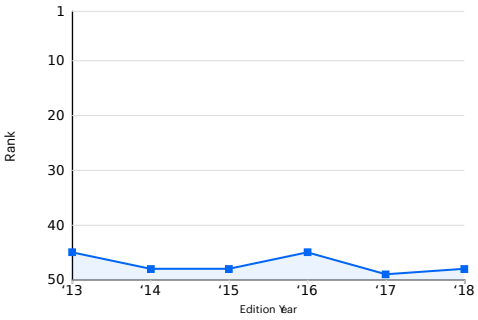
Kentucky

OVERALL - SENIOR RANK: 48 | **CHANGE: ▲ 1**

DETERMINANTS RANK: 48

OUTCOMES RANK: 48



Rank Based On: Weighted sum of the number of standard deviations each core measure is from the national average

STRENGTHS

- Low prevalence of excessive drinking
- Low percentage of low-care nursing home residents
- High percentage of diabetes management

CHALLENGES

- High prevalence of smoking
- Low percentage of able-bodied seniors
- High preventable hospitalization rate

HIGHLIGHTS

- In the past year, flu vaccination coverage decreased 12% from 67.3% to 59.4% of adults aged 65+
- In the past two years, frequent mental distress increased 15% from 7.3% to 8.4% of adults aged 65+
- In the past three years, SNAP reach decreased 26% from 66.4 to 49.1 participants per 100 adults aged 60+ in poverty
- In the past four years, dental visits increased 11% from 53.0% to 58.6% of adults aged 65+
- In the past five years, poverty decreased 7% from 11.9% to 11.1% of adults aged 65+
- In the past five years, home health care workers increased 71% from 36.6 to 62.6 aides per 1,000 adults aged 75+

WEBSITE: chfs.ky.gov/dph/

Kentucky

Measure	Rating	2018 Value	2018 Rank
BEHAVIORS			
Dental Visit (Percentage of adults aged 65+)	+	58.6%	44
Excessive Drinking (Percentage of adults aged 65+)	+++++	4.5%	7
Obesity (Percentage of adults aged 65+)	+	31.0%	42
Pain Management (Percentage of adults aged 65+ with arthritis)	+	46.6%	47
Physical Inactivity (Percentage of adults aged 65+ in fair or better health)	+	36.0%	47
Smoking (Percentage of adults aged 65+)	+	12.4%	49
Behaviors * (All Behaviors-Seniors)	+	**-0.238**	**49**
COMMUNITY & ENVIRONMENT			
Nursing Home Quality (Percentage of beds rated four- or five-stars)	+	35.6%	45
Poverty (Percentage of adults aged 65+)	+	11.1%	46
Volunteerism (Percentage of adults aged 65+)	+	18.9%	46
Community & Environment - Macro * (Community & Environment - Macro - Seniors)	+	**-0.116**	**47**
Community Support (Dollars per adult aged 60+ in poverty)	+	$255	43
Food Insecurity (Percentage of adults aged 60+)	++	18.0%	38
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	3.8	49
Community & Environment - Micro * (Community & Environment - Micro - Seniors)	+	**-0.067**	**47**
Community & Environment Total * (All Community & Environment measures-Seniors)	+	**-0.183**	**48**
POLICY			
Geriatrician Shortfall (Percentage of geriatricians needed)	++	79.5%	40
Health Care Associated Infection (HAI) Policies (Percentage of policies in place)	++	25.0%	36
Low-care Nursing Home Residents (Percentage of residents)	+++++	6.9%	8
Prescription Drug Coverage (Percentage of Medicare enrollees aged 65+)	+++++	87%	8
SNAP Reach (Participants per 100 adults aged 60+ living in poverty)	++	49.1	39
Policy * (All Policy measures-Senior)	++	**-0.052**	**33**
CLINICAL CARE			
Dedicated Health Care Provider (Percentage of adults aged 65+)	++++	95.2%	19
Diabetes Management (Percentage of Medicare enrollees aged 65 to 75)	++++	81.6%	11
Flu Vaccine (Percentage of adults aged 65+)	+++	59.4%	22
Health Screenings (Percentage of seniors with recommended screenings)	+++	73.0%	22
Home Health Care (Number of workers per 1,000 adults aged 75+)	+	62.6	45
Hospice Care (Percentage of Medicare decedents aged 65+)	+	43.4%	44
Hospital Deaths (Percentage of Medicare decedents aged 65+)	++	22.0%	34
Hospital Readmissions (Percentage of hospitalized Medicare enrollees aged 65+)	+	15.4%	42
Preventable Hospitalizations (Discharges per 1,000 Medicare enrollees aged 65+)	+	76.6	50
Clinical Care * (All Clinical Care measures--Seniors)	+	**-0.067**	**43**
ALL DETERMINANTS			
All Determinants * (All Determinants)	+	**-0.540**	**48**
OUTCOMES			
Able-bodied (Percentage of adults aged 65+)	+	57.7%	49
Early Death (Deaths per 100,000 adults aged 65 to 74)	+	2,418	49
Falls (Percentage of adults aged 65+)	+++	30.8%	29
Frequent Mental Distress (Percentage of adults aged 65+)	+	8.4%	43
High Health Status-Senior (Percentage of adults aged 65+)	+	32.8%	49
Hip Fractures (Hospitalizations per 1,000 Medicare enrollees aged 65+)	+	7.1	45
ICU Use (Percentage of Medicare decedents aged 65+)	+	16.4%	43
Teeth Extractions (Percentage of adults aged 65+)	+	22.0%	47
All Outcomes * (All Outcomes)	+	**-0.341**	**48**
OVERALL			
Overall * (Overall)	+	**-0.881**	**48**

