

# 2025 State of Health in Tennessee

## A Healthy Life

### Income and Poverty



#### Per Capita Personal Income

Annually, not seasonally adjusted, per capita personal income in dollars.



While TN's per capita personal income (**\$64,908**) is increasing, it remains below the United States (**\$72,425**) in 2024.

**12.4 %** of adult Tennesseans were living below the **poverty** level in 2023, compared to **11.5%** in the US.



Poverty is associated with

- Mental illness
- Chronic disease
- Mortality
- Life Expectancy

# 11.7%



of Tennesseans lacked adequate **access to food** in 2021-23, compared to **12.2%** in the US.

Individuals living in poverty are more likely to be food insecure. Food insecurity is associated with decreased nutrient intakes, increased rates of mental health problems and depression, diabetes, hypertension, and more.

#### Data Sources:

- United States Bureau of Economic Analysis
- United States Census Bureau, American Community Survey
- USDA Economic Research Service



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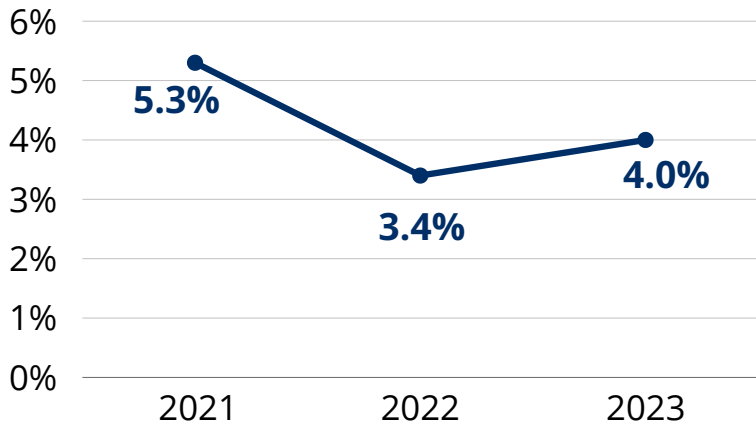
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# 2025 State of Health in Tennessee

## A Healthy Life Workforce



**Unemployment:** Percentage of the labor force who are unemployed in Tennessee.



Unemployment in Tennessee increased from 3.4% in 2022, to 4% in 2023.



**45.6%**

**45.6%** of people 20-64 who were living below the poverty level in Tennessee were engaged in the **labor force** (employed or unemployed) in 2023, compared to **47.8%** in the US.



Tennesseans engaged in the labor force consider access to **workplace benefits** and **workplace safety** when searching for employment opportunities.

## 52.0%



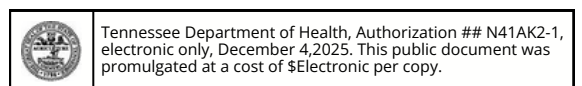
of employed workers in Tennessee used some type of **paid time off (PTO)** in 2022 compared to **55.0%** in the US.

**Fatal Occupational Injuries:**

In 2023, there were **5.4** fatal occupational injuries per 100,000 full-time equivalent employees in TN.

### Data Sources:

- United States Census Bureau, American Community Survey
- US Census Bureau, Current Population Survey (CPS)
- U.S. Bureau of Labor Statistics



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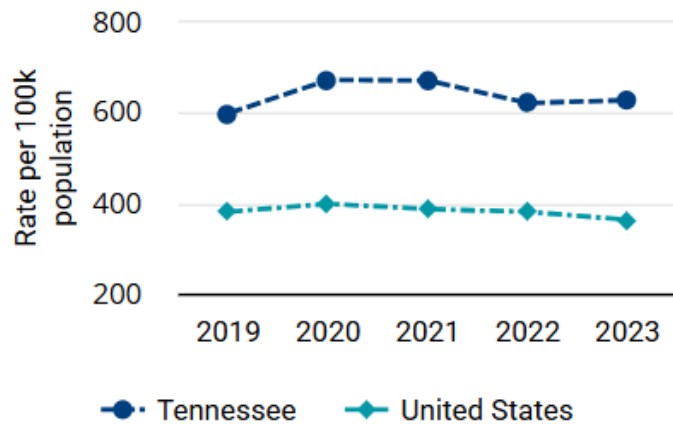
## A Healthy Life

