



2007-08

District Health Report Card

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

I Dear Citizen:

IT IS A PLEASURE TO PROVIDE YOU with our eighth annual “Health Report Card.” This report includes statistics from 2006 (the most current data available). Keep in mind all of the data presented in this report card are best interpreted when considered as trends over time.

Thankfully, there are some areas of encouragement. While the health status of our district and state is generally poor, we did earn an “A” in the rates of cerebrovascular disease/stroke and diabetes. However, the favorable grade for diabetes is likely inaccurate, as about 50% of our citizens are unaware they have this diagnosis. Infant mortality rates, on the other hand, are calculated from accurate information, and we can be proud of earning this “A.” We continued to earn a “B” in the category of “Homicide Death Rate.” Hopefully these positive findings will continue.

We continue to have areas of discouraging news. The district’s grade for the rate of female breast cancer in 2005 was an “A”; however, our score dropped to a “C” in 2006. We scored a “D” in heart disease, in almost every “cancer” category and in both the “overweight” and “obese” categories. We also earned a “D” in teen births, the suicide death rate, and in the motor vehicle death rate.

It is troubling that our district’s overall health has consistently been poorer than state and national averages for many years. High instances of smoking, poor diet, and lack of meaningful and consistent physical activity continue to be the primary reasons for our poor health status.

Becoming the healthiest district in the world could be accomplished if our citizens would consistently embrace three things: 1) eat normal portions of nutritious foods including at least five fruits and vegetables a day; 2) exercise about 30 minutes per day; and 3) avoid using tobacco products. Please join us in our mission of “...promoting good health practices...”, and strive for these three healthy activities.

Sincerely,



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 Healthy 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	United States	KY 2010 Grade
1. 2008 Population Estimates	17,773	16,214	9,568	6,817	11,613	17,315	60,851	17,296	24,069	20,696	202,212	4,269,245	304,059,724	n/a n/a
2. Median Household Income (07)	\$32,643	\$27,366	\$25,677	\$26,584	\$31,546	\$24,293	\$32,368	\$28,342	\$35,012	\$28,154	\$28,248	\$40,299	\$50,740	n/a n/a
3. % Persons in Poverty (04)	21.4%	23.6%	24.1%	24.0%	17.2%	35.5%	21.7%	22.3%	17.1%	27.0%	23.4%	17.2%	13.0%	n/a n/a
4. % Persons < 18 in Poverty (05)	35%	37%	37%	34%	28%	54%	28%	34%	26%	38%	35%	23%	18%	n/a n/a
5. H.S. Graduation Rate (05)	83	88	85	76	95	70	87	90	92	88	85	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. Graduation rate per 100 students (Number of on-time high school graduates (100)/(Total number of high school graduates + dropouts from graduating class)

