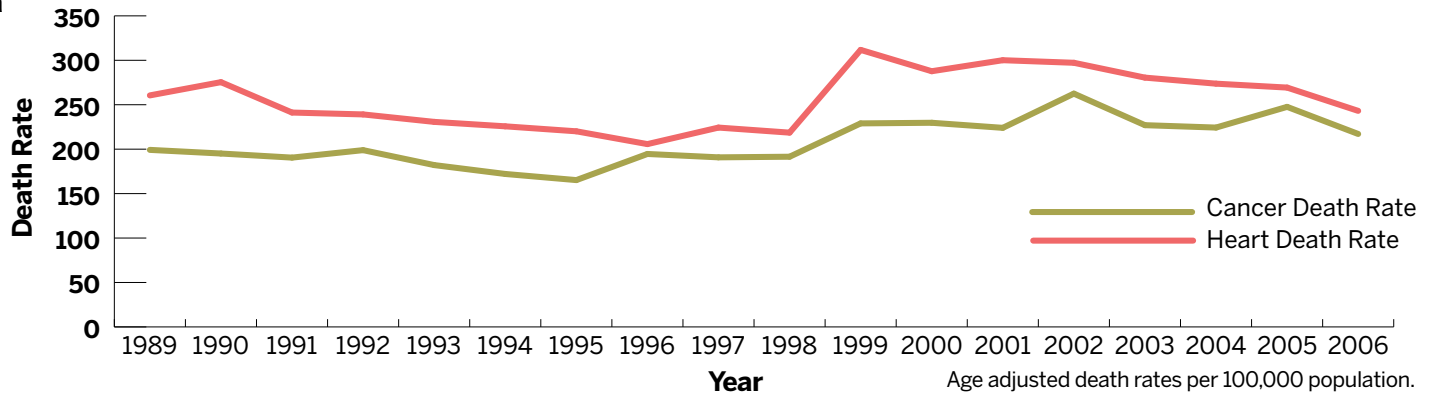
1-4. Age adjusted death rates per 100,000 population for 2002 census estimates

SOURCES

1-4. KY Annual Vital Statistics Report, 2006 (<http://chfs.ky.gov/dph/vital/>) and National Vital Statistics Reports (http://www.cdc.gov/nchs/data/nvsr/nvsr57/nvsr57_14.pdf)

Heart and Cancer Death Rate

District Trend Data



CANCER

Indicator	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	U.S.	KY 2010	Grade
1. Cancer Incidence (All)	486.2	507.6	622.2	425.8	468.7	602.3	550.5	566.5	545.6	510.6	535.4	523.4	538.8	n/a	C
2. Cancer (All) Death Rate	185.2	223.4	255.8	204.9	151.5	302.4	207.0	252.9	193.0	231.9	217.1	217.1	184.0	220.7	B
3. Lung Cancer Incidence	77.5	122.1	117.7	42.9***	67.6***	122.4	88.1	134.3	89.8	152.9	101.7	100.9	82.7	n/a	D
4. Lung Cancer Death Rate	65.7	92.8	136.2	65.9	51.7	124.0	75.3	116.3	63.0	83.9	84.0	76.1	60.6	80.7	D
5. Female Breast Cancer Incidence	72.2***	169.3	207.3***	0.0 ***	150.5***	133.7***	153.3	82.5***	138.8	140.8	133.4	147.9	119.3	n/a	B
6. Female Breast Cancer Death Rate	8.5	8.3	40.4	0.0	28.4	52.4	19.1	26.5	11.6	40.6	22.5	25.0	26.9	22.5	A
7. Colorectal Cancer Incidence	79.0	50.7***	42.8***	44.8 ***	38.2 ***	74.1***	57.5	46.3 ***	64.3	43.1***	55.9	58.6	54.1	n/a	B
8. Colorectal Cancer Death Rate	23.8	20.1	23.5	27.9	33.9	6.7	20.4	0.0	18.0	20.9	18.9	20.1	18.2	13.9	C
9. Cervix/Uteri Cancer Incidence	0.0 ***	15.3 ***	0.0 ***	0.0 ***	0.0 ***	18.4 ***	10.1 ***	18.4***	13.7 ***	0.0 ***	9.0 ***	8.9	8.0	n/a	C
10. Cervix/Uteri Cancer Death Rate	0.0	15.1	0.0	0.0	0.0	12.6	1.3	0.0	3.5	0.0	2.9	1.2	2.6	2.0	D

NOTES

1-10. Age-adjusted Incidence Rates or Crude Death Rates per 100,000 population for 2002 census estimates