### Community Safety



#### Violent Crime

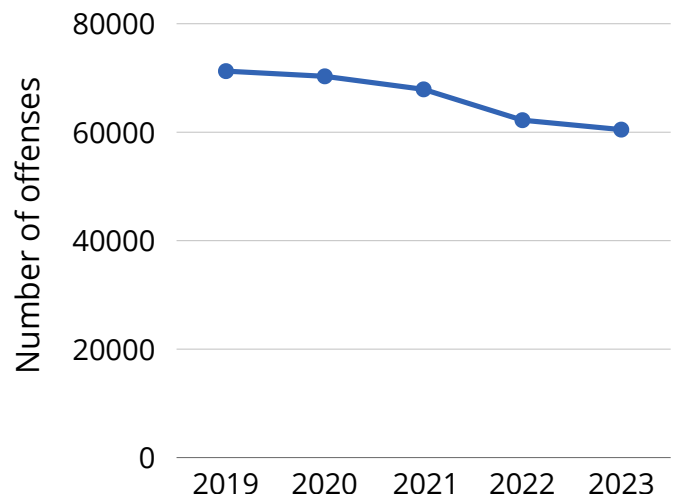
Rate of violent crime offenses (murder, rape, robbery and aggravated assault) per 100,000 population.



Tennessee's violent crime rate remained higher than the U.S. from 2019–2023, reaching **628.2** vs. **363.2** in 2023.

#### Domestic Violence

The number of domestic violence offenses in Tennessee has decreased in recent years but remains high with **60,479** domestic violence offenses in 2023.



According to **Healthy People 2030**, “detrimental health effects from exposure to violence and crime include asthma, hypertension, cancer, stroke, and mental disorders.”



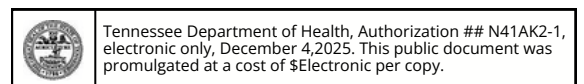
#### Justice-Involvement and Health

There is a cyclical relationship between justice involvement, social drivers of health, and individual health. Individuals who are socially and economically disadvantaged are more likely to become involved in the criminal justice system.

Similarly, individuals with health challenges, particularly behavioral and mental health challenges, are more likely to become justice involved. Justice involvement itself then contributes to poorer health and socioeconomic outcomes.

#### Data Sources:

- Federal Bureau of Investigation
- Tennessee Bureau of Investigation



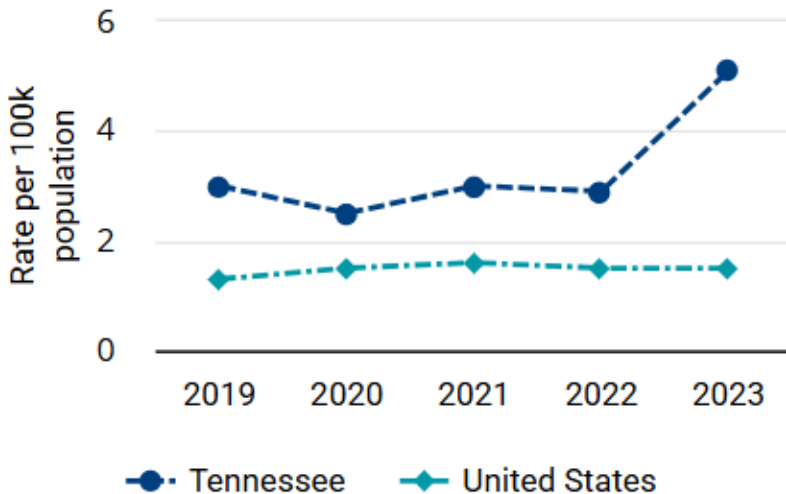
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## A Healthy Life

### Infectious Diseases



### Hepatitis C Virus (HCV)

Tennessee's acute HCV case rate has remained above the U.S. average.

In 2023, it rose sharply to **5.1** per 100,000, compared to **1.5** nationally.

