



# Bourbon County Community Health Assessment



Bourbon County Health Department  
341 East Main St. Paris, KY 40361  
(859) 987-1915  
(859) 987-3230  
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### **Bourbon County MAPP Partnership Members**

Drew Beckett	Bourbon County Health Department Director
Shelby Sipes	Bourbon County Health Department Intern
Cyndi Steel	Bourbon County Health Department Health Educator
Maxine Rudder	Bluegrass Green source
Carol Ricker	University of Kentucky College of Nursing
Carissa Adams	Montgomery County Health Department
Mary Adams	Concerned Citizen
Ben Hackworth	Bluegrass Prevention Center
Charlotte Haney	Adult Education Center
Lesley Brown	Bourbon County Schools
Amy Cox	Bluegrass Care Navigators-Bluegrass Hospice Care
Melinda Malin	Bourbon County Head Start
Cindy Wesley	Bourbon Community Hospital
Matt Smith	Bourbon Community Hospital
Whitney Clay	Bourbon County Schools
Ivy Owens	YMCA
Melissa Dickey	Passport Health
Andrea Pompei-Lacy	Bourbon County Planning Administrator
Gina Haynes-Sanders	Bluegrass Care Navigators
Tonya Pauley	Kentucky Cancer Program
Cleo Thompson- Coleman	Bluegrass.org

## I. Demographic information

**Table 1.1 Demographics for Bourbon County, Kentucky vs. KY & USA**

	<b>Bourbon County</b>	<b>Kentucky</b>	<b>USA</b>	Source
Population	20,320	4,436,957	321,418,820	1
% Female	50.60%	50.80%	50.80%	3
% Male	49.40%	49.20%	49.20%	3
% 65 years and Over	18.20%	15.60%	15.20%	1
% White	91.10%	88.10%	77.10%	1
% Black	6.30%	8.30%	13.30%	1
% Hispanic or Latino	7.00%	3.40%	17.60%	1
Homeownership Rate	61.90%	67.20%	63.90%	1
Median Household Income	\$46,370	\$45,178	\$55,775	1
High School Graduation	91.40%	88.60%	81.00%	5

Bourbon County is located just north of Fayette County. A local board of health oversees the activities of the local health department. The service area for the Bourbon County Health Department is 292 sq. miles. Approximately 91.10% of the population is white, 6.30% is black, and 7.0% is Hispanic or Latino. The largest employer for the community is Central Motor Wheel of America (CMWA). Bourbon County has one community hospital which maintains 58 beds, including a Behavioral Health Unit. Our area medical professionals consist of 30 physicians, 11 pharmacists, and 10 dentists. Medicaid serves 19.0% of Bourbon County's population. Table 2.1 is an excerpt from the Bourbon County Community Health Assessment Profile. The entire profile can be found at the end of this document labeled Appendix A.

## II. Health Issues

Bourbon County shares many of the poor health outcomes of which the state of Kentucky is known.

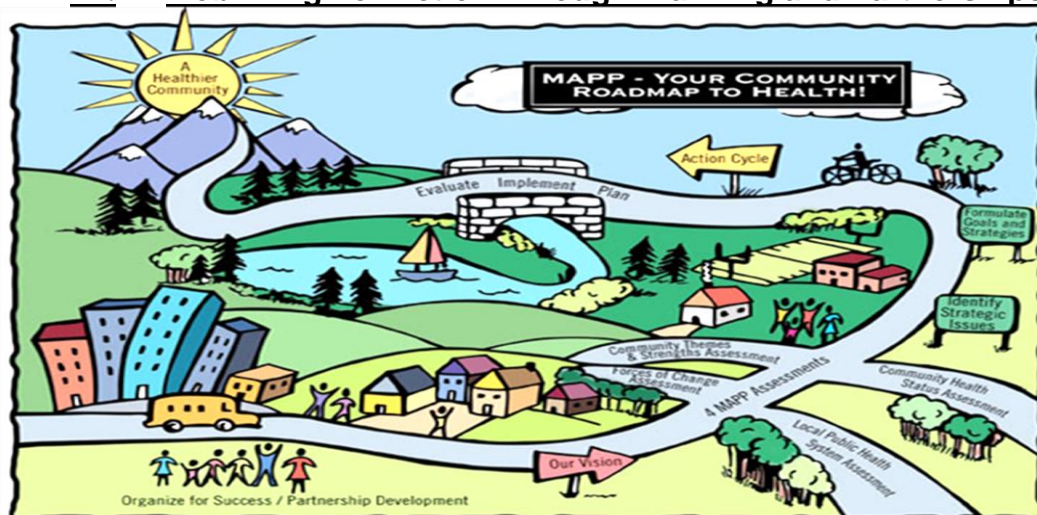
**Table 2.1 Behavioral health issues for Bourbon County, Kentucky vs. KY & USA**

