



# Support for smoke-free law in Kentucky continues to grow

The U.S. Surgeon General reported in 2006 that no amount of secondhand smoke is risk-free and recommended eliminating all indoor smoking. Smoke-free environments reduce the health risks of secondhand smoke to nonsmokers.<sup>1</sup>

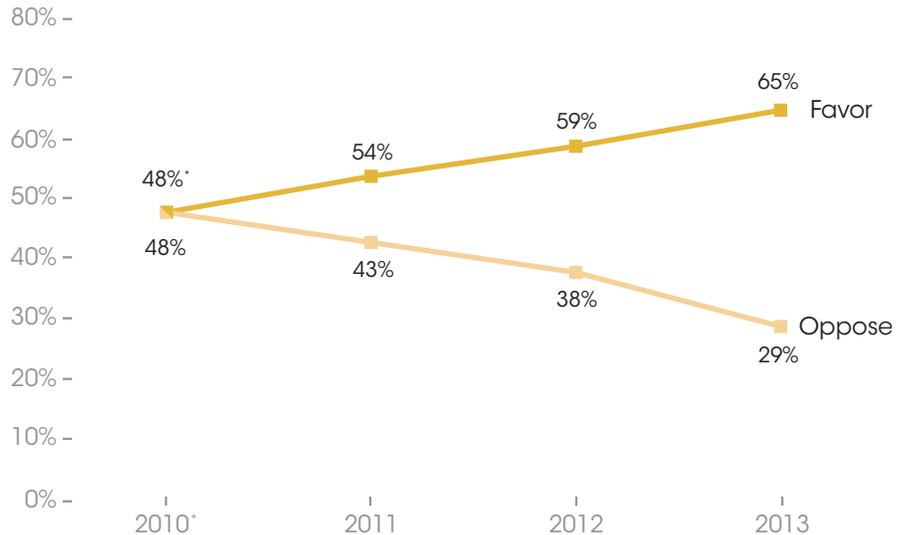
According to the Centers for Disease Control and Prevention, 26 states and the District of Columbia have comprehensive smoke-free laws.<sup>2</sup> The laws cover all workplaces, including bars and restaurants. Kentucky does not have a comprehensive smoke-free law.

Since 2010, the **Kentucky Health Issues Poll (KHIP)** has asked Kentucky adults their views about a smoke-free policy for all public places.

## Majority supports smoke-free law

Nearly 7 in 10 Kentucky adults (65%) favored a statewide smoke-

**Would you favor or oppose a state law in Kentucky that would prohibit smoking in most public places, including workplaces, public buildings, offices, restaurants and bars?** (Percentages do not add to 100% because the response "don't know" is not included.)



\* In 2010, KHIP asked "Would you favor or oppose a statewide smoke-free law in Kentucky?"

free law, while fewer than 1 in 3 (29%) opposed a law and 6% had no opinion. Support for the law has consistently increased since 2010.

## Greatest support among non-smokers

There is a clear relationship between support for a statewide smoke-free law and whether one smokes. Among those who have never smoked, 8 in 10 (84%) favored a smoke-free law, while 7 in 10 former smokers (72%) also supported a law.

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<sup>1</sup> U.S. Department of Health and Human Services. (2006). The health consequences of involuntary exposure to tobacco smoke: a report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services. Retrieved from [www.surgeongeneral.gov/library/secondhandsmoke/report](http://www.surgeongeneral.gov/library/secondhandsmoke/report).

<sup>2</sup> Centers for Disease Control and Prevention. (2013). State smoke-free indoor air act sheet. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. Retrieved from <http://apps.nccd.cdc.gov/statesystem/default/Publications.aspx>.

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One in 3 Kentucky adults said they were a current smoker (33%).<sup>3</sup> Of these, nearly 4 in 10 (38%) favored a statewide smoke-free law.

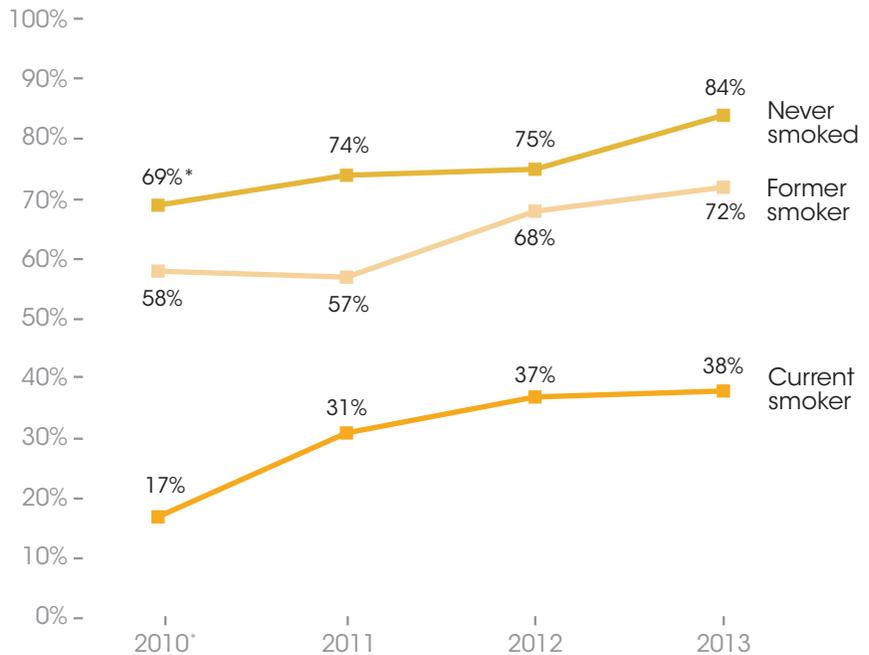
## Majority of Democrats, Republicans and Independents supports law

A majority of Democrats (69%), Republicans (64%) and Independents (57%) reported support for a statewide smoke-free law.

