

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.



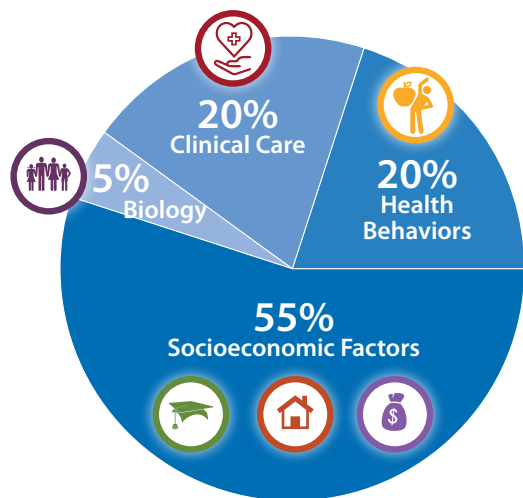
Health

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:

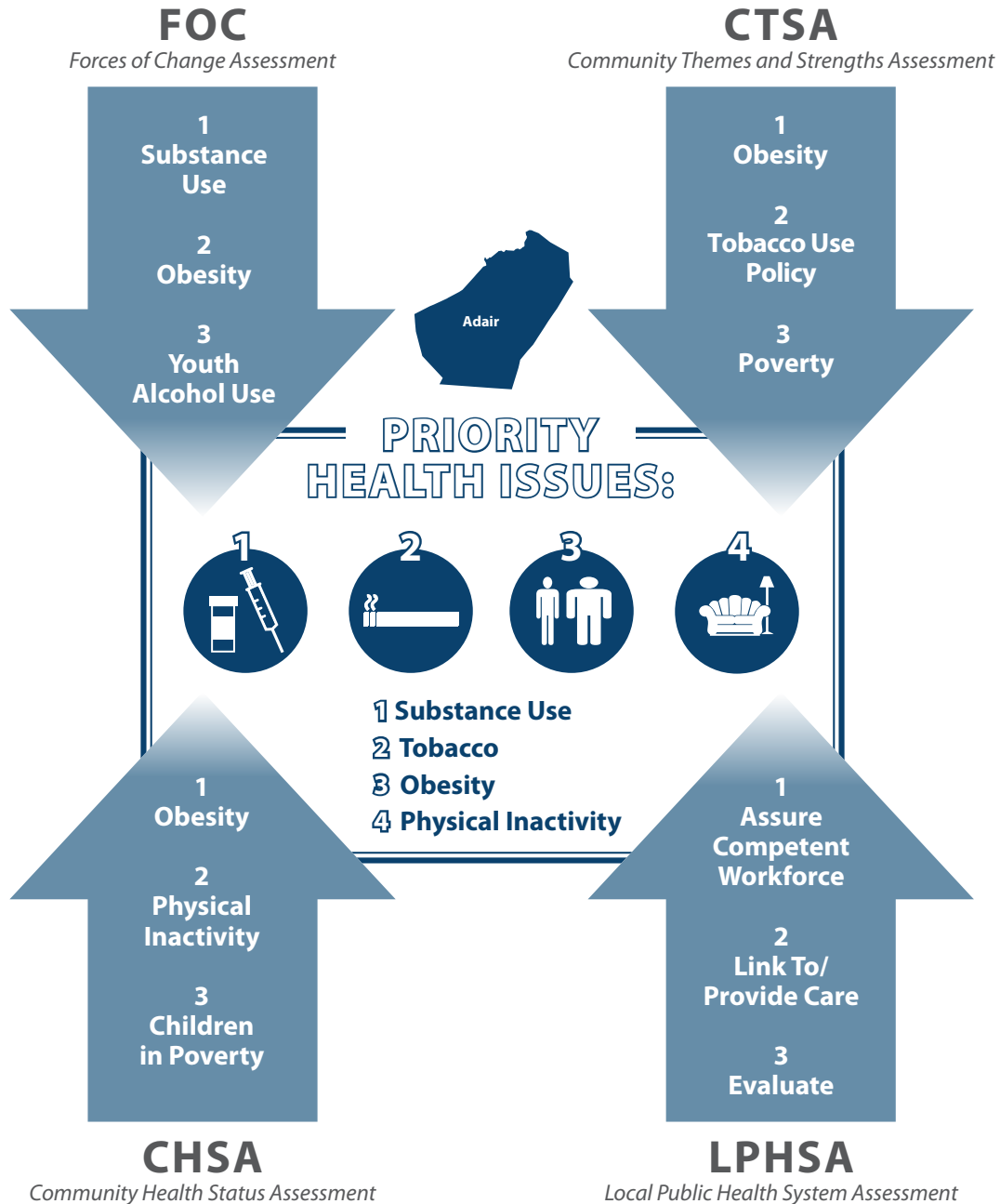
Adair County is an educated, productive community united and empowered to create and access opportunities and resources to achieve a healthy and active lifestyle.



