

Rutherford County, TN Community Health Needs Assessment 2019



Rutherford County, TN

2019 Community Health Needs Assessment

PLEASE READ FIRST

- Please note that the data in these slides was the most current available at the time of slide development. However, these data may have been updated in the meantime. Please check the cited sources for more current statistics.
- If using or sharing these slides/data in a public or private forum, please acknowledge the 2019 Rutherford County Community Health Needs Assessment team (comprised of the Rutherford County Health Department, Vanderbilt University Medical Center, and Ascension Saint Thomas).
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Rutherford County – Health Priorities



Dana Garrett, RN, BSN

Why are we here?

- Community Health Needs Assessments are a requirement for Ascension Saint Thomas and Vanderbilt University Medical Center as non-profit hospitals
- For 2016 and 2019, collaborated with Rutherford County Health Department to do the assessment
- Review findings of most recent health assessment
- Collectively identify current needs for Rutherford County

Welcome

Dr. Robert Dittus, *Executive Vice President for Public Health and Health Care Director, Institute for Medicine and Public Health, Senior Associate Dean for Population Health Sciences, Albert and Bernard Werthan Chair in Medicine, Vanderbilt University Medical Center (VUMC)*

Gordon Ferguson, *Chief Executive Officer, Ascension Saint Thomas Rutherford Hospital; President, Ascension Saint Thomas Health Regional Hospitals*



Agenda

- Review Findings
 - Systematic Review
 - Community Input:
 - Listening Sessions
 - Community Survey
 - Interviews
 - Secondary Data
- Prioritization Process
 - Identification of Health Needs
 - Vision, Goals, Assets
- Summary

Health Assessment Partners

Rutherford County Health Department



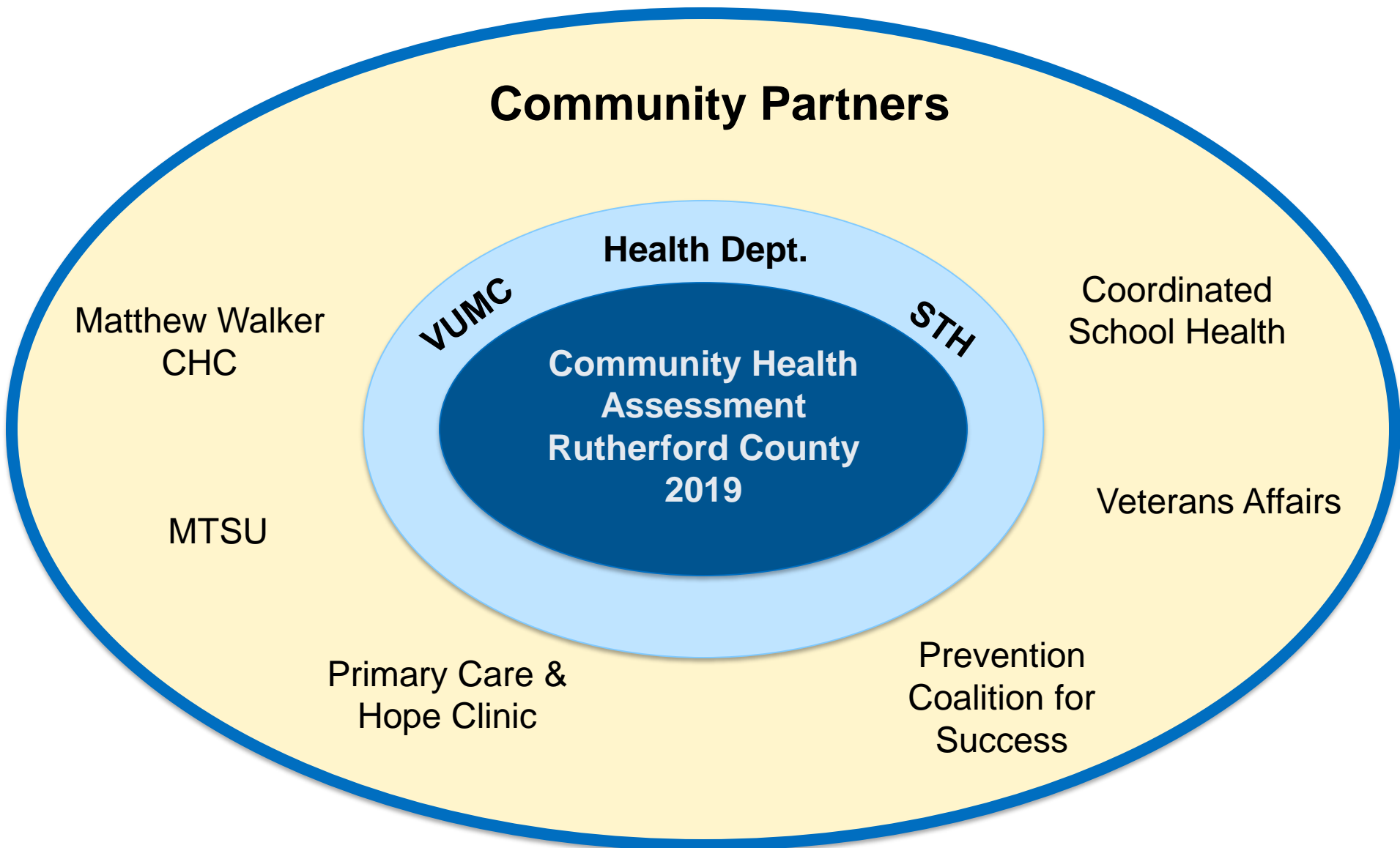
Ascension Saint Thomas



Vanderbilt University Medical Center



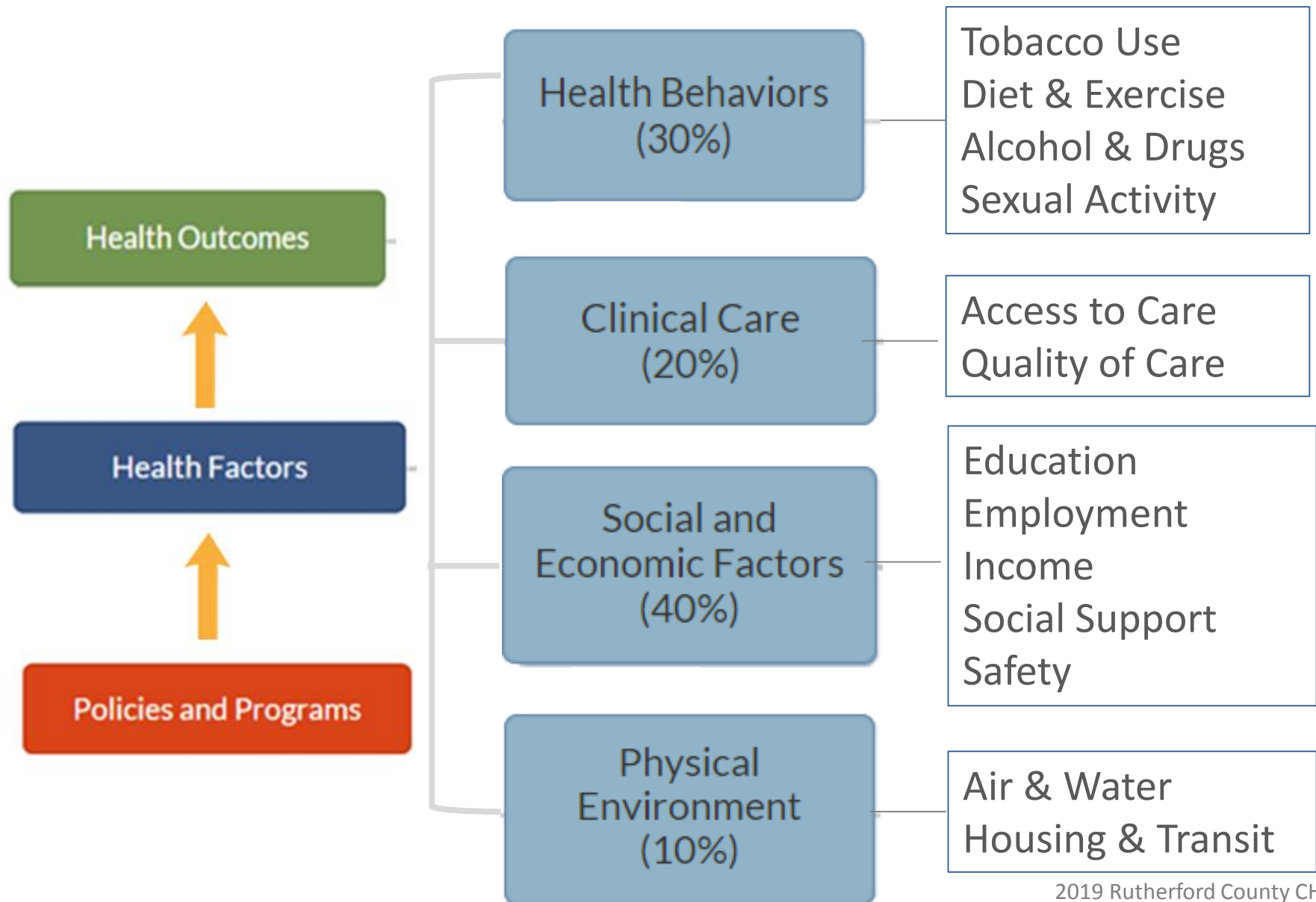
Circle of Engagement



Approach

- Reviewed publicly available data
- Reviewed existing reports (5)
- Conducted listening sessions (4, 60 participants)
- Interviewed key stakeholders (24)
- Fielded community survey (1,000+ responses)
- Convened today's summit
- Special attention to underserved, low-income, minority populations
- Post-summit: Development of Implementation Strategies based on prioritized needs

Determinants of Health

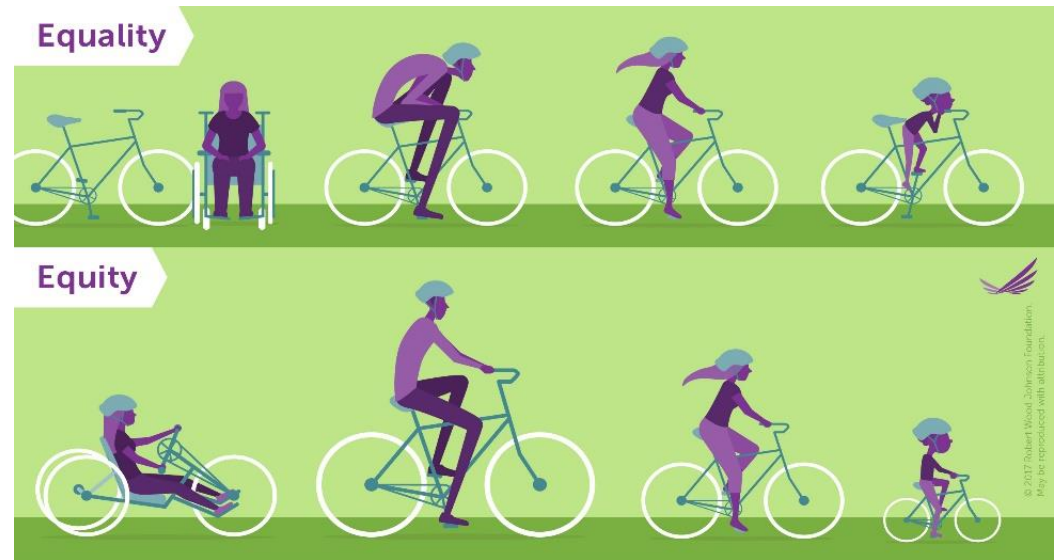


CHNA Health Equity Lens

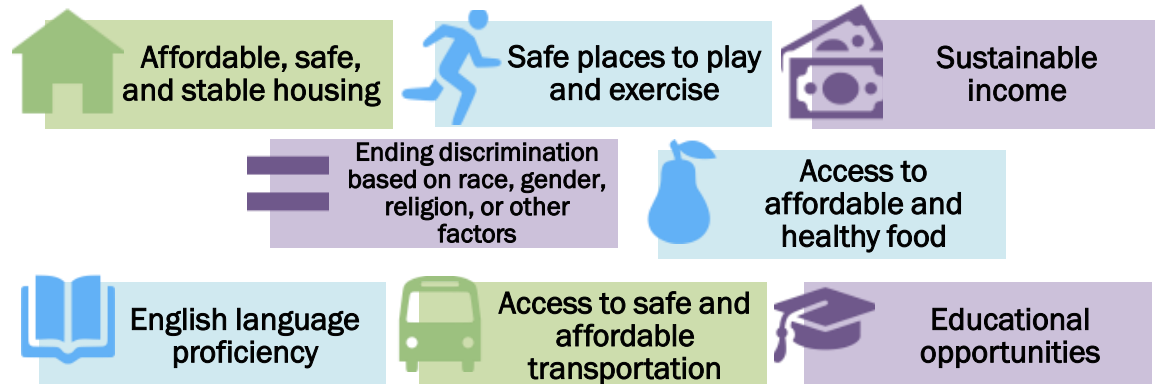
“Health equity is both the absence of systemic obstacles and the creation of opportunities for all to be healthy.”

Health Assessment Equity Lens

- Strategic focus on low-income, minority, and vulnerable populations
- Include “health equity buckets” in data collection methodology
- Gathering data in multiple languages



Factors that support health:



As you listen today...

- Write down 1-3 health needs you perceive as a priority (solo)
- Will then work with your tablemates to prioritize (group)
- Voting!
- Vision



Systematic Review

- Examine existing reports relevant to community health and healthcare in Rutherford
- Summarize existing reports using health equity as a framework

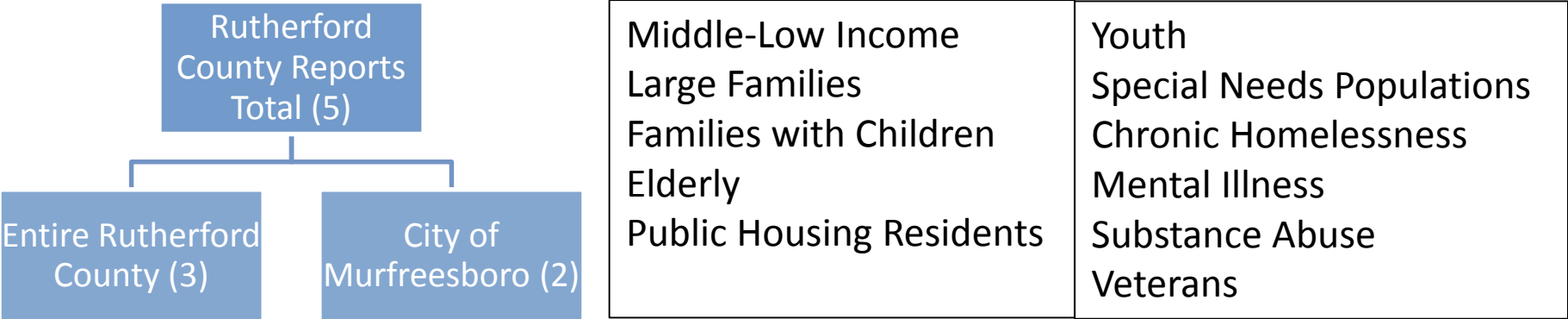
- Reviewed 5 existing reports from 2015-2017
- Identified target geography and population(s) for each report
- Summarize health topics discussed
- Categorize information into “health equity buckets” as outlined in the MAPP process
- Determine reoccurring themes

Reports:

- Rutherford County Health Department
- City of Murfreesboro
- Mayor’s Task Force on Homelessness
- Tennessee Department of Health

- Community Health Improvement Plan
- Consolidated Plan
- Murfreesboro 2035
- A Strategic Framework for Ending Involuntary Homelessness in Rutherford County
- Drive Your County to the Top Ten

Geography & Populations Represented:



Highlighted Health Topics

- Access to Care
- Wellness & Disease Prevention
- Affordable / Accessible Housing
- Public Housing
- Public Services
- Outdoor Activities
- Overcrowded Schools
- Involuntary Homelessness
- Public Health Threats
- Safe Neighborhoods

Top Health Equity Buckets

- Economic Security & Financial Security
- Livelihood Security & Employment Opportunities
- Adequate, Affordable, & Safe Housing

Rutherford County Top Themes

Rutherford

Systematic
Review

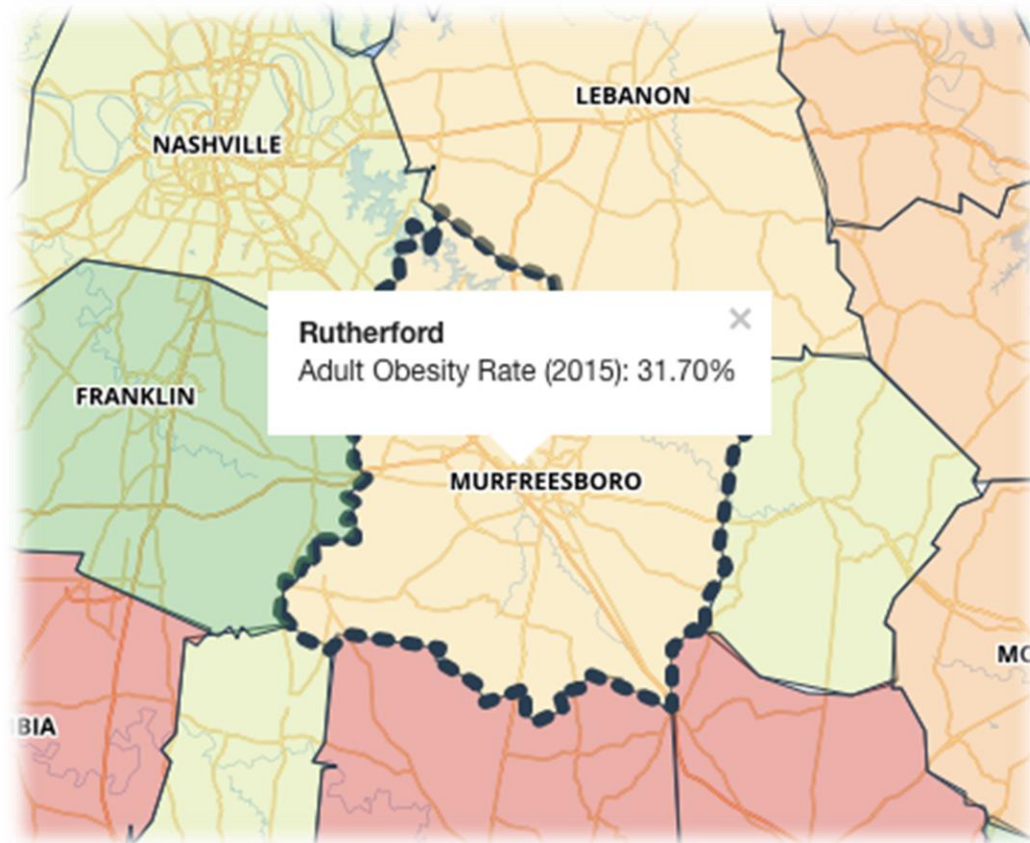
1. Housing/Homelessness

2. Social Determinants of Health

- Poverty, Lacking Education, Access to Parks and Recreational Centers, Outdoor Activities, Health disparities, Violence/Crime

3. Wellness and Disease Prevention

- Obesity, Heart Disease, Physical Inactivity, Diabetes Management



Findings From Community Listening Sessions

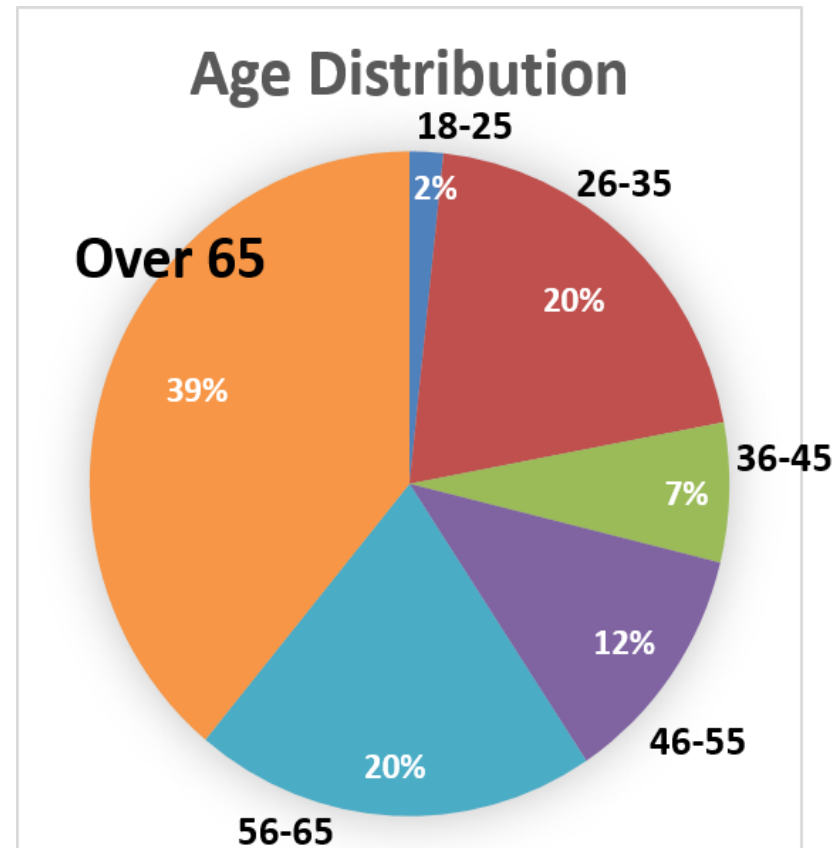
Listening Session Methods

- Four listening sessions
- Collaborated with health department and community partners on recruitment
- Moderator's guide topics included community assets, issues and concerns, barriers to addressing issues, priorities
- Short survey to obtain demographic information
- Thematic analysis conducted using team of four reviewers

Demographic Information

Listening Sessions (N=60)

- 83% Female
- 22% Hispanic, Latino, or of Spanish origin
- 64% Black or African American; 12% White
- 80% English as primary language; 20% Spanish
- 20% high school graduate/GED; 17% College graduate; 14% Graduate degree+
- 36% Medicare/Medicaid; 29% Uninsured; 19% Commercially insured



“What are your community’s strongest assets?”