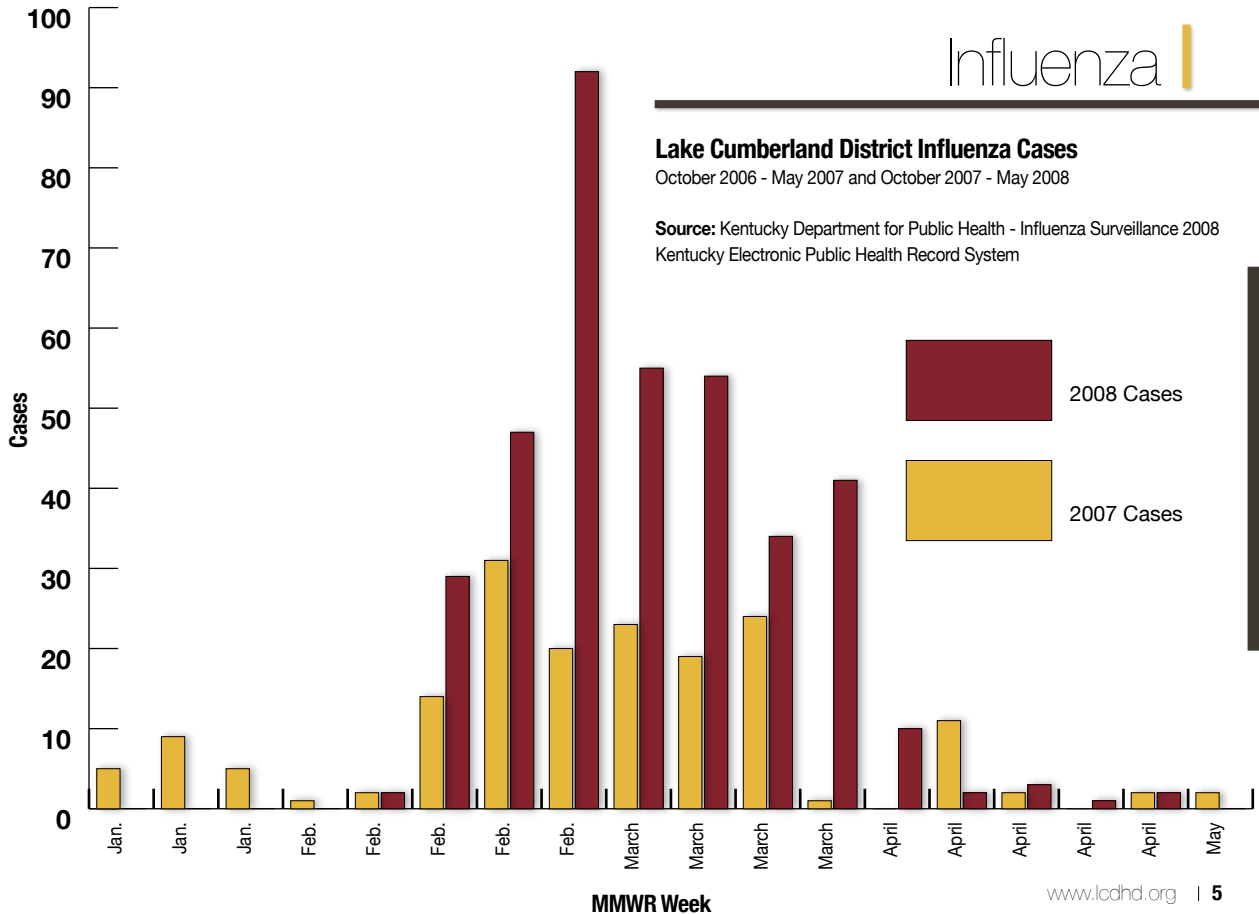
Sources

1. Annual Estimates of the Resident Population for Counties of Kentucky: April 1, 2000 to July 1, 2008 (CO-EST2008-01-21) Source: Population Division, U.S. Census Bureau Release Date: March 19, 2009 <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>
- As reported by the Kentucky State Data Center - University of Louisville (<http://ksdc.louisville.edu/>)

Lake Cumberland District Influenza Cases

October 2006 - May 2007 and October 2007 - May 2008

Source: Kentucky Department for Public Health - Influenza Surveillance 2008
Kentucky Electronic Public Health Record System



