Pulaski County is located in south-central Kentucky. Somerset is the County Seat for Pulaski County. Pulaski County has five cities: Burnside, Eubank, Ferguson, Science Hill, and Somerset. It is the third largest county by area in Kentucky. Pulaski County is a tourist's county, which encompasses Beautiful Lake Cumberland. Somerset is home of Somernites Cruise, one of the largest monthly classic car events in the southeastern United States, making it the official Car Cruise City of Kentucky. Somerset Community College is located in Somerset and is currently transitioning into a 4-year college.



Somernites Cruise!



People



The county population is 64,449 which has increased by 2% since 2010. The median age is 41.8. The population is comprised of 96.4% White, 2.5% Hispanic/Latino, and 1.2% Black. In Pulaski County 2.56% of the people speak a non-English language. 18.6% of the population is 65 years of age or older and 28% of the population is under the age of 18.

Homes



The median household income is \$35,022. The median property value is \$109,100 and the homeownership rate is 69.6%. 38% of children are living in single parent homes. 27% of children are living in poverty.

Jobs



Jobs The most common employment sectors are Administrative, Sales and Production. 85% of Pulaski County's population drives alone to work and 20% drive further than 30 minutes to work

Health

Lake Cumberland Regional Hospital is a 223 bed hospital. Health care provider ratios are: Primary Care Physicians 1,330:1; Dentists 1,390:1 and Mental Health Providers 350:1. 8% of the people under 65 are uninsured. Pulaski County is designated as a Medically Underserved Area/Populations (MUA/P) and Health Professional Shortage Area (HPSA).

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.







MEDIAN HOUSEHOLD INCOME \$35,022

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





POPULATION

64,449

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



ADULT SMOKING

23%

District 24% KY 24%



ADULT OBESITY

34%

District 36% KY 34%



PHYSICAL INACTIVITY

30%

District 34% KY 28%



CHILDREN w/SINGLE PARENT

38%

District 32% KY 35%



TEEN BIRTH RATE

53

District 52 KY 38



CHILDREN IN POVERTY

27%

District 36% KY 24%

Working on Wellness Coalition Vision Statement:

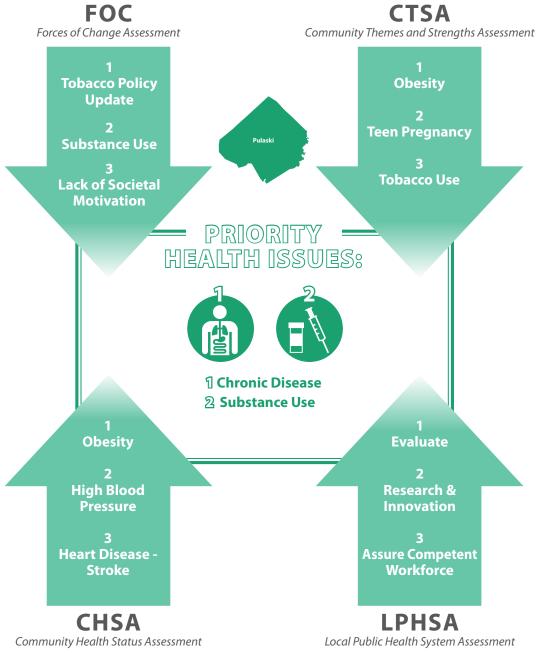
A more livable Pulaski County through both personal and shared responsibility, for the overall health and well-being of our community.



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



The Pulaski County Working on Wellness (WOW) 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 Pulaski County residents.





Pulaski County Health Department 45 Roberts Street Somerset, KY 42501 p (606) 679-4416 • f (606) 679-4419 www.LCDHD.org



109



PULASKI COUNTY: RESOURCES OR ASSETS INVENTORY



Pulaski County (Working on Wellness) WOW Coalition

The priority health issues selected are Chronic Disease and Substance 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 Pulaski County residents