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

ADAIR COUNTY

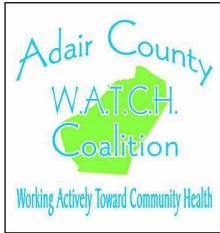
The W.A.T.C.H Coalition completed the Mobilizing for Action through Partnerships and Planning (MAPP), a community driven strategic planning tool in Spring 2018. Through the four assessments of this process, the following themes were identified as areas to research and determine strategies to improve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



Adair County Health Department
801 Westlake Drive Columbia, KY 42728
p (270) 384-2286 • f (270) 384-4800
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 COMMUNITY HEALTH SURVEY

A community health assessment survey was completed in February 2018. There were 466 individuals that completed the survey. The survey results assisted in identifying prioritizing health issues. Below are a few of the questions and answers from the survey.

What do you think are the THREE most important factors for a "Healthy Community?" (Those factors which most improve the quality of life in a community)

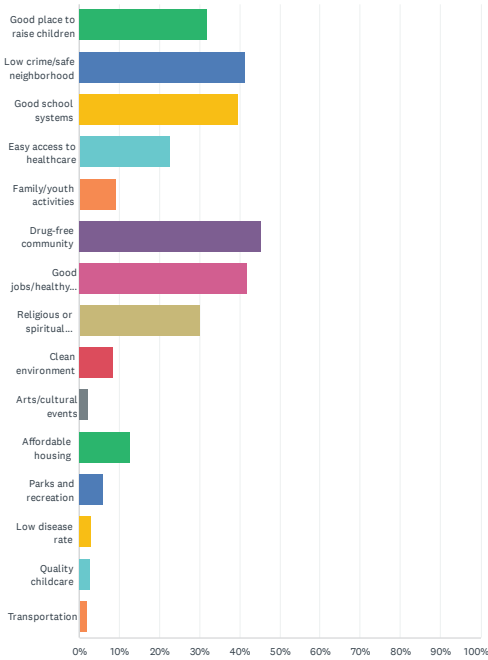
Answers Top Three	% of Respondents
Drug-free community	45.49%
Good jobs/healthy economy	42.06%
Low crime/safe neighborhood	41.42%

What do you think are the THREE groups the needs the most help with access to health care?

Top Three Answers	% of Respondents
Low-income families	31.28%
Elderly	23.57%
Middle Class	19.38%

Q1 What do you think are the THREE most important factors for a "Healthy Community?" (Those factors which most improve the quality of life in a community) Check THREE:

