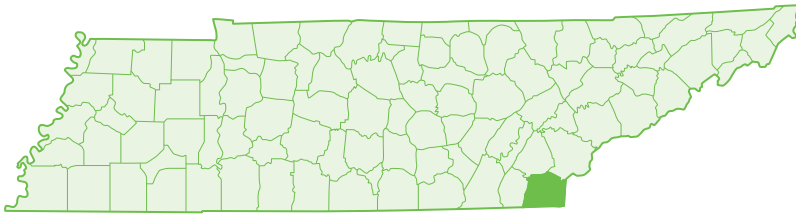


# Strengthening Tennessee Families



## IN POLK COUNTY

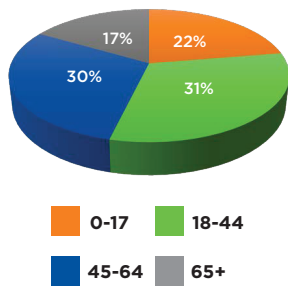
### LOOKING INSIDE OUR COUNTY

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 Polk County residents.

This snapshot of Polk 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 Polk County<sup>2</sup>



### FAMILY

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

- 20.6% of adults lack adequate social or emotional support, compared to 18.9% average across Tennessee<sup>9</sup>.
- 186 cases of child abuse were investigated. This contributes to 5.5% of the total reports in Tennessee for 2015<sup>3</sup>.
- 43.2% 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 1,089 (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 Polk County, the USDA Food Environment Atlas indicates that in 2010-2012 in our county...*

- 74.1% of students were eligible for free or reduced lunch<sup>4</sup>.
- There are 21 SNAP Authorized stores and there were \$184,376.00 in SNAP redemptions/per authorized store<sup>4</sup>.
- 8.9% of Tennesseans have limited access to healthy foods in their community<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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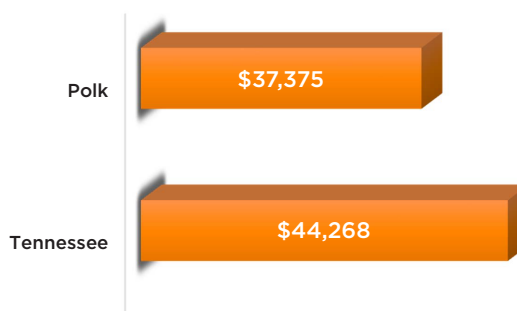
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STATE UNIVERSITY  
Cooperative Extension

# MONEY

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

- 584 people (8%) in Polk County were unemployed in 2014<sup>3</sup>.
- 1,017 children (29%) are living in poverty in Polk County<sup>6</sup>.
- 4.6% of families in Polk County have no personal vehicle available<sup>2</sup>.
- 66.0% own their homes and 17.3% rent in Polk County<sup>2</sup>.

## 2013 Polk 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 Polk County, the annual average for inpatient hospitalizations is 203 and 311 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. Polk County is at moderate risk according to the average test<sup>12</sup>.
- In our county, 48.0% of all housing units (3,867) 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...

- 24.7% of people report fair or poor health in Polk County, compared to 19.4% for Tennessee<sup>6</sup>.
- 33.2% of Polk County adults (4,202 individuals) are considered to be obese, compared to 32% of Tennessee adults<sup>6</sup>.
- 12.9% of Polk 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>.
- 25% of people living in Polk County could not access health care, compared to 17% for Tennessee<sup>6</sup>.
- Polk County is ranked 61st 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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