



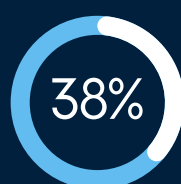
# Our **HEALTHY** KENTUCKY Home

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

# 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



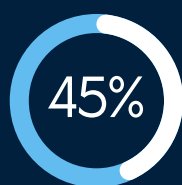
Of citizens are obese



Of adults smoke cigarettes



Do not engage in exercise



Eat fruit less than once per day



Eat vegetables less than once per day

## START YOUR JOURNEY TODAY



Eat 2 servings of fruits or vegetables daily.



Exercise at least 30 minutes, 3 times per week.



Engage with others, stay connected!



## LEARN MORE

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

## Share your Journey

Tell us how you are personalizing the Our Healthy Kentucky Home campaign to meet your unique circumstances.

 [OurHealthyKYHome@ky.gov](mailto:OurHealthyKYHome@ky.gov)

TEAM   
**KENTUCKY**



**Kentucky Public Health**  
Prevent. Promote. Protect.