- Public services
 - Rover
- Non-profit organizations
- Healthy options, particularly built environment
- Child friendly programs and community
- Local community health centers
- Growth
- Faith community & social networks

“What are the top three community issues?”

- Housing & Homelessness
- Vulnerable populations
- Navigating and accessing health care
- Built environment, transportation
- Racism, national discourse is felt locally
- Childcare costs
- Growth
- Opportunities for youth

“What are the barriers to addressing issues in your community?”

- Racism
- Stigma
- Political climate
- Civic engagement
- Accessibility of resources
 - Literacy levels and language barriers
- Healthy choice not the easy choice
- Inconsistent/unsustainable solutions
- Lack of affordable housing

“If you had a magic wand, what would be your top initiatives/priorities?”

- Homelessness and housing
- Addressing racism, stigma & discrimination
- Self-sufficiency
- Reproductive health
- Support for vulnerable populations
- Strengthen families and invest in youth
- “Love each other”
- Walkability, traffic
- Resources for older adults

Rutherford Co. Listening Session Summary

- Housing and homelessness
- Impacts of population growth
- Resource accessibility & awareness
- Community cohesion/networks
- Racism/stigma

Findings From Interviews with Community Members

Interview Methods

- Interviewed 26 community representatives and leaders:
 - Focus on the broad interests of the community
 - Serving low-income, minority or underserved populations
- Sectors represented include: public health, government/public sector, health care, education, faith community, private non-profits, academia, business
- Interviews conducted in pairs with an interviewer and a recorded

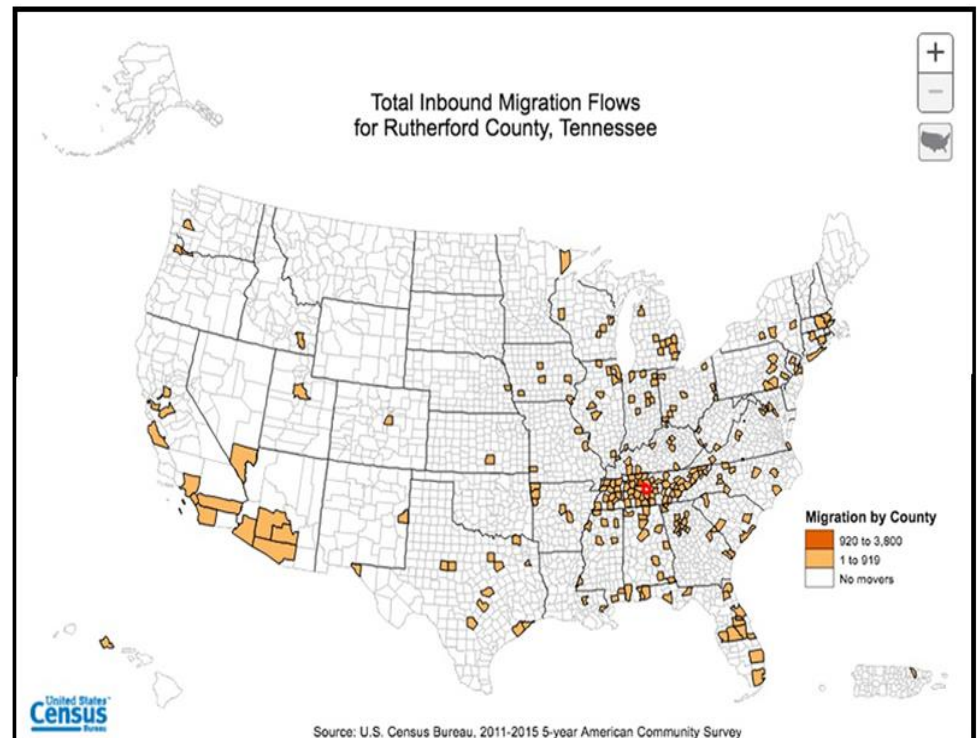
Interview Methods (cont.)

- Interview protocol included all open-ended questions
- Focused on community assets, issues/concerns, obstacles to addressing concerns and priorities:
 - Assets
 - Community Concerns
 - Health/Health Care
 - Barriers/Challenges
 - Magic Wand
- Interview data entered in REDCap
- Thematic analysis conducted using teams of four reviewers

“What do you think are your community’s strongest assets?”

‘Small town atmosphere still exists to a certain extent, even with the growing population’

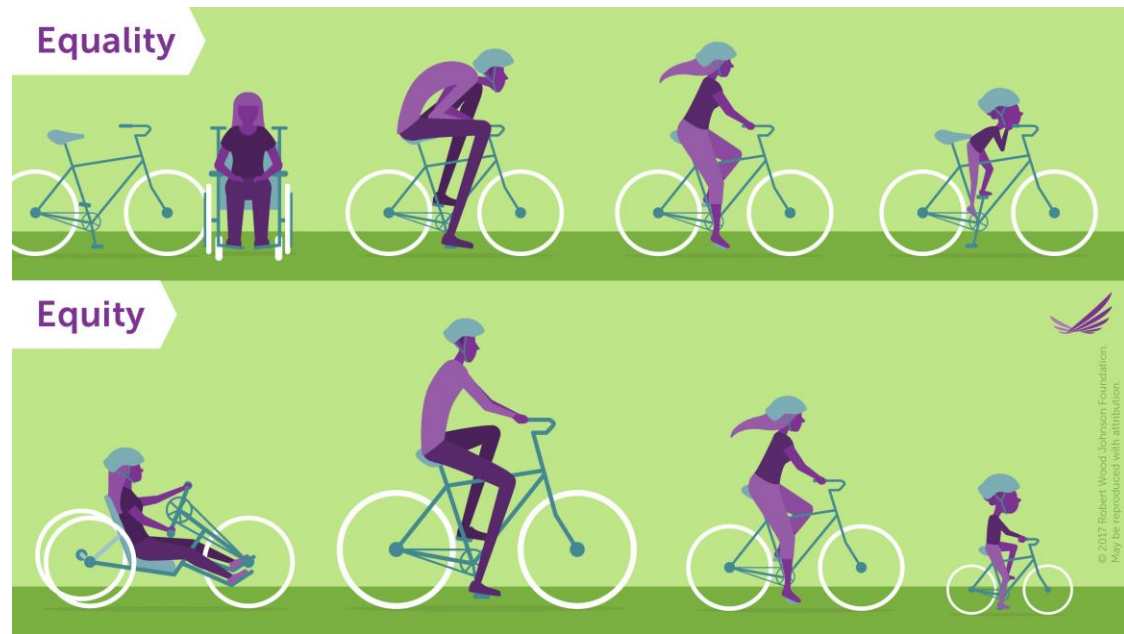
- Community
- Growth
- Education/Schools



“Based on your experience, what are the top three issues that you are most concerned about in your community?”

‘The population thinks growth pays for itself and it does not’

- Housing
- Growth
- Equity



“What would you say are the top three issues specific to health or health care that you are most concerned about in your community?”

‘increases in people not able to pay for care affects overall healthcare’

- Affordable Care
- Mental Health/Addiction
- Lifestyle/Behaviors

“What do you think are the obstacles or challenges to addressing these issues?”

‘with enough time and money, you can do anything’

‘Cultural change is needed in terms of how people think and eat’

- Lack of resources
- Need for increased collaboration
- Culture of health – hard to change



“If you had a magic wand, what top initiatives would you implement in your community in the next three years?”

‘That all people would be happy and healthy’

- Affordable living
- Built environment
- Overall equity



Common themes noted in all questions

- Need for increased coordination, collaboration, and communication
- Addiction



‘Create opportunities for transformation’

Community Survey

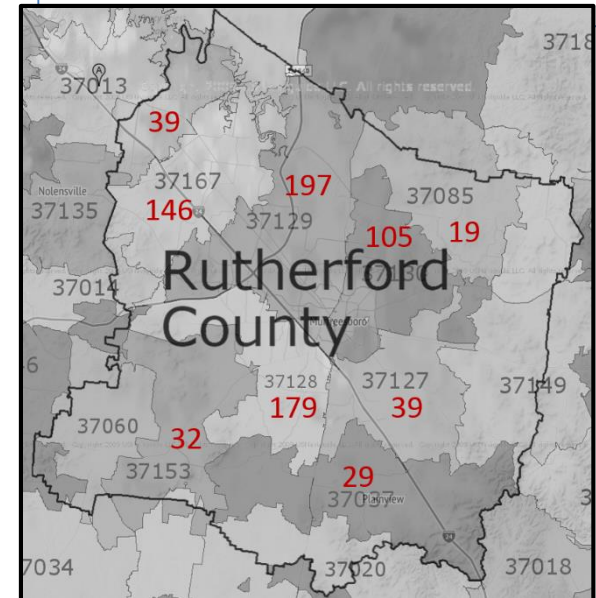
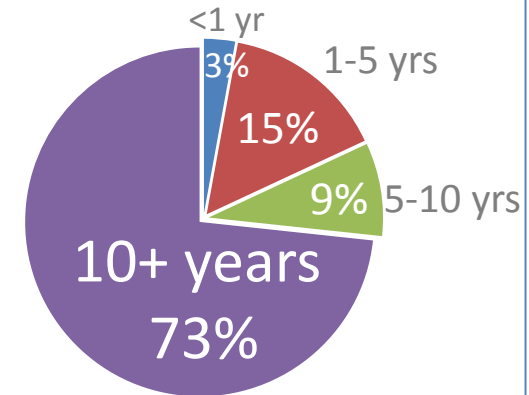
Methods: Community Survey

- Domains explored based on 2016 needs, COE feedback
- Many questions from BRFSS
- Piloted
- Translated in to Spanish
- Online
- Distributed via health system networks, community networks, schools

Demographics

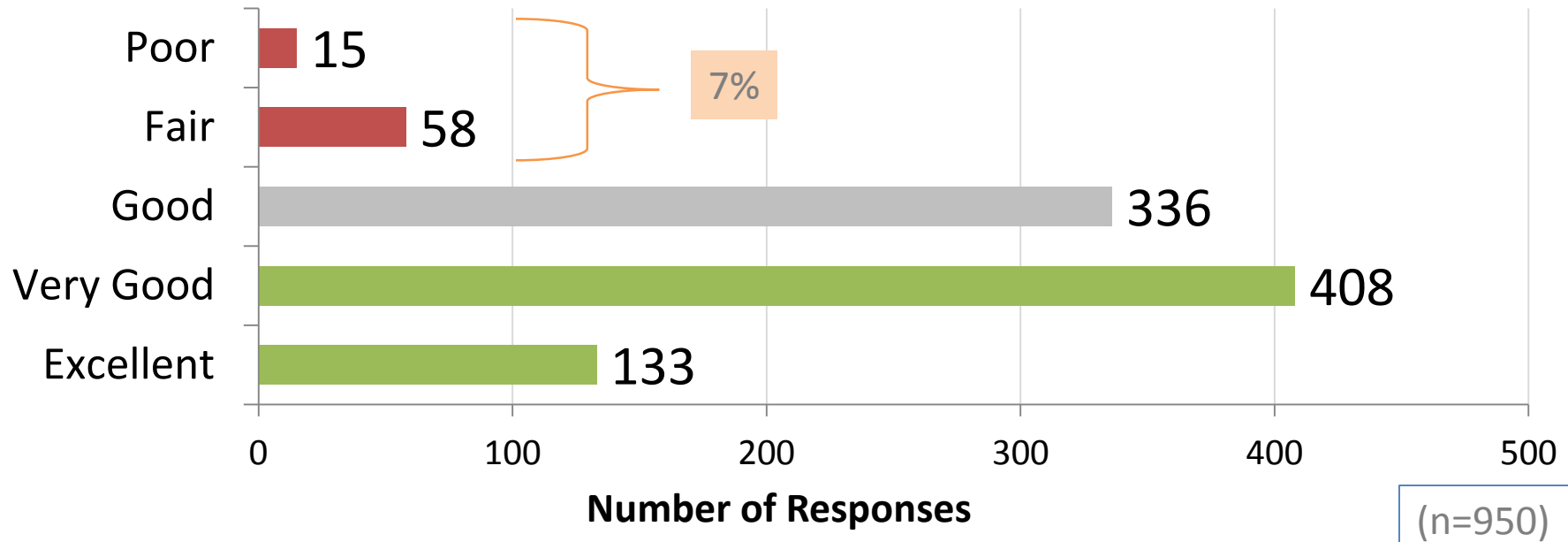
- **Live / Work in Rutherford County: 1027**
 - Live in Rutherford Co: 979
 - Other Counties: Davidson (33), Wilson (14), Williamson (14), Bedford (12)
- 22% aged 35 or less, 58% are 36-55, 20% 56+
- 77% Female
- 84% Employed
- 49% household income <\$75,000
- 77% College Grad or higher
 - An additional 24% have completed some college
- 16% live in household with 4 or more people
- 15% are veterans or live with a veteran

How long have you lived here?



Self-Rated Health Status

Would you say that in general, your health is...



81%

Have exercised in the last month

86%

Have seen a doctor in the last year

7.5%

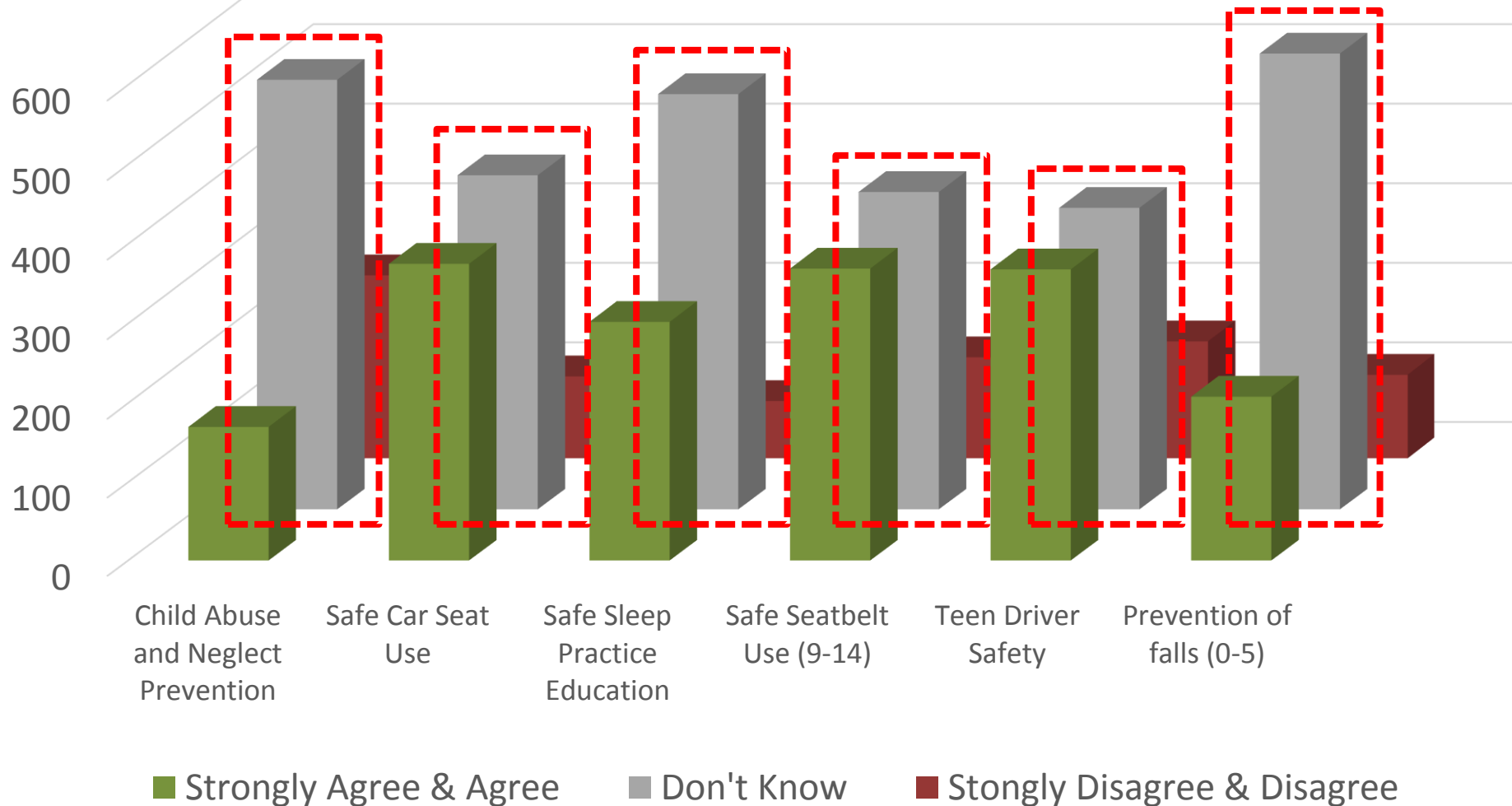
Currently use tobacco or e-cigarettes

Children's Health – Resource Availability

Rutherford

Community
Survey

In Rutherford County, there are enough resources and education surrounding ...