RATING	RANK
+++++	1 – 10
++++	11 – 20
+++	21 – 30
++	31 – 40
+	41 – 50

* Value indicates z score. Negative scores are below US value; positive scores are above US value. For complete definitions of measures including data sources and years, see "Appendix: Core Measures".

- Data Unavailable

SUPPLEMENTAL MEASURES

Measure	Rating	2018 Value	2018 Rank
Cognitive Difficulty (Percentage of adults aged 65+)	+	10.9%	45
Depression (Percentage of adults aged 65+)	+	18.5%	50
Education (Percentage of adults aged 65+)	+	18.7%	49

Overuse--PSA Test (Percentage of male Medicare enrollees aged 75+)	++	18.0%	32
Poor Mental Health Days (Mean number of days)	+++	2.4	28
Risk of Social Isolation (Percentile of mean z scores for six social isolation risk factors in adults 65+)	+	93	48
Suicide (Deaths per 100,000 adults aged 65+)	++	20.0	36

RATING	RANK
+++++	1 – 10
++++	11 – 20
+++	21 – 30
++	31 – 40
+	41 – 50

- Data Unavailable

Dental Visit - Seniors

58.6%

SINCE 2017, DENTAL VISIT* **INCREASED 2.8% FROM 57.0% TO 58.6%**

** Percentage of adults aged 65+*

Teeth Extractions - Seniors

22.0%

SINCE 2017, TEETH EXTRACTIONS* **DECREASED 7.9% FROM 23.9% TO 22.0%**

** Percentage of adults aged 65+*

Home Health Care

62.6

SINCE 2017, HOME HEALTH CARE * **INCREASED 10.8% FROM 56.5 TO 62.6**

** Number of workers per 1,000 adults aged 75+*

Nursing Home Quality

35.6%

SINCE 2017, NURSING HOME QUALITY* **INCREASED 20.7% FROM 29.5% TO 35.6%**

** Percentage of beds rated four- or five-stars*

Food Insecurity - Seniors

18.0%

SINCE 2017, FOOD INSECURITY* **INCREASED 2.9% FROM 17.5% TO 18.0%**

** Percentage of adults aged 60+*

Suicide - Senior

20.0 *NO CHANGE*

SINCE 2017, SUICIDE* **REMAINED THE SAME.**

** Deaths per 100,000 adults aged 65+*

Top 5 States

1: UTAH

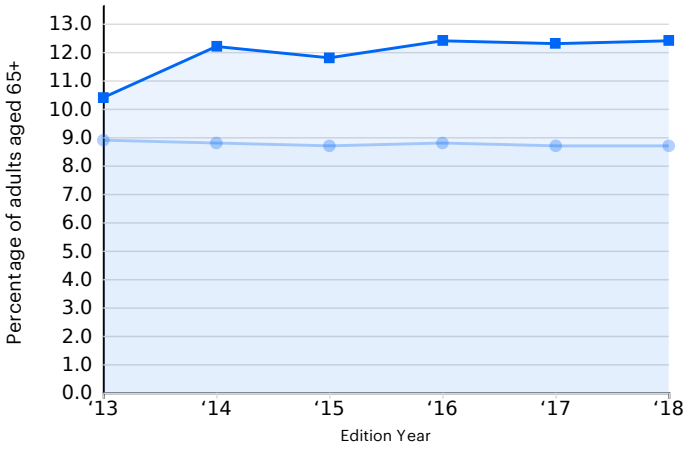
2: HAWAII

3: NEW HAMPSHIRE

4: MINNESOTA

5: COLORADO

Smoking - Seniors



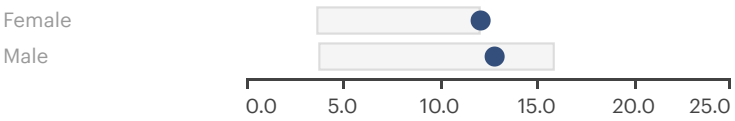
Percentage of adults aged 65 and older who are smokers (reported smoking at least 100 cigarettes in their lifetime and currently smoke every or some days)

