



Montgomery County Community Health Status Update 2026

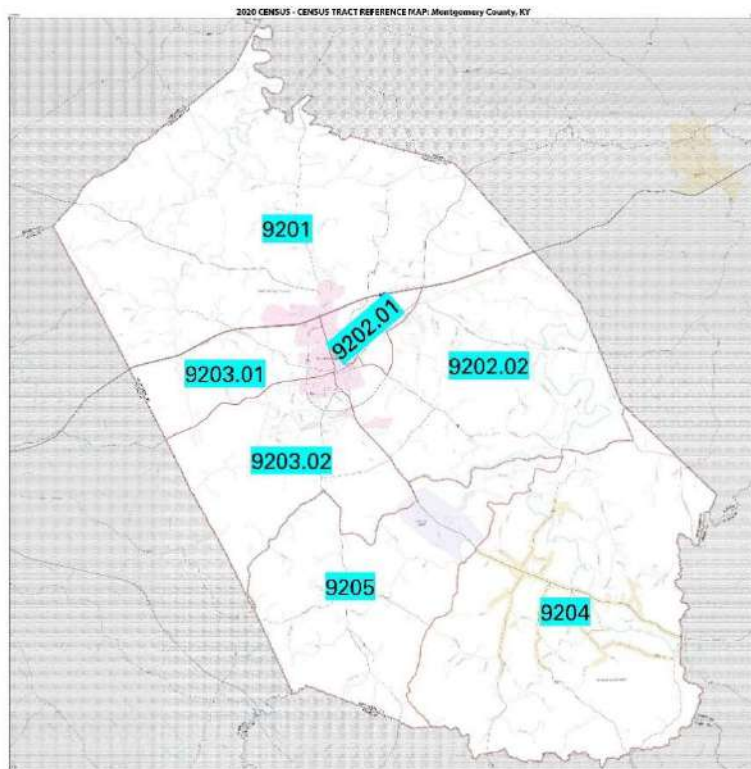
September 2026

2026 Montgomery County Community Health Status Update

This document serves as a report containing approximately the past 5-10 years (2016-2025, as available) of public health data related to health status, health behaviors, and health outcomes in Montgomery County, Kentucky. Graphs, tables, data, and analysis are presented to gain a better understanding of the current health status of Montgomery County and to see how health status has changed over time.

It is important to note that this data includes 2020 and 2021, when health behaviors, healthcare access, and health data were significantly impacted by the COVID-19 pandemic. For that reason, it is important to view this data as a broad indicator of how health status and health outcomes have changed over time. For some annual comparisons, it will be more productive to consider how the rates have changed overall between the earliest and most recently reported years, rather than looking at the year-over-year fluctuations.

Where someone lives has a huge impact on their health, variable even down to a person's specific neighborhood. This report will utilize census tracts for analyzing differences in health and health-related measures within Montgomery County. According to the U.S. Census Bureau, census tracts are small, statistical subdivisions of a county. Census tracts usually include a population between 1,200 and 8,000 people. The physical size of census tracts can vary greatly because census tracts are created based on the density of the population, not the size of the area. Census tracts usually remain the same over long periods of time so that comparisons can be made from census to census. The consistency of census tracts also provides us with a reliable way to analyze smaller-level location health data over time. Montgomery County has 7 census tracts, which can be seen in the image below. The red lines indicate the boundaries of each tract.



The census tract data will be in color-coded tables with a blue to white gradient. The **darkest blue** boxes indicate the “healthiest” data points for each measure, and the colors change from blue to white, with **white** boxes showing the “unhealthiest” data points. *The color-coding is a comparison between the Montgomery County census tracts only.* The darkest blue box for a measure does not necessarily indicate a “healthy” data point, and a white box does not necessarily indicate an “unhealthy” data point. When viewing the census tracts, it is important to notice that the different measures often only vary by a few percentage points.

From this data, we can see how health behaviors and health outcomes differ across different areas within Montgomery County. Comparisons and analysis of this nature can help us identify and isolate the areas of the county that have poorer health outcomes and/or greater proportions of health risk behaviors so that we can work to understand how to improve these factors.

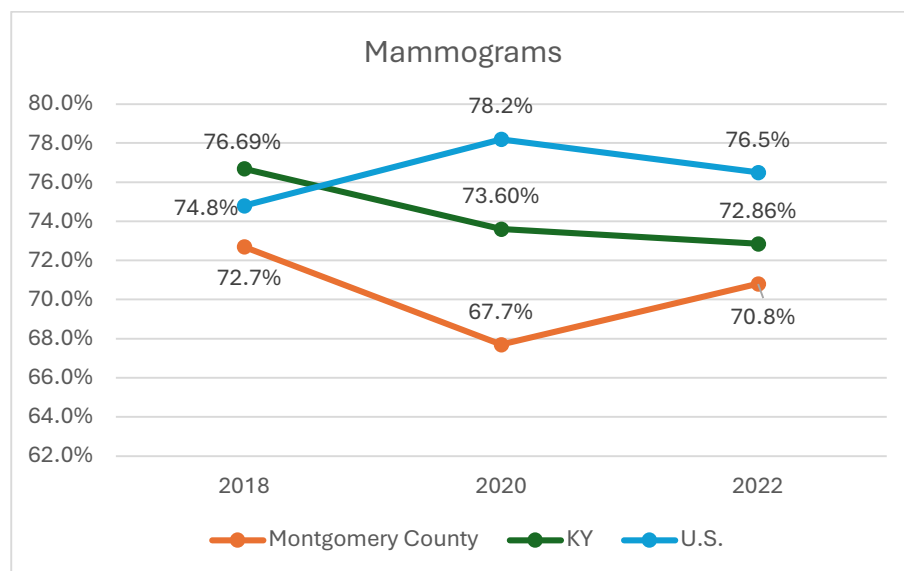
Health Behaviors

Prevention

Prevention behaviors include screenings such as mammograms, colorectal cancer screenings, and pap smears. The mammogram measure is the percent of women aged 50-74 who have had a mammogram in the past 2 years. The colorectal cancer screening measure is the percent of adults aged 45-75 who have had some type of colorectal cancer screening (colonoscopy, fecal occult blood test, FIT-DNA test, sigmoidoscopy, sigmoidoscopy combined with a FIT, or CT colonography) in the appropriate timeframe for the screening received. The pap smear measure is the percent of women aged 21-65 (who haven’t had a hysterectomy) who have had a Pap test in the past 3 years.

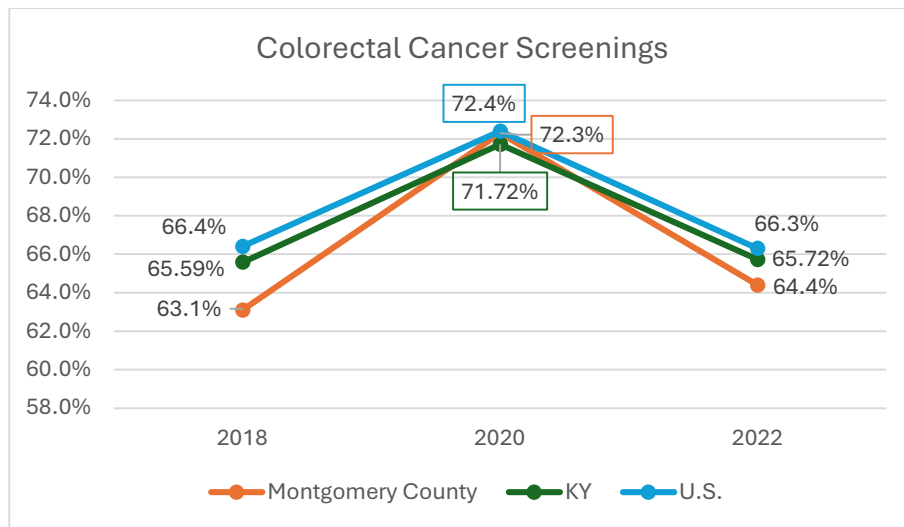
Mammograms

Montgomery County had a lower percentage of women receiving mammograms than Kentucky and the U.S. during each of the years shown.



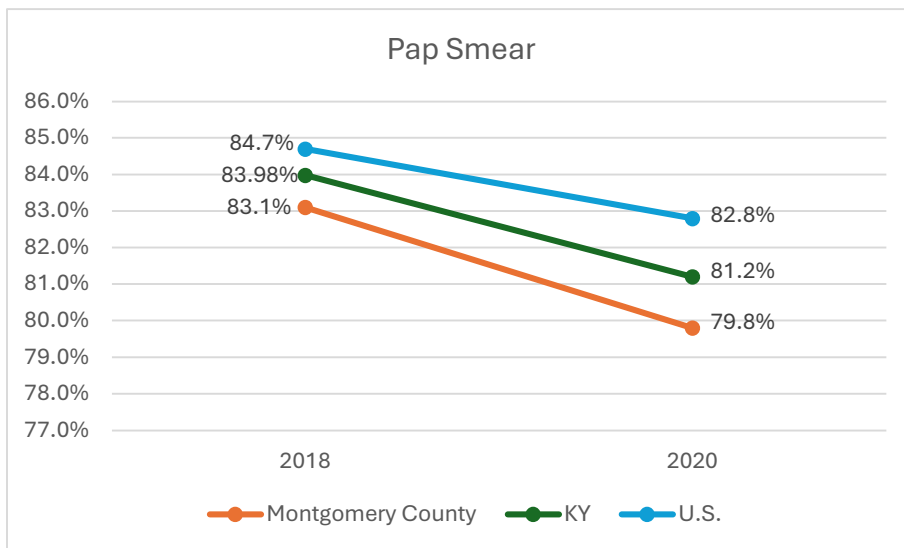
Colorectal Cancer Screenings

Montgomery County, Kentucky, and the U.S. followed a similar trendline for the years shown.