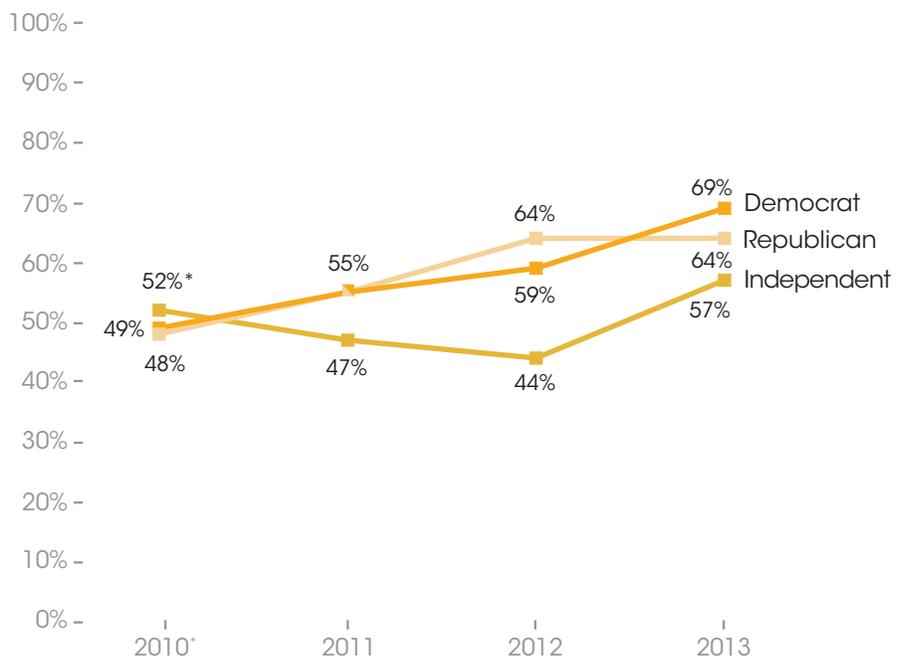
<sup>3</sup> The Centers for Disease Control and Prevention's 2012 Behavioral Risk Factor Surveillance System estimate of adult smokers in Kentucky was 28%, which was lower than the percentage of adult smokers reporting in KHIP (33%). Retrieved Dec. 11, 2013, from [www.cdc.gov/BRFSS/](http://www.cdc.gov/BRFSS/).

**Would you favor or oppose a state law in Kentucky that would prohibit smoking in most public places, including workplaces, public buildings, offices, restaurants and bars?** (Graph presents only those who favor a state law.)

### By smoking status



### By political party identification



\* In 2010, KHIP asked "Would you favor or oppose a statewide smoke-free law in Kentucky?"



# Large majority supports state's Medicaid expansion

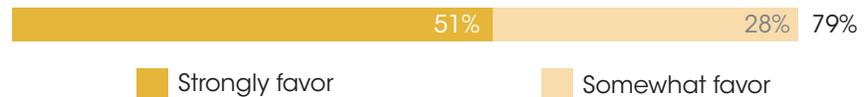
Medicaid was created to pay for healthcare for people with low incomes. Historically, Medicaid provided coverage for children, parents, pregnant women, the blind, elderly and disabled. The Affordable Care Act (ACA) provides funding for states to increase Medicaid eligibility to all residents with incomes up to 138% of the Federal Poverty Level (FPL).<sup>1</sup> However, the U.S. Supreme Court ruled that states could opt out of the Medicaid expansion. This left the decision to expand Medicaid to state leaders.

As of December 2013, Kentucky, 24 other states and the District of Columbia planned to expand Medicaid. Two other states were considering expansion. The remaining 23 states were not considering expansion.<sup>2</sup> The

<sup>1</sup> In 2012, 138% FPL was an annual income of \$15,415 for a single person or \$30,675 for a family of four.

<sup>2</sup> The Henry J. Kaiser Family Foundation. State Health Facts, "Status of State Action on Medicaid Expansion Decision, as of December 11, 2013." Retrieved Dec. 17, 2013, from: <http://kff.org/health-reform/state-indicator/state-activity-around-expanding-medicaid-under-the-affordable-care-act/>

## Percentage of Kentucky adults who favor Kentucky's decision to expand Medicaid to cover more low-income people\*



\*KHIP asked, "In Kentucky, the state has chosen to expand Medicaid, as the health law permits, to provide health insurance to more low-income people. Do you favor or oppose Kentucky's decision to expand Medicaid to cover more low-income people?"

## How important is it to you that Kentucky Medicaid provides health care coverage to low-income individuals? \*\*



\*\* KHIP asked, "The Kentucky Medicaid program provides health care coverage to low-income individuals based on poverty guidelines. How important is it to you that Kentucky Medicaid provides health care coverage to low-income individuals?"

Kentucky Cabinet for Health and Family Services estimates that 308,000 uninsured Kentuckians will now qualify for Medicaid.<sup>3</sup>

Results from the 2013 **Kentucky Health Issues Poll (KHIP)** show that Kentucky adults strongly support the decision to expand Medicaid in the Commonwealth.

<sup>3</sup> Kentucky Cabinet for Health and Family Services. (n.d.) Analysis of the Affordable Care Act (ACA) Medicaid Expansion in Kentucky. Retrieved Dec. 17, 2013, from: <http://governor.ky.gov/healthierky/Documents/MedicaidExpansionWhitePaper.pdf>

## Large majorities favor expansion

Nearly 8 in 10 Kentucky adults (79%) favor Kentucky's decision to expand Medicaid to cover more low-income people (51% strongly favor, 28% somewhat favor). Large majorities of all demographic groups tracked by KHIP, including Democrats, Republicans and Independents, favor Medicaid expansion.

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## **Large majorities think expansion is important**

Similarly, nearly 9 in 10 Kentucky adults (87%) reported that it is very important (57%) or somewhat important (30%) that Kentucky Medicaid provides coverage to low-income people. A large majority of all demographic groups, including Democrats, Republicans and Independents, reported that it was important that Kentucky Medicaid provide healthcare coverage to low-income people.



# Insurance coverage among Kentucky adults in 2013

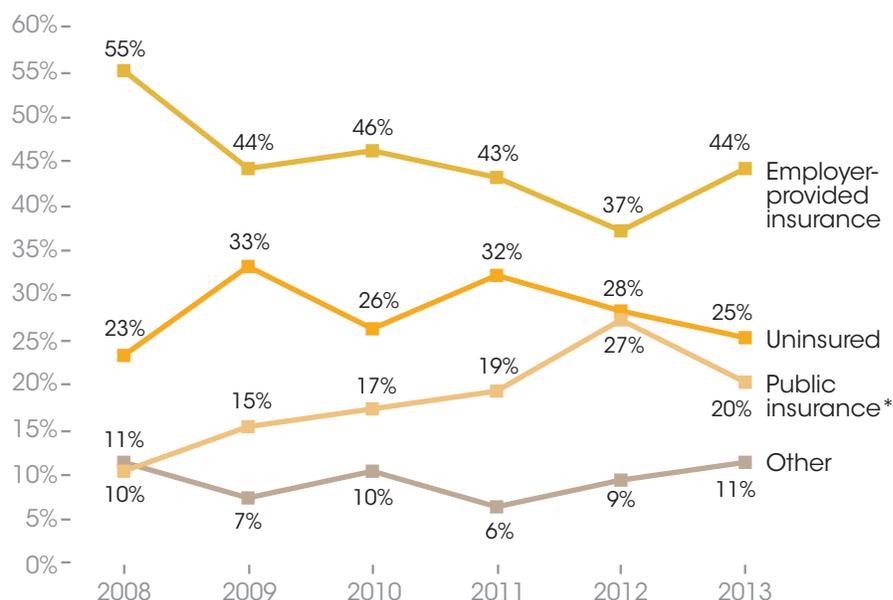
Having health insurance is an important factor in being able to get needed healthcare. Each year, the **Kentucky Health Issues Poll (KHIP)** includes questions about health insurance coverage to learn about the insurance status of Kentucky adults and their family members. Because nearly all Kentuckians older than 65 (99%) are insured, this summary focuses on Kentucky adults ages 18-64, surveyed in October and November 2013.

