

HEALTH WATCH

The Adams Chair of Excellence in Health Care Services, College of Behavioral and Health Sciences
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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 2019 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 10 years:

2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
3	3	3	2	2	2	3	3	3	3

2019	Rutherford County	Error Margin	Top U.S. Performers [^]	Tennessee	Rank (of 95)
Health Outcomes					3
Length of Life					2
Premature death	7,000	6,600–7,300	5,400	9,100	
Quality of life					4
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%	
Health Factors					8
Health Behaviors					26
Adult smoking **	20%	20–21%	14%	22%	
Adult obesity	33%	29–38%	26%	33%	
Food environment index	7.8		8.7	6.3	
Physical inactivity	25%	21–29%	19%	27%	
Access to exercise opportunities	74%		91%	71%	
Excessive drinking **	18%	17–18%	13%	14%	
Alcohol-impaired driving deaths	21%	17–25%	13%	26%	
Sexually transmitted infections	469.2		152.8	489.4	
Teen births	23	22–24	14	33	
Clinical Care					12
Uninsured	9%	8–10%	6%	11%	
Primary care physicians	2,350:1		1,050:1	1,390:1	
Dentists	1,890:1		1,260:1	1,880:1	
Mental health providers	1,180:1		310:1	700:1	
Preventable hospital stays	6,148		2,765	5,305	
Mammography screening	45%		49%	40%	
Flu vaccinations	49%		52%	48%	
Social and Economic Factors					3
High school graduation	95%		96%	90%	
Some college	69%	66–71%	73%	60%	
Unemployment	2.9%		2.9%	3.7%	
Children in poverty	13%	10–15%	11%	21%	
Income inequality	3.6	3.5–3.8	3.7	4.7	
Children in single-parent households	28%	26–31%	20%	35%	
Social associations	6.7		21.9	11.3	
Violent crime	492		63	621	
Injury deaths	58	54–62	57	86	
Physical Environment					95
Air pollution—particulate matter **	11.2		6.1	10	
Drinking water violations	Yes				
Severe housing problems	14%	13–15%	9%	15%	
Driving alone to work	85%	84–86%	72%	84%	
Long commute—driving alone	43%	41–44%	15%	34%	

■ Areas to Explore

■ Areas of Strength

[^] 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

Rutherford County Community Health Improvement Plan (CHIP) Priority Areas:

- Mental health/substance abuse
- Access to basic needs (concentration on housing)
- Enhance resources and services
- Nutrition and obesity

Source: <http://health.rutherfordcountyttn.gov/>

TENNESSEE

Overall Rank: 44

Change: ▼ 2
Determinants Rank: 41
Outcomes Rank: 45

Strengths:

- High percentage of high school graduation
- Low prevalence of excessive drinking
- High Tdap immunization coverage among adolescents

Challenges:

- High prevalence of smoking
- High violent crime rate
- High prevalence of frequent physical distress

Ranking:

Tennessee is 44th this year; it was 42nd in 2018.

Highlights:

- In the past year, excessive drinking increased 10% from 14.3% to 15.7% of adults
- In the past 10 years, drug deaths increased 58% from 15.4 to 24.3 deaths per 100,000 population
- Since 2003, air pollution decreased 50% from 14.9 to 7.4 micrograms of fine particles per cubic meter
- In the past two years, mental health providers increased 11% from 138.2 to 153.0 per 100,000 population
- In the past year, frequent mental distress increased 17% from 13.7% to 16% of adults
- Since 2012, diabetes increased 23% from 11.2% to 13.8% of adults

The MTSU Center for Health and Human Services has identified priorities for the 2019–20 year:
Mental health and substance abuse and misuse
Adverse childhood experiences (ACES)
Chronic disease and obesity
Sleep
Rural health
Visit mtsu.edu/chhs to learn more about the center. You also may contact Cynthia Chafin, associate director, at 615-898-5493 or cynthia.chafin@mtsu.edu.

