

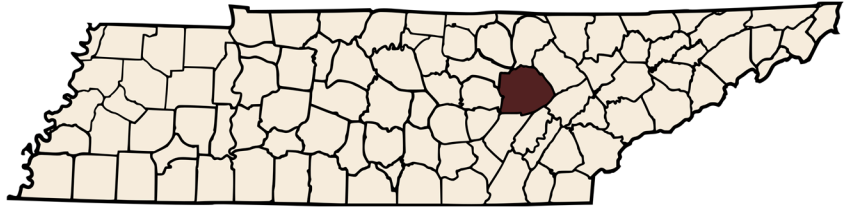


CUMBERLAND COUNTY

2019 QUICK FACTS

Pop.: **60,520**
 % Rural*: **60.9%**
 Age <18: **17.2%**
 Age 65+: **31.2%**
 (Census 2019, *2010)

Race/Ethnicity:
 White Non-Hispanic: **94.2%**
 Hispanic: **3.1%**
 Multi-Race Non-Hispanic: **1.1%**



HEALTH OUTCOMES IN CUMBERLAND COUNTY

Cumberland
TN
US



Fair/Poor Health



Adult Diabetes



Poor Mental Health Days
 (out of 30)



Obese Adults



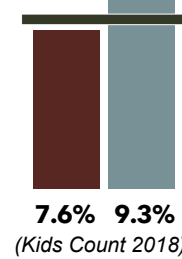
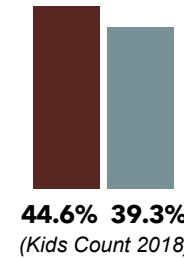
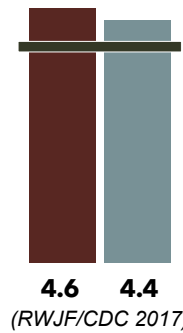
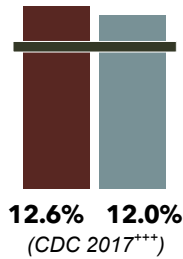
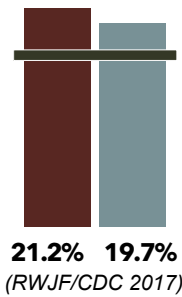
Overweight/Obese Students



Low Birth Weight Babies

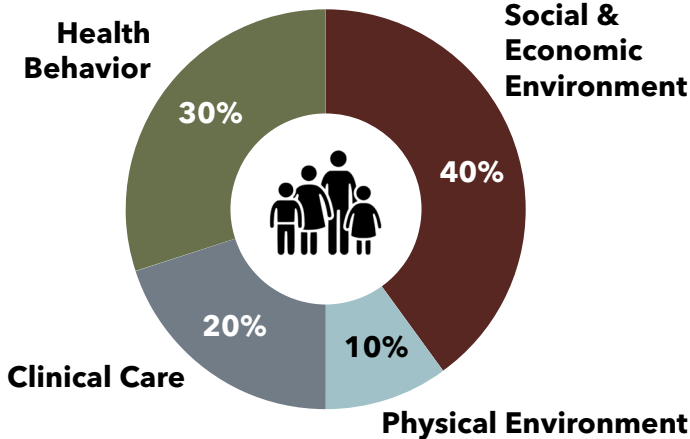
ranked
31
 out of 95 TN counties

Overall Health Ranking
 (RWJF 2020)



THE DRIVERS OF HEALTH

Our behaviors, physical, social, and economic environments, and access to clinical care are all major drivers of health.



The factors that drive our health are complex and interconnected. They can affect each other while also influencing our health and well-being.

For more details, visit www.SycamoreInstituteTN.org/Countries.

CUMBERLAND COUNTY

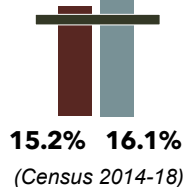
EXAMPLES OF THE DRIVERS OF HEALTH



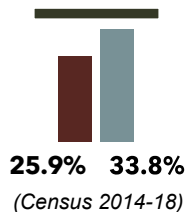
SOCIAL & ECONOMIC ENVIRONMENT

influences 40% of population health

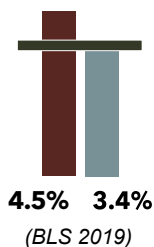
Poverty Rate



Educational Attainment (Associate's Degree or More)



Unemployment Rate



Median Household Income (Census 2014-18)



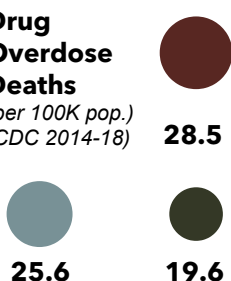
Crime Rate (per 1K pop.) (TBI 2019)



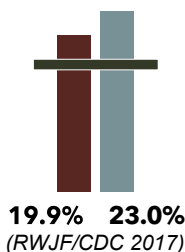
HEALTH BEHAVIOR

influences 30% of population health

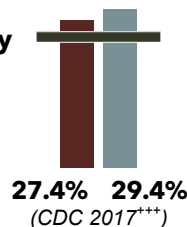
Drug Overdose Deaths (per 100K pop.) (CDC 2014-18)



