

Senior Adults

Tennessee Department of Health data for 2010 indicates there are 21,566 adults 65 years and over in Rutherford County.

Rutherford County population projections – adults 65 years and older:

- Year 2015: **27,998 - 9.41% of population**
- Year 2020: **35,744 - 10.22% of population**
- Year 2025: **44,931 - 11.62% of population**

Sources: Tennessee State Data Center, January 2012, University of Tennessee Center for Business and Economic Research (CBER), <http://cber.bus.utk.edu/> accessed February 17, 2013

Diabetes

- According to the United Health Foundation's 2012 America's Health Rankings, Tennessee ranked 44th for diabetes, with 11.2% of adults having been told by a doctor that they had diabetes.

With as few as 4.4% of adults having ever been told they had diabetes in 1998, there have been fairly consistent increases each year for Tennesseans diagnosed with diabetes. Trends at the national level have also consistently increased from a low of 4.8% in 1998 to 8.7% in 2011.¹

- The 2013 County Health Rankings indicate Rutherford County had 10% of adults aged 20 and above diagnosed with

The average life expectancy in Rutherford County is 76.2 years.

Source: U.S. Department of Health and Human Services, Community Health Status Indicators, 2009.

Rutherford County Leading Causes of Death – adults 65 years and older:

- Heart Disease – 29% (white) 30% (black) *nrf (other)
- Cancer – 22% (white), 22% (black), *nrf (other)

*nrf= no report, fewer than 20 deaths in race/ethnicity and age group, or less than 10% of the deaths.

diabetes.² This is lower than Tennessee's 11.2%, but higher than the national figure of 8.7% reported in the 2012 state rankings report.³

- Diabetes rankings are based on the percentage of adults who have been told by a health professional that they have diabetes, excluding pre-diabetes and gestational diabetes.

Sources: ^{1,3} United Health Foundation, America's Health Rankings 2012, <http://www.americashealthrankings.org/>; accessed March 23, 2013. ² Robert Wood Johnson Foundation, University of Wisconsin Population Health Institute, County Health Rankings and Roadmaps: A Healthier Nation County by County, 2013, Tennessee <http://www.countyhealthrankings.org/tennessee/rutherford/>; accessed March 23, 2013.

Health-Related Data and Center Project and Partner Websites

- Centers for Disease Control and Prevention - www.cdc.gov
- Community Health Status Indicators, U.S. Department for Health and Human Services -<http://communityhealth.hhs.gov/>
- County Health Rankings - www.countyhealthrankings.org
- Health Care Career Map - www.healthcarecareermap.org
- Health Information Tennessee, Tennessee Department of Health - <http://hit.state.tn.us/home.aspx>
- Healthy People 2020 - www.healthypeople.gov
- Kids Count Data Center - <http://datacenter.kidscount.org/>
- March of Dimes - www.marchofdimes.com
- Tennessee Cancer Coalition, Middle Tennessee Region - www.tc2middle.org
- Tennessee Cancer Control Project - http://health.state.tn.us/CCCP/TCCC_Plan.pdf

- Tennessee Department of Health - <http://health.state.tn.us/index.htm>
- Tennessee Institute of Public Health - www.etsu.edu/tniph
- Tennessee Obesity Taskforce www.eatwellplaymoretn.org
- Tennessee State Health Plan - www.tn.gov/finance/healthplanning/stateHealthPlan.shtml
- Tennessee Tobacco QuitLine - 1-800-QUIT-NOW (1-800-784-8669) <http://health.state.tn.us/tobaccoquitline.htm>
- United States Department of Labor, Bureau of Labor Statistics www.bls.gov
- Wellness Council of Rutherford County

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The Adams Chair of Excellence in Health Care Services and its Center for Health and Human 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.

The center's recent projects include Allied Health Workforce Study; Health Care Career Mapping Handbook; Tennessee Comprehensive Cancer Control Program; Folic Acid Education; Prevention through Understanding: Investigating Unexpected Child Death; AIDS Risk Reduction Education; Yes I Can! Diabetes Self-Management Program; Youth-based Tobacco Use Prevention and Cessation; Anti-Tobacco Advocacy Initiative; and A-B-C-1-2-3 Healthy Kids in Tennessee. Please visit our website or contact us for more information at www.mtsu.edu/achcs; MTSU Box 99, Murfreesboro, TN 37132; or call 615-898-2905.



