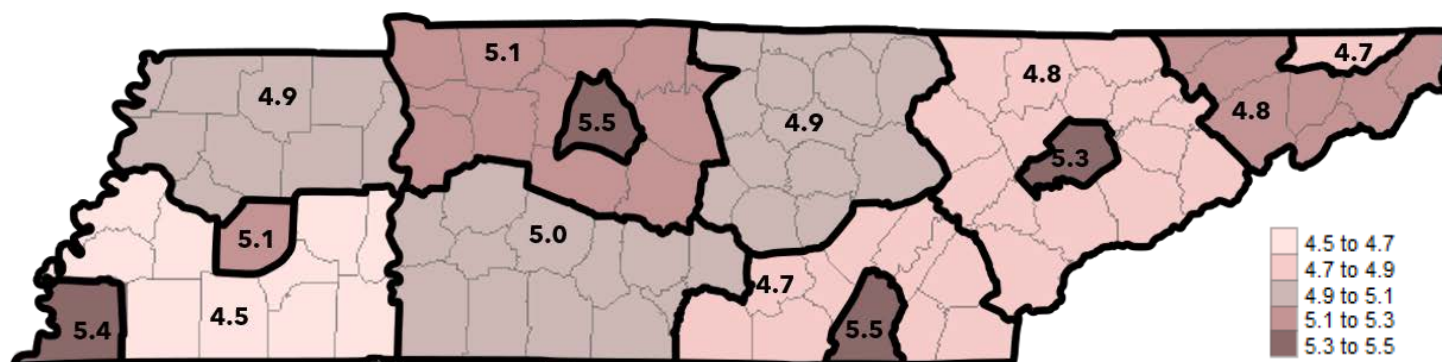




**HEALTH BEHAVIOR
contributes 30%
to a person's health.**

Why is health behavior important for health?

A person's health behavior has a large impact on the length and quality of their life. **Smoking, physical activity, and diet are highly significant health behaviors.**⁵ These three health behaviors are associated with a person's risk for developing many chronic illnesses such as diabetes, cardiovascular disease, cancer, and obesity.¹⁰ Modifications in these three areas can bring about great changes in health outcomes and quality of life. While health behaviors are a personal choice, a person's environment can encourage or discourage healthy behaviors.



**BETTER THAN
2016 SCORE OF
5.0**

**HEALTH
BEHAVIOR
Domain Scores
by Region**

4.5 to 4.7
4.7 to 4.9
4.9 to 5.1
5.1 to 5.3
5.3 to 5.5

METRIC	MOST RECENT TENNESSEE DATA	NATIONAL AVERAGE	BETTER/WORSE THAN NATIONAL AVERAGE
Adults currently smoking cigarettes (2013)	24.3%	16.8%	WORSE
Adults who are physically inactive (2012)	32.0%	29.6%	WORSE
Adults who eat 5 or more servings of fruits and vegetables each day (2013)	9.2% combined	13.1% fruits 8.9% vegetables	--