Infectious Disease

Indicator	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	United States	KY 2010 Grade	
1. Tuberculosis Case Rate	11.3	12.3	52.3	0.0	8.6	5.8	3.3	5.8	0.0	4.9	7.5	2.9	4.4	1.0	D
2. AIDS Cases	2	0	4	3	0	3	17	4	5	4	40	2,826	571,378	n/a	n/a
3. Ehrlichiosis Human Monocytic Ehrlichiosis	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.05	0.3	n/a	n/a
4. Group A Streptococcal Infection, Invasive	0.0	6.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.3	1.7	n/a	n/a
5. Hepatitis B, acute	5.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.2	4.8	1.5	1.1	1.5	n/a	n/a
6. Hepatitis C, acute	0.0	0.0	0.0	0.0	0.0	5.8	0.0	5.8	0.0	0.0	1.0	0.4	0.3	n/a	n/a
7. Histoplasmosis	0.0	0.0	10.5	29.3	0.0	0.0	0.0	0.0	0.0	0.0	1.5	0.1	n/a	n/a	n/a
8. Legionellosis	5.6	0.0	0.0	0.0	0.0	5.8	0.0	0.0	0.0	0.0	1.0	0.7	0.9	n/a	n/a
9. Listeriosis	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.02	0.3	n/a	n/a
10. Pertussis	0.0	0.0	0.0	0.0	0.0	0.0	3.3	0.0	0.0	4.8	1.5	0.6	3.4	n/a	n/a
11. Rocky Mountain Spotted Fever	0.0	0.0	10.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.02	0.7	n/a	n/a
12. Streptococcus Pneumoniae, drug resistant invasive disease	0.0	6.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.2	1.1	n/a	n/a
13. Food Borne Diseases*	56.3	6.2	20.9	14.7	8.6	17.3	19.7	11.6	24.9	19.3	20.8	22.3	n/a	n/a	n/a

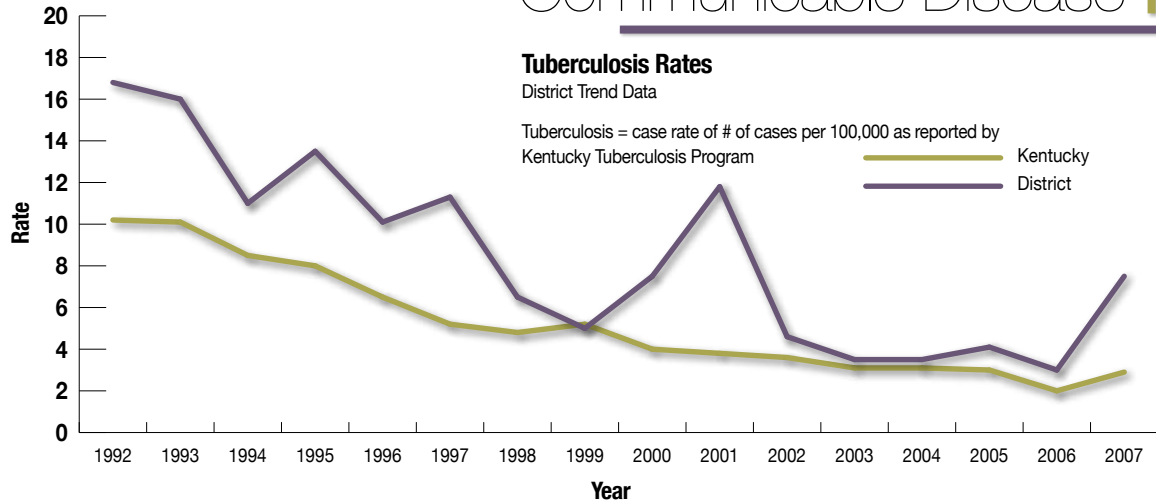
Notes

1. Case rate per 100,000 population based upon the 2007 census estimates
2. Number of persons living with AIDS

3. - 13. Case rate per 100,000 population based upon the 2007 census estimates

* Includes Campylobacter, cryptosporidiosis, Shiga-toxin producing E.Coli, and Salmonella infections.

