

EMBARGOED UNTIL Thursday, September 7, 9 a.m.

KHIP Greater Lexington: Most Area Adults Physically Active, But Lacking Enough Fruits & Vegetables

LOUISVILLE, Ky (Sept. 7, 2017) About eight in 10 adults in the Greater Lexington area are physically active, which puts them on par with state average, but only 24 percent eat the recommended amount of both fruits and vegetables, according to a Kentucky Health Issues Poll (KHIP) special report on the region.

Meets both fruit and vegetable recommendations

Greater Lexington

24%

Kentucky

21%

KHIP is funded jointly by the Foundation for a Healthy Kentucky and Cincinnati-based [Interact for Health](http://InteractforHealth.org). The findings have been divided into five regional reports (Eastern Kentucky, Greater Lexington, Greater Louisville, Northern Kentucky, and Western Kentucky), available online at www.healthy-ky.org.

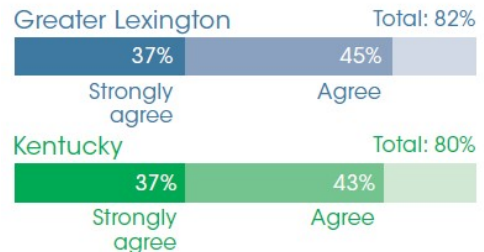
According to the Greater Lexington report, 82 percent of adults from this 17-county region say it's easy in their neighborhoods

to purchase healthy foods – such as whole-grain items, low-fat options and fruits and vegetables – about the same as the proportion who say that from the entire state. The federal guidelines suggest that half of each plate be made up of vegetables and fruits. Yet just 15 percent of area adults meet the vegetable guideline, and only 18 percent get enough fruit.

Those rates vary slightly from the state as a whole: 12 percent of Kentuckians overall meet the vegetable recommendation and 25 percent get enough fruits.

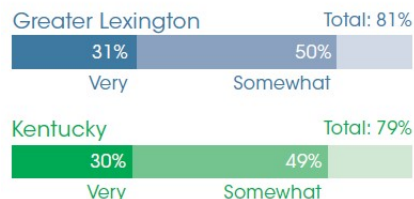
When asked about their level of physical activity, 81 percent of Greater Lexington area adults said they were very or somewhat physically active, about the same as the state average of 79 percent. Adults from Greater Lexington rated both the condition of their sidewalks and road shoulders, and the safety of their neighborhoods for walking or biking, significantly higher than the state as a whole. For example, 88 percent of adults in the region said their neighborhoods were somewhat or very safe for exercise, compared to 81 percent of adults statewide. And 69 percent of area

It is easy to purchase healthy foods in my neighborhood such as whole-grain foods, low-fat options, and fruits and vegetables. (Graph show only those who strongly agreed or agreed.)



residents rated the condition of their sidewalks and shoulders as good or better, while 51 percent of Kentuckians on average rated such areas that highly.

Percentage of adults who say that, in general, they are very or somewhat physically active



“Kentucky is facing a serious obesity issue, and part of the answer is enacting policies that ensure healthier choices are readily available, easy to find and priced comparably to unhealthy choices,” said Ben Chandler, president and CEO of the Foundation for a Healthy Kentucky. “Some counties in this region have an obesity rate as high as 44 percent.ⁱ Access to fresh, healthy foods at affordable prices, and safe, well-maintained places to exercise can help area residents adopt new habits that will significantly improve their health and reduce health care costs.”

KHIP was conducted Sept. 11, 2016, through Oct. 19, 2016, by the Institute for Policy Research at the University of Cincinnati. A random sample of 1,580 adults from throughout Kentucky was interviewed by telephone, including landlines and cell phones. The poll has a margin of error of ± 2.5 percent (Greater Lexington ± 5.6 percent). The survey instrument and data tables are found [here](#). The codebooks and data files are at <http://www.oasisdataarchive.org/>.

About the Foundation for a Healthy Kentucky

Since the Foundation opened its doors in 2001, it has invested nearly \$26.7 million in health policy research and advocacy, as well as demonstration project grants across the Commonwealth. Funded by an endowment, the mission of the nonpartisan Foundation is to address the unmet health needs of Kentuckians by developing and influencing policy, improving access to care, reducing health risks and disparities, and promoting health equity. Follow the Foundation on [Twitter](#), [Facebook](#) and [YouTube](#), and visit our website at www.healthy-ky.org.

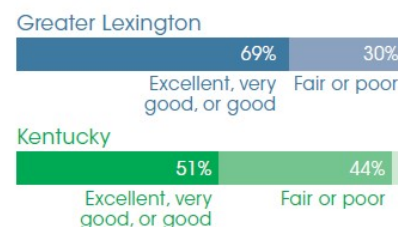
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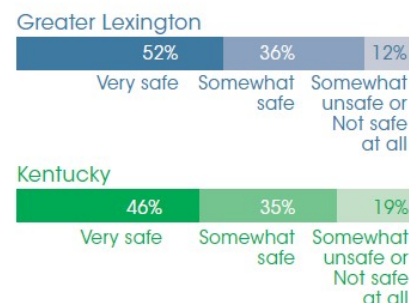
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Rating condition of sidewalks and shoulders in the neighborhood



Rating safety in the neighborhood to walk, jog or bike



ⁱ <http://www.kentuckyhealthfacts.org/data/topic/show.aspx?ind=5>; accessed Aug. 29, 2017.