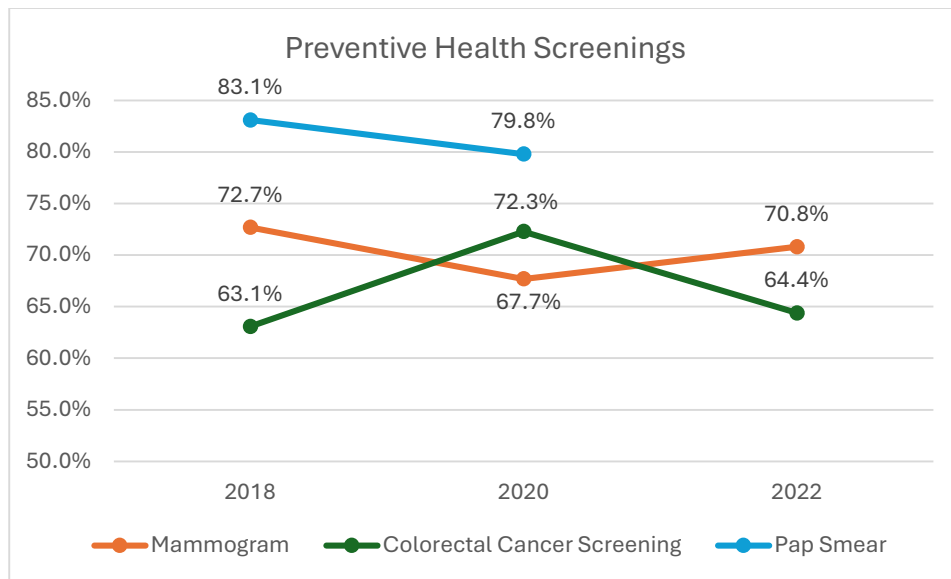
Pap Smears

Montgomery County had a lower percentage of women receiving pap smears in both years shown. All three groups had a decline in pap smears in 2020. This measure was not available in the data set for 2022.



Preventive Health Behaviors as a Group

When we look at preventive health behaviors as a group, we can see that the health screening with the greatest percent of utilization was Pap smears, of which approximately 80% or more of women had a Pap smear in the past 3 years in both 2018 and 2020. The percent of adults receiving mammograms and colorectal cancer screenings was lower overall, but had similar rates over the years, hovering between 60 and 75%.



Within Montgomery County

The above screenings, plus additional prevention health behaviors, are shown below, broken down by Montgomery County’s census tracts. Census Tract (CT) 9201 consistently had the “healthiest” data points for these preventive measures, surpassing Kentucky and the U.S. in several. There was more variation among the other census tracts for preventive measures. One measure where every census tract in Montgomery County surpassed both Kentucky and the U.S. was the percent of adults with high blood pressure who are taking blood pressure medicine to control it. One measure where every census tract in Montgomery County surpassed the U.S. was the percent of adults who have had a visit to the doctor in the past year for a routine checkup. The measure that shows the greatest variation between census tracts was the percent of adults who have had a dental visit in the past year, with a 15.6 percentage point difference between the areas with the highest (CT9201) and lowest (CT9202.02) percents.

Measure	Year	Montgomery County Census Tract							Montgomery County	KY	U.S.
		CT 9201	CT 9202.01	CT 9202.02	CT 9203.01	CT 9203.02	CT 9204	CT 9205			
Cholesterol screening among adults (%)	2021	86.8	81.6	83.1	83.9	83.6	82.2	84.3	82.7	83.21	86.4
Colorectal cancer screening among adults aged 45–75 years (%)	2022	67.6	64.2	63.8	63.3	65.2	62	62.2	64.4	65.72	66.3
Mammography use among women aged 50-74 years (%)	2022	74.1	72.2	69.9	72.6	68.2	72.1	68.8	70.8	72.86	76.5

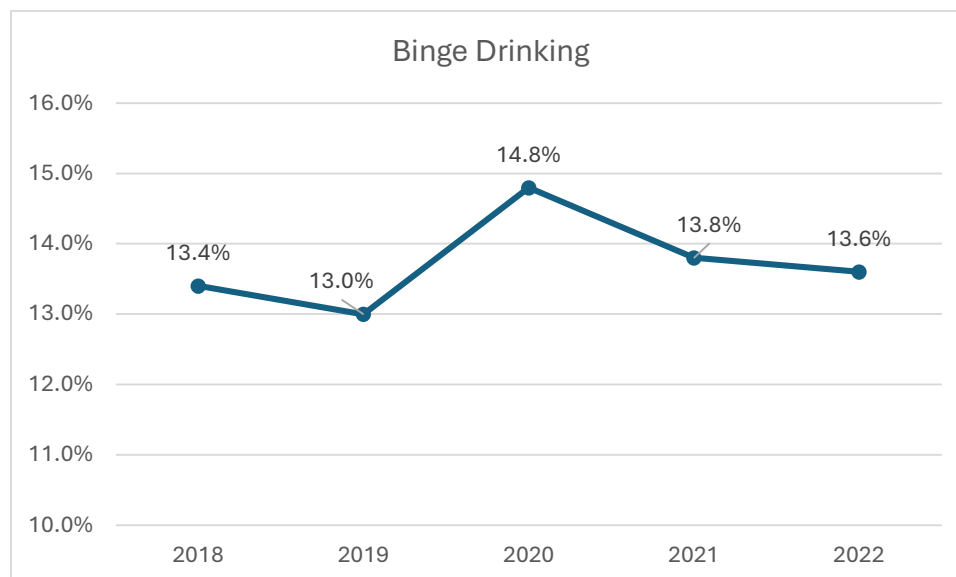
Taking medicine to control high blood pressure among adults with high blood pressure (%)	2021	81.7	79.4	81	81.4	82	81.2	82.2	80.7	79.34	78.2
Visited dentist or dental clinic in the past year among adults (%)	2022	65.9	56.7	50.3	52.7	56.4	55.4	54.4	54.3	57.59	63.9
Visits to doctor for routine checkup within the past year among adults (%)	2022	79.8	77.5	78	77.7	79.1	77.8	79.1	77.9	78.72	76.1

Risk Behaviors

Health risk behaviors can have negative impacts on health outcomes. The health risk behaviors below include binge drinking among adults, current cigarette smoking among adults, no leisure-time physical activity among adults, and adults who are sleeping less than 7 hours per night.

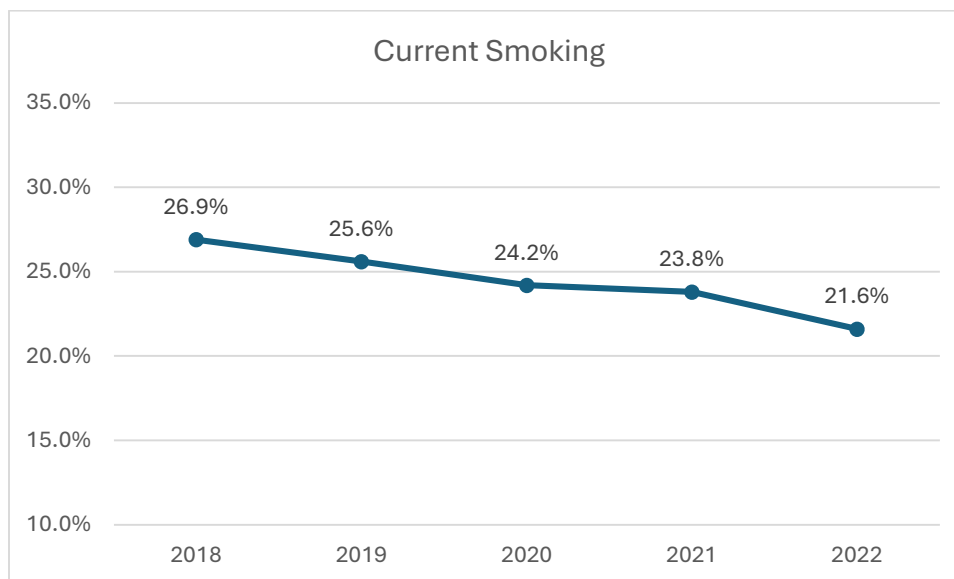
Binge Drinking

Binge drinking among adults fluctuated between 2018 and 2022, reaching a peak in 2020 before beginning to decline again.



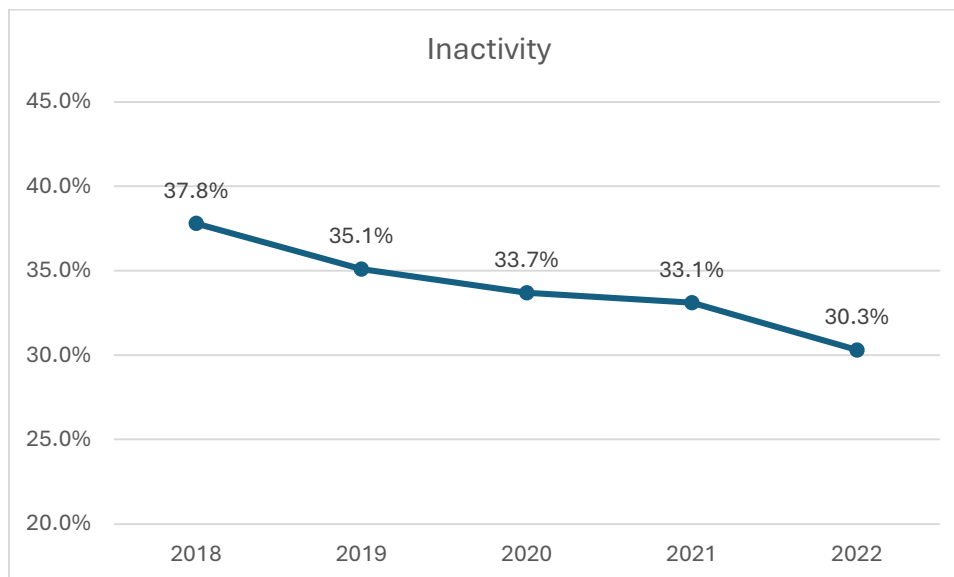
Smoking

The percent of adults who report being current cigarette smokers has steadily decreased since 2018. Since 2018, the percent of current smokers has decreased by 5.3%.



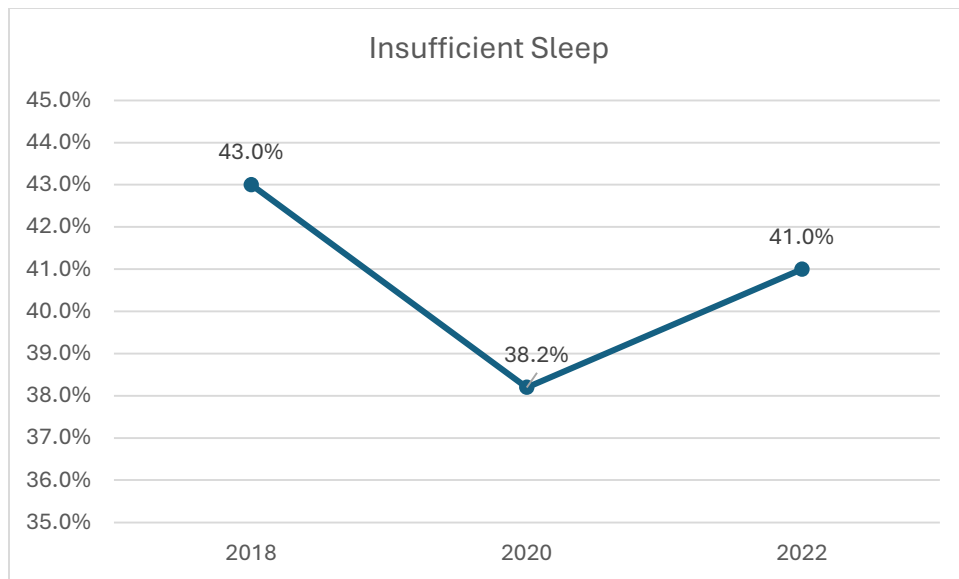
Inactivity

The percent of adults reporting inactivity, or no leisure-time physical activity, has been steadily decreasing (improving) since 2018. Since 2018, the percent of adults with no leisure-time physical activity has decreased by 7.5%.