## More working-age Kentucky adults have employer-provided health insurance

More than 4 in 10 adults age 18-64 (44%) are insured through their employer or their spouse's employer while 2 in 10 Kentucky adults (20%) report having some type of public insurance. The remaining 1 in 10 adults (11%) are insured from some other source.

These findings suggest a shift in the steady decline in employer-provided insurance and increase in public insurance found by KHIP since 2008. Further

**Type of insurance coverage for Kentucky adults ages 18-64** (Percentages may not add to 100% because the response "don't know" is not included.)



\* Medicare, Medicaid, military benefits and combinations of the three.

research will be required to determine whether this is a temporary upswing or signals a shift in the source of health insurance for Kentucky adults.

## 3 in 10 Kentucky adults uninsured at some point in last 12 months

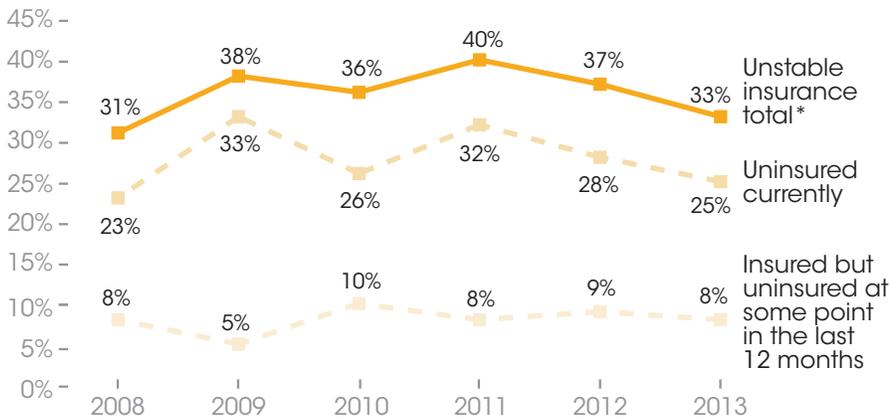
KHIP found that more than 2 in 10 Kentucky adults (25%) ages

18 to 64 are currently uninsured and an additional 1 in 10 (8%) lacked health insurance at some point in the past year. Stability of health insurance, measured as continuous insurance coverage for the past 12 months, is an important factor in accessing healthcare. (See graph on back.)

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## Percentage of Kentucky adults ages 18-64 with unstable insurance\*



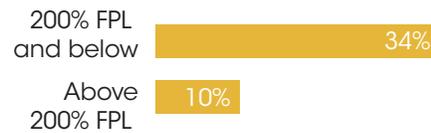
\* Unstable insurance is defined as lacking insurance any time in the last 12 months, including currently.

## More than 3 in 10 lower-income adults uninsured

Having income greater than 200% of the Federal Poverty Level (FPL)<sup>1</sup> is often used to indicate economic self-sufficiency.

In Kentucky, more than 3 in 10 adults (34%) with incomes at or below 200% FPL report being currently uninsured. This compares with just 1 in 10 (10%) of those with incomes above 200% FPL.

## Percentage of Kentucky adults ages 18 to 64 who are currently uninsured by poverty status, 2013



<sup>1</sup> In 2012, 200% of the Federal Poverty Level (FPL) was \$46,100 for a family of four.



# Awareness high about state's insurance marketplace

On Oct. 1, 2013, Kentucky launched kynect, its online marketplace for health insurance. At kynect, Kentuckians can learn whether they are eligible for Medicaid and the Kentucky Children's Health Insurance Program (KCHIP), shop for individual and small business insurance plans, and learn whether they are eligible for payment assistance and tax credits.

Uninsured Kentuckians with incomes at 138% of the Federal Poverty Level<sup>1</sup> or below are eligible for Medicaid and can access coverage through kynect. Also, people who are not insured through their employers can buy individual plans on kynect.

Kentucky's smooth launch of kynect was lauded while other states' and the federal exchanges experienced significant problems. As of Dec. 30, 2013, more than 116,000 Kentuckians are enrolled in the exchange.

<sup>1</sup>138% of the Federal Poverty Level in 2012 was \$31,809 for a family of four.

**How much, if anything, have you heard about this new health insurance marketplace, also known as kynect, or Kentucky's Healthcare Connection, in your state?\***

## Kentucky adults



## Uninsured



■ A lot      ■ Some      ■ Only a little

\*KHIP asked: "As you may know, the healthcare law creates health insurance exchanges or marketplaces where people who don't get coverage through their employers can shop for insurance and compare prices and benefits. How much, if anything, have you heard about this new health insurance marketplace, also known as kynect, or Kentucky's Healthcare Connection, in your state? Have you heard . . ."

## Large majority has heard of kynect

The 2013 **Kentucky Health Issues Poll (KHIP)** asked Kentucky adults whether they had heard about the marketplace. Nearly 8 in 10 Kentucky adults (77%) reported hearing something about kynect. Twenty-five percent of uninsured respondents had heard a lot about kynect.

## Insurance status and awareness of kynect

One goal of insurance exchanges

such as kynect is to get more uninsured people enrolled in coverage. KHIP found that 7 in 10 uninsured Kentucky adults (70%) have heard something about kynect.

## Some groups without kynect information

Groups hearing the least about kynect included Kentucky adults ages 18 to 29, adults with less than a high school degree, those with incomes at 138% FPL

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or below, and those living in Northern Kentucky. Thirty-two percent of each of these groups reported hearing “nothing at all” about kynect.

### **One in 3 uninsured adults have sought kynect information**

KHIP asked, “Over the past few months, have you tried to seek out more information about kynect?” One in 5 Kentucky adults (20%) reported seeking more information. More than 3 in 10 uninsured Kentucky adults (36%) reported seeking more information about kynect. That compares with fewer than 2 in 10 insured Kentucky adults (16%) who reported seeking more information.



