

# 2023 State of Health in Tennessee

## A HEALTHY LIFE : Income and Poverty

### Poverty is associated with:

- ↑ mental illness
- ↑ chronic disease
- ↑ mortality
- ↓ life expectancy

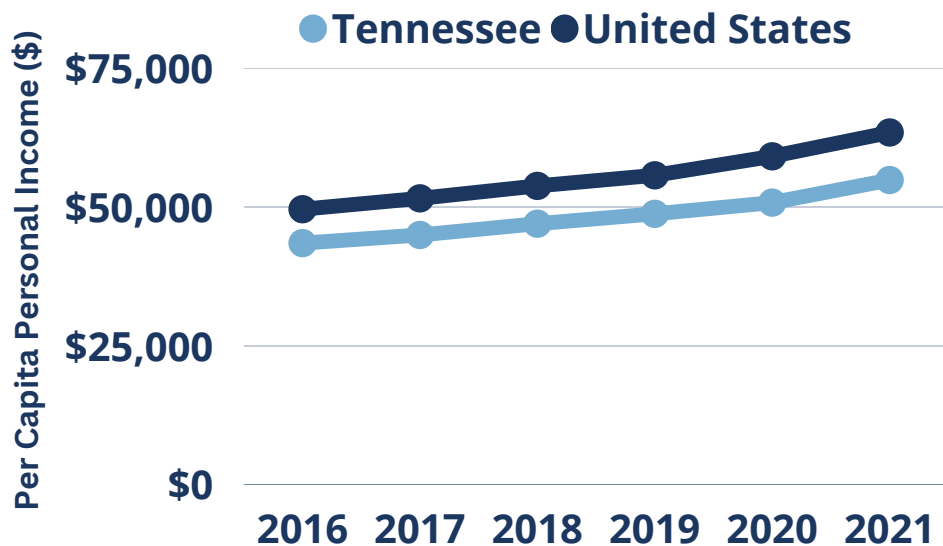
# 12.4%

of adult Tennesseans were living below the poverty level in 2021, compared to 11.6% in the US.

### Per Capita Personal Income

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

While TN's per capita personal income is increasing, it remains below the US average and is increasing more slowly than the US average.



Individuals living in poverty are more likely to be food insecure.

# 11.2%

of Tennesseans lacked adequate access to food in 2019-2021, compared to 10.4% in the US.

### Food Insecurity is associated with:

- ↓ nutrient intake
- ↑ diabetes
- ↑ hypertension
- ↑ mental illness



# 2023 State of Health in Tennessee

## A HEALTHY LIFE : Workforce and Education

**47.2%**

of people 20-64 who were living below the poverty level in Tennessee were engaged in the labor force (employed or unemployed) in 2021, compared to 43.2% in the US.

In 2019, the percentage of the labor force who were unemployed in both Tennessee and the US was

**4.5%**



**52.3%**

of employed workers in Tennessee used some type of paid time off (PTO), in 2020 compared to 54.9% in the US.

In 2020, there were

**5.1**

fatal occupational injuries per 100,000 full-time equivalent employees in TN.



Adult literacy and numeracy in Tennessee are statistically lower than in the United States.

### Literacy



### Numeracy

**40%**

of TN adults are proficient at working with information & ideas in text.



compared to 46% in the United States

**31%**

of TN adults are proficient at working with mathematical information & ideas.



compared to 36% in the United States

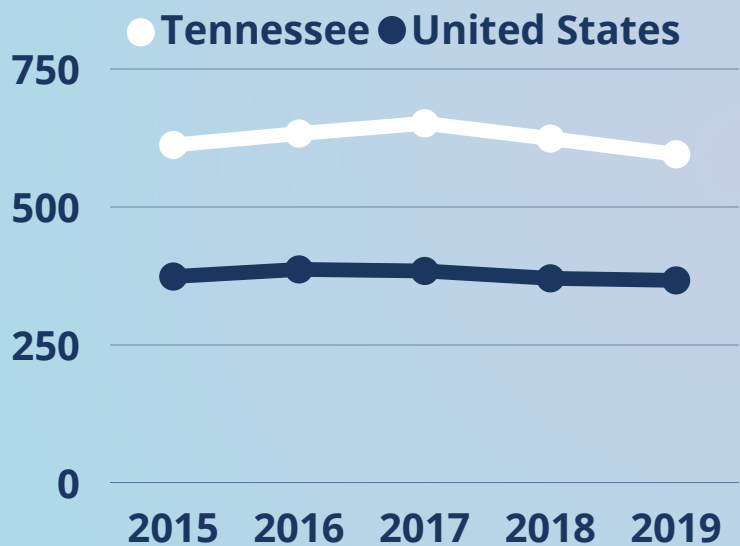


# 2023 State of Health in Tennessee

## A HEALTHY LIFE : Community Safety

### Violent Crime

Rate of Violent Crime Offenses (murder, rape, robbery and aggravated assault) per 100,000 population.

