

ADAIR COUNTY

Adair County is made up of 405 square miles of land located in South-Central Kentucky. It is nestled between four of Kentucky's best fishing and recreation areas: Green River Reservoir, Dale Hollow Lake State Park, Barren River State Park, and Lake Cumberland State Park. Columbia is a KY Trail Town with water trails on Russell Creek and Green River Lake. Columbia is the seat for Adair County, located off a major highway – the Cumberland Parkway.



Kayaking the trails



People

The population of Adair County is 19,485 with a median age of 40.8. The population has increased 4.4% since 2010. 93.2% of the population are White, 3.0% are Black and 1.9% are Hispanic. 1.9% of people speak a non-English language. 18% are 65 or older and 26% are under the age of 18.



Homes

The median income is \$36,575. The median property value is \$85,900 and the homeownership rate is 76%. 23% of children live in single parent homes. 37% of children live in poverty.



Jobs

The most common employment sectors are: Manufacturing, Educational Services and Retail Sales. 83% of Adair County drives alone to work and 25% drive further than 30 minutes to work.



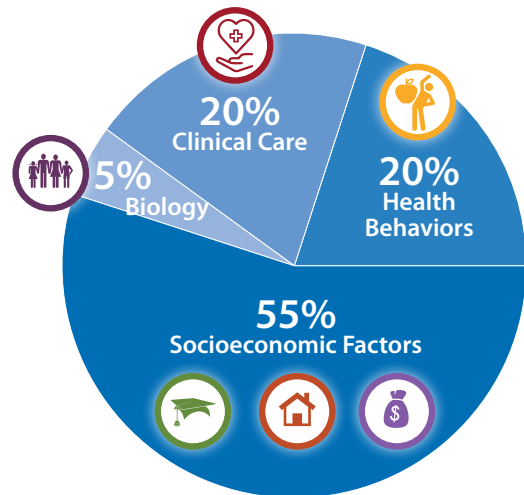
Health

Adair County has one hospital: TJ Health Columbia, a nonprofit hospital. The hospital provides laboratory services, rehabilitation, respiratory services, cardiology services, a medical surgical unit, and an emergency department. Health care provider ratios are: Primary Care Physicians 3,801:1; Dentist 6,430:1; Mental Health Provider 550:1. 8% of people under the age of 65 are uninsured.

What makes us healthy?

Many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts on health, whereas the more commonly considered factors such as access and use of health care services often have less of an impact.

- World Health Organization



ADAIR COUNTY



MEDIAN HOUSEHOLD INCOME
\$36,575

District \$33,268
KY \$46,535



POPULATION
19,485

4.40% increase

District 209,159
KY 4,454,189
USA 325,719,178



ADULT SMOKING
23%

District 24%
KY 24%



PHYSICAL INACTIVITY
36%

District 34%
KY 28%



ADULT OBESITY
37%

District 36%
KY 34%



PERSONS IN POVERTY
26%

District 26%
KY 19%



CHILDREN IN POVERTY
37%

District 36%
KY 24%

Adair County W.A.T.C.H. Coalition Vision Statement:

