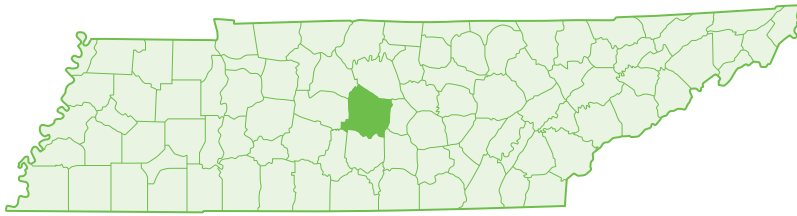


# Strengthening Tennessee Families



## IN RUTHERFORD COUNTY

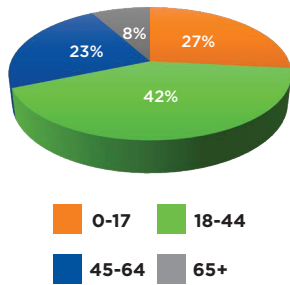
### LOOKING INSIDE OUR COUNTY

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 Rutherford County residents.

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



### FAMILY

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

- 13.1% of adults lack adequate social or emotional support, compared to 18.9% average across Tennessee<sup>9</sup>.
- 2,444 cases of child abuse were investigated. This contributes to 3.4% of the total reports in Tennessee for 2015<sup>3</sup>.
- 62.0% 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 19,722 (29%) 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 Rutherford County, the USDA Food Environment Atlas indicates that in 2010-2012 in our county...*

- 44.2% of students were eligible for free or reduced lunch<sup>4</sup>.
- There are 195 SNAP Authorized stores and there were \$313,062.31 in SNAP redemptions/per authorized store<sup>4</sup>.
- 23.6% 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>.

Real. Life. Solutions.

FAMILY & CONSUMER SCIENCES  
**UT EXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE

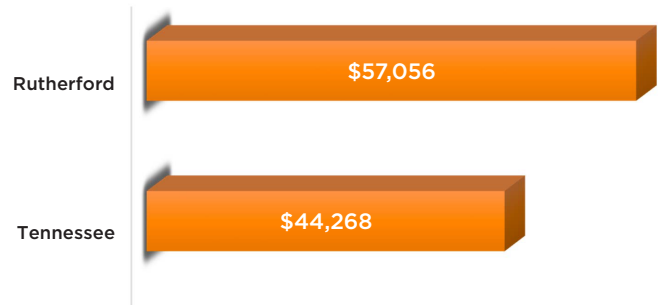
 **TENNESSEE**  
STATE UNIVERSITY  
Cooperative Extension

# MONEY

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

- 7,736 people (5.3%) in Rutherford County were unemployed in 2014<sup>8</sup>.
- 10,885 children (16%) are living in poverty in Rutherford County<sup>6</sup>.
- 3.4% of families in Rutherford County have no personal vehicle available<sup>2</sup>.
- 63.6% own their homes and 29.9% rent in Rutherford County<sup>2</sup>.

## 2013 Rutherford 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 Rutherford County, the annual average for inpatient hospitalizations is 679 and 3,186 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. Rutherford County is at high risk according to the average test<sup>12</sup>.
- In our county, 25.7% of all housing units (26,454) 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...

- 14.5% of people report fair or poor health in Rutherford County, compared to 19.4% for Tennessee<sup>6</sup>.
- 33.9% of Rutherford County adults (66,120 individuals) are considered to be obese, compared to 32% of Tennessee adults<sup>6</sup>.
- 9.6% of Rutherford 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>.
- 14% of people living in Rutherford County could not access health care, compared to 17% for Tennessee<sup>6</sup>.
- Rutherford County is ranked 2nd in life expectancy for 95 Tennessee counties<sup>6</sup>.

# SOURCES

<sup>1</sup> CDC BRFSS 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

FCS.TENNESSEE.EDU

Real. Life. Solutions.