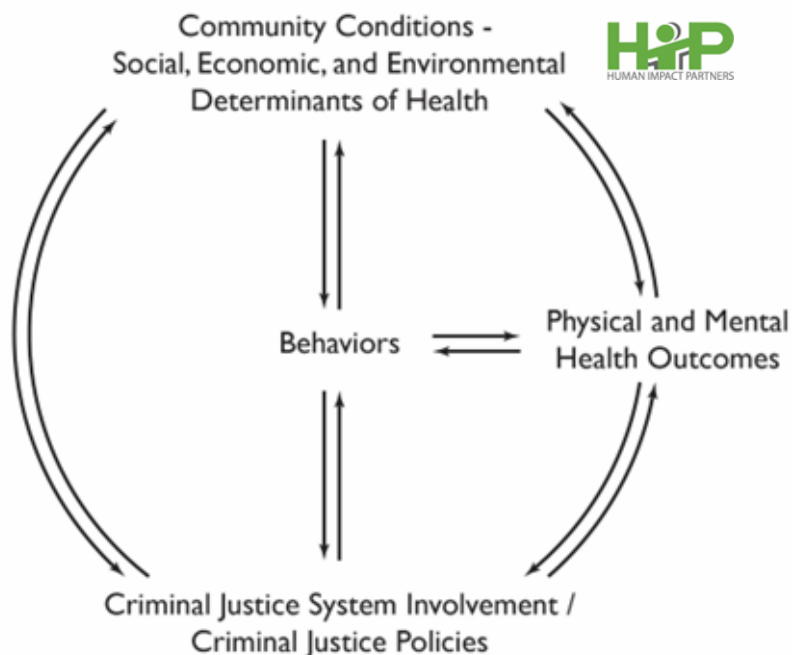


The number of domestic violence offenses in Tennessee has decreased since 2016 but remains high with 71,263 domestic violence offenses in 2019.

A domestic violence offense occurs every 7.4 minutes in Tennessee.

### Justice-Involvement and Health

Justice-involvement can lead to poorer health outcomes for both individuals directly involved in the justice system and their family members. Human Impact Partners, a nonprofit focused on centering equity within public health, developed a Criminal Justice and Health Framework that showcases the cyclical relationship between social determinants of health, justice involvement and individual health