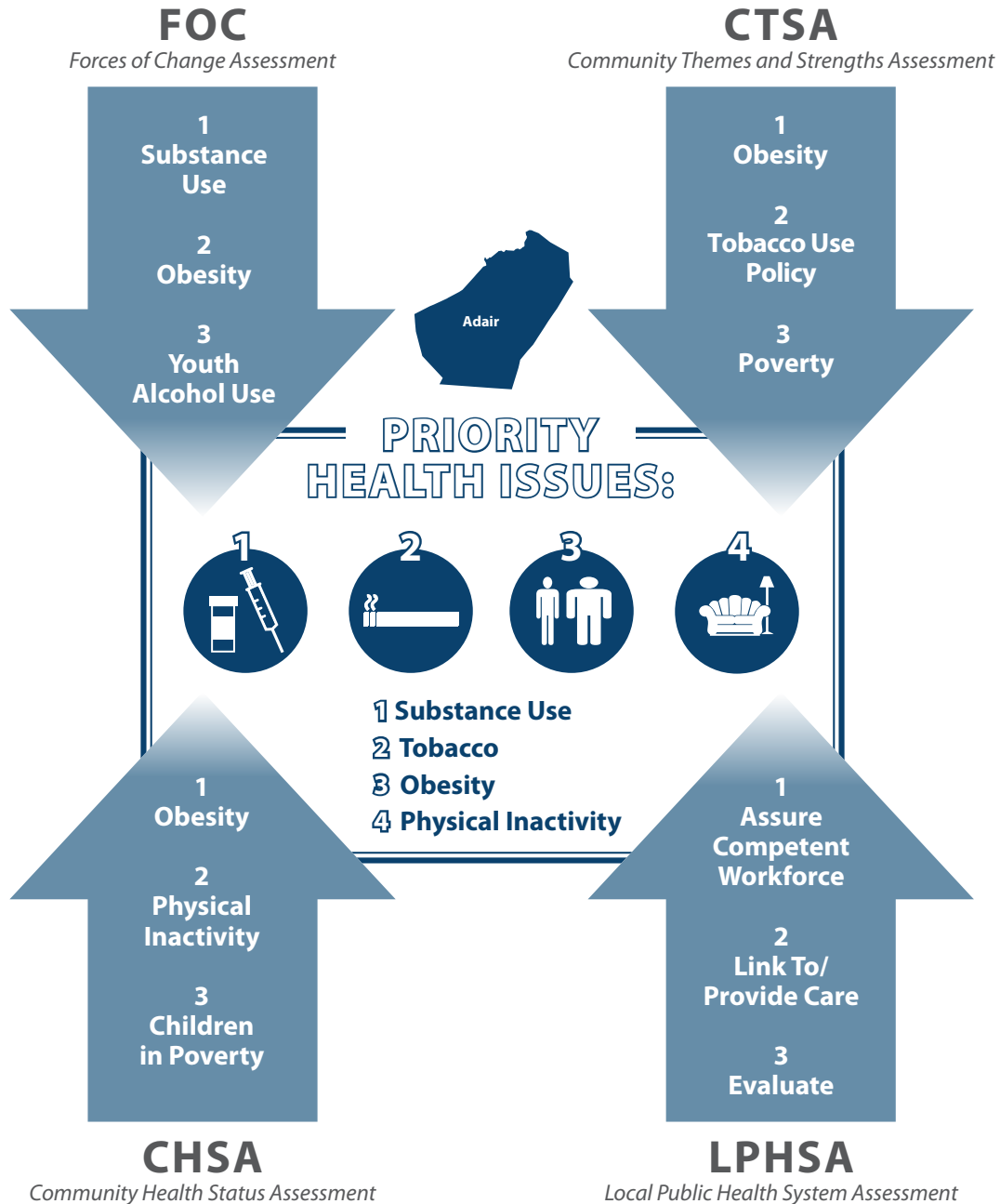
Adair County is an educated, productive community united and empowered to create and access opportunities and resources to achieve a healthy and active lifestyle.



Sources: US Census Bureau: State and County Quick Facts, August 23, 2018. County Health Ranking, 2018.

ADAIR COUNTY

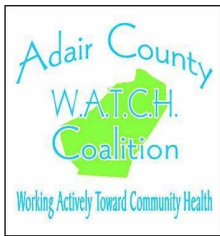
The W.A.T.C.H Coalition completed the Mobilizing for Action through Partnerships and Planning (MAPP), a community driven strategic planning tool in Spring 2018. Through the four assessments of this process, the following themes were identified as areas to research and determine strategies to improve the health outcomes of Adair County residents.