***Counts < 15 are too few to calculate a stable age-adjusted rate

REFERENCES

1. -10 Kentucky Cancer Registry University of Kentucky, Markey Cancer Control Program 2006 (http://cancer-rates.info/ky/index_mort.php) .Kentucky Vital Statistics Report 2006 - Resident Deaths from Selected Malignant Neoplasms (<http://chfs.ky.gov/dph/vital/>) U.S. Cancer Statistics Working Group. United States Cancer Statistics: 2006 Incidence and Mortality Web-based Report. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute. Available at: (<http://apps.nccd.cdc.gov/uscs/index.aspx>)

MATERNAL AND INFANT HEALTH

Indicator	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	U.S.	KY 2010	Grade
1. Total Births	215	182	135	86	118	231	751	198	318	232	2465	59185	4265555	n/a	n/a
2. Infant Mortality (rate)	4.7	5.5	7.4	11.6	0.0	8.5	6.7	5.1	9.5	0.0	5.7	7.7	6.7	6.0	A
3. Low Weight Birth (percentage)	10.2%	9.3%	16.3%	5.8%	14.4%	9.1%	9.3%	4.5%	6.3%	5.2%	8.7%	19.1%	8.3%	5.0%	C
4. Teen Births (percentage)	5.2%	4.5%	5.1%	6.8%	4.0%	8.4%	6.0%	10.2%	5.0%	7.0%	6.2%	5.3%	3.9%	5.0%	D
5. No Prenatal Care First Trimester (percentage)	28.6%	32.8%	31.6%	29.1%	25.4%	19.7%	23.7%	26.8%	23.7%	24.0%	25.4%	27.5%	31.0%	10.0%	B

NOTES

1. Total number of births
 2. Crude rate per 1,000 live births
 3. Low Weight Birth = Percentage weighing less than 2500 grams (5lbs. 8 oz.)
 4. Teen Births = Percentage of total births born to females ages 10-17.
 5. Prenatal Care = Percentage of mothers not receiving prenatal care in the first trimester.
- National Data is for only selected states, including KY because the 2003 Revision of the U.S. Certificate of Live Birth after January 1, 2004.

REFERENCES

1. - 5. KY Annual Vital Statistics Report, 2006 (<http://chfs.ky.gov/dph/vital/>) and National Vital Statistics Reports for Births and Deaths (http://www.cdc.gov/nchs/data/nvsr/nvsr57/nvsr57_07.pdf) (http://www.cdc.gov/nchs/data/nvsr/nvsr57/nvsr57_14.pdf)