# Misuse of prescription and illegal drugs in Kentucky

Kentucky ranks third in the nation for drug overdose deaths, behind only West Virginia and New Mexico.<sup>1</sup> Drug overdose deaths per capita have quadrupled since 1999, surpassing motor vehicle accidents as the leading cause of accidental death in Kentucky.<sup>2</sup> Preliminary overdose fatality data released by the Kentucky Injury and Prevention Center (KIPC) show 1,031 deaths in 2012 and 1,022 deaths in 2011.<sup>3</sup> KIPC reported that heroin contributed to 129 overdose deaths in 2012, up 207% from 42 deaths in 2011.<sup>4</sup>

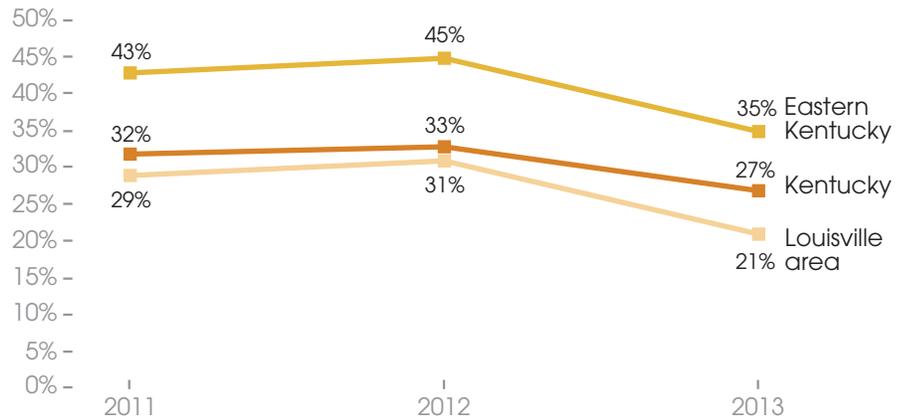
<sup>1</sup> Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2010 on CDC WONDER Online Database, released 2012. Data are from the Multiple Cause of Death Files, 1999-2010, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Retrieved Jan. 6, 2014, from <http://wonder.cdc.gov/mcd-icd10.html%0D>

<sup>2</sup> In Trust for America's Health. (Oct. 7, 2013). Prescription Drug Abuse: Strategies to Stop the Epidemic. Retrieved Jan. 2, 2014, from <http://healthyamericans.org/assets/files/TFAH-2013RxDrugAbuseRptFINAL.pdf>

<sup>3</sup> Kentucky Injury Prevention and Research Center. (Jan. 2014). Drug Overdose Deaths, Hospitalizations, and Emergency Department Visits in Kentucky, 2000-2012. Retrieved Feb. 3, 2014, from [www.mc.uky.edu/kiprc/PDF/Drug-Overdose-Report-final-27Jan2014.pdf](http://www.mc.uky.edu/kiprc/PDF/Drug-Overdose-Report-final-27Jan2014.pdf)

<sup>4</sup> Ibid.

**Have any of your family members or friends experienced problems as a result of abusing prescription pain relievers?\*** (Includes only the state and regions with significant changes.)



\*KHIP asked "Thinking about your friends and family ... have any of your family members or friends experienced problems as a result of abusing prescription pain relievers such as OxyContin, Vicodin, Percocet or codeine?" Graph shows only those who said yes.

The 2013 **Kentucky Health Issues Poll (KHIP)** asked Kentucky adults several questions about the influence of drug misuse on their family members or friends.

## Misuse of prescription pain relievers declines

More than 1 in 4 Kentucky adults (27%) reported having family members or friends who have experienced problems as a result of

**Have any of your family members or friends experienced problems as a result of abusing prescription pain relievers? (2013 only)**

Kentucky 27%

### By region

Eastern Kentucky 35%

Lexington area 31%

Northern Kentucky 27%

Western Kentucky 23%

Louisville area 21%

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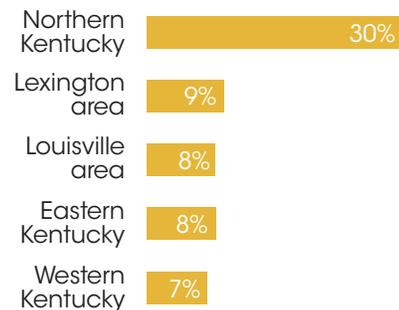
abusing prescription pain relievers such as OxyContin, Vicodin, Percocet or codeine. This is down from previous years.

Fewer adults than in previous years in each region of the state reported having friends or family members who had experienced problems as a result of abusing prescription pain relievers. However, only the results in the Louisville area and Eastern Kentucky are statistically significant.

## Problems because of heroin use

Fewer than 1 in 10 Kentucky adults (9%) reported knowing friends or family members who had experienced problems as a result of using heroin. However, 3 in 10 Northern Kentucky adults (30%) reported knowing friends or family members who have experienced problems as a result of using heroin.<sup>5</sup>

**Have any of your family members or friends experienced problems as a result of using heroin?** (Graph shows only those who said yes.)



<sup>5</sup> Cross-sector advocates in Northern Kentucky mobilized in September 2012 to look at the problem of heroin and released a 2013 report titled "Northern Kentucky's Collective Response to the Heroin Epidemic: Our Plan for Recovery." The report can be found at <http://drugfreenky.org/wp-content/uploads/2013/11/Northern-Kentuckys-Collective-Response-Final.pdf>.

## Problems because of methamphetamine use

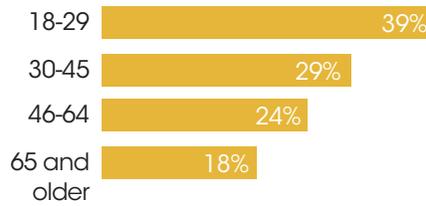
Fewer than 1 in 6 Kentucky adults (15%) reported knowing friends or family members who have experienced problems as a result of using methamphetamine.<sup>6</sup>

## Young adults more likely to know of drug-use problems

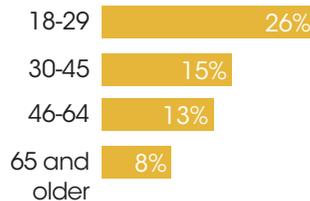
Young adults ages 18-29 were more likely than older adults to report knowing a family member or friend who has experienced problems as a result of drug use.

**Percentage who reported having family members or friends who experienced problems as a result of:**

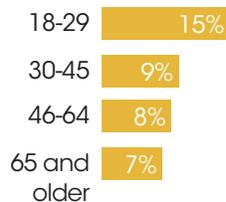
### Abusing prescription pain relievers



### Methamphetamine



### Heroin



<sup>6</sup> KHIP asked, "Thinking about your friends and family ... have any of your family members or friends experienced problems as a result of using methamphetamine?"