Adair County Health Department
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www.LCDHD.org



ADAIR COUNTY: RESOURCES OR ASSETS INVENTORY



Adair County (Working Actively Toward Community Health) W.A.T.C.H. Coalition

The priority health issues selected are Obesity/Physical Inactivity, Substance Use and Tobacco Use. To address these issues the health coalition has created a listing of assets and resources that will be employed to improve the health of Adair County residents.

Obesity/Physical Inactivity

- Jim Blair Community Center - outside walking track with story walk playground, ball field
- Adair County School System - open campus for walkers/runners with lighting
- Columbia City Park - basketball court, tennis court, handicap accessible playground
- Holloway Health and Wellness Center - membership required
- Flex Appeal Fitness - paid membership
- Healthy Kids Clinic
- Adair County Cooperative Extension Service - health and wellness focused classes
- Little League Park-after school leagues with fees
- Adair Farmers Market - Kids Bucks, Hungry Kids Café, weekly educational programs
- Adair County WATCH Coalition - support community efforts
- Diabetes Education -gentle chair exercise
- Food Pantry
- KY Trail Town
- Family Resource/YSC/21st Century After School grants

Substance Use

- Health Department community training on ACEs
- Victim Advocate
- Lake Cumberland Community Action Agency
- HANDS
- ADANTA
- Adair County ASAP Programs
- Celebrate Recovery
- Lindsey Wilson College Counseling Program
- LCDHD RHOP, Syringe Exchange, Ryan White Program
- Joy Ministries

Tobacco

- LCDHD Tobacco grant working with youth
- LCDHD Quit line promotion
- Adair County ASAP
- Middle and High School Youth Coalitions
- Adair County Schools Sources of Strength
- ADANTA RPC
- Family Resource Center/YSC

ADAIR COUNTY

Community Health Assessment DATA

POPULATION/DEMOGRAPHIC

	Adair	District	Kentucky	USA
Population, 2017 Estimate ¹	19,485	209,159	4,454,189	325,719,178
Population % Change - 04/01/10 - 07/01/17 ¹	4.40%	0.20%	2.60%	5.50%
Person Under 5, percent (2017) ¹	5.50%	5.95%	6.20%	6.10%
Person Under 18, percent (2017) ¹	20.40%	21.82%	22.70%	22.60%
Person 65 and Over, percent (2017) ¹	17.90%	19.05%	16.00%	15.60%
Female, percent (2017) ¹	50.20%	50.28%	50.70%	50.80%
Male, percent (2017) ¹	49.80%	49.72%	49.30%	49.20%
White alone, percent (2017) ¹	94.00%	95.10%	87.80%	76.60%
Black or African American, percent (2017) ¹	3.00%	2.50%	8.40%	13.40%
American Indian/Alaska Native alone, percent (2017) ¹	0.30%	38.00%	0.30%	1.30%
Reporting two or more races, percent (2017) ¹	1.40%	1.45%	1.90%	2.70%
Hispanic or Latino, percent (2017) ¹	1.90%	2.57%	3.70%	18.10%
White alone, Not Hispanic or Latino, percent (2017) ¹	93.20%	93.06%	84.60%	60.70%
Veterans, 2012-2016 (2017) ¹	1,197	12,809	289,837	19,535,341
Number of Housing Units (2017) ¹	8,604	10,142	1,984,150	137,403,460
Home Ownership Rate ¹	76.00%	73.00%	66.80%	64%
Median Selected Monthly Owner Costs-w/mortgage, 2012-16 ¹	\$855	\$830	\$1,116	\$1,515
Median Selected Monthly Owner Costs-w/o mortgage, 2012-16 ¹	\$266	\$273	\$343	\$474
Median Gross Rent, 2012-16 ¹	\$499	\$525	\$690	\$982
Persons per Household, 2012-16 ¹	2.51	2.00	2.49	2.63
Median Household Income ¹	\$36,575	\$33,268	\$46,535	\$57,652
Median Homeowner Value ¹	\$85,900	\$83,210	\$135,600	\$193,500

¹Source: US Census Bureau: State and County Quick Facts, Data derived from Population Estimates, Census of Populations. August 23, 2018