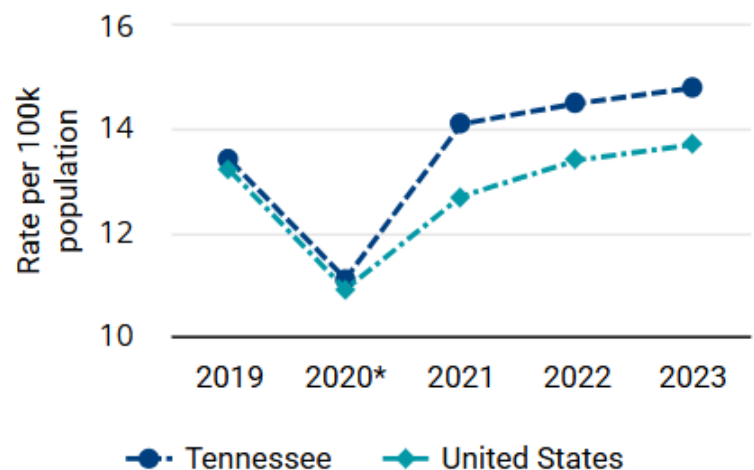
### Chlamydia

In 2021, there were **517.4** newly diagnosed chlamydia cases per 100,000 persons, compared to **492.2** in the United States.

### Human Immunodeficiency Virus (HIV)

Rate of new HIV diagnoses per 100,000 persons aged 13+ was **14.8** in Tennessee, compared to **13.7** in United States.

\*2020 HIV data reflect the impact of COVID-19 (intermittent clinic closures, reduction in availability of services, limited capacity to investigate reports) and should be interpreted with caution.



#### Data Sources:

- CDC, National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention



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## A Healthy Life

### Infectious Diseases



Vaccination can protect against serious illness, hospitalization, and death associated with both **influenza and COVID-19**, two of Tennessee's **top 10 causes of death** in 2023.

#### Influenza

In 2023, Tennessee had the

# 4th

highest influenza/pneumonia mortality rate in the country.

# 36.5%



of adults in Tennessee received a seasonal Influenza **vaccine** in 2023, compared to **42.2%** nationally.

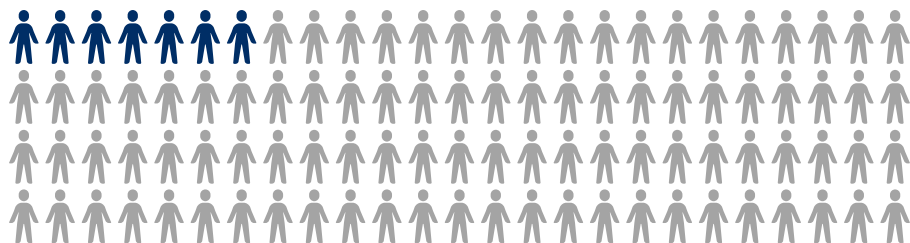
Influenza & pneumonia can lead to serious illness, hospitalization and death, accounting for **1,282 deaths in 2023** making it the **10th leading cause of death** in Tennessee.

#### COVID-19

In 2023, COVID-19 caused **1,406 deaths** in Tennessee and was the **8th leading cause of death** in Tennessee.

# 7.3%

of Tennesseans received a COVID-19 vaccine in 2024.



#### Data Sources:

- Tennessee Department of Health, Behavioral Risk Factor Surveillance System
- Tennessee Department of Health. TennIIS



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# 2025 State of Health in Tennessee

## A Healthy Life

### Health Indicators



#### 2022 Quick Health Facts

##### Tennessee vs United States



**16.1%**

#### Chronic Conditions

Percentage of adults who have three or more chronic conditions.

**10.7%**

**13.3%**

#### Diabetes

Percentage of adults who have diabetes.

**12.1%**

**74.0%**

#### Physical Activity

Percentage of adults who reported doing physical activity during the past 30 days.

**75.2%**

**17.2%**

#### Adult Smoking

Percentage of adults who are current smokers.

**12.1%**

**13.6%**

#### Binge-Drinking

Percentage of adults who are binge-drinkers.

**15.2%**

#### Data Sources:

- Tennessee Department of Health, Behavioral Risk Factor Surveillance System



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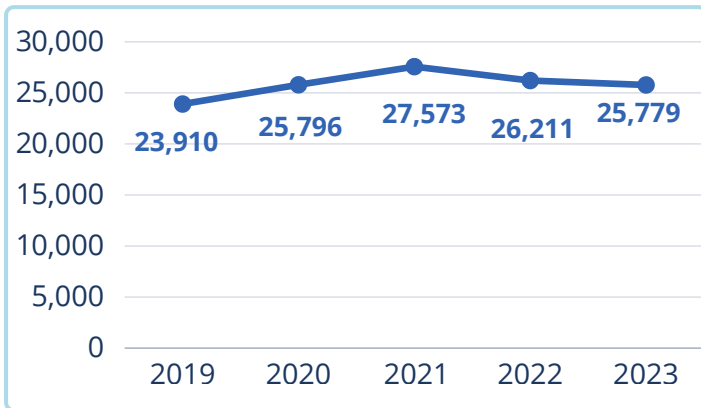
## A Healthy Life

