

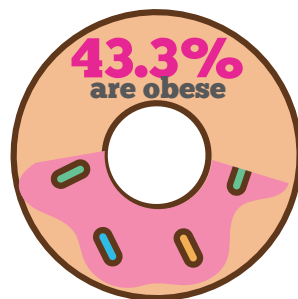
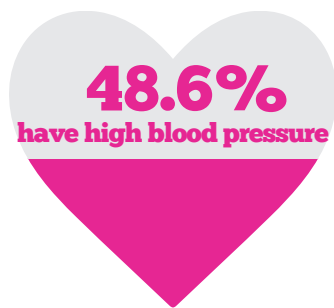
# Health & Disability



Kentucky National Core Indicators

Kentucky rates of obesity and high blood pressure are well above the national average. For Kentuckians with a disability, and especially for those with cognitive or mobility limitations the numbers are even more startling. Much of this can be attributed to behavioral factors such as physical inactivity and poor nutrition.

## Kentuckians with disabilities:

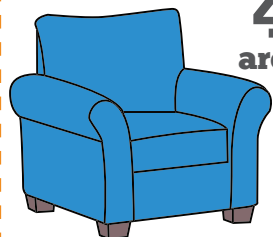


Adults with disabilities

**3X**

more likely to have

- heart disease
- stroke
- diabetes
- cancer



**49%**  
are inactive

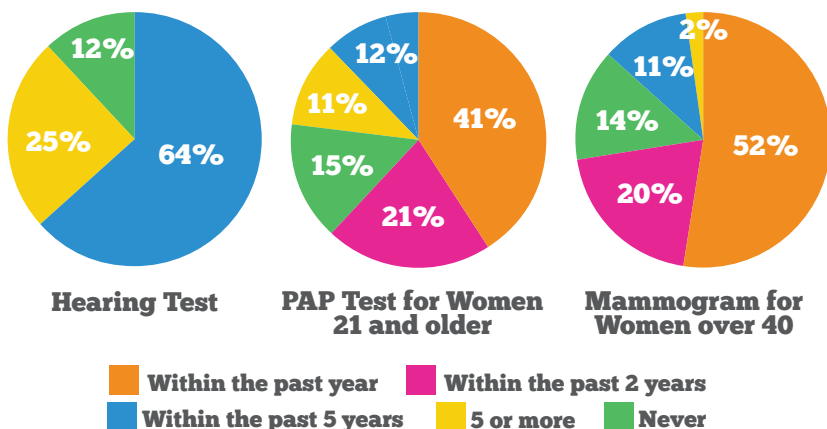


**36.1%**  
smoke

**\$5.8 billion**  
Annual Kentucky disability healthcare costs

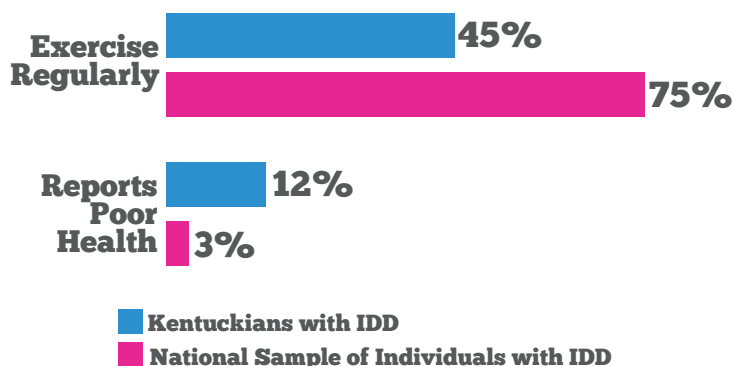
### Preventative Screenings for Kentuckians with Intellectual and Developmental Disabilities\*

\*National Core Indicators, 2021



### Kentuckians with Intellectual and Developmental Disabilities\*

\*National Core Indicators, 2021



Kentucky ranks 43rd nationally in rates of death due to heart disease, 46th in adult population with hypertension, and 45th in physical inactivity, with especially high rates of heart disease in eastern Kentucky. Compared with urban areas, rural communities have higher rates of preventable conditions such as obesity and cancer, and higher rates of high-risk health behaviors such as smoking, physical inactivity, and poor diet. As a rural state with a high poverty rate, Kentucky has critical needs for improving heart health and improving access to health promotion, and especially for individuals with disabilities.

# Resources



Kentucky National  
Core Indicators

A variety of resources that can help improve your health are found all around Kentucky.



The health and wellness initiative at the Human Development Institute raises awareness of health disparities, while helping people with disabilities and their support networks take charge of their health. We provide resources via lessons, videos, activities, and tips on running effective health promotion programming for people with varying abilities, as well as updates on current statewide health initiatives and ways to get involved.

[Wellness4ky.org](http://Wellness4ky.org)



**University of Kentucky**  
College of Agriculture,  
Food and Environment  
*Cooperative Extension Service*

Found in every county, Extension Office initiatives include: healthy lifestyles, nurturing families, promoting healthy homes & communities, and accessing nutritious food.

[extension.ca.uky.edu/county](http://extension.ca.uky.edu/county)



**Kentucky Public Health**  
Prevent. Promote. Protect.

Kentucky's Department for Public Health aims to improve the health and safety of people in Kentucky through nearly 150 programs around prevention, promotion and protection.

[chfs.ky.gov](http://chfs.ky.gov)  
and select Local Health Departments

## KENTUCKY DISABILITY **RESOURCE MANUAL**

Online directory with resources on advocacy, assistive technology, community living, education, employment, finances, health, mental health and transportation.

<http://resources.hdiuk.org/>

## **RECREATION RESOURCE GUIDE**

A handbook of program descriptions and contact information  
<https://www.wellness4ky.org/resources/recreation-resource-guide/>



Kentucky National  
Core Indicators

Kentucky Division of  
Developmental and  
Intellectual Disabilities

**UK** Human Development  
Institute