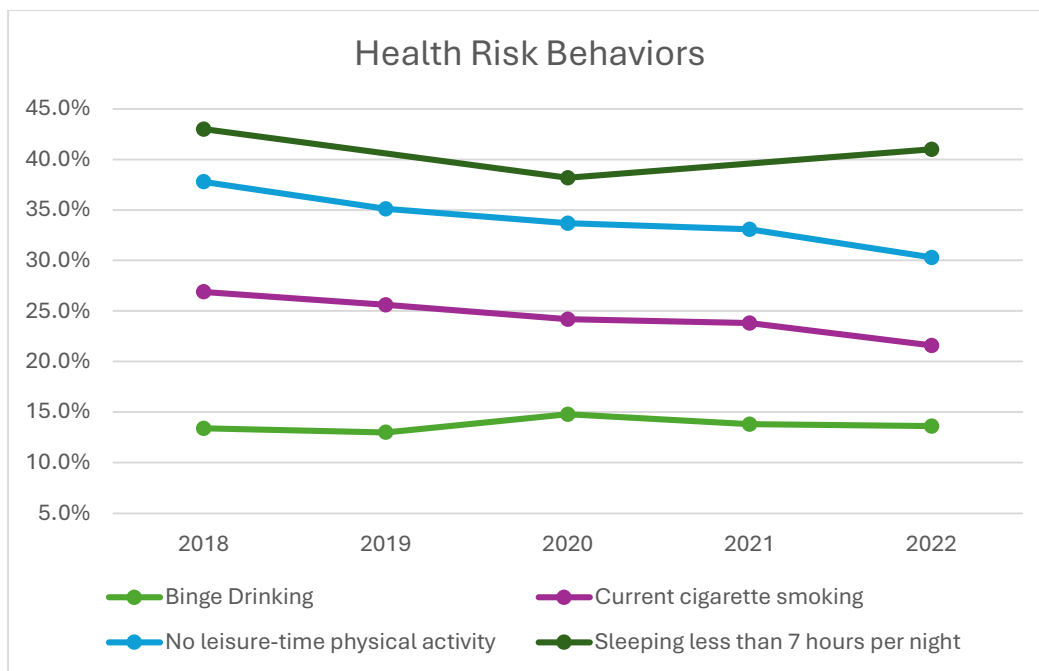
Insufficient Sleep

The percent of adults who reported sleeping fewer than 7 hours per night has fluctuated over time. There was a 4.8% dip between 2018 and 2020, before increasing again in 2022.



Health Risk Behaviors as a Group

When we look at health risk behaviors as a group, we see that insufficient sleep is the risk behavior seen in the greatest number of adults, followed by inactivity, then smoking, and finally, binge drinking is the lowest reported health behavior. Montgomery County is improving in the areas of adult inactivity and adult smoking.



Within Montgomery County

Across the census tracts, we see that CT9201 often stands out as the census tract with the lowest percent of adults engaging in risk behaviors. The measure that shows the greatest variation between census tracts is the percent of adults who reported no leisure-time activity, with a 10-percentage point difference between the areas with the highest (CT9202.01) and lowest (CT9201) percents. Another large gap between the highest and lowest percent can be seen with current smoking, where CT9202.02 had

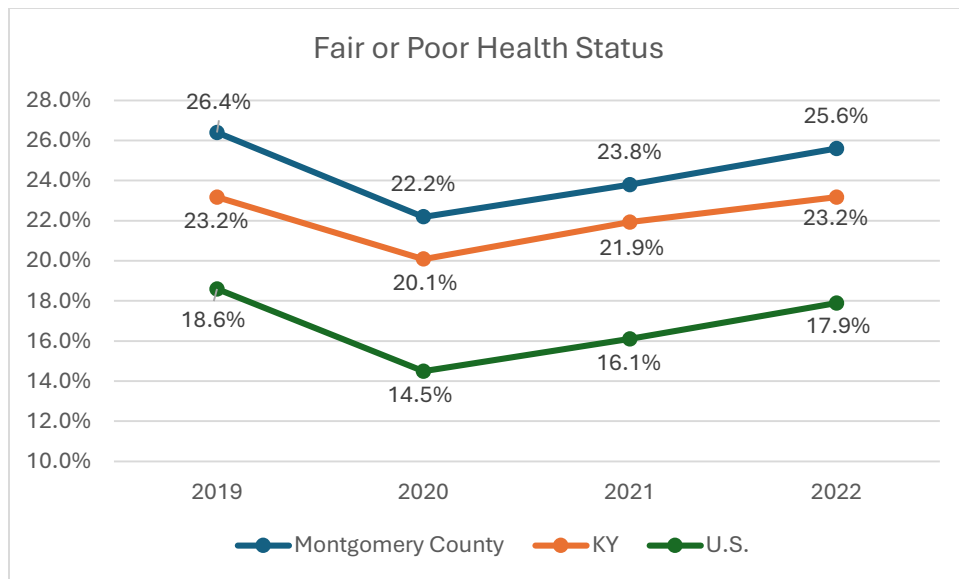
9.4% more adult smokers than CT9201. 6 of the 7 census tracts (all except CT9201) reported a significantly higher percentage of adult smokers than the U.S. average. Every part of Montgomery County reported a lower percentage of binge drinking than the U.S. average. Conversely, every part of Montgomery County had a significantly higher percent of adults who reported insufficient sleep, compared to the U.S. average.

Measure	Year	Montgomery County Census Tract							Montgomery County	KY	U.S.
		CT 9201	CT 9202.01	CT 9202.02	CT 9203.01	CT 9203.02	CT 9204	CT 9205			
Binge drinking among adults (%)	2022	14.3	14.3	12.9	13.2	13.1	13.9	13	13.6	14.03	16.6
Current cigarette smoking among adults (%)	2022	14.6	20.1	24	22.3	20.3	22.1	22	21.6	18.9	12.9
No leisure-time physical activity among adults (%)	2022	22.7	27.8	32.7	31.9	29	29.4	30.8	30.3	27.33	23.7
Sleeping less than 7 hours per night among adults (%)	2022	37.4	41.5	42.9	41.2	40.6	41.1	41	30.3	39.97	23.7

Health Outcomes

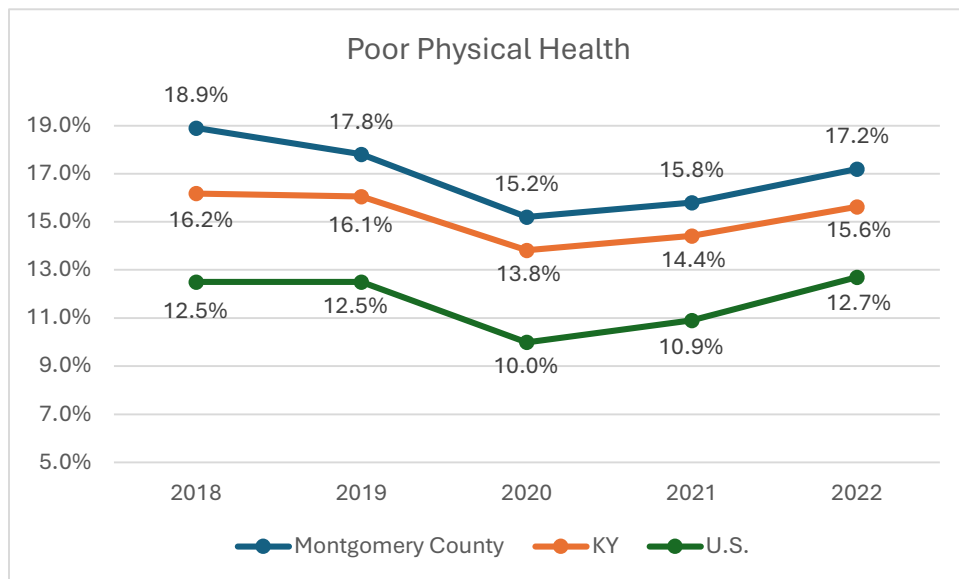
Health Status

Montgomery County has consistently had a higher percentage of people with poorer self-rated health status than both the Kentucky and, especially, the U.S. averages. Since 2019, close to a quarter of adults in the county have rated their overall health as “poor” or “fair”. This measure has been trending steadily upward (getting worse) for all 3 groups since 2020.

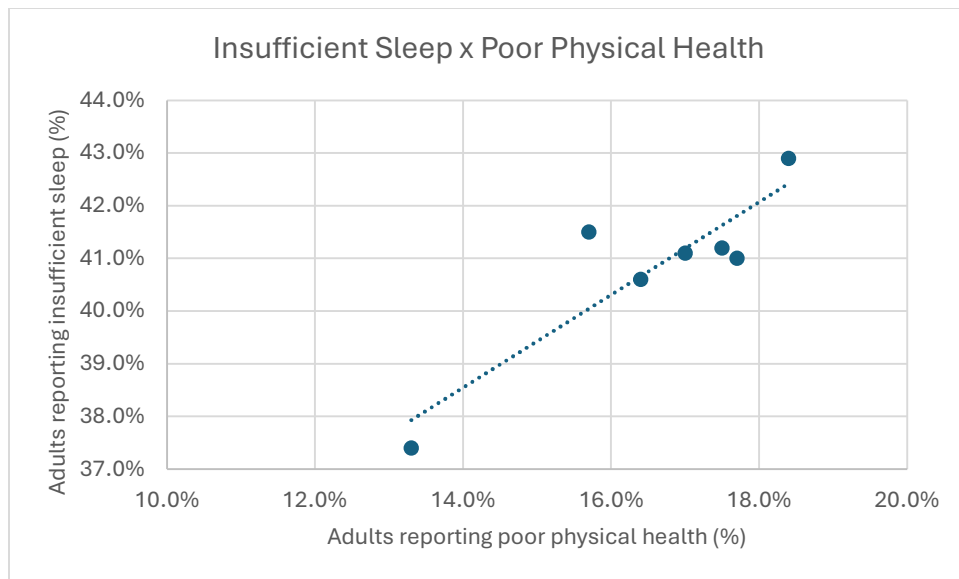


Poor Physical Health

Poor physical health is measured as adults' report of having 14 or more days in the past 30 days where they felt their physical health was "not good". Again, Montgomery County consistently had a higher percentage of adults who felt this way than both Kentucky and the U.S.

