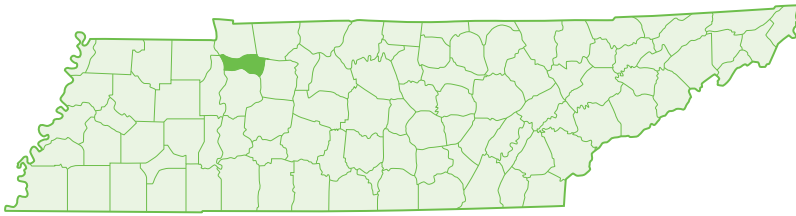


# Strengthening Tennessee Families



## IN HOUSTON COUNTY

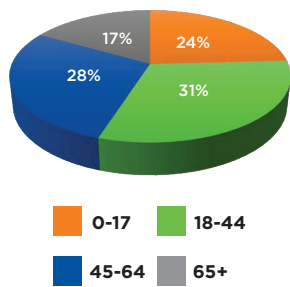
### LOOKING INSIDE OUR COUNTY

Building individual and family life skills to make positive impacts in our community is the mission of Tennessee Extension Family and Consumer Sciences programs.

Extension agents and state faculty collaborate to share their expertise and experience in nutrition and food safety, health, human development and financial management with Houston County residents.

This snapshot of Houston County is designed to inform and guide our work to build on our local strengths and proactively impact the challenges we face together.

#### Ages Residing in Houston County<sup>2</sup>



### FAMILY

*Houston County can achieve social and economic benefits when families have the skills to support educational achievement and healthy relationships. In our county...*

- 95.8% graduated from high school in 2014, versus an average of 87.2% in Tennessee<sup>3</sup>
- 101 cases of child abuse were investigated. This contributes to 5.7% of the total reports in Tennessee for 2015<sup>3</sup>.
- 48.9% of 3rd - 8th graders scored above average on the Tennessee Comprehensive Assessment Program in 2013 compared to 50.3% in Tennessee<sup>7</sup>.
- There are 593 (30%) single parent households<sup>2</sup>.

### FOOD

*Access to affordable and nutritious food can influence the health and well-being of our local families. In Houston County, the USDA Food Environment Atlas indicates that in 2010-2012 in our county...*

- 63.5% of students were eligible for free or reduced lunch<sup>4</sup>.
- There are 9 SNAP Authorized stores and there were \$209,149.63 in SNAP redemptions/per authorized store<sup>4</sup>.
- 3.5% of county residents have limited access to healthy foods compared to 8% of Tennesseans<sup>4</sup>.
- Fruit and vegetable consumption affects multiple health outcomes. 7.5% of Tennesseans met recommendations for fruit intake. Half of Tennesseans consumed fruit one time or less daily. 6.2% of Tennesseans met recommendations for vegetable intake. Half of Tennesseans consumed vegetables 1.6 times or less daily<sup>4</sup>.

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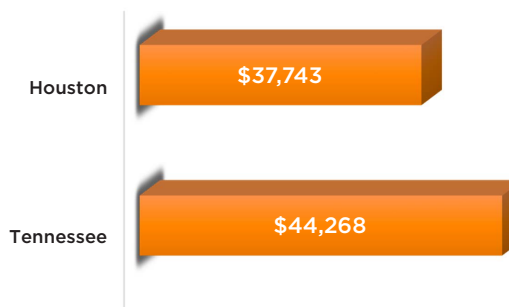
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STATE UNIVERSITY  
Cooperative Extension

# MONEY

Families at lower socio-economic levels struggle to maintain financial stability because of stagnant earnings and job growth over the last two decades.

- 327 people (9.9%) in Houston County were unemployed in 2014<sup>8</sup>.
- 555 children (31%) are living in poverty in Houston County<sup>6</sup>.
- 7.3% of families in Houston County have no personal vehicle available<sup>2</sup>.
- 60.7% own their homes and 19.2% rent in Houston County<sup>2</sup>.

## 2013 Houston County Median Household Income<sup>5</sup>



# HOME

Our homes provide shelter but also can be of concern if the structures are old, the cost of upkeep is high or there are indoor health concerns.

- Asthma prevalence is increasing among all age groups, especially children. In 2013, 11.3% of Tennesseans reported having asthma. In Houston County, the annual average for inpatient hospitalizations is 21 and 193 emergency department visits due to asthma. It is also the number one reason for school absences and missed days of work<sup>1</sup>.
- Most of Tennessee is at high risk for radon. The only way to know is to test. Houston County is at moderate risk according to the average test<sup>12</sup>.
- In our county, 52.3% of all housing units (2,188) were built prior to 1980, making them more at risk for lead poisoning, injuries and poor energy efficiency<sup>2</sup>.
- In Tennessee, 117 infants died in 2013 due to unsafe sleeping conditions<sup>10</sup>.

# HEALTH

Healthier Tennessee initiatives have focused community action to support wise personal health choices to decrease the financial burden from rising healthcare costs and increase the health status of our residents. According to County Health Rankings...

- 35.1% of Houston County adults (2,205 individuals) are considered to be obese, compared to 32% of Tennessee adults<sup>6</sup>.
- 14.3% of Houston County Residents reported their physician told them they have diabetes compared to 12% of Tennessee adults. This excludes those who are pre-diabetic or who have gestational diabetes<sup>6</sup>.
- The low birth weight for Houston County is 5.8% compared to 9.2% for Tennessee<sup>6</sup>.
- Houston County is ranked 32nd in life expectancy for 95 Tennessee counties<sup>6</sup>.

# SOURCES

<sup>1</sup> CDC BRFS 2013 Survey Data. [http://www.cdc.gov/brfss/annual\\_data/annual\\_2013.html](http://www.cdc.gov/brfss/annual_data/annual_2013.html)

<sup>2</sup> American FactFinder (U.S. Department of Commerce Census Bureau). <http://factfinder.census.gov/faces/nav/jsf/pages/searchresults.xhtml?refresh=t>

<sup>3</sup> Kids Count Data Center. <http://datacenter.kidscount.org/data#TN/5/0>

<sup>4</sup> USDA Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas/data-access-and-documentation-downloads.aspx#33770>

<sup>5</sup> United States Census Bureau 2013. <http://www.census.gov/did/www/saipe/data/statecounty/data/2013.html>

<sup>6</sup> County Health Rankings. <http://www.countyhealthrankings.org/app/tennessee/2015/>

downloads

<sup>7</sup> Tennessee Department of Education. <https://www.tn.gov/education>

<sup>8</sup> U.S. Bureau of Labor Statistics. <http://www.bls.gov/data/>

<sup>9</sup> Health Indicators Warehouse Developed by the National Center for Health Statistics. [http://www.healthindicators.gov/Indicators/Social-emotional-support-lacking-Adults-percent\\_50028/Profile/Data](http://www.healthindicators.gov/Indicators/Social-emotional-support-lacking-Adults-percent_50028/Profile/Data)

<sup>10</sup> Tennessee Child Fatality Report - 2013

<sup>11</sup> Tennessee Childhood Lead Poisoning Prevention Surveillance

<sup>12</sup> U.S. EPA, Radon Maps

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