	Bourbon County	Kentucky	USA	Source
Unemployment Rate	5.70%	4.80%	4.80%	3
Binge Drinking (% Adults)	15.00%	13.00%	25.40%	2,9
Drug Arrests (Per 100,000 population)	1,706	1,046	700	13
Violent Crime Offenses (Per 100,000 population)	454.1	267	469	2
Recommended Fruit and Vegetable Intake (% Adults)	23.40%	10.90%	-	2,3
Lack of Physical Activity (% Adults)	44.80%	30.20%	25.40%	2
Prevalence of Smoking (% Adults)	34.60%	25.90%	15.10%	13
Prevalence of Obesity (% Adults)	30.10%	33%	36.50%	3
Prevalence of Overweight (% Adults)	68.00%	67.00%	68.80%	3

One can see that while Bourbon County isn't that far out of line with the state of Kentucky, we fall well behind the rates for the United States. A few alarming statistics are lack of physical activity, drug arrests, and violent crime offenses. The last few statistics are almost surely related as the use of alcohol and drugs is a common factor in violent crime offenses.

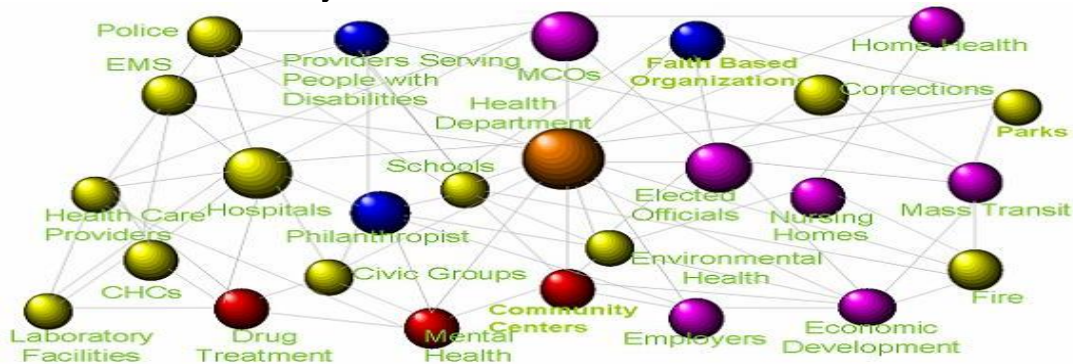
Other contributing causes for these health factors are food deserts in the towns of Millersburg and North Middletown. The only true grocery stores are located in Paris; the other communities have local corner stores that stock mainly packaged foods and prepare lunchmeat sandwiches for patrons.

## III. Mobilizing For Action Through Planning and Partnerships (MAPP)



Mobilizing for Action through Planning and Partnerships or MAPP is a tool that was used in Bourbon County. Through this tool, communities are empowered to improve their health through collaborative strategic planning. This process also allows a community to understand how to better use their strengths to overcome their own unique challenges. MAPP consists of four separate Assessments: the Community Themes and Strengths Assessment, the Local Public Health System Assessment, the Forces of Change Assessment, and the Community Health Status Assessment. Each of these assessments is responsible for a new perspective on the community's challenges and strengths. This process enables communities to make positive changes that lead to better overall health outcomes for the entire community through setting achievable and measurable goals.

*Local Public Health System Assessment*  
**Figure 3.1 Local Public Health System Partners**