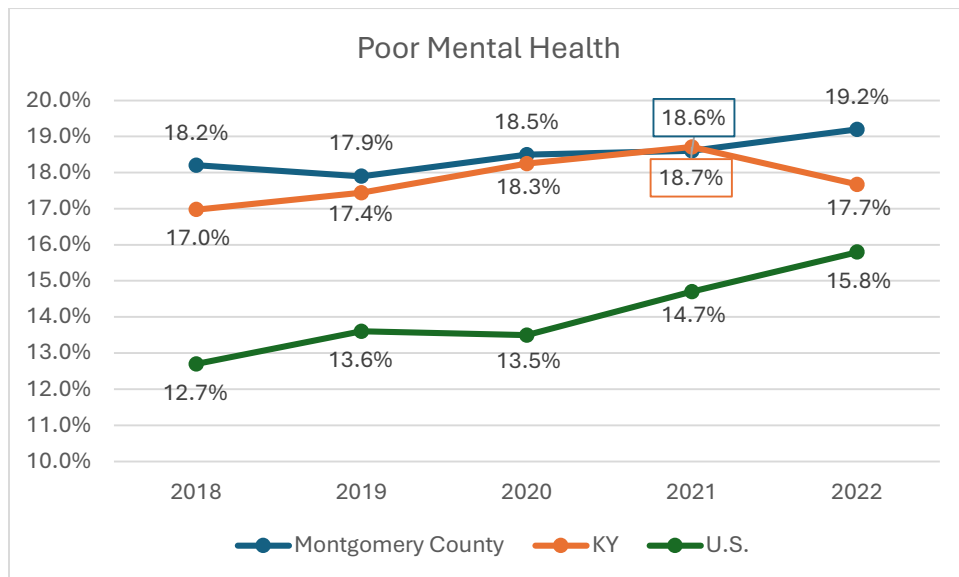


Insufficient sleep was the most prevalent health risk behavior for Montgomery County. Using the census tract data, we found a strong positive correlation ($r = 0.891$) between insufficient sleep and poor physical health. Areas with greater rates of insufficient sleep also have greater rates of poor physical health. This correlation is based on a small sample size (7 census tracts), but the relationship makes sense because consistent high-quality sleep is important for physical recovery.

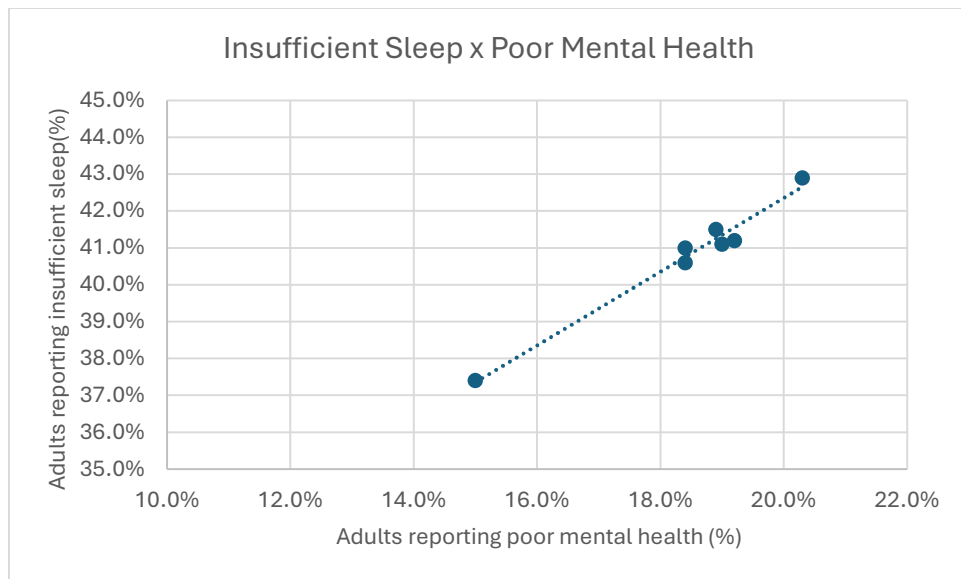


Poor Mental Health

Poor mental health is measured as adults' report of having 14 or more days in the past 30 days where they felt their mental health was "not good". Montgomery County continued to have a consistently higher rate of adults with poor mental health than the U.S. average. However, Montgomery County was closer to the Kentucky average for this measure.



Using the census tract data, we found a very strong positive correlation ($r = 0.988$) between insufficient sleep and poor mental health. Areas with greater rates of insufficient sleep also have greater rates of poor mental health, which makes sense because adequate restorative sleep is vitally important for brain health. This correlation is stronger than the one between insufficient sleep and poor physical health.



Within Montgomery County

Within the county, CT9201 showed adults reporting better health status compared to the other areas. The measure that shows the greatest variation between census tracts is the percent of adults reporting fair or poor health, with a 10.1 percentage point difference between the areas with the highest (CT9202.02) and lowest (CT9201) percents. The measure with the least variation is poor physical health, where there is a 5.1 percentage point difference between the areas with the highest (CT9202.02) and lowest percent (CT9201).

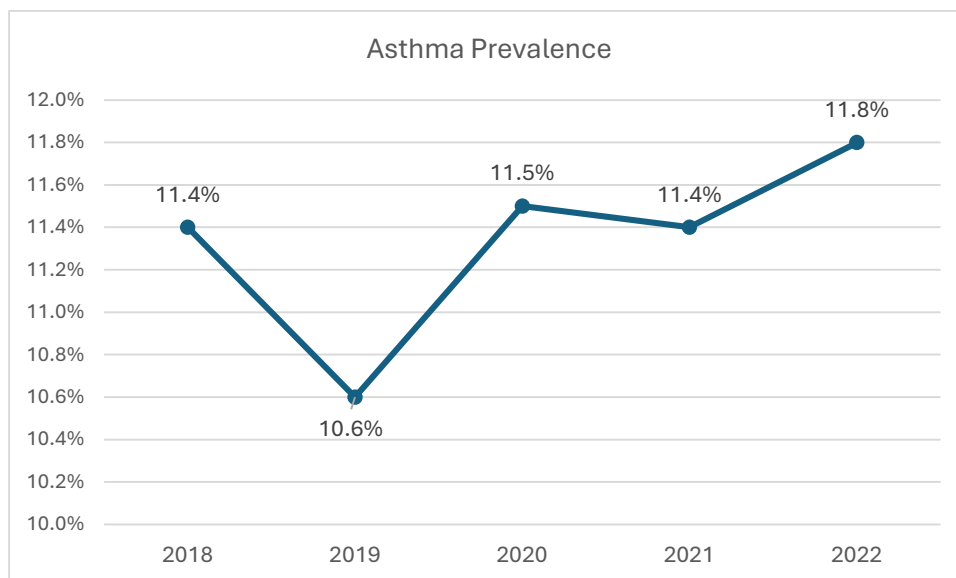
Measure	Year	Montgomery County Census Tract							Montgomery County	KY	U.S.
		CT 9201	CT 9202.01	CT 9202.02	CT 9203.01	CT 9203.02	CT 9204	CT 9205			
Fair or poor self-rated health status among adults (%)	2022	18.2	23	28.3	26.6	23.9	24.9	26.1	25.6	23.17	17.9
Mental health not good for 14 or more days of the past 30 days (%)	2022	15	18.9	20.3	19.2	18.4	19	18.4	19.2	17.7	15.8
Physical health not good for 14 or more days of the past 30 days (%)	2022	13.3	15.7	18.4	17.5	16.4	17	17.7	17.2	15.6	12.7

Chronic Disease

The following set of graphs show disease trends in Montgomery County for common chronic diseases. These graphs display the prevalence rate for each disease. Disease prevalence is the total proportion of people in a specific population that have a particular disease at a specific point in time.

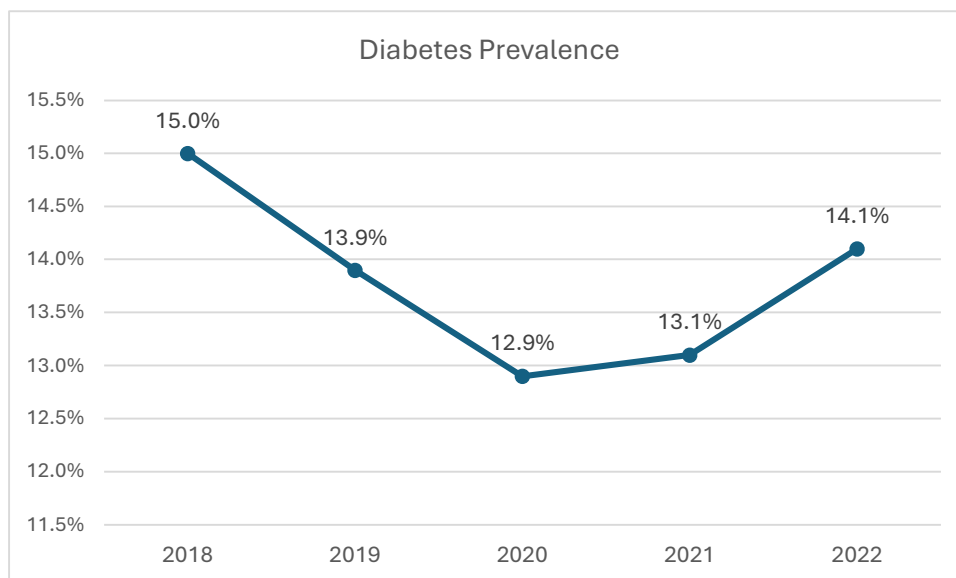
Asthma

The prevalence rate of asthma has increased slightly overall between 2018 and 2022.