Kentucky United States

Smoking is the leading cause of preventable death in the United States. It is estimated that there are 4.2 million smokers aged 65 and older in the nation. Smoking damages nearly every organ in the body and causes diseases such as cataracts, respiratory disease, heart disease, stroke and cancer. It is also associated with accelerated cognitive decline, dementia and early cognitive impairment. Cessation, even in senior smokers, can have profound benefits on current health and long-term outcomes. For example, the risk of dying of lung cancer drops by half 10 years after cessation.

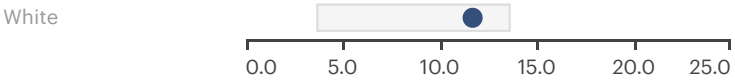
Range of Values for all States KY Value

GENDER



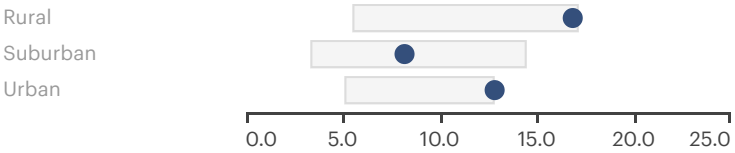
Percentage of adults aged 65+

RACE/ETHNICITY



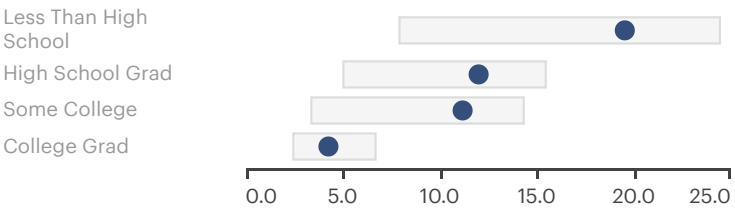
Percentage of adults aged 65+

URBANICITY



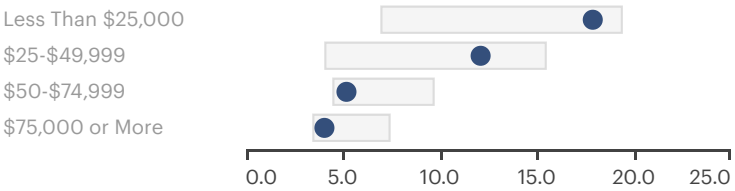
Percentage of adults aged 65+

EDUCATION



Percentage of adults aged 65+

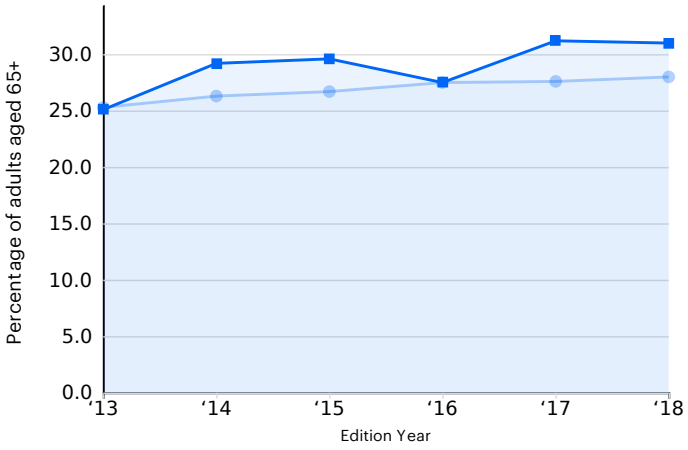
INCOME



Percentage of adults aged 65+

Data suppression rules are as defined by the original source.
Race and ethnicity populations are as defined by the original source.

Obesity - Seniors



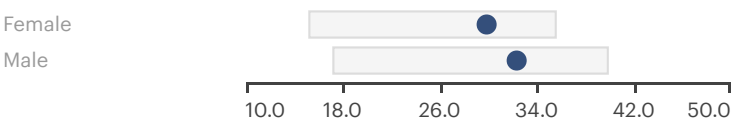
Percentage of adults aged 65 and older with a body mass index of 30.0 or higher based on reported height and weight

Kentucky United States

Obesity is the leading cause of preventable life-years lost among Americans — surpassing tobacco use, high blood pressure and high cholesterol. There is a stronger relationship between obesity and mortality risk among older age groups. Adults with obesity, compared with adults at a healthy weight, are at a higher risk of developing serious health conditions including cognitive decline, chronic conditions and certain cancers. Contributing factors for obesity include behaviors such as poor diet and physical inactivity, social and physical environments, genetics and medical history. Growing evidence illustrates the importance of the built environment and community design in promoting a healthy lifestyle.

