



Our **HEALTHY**  
**KENTUCKY** Home

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#OurHealthyKYHome

Our **HEALTHY**  
**KENTUCKY** Home



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Why and What

# Our **HEALTHY** **KENTUCKY** Home



# 41<sup>ST</sup>

Kentucky ranked 41st in the nation for overall health according to the 2023 America's Health Rankings, the UnitedHealth Foundation.

According to the 2022 Kentucky Behavioral Risk Factor Surveillance Survey



Of citizens are obese



Of adults smoke cigarettes



Do not engage in exercise



Eat fruit less than once per day



Eat vegetables less than once per day

# Our **HEALTHY** **KENTUCKY** Home

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A yearlong journey of simple and positive steps to shift behaviors and engage Kentuckians on a path to health and wellness.



Eat 2 servings of fruits or vegetables daily.



Exercise at least 30 minutes, 3 times per week.



Engage with others, stay connected!

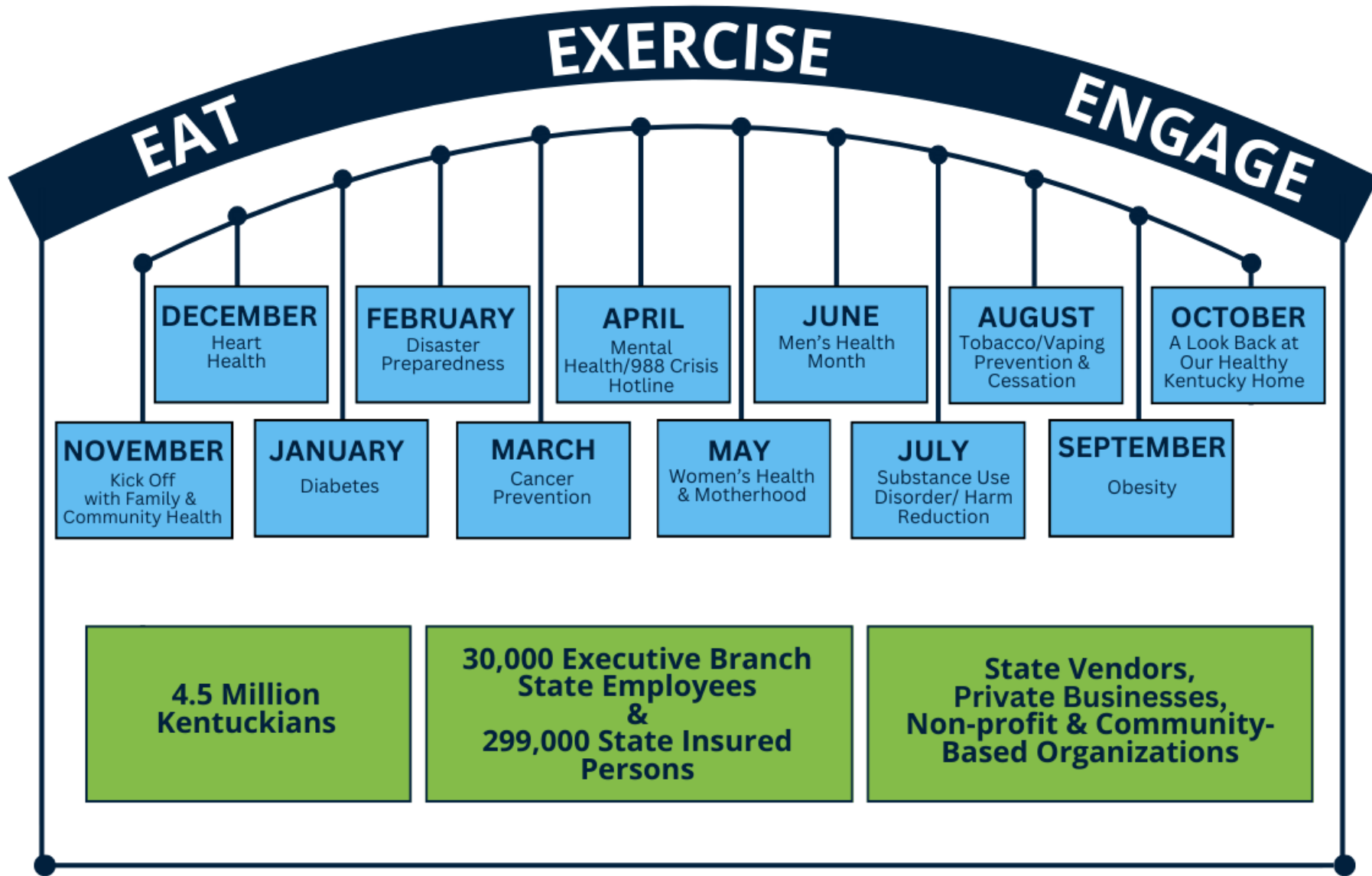
# Our Healthy KY Home

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Kentucky Public Health  
Prevent. Promote. Protect.



# Our **HEALTHY** **KENTUCKY** Home

- Eat 2 servings of fruits or vegetables daily.
- Exercise at least 30 minutes, 3 times per week.
- Engage with others, stay connected!

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**LEARN MORE:**  
[OurHealthyKYHome.ky.gov](http://OurHealthyKYHome.ky.gov)

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Exercising for at least 30 minutes, 3 times per week is good for you both physically and mentally.

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# Our **HEALTHY** **KENTUCKY** Home

Engage with others and  
stay connected for  
better health.

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Month & Topic-Specific Emphasis



Kentucky has the  
**9th Highest**  
mortality rate from diabetes  
in the U.S.

.....  
According to the 2025 Kentucky  
Diabetes Report:

More than  
**480**  
**THOUSAND**  
Kentuckians have  
diabetes

Another  
**14%**  
of Kentuckians  
have prediabetes

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According to the Federal Emergency Management Agency (FEMA)  