MATERNAL AND INFANT HEALTH

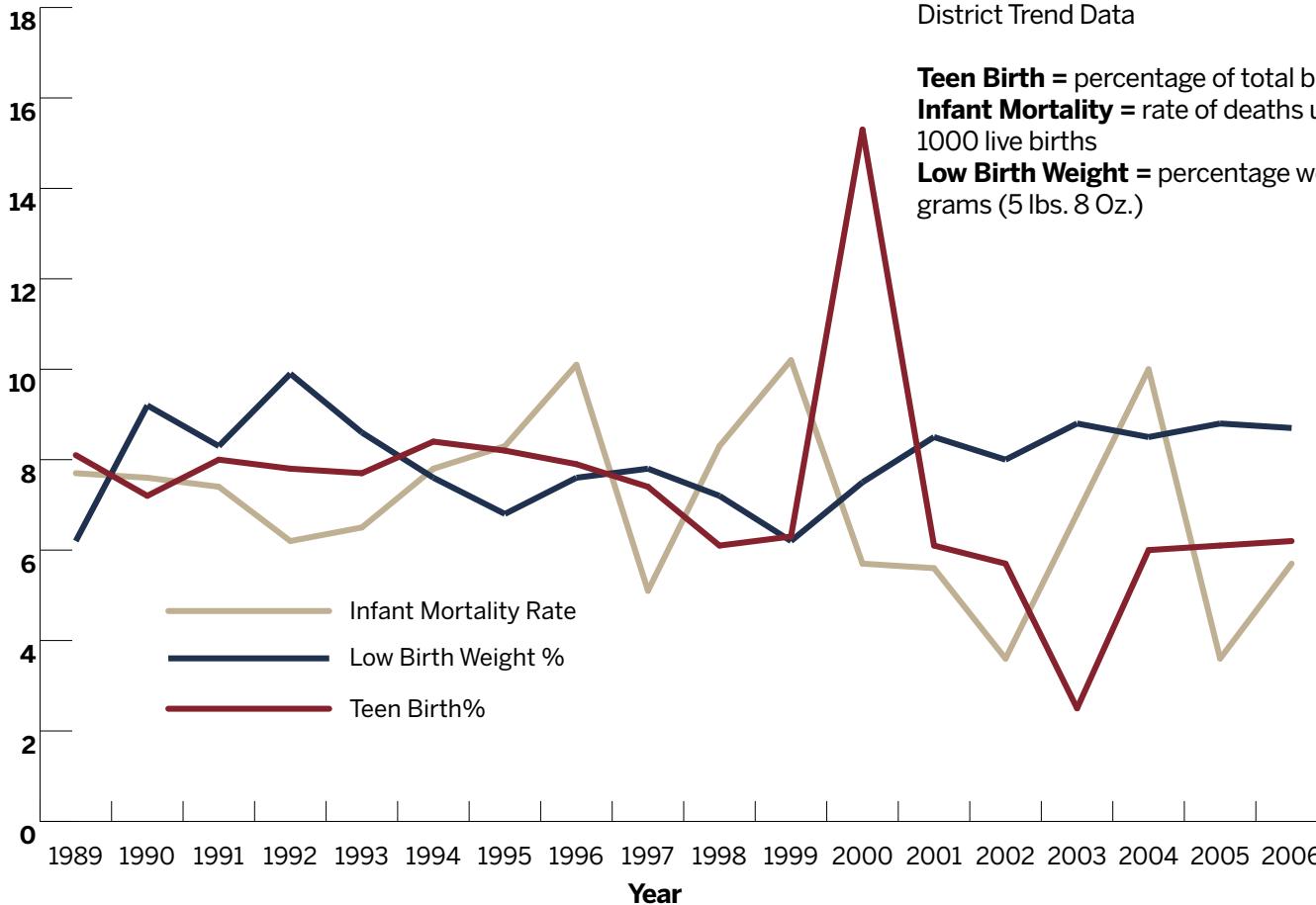
Infant mortality, low birth weight and teen birth rates

District Trend Data

Teen Birth = percentage of total births to females ages 10-17

Infant Mortality = rate of deaths under 1 year of age per 1000 live births

Low Birth Weight = percentage weighing less than 2500 grams (5 lbs. 8 Oz.)



INJURIES AND CRIME

Indicator	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	U.S.	KY 2010	Grade
1. Homicide Death Rate	11.0	0.0	0.0	0.0	0.0	4.2	1.6	7.0	7.8	4.4	3.9	4.8	6.2	4.2	A
2. Suicide Death Rate	31.6	11.7	7.0	44.3	12.5	24.7	19.0	8.1	22.0	3.6	17.7	14.9	11.1	n/a	D
3. Motor Vehicle Death Rate	31.9	36.6	67.0	49.4	30.5	44.6	34.0	51.4	17.9	37.1	36.7	23.9	15.1	12.0	D
4. Child Abuse Neglect - # of Reports	243	197	184	11	154	238	1354	296	312	345	3,334	72,402	772,000	n/a	n/a

NOTES

1. -2. Age adjusted death rate per 100,000 population for 2004 population estimates
- 3 Crude death rate per 100,000 population for 2004 population estimates
4. Number of Child Abuse Neglect Reports

REFERENCES

1. - 3. KY Annual Vital Statistics Report 2006 (<http://chfs.ky.gov/dph/vital/>) and National Vital Statistics Reports Vol. 57, No. 14, April 17, 2009 (http://www.cdc.gov/nchs/data/nvsr/nvsr57/nvsr57_14.pdf)
 4. Child Abuse Neglect Report by County - Prevent Child Abuse Kentucky. Statistics Provided by the Cabinet for Health and Family Services, Jan. 1, 2008 - Dec. 31, 2008 http://www.pcaky.org/stats_research.html
- Child Maltreatment - Administration for Children and Families - Department for Health And Human Services: <http://www.acf.hhs.gov/programs/cb/pubs/cm08/cm08.pdf>