Rutherford County

HEALTH WATCH

MTSU Center for Health and Human Services

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Rutherford County Health Watch provides a brief summary of the county's health status at a particular point in time. This edition of Health Watch highlights the new county health rankings, birth outcomes, death measures, youth and senior adult health trends, and important health-related websites and information.

Rutherford County Health Rankings

The Tennessee Institute for Public Health (TNIPH) published its County Health Rankings Index and individual county profiles in 2007 and 2008. Using a similar model, the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation produced the 2010, 2011, 2012, and 2013 County Health Rankings. The report ranks counties by health outcomes and health factors, as well as the components of each. Health outcomes represent how healthy a county is, and rankings are based on measures of mortality (how long people live) and morbidity (how healthy people feel while alive). Health factors are what influence the health of a county, and rankings

are based on scores from four types of factors: behavioral, clinical, social and economic, and environmental.

Overall, Rutherford County is ranked second healthiest among the 95 counties in Tennessee. Rutherford County has improved its health factors rank from 9 in 2010, 4 in 2011, 2 in 2012, and back to 3 for 2013. The health outcomes rank remained at 3 for 2011 and 2012 but improved to 2 for 2013. While generally healthier than most other Tennessee counties, Rutherford County exceeds the national averages in several key factors including smoking, obesity, and violent crime. The county does not meet national objectives for access to healthy foods or access to recreational facilities, which may contribute to the unfavorable obesity data. Table 1 presents selected health outcomes and health factors included in the County Health Rankings report, and the measure for both Rutherford County and Tennessee, as well as the range of minimum and maximum within the state, and the national benchmarks for selected components.

Table 1. County Health Rankings – Rutherford County, Tenn.–Overall Ranking 2

	Rutherford County	Range in Tennessee (Min–Max)	State Average	National Benchmark
Health Outcomes - Rank: 2				
MORTALITY - RANK: 3				
Premature death (years of potential life lost before age 75 per 100,000 population)	6,788	6,448–7,128	8,790	5,318
MORBIDITY - RANK: 9				
Poor or fair health (percentage of adults)	16%	12%–19%	19%	10%
Low birth weight (percentage of live births <2500 grams)	8.3%	8.0%–8.6%	9.3%	6%
Health Factors - Rank: 3				
HEALTH BEHAVIORS - RANK: 3				
Smoking (percentage of adults who currently smoke)	19%	15%–24%	23%	13%
Obesity (percentage of adults overweight or obese [BMI=>30])	30%	25%–35%	32%	25%
CLINICAL CARE - RANK: 20				
Uninsured adults (percentage of adults under age 65)	16%	14%–17%	17%	11%
Preventable hospital stays (rate per 1,000 Medicare enrollees)	95	90–101	83	47
SOCIAL AND ECONOMIC FACTORS - RANK: 2				
Graduation Rate (9th graders who graduate in four years)	92%	*	86%	*
Children in poverty (percentage under age 18)	16%	12%–20%	27%	14%
Violent crime (rate per 100,000 population)	447	*	667	66
PHYSICAL ENVIRONMENT - RANK: 75				
Air pollution-ozone (Daily Fine Particulate Matter)	14.4	14.3–14.5	13.9	8
Limited access to healthy foods (percentage of population who are low income and do not live close to a grocery store)	6%		8%	1%
Access to recreational facilities (rate of facilities per 100,000 population)	6	8		16

Source: Robert Wood Johnson Foundation, University of Wisconsin Population Health Institute, County Health Rankings and Roadmaps: A Healthier Nation County by County, 2013, Tennessee <http://www.countyhealthrankings.org/tennessee/rutherford/>; accessed March 23, 2013. *Note – blank values reflect unreliable or missing data.

Birth Outcomes

There were 3,648 live births in Rutherford County in 2011, the last year for which data are available. This was a slight decrease from the 3,766 live births in 2010.

Adverse pregnancy and birth outcomes can affect the health of the community. Low birth weight, for example, can lead to chronic health and medical problems and neonatal and infant mortality. The percent of low birth weight black infants declined from 16% in 2003 to 10.3% in 2009, with a slight increase in 2011 to 12.8%. The percent of low birth weight white infants has remained relatively stable over the same time period, with a rate of 7.2% during 2011. Percentages for black infants exceed the Healthy People 2020 target rate of 7.8%; white infants remain close to the target rate. (Figure 1). (Healthy People provides science-based, 10-year national objectives for improving the health of all Americans.)