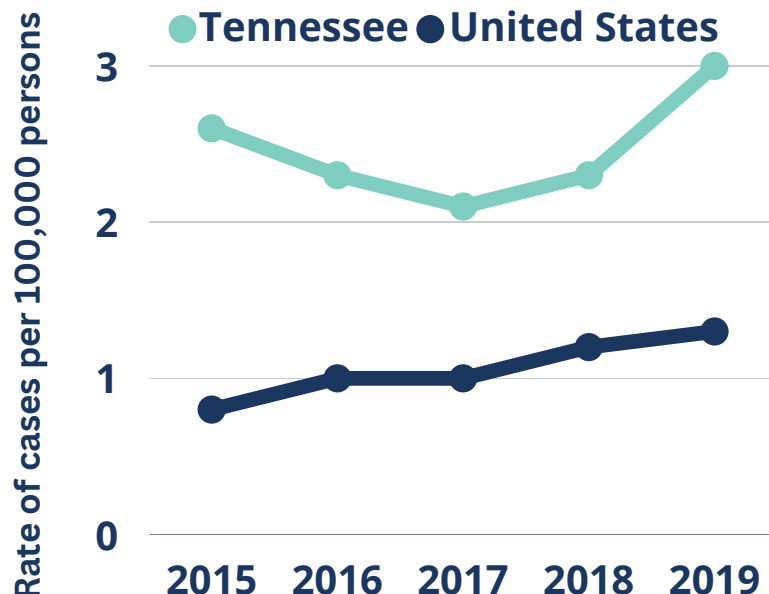
# 2023 State of Health in Tennessee

## A HEALTHY LIFE : Infectious Disease

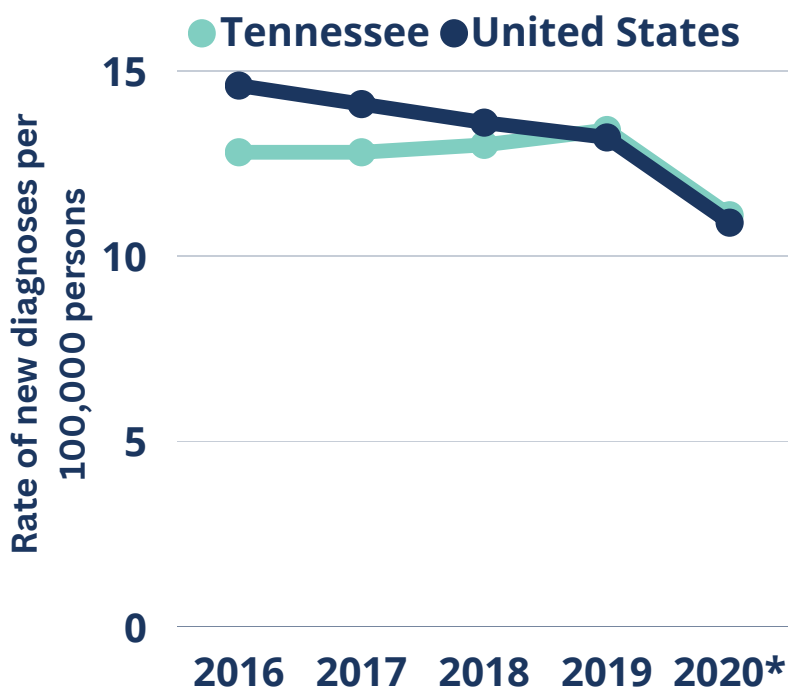
### Hepatitis C Virus (HCV)

Rate of reported cases of acute viral Hepatitis C per 100,000 persons.

HCV can become chronic in more than half of infected individuals, infecting the liver, and leading to cirrhosis. In 2019, the case rate for chronic HCV was 130.5 confirmed cases per 100,000 population.



In 2020, there were **544** newly diagnosed chlamydia cases per 100,000 persons, compared to 481.3 in the United States



### Human Immunodeficiency Virus (HIV)

Rate of new HIV diagnoses per 100,000 persons aged 13+

Note: 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.



# 2023 State of Health in Tennessee

## A HEALTHY LIFE : Infectious Disease

### INFLUENZA

In 2020, Tennessee had the

# 2nd

highest influenza/pneumonia mortality rate in the country



# 43.9%

of adults in Tennessee received a seasonal Influenza vaccine in 2021, compared to 45.10% nationally.

Influenza can lead to serious illness, hospitalization and death, accounting for 1,549 deaths in 2020 making it the 7th leading cause of death in Tennessee



### COVID-19

# 55.9%

of TNs were fully vaccinated against COVID-19 as of November 2022

In 2020, COVID-19 was the 3rd leading cause of death in Tennessee. As of December 24, 2022, 28,577 Tennesseans have died due to COVID-19 since the first recorded death in early 2020

# 86.3%

 of TNs aged 65+ were fully vaccinated against COVID-19 as of November 2022



### 2021 Health Quick Facts

#### TN v. US



**14.10%**

#### Chronic Conditions

Percentage of adults who have three or more chronic conditions

**9.60%**

**11.10%**

#### Diabetes

Percentage of adults who have diabetes

**14.00%**

**10.92%**

#### Physical Activity

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

**10.09%**

**19.67%**

#### Adult Smoking

Percentage of adults who are current smokers.

**14.40%**

**14.20%**

#### Binge-Drinking

Percentage of adults who are binge-drinkers

**15.30%**



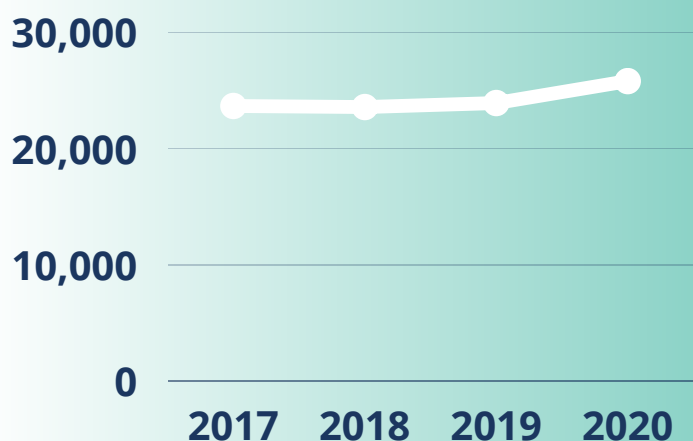
# 2023 State of Health in Tennessee

## A HEALTHY LIFE : Health Indicators

While drug overdoses have increased across the United States, drug overdoses in Tennessee have increased faster than in the United States