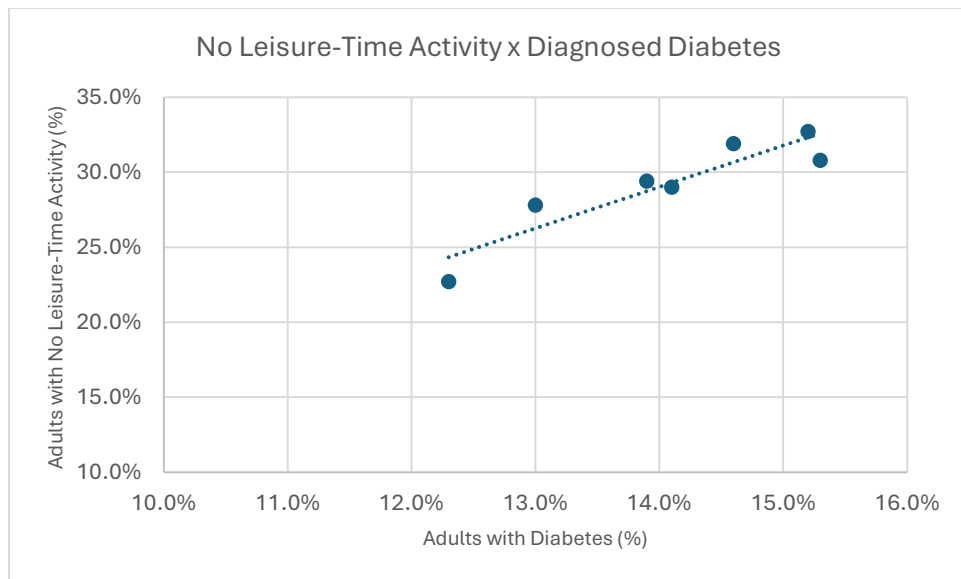


Diabetes

The prevalence rate for diabetes has decreased slightly overall from 2018-2022.

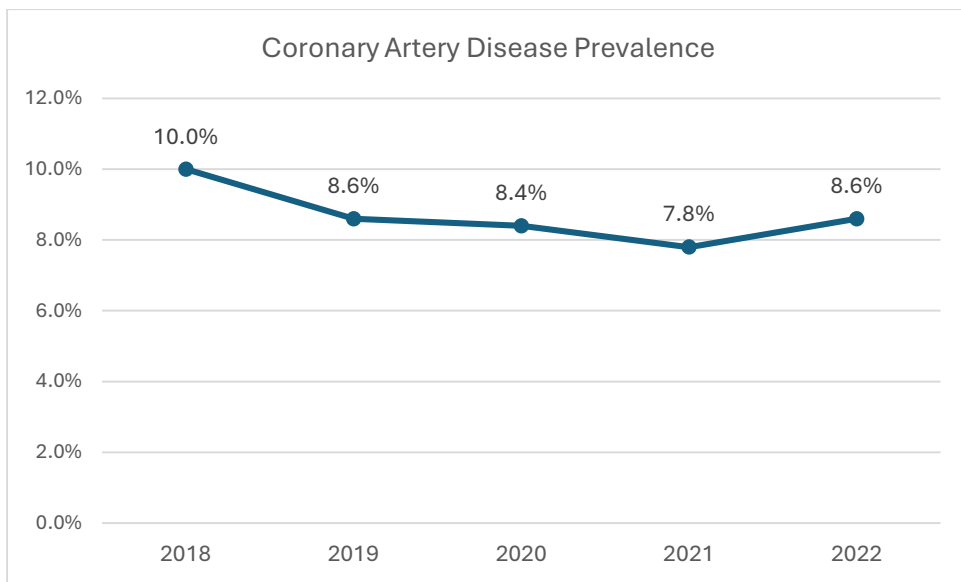


Using the census tract data, we found a strong positive correlation ($r = 0.918$) between the percent of adults with no leisure time activity and the percent of adults with diabetes. Areas with higher physical inactivity also have higher rates of diabetes.



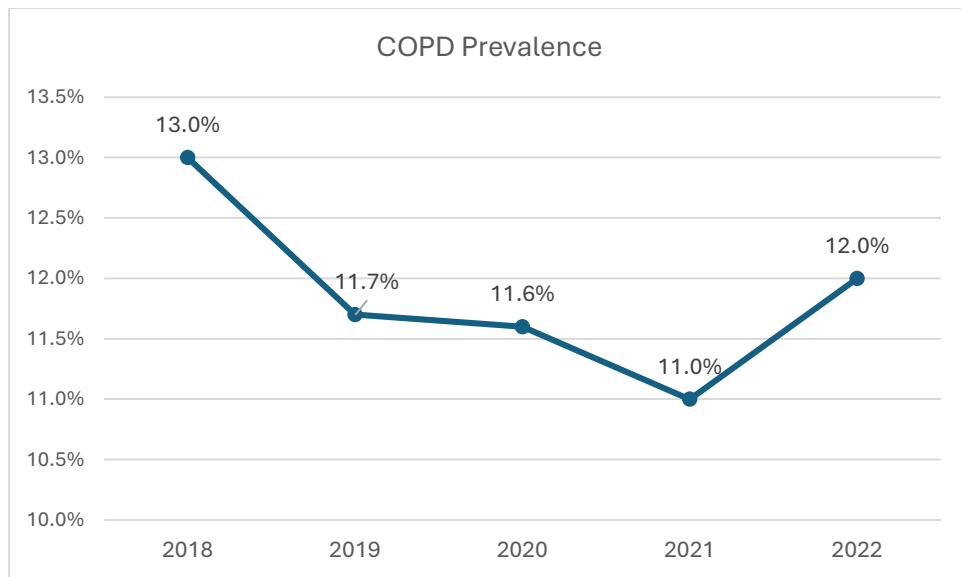
Coronary Artery Disease (CAD)

CAD is a type of heart disease. CAD occurs when the main blood vessels supplying the heart become narrowed or blocked. The prevalence rate of CAD decreased overall between 2018 and 2022.



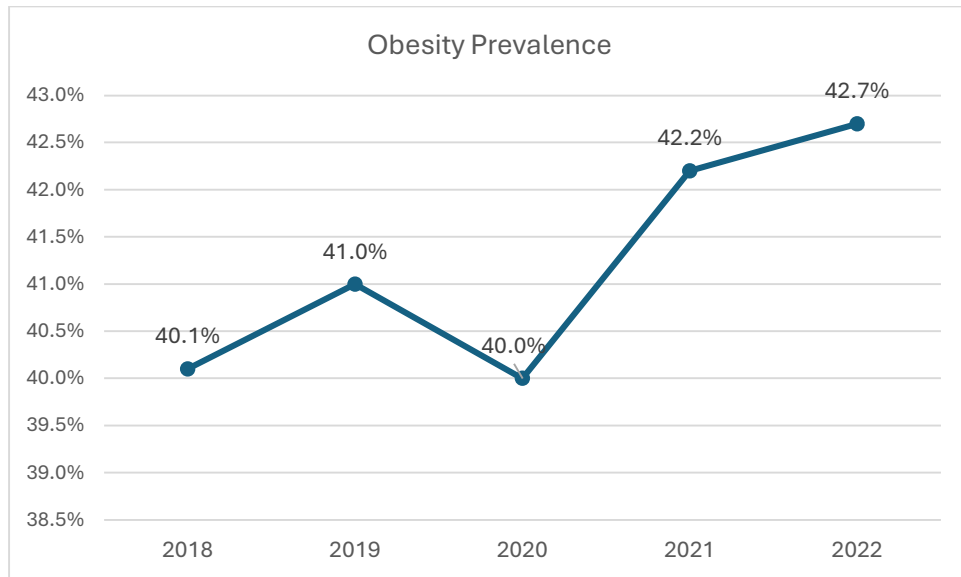
Chronic Obstructive Pulmonary Disease (COPD)

COPD is a progressive lung disease that damages the structures within the lungs and increases the work of breathing. Between 2018 and 2022, the rate of COPD has decreased slightly.

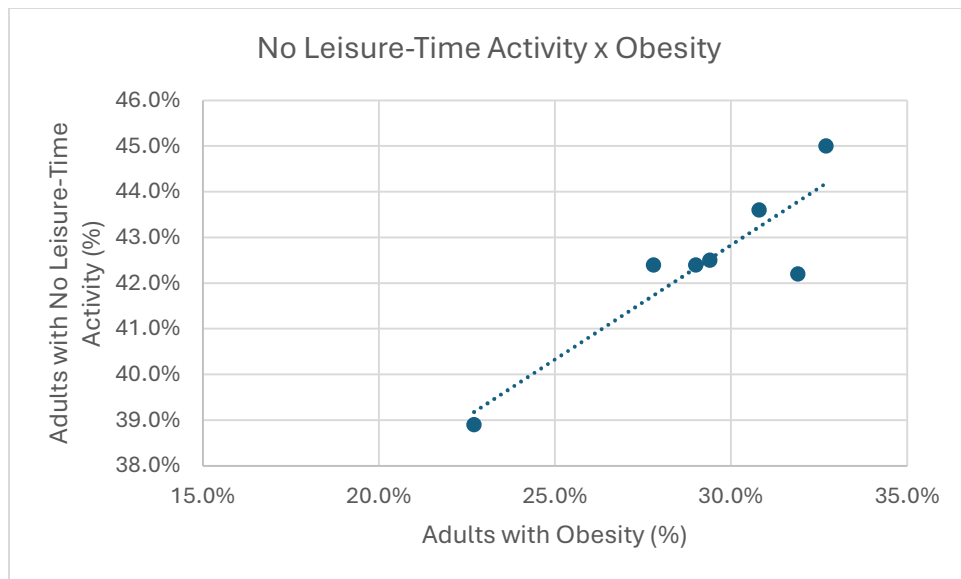


Obesity

The prevalence rate of obesity has increased overall from 2018 to 2022.



Using the census tract data, we found a strong positive correlation ($r = 0.902$) between the percent of adults with no leisure time activity and the percent of adults with obesity. Areas with higher physical inactivity also have higher rates of obesity, which makes sense because physical inactivity is a risk factor for obesity.



Within Montgomery County

Across the census tracts, we see that again CT9201 stands out as having the lowest prevalence of disease for 4 of the 5 reported chronic diseases. CT9202.02 and CT9205 have the highest rates of chronic disease. The measure that shows the greatest variation between census tracts is the prevalence of obesity, with a 6.1 percentage point difference between the areas with the highest (CT9202.02) and lowest (CT9201) rates. The rate for all chronic diseases listed is higher than the U.S. average across all areas of Montgomery County.

