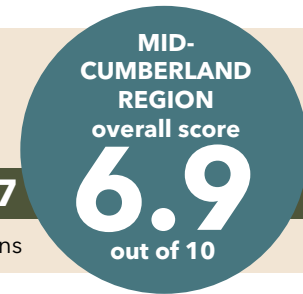




TENNESSEE

MID-CUMBERLAND REGION HEALTH & WELL-BEING INDEX 2017

#3 out of 14 regions



Cheatham, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Stewart, Sumner, Trousdale, Williamson & Wilson Counties

HOW ARE TENNESSEANS IN THE MID-CUMBERLAND REGION DOING?



ADULTS

REGIONAL AVERAGE NATIONAL AVERAGE

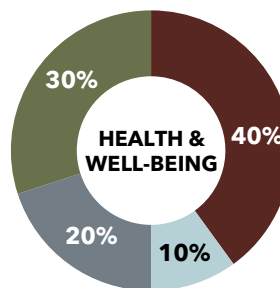
Overweight or obese	69%	vs. 64%
Diagnosed with high blood pressure	39%	vs. 31%
Report their health as fair or poor	15%	vs. 17%
Diagnosed with diabetes	8%	vs. 10%
Diagnosed with asthma	11%	vs. 14%



CHILDREN

Overweight or obese	38%	vs. 33%
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HOW DOES THE REGION SCORE ON THE DRIVERS OF HEALTH?



MID-CUMBERLAND REGION DOMAIN SCORES

- 7.6** Social & Economic Environment #1 out of 14 regions
- 5.1** Health Behavior #6 out of 14 regions
- 7.9** Clinical Care #4 out of 14 regions
- 7.3** Physical Environment #8 out of 14 regions

AREAS OF STRENGTH

High school graduation rate		94%
Adults with a primary care physician		77%
Adults who avoided needed care due to cost		11%

AREAS FOR IMPROVEMENT

Children who are food insecure		22%
Access to exercise opportunities		59%
Pregnant women who receive inadequate prenatal care		38%



WORSE 0 **← →** 10 BETTER

Table 9. Mid-Cumberland Region Metrics

	MOST RECENT TENNESSEE DATA	NATIONAL AVERAGE	BETTER/WORSE THAN NATIONAL AVERAGE
Social & Economic Environment Domain			
Adults with some college education (2014)	57.3%	46.1%	BETTER
Black-White Residential Segregation Index (2014)	42	59	BETTER
Childless household that are food insecure (2014)	13.3%	13.0%	SAME
Children who are food insecure (2014)	21.8%	17.0%	WORSE
Children who live in poverty (2014)	19.6%	19.7%	SAME
High School Graduation rate (2015)	94.0%	82.0%	BETTER
Income Inequality Index (2015)	42.6	47.9	BETTER
Individuals who live in poverty (2014)	14.0%	12.4%	WORSE
Unemployment rate (2014)	6.6%	6.2%	SAME
White-Non-White Residential Segregation Index (2014)	31	41	BETTER
Health Behavior Domain			
Adults currently smoking cigarettes (2013)	22.9%	16.8%	WORSE
Adults who are physically inactive (2012)	33.2%	29.6%	WORSE
Adults who eat 5 or more servings of fruits and vegetables each day (2013)	8% combined	13.1% fruit 8.9% vegetables	-
Clinical Care Domain			
Adults who are uninsured (2014)	15.8%	10.4%	WORSE
Adults who avoided medical care in the last 12 months due to cost (2013)	10.8%	15.3%	BETTER
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)	85.9%	84.9%	BETTER
Children who are uninsured (2013)	5.6%	7.5%	BETTER
Medicare enrollees readmitted within 30 days of a hospital discharge (2013)	18.2%	18.0%	SAME
Pregnant women who receive adequate prenatal care (2015)	61.9%	74.4%	WORSE
Women who have received a pap test within the past 3 years (2013)	77.0%	75.2%	BETTER
Women, 40 and older, who have received a mammogram in the past 2 years (2013)	72.0%	73.0%	WORSE
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)	13.2%	19.0%	BETTER
Individuals with access to exercise opportunities (e.g. parks, gyms, YMCAs, community centers, dance studios, pools) (2014)	58.7%	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	▲▼