### Health Indicators

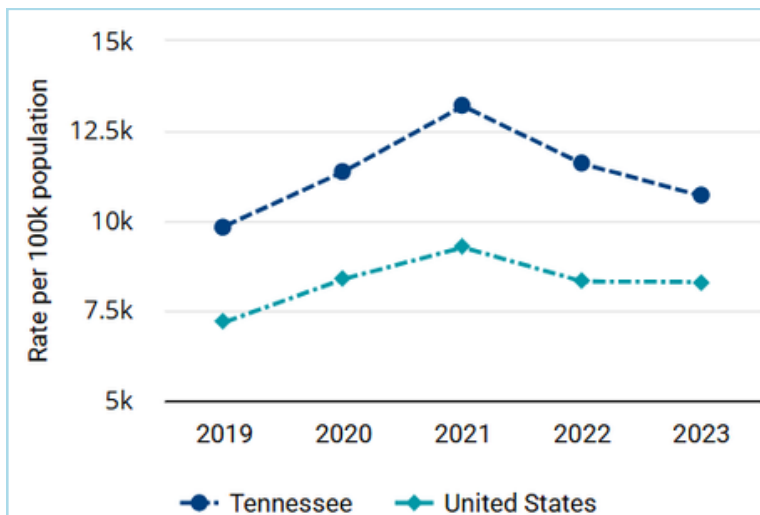


#### Nonfatal Drug Overdoses in Tennessee

Number of drug overdose hospital discharges (outpatient visits and inpatient stays) caused by nonfatal acute poisonings due to the effect of drugs regardless of intent.

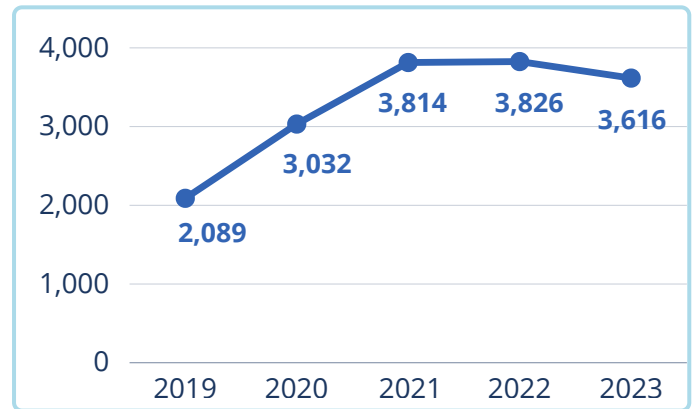


*Nonfatal drug overdoses that do not result in hospitalization are not reported using this data set and therefore this data is expected to be a significant undercount of the number of nonfatal drug overdoses occurring across Tennessee.*



#### Fatal Drug Overdoses in Tennessee

Number of all drug overdose deaths in Tennessee.



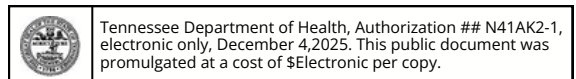
#### Premature Death

Crude Rate of Years of Potential Life Lost (YPLL) before Age 75 for 10 Leading Causes of Death (all Causes) per 100,000 persons.

Tennesseans lost **10,693.4** years per 100,000 persons in 2023, compared to **7,663.5** in the United States.

#### Data Sources:

- Tennessee Department of Health
- Centers for Disease Control and Prevention



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### Mental Health



#### Frequent Mental Distress

Percentage of adults who reported their mental health was 'not good' 14 or more days during the past 30 days.

# 19.6%



of Tennessee adults reported experiencing Frequent Mental Distress in 2023, compared to **15.5%** in the U.S.

Mental illness including depression can lead to increased suicidal ideation.

# 22.1

In 2023, Tennessee's adult **Suicide Mortality** rate was **22.1** deaths due to intentional self-harm per 100,000 adults.

#### Nonfatal Intentional Self-Harm Injury



In 2023, there were **62** emergency department visits/inpatient hospitalizations with **Suicidal Ideation** per 10,000 residents in Tennessee.