Chronic Disease

- Center for Rural Development Health Fairs/Events
- Children's Botanical Garden
- Health Department nutrition events
- Farmers Markets
- Fishing Creek Recreational Area
- Health Department diabetes education classes
- Kentucky Cancer Program
- Pulaski County Cooperative Extension Service health and wellness focused classes
- Pulaski County Government Park & Recreation Areas
- Pulaski County Public Library health and wellness classes
- Pulaski County Working on Wellness (WOW) Coalition
- Pulaski County, Somerset Independent, and Science Hill Schools FRYSC health programs
- City of Somerset Recreational Facilities (Rocky Hollow Recreation Area, SomerSplash Water Park, SomerSport Park
- Sierra Club hiking
- Journey to Fitness walk/run series
- Phoenix Racing

Substance Use

- Adanta Community Health Center
- Celebrate Recovery
- UNITE Coalition
- Pulaski County ASAP programs
- Freedom from Smoking Classes
- Quit Now Hotline
- AA programs
- Bethany House Abuse Shelter
- Sky Hope Center
- Syringe Exchange



Community Health Assessment DATA

POPULATION/DEMOGRAPHIC

	Pulaski	District	Kentucky	USA
Population, 2017 Estimate ¹	64,449	209,159	4,454,189	325,719,178
Population % Change - 04/01/10 - 07/01/17 ¹	2.20%	0.20%	2.60%	5.50%
Person Under 5, percent (2017) ¹	5.80%	5.95%	6.20%	6.10%
Person Under 18, percent (2017) ¹	22.40%	21.82%	22.70%	22.60%
Person 65 and Over, percent (2017) ¹	18.60%	19.05%	16.00%	15.60%
Female, percent (2017) ¹	51.10%	50.28%	50.70%	50.80%
Male, percent (2017) ¹	48.90%	49.72%	49.30%	49.20%
White alone, percent (2017) ¹	96.40%	95.10%	87.80%	76.60%
Black or African American, percent (2017) ¹	1.20%	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	1.20%	1.45%	1.90%	2.70%
Hispanic or Latino, percent (2017) ¹	2.50%	2.57%	3.70%	18.10%
White alone, Not Hispanic or Latino, percent (2017) ¹	94.10%	93.06%	84.60%	60.70%
Veterans, 2012-2016 (2017) ¹	4,690	12,809	289,837	19,535,341
Number of Housing Units (2017) ¹	31,493	10,142	1,984,150	137,403,460
Home Ownership Rate ¹	69.60%	73.00%	66.80%	64%
Median Selected Monthly Owner Costs-w/mortgage, 2012-16 ¹	\$921	\$830	\$1,116	\$1,515
Median Selected Monthly Owner Costs-w/o mortgage, 2012-16 ¹	\$296	\$273	\$343	\$474
Median Gross Rent, 2012-16 ¹	\$613	\$525	\$690	\$982
Persons per Household, 2012-16 ¹	2.45	2.00	2.49	2.63
Median Household Income ¹	\$35,022	\$33,268	\$46,535	\$57,652
Median Homeowner Value ¹	\$109,100	\$83,210	\$135,600	\$193,500

 $^{^{1}} Source: \textit{US Census Bureau: State and County Quick Facts, Data derived from Population Estimates, Census of Populations. August 23, 2018}$



Community Health Assessment DATA

HEALTH FACTORS

ILALITIACIONS				
	Pulaski	District	Kentucky	USA
Premature Death ²	10,100	10,330	9,000	-
Poor or Fair Health ²	22%	25%	21%	-
Poor Physical Health Days ²	5.1	5.24	4.80	-
Poor Mental Health Days²	4.3	4.74	4.80	-
Low Birthweight ²	8%	9%	9%	-
Adult Smoking ²	23%	24%	24%	-
Adult Obesity ²	34%	36%	34%	-
Diabetes Prevalence ²	14%	15%	13%	-
Teen Birth Rate ²	53	52	38	-
Food Environment Index ²	7.1	7.29	7.00	-
Food Insecurity ²	17%	17%	16%	-
Physical Inactivity ²	30%	34%	28%	-
Access to Exercise Opportunities ²	72%	58%	72%	-
Excessive Drinking ²	13%	13%	16%	-
Alcohol Impaired Driving Deaths ²	25%	32%	28%	-
Uninsured ²	8%	8%	7%	-
Primary Care Physicians ²	1,330:1	3,817:1	1,510:1	-
Dentists ²	1,390:1	5,347:1	1,560:1	-
Mental Health Providers ²	350:1	-	520:1	-
Other Primary Care Providers ²	1,048:1	1,372:1	885:1	-
Preventable Hospital Stays, rate ²	65	106.4	77.0	-
Acute Drug Poisoning (overdose) ³	203	624	19,960	-
Drug Arrest Rate⁴	1,339	1,868	1,707	-
Motor Vehicle Death Rate⁵	18.39	23.98	17.06	-
Coronary Heart Disease Deaths ⁶	172.3	-	107.4	-
Colorectal Cancer (avg. 5-year cancer incidence rate) ⁷	54	54	50	40
Lung Cancer (avg. 5-year cancer incidence rate) 7	93	102	95	61
Breast Cancer (avg. 5-year cancer incidence rate) 7	129	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



