

# Health Equity & Digital Divide in Kentucky

In Kentucky, health disparities among racial and ethnic minorities and rural populations are prevalent, resulting in significant health and financial costs to the state. This document provides a snapshot of the state of health and health disparities in Kentucky, highlighting the challenges and opportunities for advancing health equity.

## KENTUCKY BY THE NUMBERS

### POPULATION: About 4.5 Million

2% Asian | 9% Black | 2% Other | 88% White



41% live in a rural area

**Ethnicity:**  
4% Hispanic

## Kentucky Health Disparities

### DIABETES BY POPULATION<sup>1</sup>

13.7%

General Population

Black

White

14.6%

13.9%

### MATERNAL MORTALITY RATE BY POPULATION<sup>2</sup>

Per 100K Live Births

50  
40  
30  
20  
10  
0

White

Black

**National Average**  
10.9%

### HYPERTENSION

39% of all adults have hypertension<sup>3</sup>

# Social Determinants of Health in Kentucky



**16%** Living in poverty



**6%** Living without health insurance

**7%** Black/African Americans Living Without Health Insurance



**102** Medically Underserved Areas



**93** Primary Care Health Professional Shortage Areas



**7%** Zero car households

## The Digital Divide

Digital health tools provide primary care clinicians with opportunities to address the social determinants of health. However, many Kentuckians lack access to internet and needed technology at home.

Households without  
access to the  
internet

**20%**



Households  
without access to  
broadband

**24%**



Households without  
any type of  
computer

**16%**



Households that access  
the internet only through  
a smartphone

**7%**



1 United Health Foundation, America's Health Rankings (Diabetes prevalence, 2019). Available at: <https://www.americashealthrankings.org/>.

2 United Health Foundation, America's Health Rankings (Maternal mortality, 2019). Available at: <https://www.americashealthrankings.org/>.

3 United Health Foundation, America's Health Rankings (High blood pressure, 2019). Available at: <https://www.americashealthrankings.org/>.