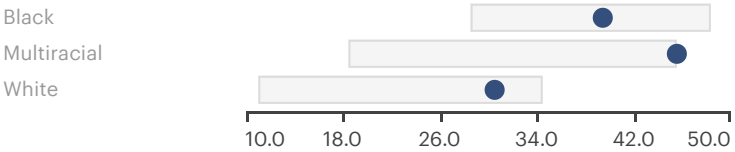
Range of Values for all States KY Value

GENDER



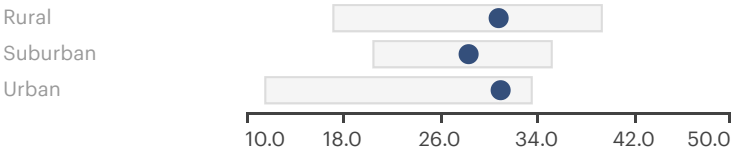
Percentage of adults aged 65+

RACE/ETHNICITY



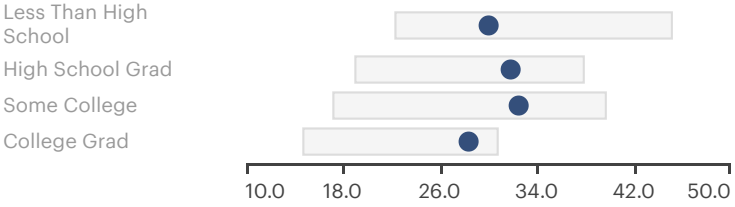
Percentage of adults aged 65+

URBANICITY



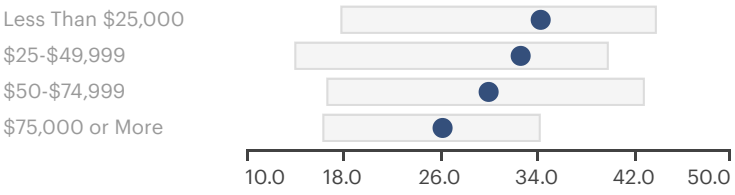
Percentage of adults aged 65+

EDUCATION



Percentage of adults aged 65+

INCOME



Percentage of adults aged 65+

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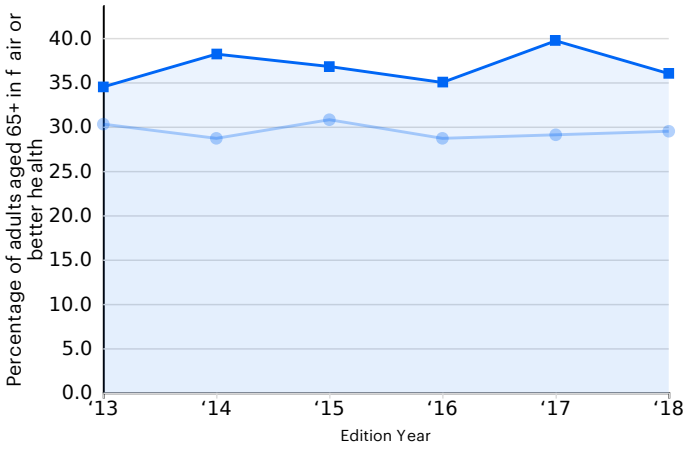
Physical Inactivity - Seniors



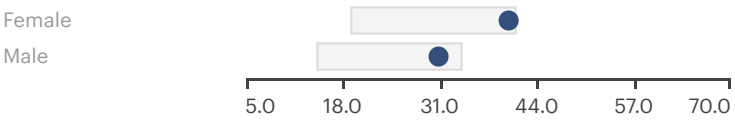
Percentage of adults aged 65 and older in fair or better health who reported doing no physical activity or exercise other than their regular job in the past 30 days

Kentucky United States

Physical activity is an integral part of healthy aging. The Centers for Disease Control and Prevention estimate that only 16 percent of adults aged 65 and older met aerobic and muscle-strengthening guidelines in 2011 — the lowest of any age group. Physical inactivity increases the risk of cardiovascular disease, cancer, diabetes, hypertension, obesity and premature death. Increasing physical activity, especially from an absence, prevents and helps manage numerous chronic diseases. Even moderate increases in physical activity can greatly reduce risk of adverse health outcomes. Growing evidence illustrates the importance of the built environment and community design to promote physical activity for seniors.

