

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, birth outcomes, death measures, youth and senior adult health trends, and important health-related Web sites 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 County Health Rankings. The report ranks counties in Tennessee 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 third healthiest** among the 95 counties in Tennessee. While generally healthier than most other Tennessee counties, Rutherford County exceeds the national averages in three key factors: smoking, obesity, and violent crime. **Table 1** presents selected health outcomes and health factors included in the county health rankings report and the measures for both Rutherford County and Tennessee as well as the range of minimum and maximum within the state and comparisons to national averages for selected components.

Table 1. County Health Rankings – Rutherford County, TN

	Rutherford County	Range in Tennessee (Min-Max)	State Average	US Average ¹
Health Outcomes - Rank: 3				
MORTALITY - RANK: 3				
Premature death (years of potential life lost before age 75 per 100,000 population)	7,103	4,204–15,064	9,378	7,511
MORBIDITY - RANK: 16				
Poor or fair health (percentage of adults)	18%	8%–31%	19%	
Health Factors - Rank: 9				
HEALTH BEHAVIORS - RANK: 32				
Smoking (percentage of adults who currently smoke)	24%	15%–40%	25%	18%
Obesity (percentage of adults overweight or obese (BMI=>30))	31%	25%–38%	31%	27%
CLINICAL CARE - RANK: 16				
Uninsured adults (percentage of adults under age 65)	14%	10%–21%	15%	15%
SOCIAL AND ECONOMIC FACTORS - RANK: 4				
Graduation Rate (9th graders who graduate in 4 years)	83%	35%–100%	71%	73%
Children in poverty (percentage under age 18)	14%	6%–45%	23%	19%
Violent crime (rate per 100,000 population)	534	74–1,529	755	454.5
PHYSICAL ENVIRONMENT - RANK: 65				
Air pollution, particulate matter (number of annual unhealthy air quality days)	1	0–11	2	
Air pollution, ozone (number of annual unhealthy air quality days)	4	0–30	3	
Access to healthy foods (percentage of zip codes with healthy food outlet)	38%	10%–100%	41%	

Source: Robert Wood Johnson Foundation, University of Wisconsin Population Health Institute, County Health Rankings Mobilizing Action Toward Community Health 2010, Tennessee, www.countyhealthrankings.org/tennessee, accessed February 22, 2010; ¹United Health Foundation, America’s Health Rankings, www.americashealthrankings.org, accessed February 24, 2010.

Birth Outcomes

There were 3,976 live births in Rutherford County in 2007, the last year for which data are available. This was an increase of 8 percent over the 3,641 live births in 2006.

Adverse pregnancy and birth outcomes can impact the health of the community. Low birth weight, for example, can lead to chronic health and medical problems as well as neonatal and infant mortality. Since 2003, the percentage of low birth weight black infants has declined 3.6%, and the percentage of low birth weight white infants has declined 1.6%. The percentage of low birth weight black infants remains higher than that of white infants. Additionally, percentages for both groups exceed the Healthy People 2010 target rate of 5%. (Figure 1).

The percentage of live births by maternal age in 2007:

Under 18	3%
18–19 yrs.	7%
20–24 yrs.	26%
25–34 yrs.	53%
35–44 yrs.	11%

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

Figure 1. Percent Low Birth Weight Births by Maternal Race, Rutherford County, 2003-2007

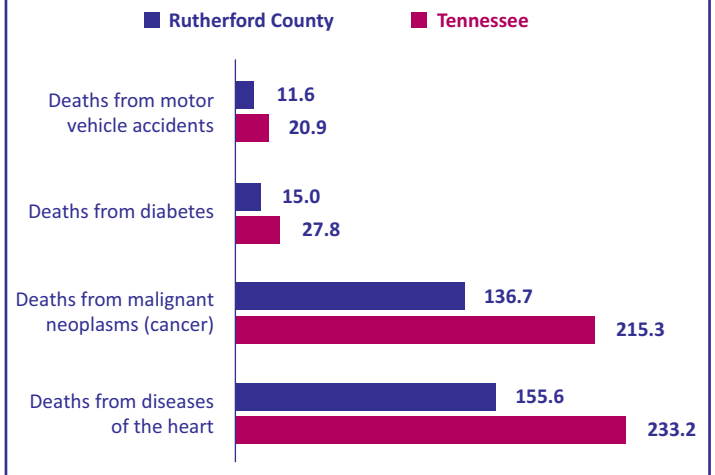


Source: Tennessee Department of Health; Office of Policy, Planning, and Assessment; Division of Health Statistics

Death Measures

There were 1,347 deaths recorded in Rutherford County in 2007, a rate of approximately 6 deaths per 1,000 residents. Of the 95 Tennessee counties, only Williamson had a lower death rate than Rutherford. Death rates in Rutherford County are consistently lower than the statewide rates, as reflected in Figure 2.