The percentage of live births by maternal age:

	2011
Under 18	2%
18–19 yrs	7%
20–24 yrs	23%
25–34 yrs	58%
35–44 yrs	11%

Source: Tennessee Department of Health; Office of Policy, Planning and Assessment; Division of Health Statistics



There were 1,591 deaths recorded in Rutherford County in 2011, with a rate of approximately 6 deaths per 1,000 residents. Only Williamson and Montgomery Counties had a lower death rate than Rutherford.

Leading Causes of Death – Rutherford County

- Cancer
- Heart Disease
- Chronic Lower Respiratory Diseases
- Stroke
- Accidents

Leading Causes of Death - Tennessee

- Heart Disease
- Cancer
- Chronic Lower Respiratory Diseases
- Accidents
- Stroke

Sources: Tennessee Department of Health; Office of Policy, Planning and Assessment; Division of Health Statistics. Number of Deaths with Rates per 1,000 Population

The overall Rutherford County infant mortality rate in 2011 was 4.9 deaths per 1,000 live births. The overall county rate and the rate for white births increased during 2007–2009 after a steady decline from 2003 to 2007, but the rate is again decreasing. Figure 2 shows the overall county rates and rate by race of mother from 2003 to 2011. The goal for Healthy People 2020 is 6.0.

Youth

In 2012, 26% of the total population of 257,048 who live in Rutherford County are under 18 years old, representing over 66,000 youth.

Source: 2012 County Health Rankings – Rutherford County, Tenn.

According to the Tennessee Obesity Taskforce, the percentage of obese and overweight children between the ages of 10 and 17 in Tennessee is 36.5 percent (4th highest in the nation). Eighteen percent of 9th–12th graders in Tennessee are overweight, and another 17 percent are obese.

The prevalence of obesity among our youngest children is also increasing. Obesity in children ages two to four in Tennessee increased from 10 percent in 1998 to 13.8 percent in 2008. Over 29 percent of low-income children ages two to five are overweight or obese. Children who are obese in their preschool years are more likely to be obese in adolescence and adulthood, and to develop diabetes, hypertension, hyperlipidemia, asthma, and sleep apnea. Childhood obesity continues to be a significant concern.

Source: Tennessee Obesity Taskforce, www.eatwellplaymoretn.org, accessed February 4, 2013.

In 2010, over 24,000 of Rutherford County's youth were on TennCare, which represents more than 29% over the county youth population. This is compared to 42% of Tennessee youth statewide on TennCare in the same year.

Source: The Annie E. Casey Foundation – Kids Count Data Center 2012, www.datacenter.kidscount.org, accessed 2/4/2013.

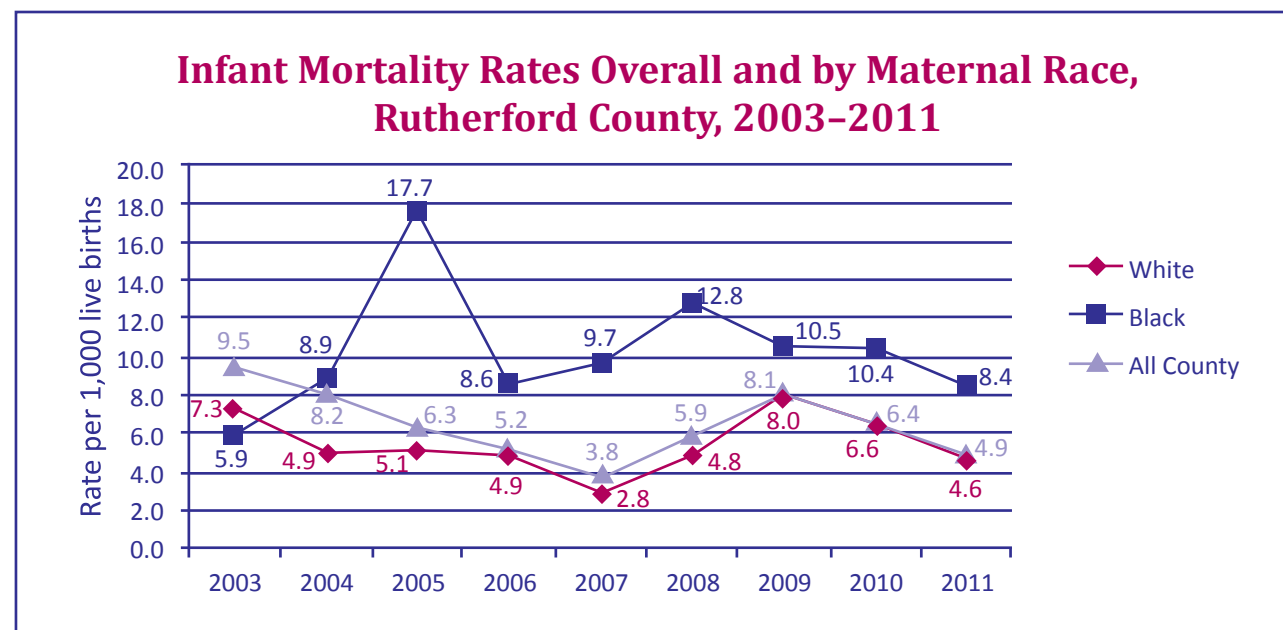
Almost 38% of Rutherford County's youth participated in the free/reduced lunch program in 2010. In 2010, 12% of young children in Rutherford County were enrolled in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), which is a federal assistance program of the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) for health care and nutrition of low-income pregnant women, breastfeeding women, and infants and children under the age of five.