Answered: 466 Skipped: 0



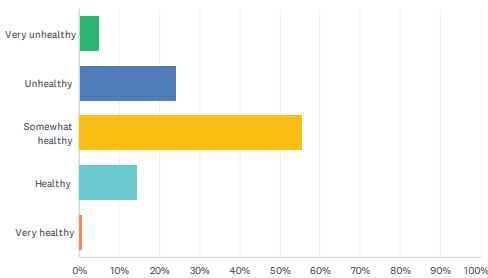
1 / 25

ANSWER CHOICES	RESPONSES
Good place to raise children	31.97% 149
Low crime/safe neighborhood	41.42% 193
Good school systems	39.70% 185
Easy access to healthcare	22.53% 105
Family/youth activities	9.23% 43
Drug-free community	45.49% 212
Good jobs/healthy economy	42.06% 196
Religious or spiritual values	30.04% 140
Clean environment	8.58% 40
Arts/cultural events	2.36% 11
Affordable housing	12.88% 60
Parks and recreation	6.01% 28
Low disease rate	3.00% 14
Quality childcare	2.79% 13
Transportation	1.93% 9
Total Respondents: 466	

2 / 25

Q2 How would you rate Adair County as a "Healthy Community?"

Answered: 453 Skipped: 13

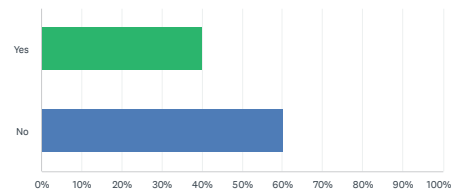


ANSWER CHOICES	RESPONSES
Very unhealthy	4.86% 22
Unhealthy	24.06% 109
Somewhat healthy	55.63% 252
Healthy	14.57% 66
Very healthy	0.88% 4
TOTAL	453

3 / 25

Q3 Are you satisfied with the healthcare system in your county?

Answered: 445 Skipped: 21

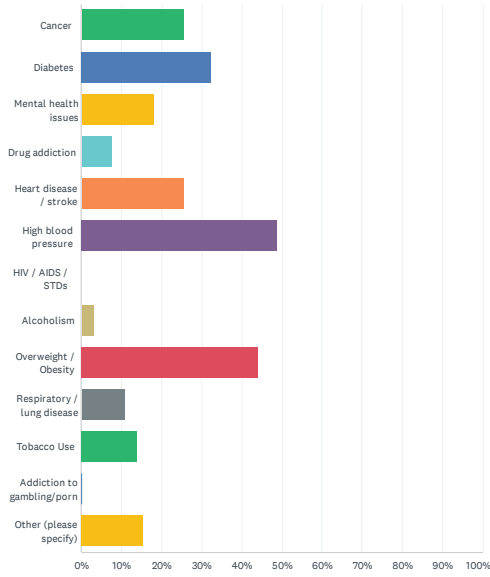


ANSWER CHOICES	RESPONSES
Yes	39.78% 177
No	60.22% 268
TOTAL	445

4 / 25

Q4 Select the health challenges you and your family face; Check only 3

Answered: 466 Skipped: 0



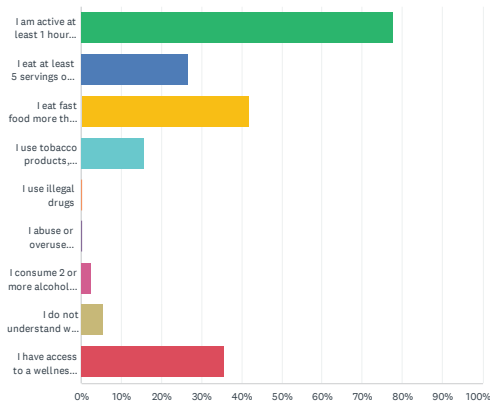
5 / 25

ANSWER CHOICES	RESPONSES
Cancer	25.54% 119
Diabetes	32.40% 151
Mental health issues	18.03% 84
Drug addiction	7.73% 36
Heart disease / stroke	25.54% 119
High blood pressure	48.93% 228
HIV / AIDS / STDs	0.00% 0
Alcoholism	3.22% 15
Overweight / Obesity	44.21% 206
Respiratory / lung disease	10.94% 51
Tobacco Use	14.16% 66
Addiction to gambling/porn	0.21% 1
Other (please specify)	15.67% 73
Total Respondents: 466	