# ACA support steady; few felt impact; understanding rises

In March 2010, the Patient Protection and Affordable Care Act (ACA) became law. Since then, the **Kentucky Health Issues Poll (KHIP)** has asked Kentucky adults their opinions about the healthcare reform law.

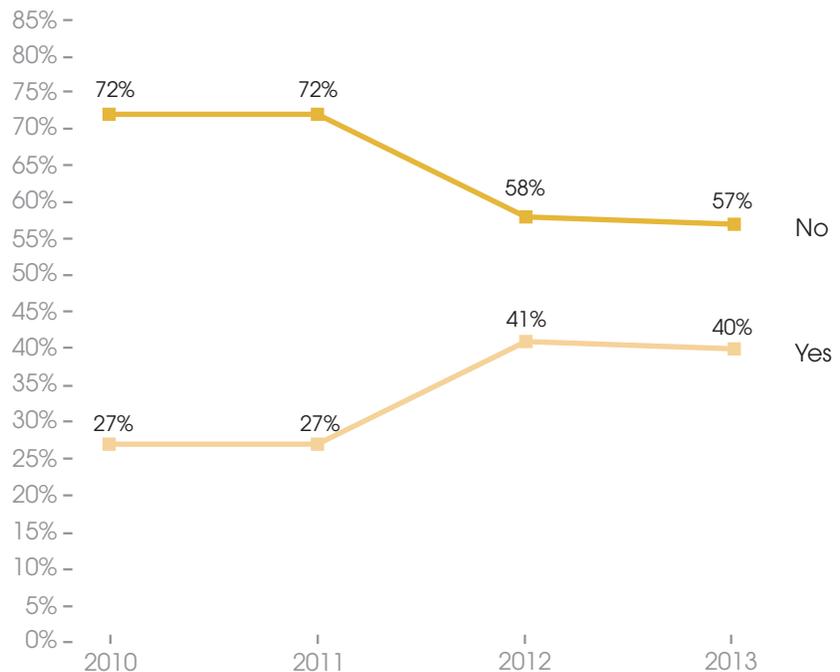
## Majority do not have enough information

Almost 6 in 10 Kentucky adults (57%) reported not having enough information to know whether the healthcare reform law would impact them personally. This is a significant decrease from 2010 and 2011 when more than 7 in 10 Kentucky adults (72%) reported not having enough information.

A majority of Kentucky adults across all demographic groups reported not having enough information about the ACA.

Uninsured Kentucky adults were most likely not to have enough information. More than 2 in 3 (68%) reported not having enough information to know how the health reform law will impact them. KHIP reported a similar percentage for uninsured

**Do you feel you have enough information about the health reform law to understand how it will impact you personally?\*** (Percentages may not add to 100% because the response "don't know" is not included.)



\*KHIP 2013 asked, "As you may know, a health reform bill called the Affordable Care Act was signed into law in 2010. Do you feel you have enough information about the health reform law to understand how it will impact you personally, or not?"

Kentucky adults (70%) in 2010. Although more than half (54%) of insured Kentucky adults also reported not having enough information to know how the health reform law will affect them, this is significantly lower

than in 2010 (72%).

A majority of Democrats (53%), Independents (57%) and Republicans (59%) all reported not having enough information.

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## Majority reports no impact from law

Despite strong opinions in favor or opposed to the law, almost 7 in 10 Kentucky adults (66%) reported that the healthcare reform law had no impact on themselves and their families, similar to 2011.

## 3 in 10 adults view law favorably

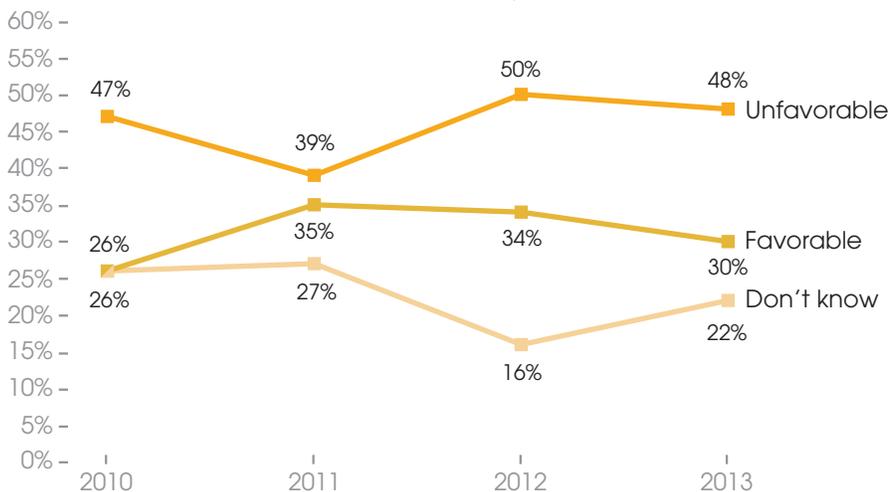
In 2013, 3 in 10 Kentucky adults (30%) reported favorable views of the law. Five in 10 (48%) reported unfavorable views. The percentages of

respondents reporting favorable and unfavorable views about the law in 2013 were similar to 2012. Views in Kentucky were similar to those nationally. The November 2013 Kaiser Health Tracking Poll reported that 49% had unfavorable views, 33% had favorable views and 18% didn't know/refused.<sup>1</sup>

Opinions about the ACA differ based on political party identification. Half (52%) of Democrats reported favorable views of the law. Only 1 in 7 Republicans (14%) and Independents (15%) reported favorable views.

<sup>1</sup> <http://kff.org/health-reform/poll-finding/kaiser-health-tracking-poll-november-2013>

**Given what you know about the health reform law, do you have a generally favorable or generally unfavorable opinion of it?** (Percentages may not add to 100% because of rounding.)



**Overall, which of the following statements would you say best describes the impact of the health reform law on you and your family personally?**

*(Percentages do not add to 100% because the response "don't know" is not included.)*

	2011	2013
The health reform law has positively affected me and my family	11%	7%
The health reform law has negatively affected me and my family	16%	21%
The health reform law has not had an impact on me and my family	64%	66%



# Many not eating enough fruit, vegetables; cost may be issue

A healthy diet including fruits and vegetables is important for good health.<sup>1</sup> Studies have found that eating fruits and vegetables may reduce a person's risk of getting many chronic diseases such as cancer and high blood pressure. The *Dietary Guidelines for Americans 2010*,<sup>2</sup> a joint project of the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS), recommends that Americans make half their plate fruits and vegetables at every meal.

The **Kentucky Health Issues Poll (KHIP)** asked questions about healthy eating and access to healthy foods. For details about KHIP, see below.

