PROFILES OF HEALTH IN TENNESSEE

CUMBERLAND COUNTY

QUICK FACTS
2017 Population: 59,078
Age <18: 17.9%
Age 65+: 30.2%
Median Age: 51
Percent Rural: 60.9%
(Census 2010, 2017)

HEALTH OUTCOMES IN CUMBERLAND COUNTY

Overall Health Ranking (RWJF 2018)
- Cumberland: 18.7% (RWJF/CDC 2016)
- TN: 19.1% (RWJF/CDC 2014)
- US: 16.1% (RWJF/CDC 2016)
- Adult Diabetes: 12.8% (RWJF/CDC 2014)
- Poor Mental Health Days (out of 30): 4.6 (RWJF/CDC 2016)
- Obese Adults: 32.5% (RWJF/CDC 2014)
- Overweight/Obese Students: 44.7% (Kids Count 2017)
- Low Birth Weight Babies: 9.1% (Kids Count 2016)

THE DRIVERS OF HEALTH

Our behaviors, physical, social, and economic environments, and access to clinical care are all major drivers of health.

For more details, visit www.SycamoreInstituteTN.org/Counties.

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CUMBERLAND COUNTY
EXAMPLES OF THE DRIVERS OF HEALTH

SOCIAL & ECONOMIC ENVIRONMENT
influences 40% of population health

- Poverty Rate
  - 16.0% (Census 2012-16)
  - 17.2% (Census 2012-16)

- Educational Attainment (Associate’s Degree or More)
  - 25.9% (Census 2012-16)
  - 32.2% (Census 2012-16)

- Unemployment Rate
  - 4.6% (BLS 2017)
  - 3.7% (BLS 2017)

- Median Household Income
  - $40,123 (Census 2012-16)
  - $46,574 (Census 2012-16)
  - $55,322 (Census 2012-16)

- Crime Rate (per 1K pop.)
  - 52.9 (TBI 2017)
  - 85.9 (TBI 2017)

HEALTH BEHAVIOR
influences 30% of population health

- Drug Overdose Deaths (per 100K pop.)
  - CDC 2012-16
  - 17.3

- Adult Smokers
  - 19.6% (RWJF/CDC 2016)
  - 22.1% (RWJF/CDC 2016)

- Physically Inactive Adults
  - 32.1% (RWJF/CDC 2014)
  - 30.1% (RWJF/CDC 2014)

- Excessive Drinking
  - 12.9% (RWJF/CDC 2016)
  - 14.4% (RWJF/CDC 2016)

CLINICAL CARE
influences 20% of population health

- Uninsured Rate, Age <65 (Census 2016)
  - 12.3%
  - 10.6%

- Pregnant Women Receiving Adequate Prenatal Care (Kids Count 2016)
  - 77.8%
  - 52.4%

- Mental Health Providers (per 100K pop.)
  - 31
  - 135
  - 213

PHYSICAL ENVIRONMENT
influences 10% of population health

- Air Quality
  - 9.3 (CDC 2014)
  - 10.0* (CDC 2014)

- Percent with Severe Housing Problems
  - 11.3%
  - 15.1%

*TN value is the 95-county avg. US value is the national recommended maximum.

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# Quick Facts:

<table>
<thead>
<tr>
<th>Category</th>
<th>Cumberland County</th>
<th>TN</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population (2017)</td>
<td>59,078</td>
<td>6,715,984</td>
<td>325,719,178</td>
</tr>
<tr>
<td>% of population under age 18 (2017)</td>
<td>17.9%</td>
<td>22.4%</td>
<td>22.6%</td>
</tr>
<tr>
<td>% of population age 65+ (2017)</td>
<td>30.2%</td>
<td>16.0%</td>
<td>15.6%</td>
</tr>
<tr>
<td>Median age (2017)</td>
<td>51</td>
<td>39</td>
<td>38</td>
</tr>
<tr>
<td>% of population residing in a rural area (2010)</td>
<td>60.9%</td>
<td>34.4%</td>
<td>21.0%</td>
</tr>
</tbody>
</table>