Communicable Disease



References

1. Kentucky Tuberculosis Program 2007 <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, 1953–2007. Atlanta, GA: U.S. Department of Health and Human Services, CDC, 2007. <http://www.cdc.gov/tb/statistics/reports/2007/pdf/table1.pdf>
2. Cumulative AIDS Cases by Area Development Districts (ADD) and County at the Time of Diagnosis, Kentucky HIV/AIDS Semi-Annual Report, December, 2007: Volume 7, Number 2. <http://chfs.ky.gov/NR/rdonlyres/AC85E644-3332-4A4F-A595-85521BB12817/0/December2007ReportFINAL.pdf>. HIV/

AIDS Surveillance Report: Table 9. Estimated numbers of persons living with HIV/AIDS at the end of 2007: <http://www.cdc.gov/hiv/topics/surveillance/resources/reports/2007report/table9.htm>

3-13. Reportable Diseases in Kentucky 2007 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 Final 2007 Reports of Nationally Notifiable Infectious Diseases; Centers for Disease Control and Prevention; <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5733a6.htm>

Chronic Illness

Indicator	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	United States	KY 2010	Grade
1. Heart Disease	300.1	301.1	343.8	367.2	245.0	275.6	263.0	258.0	209.7	244.0	269.3	246.4	211.1	250.0	D
2. Cerebrovascular Disease/ Stroke	29.2	53.7	21.9	79.9	60.1	38.4	28.7	33.3	29.7	32.7	36.1	49.8	46.6	59.0	A
3. Diabetes	10.4	33.0	24.6	0.0	20.4	17.9	28.3	22.2	30.0	32.6	24.4	27.0	24.6	28.0	A
4. All causes	838.5	1067.5	1088.8	1095.8	823.5	916.5	928.7	805.7	905.6	894.2	922.8	920.5	798.8	n/a	D

Notes

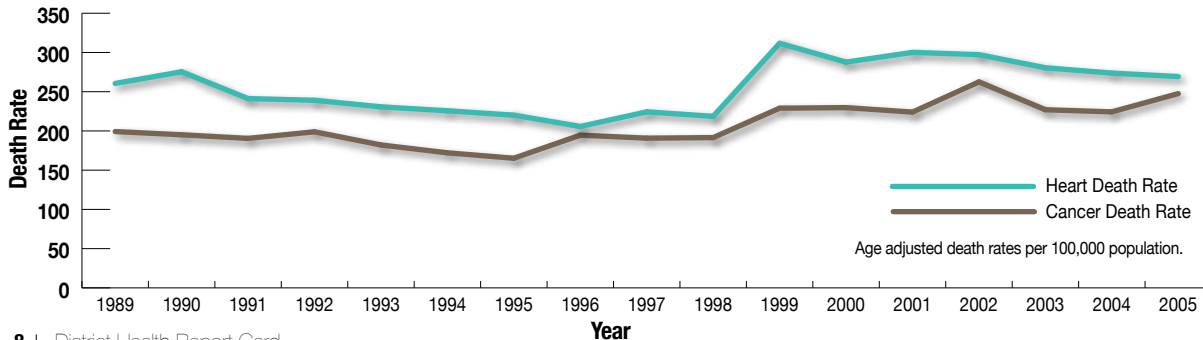
1-4. Age adjusted death rates per 100,000 population for 2002 census estimates.

Sources

1-4. KY Annual Vital Statistics Report, 2005 (<http://chfs.ky.gov/dph/vital/2005+Vital+Statistics+Reports.htm>) and National Vital Statistics Reports (http://www.cdc.gov/nchs/data/nvsr/nvsr56/nvsr56_10.pdf)