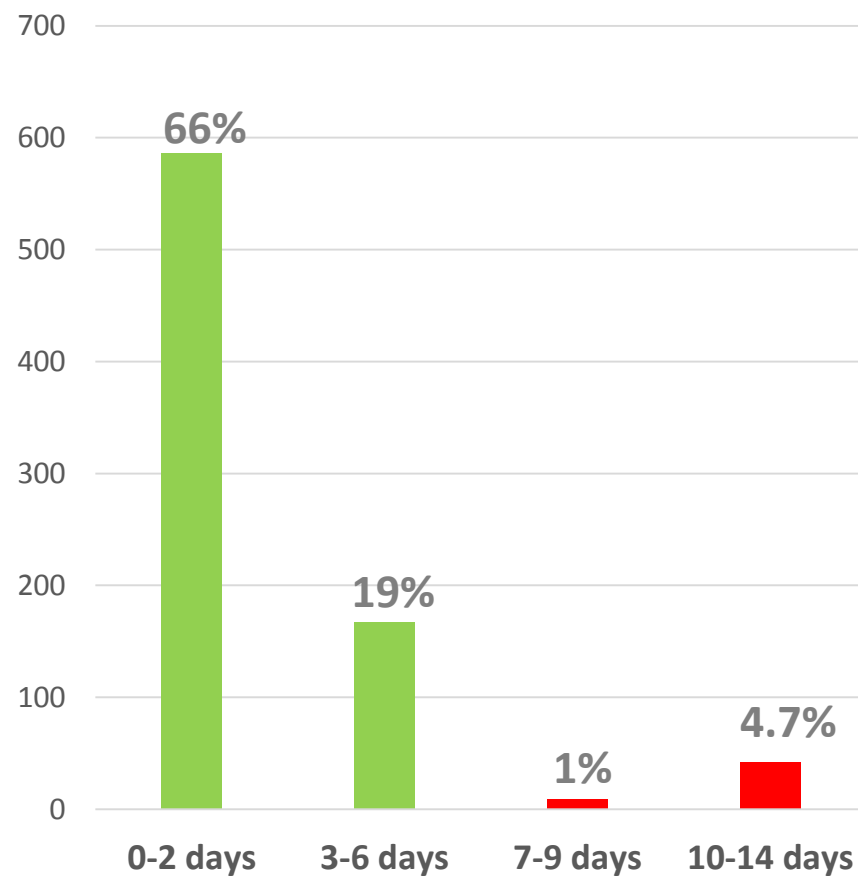


Well-Being

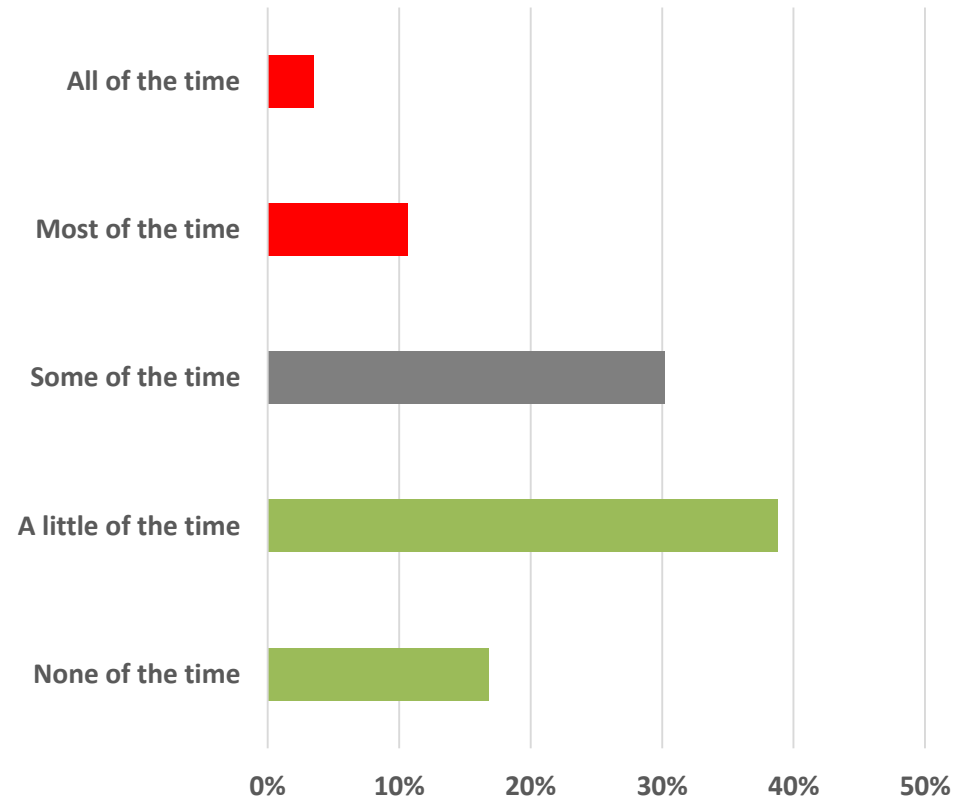
Rutherford

Community
Survey

“During the past 30 days, for about how many days have you felt sad, blue, or depressed?” (n = 883)



“Stress is when a person feels tense, restless, nervous, or anxious, or can’t sleep at night because their mind is troubled all the time. Over the past 2 weeks, how often have you felt this kind of stress?” (n = 946)

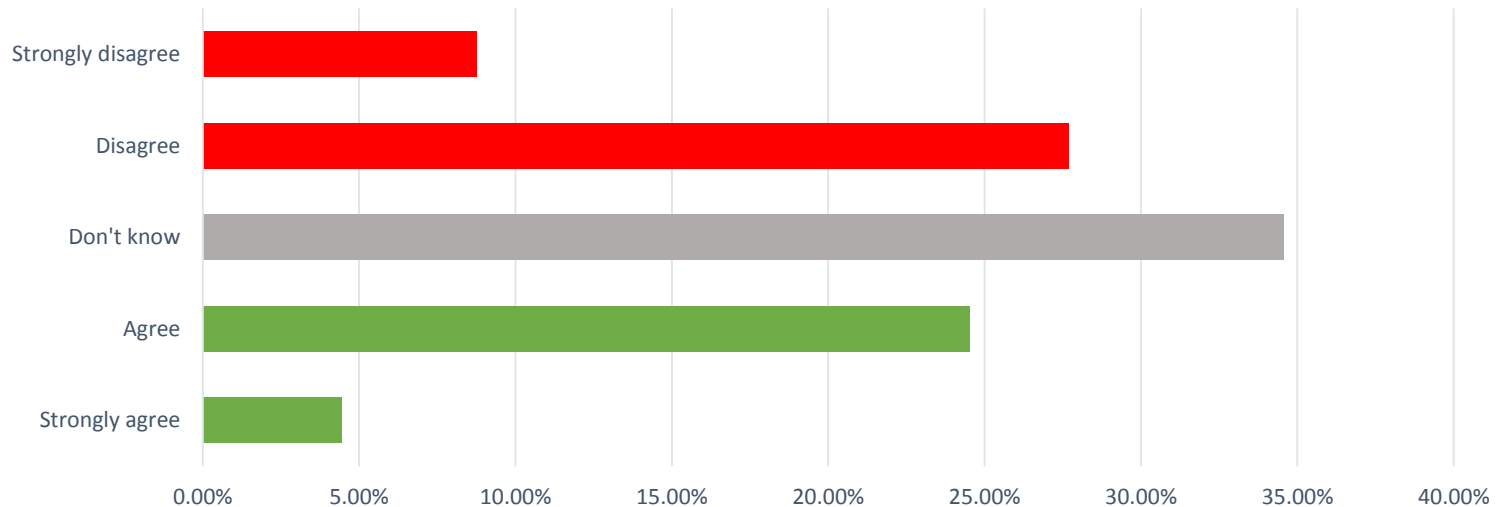


Housing

“There is affordable and accessible housing available in my county.”
(n = 856)

28.9% of survey respondents **agree** with this statement.

36.4% of survey respondents **disagree** with this statement.

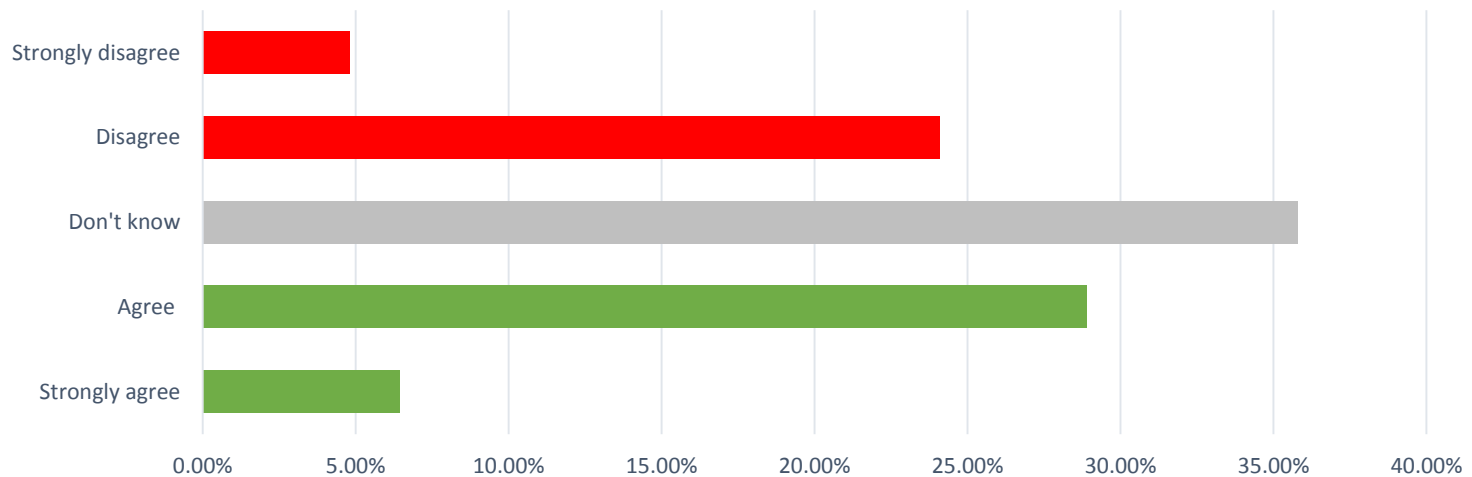


Transportation

“Transportation in my county is safe, affordable, and accessible to everyone.” (n = 855)

35.3% of survey respondents **agree** with this statement.

28.9% of survey respondents **disagree** with this statement.

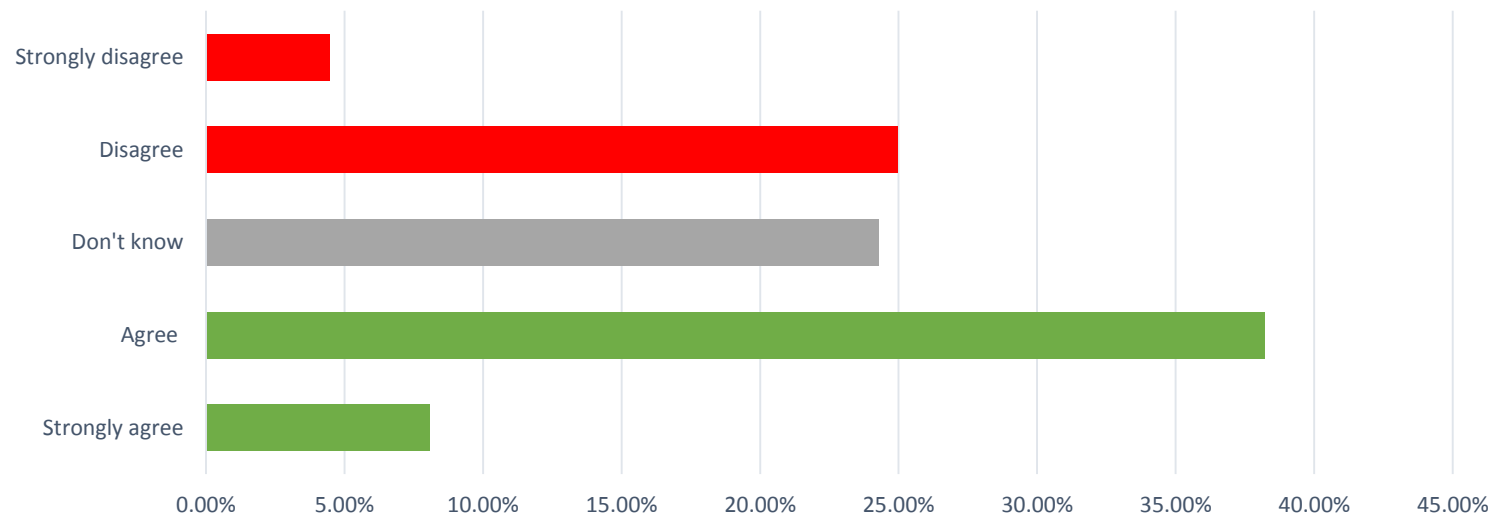


Healthy Food

“There is accessible and affordable healthy food available to all in my county.” (n = 853)

46.3% of survey respondents **agree** with this statement.

29.4% of survey respondents **disagree** with this statement.

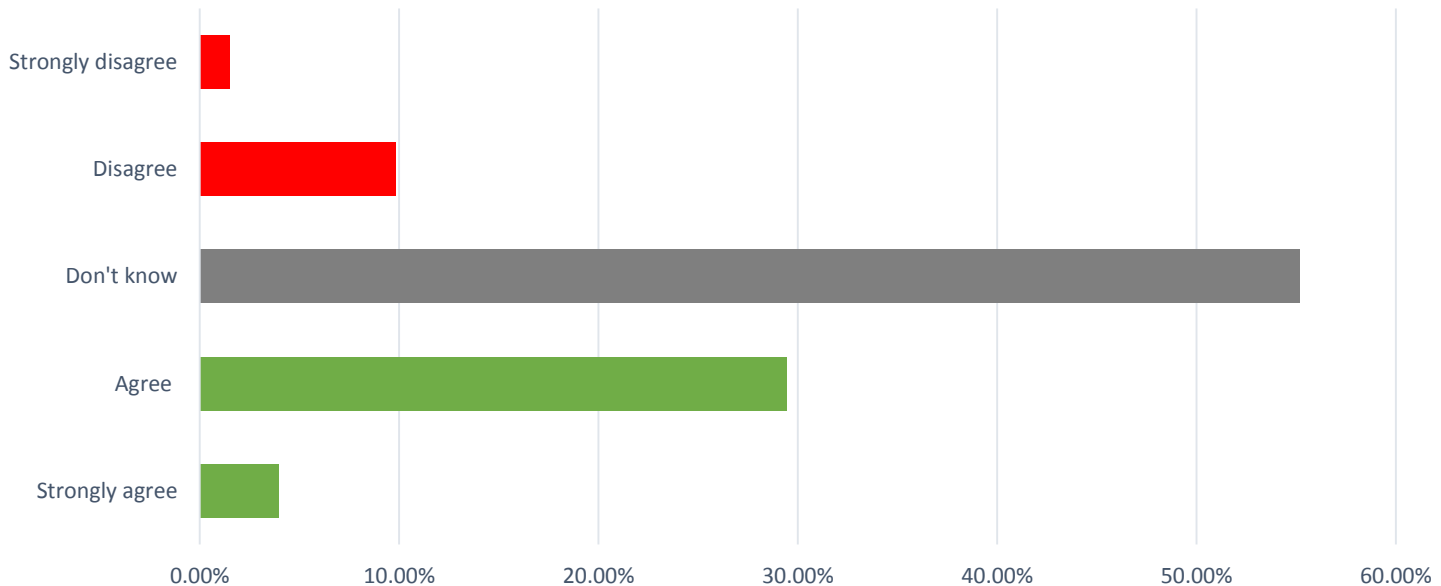


Domestic Violence

“There are accessible resources to address problems of domestic violence in my county.” (n = 855)

55.2%

of survey respondents do not know about domestic violence resources in the community.



Substance Abuse

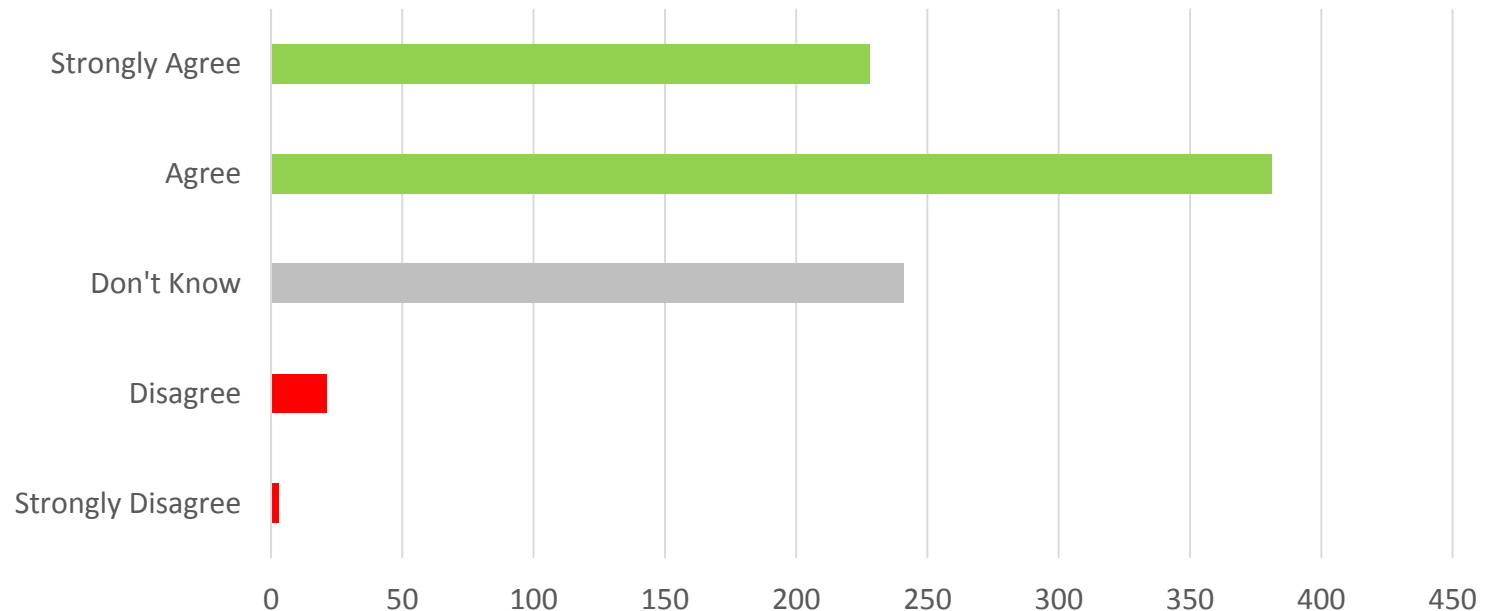
Rutherford

Community
Survey

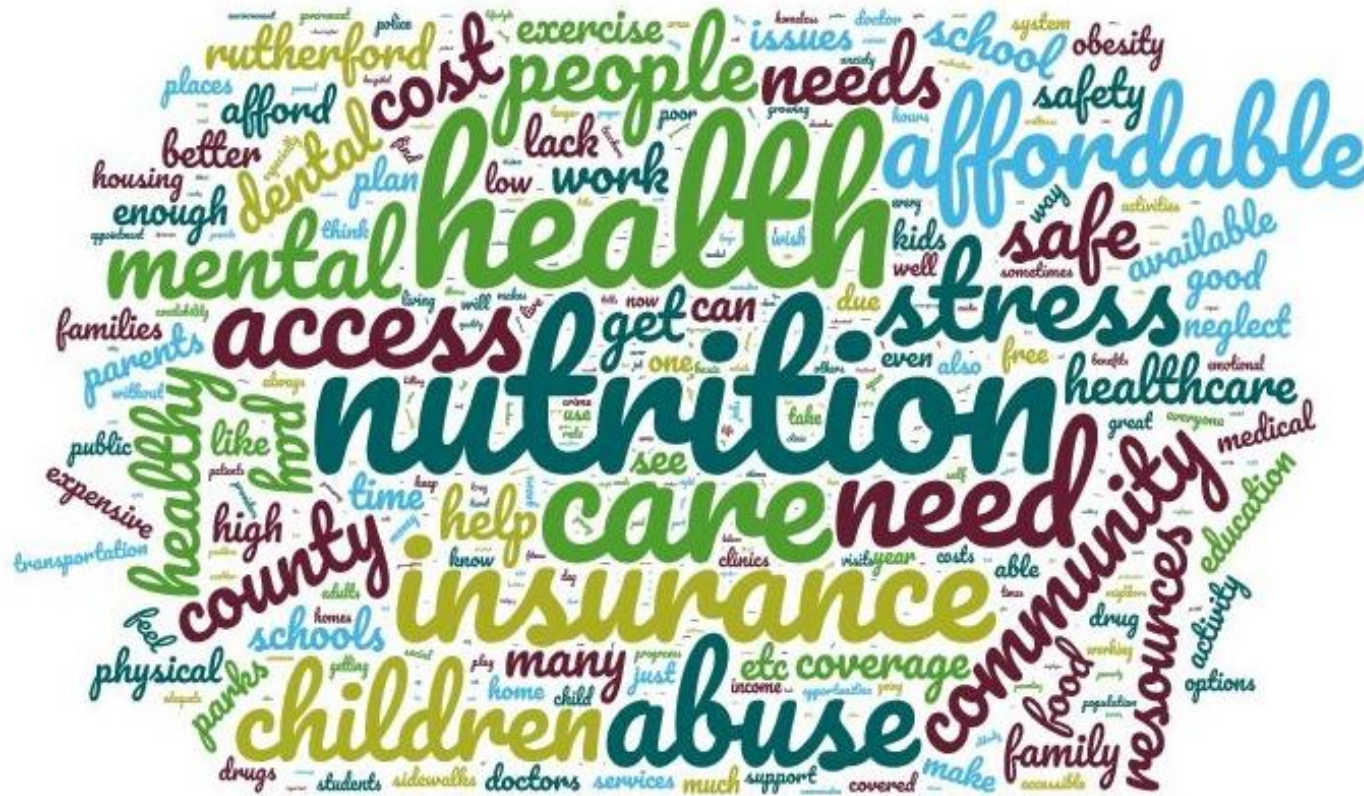
“Drug Use/Abuse is a problem in my county.” (n=874)

70%

of survey respondents **agree or strongly agree** that drug use/abuse is a problem.