ADAIR COUNTY

Community Health Assessment DATA

HEALTH FACTORS

	Adair	District	Kentucky	USA
Premature Death ²	8,300	10,330	9,000	-
Poor or Fair Health ²	23%	25%	21%	-
Poor Physical Health Days ²	4.90	5.24	4.80	-
Poor Mental Health Days ²	4.70	4.74	4.80	-
Low Birthweight ²	8%	9%	9%	-
Adult Smoking ²	23%	24%	24%	-
Adult Obesity ²	37%	36%	34%	-
Diabetes Prevalence ²	16%	15%	13%	-
Teen Birth Rate ²	29	52	38	-
Food Environment Index ²	7.40	7.29	7.00	-
Food Insecurity ²	16%	17%	16%	-
Physical Inactivity ²	36%	34%	28%	-
Access to Exercise Opportunities ²	63%	58%	72%	-
Excessive Drinking ²	15%	13%	16%	-
Alcohol Impaired Driving Deaths ²	23%	32%	28%	-
Uninsured ²	8%	8%	7%	-
Primary Care Physicians ²	3,810:1	3,817:1	1,510:1	-
Dentists ²	6,430:1	5,347:1	1,560:1	-
Mental Health Providers ²	550:1	-	520:1	-
Other Primary Care Providers ²	1,607:1	1,372:1	885:1	-
Preventable Hospital Stays, rate ²	80.0	106.4	77.0	-
Acute Drug Poisoning (overdose) ³	48	624	19,960	-
Drug Arrest Rate ⁴	1,574	1,868	1,707	-
Motor Vehicle Death Rate ⁵	21.93	23.98	17.06	-
Coronary Heart Disease Deaths ⁶	87.8	-	107.4	-
Colorectal Cancer (avg. 5-year cancer incidence rate) ⁷	49	54	50	40
Lung Cancer (avg. 5-year cancer incidence rate) ⁷	85	102	95	61
Breast Cancer (avg. 5-year cancer incidence rate) ⁷	104	116	123	124

²County Health Ranking, 2018. ³Kentucky Injury Prevention and Research Center 2017 Drug-related inpatient hospitalization and emergency department visits. ⁴Kentucky Health Facts, 2016. ⁵Motor Vehicle Death Rate - CDC WONDER 2016. ⁶CDC Division Heart Disease and Stroke Prevention 2014-2016. ⁷Kentucky Cancer Registry 2010-2015

ADAIR COUNTY

Community Health Assessment DATA

SOCIAL AND ECONOMIC FACTORS

	Adair	District	Kentucky
High School Graduation ²	98.0%	96.9%	90.3%
Some College ²	47%	47%	60%
Unemployment ²	6.60%	6.21%	5.00%
Children in Poverty ²	37%	36%	24%
Person in Poverty ¹	26.10%	25.63%	18.50%
Income Inequality ²	5.40	5.19	5.10
Children in Single-Parent Households ²	23%	32%	35%
Social Associations ²	4.20	9.34	10.70
Violent Crime, rate ²	66.0	73.8	215.0
Injury Deaths, rate ²	82.0	103.9	88.0
Air Pollution-Particulate Matter ²	9.70	9.64	10.00
Drinking Water Violations ²	No	Yes	Yes
Severe Housing Problems ²	10%	14%	14%
Driving Alone to Work ²	83%	83%	82%
Long Commute-Driving Alone ²	25%	28%	29%

¹Source: US Census Bureau: State and County Quick Facts, Data derived from Population Estimates, Census of Populations. August 23, 2018

²County Health Ranking, 2018.

ADAIR COUNTY SCHOOL DISTRICT ENROLLMENT

Adair County Primary (PS-2)	579	Adair Middle (6-8)	591
Adair Elementary (3-5)	593	Adair High (9-12)	772
TOTAL ENROLLMENT			2,535

Source: Kentucky Department of Education, May 16, 2018

ADAIR COUNTY HEALTH RANKINGS

County Health Rankings help communities to understand what influences the health of residents and to identify challenges and opportunities to improve health outcomes.

