

HEALTH WATCH

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 and important health-related websites.

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 2014 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. They then ranked the counties on each health factor and overall. Of the 34 Health Measures, Rutherford County ranks 40th or below in ten and 10th or above in thirteen.

Overall, Rutherford County has ranked in the top three counties for the past five years.

Year	2010	2011	2012	2013	2014
Rank	3	3	3	2	2

Rutherford County ranked lower than 40th in these ten Health Measures:

- 42 Primary care physicians
- 64 Violent crime
- 45 Diabetic screening
- 66 Driving alone to work
- 50 Alcohol-impaired driving deaths
- 69 Drinking water violations
- 59 Long commute driving alone
- 77 Sexually transmitted infections
- 61 Severe housing problems
- 81 Air pollution-particulate matter

Rutherford County ranked in the top 10 for these thirteen Health Measures:

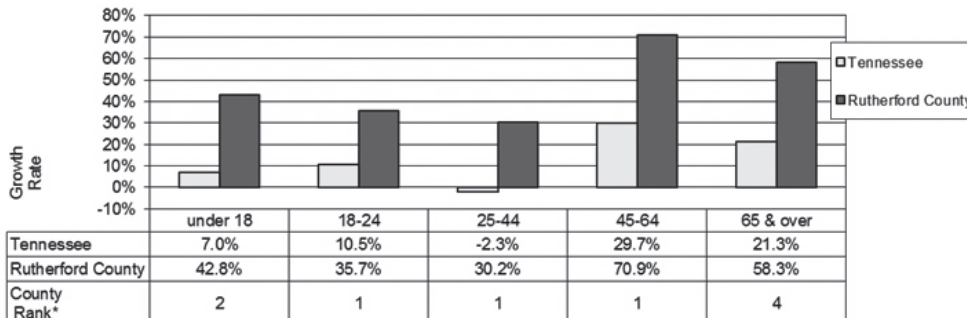
- 2 Injury deaths
- 2 Premature death
- 3 Some college
- 3 Adult smoking
- 3 Physical inactivity
- 4 Children in poverty
- 5 Poor or fair health
- 5 Unemployment
- 5 Mammography screening
- 5 Inadequate social support
- 7 Poor mental health days
- 8 Teen births
- 10 Access to exercise

Division of Policy, Planning and Assessment. 2014 Understanding County Health Trends.

Nashville: Tennessee Department of Health, Division of Policy, Planning and Assessment, Prepared by Adam C. Jarvis, April 2014

With a population of 274,454, Rutherford County is the fifth most-populated Tennessee county; eighty three percent (83%) of those inhabitants live in urban areas. The median age of Rutherford residents is thirty-two; 8.2% of the population is over sixty-five, and 26.2% are under eighteen. In 2011, Rutherford county ranked 25th in per capita personal income (\$32,404 versus \$36,567 for Tennessee). We ranked 4th on poverty rate, 12.1% of residents, unfortunately that rate is higher than the 9% of 2000. Nineteen and a half percent of county households received Supplemental Nutritional Assistance (food stamps) in 2012.

Population Growth by Age Bracket, 2000 (Census) to 2010 (Census)



Source: Tennessee Advisory Committee on Intergovernmental Relations (TACIR) 2014

Rutherford County Snapshot

Source:<http://www.countyhealthrankings.org/app/tennessee/2014/rankings/rutherford/county/outcomes/overall/additional>

	Rutherford	Tennessee
Demographics		
Population	274,454	6,456,243
% below 18 years of age	26%	23%
% 65 and older	9%	14%
% Females	51%	51%
% Rural	17%	34%
Health Outcomes		
Diabetes	10%	11%
HIV prevalence rate per 100,000	155	301
Premature age-adjusted (age 75) mortality per 100,000	365	432
Infant mortality (within 1 year, per 1,000 live births)	6	9
Child mortality (under age 18, per 100,000)	54	70
Health Behaviors		
Food insecurity	14%	18%
Limited access to healthy foods	6%	8%
Motor vehicle crash deaths per 100,000	13	19
Drug poisoning deaths per 100,000	10	15
Health Care		
Uninsured adults	21%	21%
Uninsured children	7%	6%
Health care costs	\$10,200	\$10,201
Could not see doctor due to cost	14%	17%
Social and Economic		
Median household income	\$53,566	\$42,743
Children eligible for free lunch	34%	48%
Homicide rate (deaths per 100,000)	4	8