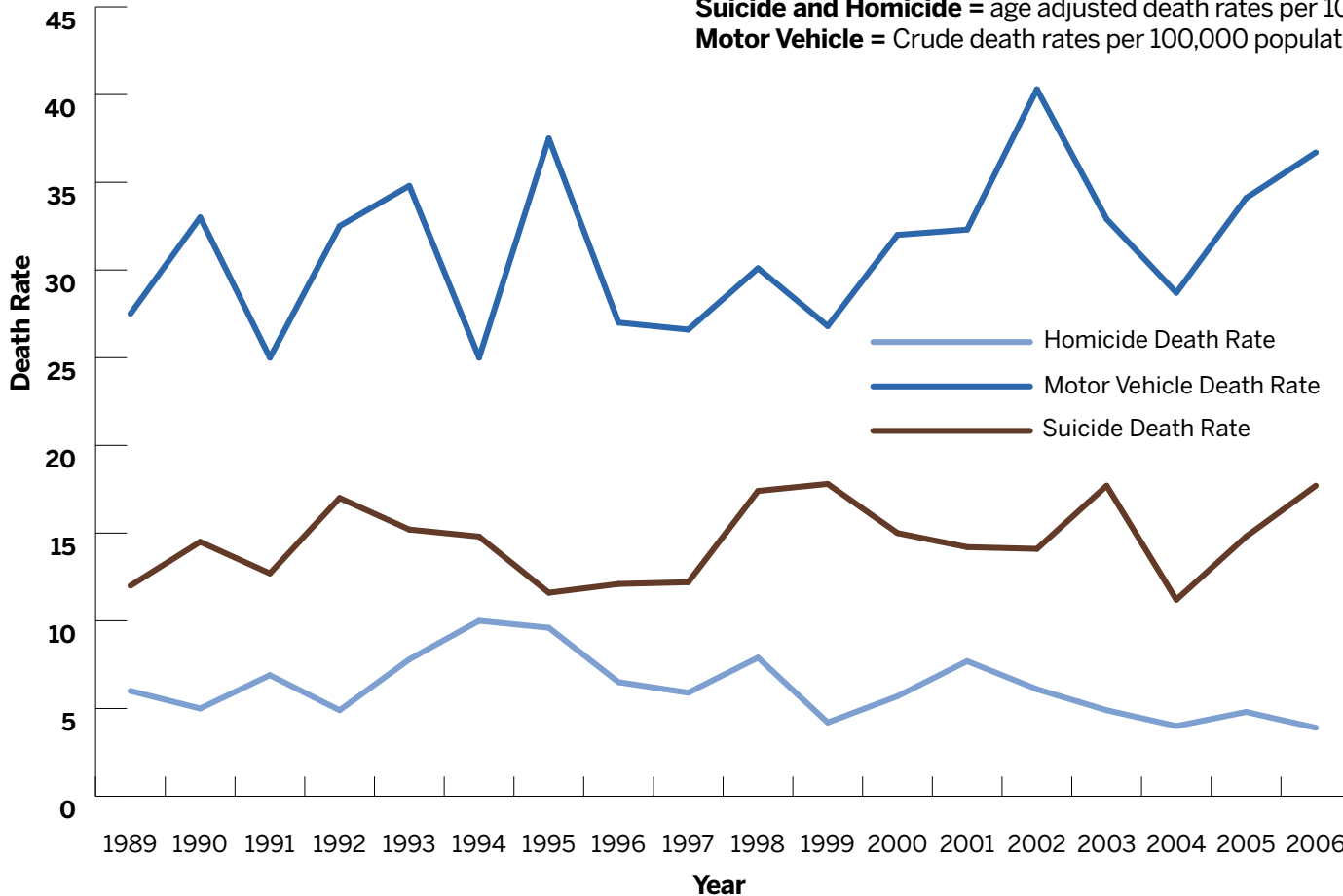
INJURIES AND CRIME

Homicide, Motor Vehicle, Suicide Death Rates

District Trend Data

Suicide and Homicide = age adjusted death rates per 100,000 population

Motor Vehicle = Crude death rates per 100,000 population



WEIGHT

Percent of Overweight Individuals

Definition: Individuals age 18 or older who have a body mass index (BMI) of greater than or equal to 25 kg/m²

Year	National Median*	Total Kentucky	Lake Cumberland District	KY 2010	Grade
2000	57.1	61.0	55.0	25	B
2001	59.1	62.1	60.7	25	C
2002	58.9	62.5	65	25	D
2003	59.4	63.1	68.2	25	D
2004	60.4	63.4	68	25	D
2005	67.5	64.8	64.2	25	B
2006	61.6	66.4	70.6	25	D
2007	63	69.1	68.3	25	C
2008	63.1	66.6	71.6	25	D
2009	63.4	67.1	68.8	25	D

Percent of Obese Individuals

Definition: Individuals age 18 or older who have a body mass index (BMI) of greater than or equal to 30 kg/m²