Many factors influence how long and how well we live. Each of the Kentucky counties are ranked from 1 to 120. Number 1 being the healthiest and number 120 being the unhealthiest.

Source: County Health Ranking, 2018

Health Outcomes - Overall health rank.	41
Length of Life - How long people live.	24
Quality of Life - How healthy people feel while alive.	63
Health Factors - Influences on the health of the county.	73
Health Behaviors - Actions that effect health.	74
Clinical Care - Access and quality of care.	83

LAKE CUMBERLAND DATA

Lake Cumberland District Total Population	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	KY
Population, 2017 Est. ¹	19,485	15,750	10,276	6,706	11,065	17,465	64,449	17,775	25,472	20,716	209,159	4,454,189
Population percent change- April 1, 2010 to July 1, 2017 ¹	4.40%	-1.30%	0.10%	-2.20%	-1.70%	-4.60%	2.20%	1.20%	3.90%	-0.05%	0.20%	2.60%
Person Under 5, percent (2017) ¹	5.50%	6.30%	6.20%	6.30%	5.20%	5.90%	5.80%	6.20%	6.40%	5.70%	5.95%	6.20%
Person Under 18, percent (2017) ¹	20.40%	22.60%	22.60%	21.70%	21.10%	21.70%	22.40%	22.60%	22.40%	20.70%	21.82%	22.70%
Person 65 and over, percent (2017) ¹	17.90%	19.90%	19%	21.40%	20.30%	15.70%	18.60%	19.90%	17.40%	20.40%	19.05%	16%
Female, percent (2017) ¹	50.20%	51.40%	50.60%	51.10%	50.60%	45.50%	51.10%	50.90%	51.10%	50.30%	50.28%	50.70%
Male, percent (2017)	49.80%	48.60%	49.40%	48.90%	49.40%	54.50%	48.90%	49.10%	48.90%	49.70%	49.72%	49.30%
White alone, percent (2017) ¹	94%	97.20%	97.10%	95%	95.70%	91.70%	96.40%	96.90%	91.40%	95.60%	95.10%	87.80%
Black or African American, percent (2017) ¹	3%	0.90%	0.60%	2.80%	2.20%	5.70%	1.20%	0.90%	5.20%	2.10%	2.00%	8.40%
American Indian/Alaska Native alone, percent (2017) ¹	0.30%	0.40%	0.20%	0.20%	0.40%	0.80%	0.30%	0.60%	0.20%	0.40%	0.38%	0.30%
Native Hawaiian/ other Pacific Islander alone, percent (2017) ¹	z	0.10%	0.40%	z	z	0.10%	z	z	0.10%	0.18%	8.00%	0.10%
Reporting two or more races, percent (2017) ¹	1.40%	1.10%	1.40%	1.90%	1.50%	1.50%	1.20%	1.10%	2.00%	1.40%	1.45%	1.90%
Hispanic or Latino, percent (2017) ¹	1.90%	3.00%	2.90%	1.30%	1.80%	2.70%	2.50%	3.70%	2.60%	3.30%	2.57%	3.70%
White alone, Not Hispanic or Latino, percent (2017) ¹	93.20%	94.60%	95%	93.80%	94.20%	89.60%	94.10%	93.70%	89.20%	93.20%	93.06%	84.60%
Veteran - 2012-2016 (2017) ¹	1,197	892	560	433	668	1,048	4,690	932	1,257	1132	12,809	289,837