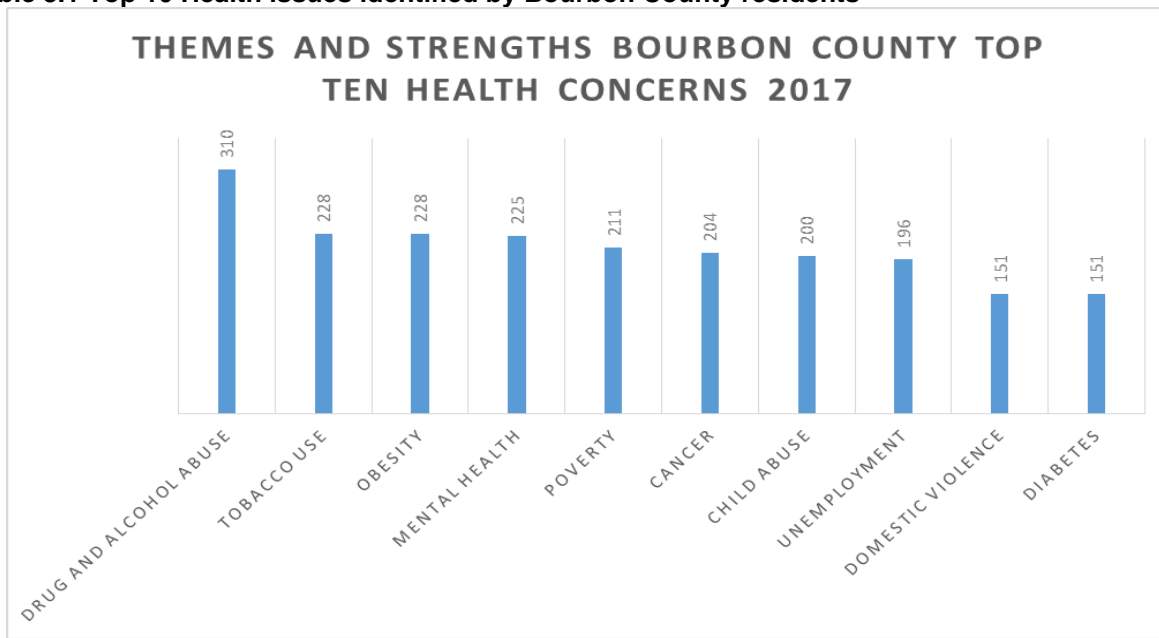
Our MAPP team was led by facilitators from the University of Kentucky in an asset mapping exercise to determine who does what within our local public health system (LPHS). This exercise went rather quickly as BCHD has frequent meeting with community partners to let them know that they all fit within the public health system.

*Community Themes and Strengths Assessment*

This assessment is designed to gain insight on the community's perceptions about the quality of life in their community. The survey tool that was used to gain this data is attached in the appendix (Appendix B). These surveys were distributed to many locations including the library; medical offices, daycares, the YMCA, a fitness facility, the local hospital, and they were sent home with elementary children from school. The surveys were also obtained in person at the schools, the county fair, the city municipal building on several occasions, and two separate health fairs. Results were also collected through the health department's website. Over a 3-month collection period, 385 people responded to the survey. The results of these surveys are listed below.



**Table 3.1 Top 10 Health issues identified by Bourbon County residents**



In addition to the personal perspective from residents, we gathered an organizational perspective from our MAPP stakeholders by asking them what they thought were strengths that contributed to good health and risks that contributed to poor health. Their responses are in Table 4.2 below

**Table 3.2 MAPP team themes and strengths assessment**

<b>Strengths</b>	<b>Risks</b>
School partnerships-open to health programming Inpatient mental health services Community resources like the YMCA, library, BCHD, extension, and BCH Natural resources Faith based community Access to Lexington and surrounding communities	Opposing policy views Apathy and afraid of change Faulty leadership Affordable and availability of housing Younger parenting groups/grandparents parenting