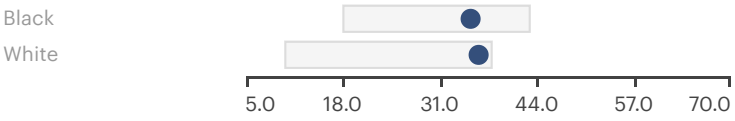
Range of Values for all States KY Value

GENDER



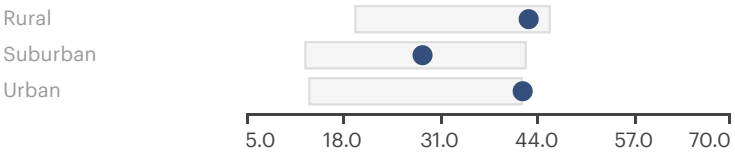
Percentage of adults aged 65+ in fair or better health

RACE/ETHNICITY



Percentage of adults aged 65+ in fair or better health

URBANICITY



Percentage of adults aged 65+ in fair or better health

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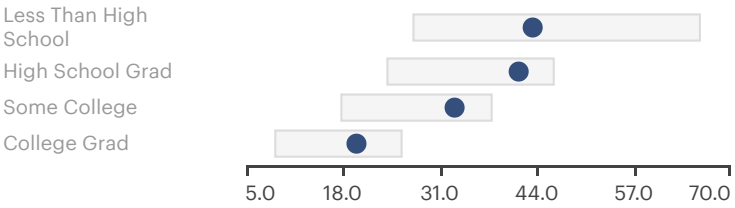
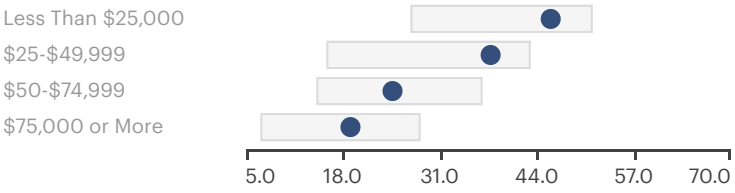


Percentage of adults aged 65+ in fair or better health

INCOME



Percentage of adults aged 65+ in fair or better health

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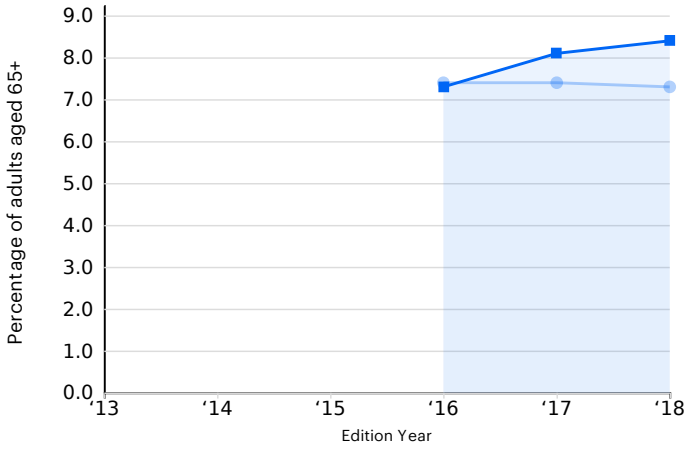
Frequent Mental Distress - Seniors



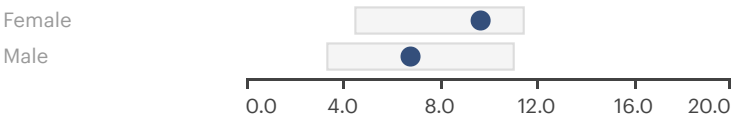
Percentage of adults aged 65 and older who reported their mental health was not good 14 or more days in the past 30 days

Kentucky United States

Frequent mental distress is characterized by 14 or more days of self-reported poor mental health in the past month and emphasizes the burden of severe mental health issues in a population. Older adults with FMD are more likely to engage in behaviors that contribute to poor health such as smoking, physical inactivity and poor diet. Activity limitations due to physical, mental or emotional problems, as well as avoidance of medical care due to cost are associated with frequent mental distress among older adults. Chronic and severe mental health episodes are treatable and may be preventable through simple, cost-effective and time-efficient screening procedures, early interventions and quality care.