LAKE CUMBERLAND DATA

Lake Cumberland District Health Characteristics	Adair	Casey	Clinton	Cumberland	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	KY
Premature Death ²	8,300	11,400	11,900	10,300	9,400	12,400	10,100	10,800	9,200	9,500	10,330	9,000
Poor or Fair Health ²	23%	26%	23%	23%	19%	35%	22%	25%	24%	27%	25%	21%
Poor Physical Health Days ²	4.9	5.5	5.0	5.0	4.5	6.4	5.1	5.3	5.0	5.7	5.24	4.8
Poor Mental Health Days ²	4.7	5	4.6	4.6	4.3	5.5	4.3	4.6	4.7	5.1	4.74	4.8
Low Birthweight ²	8%	9%	10%	8%	8%	11%	8%	9%	9%	8%	9%	9%
Adult Smoking ²	23%	25%	25%	22%	21%	31%	23%	24%	24%	24%	24%	24%
Adult Obesity ²	37%	37%	35%	34%	38%	38%	34%	35%	34%	40%	36%	34%
Teen Births ²	29	58	54	45	41	75	53	63	43	60	52	38
Food Environment Index ²	7.4	7.8	7.8	7.6	7.6	6.6	7.1	7.3	6.9	6.8	7.3	7.0
Physical Inactivity ²	36%	32%	34%	38%	34%	33%	30%	30%	34%	35%	34%	28%
Access to Exercise Opportunities ²	63%	26%	41%	11%	37%	100%	72%	85%	82%	67%	58%	72%
Excessive Drinking	15%	13%	13%	13%	14%	12%	13%	13%	14%	13%	13%	16%
Alcohol Impaired Driving Deaths ²	23%	43%	27%	80%	18%	30%	25%	30%	23%	19%	32%	28%
Uninsured ²	8%	9%	9%	8%	8%	9%	8%	9%	7%	8%	8%	7%
Primary Care Physicians ²	3,810:1	15,810:1	2,540:1	1,690:1	0	3,580:1	1,330:1	2,520:1	1,500:1	1,570:1	3,817:1	1,510:1
Dentists ²	6,430:1	7,910:1	5,090:1	2,250:1	2,770:1	17,510:1	1,390:1	3,540:1	3,170:1	3,410:1	5,347:1	1,560:1
Mental Health Providers ²	550:1	1,440:1	570:1	610:1	690:1	1,250:1	350:1	1,110:1	630:1	1,200:1		520:1
Preventable Hospital Stays, Rate ²	80	145	161	173	129	93	65	64	59	95	106.4	77
High School Graduation ²	98%	93%	93%	93%	93%	88%	94%	90%	99%	93%	93%	89%
Some College ²	47%	46%	42%	57%	46%	40%	50%	55%	52%	37%	47%	60%
Unemployment ²	6.6%	4.6%	7.3%	5.5%	4.4%	7.7%	5.3%	8.3%	5.1%	7.3%	6.2%	5.0%
Children in Poverty ²	37%	37%	37%	38%	29%	47%	27%	37%	29%	38%	36%	24%
Income Inequality ²	5.4	5.2	4.5	5.3	5.0	5.4	6.0	4.9	5.0	5.2	5.2	5.1
Children in Single Parent Households ²	23%	22%	31%	37%	20%	31%	38%	37%	50%	28%	32%	35%
Social Associations ²	4.2	5.7	7.9	8.9	18.2	3.4	9.6	10.2	16.5	8.8	9.34	10.7
Violent Crime, Rate ²	66	44	24	49	47	52	124	59	209	64	73.8	215
Injury Death, Rate ²	82	100	132	124	99	96	92	123	92	99	103.9	88
Air Pollution-Particulate Matter ²	9.7	9.8	9.4	9.4	9.8	9.5	9.9	9.7	9.7	9.5	9.6	10.0
Drinking Water Violations ²	No	Yes	No	Yes	No	No	Yes	Yes	No	No	Yes	Yes
Severe Housing Problems ²	10%	11%	13%	10%	13%	23%	18%	14%	14%	13%	14%	14%
Driving Alone to Work ²	83%	82%	85%	85%	80%	82%	85%	84%	81%	83%	83%	82%
Long Commute - Driving Alone ²	25%	42%	18%	28%	41%	32%	20%	26%	20%	29%	28%	29%
Hospitalizations or ER Visits per 1,000 Overdoses - Any Substance (2016) ³	2.40	4.58	1.97	4.72	2.70	3.59	2.87	3.28	4.31	1.99	3.15	
Motor Vehicle Death Rate (2016) ⁴	31.93	24.21	26.60	52.59	29.45	22.24	18.39	33.99	20.04	26.95	23.98	17.06
Coronary Heart Disease Deaths (2014-2016) ⁵	87.80	120.80	153.70	162.20	138.40	156.80	172.30	93.20	131.10	145.90		107.40
Colorectal Cancer* ⁶	49	59	50*	48*	53*	53*	54	48	61	51	54	50
Lung Cancer* ⁶	85	112	108	107	88	163	93	104	105	97	102	95
Breast Cancer* ⁶	104	115	112	ND	89*	150	129	110	109	102	116	123

