

2025 State of Health in Tennessee

A Healthy Start

Poverty and Food Insecurity



Children in Tennessee experienced a **poverty** rate of **19.7%** in 2023, compared to **16.3%** among children nationwide.



Children in food-insecure households have higher rates of lifetime asthma diagnosis and depressive symptoms, higher rates of foregone medical care, and higher rates of emergency department use.

In 2023, **19.8%** of Tennessee households with children had children who were **food insecure**, compared to **19.2%** in the United States *according to Feeding America*.

Programs that seek to combat the impacts of poverty and food insecurity include the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and Special Nutrition Assistance Program (SNAP).



In 2022, **84%** of Tennessee who were eligible for **SNAP** were receiving benefits, compared to **88%** in the United States.



In 2022, **33.4%** of children, ages 1-4 who were eligible for WIC were receiving benefits, compared to **46%** in the United States

Data Sources:

- United States Census Bureau
- Feeding America. 2025 Map the Meal Gap
- United States Department of Agriculture
- United States Department of Agriculture Food and Nutrition Service



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For more information visit :
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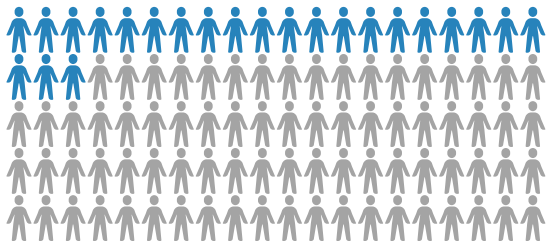
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Child Care Systems

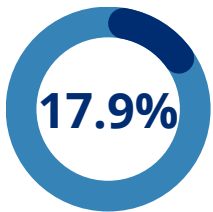


Foster care re-entry is defined as the percentage of children entering foster care who were re-entering after a prior episode. Children who experience foster care instability, including re-entry, are more likely to develop behavioral issues such as difficulty forming attachments and low self-esteem.



23.3% of children in Tennessee were **re-entering foster care** after a prior episode in 2022. Of those, almost half, 12.2%, were re-entering within 12 months of a prior episode.

Child Care availability, capacity, and cost are significant barriers to Tennessee families and may impact a parent's ability participate in the labor force.



of Tennessee counties do not have a DHS licensed childcare facility that offers a **discount**.

The annual **cost of child care** in Tennessee in 2023 was 14.8% of the median family income (\$82,836).

14.8% = \$12,260



Among Tennessee parents, 20% left the workforce, 30% shifted from full-time work to part-time work, and 32% declined a raise, promotion, or new job offer due to problems with childcare.

Data Sources:

- US Department of Health and Human Services, Administration of Children and Families
- Tennessee Department of Human Services
- Think Tennessee



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Children & Education



81.8%

of Tennessee schools met the state standard of one certified **counselor** per 500 students in 2023-24 school year.



83%

of Tennessee public schools employed a full-time **nurse** in the 2023-2024 school year.

School Nurses provide services such as assessment, planning, care-coordination, critical thinking skills, quality improvement, and health education and promotion. During the 2023-24 school year, **1,852.19 full-time school nurses** (or fulltime equivalents) provided healthcare services to students in Tennessee public school districts.



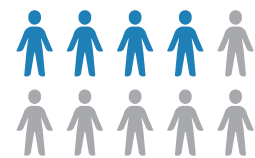
Reading Proficiency and English Comprehension

32%



of Tennessee **4th graders were reading proficiently** compared to 30% in the United States overall, in 2023.

41%



of Tennessee public school students in **grade 3 tested 'on track' or 'mastered' for English** on 2023 TN Ready tests.

Data Sources:

- Tennessee Coordinated School Health Annual School Health Services Report
- Tennessee Department of Education



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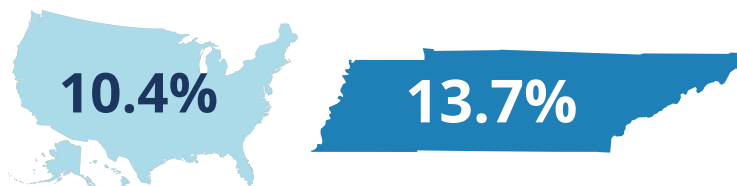
A Healthy Start

Trauma and Youth Safety



Adverse Childhood Experiences (ACEs)

15.6% of children in Tennessee had two or more Adverse Childhood Experiences in 2021-2022, compared to **11.9%** in the United States.



Dating Violence

13.7% youths in Tennessee, experienced Physical Dating Violence in 2023 compared to **10.4%** in the United States.

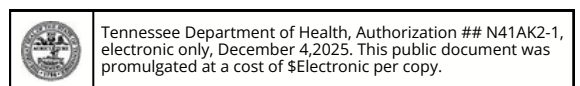
Exposure to Neighborhood Violence

Defined as the percentage of high school students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood.