6 / 25

Q5 Choose all statements that apply to you

Answered: 451 Skipped: 15



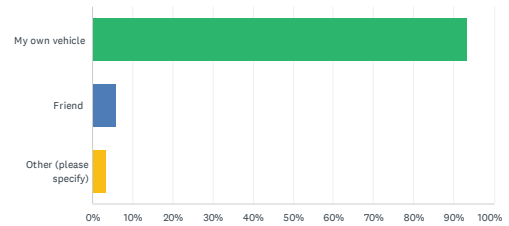
ANSWER CHOICES	RESPONSES
I am active at least 1 hour a day (active is defined as daily movement activities such as cleaning, yard work)	77.83% 351
I eat at least 5 servings of fruit and vegetables each day	26.61% 120
I eat fast food more than two times per week	41.69% 188
I use tobacco products, cigarettes, dip, chew, etc.	15.74% 71
I use illegal drugs	0.22% 1
I abuse or overuse prescription drugs	0.22% 1
I consume 2 or more alcoholic drinks per day	2.66% 12
I do not understand when health care providers speak to me using medical terms	5.54% 25
I have access to a wellness program through my employer	35.70% 161
Total Respondents: 451	

65

7 / 25

Q6 Which of the following forms of transportation do you use?

Answered: 458 Skipped: 8

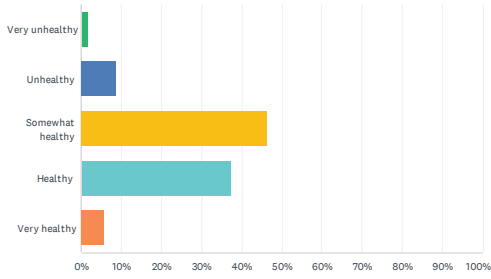


ANSWER CHOICES	RESPONSES
My own vehicle	93.45% 428
Friend	5.68% 26
Other (please specify)	3.49% 16
Total Respondents: 458	

8 / 25

Q7 How would you rate your own personal health?

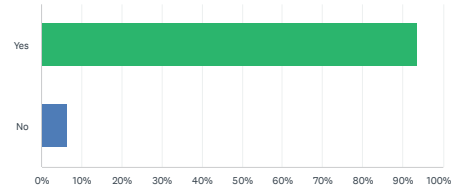
Answered: 460 Skipped: 6



ANSWER CHOICES	RESPONSES	
Very unhealthy	1.74%	8
Unhealthy	8.70%	40
Somewhat healthy	46.52%	214
Healthy	37.39%	172
Very healthy	5.65%	26
TOTAL		460

Q8 Are you able to visit a doctor when needed?

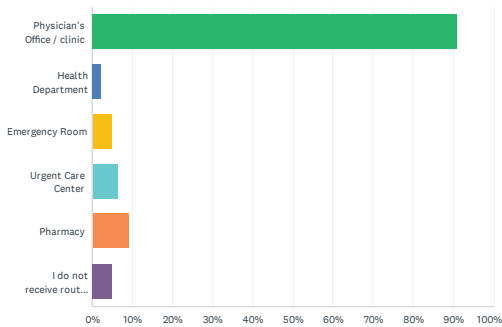
Answered: 464 Skipped: 2



ANSWER CHOICES	RESPONSES	
Yes	93.53%	434
No	6.47%	30
TOTAL		464

Q9 Where do you go for healthcare?

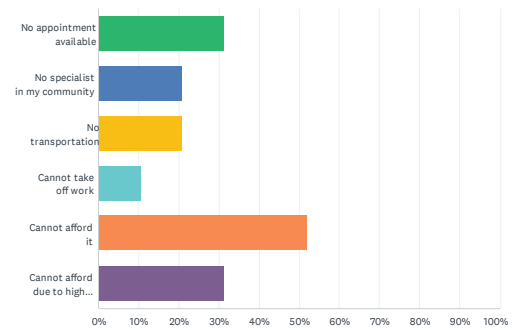
Answered: 463 Skipped: 3



ANSWER CHOICES	RESPONSES	
Physician's Office / clinic	91.14%	422
Health Department	2.38%	11
Emergency Room	4.97%	23
Urgent Care Center	6.48%	30
Pharmacy	9.07%	42
I do not receive routine healthcare	5.18%	24
Total Respondents: 463		

Q10 If you answered "No" to number 8, please choose ALL reasons why below.