RUTHERFORD

2014 County
2014 State

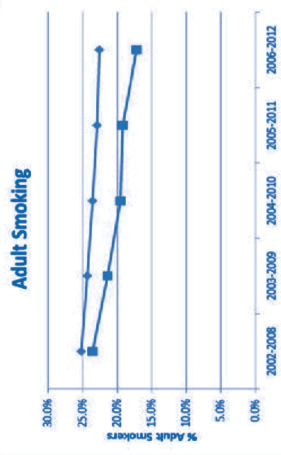
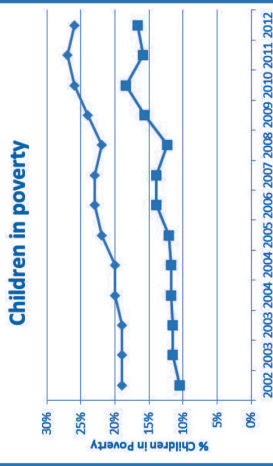
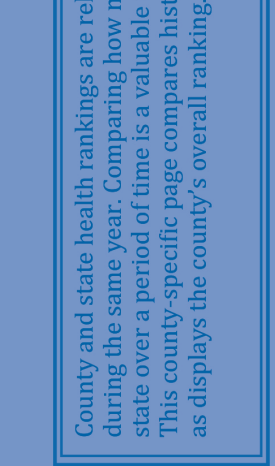
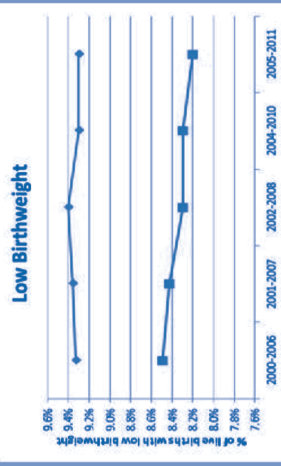
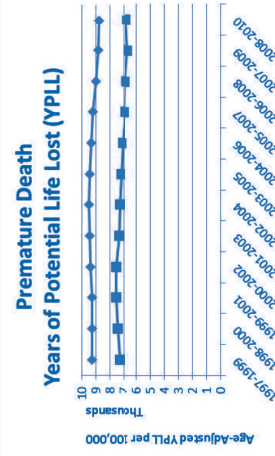
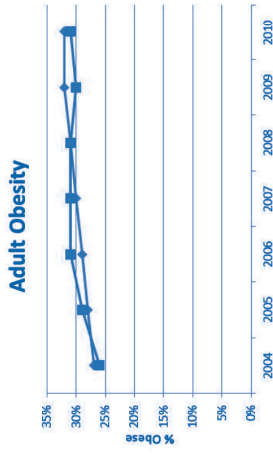
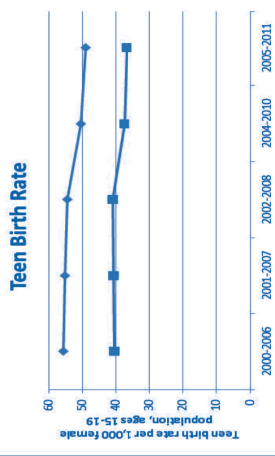
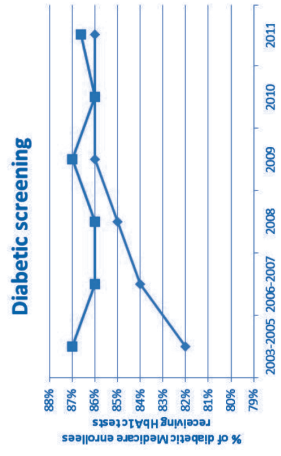
Population: 274,454
Population: 6,456,243

Median household income: \$53,1566
Median household income: \$42,743

Unemployment: 6.5%
Unemployment: 8.0%

Over 65: 8.9%
Over 65: 14.2%

Minority: 23%
Minority: 23.4%



County and state health rankings are relative to how much other counties and states improve or worsen during the same year. Comparing how much change occurred within the county in comparison to the state over a period of time is a valuable way of assessing your county's performance. This county-specific page compares historic changes in ten health measures as well as displays the county's overall ranking.