		Montgomery County Census Tract									
Measure	Year	CT 9201	CT 9202.01	CT 9202.02	CT 9203.01	CT 9203.02	CT 9204	CT 9205	Montgomery County	KY	U.S.
Chronic obstructive pulmonary disease among adults (%)	2022	8.8	10.1	12.6	12.4	11.2	11.9	12.8	12	10.5	6.8
Coronary heart disease among adults (%)	2022	7.5	7.3	8.6	9.1	8.6	8.4	9.5	8.6	8.2	6.8
Current asthma among adults (%)	2022	10.5	11.6	12.1	11.6	11.4	11.7	11.4	11.8	11.3	9.9
Diagnosed diabetes among adults (%)	2022	12.3	13	15.2	14.6	14.1	13.9	15.3	14.1	13.9	12

Obesity among adults (%)	2022	38.9	42.4	45	42.2	42.4	42.5	43.6	42.7	38.6	33.3
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Other Health Outcomes

Within Montgomery County

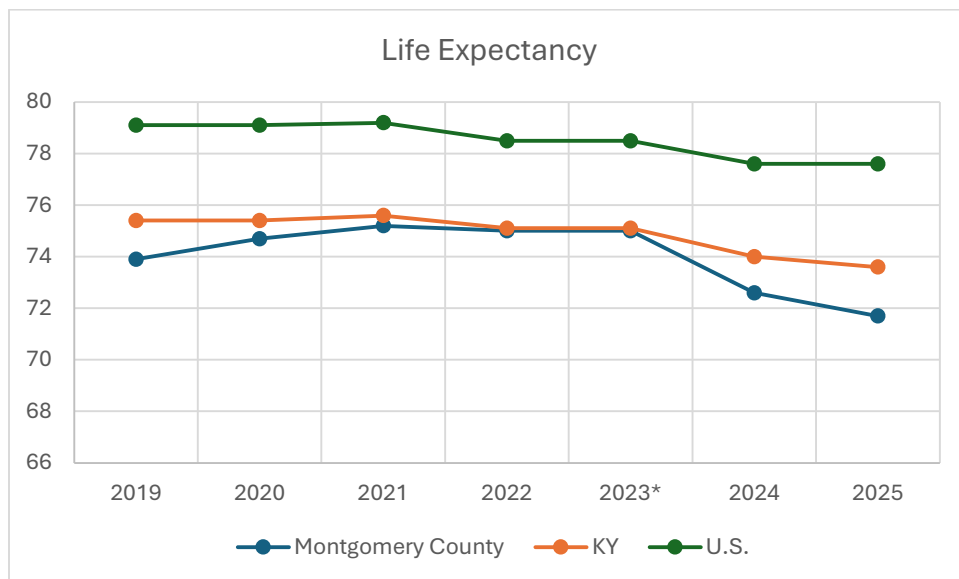
Compared to the U.S. average for the following measures, every Montgomery County census tract has a higher percent of adults with arthritis, depression, high blood pressure, and adults (aged 65 or older) with all teeth lost. The measure that shows the greatest variation between census tracts is the percent of adults (aged 65 or older) with all teeth lost, with an 11-percentage point difference between the areas with the highest (CT9203.01) and lowest (CT9201) rates. Across all the census tract measures, CT9201 has consistently had most of the “healthiest” data points for Montgomery County. The other census tracts showed more variability across different measures, ranking better in some and worse in others.

Measure	Year	Montgomery County Census Tract							Montgomery County	KY	U.S.
		CT 9201	CT 9202.01	CT 9202.02	CT 9203.01	CT 9203.02	CT 9204	CT 9205			
All teeth lost among adults aged >=65 years (%)	2022	15.4	20	22.8	26.4	22.6	20.6	19.4	23	19.7	12.2
Arthritis among adults (%)	2022	32.4	31.7	34.5	35	35.3	34.1	36.3	34	32.4	26.6
Cancer (non-skin) or melanoma among adults (%)	2022	9.3	7.9	7.9	8.9	9.5	8.6	9.2	8.7	8.6	8.2
Depression among adults (%)	2022	26	28.7	29.4	28.3	28.2	29.1	28.3	29	27	20.7
High blood pressure among adults (%)	2021	39.1	39	40.7	40.3	41.6	41.6	42	40.7	37.1	32.7

High cholesterol among adults who have ever been screened (%)	2021	37.5	36.4	37	37.9	38.7	38.6	39.1	38.7	35.9	36.4
Stroke among adults (%)	2022	3.5	3.7	4.6	4.5	4.2	4.1	4.7	4.3	4.1	3.6

Life Expectancy

In 2024, Montgomery County saw a 3.2% drop in life expectancy from 2022, following a similar trend to Kentucky. Montgomery County consistently has a lower life expectancy than the KY and U.S. averages.

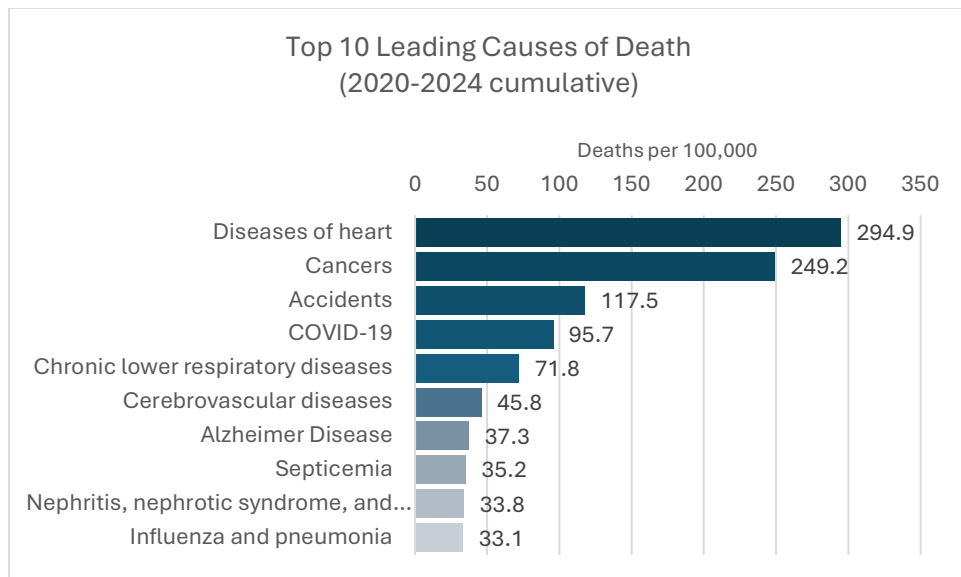


Year	Montgomery County	KY	U.S.	Years of data used to calculate
2019	73.9	75.4	79.1	2015-2017
2020	74.7	75.4	79.1	2016-2018
2021	75.2	75.6	79.2	2017-2019
2022	75	75.1	78.5	2018-2020
*2023	75	75.1	78.5	2018-2020
2024	72.6	74	77.6	2019-2021
2025	71.7	73.6	77.6	2021-2023

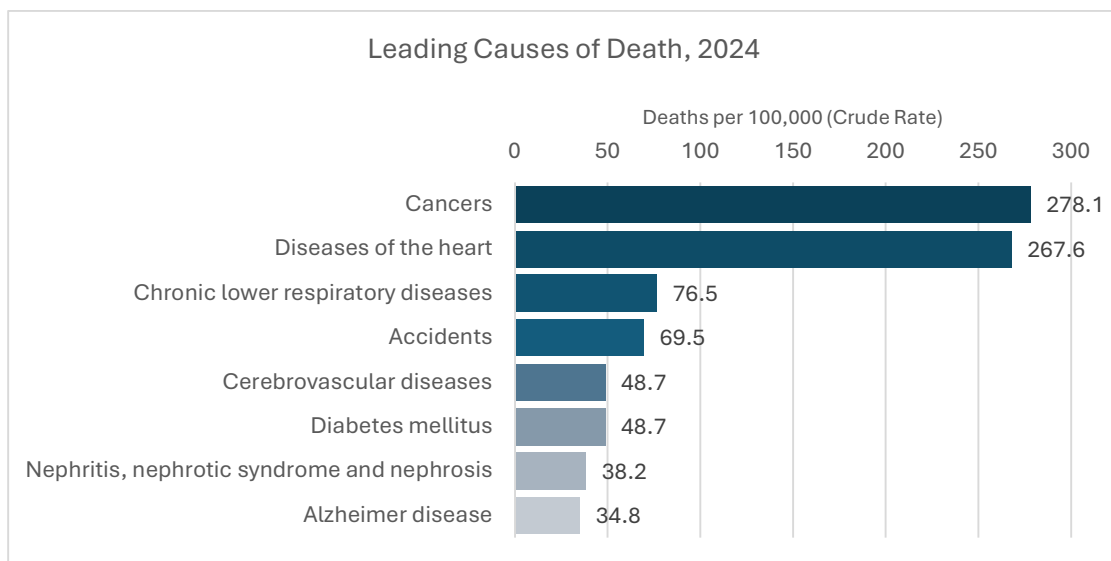
*2023 uses the same data as 2022

Causes of Death

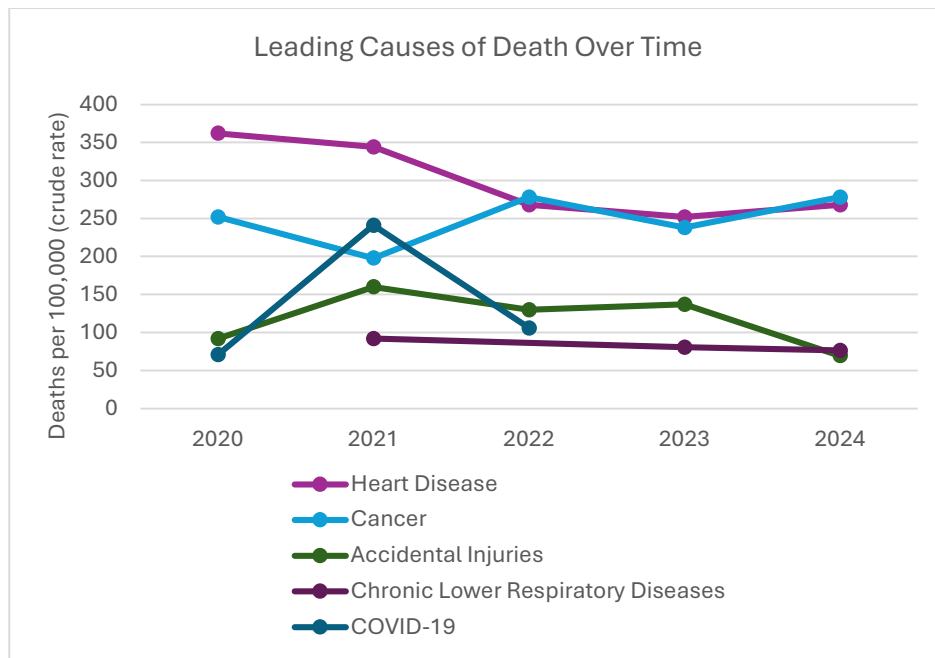
This graph shows the cumulative leading causes of death from 2020-2024. Heart diseases were the #1 cause of death during this period in Montgomery County, followed by cancers.



