



# TENNESSEE

## DAVIDSON REGION HEALTH & WELL-BEING INDEX 2017

#2 out of 14 regions

DAVIDSON  
REGION  
overall score

**6.9**  
out of 10



Davidson County

### HOW ARE TENNESSEANS IN THE DAVIDSON REGION DOING?



#### ADULTS

REGIONAL  
AVERAGE NATIONAL  
AVERAGE

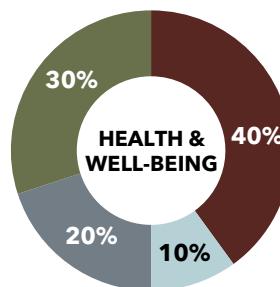
|                                     |     |         |
|-------------------------------------|-----|---------|
| Overweight or obese                 | 64% | vs. 64% |
| Diagnosed with high blood pressure  | 28% | vs. 31% |
| Report their health as fair or poor | 20% | vs. 17% |
| Diagnosed with diabetes             | 14% | vs. 10% |
| Diagnosed with asthma               | 9%  | vs. 14% |



#### CHILDREN

|                     |     |         |
|---------------------|-----|---------|
| Overweight or obese | 37% | vs. 33% |
|---------------------|-----|---------|

### HOW DOES THE REGION SCORE ON THE DRIVERS OF HEALTH?



#### DAVIDSON REGION DOMAIN SCORES

|            |                                                                  |
|------------|------------------------------------------------------------------|
| <b>7.1</b> | <b>Social &amp; Economic Environment</b><br>#8 out of 14 regions |
| <b>5.5</b> | <b>Health Behavior</b><br>#1 out of 14 regions                   |
| <b>7.8</b> | <b>Clinical Care</b><br>#7 out of 14 regions                     |
| <b>8.4</b> | <b>Physical Environment</b><br>#2 out of 14 regions              |

### AREAS OF STRENGTH

|                                      |  |            |
|--------------------------------------|--|------------|
| Access to exercise opportunities     |  | <b>86%</b> |
| Adults with a primary care physician |  | <b>72%</b> |
| Adults who are physically active     |  | <b>74%</b> |

### AREAS FOR IMPROVEMENT

|                                                     |  |            |
|-----------------------------------------------------|--|------------|
| Children who are food insecure                      |  | <b>22%</b> |
| Adults who smoke cigarettes                         |  | <b>21%</b> |
| Pregnant women who receive inadequate prenatal care |  | <b>46%</b> |

SAME AS  
2016 SCORE OF  
**6.9**

WORSE BETTER  
0 10

## Table 8. Davidson Region Metrics

|                                                                                                                                        | MOST RECENT<br>TENNESSEE<br>DATA | NATIONAL<br>AVERAGE            | BETTER/WORSE<br>THAN NATIONAL<br>AVERAGE |
|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|--------------------------------|------------------------------------------|
| <b>Social &amp; Economic Environment Domain</b>                                                                                        |                                  |                                |                                          |
| Adults with some college education (2014)                                                                                              | 67.0%                            | 46.1%                          | <b>BETTER</b>                            |
| Black-White Residential Segregation Index (2014)                                                                                       | 49                               | 59                             | <b>BETTER</b>                            |
| Childless household that are food insecure (2014)                                                                                      | 17.3%                            | 13.0%                          | <b>WORSE</b>                             |
| Children who are food insecure (2014)                                                                                                  | 21.6%                            | 17.0%                          | <b>WORSE</b>                             |
| Children who live in poverty (2014)                                                                                                    | 31.5%                            | 19.7%                          | <b>WORSE</b>                             |
| High School Graduation rate (2015)                                                                                                     | 81.5%                            | 82.0%                          | <b>SAME</b>                              |
| Income Inequality Index (2015)                                                                                                         | 48.8                             | 47.9                           | <b>SAME</b>                              |
| Individuals who live in poverty (2014)                                                                                                 | 19.9%                            | 12.4%                          | <b>WORSE</b>                             |
| Unemployment rate (2014)                                                                                                               | 5.1%                             | 6.2%                           | <b>BETTER</b>                            |
| White-Non-White Residential Segregation Index (2014)                                                                                   | 43                               | 41                             | <b>WORSE</b>                             |
| <b>Health Behavior Domain</b>                                                                                                          |                                  |                                |                                          |
| Adults currently smoking cigarettes (2013)                                                                                             | 20.9%                            | 16.8%                          | <b>WORSE</b>                             |
| Adults who are physically inactive (2012)                                                                                              | 25.8%                            | 29.6%                          | <b>BETTER</b>                            |
| Adults who eat 5 or more servings of fruits and vegetables each day (2013)                                                             | 11.6%<br>combined                | 13.1% fruit<br>8.9% vegetables | -                                        |
| <b>Clinical Care Domain</b>                                                                                                            |                                  |                                |                                          |
| Adults who are uninsured (2014)                                                                                                        | 19.7%                            | 10.4%                          | <b>WORSE</b>                             |
| Adults who avoided medical care in the last 12 months due to cost (2013)                                                               | 16.8%                            | 15.3%                          | <b>WORSE</b>                             |
| Adults with a primary care physician (2013)                                                                                            | 72.0%                            | 69.9%                          | <b>BETTER</b>                            |
| Adults with diabetes receiving at least 2 HbA1c measurements in the last year (2013)                                                   | 86.5%                            | 84.9%                          | <b>BETTER</b>                            |
| Children who are uninsured (2013)                                                                                                      | 6.6%                             | 7.5%                           | <b>BETTER</b>                            |
| Medicare enrollees readmitted within 30 days of a hospital discharge (2013)                                                            | 18.8%                            | 18.0%                          | <b>SAME</b>                              |
| Pregnant women who receive adequate prenatal care (2015)                                                                               | 54.0%                            | 74.4%                          | <b>WORSE</b>                             |
| Women who have received a pap test within the past 3 years (2013)                                                                      | 81.7%                            | 75.2%                          | <b>BETTER</b>                            |
| Women, 40 and older, who have received a mammogram in the past 2 years (2013)                                                          | 82.5%                            | 73.0%                          | <b>BETTER</b>                            |
| <b>Physical Environment Domain</b>                                                                                                     |                                  |                                |                                          |
| Adults with at least 1 of 4 housing problems: overcrowding, high housing costs, lack of kitchen, or lack of plumbing facilities (2012) | 18.8%                            | 19.0%                          | <b>SAME</b>                              |
| Individuals with access to exercise opportunities (e.g. parks, gyms, YMCAs, community centers, dance studios, pools) (2014)            | 86.4%                            | 77.0%                          | <b>BETTER</b>                            |

