

A healthier rural Kentucky. Built to last.

Our chance for a future
where every person
reaches their full human
potential and all
communities thrive.



Five programs, each targeting a specific transformation in rural health, *all designed to work together.*

The Kentucky Rural Health Transformation (KY RHT) is a locally led, state-coordinated effort designed to create immediate impact while strengthening rural communities for generations to come.

Here's what that looks like in practice:

- ▶ Tailored support for mom and baby, from pregnancy through the first year.
- ▶ Investing in dental care availability where it's needed most.
- ▶ Shifting crisis response toward coordinated, lasting mental health care.
- ▶ Turning fragmented chronic care into connected networks of support.
- ▶ Redefining emergency and trauma response.

A better way to care for rural Kentucky.

Over 1.8 million Kentucky residents live in a rural community. Getting care can mean long drives, limited options, and too many gaps in support. That's what this program is built to change.

Five connected programs. Locally led, state-coordinated, and built to deliver the care rural Kentucky deserves.



PoWERing Rural Maternal and Infant Health

Supporting mother and baby, from pregnancy through year one

For too many pregnant women in rural Kentucky, pregnancy can feel isolating, with no nearby delivery provider and no one to call between appointments. KY RHT is working to change that by bringing coordinated care teams directly into these communities.



Rooted in Health

Expanding dental care where it's needed most

Dental care has been out of reach in too many rural communities for too long. KY RHT is training dentists, hygienists, and assistants where they are needed most, so dental care does not require a long drive or months-long wait.



Crisis to Care

Matching every emergency to the care it needs, every time

When a crisis hits in rural Kentucky, help can be far away and the path to recovery even farther. KY RHT is working to expand the emergency responder workforce, connecting responders with hospital teams in real time, and strengthening community-based care so people receive support beyond the emergency itself.



Rural Community Hubs

Turning fragmented chronic care into connected care

Rural Kentucky has the organizations, the providers, and the programs needed to make a real dent in diabetes and obesity. KY RHT is building the network and infrastructure to link local partners, align care, and reduce fragmentation, so managing chronic disease in rural Kentucky becomes coordinated, consistent, and easier for the people who rely on it.



Rapid Response to Recovery

Turning crisis response into lasting mental health care

A mental health crisis should not end at the emergency room with nowhere to turn next. KY RHT is working to connect mobile crisis teams, behavioral health providers, and recovery services because stabilizing someone in the moment is not the same as helping them heal over time.

Five programs. One promise.

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See how to get involved at ruralhealthplan.ky.gov

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