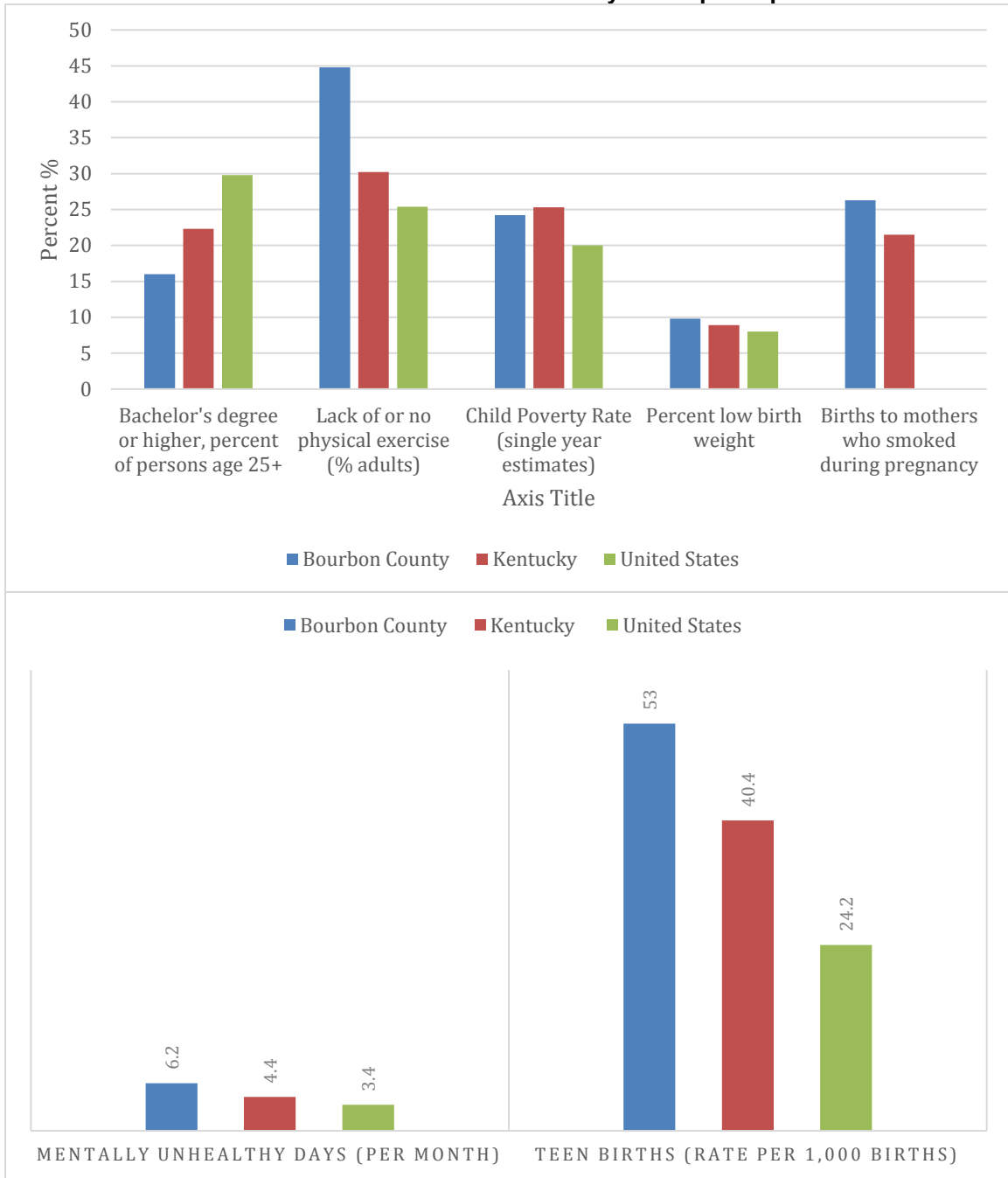
*Community Health Status Assessment*

Our MAPP team of community stakeholders was presented with a packet of data that had been collected from multiple sources. They were asked to review the data and report of some of the themes that stood out to them. The one positive result from the data was that our tooth loss rate was significantly lower (15.40%) than the state of Kentucky rate. The concerns of the group were: high teen birth rate, high child poverty, mentally unhealthy days, low birth weight babies, moms who smoke during pregnancy, lack of exercise and low college education rates.

As table 3.3 below shows, our lack of and no exercise rates are much higher than Kentucky and national averages, our teen birth and mothers that smoke during pregnancy rate even outpace the state of Kentucky. Table 3.4 address the drug arrest