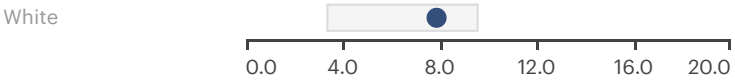
Range of Values for all States KY Value

GENDER



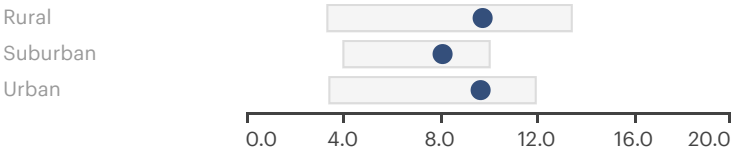
Percentage of adults aged 65+

RACE/ETHNICITY



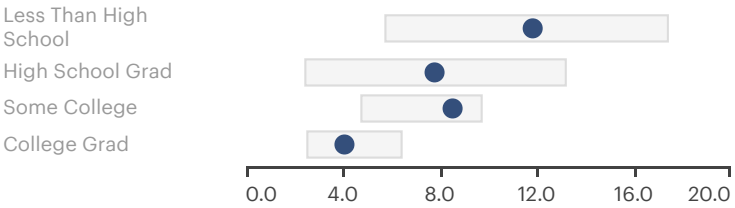
Percentage of adults aged 65+

URBANICITY



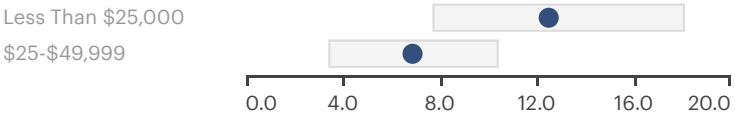
Percentage of adults aged 65+

EDUCATION



Percentage of adults aged 65+

INCOME



Percentage of adults aged 65+

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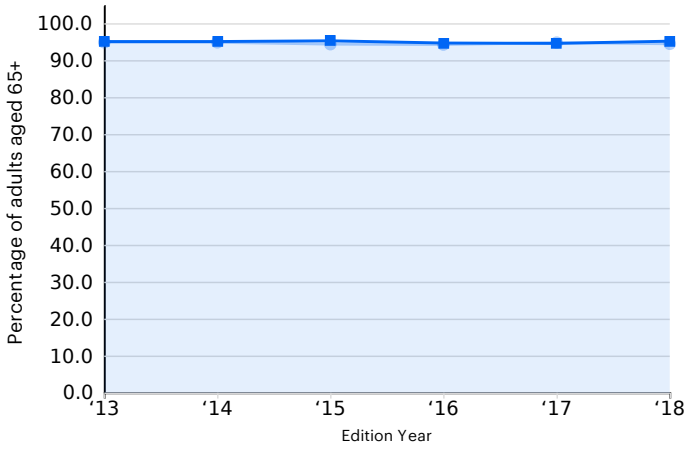
Dedicated Health Care Provider - Seniors



Percentage of adults aged 65 and older who reported having one or more people they think of as their personal doctor or health care provider

Kentucky

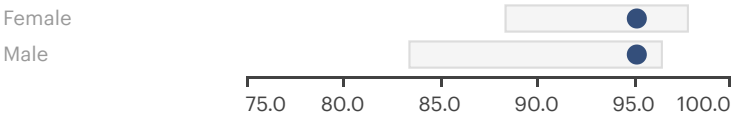
United States

Seniors with a dedicated health care provider are better positioned to receive care that can prevent, detect and manage health conditions. Having a regular health care provider is associated with lower health care costs, and improvements in overall health status and chronic care management. Adults without a dedicated health care provider are more likely to visit the emergency department for non-urgent or avoidable problems. An estimated $13.7 million was spent on emergency department services for adults aged 65 and older in 2013. Barriers to obtaining a dedicated health care provider include limited access, financial constraints, limited transportation and a lack of knowledge of available services and providers.