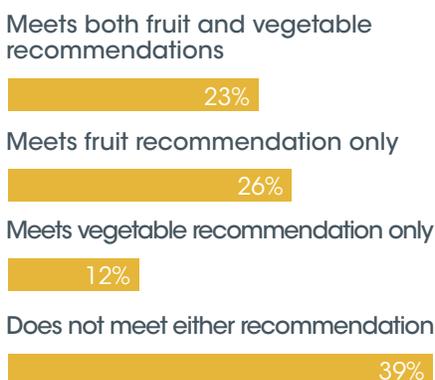
## Fewer than 4 in 10 adults report excellent or very good diet

If half the plate should be fruits and vegetables, adults would be eating at least 2 servings of

<sup>1</sup>For more information on a healthy diet, please see <http://www.cdc.gov/nutrition/everyone/index.html>

<sup>2</sup>For more information on the Dietary Guidelines, please visit: <http://www.health.gov/dietaryguidelines/>.

### Percentage of Kentucky adults who meet dietary recommendations



fruit and 3 servings of vegetables per day. Adults in Kentucky are far short of meeting this recommendation.

In fact, many Kentucky adults recognize that they do not have a healthy diet. When asked, "In general, how healthy is your overall diet? Would you say excellent, very good, good, fair, or poor?" only 4 in 10 (39%) Kentucky adults say they have an excellent or very good diet. Adults who report better general health<sup>3</sup> also tend to report better diets.

<sup>3</sup> KHIP asked, "Would you say that, in general, your health is excellent, very good, good, fair or poor?"

Fruit and vegetable consumption varies significantly by income. Only 3 in 10 adults (30%) with incomes at or below 138% of the Federal Poverty Level (FPL) report an excellent or very good diet. This compares with 4 in 10 adults (36%) with incomes between 138% and 200% FPL and 5 in 10 adults (47%) with incomes above 200% FPL.<sup>4</sup>

## Only 2 in 10 meet both fruit and vegetable recommendations

Only about 2 in 10 Kentucky adults (23%) eat the recommended amount of fruits and vegetables each day.<sup>5</sup> An additional 3 in 10 (26%) meet only the daily fruit amount and 1 in 10 (12%) meet only the daily vegetable amount. The remaining

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<sup>4</sup> 138% of FPL in 2012 was \$31,800 for a family of four; 200% FPL is \$46,100.

<sup>5</sup> KHIP asked, "A serving of vegetables is a half cup of any vegetable (not including potatoes) or 1 cup of salad greens. In the past week, how many servings of vegetables did you eat, on average, daily?" and "A serving of fruit is defined as a half a cup of sliced fruit or one medium piece of fruit. In the past week, how many servings of fruit did you eat, on average, daily?"

4 in 10 adults (39%) do not meet either recommendation.

Interestingly, 4 in 10 adults (38%) who report excellent or very good health do not meet either dietary recommendation. The 2013 Ohio Health Issues Poll (OHIP) reported similar findings.<sup>6</sup>

### **Most Kentucky adults report easy access to healthy foods, but cost an issue for many**

The majority of Kentucky adults (81%) agree with the statement “It is easy to purchase healthy

foods in my neighborhood such as whole grain foods, low-fat options, and fruits and vegetables.” However, easy access to healthy food is not uniform across Kentucky. In Appalachian counties in the eastern part of the state, 2 in 10 adults (20%) disagree with the statement, compared with 1 in 10 adults (10%) in non-Appalachian counties.

Half of Kentucky adults (50%) say the cost of fruits and vegetables where they typically shop is fair or poor, while only 19% say the cost is excellent or very good and 30% say the cost is good.

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<sup>6</sup> [https://www.interactforhealth.org/upl/OHIP\\_HealthyEating\\_FINAL2.pdf](https://www.interactforhealth.org/upl/OHIP_HealthyEating_FINAL2.pdf)



# Neighborhood conditions for physical activity vary widely

Being physically active is one of the most important things people can do to improve their health. Neighborhood conditions, such as access to sidewalks or shoulders and perceived safety, can influence the physical activity levels of residents.<sup>1</sup> The **Kentucky Health Issues Poll (KHIP)** asked questions about neighborhood features and physical activity.

## Half say neighborhood an excellent or very good place to walk, jog or bike

KHIP asked, “How would you rate your neighborhood as a place to walk, jog or bike: excellent, very good, good, fair or poor?” Overall, 5 in 10 Kentucky adults (53%) rate their neighborhood as an excellent or very good place to walk, jog or bike.

Adults who report their neighborhood as an excellent or very good place to walk, bike or jog are more likely to report being very or somewhat physically active (77%) than adults who report their neighborhood conditions as fair or poor (71%).

## Fewer than 3 in 10 rate sidewalks as excellent or very good

KHIP asked, “How would you rate the condition of sidewalks and shoulders in your neighborhood: excellent, very good, good, fair or poor?” Fewer than 3 in 10 Kentucky adults (26%) rate their sidewalks/shoulders as excellent or very good. However, responses varied by region.

Northern Kentucky adults are the most likely to report having excellent or very good sidewalks/shoulders (47%) while adults in Eastern Kentucky<sup>3</sup> are the least likely to report excellent or very good sidewalks/shoulders (12%).

## Adults living above 200% FPL report better neighborhood conditions

Kentucky adults living above 200% of the Federal Poverty Level (FPL)<sup>4</sup> are more likely than adults living at or below 200% FPL to report that their neighborhood is safe, an excellent or very good place to walk, jog or bike, and has excellent or very good sidewalks and shoulders.

### Percentage reporting desirable neighborhood conditions by poverty level

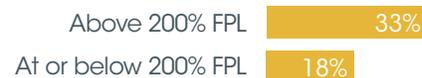
#### Very or somewhat safe to be physically active outdoors



#### Excellent or very good place to walk, jog or bike



#### Excellent or very good sidewalks/shoulders



<sup>2</sup> Eastern Kentucky comprises the following Area Development Districts: Buffalo Trace, Gateway, FIVECO, Big Sandy, Kentucky River, Cumberland Valley and Lake Cumberland.

<sup>3</sup> In 2012, 200% of the Federal Poverty Level (FPL) was \$46,100 for a family of four.

<sup>1</sup> [www.surgeongeneral.gov/initiatives/prevention/strategy/report.pdf](http://www.surgeongeneral.gov/initiatives/prevention/strategy/report.pdf)

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# Most Kentucky adults have had dental visit in past year

Oral health is critical to overall health. In February 2014, Governor Steve Beshear launched the kyhealthnow initiative, making “improving the health and wellness of Kentucky’s children, families and workforce one of his highest priorities.”<sup>1</sup> One of kyhealthnow’s goals is to increase Kentucky adults’ dental visits 10% by 2019.