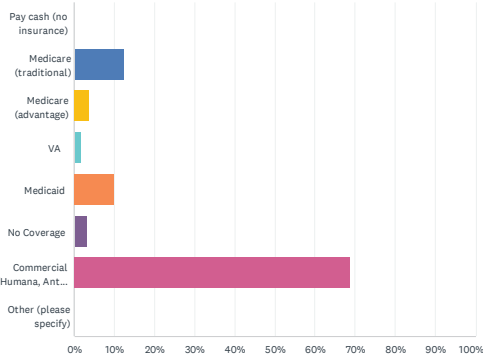
Answered: 29 Skipped: 437



ANSWER CHOICES	RESPONSES	
No appointment available	31.03%	9
No specialist in my community	20.69%	6
No transportation	20.69%	6
Cannot take off work	10.34%	3
Cannot afford it	51.72%	15
Cannot afford due to high deductible	31.03%	9
Total Respondents: 29		

Q11 What type of healthcare insurance coverage do you have?

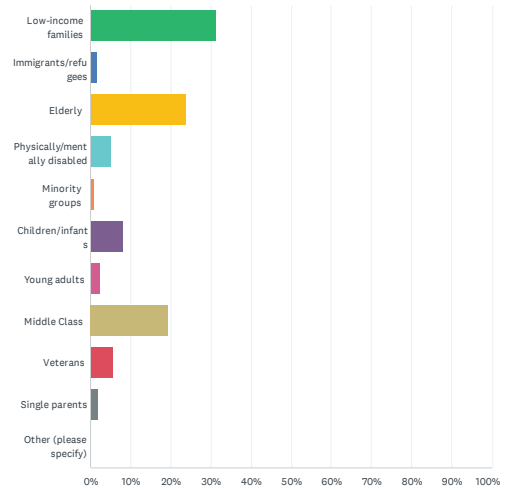
Answered: 462 Skipped: 4



ANSWER CHOICES	RESPONSES
Pay cash (no insurance)	0.00% 0
Medicare (traditional)	12.34% 57
Medicare (advantage)	3.90% 18
VA	1.73% 8
Medicaid	9.96% 46
No Coverage	3.25% 15
Commercial (Humana, Anthem Blue Cross, etc)	68.83% 318
Other (please specify)	0.00% 0
TOTAL	462

Q12 What group needs the most help with access to health care?
(Choose only one)

Answered: 454 Skipped: 12

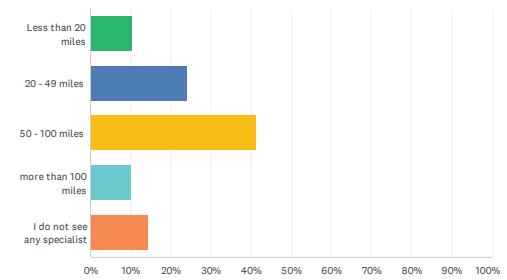


ANSWER CHOICES	RESPONSES
Low-income families	31.28% 142
Immigrants/refugees	1.76% 8
Elderly	23.57% 107
Physically/mentally disabled	5.07% 23
Minority groups	0.88% 4
Children/infants	8.15% 37
Young adults	2.42% 11
Middle Class	19.38% 88
Veterans	5.51% 25
Single parents	1.98% 9
Other (please specify)	0.00% 0
TOTAL	454

ANSWER CHOICES	RESPONSES
Low-income families	31.28% 142
Immigrants/refugees	1.76% 8
Elderly	23.57% 107
Physically/mentally disabled	5.07% 23
Minority groups	0.88% 4
Children/infants	8.15% 37
Young adults	2.42% 11
Middle Class	19.38% 88
Veterans	5.51% 25
Single parents	1.98% 9
Other (please specify)	0.00% 0
TOTAL	454

Q13 How far do you travel to see a specialist?

