

# Rutherford County HEALTH WATCH

College of Behavioral and Health Sciences • Adams Chair of Excellence in Health Care Services • Vol. 17, No. 1, Fall 2018

Rutherford County Health Watch provides a brief summary of the county's health status at a particular point in time.

## Rutherford County Health Rankings

The Tennessee Department of Health, working with the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, has compiled 2018 County Health Rankings and Roadmaps for each Tennessee county. Researchers examined and analyzed information on 34 factors that can have a negative or positive impact on health.

Overall, Rutherford County has ranked in the top three counties for the past eight years:

2010	2011	2012	2013	2014	2015	2016	2017	2018
3	3	3	2	2	2	3	3	3

2018	Rutherford County	Error Margin	Top U.S. Performers <sup>^</sup>	Tennessee	Rank (of 95)
<b>Health Outcomes</b>					<b>3</b>
<b>Length of Life</b>					<b>2</b>
Premature death	6,400	6,100–6,700	5,300	8,800	
<b>Quality of life</b>					<b>4</b>
Poor or fair health **	16%	16–17%	12%	19%	
Poor physical health days **	4.1	3.9–4.2	3.0	4.4	
Poor mental health days **	4.2	4.0–4.3	3.1	4.5	
Low birthweight	8%	8–9%	6%	9%	
<b>Health Factors</b>					<b>8</b>
<b>Health Behaviors</b>					<b>38</b>
Adult smoking **	20%	20–21%	14%	22%	
Adult obesity	36%	32–41%	26%	32%	
Food environment index	7.8		8.6	6.2	
Physical inactivity	29%	25–33%	20%	30%	
Access to exercise opportunities	82%		91%	71%	
Excessive drinking **	18%	17–18%	13%	14%	
Alcohol-impaired driving deaths	25%	21–29%	13%	28%	
Sexually transmitted infections	468.3		145.1	477.5	
Teen births	25	24–26	15	36	
<b>Clinical Care</b>					<b>12</b>
Uninsured	11%	9–12%	6%	12%	
Primary care physicians	2,300:1		1,030:1	1,380:1	
Dentists	1,860:1		1,280:1	1,890:1	
Mental health providers	1,270:1		330:1	740:1	
Preventable hospital stays	67	62–71	35	59	
Diabetes monitoring	87%	84–91%	91%	87%	
Mammography screening	69%	64–73%	71%	63%	
<b>Social and Economic Factors</b>					<b>3</b>
High school graduation	94%		95%	88%	
Some college	67%	65–70%	72%	59%	
Unemployment	3.8%		3.2%	4.8%	
Children in poverty	13%	10–16%	12%	23%	
Income inequality	3.8	3.6–3.9	3.7	4.7	
Children in single-parent households	29%	27–32%	20%	36%	
Social associations	7.0		22.1	11.3	
Violent crime	437		62	614	
Injury deaths	55	51–58	55	83	
<b>Physical Environment</b>					<b>92</b>
Air pollution—particulate matter **	10.4		6.7	9.7	
Drinking water violations	Yes				
Severe housing problems	15%	14–16%	9%	16%	
Driving alone to work	85%	84–86%	72%	84%	
Long commute—driving alone	42%	40–44%	15%	34%	

■ Areas to Explore

■ Areas of Strength

<sup>^</sup> 10th/90th percentile, i.e., only 10% are better. Note: Blank values reflect unreliable or missing data

\*\* Data should not be compared with prior years

Health Rankings Data from [countyhealthrankings.org](http://countyhealthrankings.org)

# TENNESSEE

**Overall Rank: 45**

Change: ▼ 1  
Determinants Rank: 45  
Outcomes Rank: 44

**Strengths:**

- Low prevalence of excessive drinking
- Small disparity in health status by educational attainment
- Low incidence of pertussis

**Challenges:**

- High prevalence of smoking
- High violent crime rate
- High premature death rate

**Ranking:**

Tennessee is 45th this year; it was 44th in 2016. The state ranks 44th for senior health and 42nd for the health of women and children.

**Highlights:**

- In the past year, excessive drinking increased 29% from 11.2% to 14.4% of adults.
- In the past seven years, infant mortality decreased 16% from 8.2 to 6.9 deaths per 1,000 live births.
- In the past five years, obesity increased 19% from 29.2% to 34.8% of adults
- In the past five years, preventable hospitalizations decreased 29% from 83.4 to 59.3 discharges per 1,000 Medicare enrollees.
- In the past five years, drug deaths increased 27% from 15.7 to 19.9 deaths per 100,000 population.

**OPIOID EPIDEMIC INITIATIVE:** The MTSU Center for Health and Human Services (CHHS) is partnering with We C.A.R.E. (Community Alternatives, Relationships, Education) to address the opioid epidemic. If interested, contact Cindy Chafin, MTSU CHHS interim director, at cynthia.chafin@mtsu.edu or 615-898-5493, or Jason Parker, M.D., founder of WE C.A.R.E., at wecaretn@gmail.com.