Heart and Cancer Death Rate

District Trend Data



Indicator	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	United States	KY 2010 Grade	
1. Cancer Incidence (All)	511.3	552.2	634.4	432.9	521.2	594.0	565.1	594.0	586.5	531.2	558.0	539.5	458.4	n/a	D
2. Cancer (All) Death Rate	228.4	209.4	220.2	254.3	258.8	284.1	256.7	217.8	283.3	225.3	247.6	223.9	184.0	220.7	D
3. Lung Cancer Incidence	77.5	111.1	117.9	43.35***	67.9***	118.0	84.3	134.2	89.8	145.9	98.6	97.2	67.7	n/a	D
4. Lung Cancer Death Rate	91.4	73.9	83.9	98.9	86.3	150.8	82.7	64.8	118.4	122.4	96.3	80.1	52.8	80.7	D
5. Female Breast Cancer Incidence	72.2***	169.3	207.9***	0.0***	150.2***	133.6***	151.7	82.3***	139.1	141.2	132.9	144.8	117.7	n/a	C
6. Female Breast Cancer Death Rate	22.4	0.0	0.0	55.0	17.0	0.0	32.9	45.6	32.4	29.1	25.4	26.9	24.0	22.5	C
7. Colorectal Cancer Incidence	78.9	46.0***	42.6***	44.8***	38.2***	73.8***	57.6	46.3***	64.3	43.2***	55.5	57.1	48.3	n/a	C
8. Colorectal Cancer Death Rate	22.8	18.5	31.5	42.4	25.9	5.8	32.1	23.5	21.1	4.9	23.1	21.0	17.4	13.9	D
9. Cervix/Uteri Cancer Incidence	0.0***	15.3***	0.0***	0.0***	0.0***	18.6***	10.1***	18.3***	13.7***	0.0***	9.0***	8.7	8.1	n/a	D
10. Cervix/Uteri Cancer Death Rate	11.2	0.0	0.0	0.0	0.0	0.0	6.6	0.0	8.1	0.0	3.9	3.2	2.4	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.

Sources

1-10. Kentucky Cancer Registry University of Kentucky, Markey Cancer Control Program 2006 (<http://cancer-rates.info/ky/kymort.html>). Kentucky Vital Statistics Report 2005 - Resident Deaths from Selected Malignant Neoplasms (<http://chfs.ky.gov/dph/vital/2005+Vital+Statistics+Reports.htm>) U.S. Cancer Statistics Working Group. United States Cancer Statistics: 1999-2005 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; 2009. Available at: (<http://apps.nccd.cdc.gov/uscs/Table.aspx?Group=TableAll&Year=2004&Display=n>)

Maternal and Infant Health

	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	United States	KY 2010	Grade
1. Total Births	220	181	115	88	132	230	791	192	284	245	2,478	55,990	4,138,349	n/a	n/a
2. Infant Mortality (Rate)	0.0	5.5	0.0	22.7	7.6	0.0	3.8	10.4	0.0	0.0	3.6	6.9	6.9	6.0	A
3. Low Weight Birth (Percentage)	12.7%	8.8%	7.8%	13.6%	5.3%	7.4%	9.4%	6.3%	8.8%	6.9%	8.8%	9.1%	8.2%	5.0%	C
4. Teen Births (Percentage)	6.1%	3.1%	4.8%	6.5%	6.4%	7.1%	7.0%	5.4%	4.5%	8.0%	6.1%	4.7%	4.2%	5.0%	D
5. No Prenatal Care First Trimester (Percentage)	36.4%	39.2%	41.7%	34.1%	29.5%	21.7%	22.9%	24.0%	22.9%	24.1%	27.0%	29.7%	16.1%	10.0%	C

Notes

1. Total number of births
2. Age adjusted death rates per 100,000 population for 2002 Census estimates
3. Low Weight Birth = Percentage weighing less than 2500 grams (5 lbs. 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.

Sources

1. - 5. KY Annual Vital Statistics Report, 2005 (<http://chfs.ky.gov/dph/vital/2005+Vital+Statistics+Reports.htm>) and National Vital Statistics Reports for Births and Deaths (http://www.cdc.gov/nchs/data/nvsr/nvsr56/nvsr56_06.pdf) (http://www.cdc.gov/nchs/data/nvsr/nvsr56/nvsr56_10.pdf)