Results: Community Survey Open-Ended Questions



“What do you think is the most important health issues for children in Rutherford County?” (n-565)

- Nutrition
- Parenting/Home Life
- Stress/Anxiety

“I think that many children suffer many forms of abuse and neglect which includes lack of nutrition and proper health and safety. All of these issues cause undue stress and anxiety.”

Are there other issues related to health care access, insurance, or the health system in Rutherford County that you would like to share?" (n-183)

- Affordability and Coverage of Insurance
- Access (Healthcare)
- Healthcare Equity

"My kids can't afford dental insurance or going to the dentist/eye doctor on their minimum wage jobs. I can only cover them for medical for a couple more years. I'm worried what will happen when they can't afford insurance. We just had an abscessed tooth problem because they are putting that off due to cost. I barely make \$15k a year and can't continue to help them. Meds cost WAY too much! We sometimes don't fill prescriptions due to the high cost."

“What are the important characteristics of a healthy community for all who work, live, learn, and play in Rutherford County?” (n=309)

- Safety
- Neighborliness/community
- Basic resources
- Environment

“Access to basic needs, i.e. food, water, shelter, adequate and affordable healthcare. Programs that help the struggling in our community obtain those basic needs, with guidelines to prevent system abuse. Job assistance for those struggling to find work, i.e. interview training, assistance obtaining interview/work attire, etc. Adequate civil services, i.e. police/fire, adequate infrastructure i.e. roadways, sewage treatment, etc. Adequate number of schools to avoid overcrowding, and a system that supports the needs of our students and teachers. Adequate greenways, parks, and programs to promote and facilitate healthy activity for all age ranges. A government that focuses on building a well-balanced community, i.e. balance of commercial/residential/green space and is not afraid to slow commercial and residential growth when necessary to allow the infrastructure to catch up. Not asking much, right? ;-)”

“What else would you like to share related to the health and wellness of Rutherford County?” (n=127)

- Better support for children
- Mental Health
- Resources/communication

“I answered many of the questions in the survey with ‘I don't know’. I do believe there is information out there for people who need help. I do not believe enough is being done to help people who need help. Many are embarrassed to ask for help. We often think it's the responsibility of the person who needs help to stand up and say something. We have to be more aware of who needs help so that the right information can get into the hands of those who need it (i.e., widows with children, victims of sexual abuse/domestic assault.)”

Reminder



Findings from Secondary Data Review Rutherford County, TN 2019 Community Health Assessment

Methods: Secondary Data

- Used publicly available data
- Indicators, considered
 - Recommendations of
 - Centers for Disease Control and Prevention
 - Catholic Health Association
 - Internal Revenue Service Requirements
 - Circle of Engagement
 - Review of the partnership's 2016 CHNA

Indicator Topics

- Demographics and Socioeconomic Status
- Social Determinants of Health
- Access to Health Care
- Health Status
 - Morbidity/Mortality
 - Birth Outcomes
 - Behavioral Risk Factors
 - Mental & Social Health

Demographics: Rutherford

Rutherford

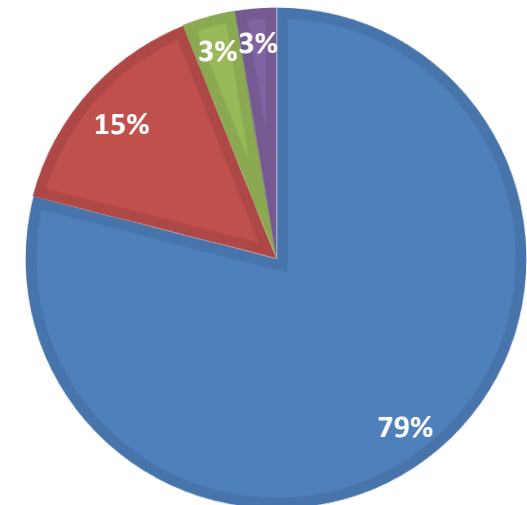
Demographic /
Socioeconomic

2017 Population estimate: 317,157

	Rutherford	TN	USA
Population, % change from 2010-2017	20.80%	5.8%	5.5%
Persons under 18 years	24.7%	22.4%	22.6%
Persons 65 years and over	10.1%	16.0%	15.6%
Female persons, percent	50.7%	51.2%	50.8%
Language other than English spoken at home	10.5%	7.0%	21.3%
Veterans	8.7%	9.0%	8.0%
Any Disability	10.1%	15.4%	12.5%

RACE / ETHNICITY

■ White ■ Black ■ Asian ■ Two or more races



Hispanic: 7.6%

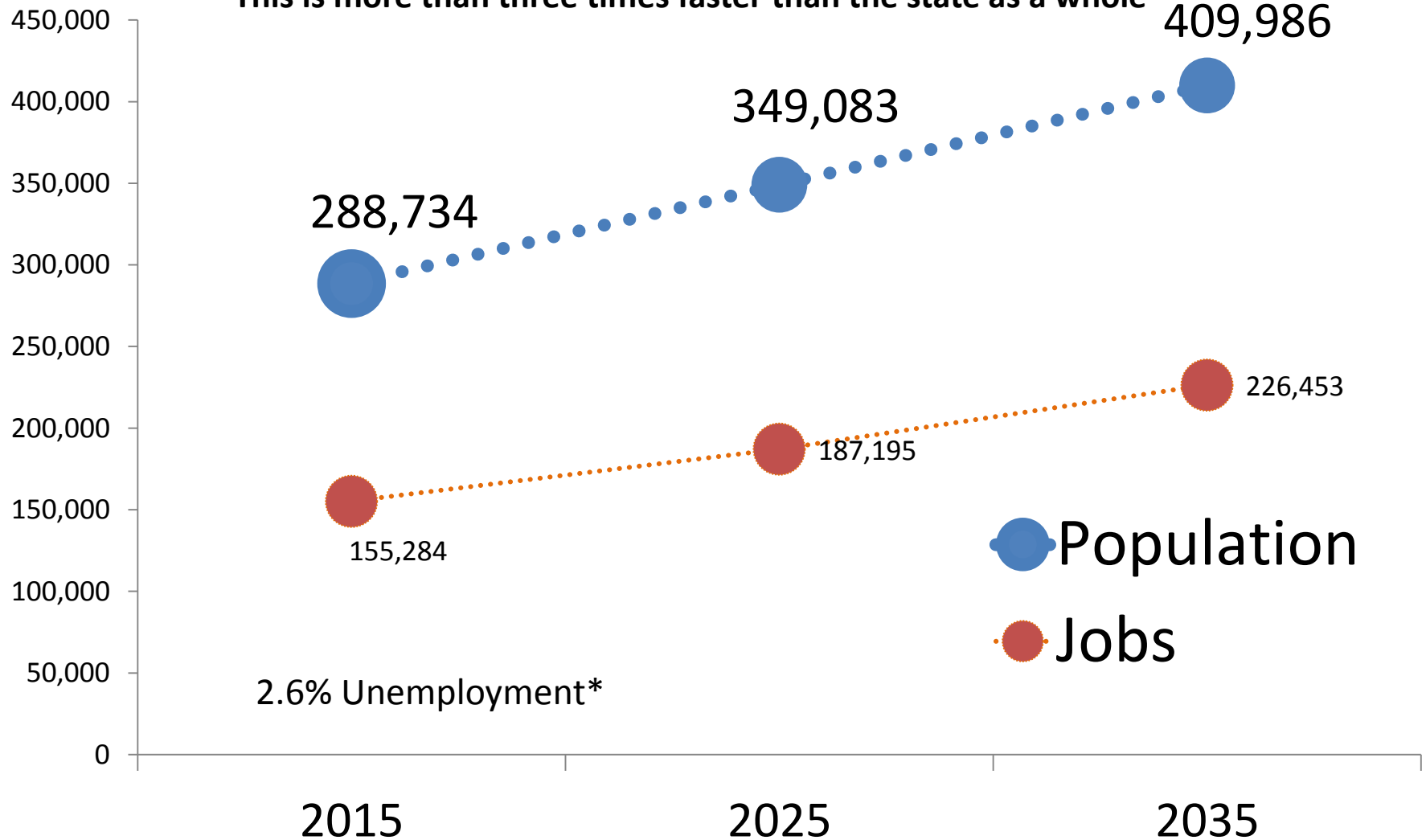
Projected Population and Job Growth (2015, 2025, 2035)

Rutherford

Demographic /
Socioeconomic

From 2010-2017, Rutherford County Grew 21%

This is more than three times faster than the state as a whole



Source: Nashville Metro Planning Organization. (2019). *Growth Trends & Forecasts Regional Profile*. Retrieved May 2018 from

<http://www.nashvillempo.org/growth/>

Source: US Census Bureau. (2018). *QuickFacts, 2017 American Community Survey*. Retrieved from

<https://www.census.gov/quickfacts/fact/table/rutherfordcountytennessee,US/PST045217>

2019 Rutherford County CHNA Team

Population Below the Poverty Level

ACS 2013-2017

Rutherford

Demographic /
Socioeconomic

Rutherford Co. 11.8%

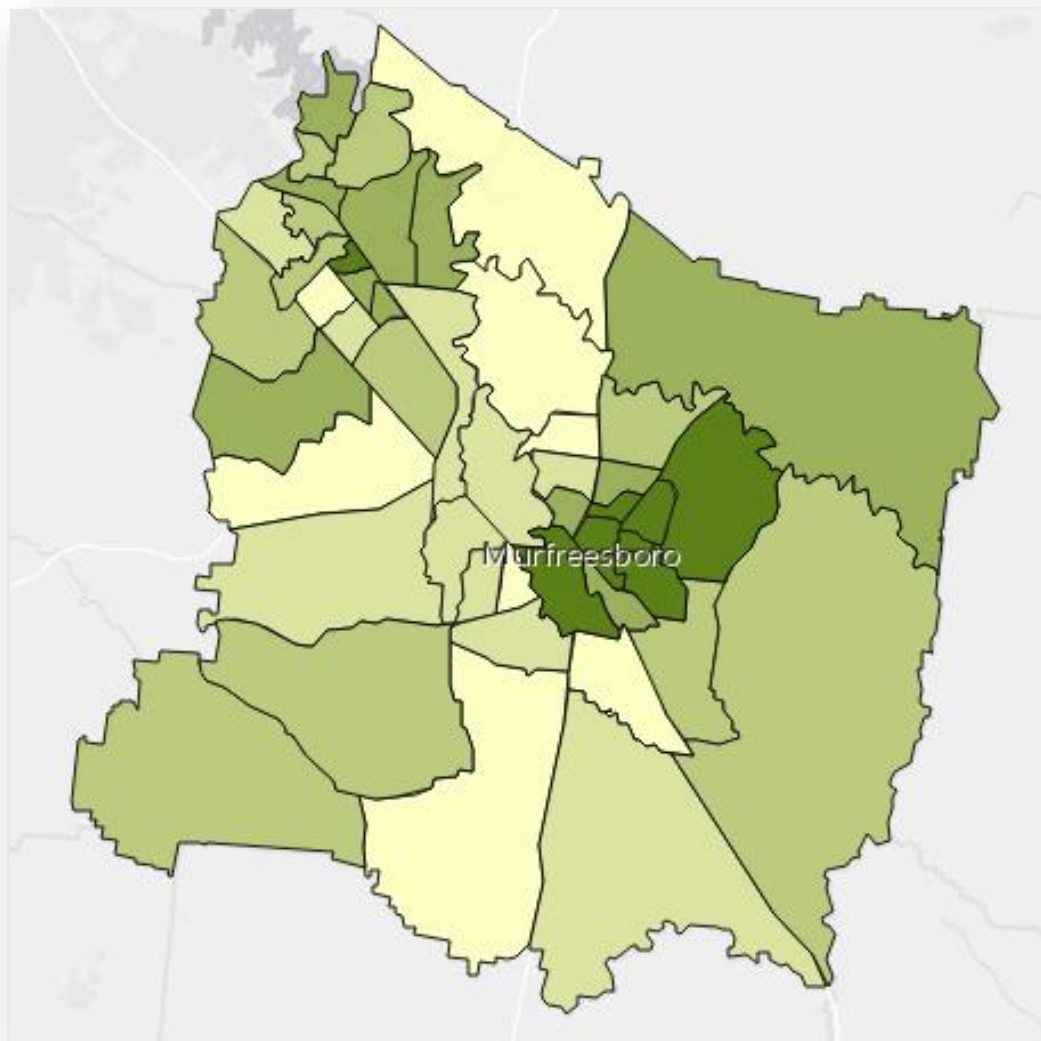
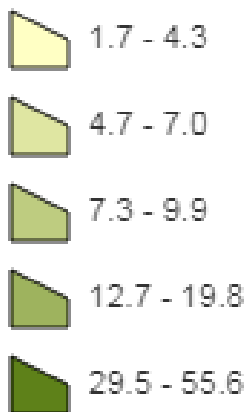
Tennessee 16.7%

United States 14.6%

Legend

Data Classes

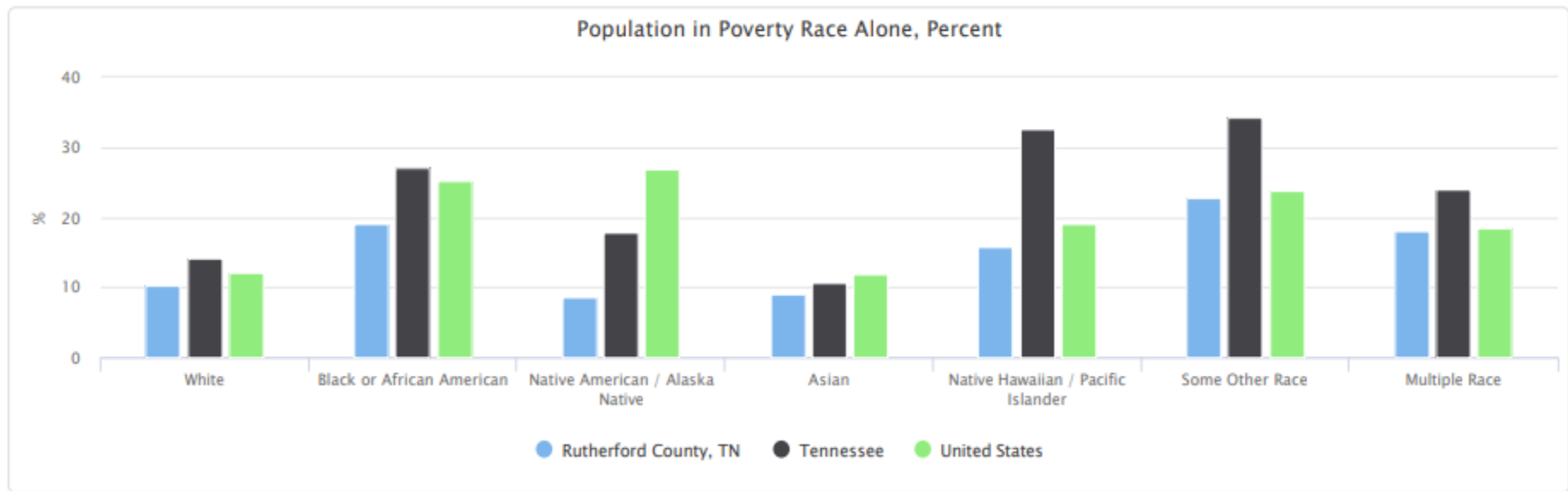
Percent



Population Below 100% of Poverty Level By Race – 2013-2017

Rutherford

Demographic /
Socioeconomic



Children Living in Poverty

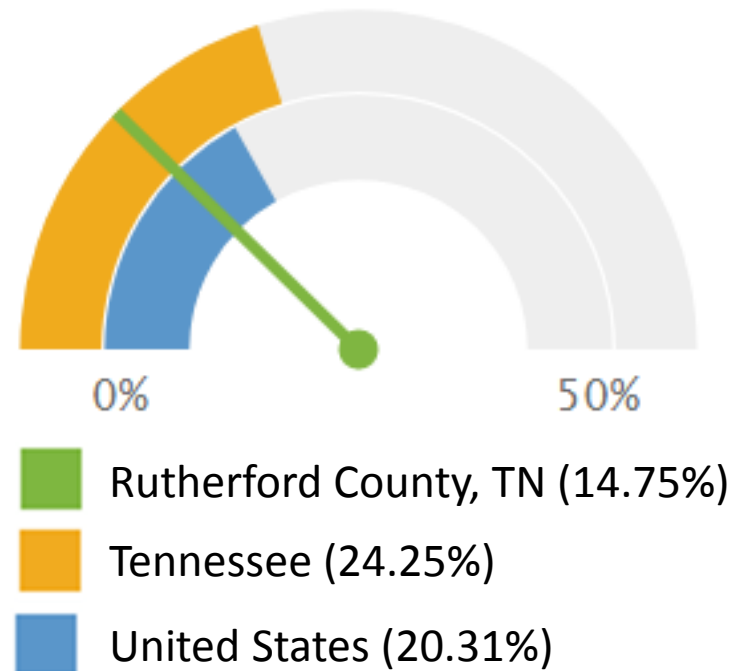
Rutherford

Demographic /
Socioeconomic

Total # of Children Living in Poverty

- Rutherford Co: 10,894
- Tennessee: 357,310
- United State: 14,710,485

Percent Population Under Age 18 in Poverty



Population with No High School Diploma (25yrs and older)