Range of Values for all States

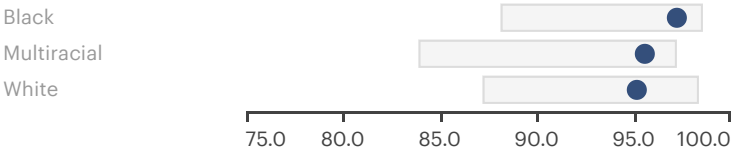
KY Value

GENDER



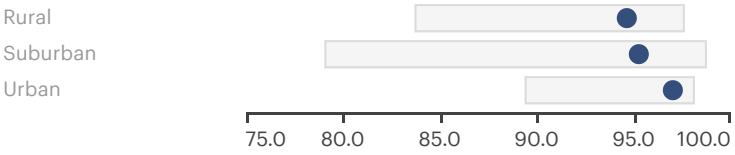
Percentage of adults aged 65+

RACE/ETHNICITY



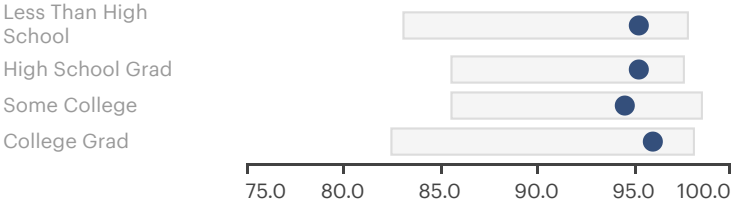
Percentage of adults aged 65+

URBANICITY



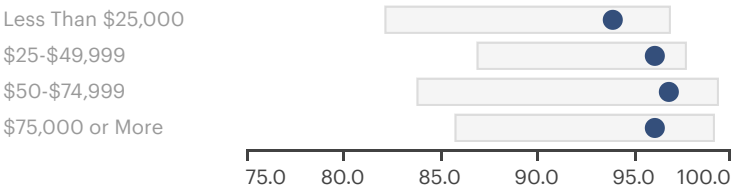
Percentage of adults aged 65+

EDUCATION



Percentage of adults aged 65+

INCOME



Percentage of adults aged 65+

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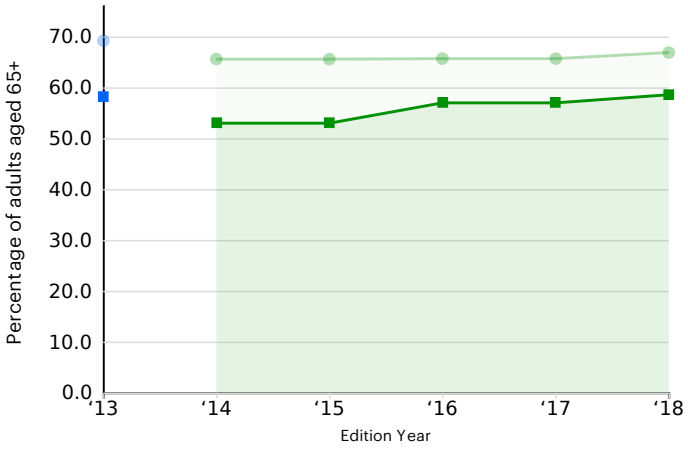
Dental Visit - Seniors



Percentage of adults aged 65 years and older who reported visiting the dentist or dental clinic within the past year (pre-2011 BRFSS methodology)

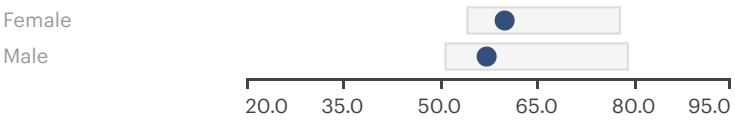
Percentage of adults aged 65 and older who reported visiting a dental health professional within the past year

Kentucky United States

Oral health naturally declines with age, and problems arise if routine care is not maintained. Poor oral health can have a large impact on quality of life by negatively affecting the ability to chew, speak and interact socially, in addition to increasing the risk for certain diseases such as diabetes and oral cancer. Most individuals lose dental insurance coverage when they retire, and Medicare generally does not cover dental care. This means the majority of seniors pay out-of-pocket for most or all dental expenses, which impacts dental care use. Older adults who use preventive dental care may reduce their dental bills and out-of-pocket payments.