Maternal and Infant Health

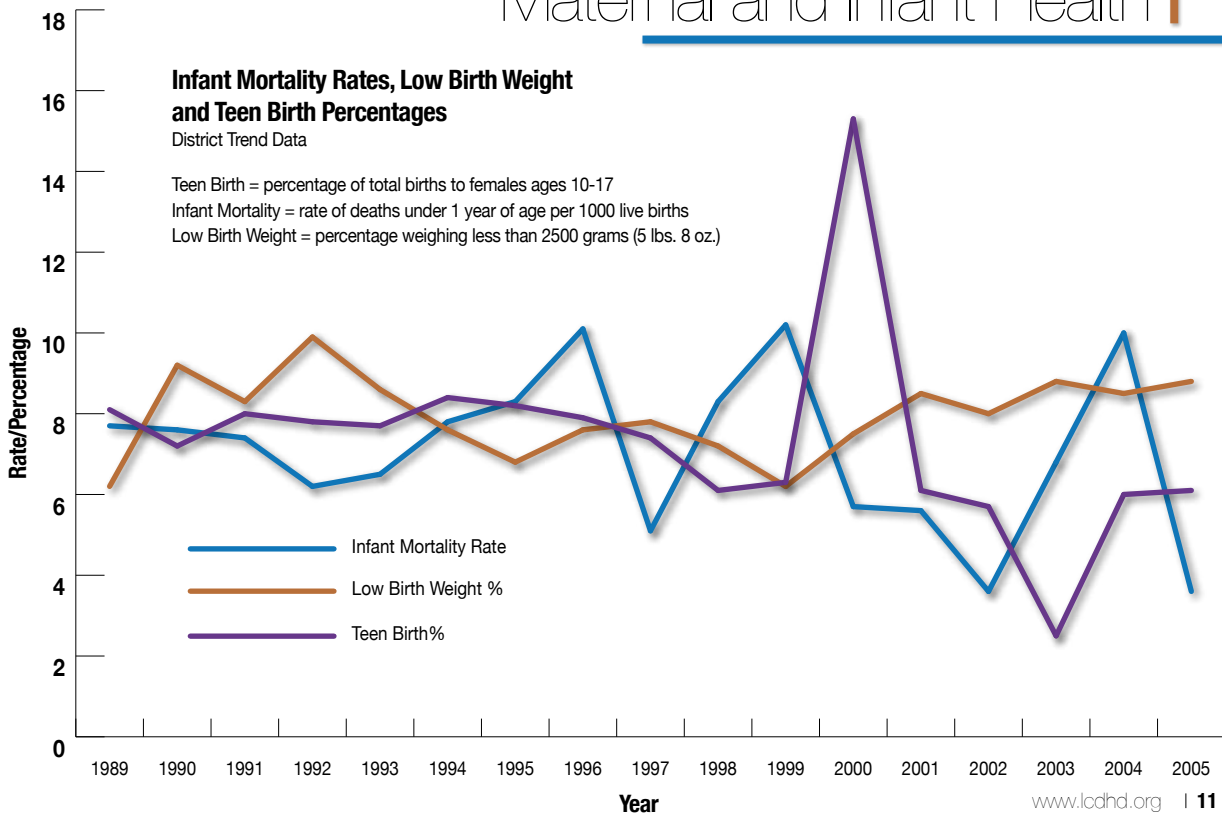
Infant Mortality Rates, Low Birth Weight and Teen Birth Percentages

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.)



Maternal and Infant Health

Injuries and Crime

Indicator	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	Kentucky	United States	KY 2010 Grade	
1. Homicide Death Rate	0.0	7.2	7.4	0.0	0.0	6.8	4.8	0.0	4.0	13.3	4.8	5.1	6.1	4.2	B
2. Suicide Death Rate	21.8	25.1	0.0	42.0	6.2	9.8	14.6	16.5	11.4	9.1	14.8	12.9	10.9	n/a	D
3. Motor Vehicle Death Rate	22.8	67.7	31.5	42.4	25.9	11.6	38.8	23.5	46.5	19.6	34.1	22.0	15.3	12.0	D
4. Child Abuse Neglect - No. of Reports	257	216	195	56	186	277	1,067	289	379	395	3,317	74,159	794,000	n/a	n/a