The American Dental Association (ADA) recommends that adults have regular dental visits based on their oral health status and health history, and in consultation with their dentists.<sup>2</sup> To learn whether Kentucky adults meet this standard, the **Kentucky Health Issues Poll (KHIP)** asked about adults’ most recent dental visit.

## Most have visited dentist in past year

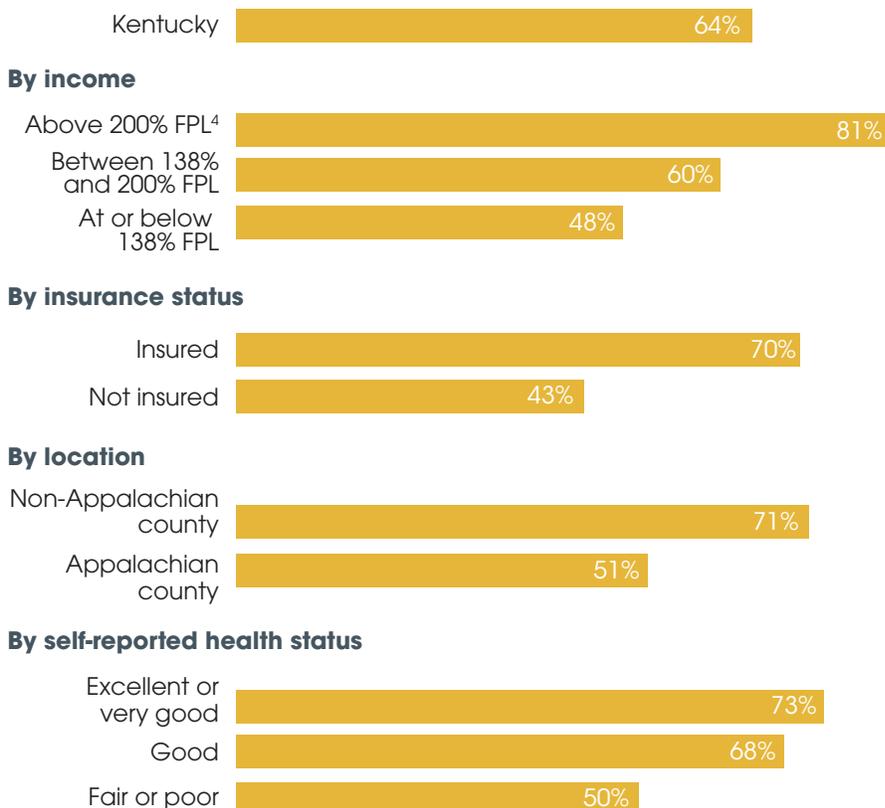
KHIP asked adults how long it had been since their last dental visit.<sup>3</sup> Six in 10 adults (64%)

<sup>1</sup> <http://governor.ky.gov/healthierky/kyhealthnow/Pages/default.aspx>

<sup>2</sup> <http://www.ada.org/8700.aspx>

<sup>3</sup> KHIP asked, “How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.”

## Percentage of Kentucky adults who had a dental visit within the past year



reported visiting a dentist or dental clinic within the past year. Almost 1 in 6 (15%) had not visited the dentist or dental clinic in five or more years.

<sup>4</sup> 138% of FPL in 2012 was \$31,800 for a family of four; 200% FPL was \$46,100.

## Differences by income, insurance status, location, health status

Only 5 in 10 adults (48%) with incomes at or below 138% of the Federal Poverty Level (FPL)<sup>4</sup>

**Continued on back**

reported seeing a dentist in the past year. This compares with 6 in 10 adults (60%) with incomes between 138% and 200% FPL and 8 in 10 adults (81%) with incomes above 200% FPL. About 4 in 10 uninsured Kentucky adults (43%) reported a dental visit in the past year, compared with 7 in 10 insured adults (70%).

Geographic differences were also seen. Half of adults living in Appalachian counties (51%) had seen a dentist in the past year, compared with 7 in 10 adults (71%) living in non-Appalachian counties. Only half of respondents (50%) who rated their own health as fair or poor had visited the dentist or dental clinic within the past year.<sup>5</sup> More than 7 in

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<sup>5</sup> KHIP asked, "Would you say that in general your health is . . . excellent, very good, good, fair or poor?"

10 adults (73%) who rated their health as excellent or very good had been to a dentist in the past year.

## **1 in 4 have been asked about dental health by doctor**

In addition, KHIP asked, "Has your physician ever asked you about your oral or dental health?" One in 4 Kentucky adults (24%) said yes. Responses were similar across all demographic groups except age. Younger adults were less likely than older adults to have had a physician ask about their oral health.

Kentucky adults whose physicians asked about their oral health were more likely to have visited a dentist or dental clinic in the past year (73%) than those who were not asked about their oral health (62%).



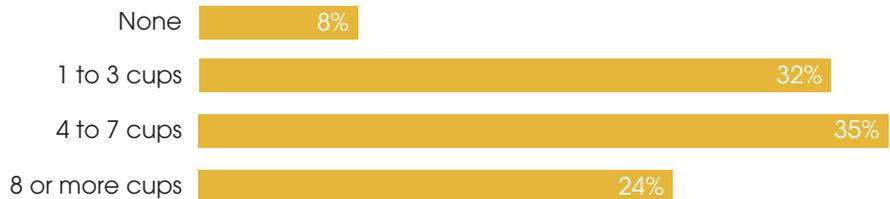
# More than half of adults get drinking water from the tap

For our bodies to function properly, we must consume enough water.<sup>1</sup> Though most water needs are met through drinking water and other drinks, foods such as lettuce, tomatoes, oranges, melons and many others are more than 85% water.<sup>2</sup>

Because water comes from many sources, the Centers for Disease Control and Prevention (CDC) does not have a set recommendation for the amount of water to drink each day. However, the CDC recommends that people trying to maintain a healthy weight gauge their drinking habits and regularly drink water in place of higher-calorie drinks.<sup>3</sup>

The **Kentucky Health Issues Poll (KHIP)** asked questions about drinking water.

## "How many cups of water do you drink each day?"



## Nearly 1 in 10 adults report not drinking water daily

Nearly 1 in 10 Kentucky adults (8%) report drinking no cups of water when asked, "On average, about how many cups<sup>4</sup> of water do you drink each day?" About 3 in 10 residents (32%) report drinking 1 to 3 cups each day, and 3 in 10 (35%) report drinking 4 to 7 cups each day. The remaining 2 in 10 residents (24%) drink 8 or more cups per day.

<sup>4</sup> Eight ounces of water equals one cup.