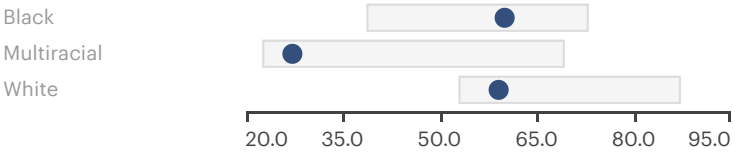
Range of Values for all States KY Value

GENDER



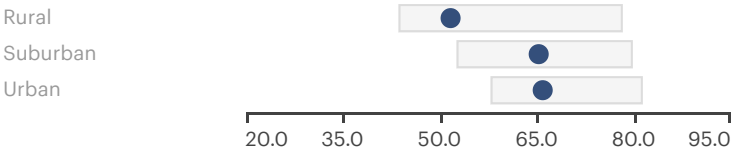
Percentage of adults aged 65+

RACE/ETHNICITY



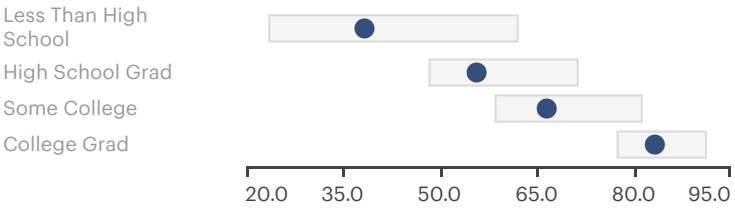
Percentage of adults aged 65+

URBANICITY



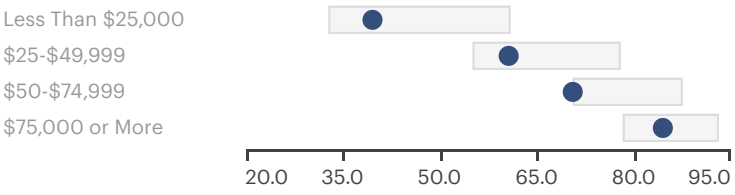
Percentage of adults aged 65+

EDUCATION



Percentage of adults aged 65+

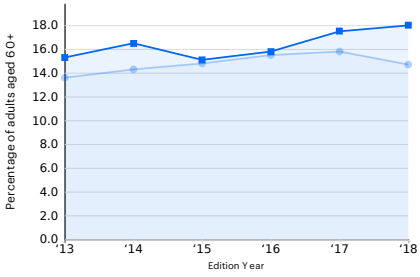
INCOME



Percentage of adults aged 65+

Data suppression rules are as defined by the original source.
Race and ethnicity populations are as defined by the original source.

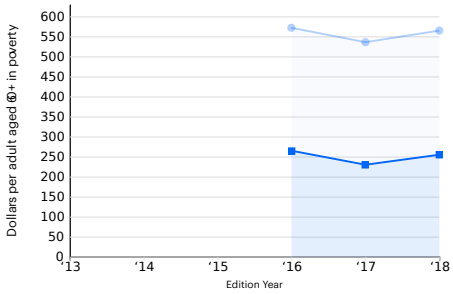
Trend: Food Insecurity - Seniors, Kentucky, United States



Percentage of adults aged 60 and older who faced the threat of hunger in the past 12 months

Kentucky United States

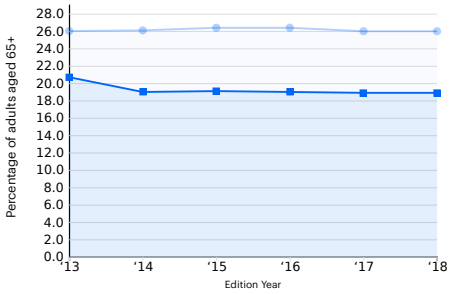
Trend: Community Support, Kentucky, United States



Expenditures captured by the Administration on Aging per adult aged 60 and older living in poverty

Kentucky United States

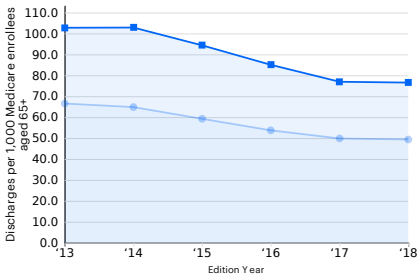
Trend: Volunteerism, Kentucky, United States



Percentage of adults aged 65 and older who reported volunteering in the past 12 months

Kentucky United States

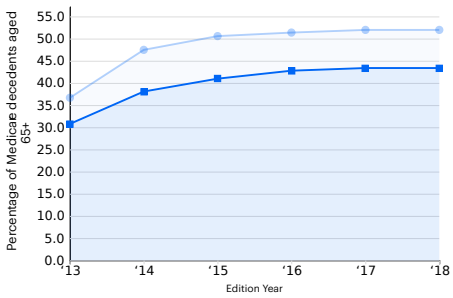
Trend: Preventable Hospitalizations - Seniors, Kentucky, United States



Number of discharges for ambulatory care-sensitive conditions per 1,000 Medicare enrollees aged 65 and older

Kentucky United States

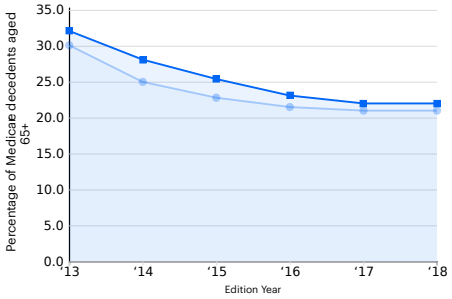
Trend: Hospice Care, Kentucky, United States



Percentage of Medicare decedents aged 65 and older who were enrolled in hospice during the last six months of life after diagnosis of a condition with a high probability of death

Kentucky United States

Trend: Hospital Deaths, Kentucky, United States



Percentage of deaths occurring in a hospital among chronically ill Medicare decedents aged 65 and older

Kentucky United States