**Table 16. Comparison of 2017 and 2016 Index and Domain Scores**

|                         | Health & Well-Being Index |      |    | Social & Economic Environment Domain |      |    | Health Behavior Domain |      |    | Clinical Care Domain |      |    | Physical Environment Domain |      |    |
|-------------------------|---------------------------|------|----|--------------------------------------|------|----|------------------------|------|----|----------------------|------|----|-----------------------------|------|----|
|                         | 2016                      | 2017 |    | 2016                                 | 2017 |    | 2016                   | 2017 |    | 2016                 | 2017 |    | 2016                        | 2017 |    |
| <b>Tennessee</b>        | 6.5                       | 6.6  | ▲  | 6.5                                  | 6.8  | ▲  | 5.0                    | 5.1  | ▲  | 8.0                  | 8.0  | ▲▼ | 7.7                         | 7.7  | ▲▼ |
| <b>Northeast</b>        | 6.5                       | 6.5  | ▲▼ | 6.9                                  | 7.0  | ▲  | 4.8                    | 4.8  | ▲▼ | 7.7                  | 7.7  | ▼  | 7.5                         | 7.4  | ▼  |
| <b>East</b>             | 6.6                       | 6.4  | ▼  | 6.9                                  | 7.0  | ▲  | 4.8                    | 4.8  | ▲▼ | 8.1                  | 7.5  | ▼  | 7.4                         | 7.2  | ▼  |
| <b>Knox</b>             | 7.0                       | 6.9  | ▼  | 7.3                                  | 7.3  | ▲▼ | 5.4                    | 5.3  | ▼  | 8.2                  | 7.9  | ▼  | 8.2                         | 8.2  | ▲▼ |
| <b>Upper-Cumberland</b> | 6.5                       | 6.4  | ▼  | 6.9                                  | 7.0  | ▲  | 5.1                    | 4.9  | ▼  | 7.9                  | 7.7  | ▼  | 6.6                         | 6.0  | ▼  |
| <b>Southeast</b>        | 6.5                       | 6.5  | ▲▼ | 7.1                                  | 7.1  | ▲▼ | 4.8                    | 4.7  | ▼  | 7.8                  | 7.6  | ▼  | 7.0                         | 6.8  | ▼  |
| <b>Hamilton</b>         | 6.7                       | 6.8  | ▲  | 6.9                                  | 7.0  | ▲  | 5.1                    | 5.4  | ▲  | 7.8                  | 7.9  | ▲  | 8.2                         | 8.3  | ▲  |
| <b>Davidson</b>         | 6.9                       | 6.9  | ▲▼ | 7.1                                  | 7.1  | ▲▼ | 5.5                    | 5.5  | ▲▼ | 7.8                  | 7.8  | ▲▼ | 8.4                         | 8.4  | ▲▼ |
| <b>Mid-Cumberland</b>   | 6.8                       | 6.9  | ▲  | 7.3                                  | 7.6  | ▲  | 5.1                    | 5.1  | ▲▼ | 8.1                  | 7.9  | ▼  | 7.3                         | 7.3  | ▲▼ |
| <b>South Central</b>    | 6.5                       | 6.6  | ▲  | 7.2                                  | 7.3  | ▲  | 4.7                    | 5.0  | ▲  | 7.8                  | 7.6  | ▼  | 6.6                         | 6.3  | ▼  |
| <b>Northwest</b>        | 6.5                       | 6.5  | ▲▼ | 7.1                                  | 7.1  | ▲▼ | 4.8                    | 4.9  | ▲  | 7.6                  | 7.8  | ▲  | 6.8                         | 6.6  | ▼  |
| <b>Southwest</b>        | 6.4                       | 6.4  | ▲▼ | 7.1                                  | 7.1  | ▲▼ | 4.7                    | 4.5  | ▼  | 7.8                  | 7.7  | ▼  | 6.3                         | 6.3  | ▲▼ |
| <b>Shelby</b>           | 6.5                       | 6.6  | ▲  | 6.5                                  | 6.5  | ▲▼ | 5.4                    | 5.4  | ▲▼ | 7.6                  | 7.8  | ▲  | 8.4                         | 8.4  | ▲▼ |
| <b>Madison</b>          | 6.7                       | 6.7  | ▲▼ | 7.1                                  | 7.1  | ▲▼ | 5.2                    | 5.1  | ▼  | 8.0                  | 7.9  | ▼  | 7.5                         | 7.8  | ▲  |
| <b>Sullivan</b>         | 6.8                       | 6.7  | ▼  | 7.2                                  | 7.2  | ▲▼ | 4.8                    | 4.7  | ▼  | 8.0                  | 7.9  | ▼  | 8.3                         | 8.3  | ▲▼ |