from Jan 1st, 2015 to Dec 31st, 2024:



Disasters were declared  
in Kentucky



8

Severe Storm



7

Flood



2

Fire



2

Biological



2

Tornado



1

Snowstorm



1

Tropical  
Storm



1

Severe Ice  
Storm

# According to the Centers for Disease Control (CDC) in 2021:

(The latest year for which incidence data was available)

**29**  
**THOUSAND**  
New cases of cancer were reported in Kentucky

Of the new cases of cancer reported in Kentucky



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Prevent and manage diabetes by choosing healthy foods for your table. A healthy eating plan can include:

- Non-starchy vegetables
- Lean proteins
- Quality carbohydrates such as fruits, whole grains and low-fat milk

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Being physically active is one of the most effective tools to achieve heart health.

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# STRONG CONNECTIONS

## *Strong Mental Health*

Engaging with others can:

- Manage stress
- Reduce anxiety and depression
- Lead to a longer, healthier life

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# PLAN AHEAD

TO PROTECT YOUR HEALTH  
DURING DISASTERS & EMERGENCIES



**PLAN**



**PREPARE**



**PRACTICE**

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Specific Resources



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You may qualify to receive diabetes maintenance prescriptions or supplies at a lower cost.

**Call:**

**1-800-633-8100**

**TO LEARN MORE VISIT:**

[OurHealthyKYHome.ky.gov](http://OurHealthyKYHome.ky.gov)

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# 9888 | SUICIDE & CRISIS LIFELINE

COMPASSIONATE SUPPORT IN YOUR  
TIME OF NEED

Text, Call, Chat **988**

**24/7**

TO LEARN MORE VISIT:

<https://988lifeline.org/get-help/>

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Join the Journey!

# Campaign Packet for Partners



## [Our Healthy Kentucky Home Campaign Packet](#)

# Campaign Materials for Partners



Posters



Postcards



Social Media Templates

# Join Team Kentucky in the Our **HEALTHY** **KENTUCKY** Home **Journey!**

Start today by visiting:

**OurHealthyKYHome**.ky.gov

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