Goal #5

Improve the ability of residents to live a healthy lifestyle

Objectives

A. Provide safe and convenient non-automobile access to health care, healthy foods and key destinations to encourage physical activity
B. Increase walkability in strategic locations around public and semi-public uses such as parks, schools and libraries
C. Provide both active and passive recreational opportunities to address the needs of different age groups and interests
D. Promote community dialogue on regional health issues as it relates to the built environment
E. Prioritize resources and provide incentives to encourage community-design that fosters an active living environment to decrease the occurrence of chronic disease and obesity

Goal Categories

- **Community Identity**: Identifies the four unique but connected communities in Kenton County - urban, first ring, suburban and rural
- **Economy**: Includes economy related topics such as education and job creation/retention
- **Governance**: Provides guidance on factors related to improving efficiency in governance
- **Health**: Addresses public health related factors including food, health care and access to a healthy lifestyle
- **Healthy Communities**: Addresses housing in the context of the community
- **Mobility**: Addresses all modes of transportation including roadways, transit, freight, biking and walking
- **Natural Systems**: Includes environmental factors and their relationship to the built environment
# Health

Addresses public health related factors including food, health care and access to a healthy lifestyle

## Risk Factors

<table>
<thead>
<tr>
<th></th>
<th>Kenton</th>
<th>Boone</th>
<th>Campbell</th>
<th>Kentucky</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inactivity</td>
<td>27%</td>
<td>28%</td>
<td>27%</td>
<td>31%</td>
<td>21%</td>
</tr>
<tr>
<td>Obesity Percent</td>
<td>30.2</td>
<td>30.8</td>
<td>27.9</td>
<td>29</td>
<td>35.7</td>
</tr>
<tr>
<td>Limited Access to Health Foods</td>
<td>7%</td>
<td>9%</td>
<td>8%</td>
<td>7%</td>
<td>NA</td>
</tr>
<tr>
<td>5 servings of Fruits and Vegetables</td>
<td>15.80%</td>
<td>17.70%</td>
<td>17.50%</td>
<td>NA</td>
<td>NA</td>
</tr>
</tbody>
</table>

Source: County Health Rankings, KY Health Facts, Center for Disease Control

## Chronic Disease

<table>
<thead>
<tr>
<th></th>
<th>Kenton</th>
<th>Boone</th>
<th>Campbell</th>
<th>Kentucky</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease deaths per 100,000</td>
<td>194.1</td>
<td>195.6</td>
<td>191</td>
<td>NA</td>
<td>224</td>
</tr>
<tr>
<td>Stroke deaths per 100,000</td>
<td>41.6</td>
<td>42.2</td>
<td>48.6</td>
<td>NA</td>
<td>47</td>
</tr>
<tr>
<td>Diabetes Percent</td>
<td>10.1</td>
<td>9.4</td>
<td>9.6</td>
<td>11.4</td>
<td>8.3</td>
</tr>
</tbody>
</table>

Source: KY Health Facts and CDC County Prevalence Data, Kentucky Diabetes Fact Sheet

---

**Obesity Rates of WIC Participant Children Ages 2-4 in Kentucky, 2010**

- 0% – 10%
- 11% – 15%
- No Data
- 16% – 20%


---

**Health Index**

- Healthy Living
- Healthy Eating
- Healthy Weight
- Healthy Workforce
- Health Community
- Health Status

**Health Status**

- Cancer Cases per 100,000
- Cancer Deaths per 100,000
- Diabetes Cases per 100,000
- Diabetes Deaths per 100,000
- CHD Deaths per 100,000
- Stroke Deaths per 100,000

**Health Care**

- Access
- Coverage
- Cost

---

**Health Trends**

- Infant Mortality
- Suicide Rate
- HIV/AIDS Cases

---

**Health Resources**

- Food Pantries
- Health Clinics
- Exercise Facilities

---

**Health Station**

- Healthy Living
- Healthy Eating
- Healthy Weight
- Healthy Workforce
- Health Community
- Health Status

---

**Health Index Map**

- Walkable
- Less walkable