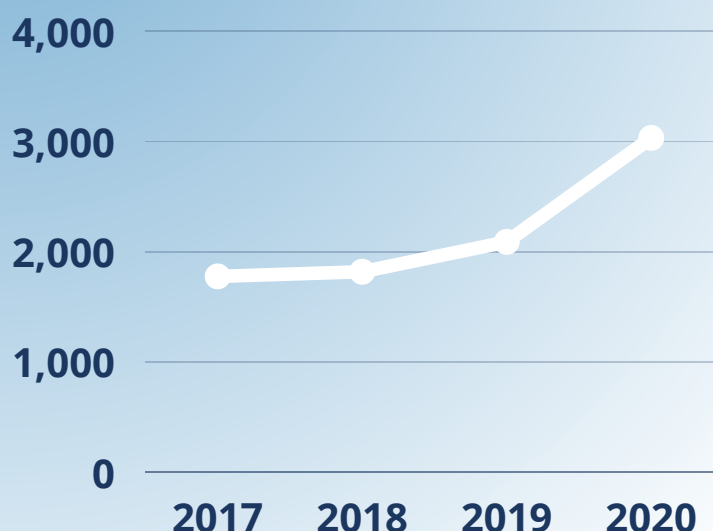
### Nonfatal Drug Overdoses in Tennessee

Number of drug overdose hospital discharges (outpatient visits and inpatient stays)



### Fatal Overdoses in Tennessee

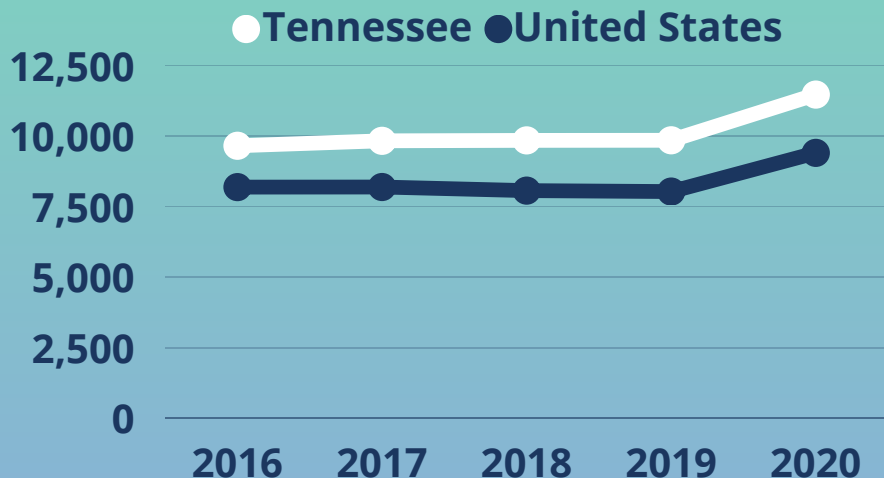
Number of all drug overdose deaths in Tennessee



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.

### 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.







# 2023 State of Health in Tennessee

## A HEALTHY LIFE : Mental Health

In 2021, Tennessee's **Adult Suicide Mortality** was 21.97 deaths per 100,000 population (>18).

"The suicide rate for 2021 in Tennessee was 17.5 per 100,000 population, which is 25% higher than the national rate, which was 14.0% per 100,000 population."

-TN Department of Health 2022 Suicide Prevention Report



**18%**

of Tennessee adults reported experiencing Frequent Mental Distress in 2021, compared to 14.7% in the U.S.

Suicidal Ideation in Tennessee increased steadily from 2016-2019 before decreasing to 60.1 ED visits/Inpatient hospitalizations per 10,000 persons in 2020.\*

In 2020, there were

**13.1**

ED visits and inpatient hospitalizations for suicide attempt per 10,000 persons in TN, down from 16.2 in 2016.\*

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



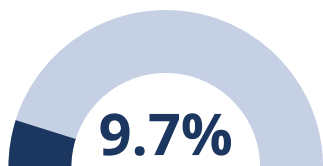


# 2023 State of Health in Tennessee

## A HEALTHY LIFE : Older Adults

The population of Tennesseans aged 65+ will increase from 1.6 million in 2020 to 2.1 million in 2040.

Assessing older adult health and factors that influence aging is important as the proportion of older adults is expected to grow in the coming decades. As the number of older adults increases, the demand for health care and long-term support services will also increase.



In 2019, 9.7% of older adults in TN were living in poverty, compared to 9.4% in the United States.

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 2020, 26.2% of older Tennesseans were living alone, a risk factor for social isolation.