Rutherford

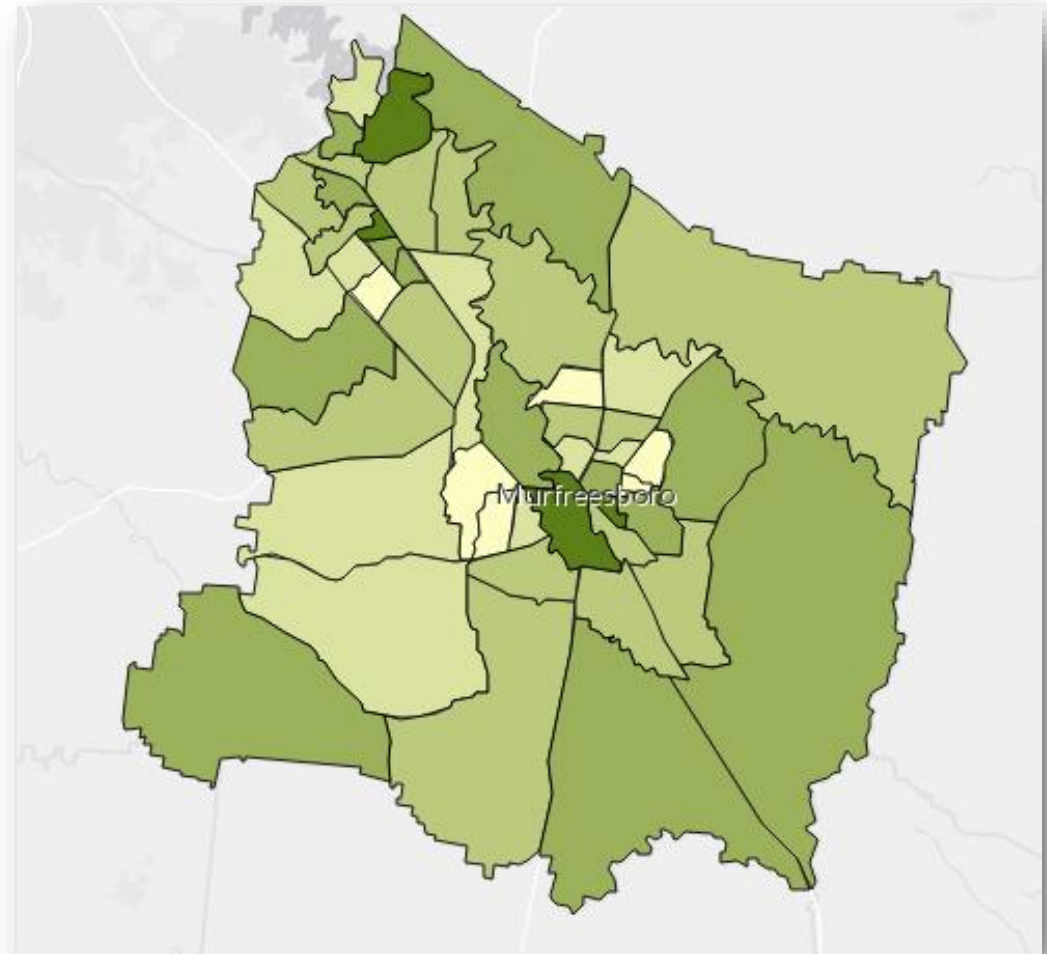
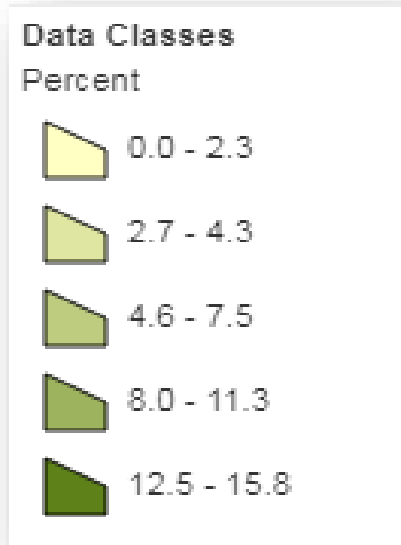
Demographic /
Socioeconomic

Rutherford Co. 9.23%

Tennessee 14.02%

United States 13.02%

Percent without HS Diploma



Source: US Census Bureau, American Community Survey. (2018). *Population with No High School Diploma, Rutherford County, TN*. Retrieved from

https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_17_5YR_S1501&prodType=table

2019 Rutherford County CHNA Team

Graduation Rates

2016-2018

Rutherford

Demographic /
Socioeconomic



95.3%

(2016-2017)



89.1%

(2016-2017)



84%

(2018)

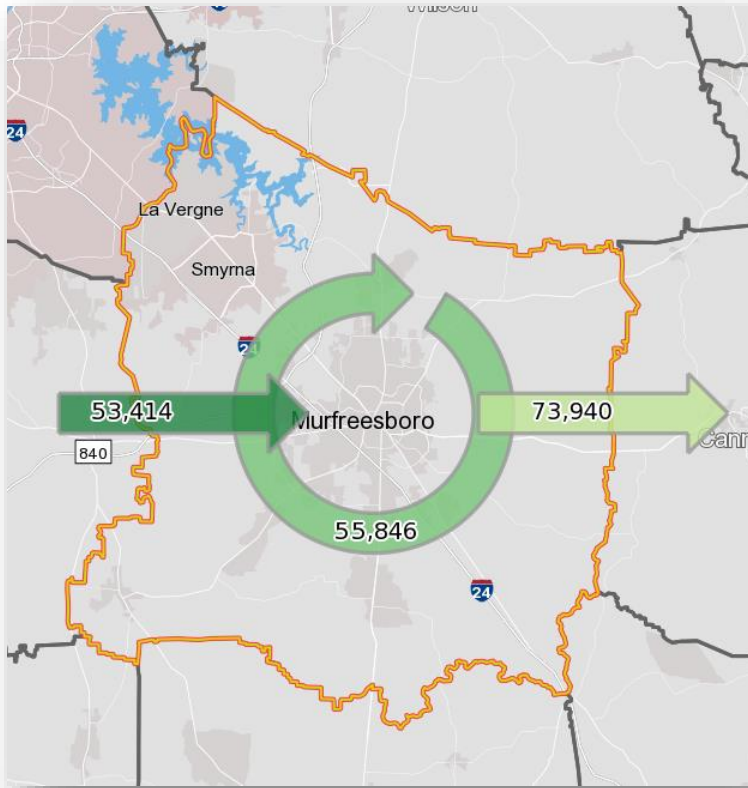
Source: The Annie E. Casey Foundation KIDS COUNT. (2017). *Graduation Rates*. Retrieved from <http://www.datacenter.aecf.org>

Source: National State Center for Education Statistics. (2018). *Graduation Rates*. Retrieved from http://nces.ed.gov/ccd/tables/ACGR_2010-11_to_2012-13.asp

97.4%

155, 284

Much of the population that live in Rutherford County work in surrounding counties.

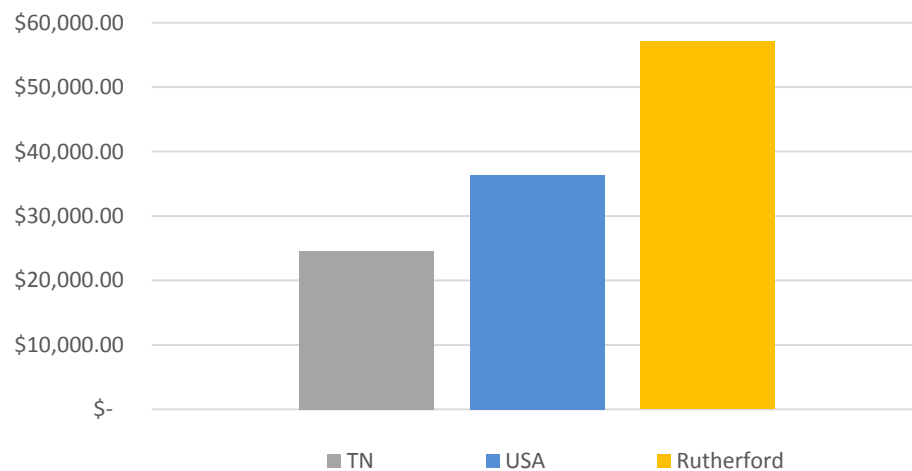


2018 from <http://onthemap.ces.census.gov/>

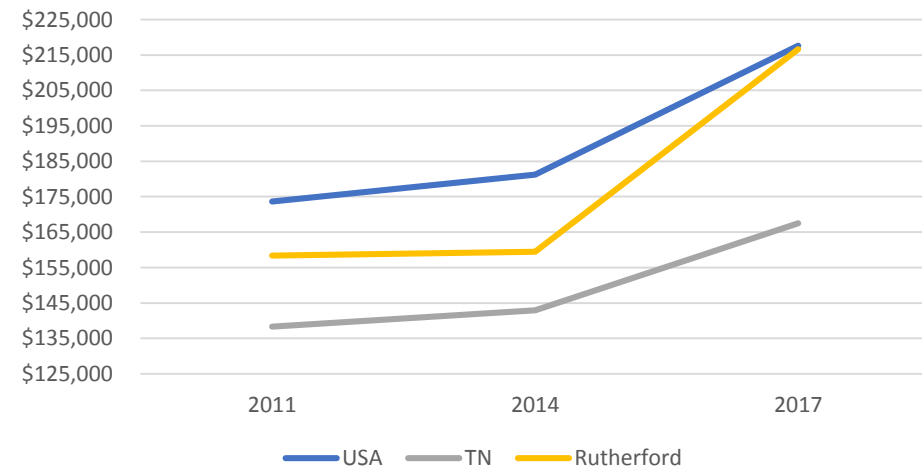
- County is experiencing rapid growth
- >90% with high school education
- 10% live in poverty; 15.7% of children live in poverty (40% below 200%)
- Poverty and Education vary by place and race

Housing

Change in Median Home Value in last 3 years



Change in Median Home Value



Source: US Census Bureau. (2018). *Median Value (Dollars), 2011, 2014, 2017 American Community Survey 1-year estimates*.

Retrieved from <https://factfinder.census.gov/faces/nav/jsf/pages/searchresults.xhtml?refresh=t#none>

Source: World Health Organization. (n.d.). *Social Determinants of Health*. Retrieved from

https://www.who.int/social_determinants/sdh_definition/en/

Homelessness

Rutherford

Social
Determinants

316

homeless neighbors identified through Point-in-Time count

1,480

students who meet the definition of homeless

45%

of renters cost-burdened

17.5%

of homeowners cost-burdened

Source: National Homeless Information Project. (2017). *Point-In-Time Count Homeless Estimates: Comparison between 2016 and 2017*. Retrieved from <http://www.nhipdata.org/local/upload/file/2016-2017%20coc%20pit%20comparison.pdf>

Source: Youth.gov. (n.d.) *Federal Definitions*. Retrieved from <http://youth.gov/youth-topics/runaway-and-homeless-youth/federal-definitions>

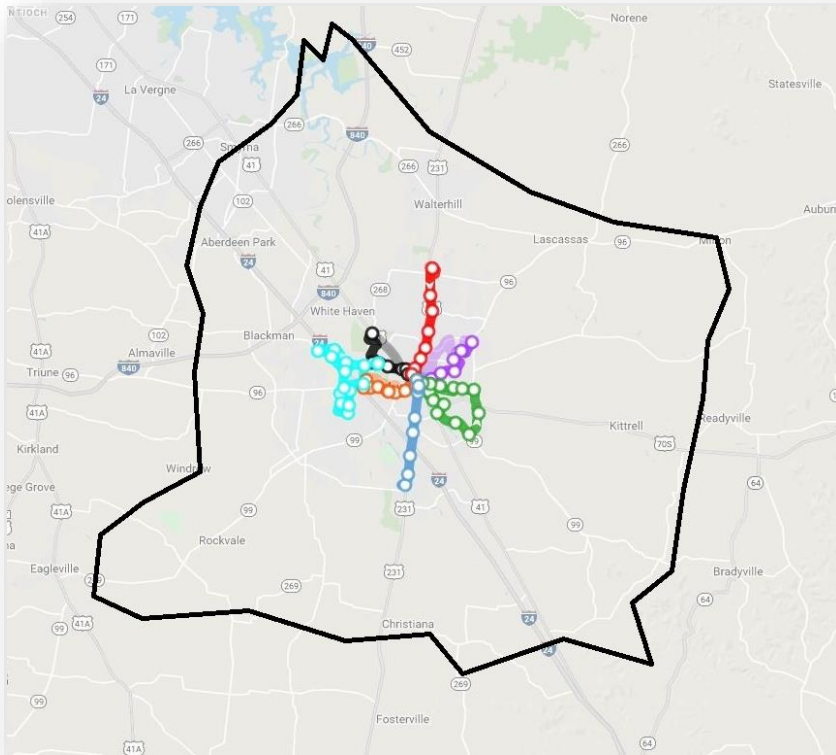
Source: City of Murfreesboro Community Development Department. (2015). *City of Murfreesboro Consolidated Plan 2015-2020*. Retrieved from <http://www.murfreesborotn.gov/DocumentCenter/View/2278/2015-2020-Consolidated-Plan?bidId=>

Source: US Census Bureau. (2018). *Selected Housing Characteristics, 2017 American Community Survey 5-year estimates*. Retrieved from <https://factfinder.census.gov/faces/nav/jsf/pages/searchresults.xhtml?refresh=t#none>

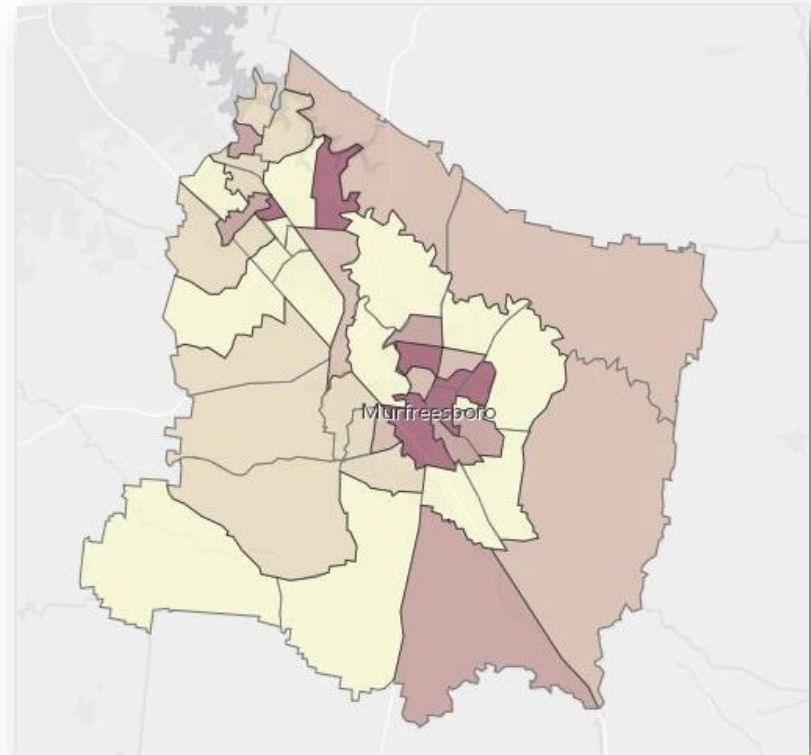
Transportation

Rutherford

Social
Determinants



Rover routes in Rutherford



Households with no car by
census tract

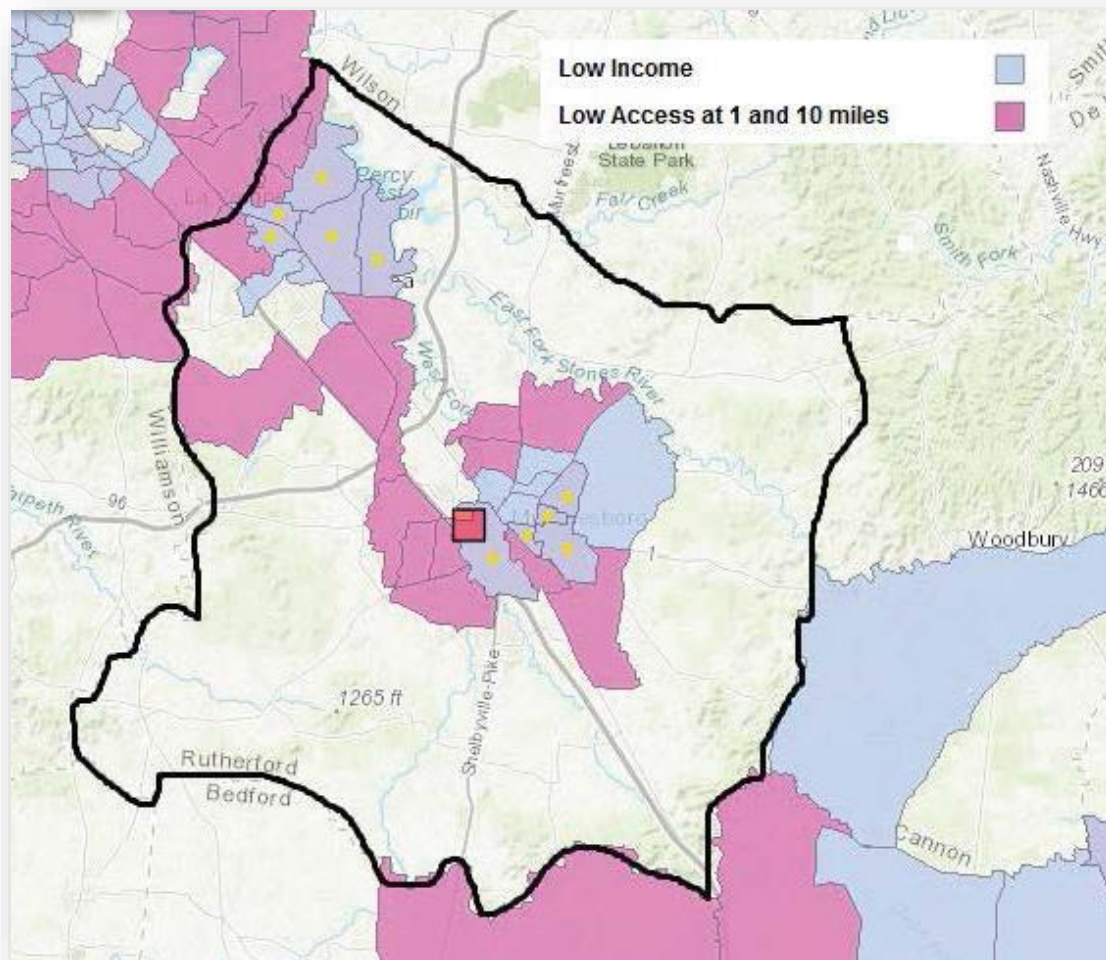
Source: US Census Bureau. (2017). *Selected Housing Characteristics, 2016 American Community Survey 5-year estimates*.