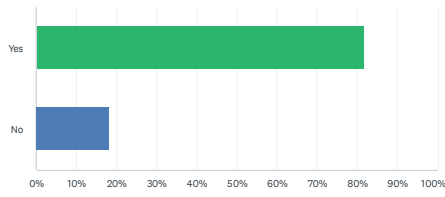
Answered: 455 Skipped: 11



ANSWER CHOICES	RESPONSES
Less than 20 miles	10.33% 47
20 - 49 miles	24.18% 110
50 - 100 miles	41.10% 187
more than 100 miles	10.11% 46
I do not see any specialist	14.29% 65
TOTAL	455

Q14 Would you be in favor of a smoke free ordinance for your community (no smoking in indoor public places?)

Answered: 453 Skipped: 13

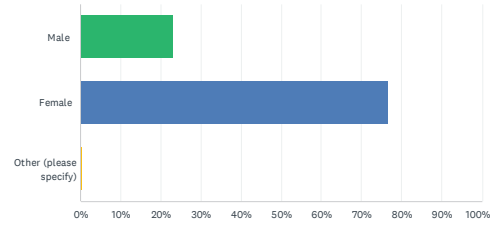


ANSWER CHOICES	RESPONSES	
Yes	81.68%	370
No	18.32%	83
TOTAL		453

17 / 25

Q15 Gender

Answered: 447 Skipped: 19

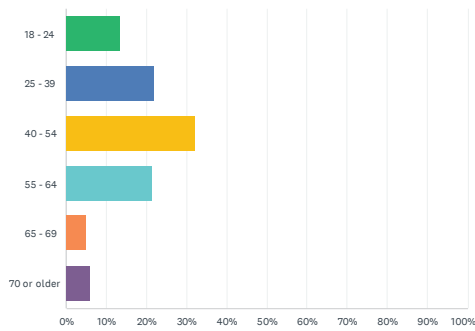


ANSWER CHOICES	RESPONSES	
Male	23.04%	103
Female	76.51%	342
Other (please specify)	0.45%	2
TOTAL		447

18 / 25

Q16 Age

Answered: 456 Skipped: 10

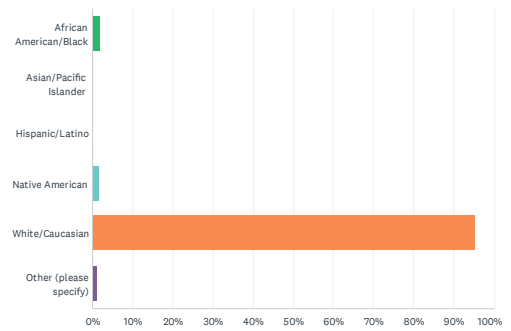


ANSWER CHOICES	RESPONSES	
18 - 24	13.38%	61
25 - 39	21.93%	100
40 - 54	32.24%	147
55 - 64	21.49%	98
65 - 69	5.04%	23
70 or older	5.92%	27
TOTAL		456

19 / 25

Q17 Race/Ethnic Group

Answered: 449 Skipped: 17

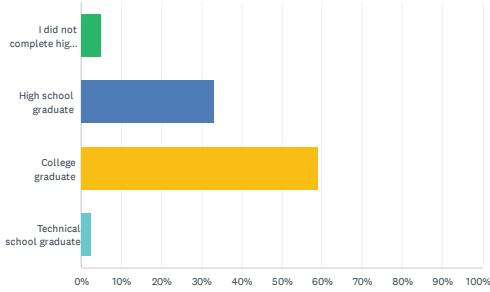


ANSWER CHOICES	RESPONSES	
African American/Black	2.00%	9
Asian/Pacific Islander	0.00%	0
Hispanic/Latino	0.00%	0
Native American	1.56%	7
White/Caucasian	95.32%	428
Other (please specify)	1.11%	5
TOTAL		449

20 / 25

Q18 Highest level of education you completed?