This graph shows the leading causes of death in Montgomery County for 2024 alone. In 2024, cancers passed heart disease as the #1 cause of death.



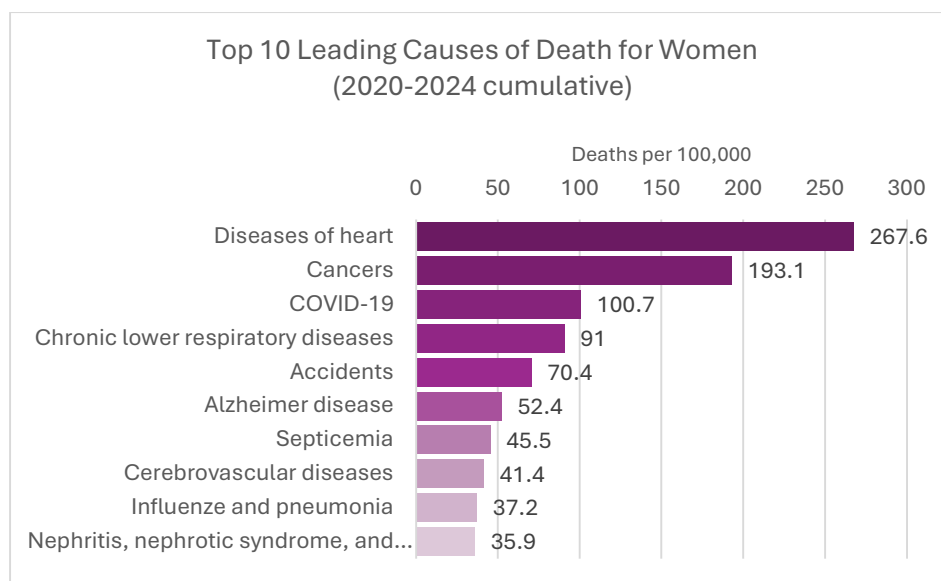
This graph shows how the leading causes of death have changed over time, from 2020 to 2024. COVID-19 makes an appearance from 2020-2022, peaking as the 2nd leading cause of death in 2021, before dropping off. Otherwise, cancer and heart diseases have consistently been the top 2 leading causes of death, often followed by accidental injuries, which was 3rd for 4 of these 5 years.

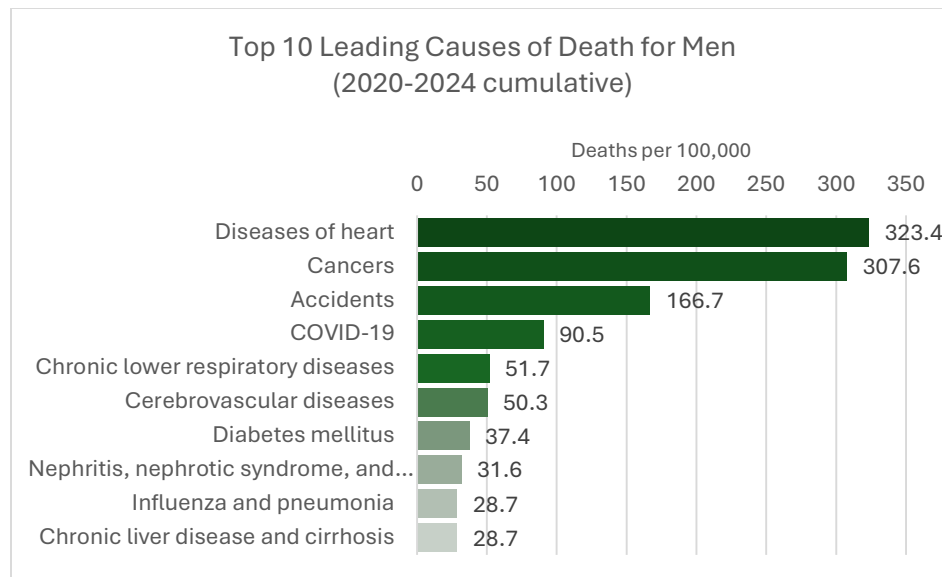


Cause of Death	Crude Rate (deaths per 100,000)				
	2020	2021	2022	2023	2024
Heart Diseases	362	344	268	252	268
Cancer	252	198	278	238	278
Accidental Injuries	92.2	160	130	137	69.5
Chronic Lower Respiratory Diseases	-	92.1	-	80.6	76.5
COVID-19	71	241	106	-	-

*A dash (-) indicates the cause of death was not in the top 5 leading causes for that particular year.

The leading cause of death for both men and women are heart diseases, followed by cancers. Men and women share 8 leading causes of death.





Leading Cause of Death by Age Group

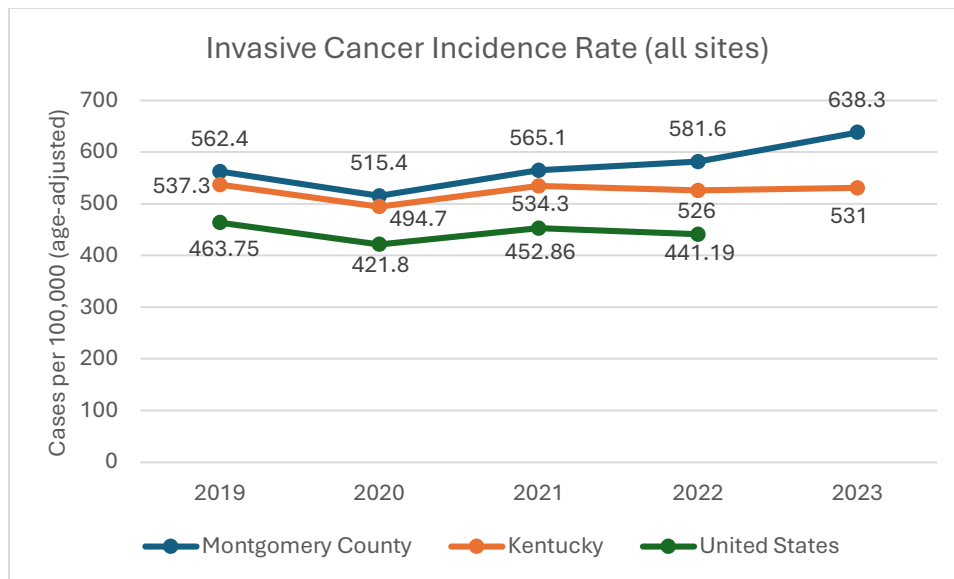
The leading cause of death is accidental poisoning for ages 15 through 54. Accidental poisoning includes *unintentional* poisoning due to exposure to harmful substances, such as drugs (prescription, over-the-counter, and illicit/illegal), alcohol, and toxic exposure to chemicals/gases/solvents. For ages 55 and older, the leading cause of death is acute myocardial infarction, or heart attack. This is in line with the overall leading cause of death for Montgomery County, which is heart diseases.

Age Group	Leading Cause of Death
15-34	Accidental Poisoning
35-44	Accidental Poisoning
45-54	Accidental Poisoning
55-64	Acute Myocardial Infarction
65-74	Acute Myocardial Infarction
75-84	Acute Myocardial Infarction
85+	Acute Myocardial Infarction

Cancer

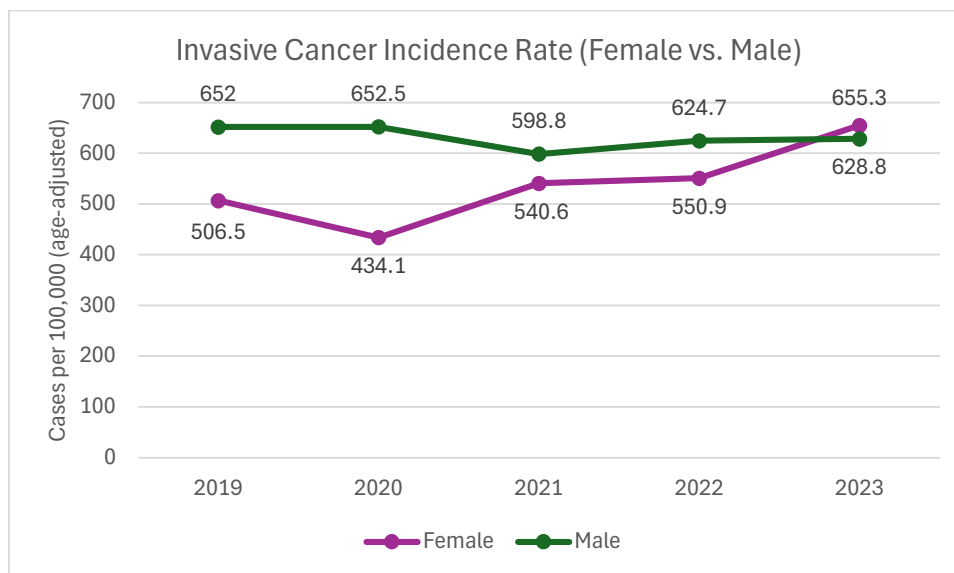
Cancer Incidence Rates

Cancer incidence is the number of new diagnosed cancer cases over a specific period. Montgomery County consistently had a higher rate of invasive cancer incidence than both Kentucky and the U.S. From 2020-2023, the incidence rate in Montgomery County rose by 23%. All three groups followed a similar trendline from 2019 to 2022.

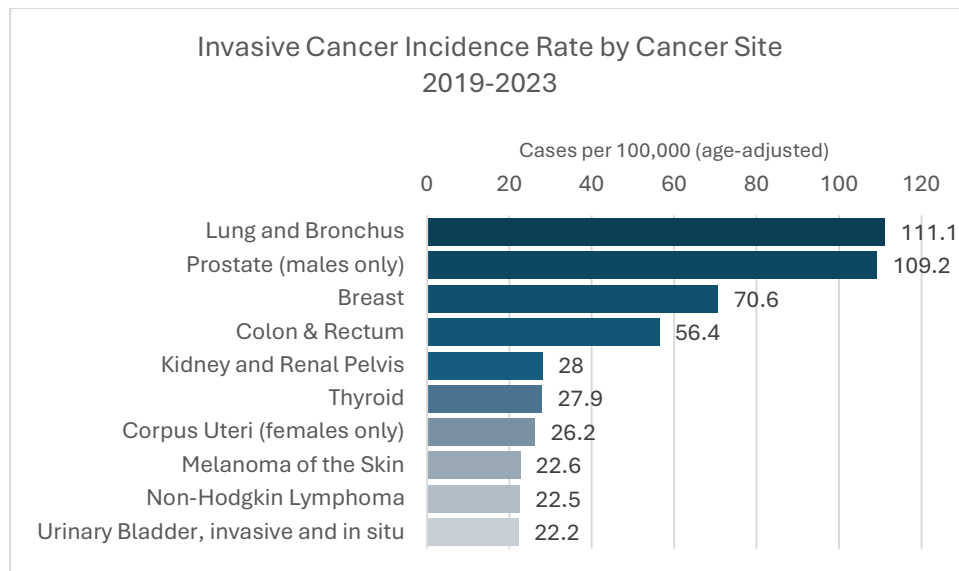


*2023 data is not currently available for the U.S. dataset.