Community Health Assessment DATA

SOCIAL AND ECONOMIC FACTORS	Pulaski	District	Kentucky
High School Graduation ²	97.7%	96.9%	90.3%
Some College ²	50%	47%	60%
Unemployment ²	5.30%	6.21%	5.00%
Children in Poverty ²	27%	36%	24%
Person in Poverty ¹	18.90%	25.63%	18.50%
Income Inequality ²	6	5.19	5.10
Children in Single-Parent Households ²	38%	32%	35%
Social Associations ²	9.6	9.34	10.70
Violent Crime, rate ²	124	73.8	215.0
Injury Deaths, rate ²	92	103.9	88.0
Air Pollution-Particulate Matter ²	9.9	9.64	10.00
Drinking Water Violations ²	Yes	Yes	Yes
Severe Housing Problems ²	18%	14%	14%
Driving Alone to Work ²	85%	83%	82%
Long Commute-Driving Alone ²	20%	28%	29%

¹ Source: US Census Bureau: State and County Quick Facts, Data derived from Population Estimates, Census of Populations. August 23, 2018 ² County Health Ranking, 2018.

PULASKI COUNTY SCHOOL DISTRICT ENROLLMENT

Northern Elementary (PS-5)	407	Shopeville Elementary (PS-5)	353
Burnside Elementary (PS-5)	429	Southern Elementary (PS-5)	701
Eubank Elementary (PS-5)	320	Northern Middle (6-8)	892
Nancy Elementary (PS-5)	374	Southern Middle (6-8)	1,020
Oakhill Elementary (PS-5)	537	Pulaski High (9-12)	1,177
Pulaski Elementary (PS-5)	642	Southwestern High (9-12)	1,239
ource: Kentucky Department of Education	, May 16, 2018	TOTAL ENROLLMENT	8,091

SOMERSET INDEPENDENT

Hopkins Elementary (PS-5)	598	
Meece Middle (6-8)	496	
Somerset High (9-12)	506	
TOTAL ENROLLMENT	1,600	
SCIENCE HILL INDEPE	NDE	T
Science Hill Elementary (PS-5)	520	
TOTAL ENROLLMENT	520	

PULASKI COUNTY COMMUNITY HEALTH SURVEY

A community health assessment survey was completed in January 2018. There were 782 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 Respndents	
Low crime/safe neighborhood	46.55%	
Drug-free community	45.78%	
Good jobs/healthy economy	44.88%	

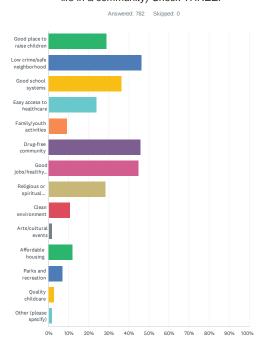
What do you think are the THREE groups the needs the most help with access to health care?