	Star Rating	2019 Value	2019 Rank
BEHAVIORS			
STAR RATING			
Stars	Rank		
★★★★★	1–10		
★★★★	11–20		
★★★	21–30		
★★	31–40		
★	41–50		
Drug Deaths (deaths per 100,000 population)	★★	24.3	38
Excessive Drinking (% of adults)	★★★★★	15.7%	8
High School Graduation (% of students)	★★★★★	89.8%	3
Obesity (% of adults)	★★	34.4%	38
Physical Inactivity (% of adults)	★	30.9%	47
Smoking (% of adults)	★	20.7%	46
Behaviors Total*	★	-0.129	41
COMMUNITY and ENVIRONMENT			
Air Pollution (micrograms of fine particles per cubic meter)	★★★	7.4	25
Children in Poverty (% of children)	★	22.3%	42
Infectious Disease (mean z score of chlamydia, pertussis, and <i>Salmonella</i>)*	★★★★★	-0.277	16
Chlamydia (cases per 100,000 population)	★★★★	522.4	30
Pertussis (cases per 100,000 population)	★★★★★	3.3	13
<i>Salmonella</i> (cases per 100,000 population)	★★★	14.7	24
Occupational Fatalities (deaths per 100,000 workers)	★★	5.5	35
Violent Crime (offenses per 100,000 population)	★	624	48
Community and Environment Total*	★	-0.089	41
POLICY			
Immunizations—Adolescents (mean z score of HPV, meningococcal, and Tdap)*	★★★★	-0.145	28
HPV Females (% of females aged 13 to 17 years)	★	47.5%	42
HPV Males (% of males aged 13 to 17 years)	★★	41.5%	37
Meningococcal (% of adolescents aged 13 to 17 years)	★	85.2%	27
Tdap (% of adolescents aged 13 to 17 years)	★★★★	90.7%	12
Immunizations—Children (% of children aged 19 to 35 months)	★★★★★	79.3%	2
Public Health Funding (dollars per person)	★★★★	\$99	20
Lack of Health Insurance (% of population)	★★	9.8%	38
Policy Total*	★★★★	0.037	21
CLINICAL CARE			
Dentists (number per 100,000 population)	★★	49.5	39
Low Birthweight (% of live births)	★	9.2%	41
Mental Health Providers (per 100,000 population)	★	153	45
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	★	59.3	43
Primary Care Physicians (number per 100,000 population)	★★	139.1	31
Clinical Care Total*	★	-0.122	44
ALL DETERMINANTS*	★	-0.303	41
OUTCOMES			
Cancer Deaths (deaths per 100,000 population)	★	217.2	45
Cardiovascular Deaths (deaths per 100,000 population)	★	313.6	45
Diabetes (% of adults)	★	13.8%	45
Disparity in Health Status (% difference by high school education)	★★★	26%	23
Frequent Mental Distress (% of adults)	★	16%	47
Frequent Physical Distress (% of adults)	★	16%	48
Infant Mortality (deaths per 1,000 live births)	★	7.4	43
Premature Death (years lost before age 75 per 100,000 population)	★	9,931	43
ALL OUTCOMES*	★	-0.338	45
OVERALL*	★	-0.641	44

*Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 5 in the 2019 Americas Health Rankings® annual report.

Report from the United Health Foundation: americashealthrankings.org/learn/reports/2019-annual-report
State Health Department Website: tn.gov/health
Original report from americashealthrankings.org

The 2020 *Health Watch* was prepared by the MTSU Center for Health and Human Services (CHHS) in consultation with the Adams Chair of Excellence in Health Care Services, Dr. M. Jo Edwards, College of Behavioral and Health Sciences, who founded the CHHS *Health Watch* and has served as author of *Health Watch* since the inaugural edition in 1998. Edwards has retired as of December 2019.

The Adams Chair of Excellence in Health Care Services initiates and strengthens academic programs in health and human services to support workforce development and promote healthy communities. Through collaborative affiliations and partnerships, we disseminate research and health-related information and conduct education and outreach projects designed to improve population health.

Please visit our websites or contact us for more information at mtsu.edu/achcs or mtsu.edu/chhs; MTSU Box 99, 1301 East Main Street, Murfreesboro, TN 37132; or 615-898-5493.

Health-Related Data and Websites

- Centers for Disease Control and Prevention: cdc.gov
- Driving Your County to the Top Ten: tn.gov/content/dam/tn/health/documents/Drive_Report_2016.pdf
- Tennessee State Health Plan: tn.gov/health/health-program-areas/health-planning/state-health-plan.html
- Healthy People 2020: healthypeople.gov
- County Health Rankings: countyhealthrankings.org/trend-analysis
- Tennessee Department of Health: tn.gov/health.html
- Wellness Council of Rutherford County: rutherfordcountyttn.gov/rcwc/index.htm
- United States Department of Labor, Bureau of Labor Statistics: bls.gov
- Rutherford County, TN, Community Health Improvement Plan, 2016-2019: rutherfordcountyttn.gov/rcwc/pdfs/diagnosis.pdf