Between 2019 and 2022, men consistently experienced a higher rate of invasive cancer incidence than women. The rate for men has remained relatively stable across this period, while the rate for women has been increasing. Between 2022 and 2023, the invasive cancer incidence rate for women rose by 18%, surpassing the rate for men.



The cancer type with the highest incidence rate in Montgomery County between 2019-2023 were lung and bronchus cancers, followed closely by prostate cancer, and then breast cancer.



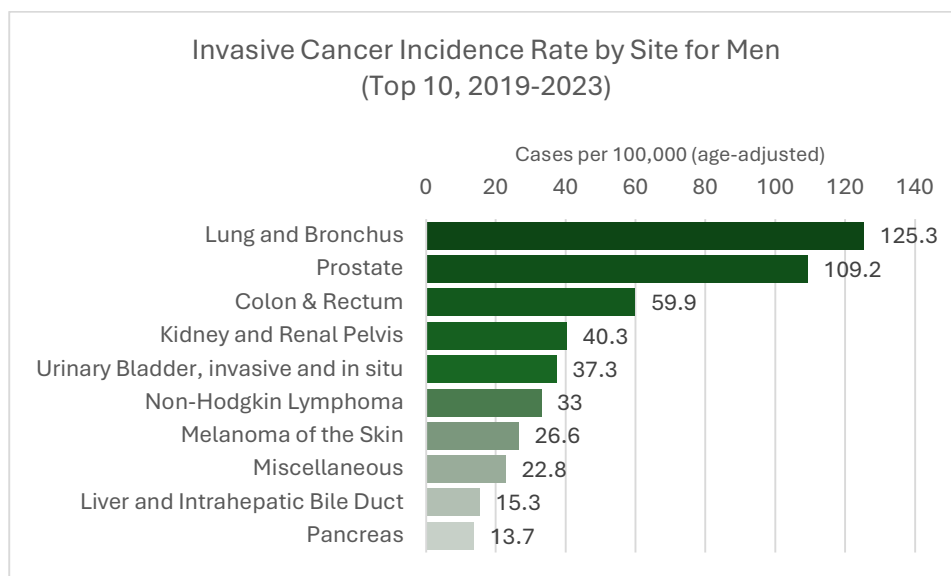
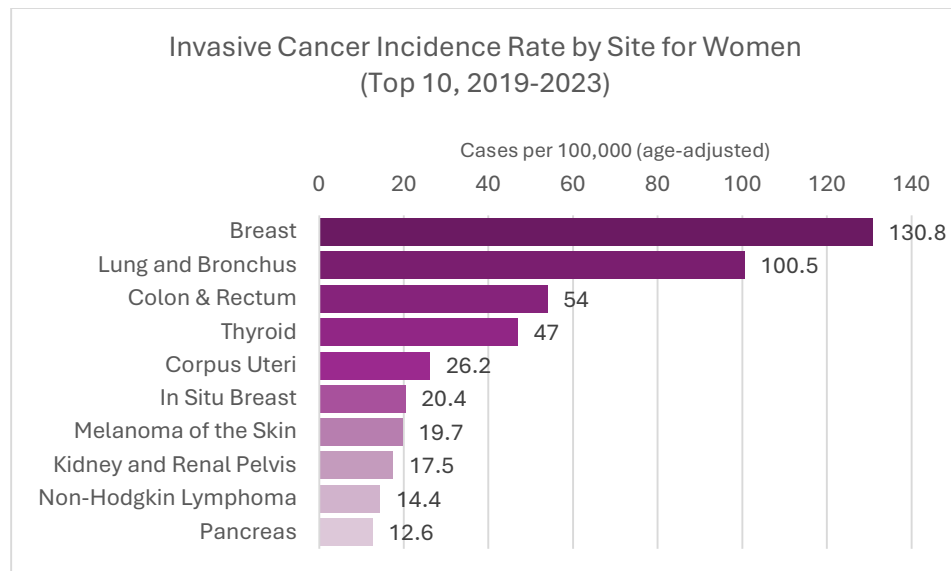
Lung and bronchus cancers had the highest incidence rate in Montgomery County in 2022, and the Montgomery County rate was over 2.2 times higher than the U.S. rate. Montgomery County had a lower incidence rate than both Kentucky and the U.S. for prostate and breast cancers.

Site	Age-Adjusted Rate (2022)		
	Montgomery County	KY	U.S.
Lung and Bronchus	112.2	80.7	48.99
Prostate (males only)	102.9	126.5	119.42
Breast (both sexes)	59.7	69.8	69.96
Breast (females only)	110	132	132.6
Colon & Rectum	46.4	46.7	36.71
Melanoma of the Skin	*32.3	30	23.59

*The age-adjusted rate for Melanoma is unstable due to having fewer than 15 cases.

Site	Total Number of Cases (2022)		
	Montgomery County	KY	U.S.
Lung and Bronchus	46	4,952	219,733
Prostate (males only)	18	3,741	259,000
Breast (both sexes)	20	3,853	284,782
Breast (females only)	20	3,818	282,254
Colon & Rectum	16	2,569	149,778
Melanoma of the Skin	11	1,622	97,246

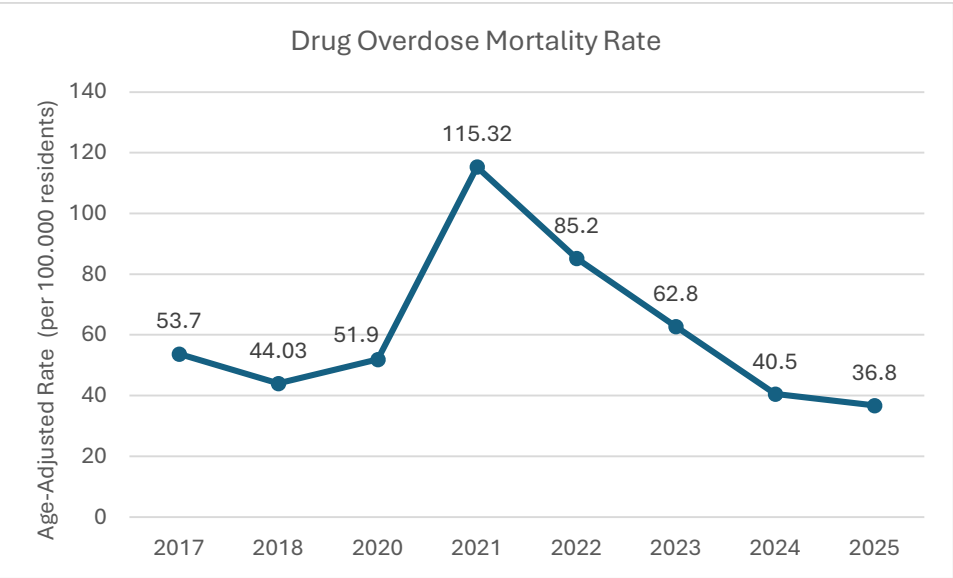
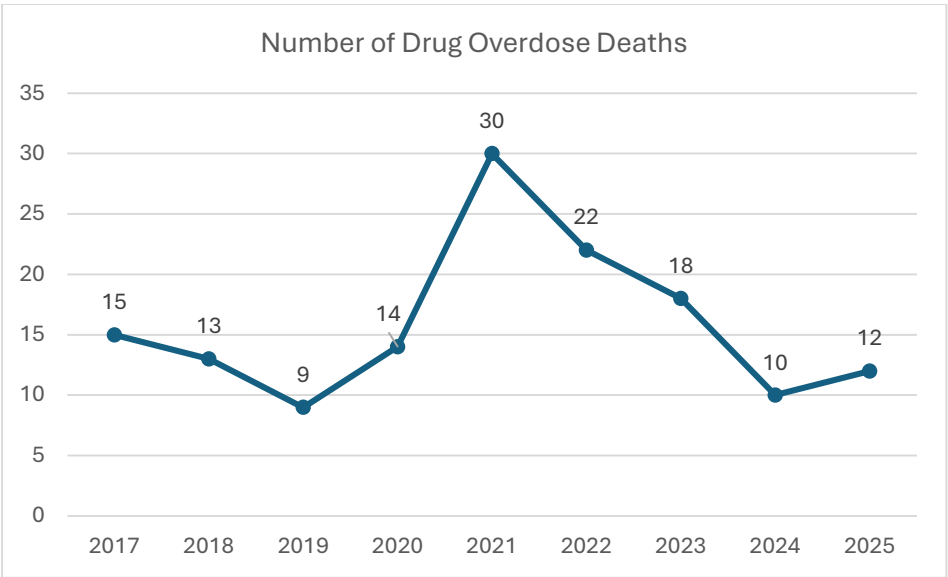
When separated by gender, lung and bronchus cancers had the highest incidence rate for men, while breast cancer had the highest incidence rate for women. Men developed lung and bronchus cancers at over 1.2x the rate of women.



Drug Overdoses

Fatal Drug Overdoses

Montgomery County has seen a rise and fall in fatal drug overdoses between 2017 and 2025. There was a significant spike in 2021. Since 2021, the mortality rate has been steadily decreasing. Between 2021 and 2025, the mortality rate decreased by 68%.



Sources:

- Census Tract description information is from U.S. Census Bureau.
- Prevention measures data (mammogram, colorectal screening, Pap smear) is from CDC Places.
- Risk behavior data (binge drinking, no leisure-time activity, current smoking, and insufficient sleep) is from CDC Places.
- Health status data (fair or poor self-rated health status, poor mental health, poor physical health) is from CDC Places.
- Chronic disease data (COPD, CAD, asthma, diabetes, and obesity) is from CDC Places.
- Other health outcomes data (all teeth lost, arthritis, cancer or melanoma %, depression, high blood pressure, high cholesterol, and stroke) is from CDC Places.
- Life expectancy data is from County Health Rankings.
- Cause of death data is from CDC Wonder.
- Cancer data is from the Kentucky Cancer Registry.
- Drug overdose data is from the Kentucky Office of Drug Control Policy and the Kentucky Injury Prevention and Research Center.