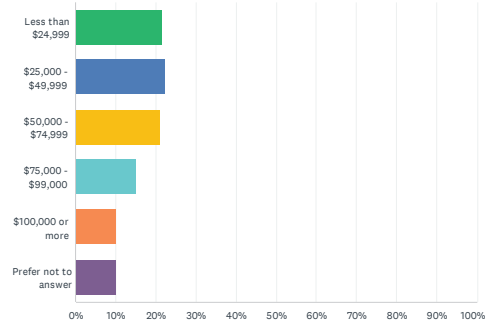
Answered: 457 Skipped: 9



ANSWER CHOICES	RESPONSES
I did not complete high school	5.03% 23
High school graduate	33.26% 152
College graduate	59.08% 270
Technical school graduate	2.63% 12
TOTAL	457

Q19 Household Income

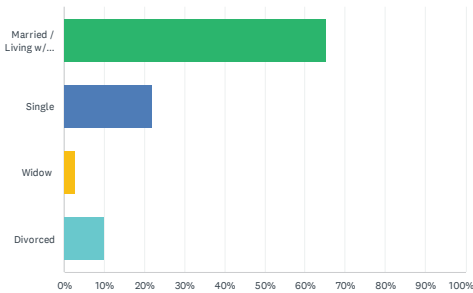
Answered: 441 Skipped: 25



ANSWER CHOICES	RESPONSES
Less than \$24,999	21.54% 95
\$25,000 - \$49,999	22.45% 99
\$50,000 - \$74,999	21.09% 93
\$75,000 - \$99,000	14.97% 66
\$100,000 or more	9.98% 44
Prefer not to answer	9.98% 44
TOTAL	441

Q20 Marital Status

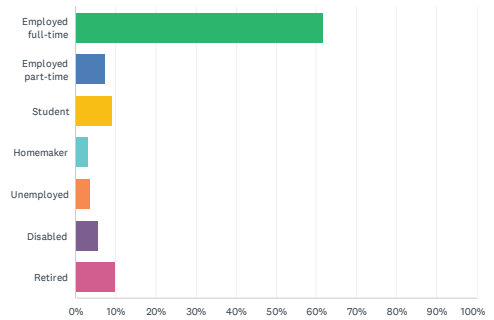
Answered: 423 Skipped: 43



ANSWER CHOICES	RESPONSES
Married / Living w/ Partner	65.25% 276
Single	21.99% 93
Widow	2.84% 12
Divorced	9.93% 42
TOTAL	423

Q21 What is your current employment status?

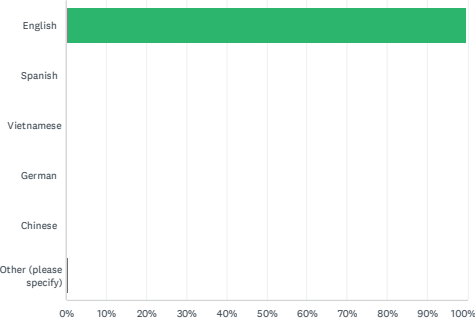
Answered: 443 Skipped: 23



ANSWER CHOICES	RESPONSES
Employed full-time	61.63% 273
Employed part-time	7.22% 32
Student	9.26% 41
Homemaker	2.93% 13
Unemployed	3.61% 16
Disabled	5.64% 25
Retired	9.71% 43
TOTAL	443

Q22 Primary language

Answered: 430 Skipped: 36



ANSWER CHOICES	RESPONSES	
English	99.53%	428
Spanish	0.00%	0
Vietnamese	0.00%	0
German	0.00%	0
Chinese	0.00%	0
Other (please specify)	0.47%	2
TOTAL		430