<sup>5</sup> KHIP asks, "When you drink water, what type of water do you drink most often? Please think about the water that you drink in a typical day, whether this is at home, at work or anywhere else. Would you say you MOST often drink tap water, bottled water, water from a well or water from somewhere else?"

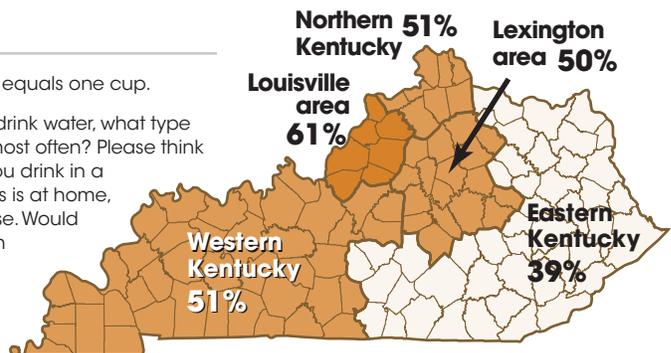
## Half report tap as usual water source

About 5 in 10 adults (52%) say they drink tap water most often,<sup>5</sup> and 4 in 10 (39%) say they drink bottled water most often. Only 4% of adults report getting drinking water mainly from a well.

However, there are regional differences. Louisville area

### Continued on back

### Percentage of Kentucky adults who most often drink tap water by region



<sup>1</sup> To learn more about meeting your daily fluid needs, visit [www.cdc.gov/nutrition/everyone/basics/water.html](http://www.cdc.gov/nutrition/everyone/basics/water.html)

<sup>2</sup> Water content information from <http://ndb.nal.usda.gov/>

<sup>3</sup> To learn more about the benefits of switching to water or other low-calorie drinks, visit [www.cdc.gov/nccdphp/dnppa/nutrition/pdf/re-think\\_your\\_drink.pdf](http://www.cdc.gov/nccdphp/dnppa/nutrition/pdf/re-think_your_drink.pdf)

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residents (61%) are more likely to report drinking tap water than residents of other areas of Kentucky. Eastern Kentucky residents are least likely to report the tap as their primary source of drinking water (39%) and the most likely to drink bottled water (50%) or water from a well (10%).

### **More than 4 in 10 who don't drink tap water cite taste**

When Kentucky adults who do not regularly drink tap water are asked why,<sup>6</sup> 4 in 10 (43%) give bad taste as the reason. Other reasons given for not drinking tap water include feeling it is unsafe (13%), having easy access to bottled water (13%) and chemicals in the water (11%).

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<sup>6</sup> KHIP asks, "What is the most important reason you do not drink tap water more often?"



# Strong support for children's health policies in schools

A safe and healthy school environment is important for Kentucky children's learning and development. Many health policies already exist in Kentucky schools. Thirty-three Kentucky school districts have adopted 100% Tobacco Free Campus policies.<sup>1</sup> Kentucky schools are also applying new United States Department of Agriculture (USDA) nutrition guidelines. Farm to School programs have been developed with local farmers, bringing fresh fruits and vegetables to school cafeterias.

The **Kentucky Health Issues Poll (KHIP)** asked Kentucky adults their opinions about policies related to tobacco-free air, healthy food and exercise in Kentucky schools.

## Large majorities favor tobacco-free, nutrition and exercise policies

Eight in 10 Kentucky adults (84%) favored schools adopting tobacco-free campus policies

<sup>1</sup>As of April 3, 2014, see the complete list of Kentucky school districts with 100% Tobacco Free Schools at [www.tobaccofreeky.org/ky-schools.html](http://www.tobaccofreeky.org/ky-schools.html).

### Percentage of Kentucky adults who favor various school policies

#### Tobacco-free campus policies\*



#### New USDA school nutrition standards



#### Requiring schools provide 30 minutes a day of physical activity to students\*\*



Strongly favor

Somewhat favor

\*KHIP asked, "And ... research indicates that the younger a person is when they first try tobacco, the more susceptible they are to becoming addicted. To help keep kids from smoking, some school systems are adopting tobacco-free campus policies that would prohibit the use of tobacco by students, staff, parents or guests while they are on school grounds or at school-sponsored activities, such as field trips and sporting events. Would you favor or oppose schools adopting tobacco-free campus policies in your community?"

\*\* KHIP asked, "Do you favor or oppose requiring schools to provide 30 minutes a day of physical activity to students?"

in their communities. Support was high even among current smokers (72%). Large majorities of Kentucky adults who reported never smoking (91%) and former smokers (89%) favored this policy.

About school nutrition guidelines KHIP asked, "Recently the USDA adopted new school nutrition standards for meals served to students.

These standards include things like reducing (sic) the amount of salt and saturated fats in meals, offer more whole grain food choices, establish age-based calorie limits and portion sizes, and require students to select a fruit or vegetable in their meal offerings. Would you say that you favor or oppose

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these new school nutrition standards?” Overall, nearly 8 in 10 respondents (78%) favored the new USDA school nutrition standards<sup>2</sup> for meals served to students.

The U.S. Department of Health and Human Services recommends that children and adolescents get 60 minutes of physical activity daily.<sup>3</sup> KHIP asked Kentucky adults their opinions about requiring schools to provide 30 minutes a day of physical activity to students. More than 9 in 10 respondents (97%) favored a policy requiring physical activity for students.

## Strong support for policies across political parties

Large majorities of Democrats, Republicans and Independents favored school-based children’s health policies regarding tobacco-free campuses, nutrition standards and required physical activity.

<sup>2</sup> [www.fns.usda.gov/school-meals/child-nutrition-programs](http://www.fns.usda.gov/school-meals/child-nutrition-programs)

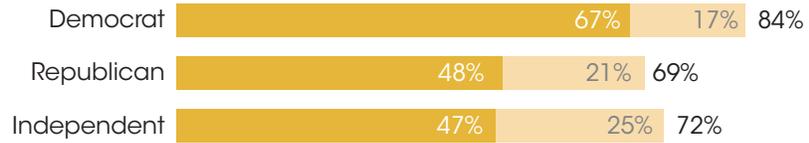
<sup>3</sup> Physical Activity Guidelines for Americans Midcourse Report Subcommittee of the President’s Council on Fitness, Sports & Nutrition. Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity among Youth. Washington, DC: U.S. Department of Health and Human Services, 2012. Accessed 04/07/14. [www.health.gov/paguidelines/midcourse/pag-mid-course-report-final.pdf](http://www.health.gov/paguidelines/midcourse/pag-mid-course-report-final.pdf)

## Percentage of Kentucky adults who favor various school policies by political party identification

### Tobacco-free campus policies



### New USDA school nutrition standards



### Requiring schools provide 30 minutes a day of physical activity to students



Strongly favor

Somewhat favor