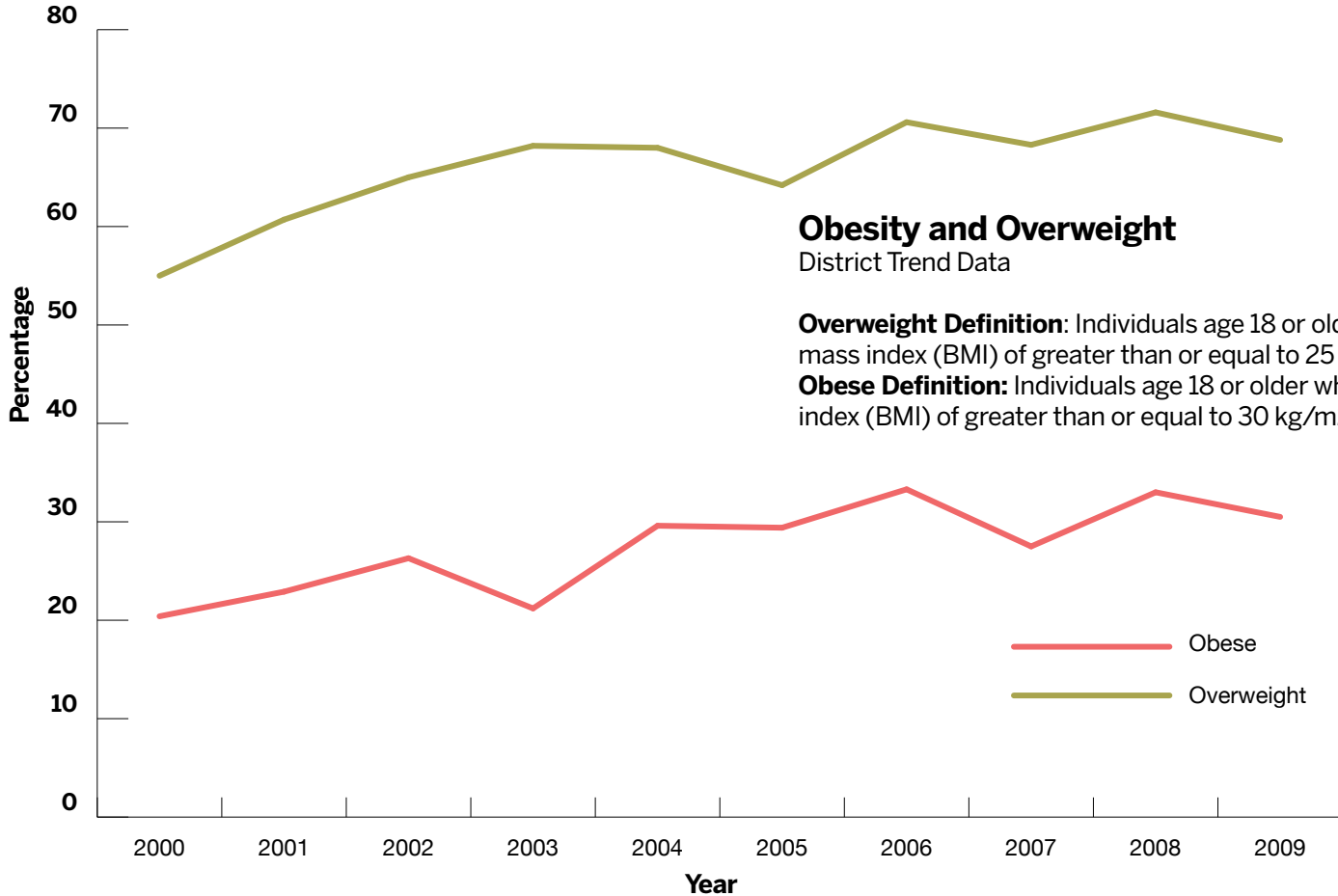
Year	National Median*	Total Kentucky	Lake Cumberland District	KY 2010	Grade
2000	20.1	23.0	20.4	n/a	C
2001	21.1	24.6	22.9	n/a	C
2002	22.2	24.4	26.3	n/a	D
2003	22.7	25.6	21.2	n/a	B
2004	23.2	25.8	29.6	n/a	D
2005	24.4	28.6	29.4	n/a	D
2006	25.1	28	33.3	n/a	D
2007	26.3	28.7	27.5	n/a	C
2008	26.6	30.2	33	n/a	D
2009	27.2	32.4	30.5	N/A	C

* National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C. and Puerto Rico.

SOURCES

Kentucky Behavioral Risk Factor Surveillance System 2000-2009 reports (<http://www.chrs.ky.gov/dph/epi/brfss.htm>)

WEIGHT



Lake Cumberland District Health Department

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