KEY
◆ Tennessee
■ County

IMPROVING

NOT IMPROVING


TENNESSEE DEPARTMENT OF HEALTH

County Overall Rank	2010	2011	2012	2013	2014
Rank	3	3	3	2	2

Source: Robert Wood Johnson Foundation & University of Wisconsin Population Health Institute, County Health Rankings and Roadmaps, 2014. url: <http://www.countyhealthrankings.org/>

Driving and Health

Four of the Health Measures on which Rutherford County ranks below 40th are related to driving:

- 50th on alcohol-impaired driving deaths,
- 59th on long commute driving alone,
- 66th on driving alone to work, and
- 51st on air pollution-particulate matter.

To move from a rank of 50 into the top ten on alcohol-impaired driving deaths, we need to reduce the number of alcohol-impaired driving deaths by 14%.

SmartCommute Tennessee lists ridesharing options available across the state and suggestions for creating new ones.

<http://www.tdot.state.tn.us/smartcommute/carpool.htm>

The site lists benefits of carpooling:

- Less stress commuting to and from work;
- Financial savings by sharing the cost of the commute;
- No more driving around looking for parking;
- Relaxation, as a rider you have some free time;
- Reduced travel time if an HOV lane is available; and
- Helping protect the environment with a reduction in pollution through less auto emissions

There are several established options for people commuting between Nashville, Smyrna, and Murfreesboro or who work in Nashville or Murfreesboro. Commuters in other locations may need to use the options that match individuals with specific schedules and destinations or may benefit from Park and Ride, vanpooling, and ride-sharing programs.

Diabetic Screening

Rutherford County ranks 45th in the percent of diabetic Medicare enrollees who receive HbA1c screening, a blood test that computes average blood sugar levels over several months. HbA1c screening is valuable because it measures risk factors for diabetes complications. To reach the top ten Rutherford County would need to screen an additional 3/100 diabetic Medicare enrollees.

Small Starts to Good Health—<http://healthiertn.com>

The Healthier Tennessee website lists simple things that children through retirees can do to take small steps to improve their health and the health of their loved ones and coworkers. These simple actions can help you adopt good habits, reduce your risk of getting sick, give you more energy, increase your chances of staying healthy well into your nineties, and increase your quality of life—most won't cost you a dime.

Health-Related Data and Center Project and Partner Websites

- Centers for Disease Control and Prevention: www.cdc.gov
- Driving Your County to the Top Ten: http://health.state.tn.us/statistics/PdfFiles/TDH_2014_Drive_Your_County_to_Top_Ten_Report_No34321_8.pdf
- 2014 Understanding County Health Trends: http://health.state.tn.us/statistics/PdfFiles/TDH_2014_Understanding_County_Health_Trends_343250.pdf
- Tennessee State Health Plan 2012: <http://www.tennessee.gov/hsda/pdfs/State%20Health%20Plan%202012%20May%2023%202013%20FINAL.pdf>
- Health Information Tennessee, Tennessee Department of Health: <http://hit.state.tn.us/home.aspx>
- Healthy People 2020: www.healthypeople.gov
- County Health Rankings: www.countyhealthrankings.org
- Tennessee Institute of Public Health: www.etsu.edu/tniph
- Tennessee Obesity Taskforce: www.eatwellplaymoretn.org
- Tennessee Cancer Control Project: http://health.state.tn.us/cccp/TN_Cancer_Coalition_State_Plan_2013-2017.pdf
- Tennessee Comprehensive Cancer Control Coalition: <http://health.tn.gov/cccp/index.htm>
- Tennessee Department of Health: <http://health.state.tn.us/index.htm>
- Kids Count Data Center: <http://datacenter.kidscount.org/>
- Wellness Council of Rutherford County
- United States Department of Labor, Bureau of Labor Statistics: www.bls.gov
- Tennessee Tobacco Quitline: 1-800-QUIT-NOW (1-800-784-8669) – <http://health.state.tn.us/tobaccoquitline.htm>

Prepared by the Center for Health and Human Services, Middle Tennessee State University • Director, M. Jo Edwards, Ed.D., Adams Chair of Excellence in Health Care Services

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 Tennessee Comprehensive Cancer Control Program, Prevention through Understanding: Investigating Unexpected Child Death, SIDS Risk Reduction Education, Anti-Tobacco Advocacy Initiative, and Rutherford SMART Moms.

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.

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