Source: The Annie E. Casey Foundation – Kids Count Data Center 2012, www.datacenter.kidscount.org, accessed February 4, 2013.

Death Measures

The overall Rutherford County infant mortality rate in 2011 was 4.9 deaths per 1,000 live births. The overall county rate and the rate for white births increased during 2007–2009 after a steady decline from 2003 to 2007, but the rate is again decreasing. Figure 2 shows the overall county rates and rate by race of mother from 2003 to 2011. The goal for Healthy People 2020 is 6.0.

Figure 2



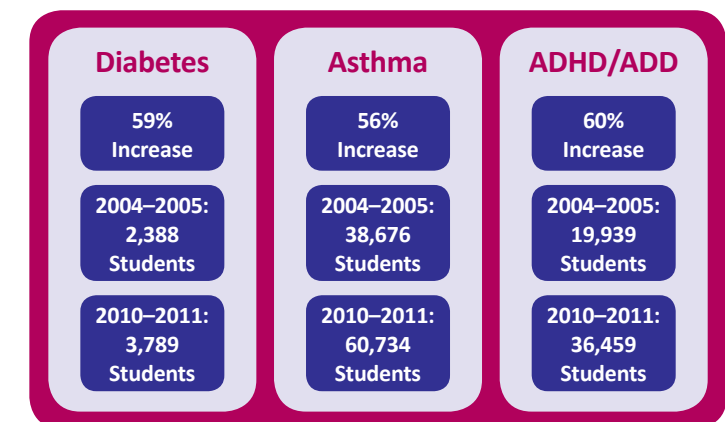
Source: Tennessee Department of Health; Office of Policy, Planning and Assessment; Division of Health Statistics

The total number of students in Tennessee with chronic illness or disability diagnoses increased by 66% between 2004–2005 and 2010–2011. During the 2010–2011 school year, 191,615 students in Tennessee public schools had a chronic illness or disability diagnosis. This represents 20.5% of all Tennessee public school students statewide. The number of students diagnosed with ADHD/ADD increased by 83% in six years. The number of students diagnosed with asthma increased by 56% and with diabetes by 59% during the same time period.

The 2011–2012 annual Office of Coordinated School Health Annual Data and Compliance Report was available as of February 2013, but was not yet approved for release at the time this publication was printed. The report should be available soon and may be accessed at www.tennessee.gov/education/schoolhealth/data_reports.

Figure 3 details the changes for the most prevalent diagnoses of Diabetes, Asthma, and ADHD/ADD.

Figure 3. Number of Tennessee students with diabetes, asthma, and ADHD/ADD diagnoses, 2004–2005 and 2010–2011 school years.



Source: Tennessee Department of Education, Office of Coordinated School Health Annual Data and Compliance Report 2010–2011. http://www.tennessee.gov/education/schoolhealth/data_reports, accessed February 4, 2013.