*\*Hospital-based data are expected to be impacted due to COVID-19 as changes in patient decision-making and hospital availability occurred.*

In 2023, there were

# 12.8

emergency department visits and inpatient hospitalizations for intentional self-harm injury, or **Suicide Attempt**, per 10,000 residents in Tennessee.

#### Data Sources:

- Tennessee Department of Health, Behavioral Risk Factor Surveillance System
- Tennessee Department of Health
- Tennessee Department of Health Death Statistics



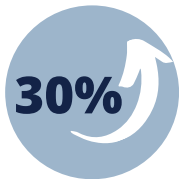
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### Older Adults



The population of Tennesseans aged 65+ will increase from 1.6 million in 2020 to 2.1 million in 2040. As the number of older adults increases, the demand for health care and long-term support services will also increase. Hence assessing the health of older adults and factors that influence aging is vital.

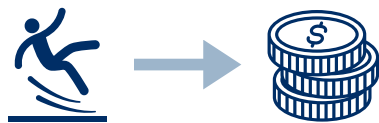
Poverty can have a significant impact on an older adult's ability to access critical medical care, purchase prescription drugs, and be food secure.



In 2023, **12.2%** of older adults in TN were living in **poverty**, compared to **11.3%** in the United States.



In 2023, among households with an adult aged 65+ living alone, **42%** were an **older adult living alone**.



Living alone can be additionally dangerous for older adults at **risk of falls**. In the US in 2019, falls cost **\$50 billion** in medical costs, with  $\frac{3}{4}$  paid by Medicare and Medicaid.

Social Isolation in older adults is a risk factor for serious health problems including dementia and premature death. Older adults who lose loved ones, have chronic illness, hearing loss or live alone are more likely to be socially isolated.




# 33.7%

Tennesseans aged 65 and older reported falling in 2023.

#### Data Sources:

- US Census Bureau, American Community Survey
- Tennessee Department of Health, Division of Population Health Assessment.



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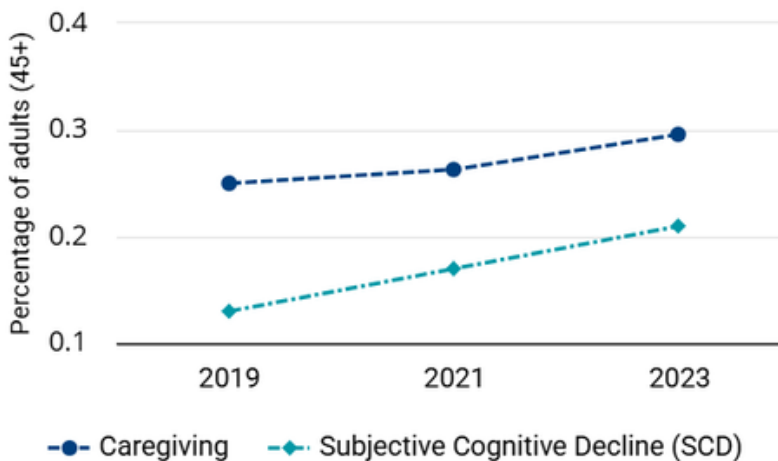
### Older Adults



In 2023-2024, there were **8,029 Adult Protective Services abuse investigations**, including investigations into **Elder Abuse**.

**Caregiving:** % of adults in TN aged 45+ serving as a caregiver.

**Subjective Cognitive Decline (SCD):** % of adults in TN aged 45+ who experience SCD.



Number of caregivers and individuals with SCD are on a rise in Tennessee.

- In 2023, **29.6%** of Tennesseans over age 45+ were serving as a caregiver to a loved one, including older adults.
- In 2023, **21%** of Tennesseans aged 45 years and older reported experiencing subjective cognitive decline, compared to **17%** in 2021.



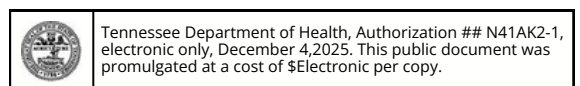
In 2022, **369,000 dementia caregivers** in Tennessee provided **499 million hours** of unpaid care valued at **\$7.8 billion**.

**7<sup>th</sup>**

In 2021, there were **2,879 deaths** from Alzheimer's Disease in Tennessee, making it one of the state's leading causes of death, and the **7th highest Alzheimer's death rate** in the United States.

#### Data Sources:

- Tennessee Department of Human Services Annual Report
- US Census Bureau American Community Survey
- Tennessee Department of Health, Behavioral Risk Factor Surveillance System



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