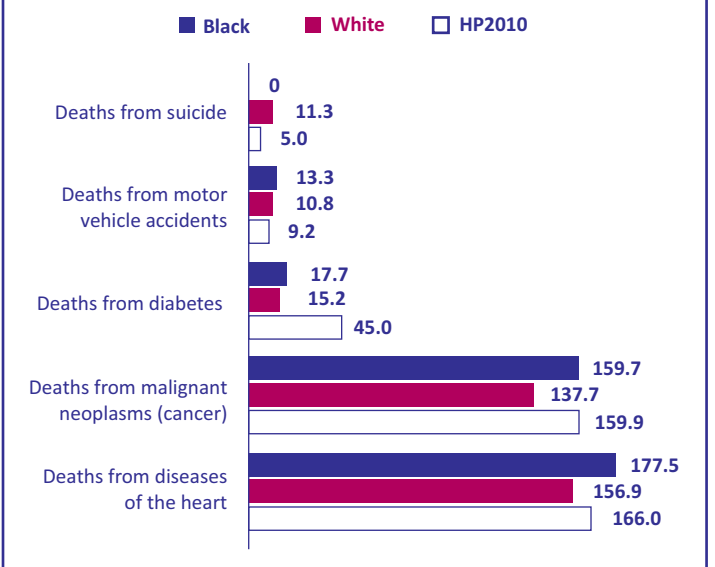
Figure 2. Deaths per 100,000 population, by Cause of Death, 2007



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

Figure 3 presents and compares 2007 death rates by race and selected causes of death to the Healthy People 2010 target rates. (Healthy People 2010 is a comprehensive set of disease prevention and health promotion objectives for the nation to achieve over the first decade of the new century.)

Figure 3. Death Rates per 100,000 population by Race and Cause of Death, Rutherford County, 2007



Sources: Tennessee Department of Health; Office of Policy, Planning, and Assessment; Division of Health Statistics; and Healthy People 2010

Youth

The Tennessee Coordinated School Health Office reported in their 2008–2009 Executive Summary that the prevalence of childhood obesity in Tennessee waned in the past year, resulting in over 8,000 more children with a body mass index classified as a healthy weight. Childhood obesity continues to be a significant concern, however: two out of five Tennessee students are still classified as either overweight or obese.

Table 2 lists the average five-year rates for a selection of health indicators for youth in Rutherford County. These indicators are all lower than the statewide average.

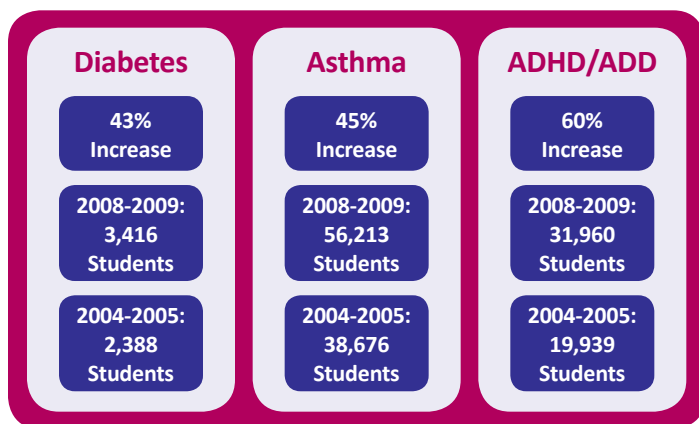
Table 2. Health Comparisons, 5-year average 2003–2007

Health Indicator	Rutherford County	Tennessee
Percentage of Youth in TennCare (under age 21)	25.5%	38.5%
Substantiated Child Abuse/Neglect Rate (per 1,000 children under 18)	7.36	9.76
Infant Death Rate (per 1,000 births)	5.44	8.72
Child Death Rate (aged 1–14 per 100,000 children)	17.86	22.12

Source: The Annie E. Casey Foundation, KIDS COUNT Data Center, datacenter.kidscount.org, accessed 1/4/2010

The total number of **students in Tennessee with chronic illness or disability diagnoses increased by 85%** between 2004–2005 and 2008–2009. **Figure 4** details the changes for the most prevalent diagnoses of diabetes, asthma, and ADHD/ADD.