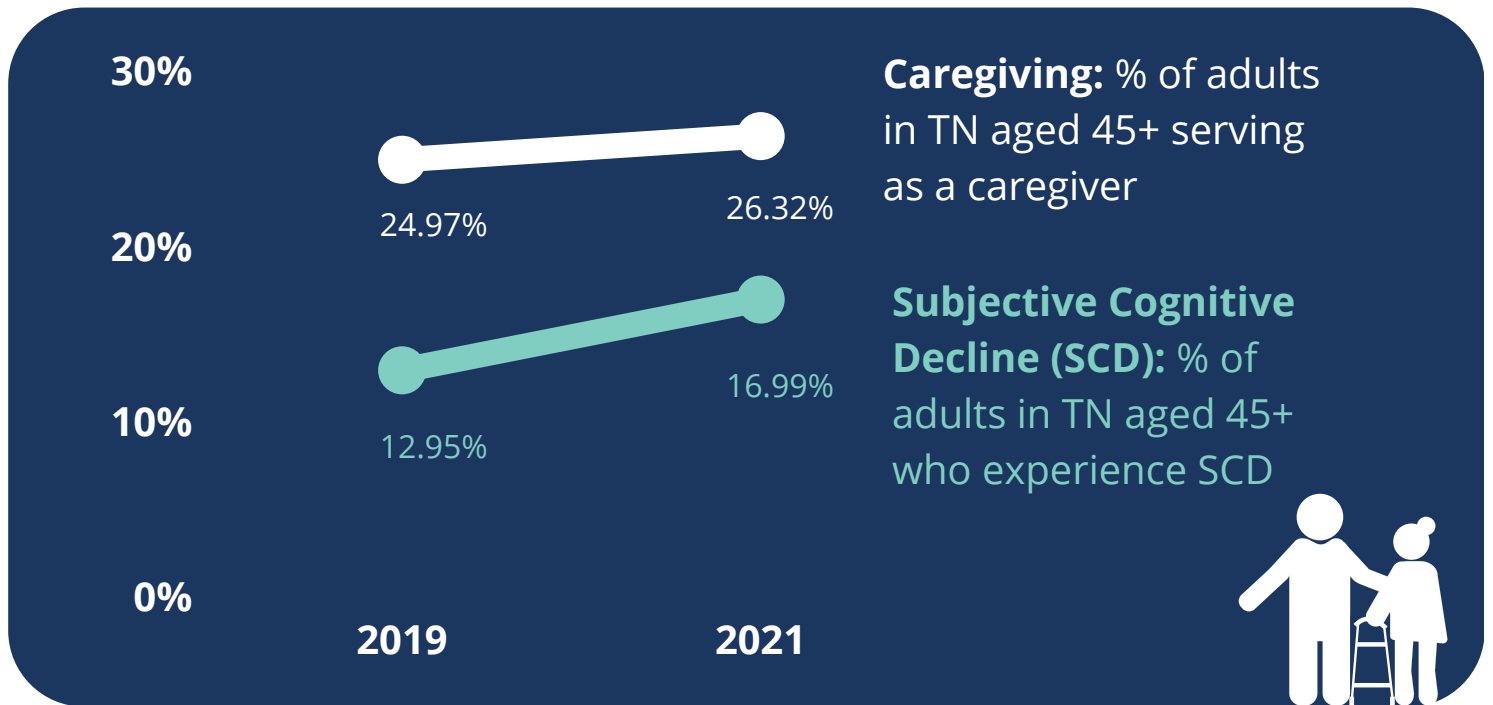
Social Isolation in older adults is a risk factor for serious health problems including dementia and premature death. Older adults who lose loved ones, have chronic illness, hearing loss or live alone are more likely to be socially isolated.

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 ¾ paid by Medicare and Medicaid."

In 2018 and 2020, almost 30% of Tennesseans aged 65 and older reported falling.



**In 2020-2021, there were 8,753 Adult Protective Services abuse investigations, including investigations into Elder Abuse.**



**Individuals with SCD are more likely to develop dementia later in life. Caregiving is particularly prevalent among families of individuals living with dementia and dementia caregivers are more likely to experience stress and chronic health conditions such as high blood pressure compared to non-dementia caregivers.**



**In 2021, 361,000 dementia caregivers in Tennessee provided 489 million hours of unpaid care valued at \$6.901 billion.**

**In 2019, there were 3,252 deaths from Alzheimer's Disease in Tennessee, making it one of the state's leading causes of death. This is a 217.6% increase since 2000 and the 7th highest Alzheimer's death rate in the United States.**