Notes

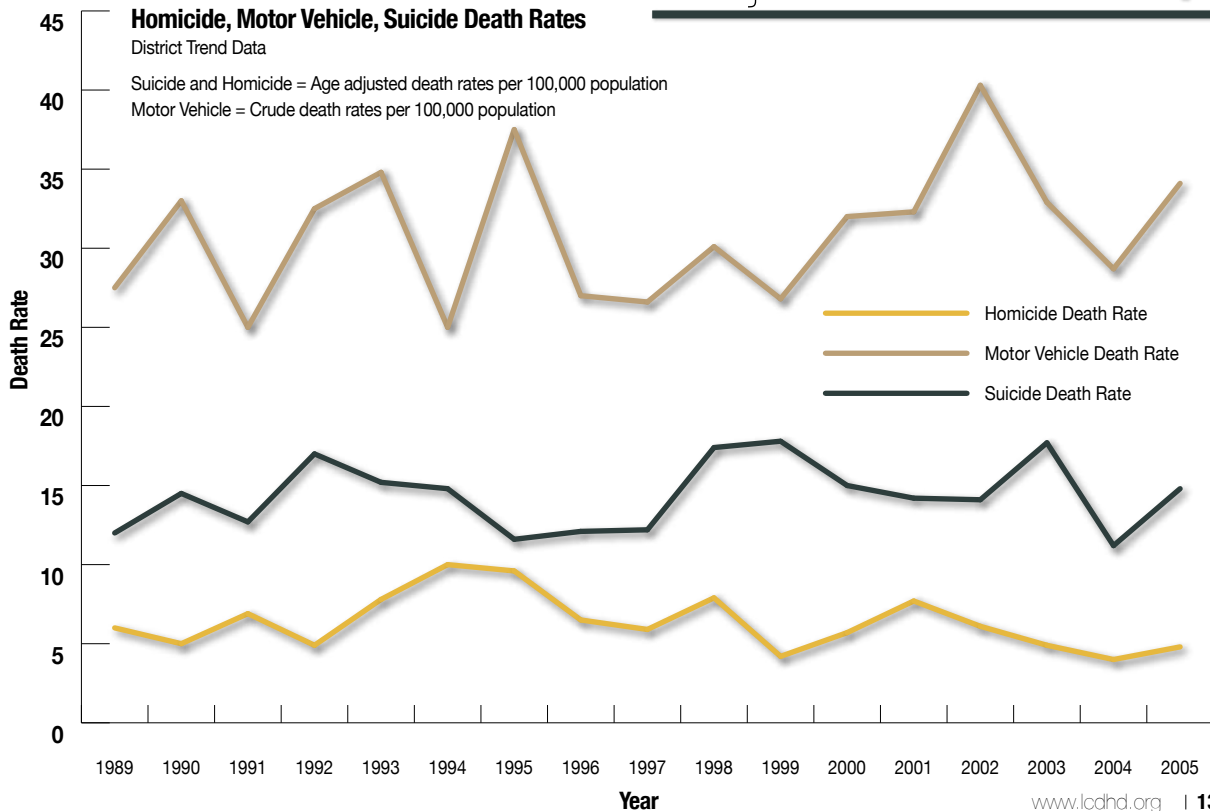
- 2. Age adjusted death rate per 100,000 population for 2004 population estimates
- Crude death rate per 100,000 population for 2004 population estimates
- Number of Child Abuse Neglect Reports

Sources

- 3. KY Annual Vital Statistics Report 2005 (<http://chfs.ky.gov/dph/vital/2005+Vital+Statistics+Reports.htm>) and National Vital Statistics Reports Vol. 56, No. 10, April 24, 2008 (http://www.cdc.gov/nchs/data/nvsr/nvsr56/nvsr56_10.pdf)
- 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 2008 - Administration for Children and Families - Department for Health And Human Services: <http://www.acf.hhs.gov/programs/cb/pubs/cm07/cm07.pdf>