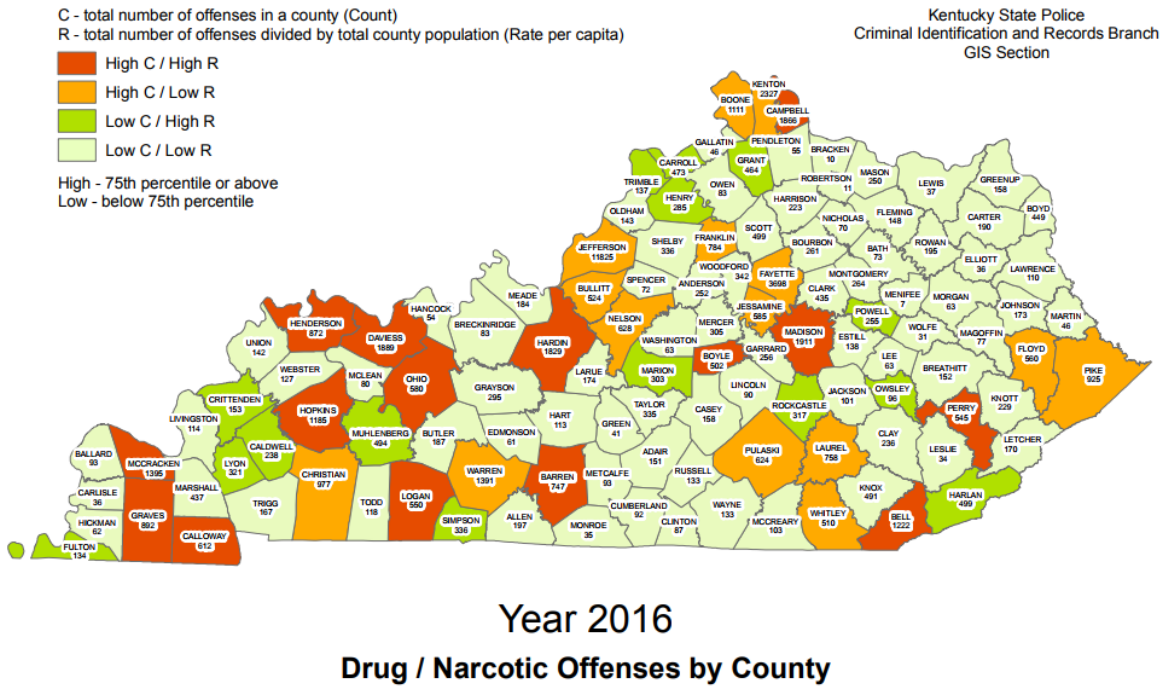
and crime issue that was also a huge concern of residents and our MAPP team. A full table of the data can be seen in Appendix A.

**Table 3.3 Chart of themes reacted to by MAPP participants**





**Table 3.4 Drug offenses by county map**



*Forces of Change Assessment*

The Forces of Change assessment was completed by our MAPP team of community stakeholders. The group was asked what is occurring or might occur that positively and/or negatively affects the health of our community.

**Table 3.5 Forces of Change Assessment Results**

+	-
<ul style="list-style-type: none"> <li>Assortment of community events</li> <li>Locally sourced food resources</li> <li>Strong cultural history</li> <li>Smoke free school campuses and government buildings</li> <li>Collaboration among community organizations</li> <li>New leaderships</li> </ul>	<ul style="list-style-type: none"> <li>Younger generation doesn't have to work or doesn't want to work</li> <li>Reimbursement of health services and competitive pay</li> <li>Strong cultural history/unwilling to change</li> <li>Roadway safety concerns</li> <li>Infrastructure is crumbling</li> <li>Younger parenting group/grandparents raising kids</li> </ul>

#### **IV. Bourbon County Public Health Issues**

##### Health Outcomes

**Table 4.1 Health Outcomes of Bourbon County vs. KY & USA**

	<b>Bourbon County</b>	<b>Kentucky</b>	<b>USA</b>	Source
Motor Vehicle Crash Death (Per 100,000 population)	20	15	10.6	3
Prevalence of Asthma (Percent adults)	16.90%	16.30%	14.00%	3
Prevalence of Diabetes (Percent adults)	13.80%	11.30%	9.10%	3
Prevalence of Hypertension (Percent adults)(Self-reported)	37.00%	39.00%	29.10%	2,6,8
Mentally Unhealthy Days (Per month)	6.2	4.4	3.4	2
Heart Disease Deaths (Age-Adjusted per 100,000 population)	212	202	168.5	3,6
Stroke Deaths (Age-Adjusted per 100,000 population)	39	42	37.6	3,6
Lung Cancer Death	93.4	80.2	53.4	3
Colon and Rectum Cancer Incidence	39.9	43.7	35.5	3
Breast Cancer Death	100.2	122	123.3	9

Access to Care

**Table 4.2 Access to care Bourbon County vs. KY & USA**

	<b>Bourbon County</b>	<b>Kentucky</b>	<b>USA</b>	<b>Source</b>
Flu Vaccination in the Past Year (Percent adults)	45.40%	43.30%	43.6 0%	2,7
Sexually Transmitted Infection (Chlamydia rate per 100,000)	265	394.2	479	3
Personal Doctor or Health Care Provider (percent adults)	82.00%	80.00%	-	2
All Physicians	30	10115	-	2
Primary Care Physicians	19	4241	-	2
Physician Specialists	11	5874	-	2
Registered Nurses	214	47948	-	2
Nurse Practitioners	2	2797	-	2
Physician Assistants	1	772	-	2
Pharmacists	11	4524	-	2
Dentists	10	2461	-	2
Medicaid Enrollment (Percent of population)	19.00%	22.00%	19.9 1%	2,3
Uninsured Adults	13.10%	9.90%	16.8 0%	3
Uninsured Children	7.40%	4.50%	7.50 %	3