Retrieved from <https://factfinder.census.gov/>

Source: City of Murfreesboro. (n.d.). *Rover Route Map*. Retrieved November 12, 2018 from:

<http://63.137.71.220/RouteMap/Index>

Food Access



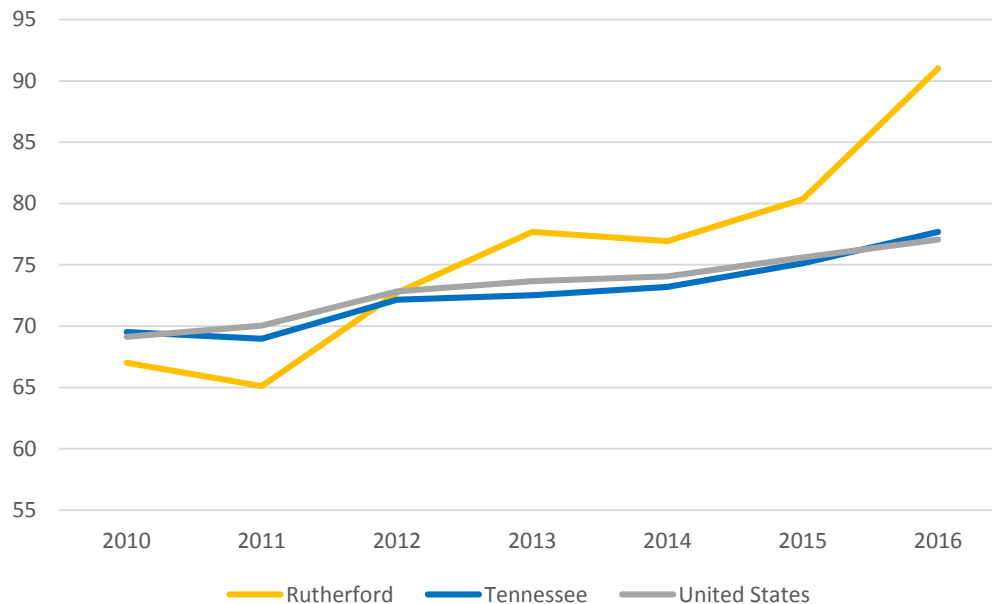
Roughly 29% of
low-income
population also has
low food access

Fast Food

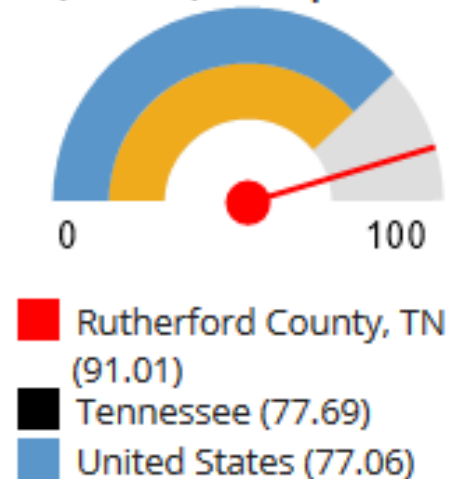
Rutherford

Social
Determinants

Fast Food Restaurants per 100,000 Population



Fast Food Restaurants, Rate (Per 100,000 Population)



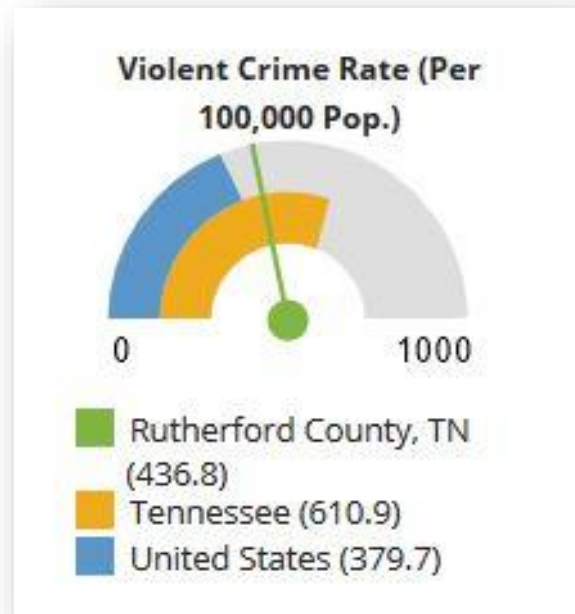
Source: Community Commons. (2018). *Fast Food Restaurants, Rate per 100,000 Population By Year*. Retrieved November 12, 2018 from <https://assessment.communitycommons.org/CHNA/report?page=3&id=408&reporttype=libraryCHNA>

Source: United States Department of Agriculture Economic Research Service. (2017). *Food Environment Atlas*. Retrieved June 1, 2018, from: <https://www.ers.usda.gov/data-products/food-environment-atlas/>

Violence

Rutherford

Social
Determinants



Source: Community Commons. (2018). *Violent Crime Rate Per 100,000 Population*. Retrieved November 12, 2018 from <https://assessment.communitycommons.org/CHNA/report?page=3&id=408&reporttype=libraryCHNA>

Source: Office of Disease Prevention and Health Promotion. (2019). *Crime and Violence*. Retrieved November 12, 2018 from <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/crime-and-violence>

Source: The Annie E. Casey Foundation Kids Count Data Center. (2018). *KIDS COUNT National Indicators*. Retrieved May 1, 2018 from <https://datacenter.kidscount.org/data#USA/1/0/char/0>

Senior Issues

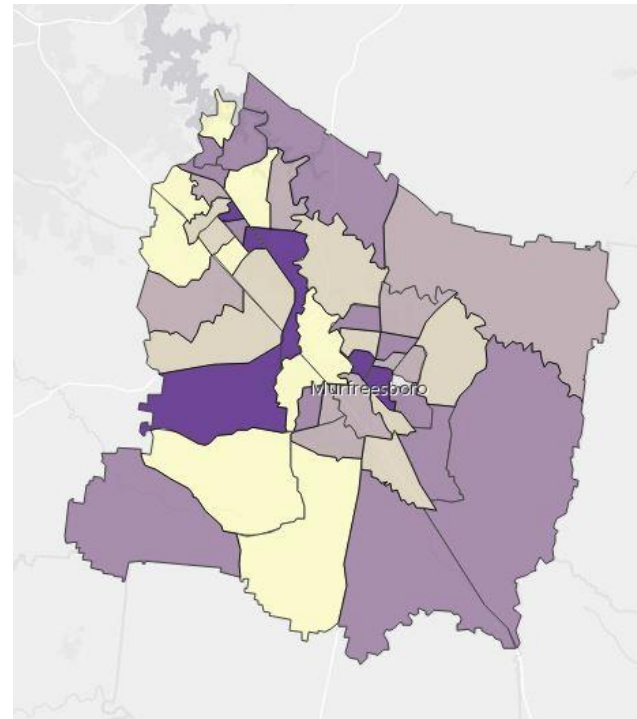
Rutherford

Social
Determinants

Projected growth in elderly
population 2017-2030

↑ 37%

↑ 125%



% of seniors below poverty in past 12 months

- 27% in Rutherford have diabetes
- 61% have high blood pressure
- 7% are below 100% Federal Poverty Level

Source: Tennessee Commission on Aging and Disability. (2017). *Tennessee State Plan on Aging October 1, 2017-September 31, 2021*. Retrieved from https://www.tn.gov/content/dam/tn/aging/documents/TN_State_Plan_on_Aging_2017-2021.pdf

Source: Tennessee Commission on Aging and Disability (2017). *2017 State of Aging in Tennessee*. Retrieved from <https://www.tn.gov/aging/administration/forms-and-publications/2017-state-of-aging-in-tennessee.html>

Source: US Census Bureau. (2017). *Percentage of families and people whose income in the past 12 months is below the poverty level – all people 18 and over – 65 years and over 2012-2016 ACS Estimates*. Retrieved from <https://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml>

2019 Rutherford County CHNA Team

- Housing cost presents challenge/threat
- Transit options are limited
- Limited access to healthy food alongside increasing fast food access
- Violent crime rate is higher than national rate
- Senior population projected to increase sharply in coming years

Uninsured Population

Rutherford Co. 11.1%

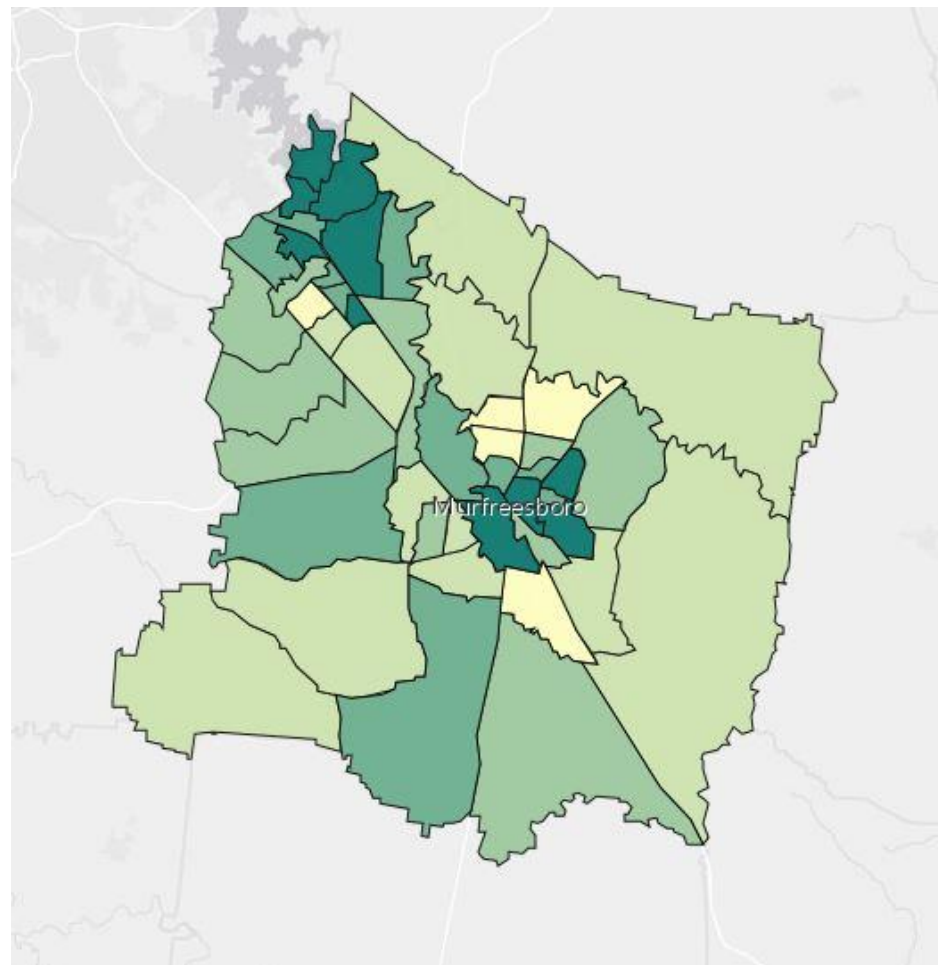
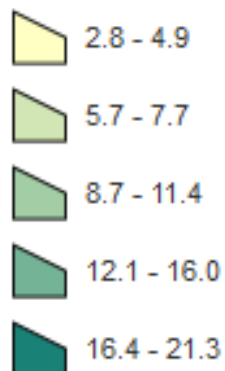
Tennessee 11.8%

United States 11.7%

Legend

Data Classes

Percent



Source: Office of Disease Prevention and Health Promotion. (2019). *Access to Health Services*. Retrieved November 15, 2018 from <https://www.healthypeople.gov/2020/topics-objectives/topic/Access-to-Health-Services>

Source: US Census Bureau. (2017). *Percentage of families and people whose income in the past 12 months is below the poverty level – all people 18 and over – 65 years and over 2012-2016 ACS Estimates*. Retrieved from <https://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml>

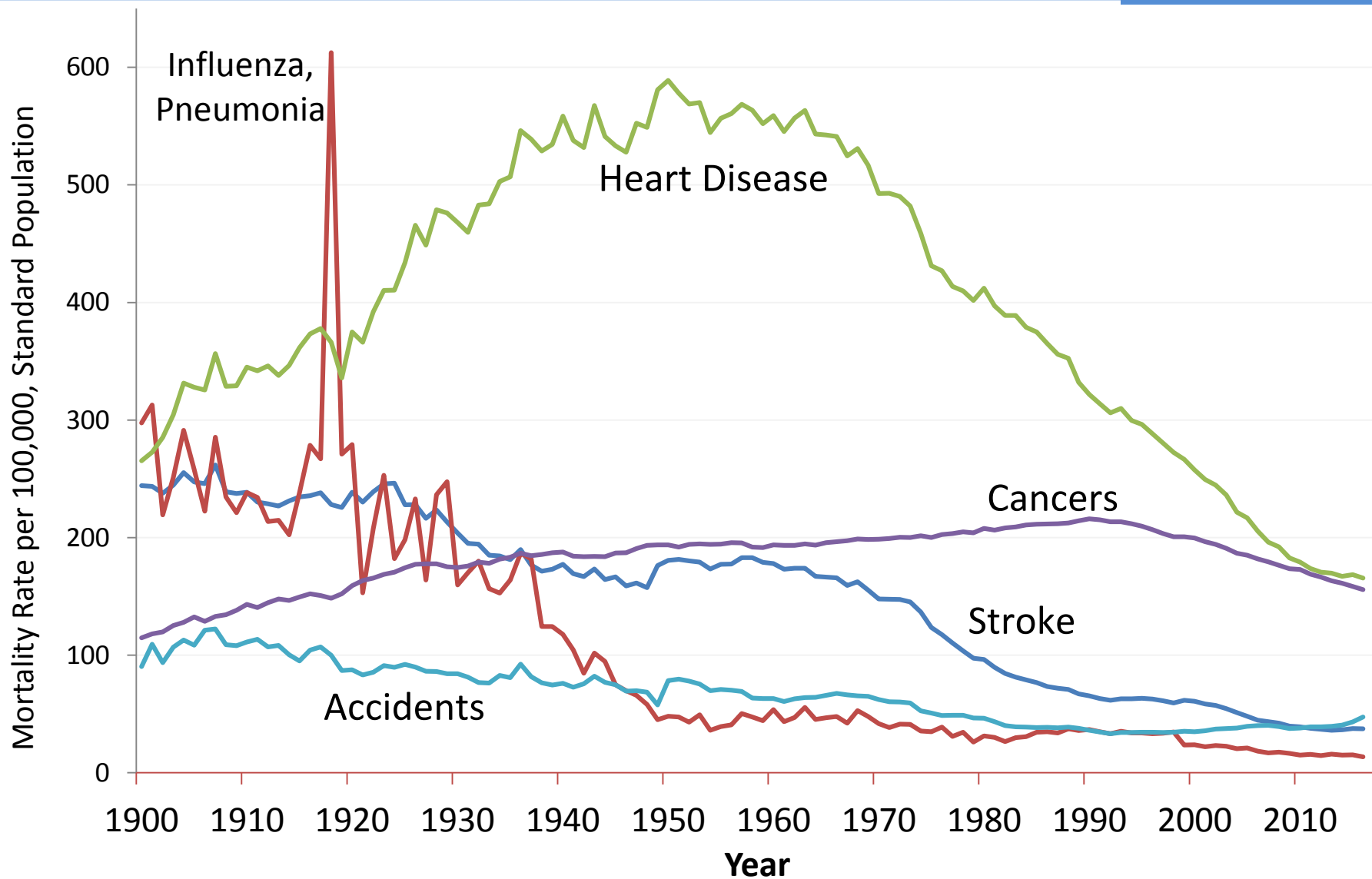
- Parts of Rutherford County still have a high proportion of uninsured citizens

Causes of Death: USA, 1900-2016

Age adjusted Death Rates for Selected Major Causes of Death

Rutherford

Morbidity /
Mortality



Source: Centers for Disease Control and Prevention. (2018). *National Vital Statistics System: Mortality Tables*. Retrieved November 2018 from https://www.cdc.gov/nchs/nvss/mortality_tables.htm

2019 Rutherford County CHNA Team

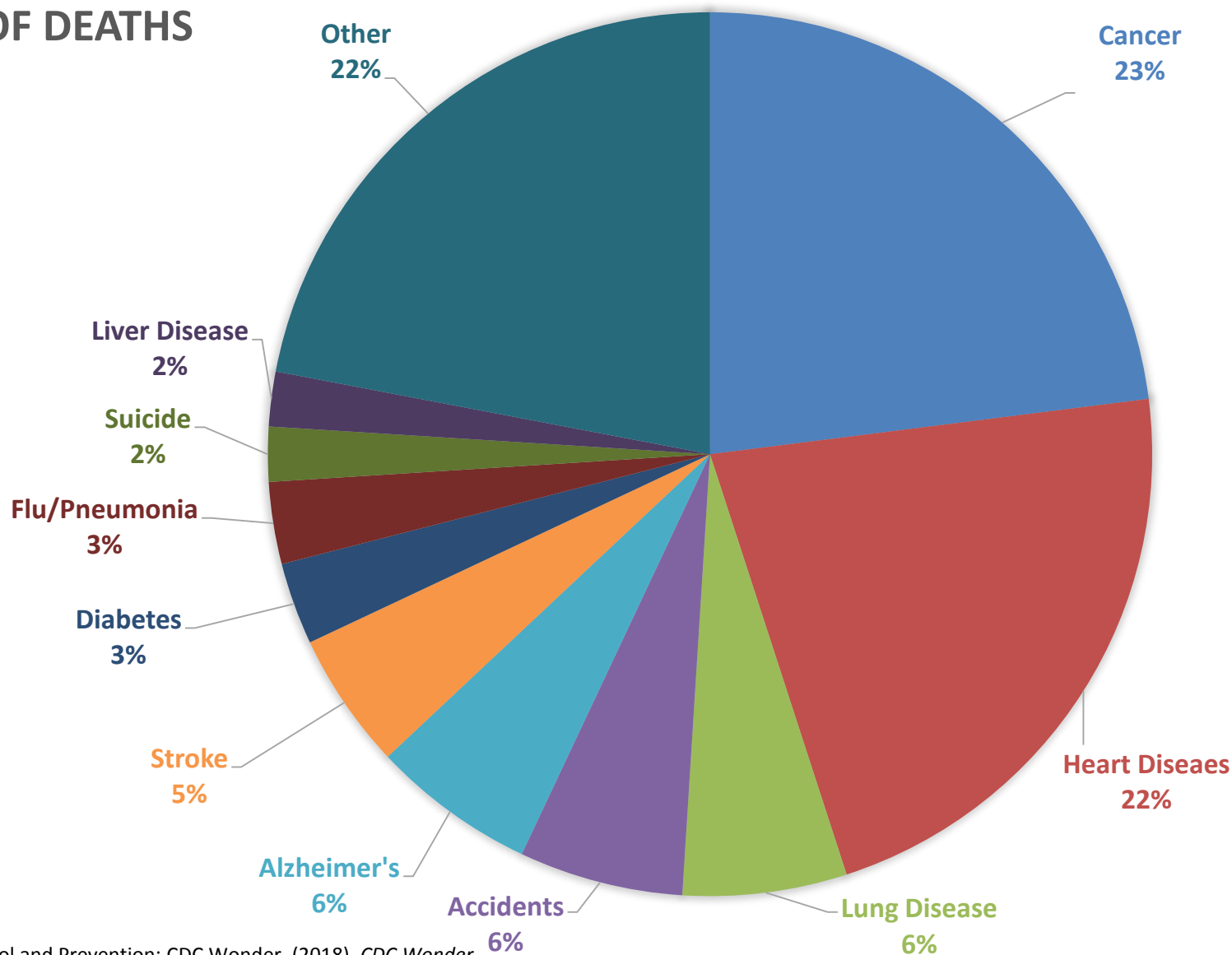
Percentage of Deaths

Rutherford County (2014-2016)

Rutherford

Morbidity /
Mortality

PERCENTAGE OF DEATHS



Source: Centers for Disease Control and Prevention: CDC Wonder. (2018). CDC Wonder.
Retrieved May 2018 from <https://wonder.cdc.gov/>