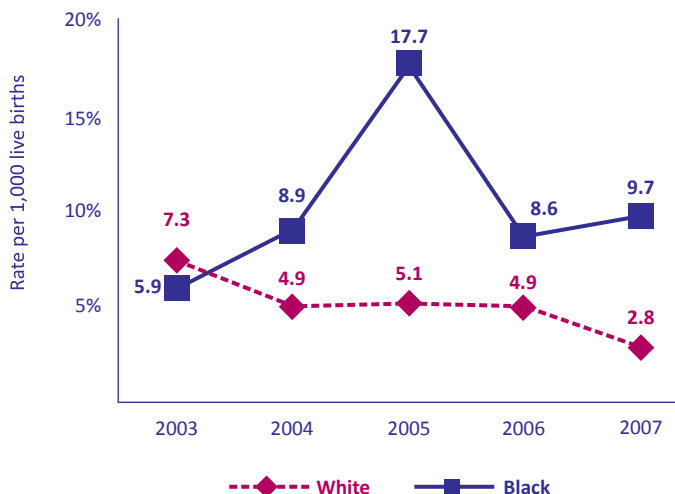
Figure 4. Number of Tennessee students with diabetes, asthma, and ADHD/ADD diagnoses, 2004–2005 and 2008–2009 school years.



Source: Tennessee Department of Education, Office of Coordinated School Health Annual Data and Compliance Report 2008–2009.

The overall Rutherford County infant mortality rate in 2007 was 3.8 deaths per 1,000 live births, lower than the Healthy People 2010 goal of 4.5. **Figure 5** shows the rates by race of mother. The rate for white births has decreased since 2003; however, the rate for black births has seen an increase during the same period.

Figure 5. Infant Mortality Rates by Maternal Race, Rutherford County, 2003



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

Senior Adults

2008 census estimates indicate there are 19,712 adults 65 years and over in Rutherford County and of those:

- 36.2%** have some type of disability,
- 35.5%** are overweight,* and
- 26.1%** are obese.*

*Regional data – Nashville-Davidson-Murfreesboro Metropolitan Statistical Area.

Sources: 2008 American Community Survey 1-year Estimates- Rutherford County, U.S. Census Bureau American FactFinder; Centers for Disease Control and Prevention-CDC, Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia; U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010.

Rutherford County population projections for adults 65 years and older:

- Year 2009:** 20,406 - 11.1% of population
- Year 2012:** 23,555 - 12.1% of population
- Year 2020:** 35,792 - 16.1% of population

Source: Tennessee Commission on Aging and Disability Needs Assessment, Key Social and Health Indicators Report, February 2009.

The average life expectancy in Rutherford County is 76.2 years.

Web Sites for Health-Related Data

Center for Disease Control and Prevention

www.cdc.gov

Community Health Status Indicators, U.S. Department for Health and Human Services

<http://communityhealth.hhs.gov/>

Tennessee State Health Plan

<http://tn.gov/finance/healthplanning/stateHealthPlan.shtml>

Health Information Tennessee, Tennessee Department of Health

<http://hit.state.tn.us/home.aspx>

Healthy People 2010

www.healthypeople.gov

County Health Rankings

www.countyhealthrankings.org

Tennessee Institute of Public Health

<http://tennessee.gov/tniph/>

Health Care Career Map

www.healthcarecareermap.org

Prevention through Understanding: Investigating Unexpected Child Death

www.mtsu.edu/learn/sids

Student Outreach Tobacco Prevention Program (STOP)

<http://tennessee.gov/thec/Divisions/GEARUP/STOP/stop.html>

Tennessee Comprehensive Cancer Control Plan

http://health.state.tn.us/CCCP/TCCC_Plan.pdf

Tennessee Department of Health

<http://health.state.tn.us/index.htm>

Tennessee Tobacco QuitLine

1-800-QUIT-NOW (1-800-784-8669)

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