As reported by the Kentucky State Data Center - University of Louisville, Kentucky Department for Public Health, and the Centers for Disease Control and Prevention (<http://ksdc.louisville.edu/>)

Injuries and Crime



Injuries and Crime

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

Percent of Obese Individuals

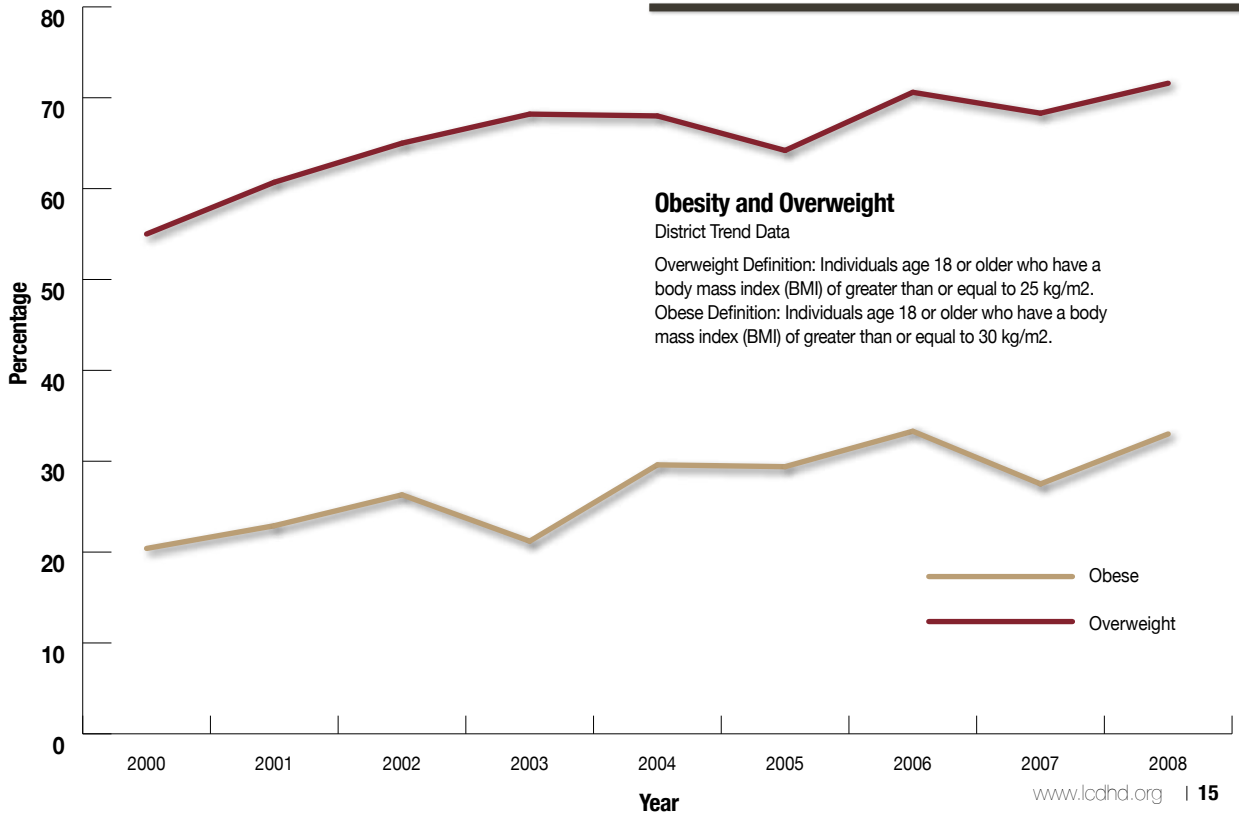
Definition: Individuals age 18 or older who have a body mass index (BMI) of greater than or equal to 30 kg/m²

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

* 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 (<http://www.chrs.ky.gov/dph/epi/brfss.htm>)



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