Top Three Answers	% of Respondents
Elderly	30.18%
Low-income families	28.61%
Middle Class	19.03%



Pulaski County Community Health Survey

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:

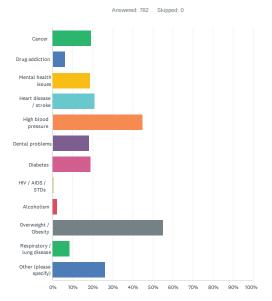


ANSWER CHOICES RESPONSES 29.03% 227 Good place to raise children 46.55% 364 Low crime/safe neighborhood 36.45% 285 Good school systems 187 Easy access to healthcare 9.08% 71 Family/youth activities 45.78% Drug-free community 358 44.88% 351 Good jobs/healthy economy Religious or spiritual values 10.61% 83 Clean environment Arts/cultural events 1.79% 14 11.89% 93 Affordable housing 7.03% 55 Parks and recreation 22 Quality childcare Other (please specify) 1.79% 14 Total Respondents: 782

1/30

Pulaski County Community Health Survey

Q2 Select the top THREE health challenges you face



2/30

Pulaski County Community Health Survey

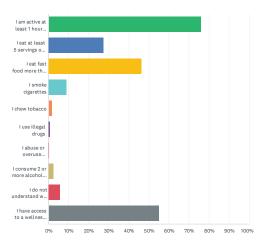
ANSWER CHOICES	RESPONSES	
Cancer	19.18%	150
Drug addiction	6.14%	48
Mental health issues	18.80%	147
Heart disease / stroke	20.97%	164
High blood pressure	44.76%	350
Dental problems	18.16%	142
Diabetes	18.93%	148
HIV / AIDS / STDs	0.64%	5
Alcoholism	2.43%	19
Overweight / Obesity	54.99%	430
Respiratory / lung disease	8.57%	67
Other (please specify)	26.21%	205
Total Respondents: 782		

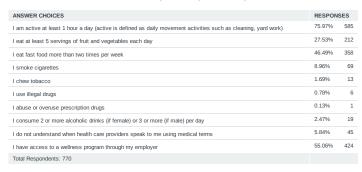
152

Pulaski County Community Health Survey

Q3 Choose all statements that apply to you

Answered: 770 Skipped: 12

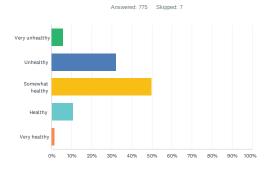




5/30

Pulaski County Community Health Survey

Q4 How would you rate Pulaski County as a "Healthy Community?"

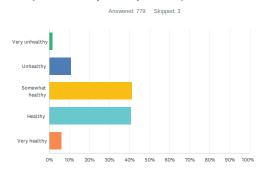


ANSWER CHOICES	RESPONSES	
Very unhealthy	5.81%	45
Unhealthy	32.26%	250
Somewhat healthy	49.81%	386
Healthy	10.58%	82
Very healthy	1.55%	12
TOTAL		775

6/30

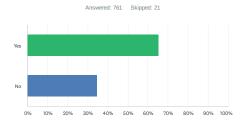
Pulaski County Community Health Survey

Q5 How would you rate your own personal health?



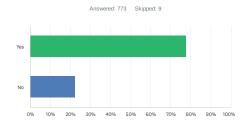
ANSWER CHOICES	RESPONSES	
Very unhealthy	1.41%	11
Unhealthy	10.91%	85
Somewhat healthy	41.08%	320
Healthy	40.69%	317
Very healthy	5.91%	46
TOTAL		779

Q6 Are you in favor of revising the Somerset smoking ordinance to include E-cigs?



ANSWER CHOICES	RESPONSES	
Yes	65.18%	496
No	34.82%	265
TOTAL		761

Q7 Are you in favor of a county-wide smoking ordinance?

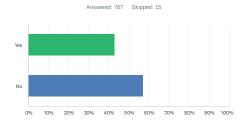


ANSWER CHOICES	RESPONSES	
Yes	77.62%	600
No	22.38%	173
TOTAL		773

9/30

Pulaski County Community Health Survey

Q8 Are you satisfied with the health care system in Pulaski County?



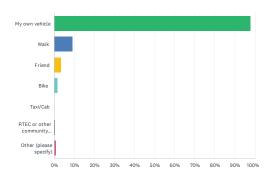
ANSWER CHOICES	RESPONSES	
Yes	42.76%	328
No	57.24%	439
TOTAL		767

10/30

Pulaski County Community Health Survey

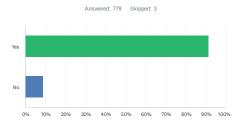
Q9 Which of the following forms of transportation do you use?