# Health Outcomes:

<table>
<thead>
<tr>
<th>Category</th>
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</tr>
</thead>
<tbody>
<tr>
<td>% of adults who rate their health as “poor” or “fair” (2016)</td>
<td>18.7%</td>
<td>19.1%</td>
<td>16%</td>
</tr>
<tr>
<td>% of adults age 20+ diagnosed with diabetes (2014)</td>
<td>16.1%</td>
<td>12.8%</td>
<td>9.6%</td>
</tr>
<tr>
<td>Avg # of mentally unhealthy days reported in the past month (2016)</td>
<td>4.6</td>
<td>4.5</td>
<td>3.8</td>
</tr>
<tr>
<td>% of adults who are obese (2014)</td>
<td>32.5%</td>
<td>32.4%</td>
<td>28%</td>
</tr>
<tr>
<td>% of public school students who are overweight or obese (2017)</td>
<td>44.7%</td>
<td>39.2%</td>
<td>n/a*</td>
</tr>
<tr>
<td>% of births that are considered low birth weight births (2016)</td>
<td>9.1%</td>
<td>9.3%</td>
<td>8.2%</td>
</tr>
</tbody>
</table>

# Social & Economic Environment:

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<thead>
<tr>
<th>Category</th>
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</tr>
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<tbody>
<tr>
<td>% of people with incomes below the poverty level (2012-2016)</td>
<td>16.0%</td>
<td>17.2%</td>
<td>15.1%</td>
</tr>
<tr>
<td>% of adults age 25+ with at least an associate’s degree (2012-2016)</td>
<td>25.9%</td>
<td>32.2%</td>
<td>38.5%</td>
</tr>
<tr>
<td>% of labor force that is unemployed (2017)</td>
<td>4.6%</td>
<td>3.7%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Median household income (2012-2016)</td>
<td>$40,123</td>
<td>$46,574</td>
<td>$55,322</td>
</tr>
<tr>
<td># of crimes per 1K population (2017)</td>
<td>52.9</td>
<td>85.9</td>
<td>n/a*</td>
</tr>
</tbody>
</table>

# Health Behavior:

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<tbody>
<tr>
<td>% of drug overdose deaths per 100K population (2012-2016)</td>
<td>17.3</td>
<td>14*</td>
<td>26.5</td>
</tr>
<tr>
<td>% of adults who currently smoke cigarettes (2016)</td>
<td>19.6%</td>
<td>22.1%</td>
<td>17.1%</td>
</tr>
<tr>
<td>% of adults age 20+ reporting no leisure-time physical activity (2014)</td>
<td>32.1%</td>
<td>30.1%</td>
<td>23%</td>
</tr>
<tr>
<td>% of adults reporting binge or heavy drinking (2016)</td>
<td>12.9%</td>
<td>14.4%</td>
<td>18%</td>
</tr>
</tbody>
</table>

# Clinical Care:

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</tr>
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<tbody>
<tr>
<td>% of individuals under age 65 who are uninsured (2016)</td>
<td>12.3%</td>
<td>10.6%</td>
<td>10.0%</td>
</tr>
<tr>
<td>% of pregnant women receiving adequate prenatal care (2016)</td>
<td>77.8%</td>
<td>52.4%</td>
<td>n/a*</td>
</tr>
<tr>
<td># of mental health providers per 100K population (2017)</td>
<td>31*</td>
<td>135</td>
<td>213</td>
</tr>
</tbody>
</table>

# Physical Environment:

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Avg annual micrograms of particulate per cubic meter of air (2014)</td>
<td>9.3</td>
<td>10.0***</td>
<td>12.0***</td>
</tr>
<tr>
<td>% of households with at least 1 severe housing problem (spend &gt;50% of income on housing, overcrowded housing, or lack of complete kitchen or plumbing) (2011-2015)</td>
<td>11.3%</td>
<td>15.1%</td>
<td>18.4%</td>
</tr>
</tbody>
</table>

* "n/a" means that data are not available. In some cases, national data comparable to state/county data are unavailable. In others, low figures in some counties were suppressed for privacy reasons.
** For “Quick Facts,” a rank of 1 indicates highest value. For all other measures, a rank of 1 is best and 95 worst. For example, the county with the highest diabetes rate ranks 95th. Due to data availability, only 72 counties are ranked for overdose deaths and 87 counties for mental health providers.
*** TN value represents the 95-county average. US value represents the national recommended maximum.

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