Table 1. Statewide Tennessee Metrics

	MOST RECENT TENNESSEE DATA	NATIONAL AVERAGE	BETTER/WORSE THAN NATIONAL AVERAGE
Social & Economic Environment Domain			
Adults with some college education (2014)	58.2%	46.1%	BETTER
Black-White Residential Segregation Index (2014)	67	59	WORSE
Childless household that are food insecure (2014)	16.9%	13.0%	WORSE
Children who are food insecure (2014)	24.0%	17.0%	WORSE
Children who live in poverty (2014)	25.9%	19.7%	WORSE
High School Graduation rate (2015)	87.7%	82.0%	BETTER
Income Inequality Index (2015)	47.7	47.9	SAME
Individuals who live in poverty (2014)	18.2%	12.4%	WORSE
Unemployment rate (2014)	6.7%	6.2%	WORSE
White-Non-White Residential Segregation Index (2014)	59	41	WORSE
Health Behavior Domain			
Adults currently smoking cigarettes (2013)	24.3%	16.8%	WORSE
Adults who are physically inactive (2012)	32.0%	29.6%	WORSE
Adults who eat 5 or more servings of fruits and vegetables each day (2013)	9.2% combined	13.1% fruit 8.9% vegetables	-
Clinical Care Domain			
Adults who are uninsured (2014)	17.4%	10.4%	WORSE
Adults who avoided medical care in the last 12 months due to cost (2013)	17.6%	15.3%	WORSE
Adults with a primary care physician (2013)	77.0%	69.9%	BETTER
Adults with diabetes receiving at least 2 HbA1c measurements in the last year (2013)	86.6%	84.9%	BETTER
Children who are uninsured (2013)	5.3%	7.5%	BETTER
Medicare enrollees readmitted within 30 days of a hospital discharge (2013)	17.9%	18.0%	SAME
Pregnant women who receive adequate prenatal care (2015)	56.6%	74.4%	WORSE
Women who have received a pap test within the past 3 years (2013)	80.1%	75.2%	BETTER
Women, 40 and older, who have received a mammogram in the past 2 years (2013)	73.3%	73.0%	SAME
Physical Environment Domain			
Adults with at least 1 of 4 housing problems: overcrowding, high housing costs, lack of kitchen, or lack of plumbing facilities (2012)	16.6%	19.0%	BETTER
Individuals with access to exercise opportunities (e.g. parks, gyms, YMCAs, community centers, dance studios, pools) (2014)	69.3%	77.0%	WORSE

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	
Tennessee	6.5	6.6	▲	6.5	6.8	▲	5.0	5.1	▲	8.0	8.0	▲▼	7.7	7.7	▲▼
Northeast	6.5	6.5	▲▼	6.9	7.0	▲	4.8	4.8	▲▼	7.7	7.7	▼	7.5	7.4	▼
East	6.6	6.4	▼	6.9	7.0	▲	4.8	4.8	▲▼	8.1	7.5	▼	7.4	7.2	▼
Knox	7.0	6.9	▼	7.3	7.3	▲▼	5.4	5.3	▼	8.2	7.9	▼	8.2	8.2	▲▼
Upper-Cumberland	6.5	6.4	▼	6.9	7.0	▲	5.1	4.9	▼	7.9	7.7	▼	6.6	6.0	▼
Southeast	6.5	6.5	▲▼	7.1	7.1	▲▼	4.8	4.7	▼	7.8	7.6	▼	7.0	6.8	▼
Hamilton	6.7	6.8	▲	6.9	7.0	▲	5.1	5.4	▲	7.8	7.9	▲	8.2	8.3	▲
Davidson	6.9	6.9	▲▼	7.1	7.1	▲▼	5.5	5.5	▲▼	7.8	7.8	▲▼	8.4	8.4	▲▼
Mid-Cumberland	6.8	6.9	▲	7.3	7.6	▲	5.1	5.1	▲▼	8.1	7.9	▼	7.3	7.3	▲▼
South Central	6.5	6.6	▲	7.2	7.3	▲	4.7	5.0	▲	7.8	7.6	▼	6.6	6.3	▼
Northwest	6.5	6.5	▲▼	7.1	7.1	▲▼	4.8	4.9	▲	7.6	7.8	▲	6.8	6.6	▼
Southwest	6.4	6.4	▲▼	7.1	7.1	▲▼	4.7	4.5	▼	7.8	7.7	▼	6.3	6.3	▲▼
Shelby	6.5	6.6	▲	6.5	6.5	▲▼	5.4	5.4	▲▼	7.6	7.8	▲	8.4	8.4	▲▼
Madison	6.7	6.7	▲▼	7.1	7.1	▲▼	5.2	5.1	▼	8.0	7.9	▼	7.5	7.8	▲
Sullivan	6.8	6.7	▼	7.2	7.2	▲▼	4.8	4.7	▼	8.0	7.9	▼	8.3	8.3	▲▼