Answered: 778 Skipped: 4



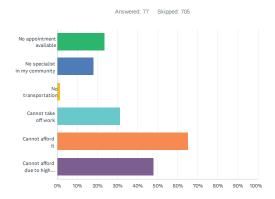
ANSWER CHOICES	RESPONSES	
My own vehicle	97.81%	761
Walk	9.13%	71
Friend	3.47%	27
Bike	1.54%	12
Taxi/Cab	0.00%	0
RTEC or other community assisted	0.39%	3
Other (please specify)	0.90%	7
Total Respondents: 778		

Q10 Are you able to visit a doctor when needed?



ANSWER CHOICES	RESPONSES	
Yes	91.27%	711
No	8.73%	68
TOTAL		779

Q11 If you answered "No" to number 10, please choose ALL reasons why below.



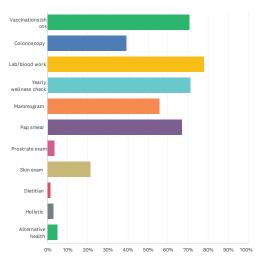
ANSWER CHOICES RESPONSES	
No appointment available 23.38%	18
No specialist in my community 18.18%	14
No transportation 1.30%	1
Cannot take off work 31.17%	24
Cannot afford it 64.94%	50
Cannot afford due to high deductible 48.05%	37
Total Respondents: 77	

13/30

Pulaski County Community Health Survey

Q12 What preventative health services do you use?

Answered: 745 Skipped: 37



14/30

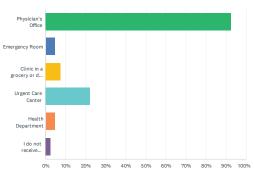
Pulaski County Community Health Survey

ANSWER CHOICES	RESPONSES	
Vaccinations/shots	70.74%	527
Colonoscopy	39.46%	294
Lab/blood work	77.99%	581
Yearly wellness check	71.14%	530
Mammogram	55.84%	416
Pap smear	66.85%	498
Prostrate exam	3.62%	27
Skin exam	21.48%	160
Dietitian	1.48%	11
Holistic	3.09%	23
Alternative health	5.10%	38
Total Respondents: 745		

155 _{15/30} _{16/30}

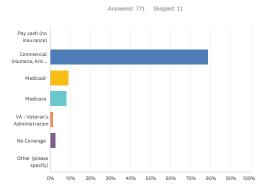
Q13 Where do you go for healthcare?





ANSWER CHOICES	RESPONSES	
Physician's Office	92.51%	716
Emergency Room	4.78%	37
Clinic in a grocery or drug store	7.36%	57
Urgent Care Center	22.22%	172
Health Department	4.65%	36
I do not receive healthcare	2.45%	19
Total Respondents: 774		

Q14 What type of healthcare insurance coverage do you have?

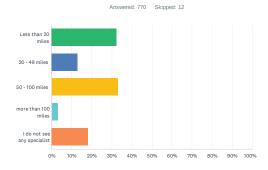


ANSWER CHOICES	RESPONSES	
Pay cash (no insurance)	0.00%	0
Commercial (Humana, Anthem Blue Cross)	78.73%	607
Medicaid	9.21%	71
Medicare	8.17%	63
VA - Veteran's Administration	1.30%	10
No Coverage	2.59%	20
Other (please specify)	0.00%	0
TOTAL		771

17/30

Pulaski County Community Health Survey

Q15 How far do you travel to see a specialist?

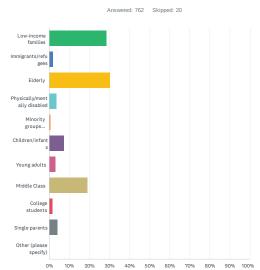


ANSWER CHOICES	RESPONSES	
Less than 20 miles	32.47%	250
20 - 49 miles	12.99%	100
50 - 100 miles	33.12%	255
more than 100 miles	3.12%	24
I do not see any specialist	18.31%	141
TOTAL		770

18 / 30

Pulaski County Community Health Survey

Q16 What group needs the most help with access to health care? (Choose only one)