	Star Rating	2017 Value	2017 Rank	No. 1 State
<b>BEHAVIORS</b>				
<b>STAR RATING</b>				
Stars	Rank			
★★★★★	1-10			
★★★★	11-20			
★★★	21-30			
★★	31-40			
★	41-50			
Drug deaths (deaths per 100,000 population)	★★	19.9	39	5.7
Excessive Drinking (% of adults)	★★★★★	14.4	6	11.8
High School Graduation (% of students)	★★★★★	87.9	9	90.8
Obesity (% of adults)	★	34.8	45	22.3
Physical Inactivity (% of adults)	★★	28.4	40	15.7
Smoking (% of adults)	★	22.1	43	8.8
<b>Behaviors Total*</b>	★	-0.134	43	0.295
<b>COMMUNITY and ENVIRONMENT</b>				
Air Pollution (micrograms of fine particles per cubic meter)	★★	8.2	32	3.8
Children in Poverty (% of children)	★	21.9	42	7.6
Infectious Disease (mean z score of chlamydia, pertussis, and <i>Salmonella</i> )*	★★★★★	-0.380	15	-1.107
Chlamydia (cases per 100,000 population)	★★	477.5	32	233.3
Pertussis (cases per 100,000 population)	★★★★	2.8	12	0.4
<i>Salmonella</i> (cases per 100,000 population)	★★★★★	13.6	17	9.3
Occupational Fatalities (deaths per 100,000 workers)	★★	5.1	33	2.0
Violent Crime (offenses per 100,000 population)	★	633	47	124
<b>Community &amp; Environment Total*</b>	★★	-0.098	40	0.324
<b>POLICY</b>				
Immunizations—Adolescents (mean z score of HPV, meningococcal, and Tdap)*	★★	-0.373	37	1.717
HPV Females (% of females aged 13 to 17 years)	★	36.9	46	73.0
HPV Males (% of males aged 13 to 17 years)	★★	35.2	31	68.7
Meningococcal (% of adolescents aged 13 to 17 years)	★★	76.3	33	96.4
Tdap (% of adolescents aged 13 to 17 years)	★★★★	89.3	23	96.7
Immunizations—Children (% of children aged 19 to 35 months)	★★	67.4	40	85.3
Lack of Health Insurance (% of population)	★★★★	9.7	34	2.7
Public Health Funding (dollars per person)	★★	\$94	23	\$296
<b>Policy Total*</b>	★★	-0.033	35	0.185
<b>CLINICAL CARE</b>				
Dentists (number per 100,000 population)	★★	49.2	40	80.7
Low Birthweight (% of live births)	★	9.1	41	5.8
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	★	59.3	43	23.3
Primary Care Physicians (number per 100,000 population)	★★★★	138.5	27	256.3
<b>Clinical Care Total*</b>	★	-0.116	43	0.180
<b>ALL DETERMINANTS*</b>	★	-0.381	45	0.778
<b>OUTCOMES</b>				
Cancer Deaths (deaths per 100,000 population)	★	216.5	44	150.5
Cardiovascular Deaths (deaths per 100,000 population)	★	308.0	45	189.7
Diabetes (% of adults)	★	12.7	44	6.6
Disparity in Health Status (% difference by high school education)	★★★★	24.6	13	8.1
Frequent Mental Distress (% of adults)	★	13.7	42	8.3
Frequent Physical Distress (% of adults)	★	15.0	47	8.9
Infant Mortality (deaths per 1,000 live births)	★★	6.9	38	4.2
Premature Death (years lost per 100,000 population)	★	9,467	43	5,555
<b>ALL OUTCOMES*</b>	★	-0.257	44	0.254
<b>OVERALL*</b>	★	-0.637	45	0.916

\*Value indicates z score. Negative scores are below US value; positive scores are above US value. For complete definitions of measures including data sources and years, see Table 5 in the 2017 Americas Health Rankings® annual report.

**Report from the United Health Foundation:** [americashealthrankings.org/learn/reports/2017-annual-report](http://americashealthrankings.org/learn/reports/2017-annual-report)  
**State Health Department Website:** [health.state.tn.us](http://health.state.tn.us)  
**Original report from americashealthrankings.org**

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Please visit our website or contact us for more information at [mtsu.edu/achcs](http://mtsu.edu/achcs); MTSU Box 99, 1301 East Main Street, Murfreesboro, TN 37132; or 615-898-2905.

## Health-Related Data and Websites

- Centers for Disease Control and Prevention: [cdc.gov](http://cdc.gov)
- Driving Your County to the Top Ten: [tn.gov/content/dam/tn/health/documents/CountyReports\\_RUTHERFORD\\_2016.pdf](http://tn.gov/content/dam/tn/health/documents/CountyReports_RUTHERFORD_2016.pdf)
- Tennessee State Health Plan: [tn.gov/health/health-program-areas/health-planning/state-health-plan.html](http://tn.gov/health/health-program-areas/health-planning/state-health-plan.html)
- Health Information Tennessee: [hit.state.tn.us/index.shtml](http://hit.state.tn.us/index.shtml)
- Healthy People 2020: [healthypeople.gov](http://healthypeople.gov)
- County Health Rankings: [countyhealthrankings.org/trend-analysis](http://countyhealthrankings.org/trend-analysis)
- Tennessee Department of Health: [tn.gov/health.html](http://tn.gov/health.html)
- Wellness Council of Rutherford County: [rutherfordcountyttn.gov/rcwc/index.htm](http://rutherfordcountyttn.gov/rcwc/index.htm)
- United States Department of Labor, Bureau of Labor Statistics: [bls.gov](http://bls.gov)
- Rutherford County, TN, Community Health Improvement Plan, 2016-2019: [rutherfordcountyttn.gov/rcwc/pdfs/diagnosis.pdf](http://rutherfordcountyttn.gov/rcwc/pdfs/diagnosis.pdf)