## Maternal and Child Health

**Table 4.3 Maternal and Child Health Rates for Bourbon County vs. KY & USA**

	<b>Bourbon County</b>	<b>Kentucky</b>	<b>USA</b>	Source
Child Poverty Rate (Single-Year Estimates 2016)	24.40%	25.30%	20.7%	5
Adequacy of Prenatal Care (percent pregnant women)	68.20%	66.90%	-	2
Infant Mortality (per 1,000 live births)	7	7	5.82	2
Percent Low Birth weight	9.80%	8.90%	8.00%	3
Teen Births (rate per 1,000 births)	53	40.4	24.2	3
Prevalence of Youth Smoking (percent of high school students)	25%	25%	23%	2
Children Eligible for Free or Reduced-Price Lunch (Percent)	58.66%	-	-	13
Child victims of substantiated abuse (Number of Victims)	65	17,917	-	5
Percent of Births to Mothers Who Are Not High School Graduates	14.30%	15.30%	-	5
Births to Mothers Receiving Early and Regular Prenatal Care	69%	64%	-	5
Births to Mothers Who Smoked During Pregnancy	26.30%	21.50%	-	5

### Priority Health and Safety Issues

Two main issues seemed to resonate with both the public and our community partners: **substance abuse/mental health and obesity**. These issues were addressed at length in MAPP group subcommittees and the plan to address them is below. These issues will also be addressed in the Bourbon County Health Department strategic plan. according to plan.

### V. Conclusion

This CHA was developed through hard work by multiple partners. It was encouraging to see the community come together to discuss health and ways we can make a difference in Bourbon County. Everyone seemed to buy-in to the process and if nothing else, really understood how they fit in the public health system.

## **VI. Sources**

1. <https://www.census.gov/quickfacts/fact/table/bourboncountykentucky,KY,US/PST045216>
2. <http://www.kentuckyhealthfacts.org/data/location/show.aspx?cat=1%2c2%2c3%2c5%2c8%2c11&loc=9>
3. <https://maps.communitycommons.org/viewer/datalist.aspx>
4. <https://www.census.gov/acs/www/data/data-tables-and-tools/index.php>
5. <http://datacenter.kidscount.org/data#KY/5/0/char/0>
6. <https://www.cdc.gov/mmwr/statehealth/index.html>
7. <https://www.cdc.gov/flu/professionals/vaccination/vax-summary.htm>
8. <https://www.cdc.gov/nchs/pressroom/states/kentucky/kentucky.htm>
9. <http://kyion.org/assessment.html>
10. [http://www.thinkkentucky.com/kyedc/kpdf/Facilities\\_by\\_Location.pdf](http://www.thinkkentucky.com/kyedc/kpdf/Facilities_by_Location.pdf)
11. [http://www.city-data.com/county/Bourbon\\_County-KY.html](http://www.city-data.com/county/Bourbon_County-KY.html)
12. [https://factfinder.census.gov/faces/nav/jsf/pages/community\\_facts.xhtml](https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml)
13. <https://education.ky.gov/federal/SCN/Pages/Online%20Reporting.aspx>
14. <https://www.naccho.org/programs/public-health-infrastructure/performance-improvement/community-health-assessment/mapp>