25.8% of high school students in 2023 were exposed to neighborhood violence in Tennessee, compared to **23.2%** in the United States.

Data Sources:

- National Survey of Children's Health
- Centers for Disease Control, Youth Risk Behavior Surveillance System



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Infectious Diseases



Childhood Vaccination

Percentage of children by birth year who received all recommended doses of the combined 7-vaccine series by age 35 months.



71.5 % of children born in 2021 received the recommended vaccinations in Tennessee compared to **72.2%** in the United States.

HPV Vaccination

55% of adolescents ages 13-17 who received all recommended doses of the human papillomavirus (HPV) vaccine Tennessee compared to **61.4%** in the United States.



HPV, the most common STI in the U.S., can lead to genital warts and cancer. Vaccination is recommended for all children aged 11-12.

Congenital Syphilis

Congenital Syphilis, which can result in lifelong disabilities, development delays, and death, has increased in both TN and the US in recent years.

Rate of congenital syphilis cases per 100,000 live births in 2023.

106

Tennessee

105.8

United States

Data Sources:

- Centers for Disease Control and Prevention
- Tennessee Department of Health, Division of Communicable and Environmental Diseases and Emergency Preparedness



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Youth Mental Health



The Tennessee Department of Health's Suicide Prevention program releases detailed annual data reports on suicide with more information on suicide by age.

Suicide Mortality



In 2023, Tennessee's youth Suicide Mortality was **3.0** deaths per 100,000 population (<18).

Suicide Attempts



In 2023, **3.9%** of TN youth reported at least one suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse, compared to **2.3%** in the United States.

Youth Hopelessness

Percentage of high school students enrolled in grades 9-12 who reported being sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities.



In 2023, **42.7%** of Tennessee youth experienced hopelessness, as compared to **39.7%** of youth nationwide

Data Sources:

- Centers for Disease Control, Youth Risk Behavior Surveillance System
- Tennessee Department of Health



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Pregnancy and Childbirth



Prenatal Care

Percentage of mothers begin prenatal care between the 1st and 6th month of pregnancy in Tennessee



91.1%

Smoking During Pregnancy

Percentage of mothers who reported smoking cigarettes during pregnancy.



In 2023, **6.0%** of mothers in Tennessee smoked during pregnancy compared to **3.0%** in the US.

Preterm Births

Percentage of live births that were preterm (less than 37 weeks gestation).



In 2023, **11.3%** births in Tennessee were preterm births compared to **10.4%** in the US.

Low Birthweight

Percentage of live births with low birthweight (less than 2,500 grams).



In 2023, **9.1%** of live births in Tennessee were low birthweight, compared to **8.6%** in the US.

Postpartum Depression

Percentage of women with a recent live birth who reported depressive symptoms.



In 2022, **17.1%** of women in Tennessee with a recent live birth experienced postpartum depression compared to **12.7%** in the US.

Breastfeeding

Percentage of live births where breastfeeding was initiated at birth.



In 2023, breastfeeding was initiated at **82.2%** of live births in Tennessee compared to **84.8%** in the US.

Data Sources:

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



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Pregnancy and Childbirth



Pregnancy Related Deaths

Rate of deaths within one year of pregnancy where pregnancy was the aggravating factor.

In 2022 there were **55** pregnancy related deaths per 100,000 live births.

Pregnancy Associated (not related) Deaths

Rate of deaths within one year of pregnancy where pregnancy was NOT the aggravating factor.

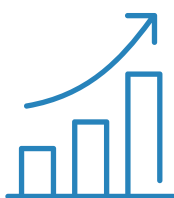
In 2022 there were **46** pregnancy associated deaths per 100,000 live births.

Teen Births



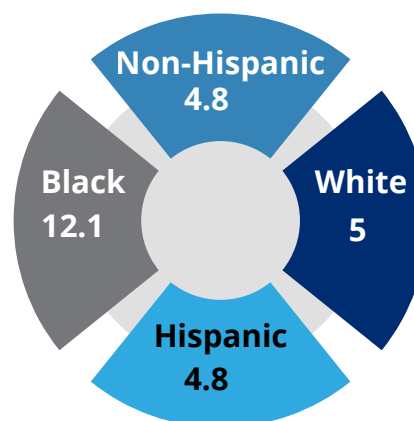
In 2023, the rate of births per 1,000 women aged 15-19 years in TN was **20.4** compared to **13.1** in US.

Despite decreasing in recent years, Tennessee continues to have one of the highest teen birth rates in the United States.



Infant Mortality

In 2023, Tennessee's infant mortality rate was **6.5** infant deaths per 1,000 live births, compared to **5.6** in the US.



Demographic Breakdown

Data Sources:

- Tennessee Department of Health



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