LAKE CUMBERLAND DATA

Substance Abuse	Adair	Casey	Clinton	Cumber-land	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	KY
Acute Drug Poisoning (Overdose) ⁷	48	57	18	13	23	56	203	58	93	55	624	19,960
Drug Arrest Rate, 2016, Kentucky Health Facts ⁸	1,574	2,297	1,898	2,435	864	1,732	1,339	2,015	2,917	2,491	1,868	1,707

Housing and Economics	Adair	Casey	Clinton	Cumber-land	Green	McCreary	Pulaski	Russell	Taylor	Wayne	District	KY
Number of Housing Units (2017) ⁹	8,604	7,510	5,302	3,676	5,309	7,507	31,493	10,106	11,001	10,907	10,142	1,984,150
Home Ownership Rate ⁹	76%	79%	72%	72%	78.90%	70.10%	69.60%	74.40%	63.70%	70.50%	73%	66.80%
Median Selected Monthly Owner Costs - with a mortgage, 2012-2016 ⁹	\$855	\$798	\$824	\$852	\$812	\$718	\$921	\$889	\$897	\$732	\$830	1,116
Median Selected Monthly Owner Costs - without a mortgage, 2012-2016 ⁹	\$266	\$263	\$255	\$302	\$293	\$241	\$296	\$274	\$282	\$254	\$273	343
Median Gross Rent, 2012-2016 ⁹	\$499	\$481	\$534	\$386	\$531	\$603	\$613	\$519	\$592	\$487	\$525	690
Persons Per Household, 2012-2016 ⁹	2.51	2.42	2.59	2.41	2.43	2.54	2.45	2.47	2.48	2.58	2	2.49
Median Household Income ⁹	\$33,873	\$32,315	\$29,872	\$33,268	\$36,681	\$18,972	\$34,673	\$31,539	\$32,977	\$30,260	\$31,433	\$44,811
Person in Poverty ⁹	26.10%	27.80%	25.30%	25.30%	20.40%	39.30%	18.90%	25%	21.30%	26.90%	25.63%	18.50%

DATA SOURCES

¹ US Census Bureau: State and County Quick Facts, Data derived from Population Estimates, Census of Populations. August 23, 2018
z: value greater than zero but less than half unit of measure shown

² County Health Rankings, 2018

³ Kentucky Injury Prevention and Research Center 2012-2016

⁴ CDC WONDER 2016

⁵ CDC Division Heart Disease and Stroke Prevention 2008-2016

⁶ Kentucky Cancer Registry 2010-2015, *Average 5 year cancer incidence rate

⁷ Kentucky 2016 Overdose Fatality Report, Office of Drug Control Policy, Produced by the Kentucky Injury Prevention and Research Center- These deaths represent overdoses by illicit and/or prescription drugs that were inflicted intentionally or unintentionally
*Totals were suppressed if they could be used to calculate a suppressed field.

⁸ Kentucky Health Facts 2016

⁹ US Census Bureau: State and County Quick Facts. Data derived from Population Estimates, America Community Survey, Census of Population and Housing, State and County Housing Unit Estimates, Economic Census, and Building Permits, August 24, 2018.