## Appendix A Data gathered through Community Health Assessment

### Community Health Assessment Profile (CHA)

	Bourbon County	Kentucky	United States	Source
<b>Demographics</b>				
Population (As of July 1, 2016)	20,320	4,436,974	321,418,820	1
Female Population	50.60%	50.80%	50.80%	3
Male Population	49.40%	49.20%	49.20%	3
<b>Age</b>				
Persons under 5 years, percent, (As of July 1, 2016)	6.10%	6.20%	6.20%	1
Persons under 18 years, percent, (As of July 1, 2016)	22.60%	22.80%	22.80%	1
Persons 65 years and over, percent, (As of July, 1 2016)	18.20%	15.60%	15.20%	1
Persons 18 years and over, Total (estimates)	15,383	3,381,288	242,831,196	4
20 to 24 years (estimates)	1,105	309,264	22,604,232	4
25 to 34 years (estimates)	2,254	565,949	42,881,649	4
35-44 years (estimates)	2,458	564,344	40,651,910	4
45-54 years (estimates)	3,092	619,749	43,895,858	4
55-59 years (estimates)	1,350	303,308	21,001,947	4
60-64 years (estimates)	1,350	268,891	18,415,681	4
65-74 years (estimates)	1,945	369,111	25,135,167	4
75-84 years (estimates)	1,108	188,466	13,541,558	4
85 years and over (estimates)	295	75,398	5,938,752	4
Median age	41.1	38.5	37.6	3
<b>Race</b>				
White persons, percent, 2016	91.10%	88.10%	77.10%	1
Black persons, percent, 2016	6.30%	8.30%	13.30%	1
American Indian and Alaska Native persons, percent, 2016	0.40%	0.30%	1.30%	1
Asian persons, percent, 2016	0.40%	1.50%	5.70%	1
Native Hawaiian and Other Pacific Islander persons, percent	Z	0.1%	0.2%	1
Persons reporting two or more races, percent, 2016	2.0%	1.9%	2.6%	1
Persons of Hispanic or Latino Origin, percent, 2016	7.0%	3.4%	17.6%	1
White persons not Hispanic, percent, 2016	85.3%	85.05	61.3%	1
<b>Employers (number of employees)</b>				
CMWA	575	-	-	10
Bourbon County Public Schools	400	-	-	
Western Pacific Storage Solutions	32	-	-	10
Paris Independent Schools	350	-	-	
Avantor Performance Materials	235	-	-	10
ITW Commercial Construction	25	-	-	10
Paris City Employees	140	-	-	

Dan Cummins Dealership	268	-	-	10
Southeastern Kentucky Rehabilitation Industries Inc.	110	-	-	10
American Traffic Products Inc.	7	-	-	10
Custom Wood LLC	7	-	-	10
Jobs Company	22	-	-	10
Mingua Beef Jerky	35	-	-	10
Kentucky Smelting Technology (KST)	50	-	-	10
Quick Tek Machining LLC	10	-	-	10
EnovaPremier of Kentucky LLC	105	-	-	10
<b>Housing</b>				
Homeownership rate, percent, 2011-2015	61.9%	67.2%	63.9%	1
Renters, percent, 2013	51%	34%	37%	11
<b>Social Factors</b>				
High school graduate or higher, percent of persons age 25+	82.9%	84.2%	86.7%	1
Bachelor's degree or higher, percent of persons age 25+	16%	22.3%	29.8%	1
High School Graduation	91.4%	88.6%	81%	5
Median household income, 2011-2015	\$46,370	\$45,178	\$55,775	1
Persons below poverty level, percent, 2011-2015	14.8%	18.5%	13.5%	1
Unemployment Rate	5.7%	4.8%	4.8%	3
Percent Population Receiving SNAP Benefits	17.3%	17.3%	13.2%	3
<b>Behavioral Factors</b>				
Recommended Fruit and Vegetable Intake (% Adults)	23.4%	10.9%	-	2,3
Lack of or No Physical Exercise (% Adults)	44.8%	30.2%	25.4%	2
Prevalence of Smoking (% Adults)	34.6%	25.9%	15.1%	9
Prevalence of Youth Smoking (percent of high school students)	25.4%	25%	23%	2
Prevalence of Obesity (% Adults)	30.1%	33%	36.5%	3
Prevalence of Overweight (% Adults)	68%	67%	68.8%	3
Tooth Loss (% of adults missing 6 or more teeth)	8.2%	23.6%	-	2
Binge Drinking (% Adults)	15%	13.8%	25.4%	2,6
Drug Arrests (per 100,000 population)	1,706	1,046	700	9
Violent Crime Offenses (per 100,000 population)	454.1	267	469	2
Motor Vehicle Crash Death (per 100,000 population)	20	15	10.6	3
<b>Access to Care</b>				
Flu Vaccination in the past year (% Adults)	45.4%	43.3%	43.6%	2,7
Sexually Transmitted Infection (Chlamydia rate per 100,000)	265	394.2	479	3
Personal Doctor or Health Care Provider (% Adults)	82%	80%	-	2
Health Care Providers Available				
All Physicians	30	10,115	-	2
Primary Care Physicians	19	4,241	-	2
Physician Specialists	11	5,874	-	2
Registered Nurses	214	47,948	-	2