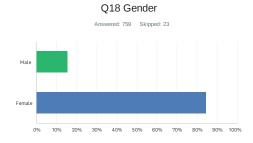


Pulaski County Community Health Survey

ANSWER CHOICES	RESPONSES	
Low-income families	28.61%	218
Immigrants/refugees	1.97%	15
Elderly	30.18%	230
Physically/mentally disabled	3.67%	28
Minority groups (Hispanic, African Americans)	0.66%	5
Children/infants	7.22%	55
Young adults	3.15%	24
Middle Class	19.03%	145
College students	1.44%	11
Single parents	4.07%	31
Other (please specify)	0.00%	0
TOTAL		762

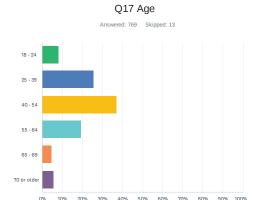
21/30

Pulaski County Community Health Survey



ANSWER CHOICES	RESPONSES	
Male	15.55%	118
Female	84.45%	641
TOTAL		759

Pulaski County Community Health Survey

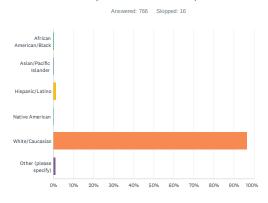


ANSWER CHOICES	RESPONSES	
18 - 24	8.06%	62
25 - 39	25.62% 1	197
40 - 54	36.80% 2	283
55 - 64	19.25% 1	48
65 - 69	4.68%	36
70 or older	5.59%	43
TOTAL	7	769

22 / 30

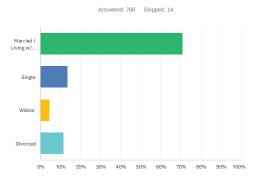
Pulaski County Community Health Survey

Q19 Race/Ethnic Group



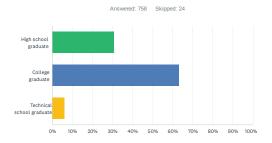
ANSWER CHOICES	RESPONSES
African American/Black	0.39% 3
Asian/Pacific Islander	0.26% 2
Hispanic/Latino	1.17% 9
Native American	0.52% 4
White/Caucasian	96.61% 740
Other (please specify)	1.04% 8
TOTAL	766

Q20 Marital Status



ANSWER CHOICES	RESPONSES	
Married / Living w/ Partner	70.70%	543
Single	13.41%	103
Widow	4.43%	34
Divorced	11.46%	88
TOTAL		768

Q21 Highest level of education you completed?

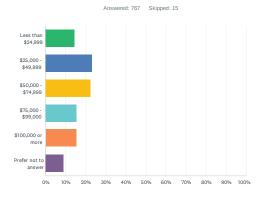


ANSWER CHOICES	RESPONSES	
High school graduate	30.74%	233
College graduate	63.19%	479
Technical school graduate	6.07%	46
TOTAL		758

25 / 30

Pulaski County Community Health Survey

Q22 Household Income



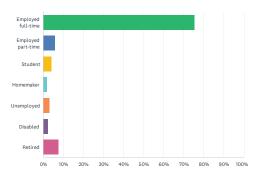
ANSWER CHOICES	RESPONSES	
Less than \$24,999	14.47%	111
\$25,000 - \$49,999	23.34%	179
\$50,000 - \$74,999	22.43%	172
\$75,000 - \$99,000	15.51%	119
\$100,000 or more	15.25%	117
Prefer not to answer	9.00%	69
TOTAL		767

26 / 30

Pulaski County Community Health Survey

Q23 What is your current employment status?

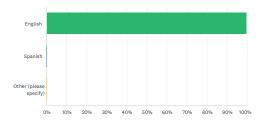
Answered: 770 Skipped: 12



ANSWER CHOICES	RESPONSES	
Employed full-time	75.19%	579
Employed part-time	5.71%	44
Student	4.03%	31
Homemaker	1.95%	15
Unemployed	3.12%	24
Disabled	2.34%	18
Retired	7.66%	59
TOTAL		770

Q24 Primary language

Answered: 775 Skipped: 7



ANSWER CHOICES	RESPONSES	
English	99.61% 772	2
Spanish	0.13%	Ĺ
Other (please specify)	0.26%	2
TOTAL	775	5

29 / 30