

RUTHERFORD COUNTY HEALTH WATCH

MTSU CENTER FOR HEALTH AND HUMAN SERVICES

Director, M. Jo Edwards, Adams Chair of Excellence in Health Care Services

| | Rutherford County | Tennessee |
|------------------------------------------------------|-------------------|-----------|
| Population 2000 | 182,023 | 5,689,283 |
| Population % change 1990-2000 | +53.5% | +16.7% |
| Population % change 1990-2000 age 65 or older | +38.2% | +15.6% |
| White persons, percent (2000) | 85.7% | 80.2% |
| Black or African American persons, percent (2000) | 9.5% | 16.4% |
| Persons of Hispanic or Latino origin, percent (2000) | 2.8% | 2.2% |
| Median household income, (1997) estimate | \$43,488 | \$32,047 |
| Households with persons under age 18, % 2000 | 40.9% | 35.2% |
| Persons age 25+ with high school diploma or higher | 71.4% | 67.1% |
| Persons age 25+ with bachelor's degree or higher | 15.6% | 16% |

US Census Data. Table provided by Tennessee Small Business Center at Middle Tennessee State University

American Cancer Society Quick Facts

| | Rutherford County | Tennessee |
|--------------------------------------------------------|-------------------|-----------|
| Caucasian women ever had a mammogram | 38% | 62.8% |
| Black women ever had a mammogram | 26% | 58.4% |
| Mortality rate for breast cancer (1996 tumor registry) | 28 | 24.8 |
| Incidence rate for lung cancer | 69.5 | 79.9 |
| Incidence rate for prostate cancer | 74.2 | 24.8 |
| Death caused by cancer 1999 | 22.4% | 22.2% |
| Death caused by diseases of the heart 1999 | 30.3% | 30.3% |
| Death caused by accidents 1999 | 6.1% | 4.9% |

Mortality rates for the county were higher for both breast and lung cancer than the state or the national rates.

Breast cancer **incidence** is highest among Caucasian women. Breast cancer **mortality** is highest among Black women.

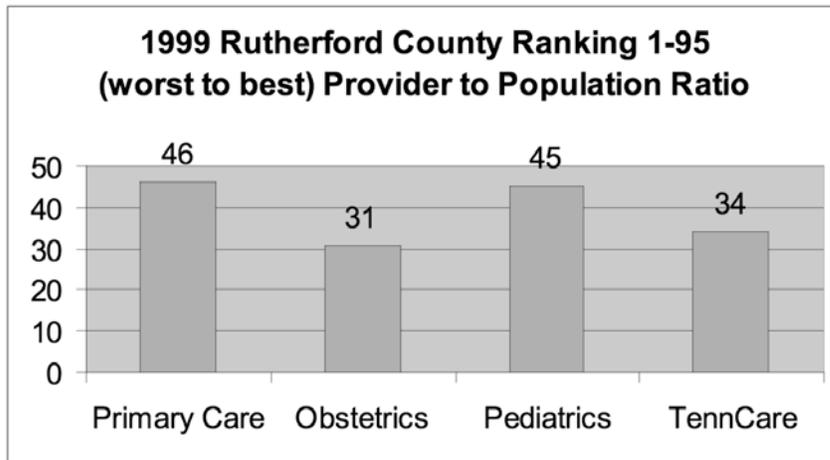
Black men are more than twice as likely to die of prostate cancer than men of other racial and ethnic groups.



What does this mean?

- **More Caucasian women get breast cancer. More Black women die from breast cancer. There are many reasons, including fear of tests, which may cause this.**
- **Mammograms are important for all women.**
- **Rates in our county are too low for this important medical test.**

| | Rutherford County | Tennessee |
|-------------------------------------|-------------------|-----------|
| Pregnancy rate ages 10-17 all races | 12.8 | 17.5 |
| Pregnancy rate ages 10-17 white | 12.2 | 13.4 |
| Pregnancy rate ages 10-17 black | 15.4 | 33.2 |
| Percent births with adequate care | 77.8% | 74.4% |
| Percent births with no care | 1.0% | 1.3% |
| Infant deaths | 12 | 597 |
| Neonatal deaths | 7 | 388 |
| Total Infant Death rate | 4.4 | 7.7 |



1999 Hospital Statistics
 Rutherford County had 1.7 (TN 4.3) licensed beds and 1.1 (TN 3.3) staffed beds per 1,000 population.

1998 Nursing Home Statistics
 Rutherford County had 64 licensed beds (TN 56) and 72.6 (TN 55.6) staffed beds per 1000 population of 65+.

| TN Behavioral Risk Factor Survey 1998 | White Males | Other Males | White Females | Other Females |
|----------------------------------------------|-------------|-------------|---------------|---------------|
| Percentage of current smoking | 28.0 | 41.4 | 22.9 | 19.4 |
| Percentage of overweight | 36.8 | 37.0 | 34.6 | 50.5 |
| Percentage respondents who reported diabetes | 5.2 | 6.7 | 6.1 | 7.7 |
| Percentage who reported no physical activity | 33.5 | 32.7 | 37.2 | 41.9 |
| Percentage respondents fair or poor health | 17.3 | 17.7 | 18.8 | 20.3 |
| Percentage consuming 5+ fruits/vegetables | 27.8 | 19.6 | 35.2 | 20.6 |

Up In Smoke

Nearly 3000 young people become regular smokers each day, which means 1,000,000 new smokers every year.

In 2000, 41.3% of TN high school students and 23.2% of TN middle school students reported using some form of tobacco on one or more days during the 30 days prior to the survey.

Cigarette smoking is by far the most important risk factor in the development of lung cancer.

Male (40%) and female (34%) high school dropouts have higher percentages of cigarette smoking.

The last Tennessee cigarette tax increase was in 1969, with the current state tax of 13 cents per pack, ranking 45th among all states.

KIDS AND TOBACCO
Over 55% of Tennessee students who are current smokers want to quit

More community based events to discourage tobacco use are greatly needed in Tennessee if our youth are to become tobacco free!

TennCare provides health insurance to 604,415 children under the age of 21. That's 38% of all Tennessee children. Rutherford County has 27,510 total enrolled in TennCare.

Summary Recommendations for Rutherford County: Our citizens still struggle with unhealthy habits such as tobacco use and sedentary lifestyles, which directly lead to unwanted health effects---cancer and heart disease.
 Please address any comments to Dr. Jo Edwards, Box 81, MTSU, Murfreesboro, TN 37132