2019 Rutherford County CHNA Team

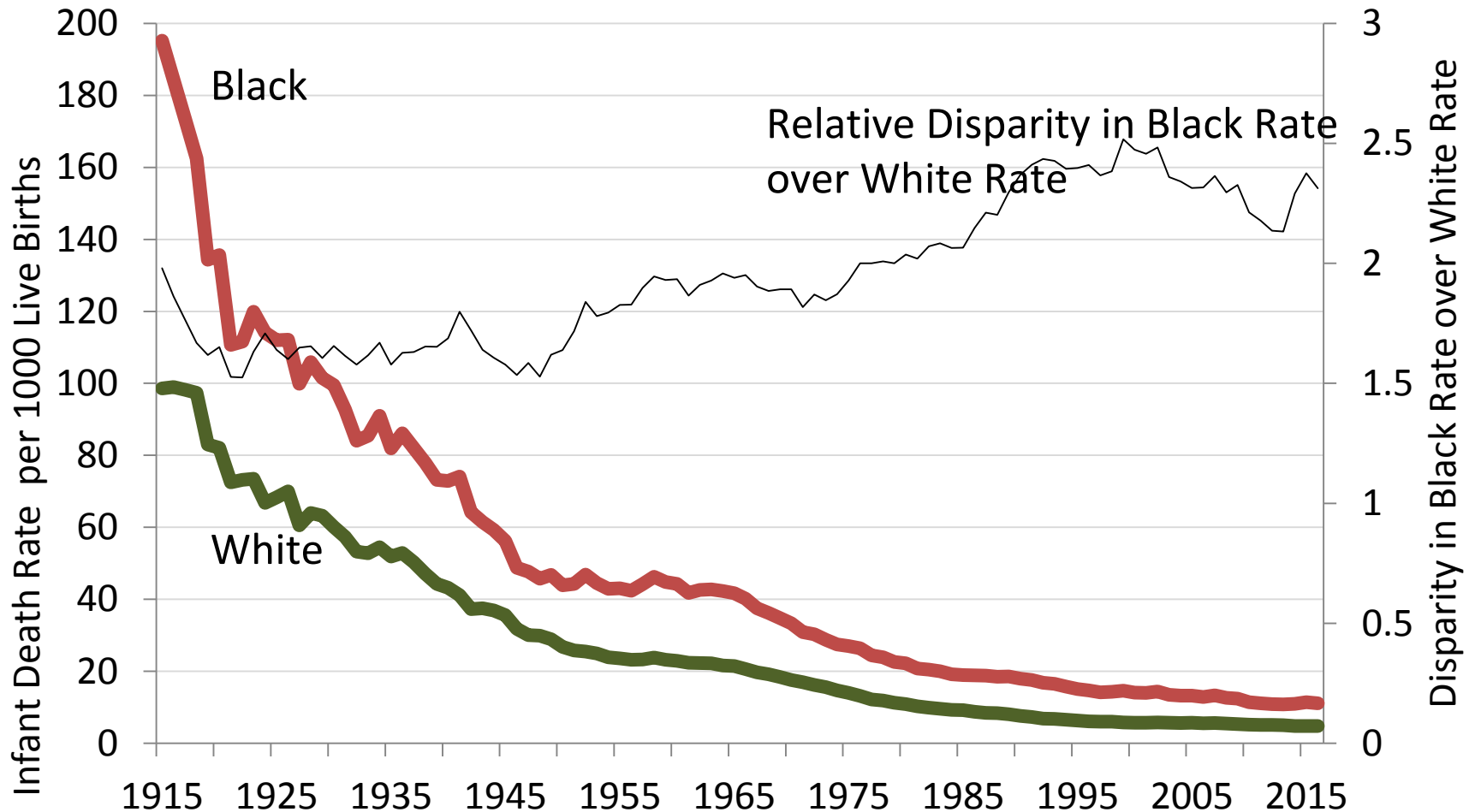
- Cancer and heart disease remain the leading causes of death with 45% of all deaths
- Other leading causes include lung disease, accidents, and Alzheimer's

Infant Mortality in the United States

Racial Disparities since 1915

Rutherford

Birth
Outcomes



Source: Centers for Disease Control/National Center for Health Statistics. (2017). *Infant Health*. Retrieved from <https://www.cdc.gov/nchs/fastats/infant-health.htm>

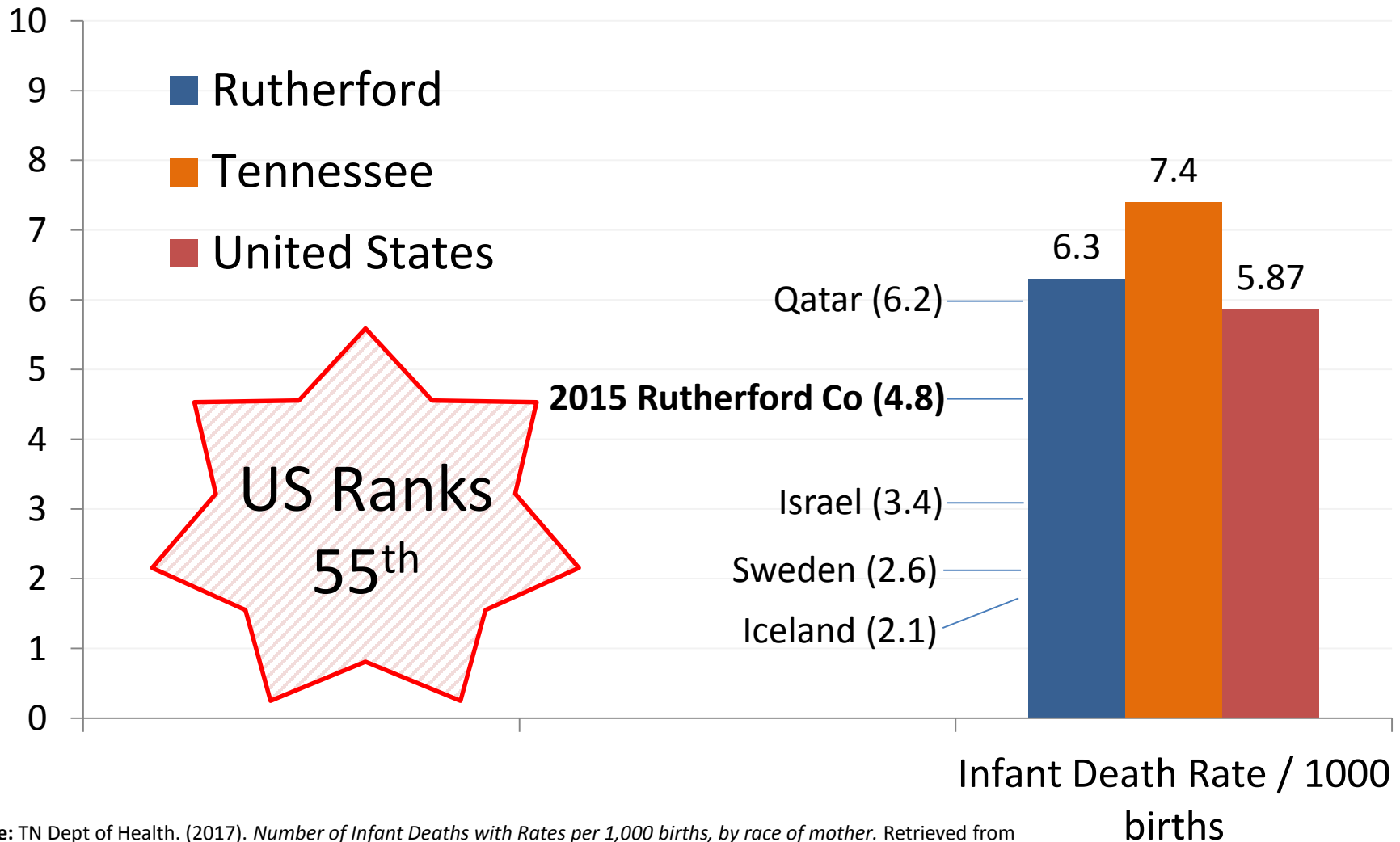
Source: Kids Count Data Center. (2018). *Infant mortality by race in the United States*. Retrieved from <https://datacenter.kidscount.org/data/tables/21-infant-mortality-by-race#detailed/1/any/false/870,573,869,36,868,867,133,38,35,18/10,11,9,12,1,13/285,284>

Infant Mortality: Rutherford Co

International Comparison - 2017

Rutherford

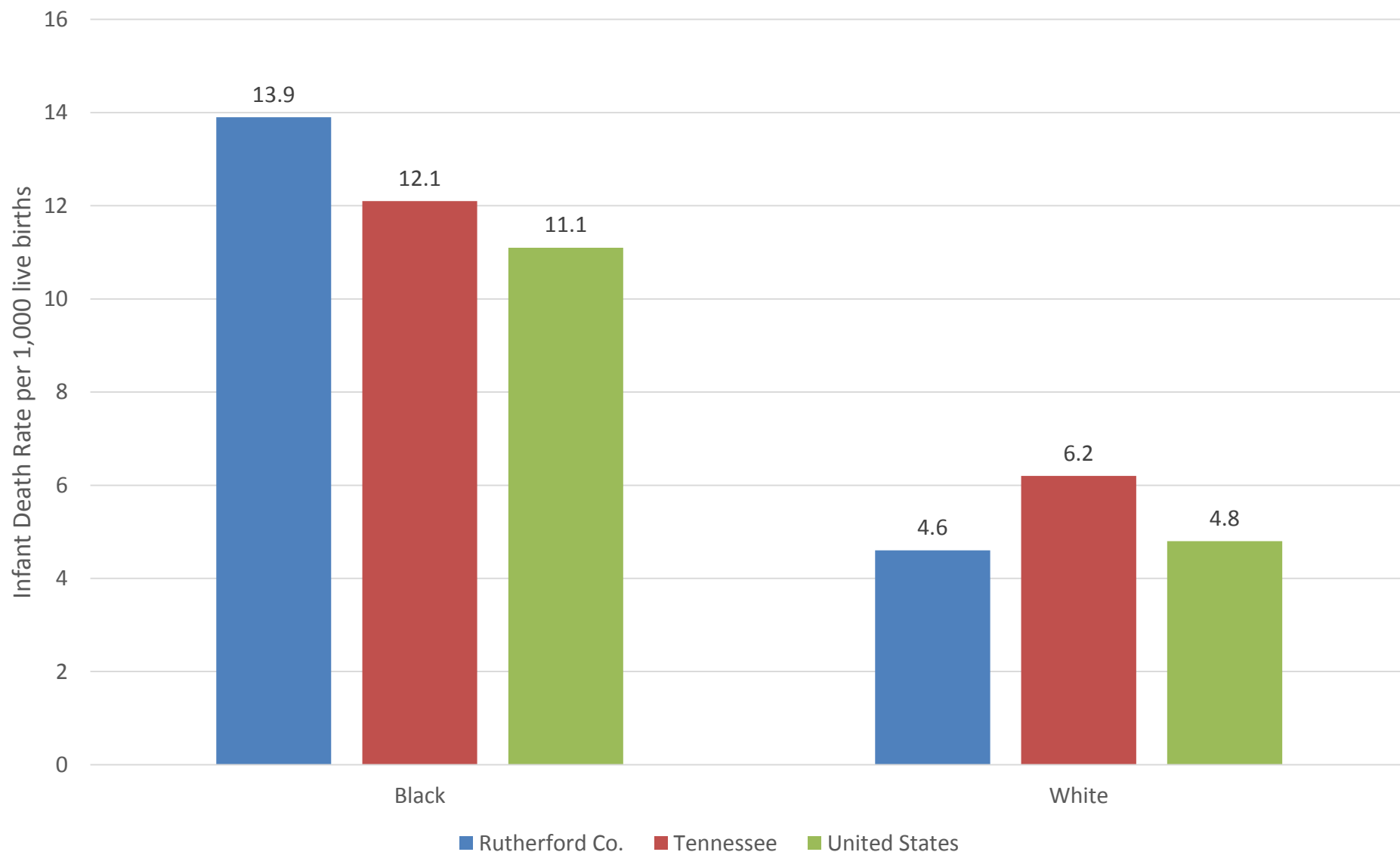
Birth
Outcomes



Source: TN Dept of Health. (2017). *Number of Infant Deaths with Rates per 1,000 births, by race of mother*. Retrieved from https://www.tn.gov/content/dam/tn/health/documents/TN_Infant_Mortality_Rates_-_2016.pdf

Source: Central Intelligence Agency World Factbook. (n.d.). *Country Comparison: Infant Mortality Rate*. Retrieved from <https://www.cia.gov/library/publications/the-world-factbook/rankorder/2091rank.html>

Infant Mortality Rate by Race, 2016



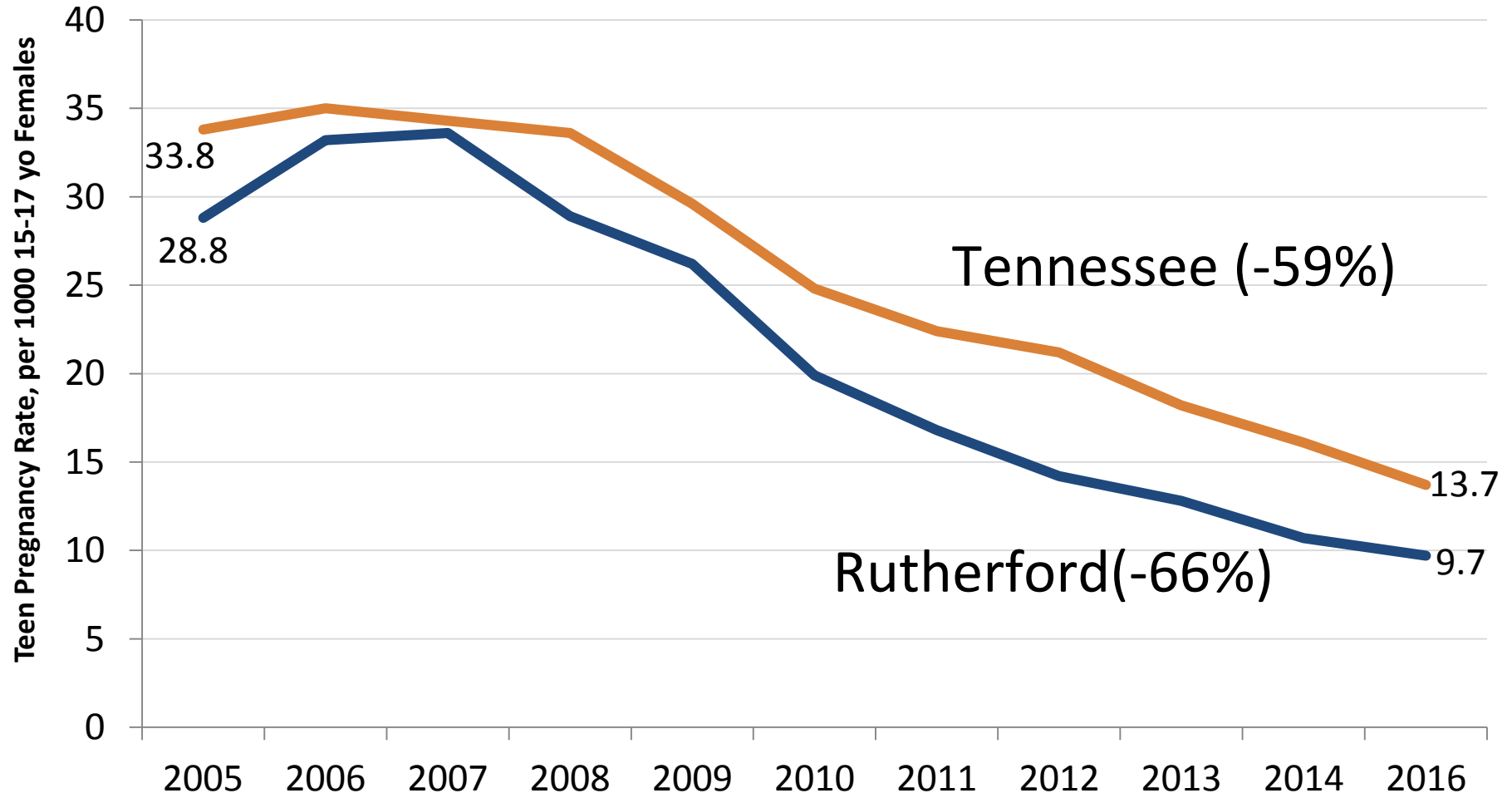
Source: TN Dept of Health. (2017). *Number of Infant Deaths with Rates per 1,000 births, by race of mother*. Retrieved from https://www.tn.gov/content/dam/tn/health/documents/TN_Infant_Mortality_Rates_-_2016.pdf

Teen Pregnancy Rates; Ages 15-17, Trend: 2005-2016

Rutherford

Birth
Outcomes

Teen Pregnancies are In Decline Across the County and State



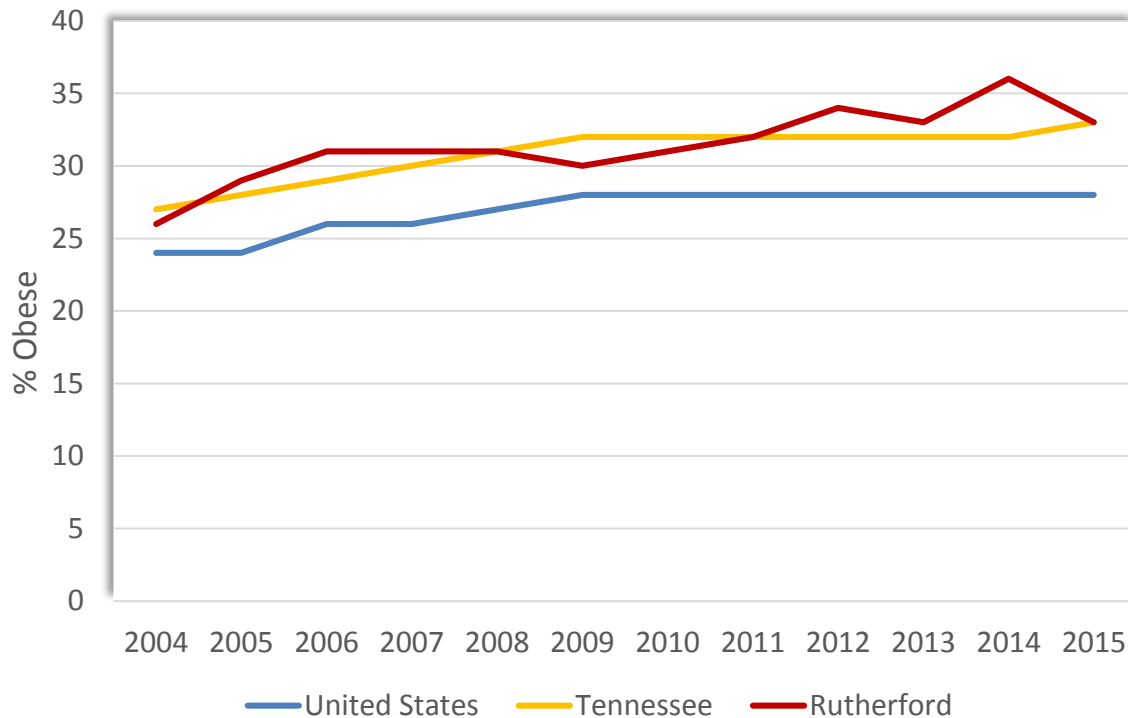
- Infant Mortality is high and rates have increased in Rutherford County
- Large disparities continue to exist for all birth outcomes
- Teen pregnancy and birth rates continue to decline