Nurse Practitioners	2	2,797	-	2
Physician Assistants	1	772	-	2
Pharmacists	11	4,524	-	2
Dentists	10	2,461	-	2
Medicaid Enrollment (percent of population)	19%	22%	19.91%	2,3
Uninsured Adults	13.1%	9.9%	16.8%	3
Uninsured Children	7.4%	4.5%	7.5%	3
Mentally Unhealthy Days (per month)	6.2	4.4	3.4	2
<b>Health Issues</b>				
Prevalence of Asthma (% Adults)	16.9%	16.3%	14%	3
Prevalence of Diabetes (% Adults)	13.8%	11.3%	9.1%	3
Prevalence of Hypertension (% Adults) (self-reported)	37%	39%	29.1%	2,6,8
<b>Death Statistics</b>				
Heart Disease Deaths (age-adjusted per 100,000 population)	212	202	168.5	3,6
Stroke Deaths (age-adjusted per 100,000 population)	39	42	37.6	3,6
Cancer Deaths (age-adjusted rate per 100,000 population)	160.9	200.5	166.2	3
Lung Cancer Incidence	93.4	80.2	53.4	3
Colon and Rectum Cancer Incidence	39.9	43.7	35.5	3
Breast Cancer Incidence	100.2	122	123.3	9
Motor Vehicle Crash Death (per 100,000 population)	20	15	10.6	3
<b>Maternal Child Health</b>				
Child Poverty Rate (single-year estimates 2016)	24.4%	25.3%	20.7%	5
Children in Single Parent Households	38.7%	34.0%	32.0%	2
Adequacy of Prenatal Care (percent pregnant women)	68.2%	66.9%	-	2
Infant Mortality (per 1,000 live births)	7	7	5.82	3
Percent Low Birth Weight	9.8%	8.9%	8%	3
Teen Births (rate per 1,000 births)	53	40.4	24.2	3
Prevalence of Youth Smoking (percent of high school students)	25%	25%	23%	2
Children Eligible for free or reduced-price lunch (%)	90.1%	-	-	13
Early Childhood Obesity (ages 2-4 yrs; %)	18.9%	15.6%	-	3
Child Victims of substantiated abuse, 2013, (number of victims)	65	17,917	-	5
Percent of births to mothers who are not high school graduates	14.3%	15.3%	-	5
Births to mothers receiving early and regular prenatal care	69%	64%	-	5
Births to mothers who smoked during pregnancy, 2012-2014	26.3%	21.5%	-	5

## Appendix B Community Perception Survey Tool

**Please select 10 of the following health and social issues you feel are important for Bourbon County:**

- Aging Issues (e.g. arthritis, Alzheimer's disease)  Asthma  Cancer  Child Abuse
- Diabetes  Disaster Preparedness  Domestic Violence  Drug & Alcohol Abuse
- Firearm-related injuries  Heart Disease & Stroke (high blood pressure, high cholesterol & heart attacks)
- Health Insurance (uninsured)  Health care costs  High School Dropouts  HIV/AIDS
- Infant Deaths (before 1 year of age)  Infectious Diseases (e.g. Hepatitis, Tuberculosis)
- Mental Health (e.g. depression, bipolar, suicide)  Motor Vehicle Accidents  Obesity
- Pollution  Poverty  Premature Born Babies (babies born before the 37<sup>th</sup> week of pregnancy)
- Rape/Sexual Assault  Safe Neighborhoods  Secondhand smoke exposure
- Sexually Transmitted Diseases (e.g. chlamydia, gonorrhea)  Tobacco Use
- Teenage Pregnancy (18 and younger)  Unemployment

**Do you currently have any of the following insurance plans? (Check if Yes)**

- Health Dental Vision

**In general, would you say your health is:**

- Excellent Very Good Good Fair Poor

**What is your sex?**

- Female Male Prefer not to answer

**What is your age?**

- 18-24 25-34 35-44 45-54 55-64 65+

**Which racial group do you most identify with?**

- White Black/African American Asian/Pacific Islander American Indian/Alaskan Native
- Other, please specify: \_\_\_\_\_

**Do you consider yourself to be Hispanic/Latino? Yes No**

**Last year what was your total household income from all sources?**

- Less than \$5,000 \$5,000-\$9,999 \$10,000-\$24,999 \$25,000-\$34,999
- \$35,000-\$49,999 \$50,000-\$74,999 \$75,000-\$99,999 \$100,000+