Obesity

Rutherford

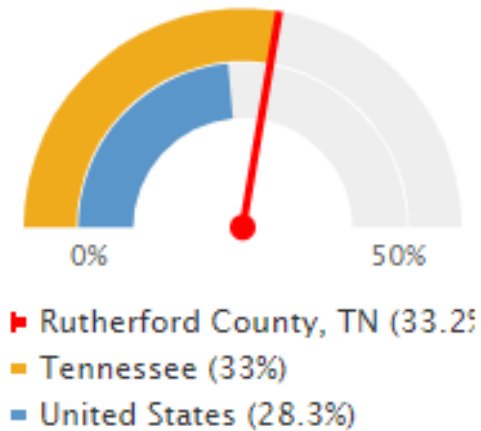
Behavioral
Risk Factors

Adult Obesity Trends 2004-15



2015

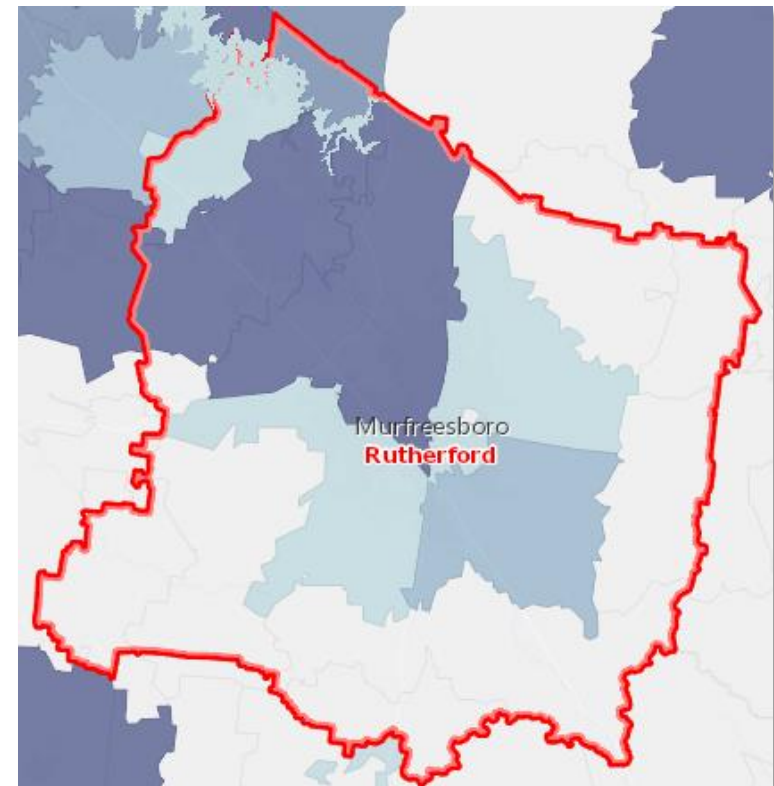
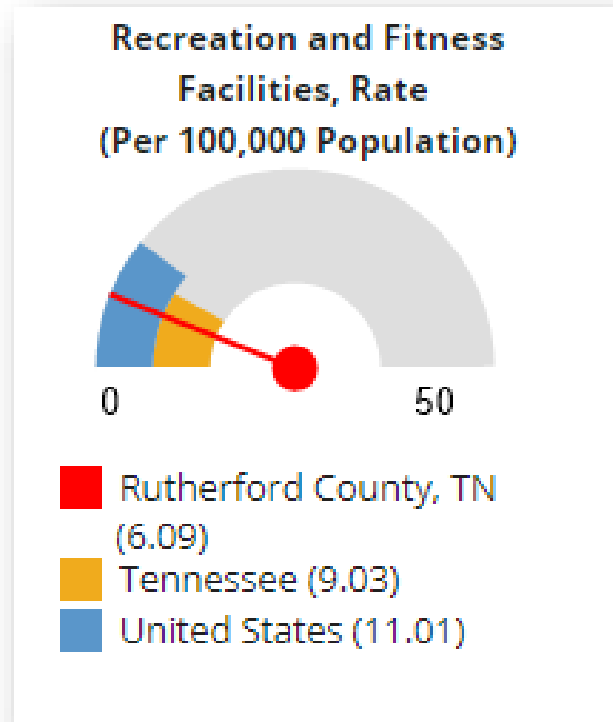
Percentage of Adults Obese



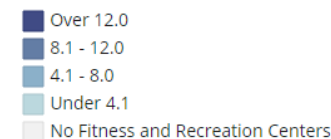
Source: University of Wisconsin Population Health Institute. (2018). *2018 County Health Rankings*. Retrieved from <http://www.countyhealthrankings.org/app/tennessee/2018/measure/factors/11/data>

Source: Community Commons. (2018). *Percentage of Adults Obese*. Retrieved November 12, 2018 from <https://assessment.communitycommons.org/CHNA/report?page=3&id=408&reporttype=libraryCHNA>

Recreation & Fitness Access



Recreation and Fitness Facilities, Rate (Per 100,000 Pop.) by ZCTA, CBP 2016



Source: Community Commons. (2018). *Recreation and Fitness Facilities, Rate (Per 100,000 Population)*. Retrieved November 12, 2018 from <https://assessment.communitycommons.org/CHNA/report?page=3&id=408&reporttype=libraryCHNA>

Substance Abuse

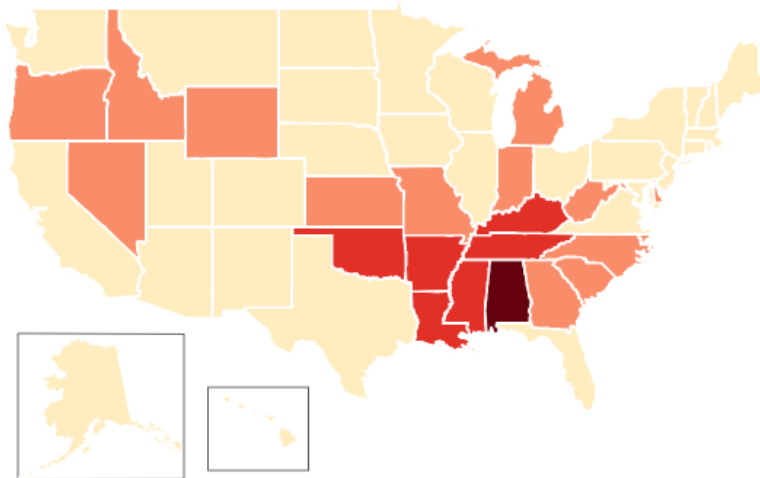
Opioid Prescribing Rates

Rutherford

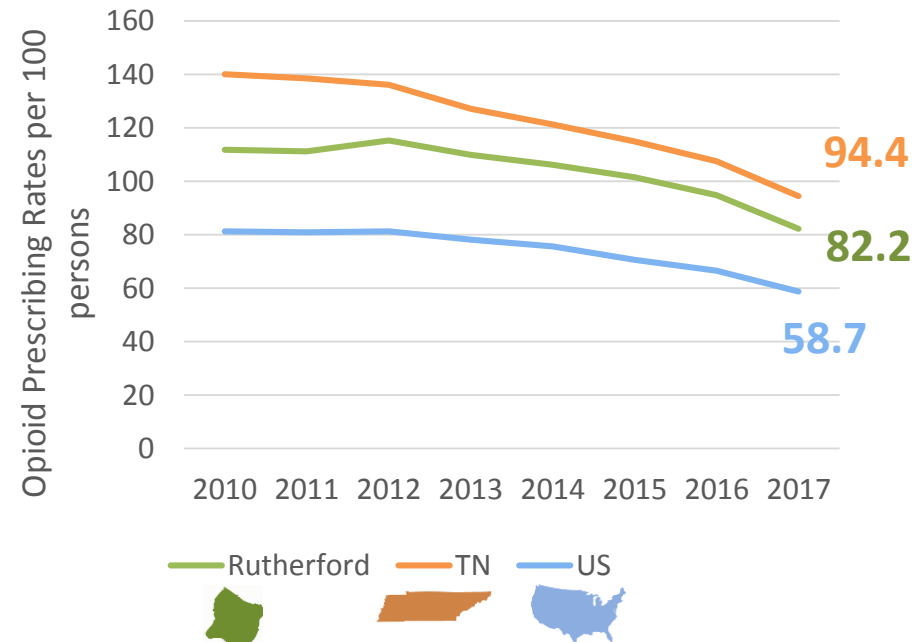
Behavioral
Risk Factors

Opioid Prescribing Rates Per 100 Persons (2017)

1. Alabama – 107.2
2. Arkansas -105.4
- 3. Tennessee – 94.4**



Opioid Prescription Rates Per 100 Persons (2010-2017)



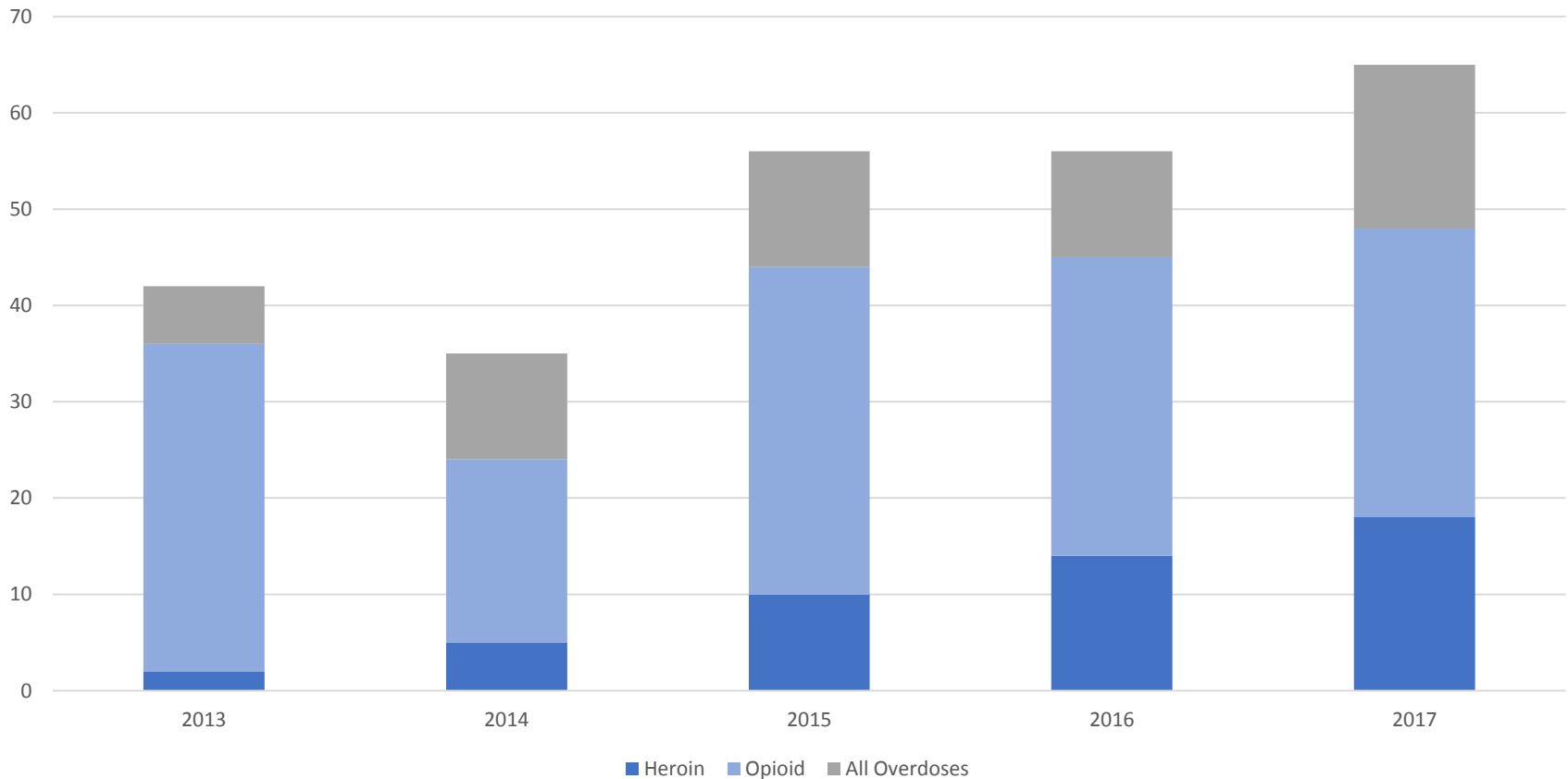
Substance Abuse

Drug Overdose Deaths

Rutherford

Behavioral
Risk Factors

Drug Overdose Deaths in Rutherford County 2013-2017



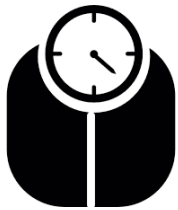
Source: University of Wisconsin Population Health Institute. (2018). *Drug Overdose Deaths*. Retrieved from <http://www.countyhealthrankings.org/explore-health-rankings/what-and-why-we-rank/health-factors/health-behaviors/alcohol-drug-use/drug-overdose-deaths>

Source: Tennessee Department of Health. (2017). *Tennessee Drug Overdose Data Dashboard*. Retrieved on November 15, 2018 from <https://www.tn.gov/health/health-program-areas/pdo/pdo/data-dashboard.html>

Youth Risk Behaviors



- Tobacco Use
 - 19.6% use any tobacco product (US)
 - Most used product among high schoolers are e-cigarettes (11.7%)



- Nutrition & Obesity
 - TN 2nd in the nation with highest percent of obese high school students (20.5%)
 - 40.3% of public school students are overweight or obese in Rutherford Co.



- Physical Activity
 - 56% were **not** physically active at least 60 min per day on 5 or more days (TN)

Source: The Annie E. Casey Foundation Kids Count Data Center. (2019). *Public School Students Measured as Overweight or Obese*. Retrieved July 6, 2018 from <https://datacenter.kidscount.org/data/tables/8705-public-school-students-measured-as-overweight-or-obese?loc=44&loct=5#detailed/5/6420-6514/false/871,870,573,869,36,868,35/any/17473>

Source: Centers for Disease Control and Prevention. (2017). *Adolescent and School Health – Nutrition, Physical Activity, & Obesity Data & Statistics*. Retrieved on July 8, 2018 from <https://www.cdc.gov/healthyyouth/data/topics/npao.htm>

Source: Centers for Disease Control and Prevention. (2017). *High School YRBS Table*. Retrieved July 16, 2018 from <https://nccd.cdc.gov/youthonline/App/Results.aspx?TT=B&OUT=0&SID=HS&QID=QNPA0DAY&LID=LL&YID=RY&LID2=YID2=&COL=&ROW1=&ROW2=&HT=&LCT=&FS=&FR=&FG=&FA=&FI=&FP=&FSL=&FRL=&FGL=&FAL=&FIL=&FPL=&PV=&TST=&C1=&C2=&QP=&DP=&VA=CI&CS=Y&SYID=&EYID=&SC=&SO>

Summary

Rutherford

Behavioral
Risk Factors

- Opioid prescribing rates are declining but Rutherford almost doubles the nation's average at 82.2 per 100 persons
- Rutherford smoking rate remains higher than HP2020 target
- 33% of Rutherford adults are obese
- High School Youths
 - Continue to use tobacco products, increase in smokeless tobacco
 - 40% of students are over weight or obese

Monthly Poor Mental Health Days

Rutherford

Mental and
Emotional Health



3.7



4.5



4.2

**Poor Mental Health includes stress,
depression, and problems with
emotions**

Source: University of Wisconsin Population Health Institute. (2018). *Drug Overdose Deaths*. Retrieved from <http://www.countyhealthrankings.org/app/tennessee/2018/rankings/rutherford/county/outcomes/overall/snAPSHOT>

Mental Health Provider Ratios

Rutherford

Mental and
Emotional Health



529: 1



740: 1



1,270:1

**Mental Health providers include:
psychiatrists, psychologists,
licensed clinical social workers,
counselors, marriage and family
therapists**

Source: University of Wisconsin Population Health Institute. (2018). *Mental Health Providers*. Retrieved from <http://www.countyhealthrankings.org/app/tennessee/2018/measure/factors/62/description>

Source: University of Wisconsin Population Health Institute. (2018). *Rutherford County Snapshot*. Retrieved from

<http://www.countyhealthrankings.org/app/tennessee/2018/rankings/rutherford/county/outcomes/overall/snapshot>

Social Environment

Rutherford

Mental and
Emotional Health



1.52%

Live in a linguistically isolated household



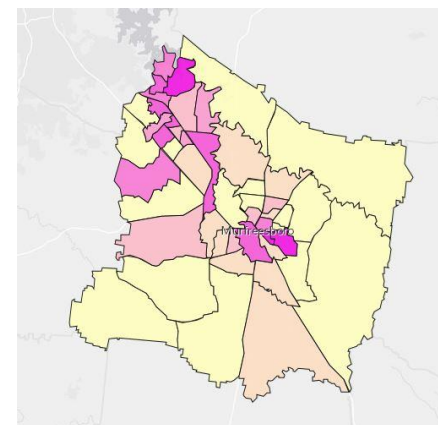
13.4%

**Rutherford adults reported they receive
insufficient social or emotional support all or most
of the time**



10

Faith congregations per 10,000 people



**Distribution of linguistically isolated
households in Rutherford County**

Source: US Census Bureau. (2016). % in Limited English-Speaking Households, 2016 ACS 5-year Estimates. Retrieved from <https://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml#none>

Source: Community Commons. (2018). Recreation and Fitness Facilities, Rate (Per 100,000 Population). Retrieved May 1, 2018 from <https://assessment.communitycommons.org/CHNA/report?page=3&id=408&reporttype=libraryCHNA>

Source: The Association of Religious Data Archives. (2010). U.S. Religion Census: Religious Congregations and Membership Study, 2010 (County File). Retrieved from <http://www.thearda.com/Archive/Files/Descriptions/RCMSCY10.asp>,

Source: Stebbins, S. (2018, March 18) The most religious counties of every state in the U.S. *USA Today*. Retrieved from <https://www.usatoday.com/story/news/2018/03/13/most-religious-counties-every-state-u-s/421946002/>

- Rutherford's adults average 4.2 poor mental health days each month
- For every 1,270 persons there is 1 mental health provider
- Multiple social/faith organizations for people to join but 13.4% of adults do not feel like they have adequate emotional support

Limitations

- All:
 - Bias
 - Generalizability
 - Potential language/cultural barriers
- Secondary data:
 - Source variability
 - Benchmarking not always available
- Time

Questions

Identify Needs

- Step 1: Write down 3 Health Needs that you consider high priority based on the data presented today
- Step 2: Discuss your thoughts with your tablemates
 - Which Needs are similar?
 - How can these Needs be consolidated?
 - What are the outliers, if any?
- Step 3: Consolidate similar Needs into up to 3 “buckets” for your table. Write Needs (up to 3) on the stickies provided.

Break

Electronic Voting



Electronic Voting

Survey Link

or

Scan the QR Code

- Enter the following in your web browser
redcap.vanderbilt.edu/surveys
- Survey Access Code:
ENKCCNNHE



Rutherford County Identified Community Health Needs

- Mental Health/Substance Abuse
- Collaboration, Awareness, Navigation of resources and services
- Access to Basic Needs
 - Special focus on housing
- Nutrition and Obesity

Visioning

- Based on one of the Identified Needs, please answer the following questions:
 1. After 3 years, what does success look like for this need?
 2. Identify one to three goals that your group would like to see achieved related to this need.
 3. Which population(s) are most affected by this need or problem?
 4. What organizations are already working on issues related to this need? Who are the potential collaborators?

Closing

Next Steps



Acknowledgements

- Participants in interviews, listening sessions and the survey
- Journey Home
- First Baptist Church
- Patterson Park Community Center
- VUMC/STH/RCHD team:
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 - Bridget Del Boccio
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 - Katie Horneffer, Vanderbilt University
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 - Jenna Stitzel (Coordinated School Health)
 - Darla Sampson (Coordinated School Health)
 - Kaysi Paul (PC4S)

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Evaluation

Thank you to all!!