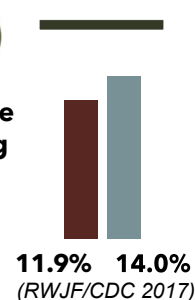
Adult Smokers



Physically Inactive Adults



Excessive Drinking



CLINICAL CARE

influences 20% of population health

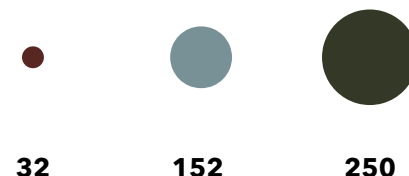
Uninsured Rate, Age <65 (Census 2018)



Pregnant Women Receiving Adequate Prenatal Care (Kids Count 2018)



Mental Health Providers (per 100K pop.) (RWJF/CMS 2019)

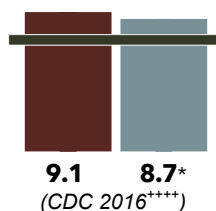


PHYSICAL ENVIRONMENT

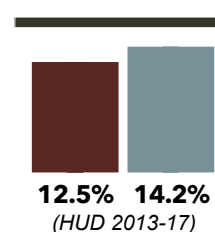
influences 10% of population health



Air Quality (micrograms of particulate matter per cubic meter)



Percent with Severe Housing Problems



For more details, visit www.SycamoreInstituteTN.org/Countries.

CUMBERLAND COUNTY

DATA APPENDIX

| | Cumberland County | | TN | US |
|--|-------------------|--------------------|----------------------|----------------------|
| | Value | Rank ^{**} | | |
| QUICK FACTS: | | | | |
| Population (2019) | 60,520 | 23 | 6,829,174 | 328,239,523 |
| % of population under age 18 (2019) | 17.2% | 90 | 22.1% | 22.3% |
| % of population age 65+ (2019) | 31.2% | 1 | 16.7% | 16.5% |
| % of population residing in a rural area (2010) | 60.9% | 60 | 34.4% | 21.0% |
| HEALTH OUTCOMES: | | | | |
| % of adults who rate their health as “poor” or “fair” (2017) | 21.2% | 47 | 19.7% | 17.0% |
| % of adults age 20+ diagnosed with diabetes (2017) | 12.6% | 53 | 12.0% ⁺⁺⁺ | 10.1% ⁺⁺⁺ |
| Avg # of mentally unhealthy days reported in the past month (2017) | 4.6 | 19 | 4.4 | 4.0 |
| % of adults age 20+ who are obese (2017) | 35.4% | 56 | 34.6% ⁺⁺⁺ | 33.7% ⁺⁺⁺ |
| % of public school students who are overweight or obese (2018) | 44.6% | 67 | 39.3% | n/a |
| % of births that are considered low birth weight births (2018) | 7.6% | 24 | 9.3% | 8.3% |
| SOCIAL & ECONOMIC ENVIRONMENT: | | | | |
| % of people with incomes below the poverty level (2014-2018) | 15.2% | 24 | 16.1% | 14.1% |
| % of adults age 25+ with at least an associate’s degree (2014-2018) | 25.9% | 27 | 33.8% | 39.9% |
| % of labor force that is unemployed (2019) | 4.5% | 69 | 3.4% | 3.7% |
| Median household income (2014-2018) | \$43,893 | 40 | \$50,972 | \$60,293 |
| # of crimes per 1K population (2019) | 44.8 | 36 | 77.8 | n/a ⁺ |
| HEALTH BEHAVIOR: | | | | |
| # of drug overdose deaths per 100K population (age adj.) (2014-2018) | 28.5 ⁺ | 39 ⁺⁺ | 25.6 | 19.6 |
| % of adults who currently smoke cigarettes (2017) | 19.9% | 11 | 22.6% | 17.0% |
| % of adults age 20+ reporting no leisure-time physical activity (2017) | 27.4% | 42 | 29.4% ⁺⁺⁺ | 24.9% ⁺⁺⁺ |
| % of adults reporting binge or heavy drinking (2017) | 11.9% | 2 | 14.3% | 19.0% |
| CLINICAL CARE: | | | | |
| % of individuals under age 65 who are uninsured (2018) | 12.7% | 54 | 12.0% | 10.4% |
| % of pregnant women receiving adequate prenatal care (2018) | 76.3% | 2 | 58.8% | n/a ⁺ |
| # of mental health providers per 100K population (2019) | 32 ⁺ | 62 ⁺⁺ | 152 | 250 |
| PHYSICAL ENVIRONMENT: | | | | |
| Avg annual micrograms of particulate per cubic meter of air (2016) | 9.1 | 62 | 8.7 ⁺⁺⁺⁺ | 7.6 ⁺⁺⁺⁺ |
| % of households with at least 1 severe housing problem (spend >50% of income on housing, overcrowded housing, or lack of complete kitchen or plumbing) (2013-2017) | 12.5% | 41 | 14.2% | 17.5% |

⁺ “n/a” means that data are not available. In some cases, national data comparable to state/county data are unavailable. In others, low figures in some counties were suppressed for privacy reasons.

⁺⁺ For “Quick Facts,” a rank of 1 indicates highest value. For all other measures, a rank of 1 is best and 95 worst. For example, the county with the highest diabetes rate ranks 95th. Due to data availability, only 69 counties are ranked for overdose deaths and 89 counties for mental health providers.

⁺⁺⁺ TN and US values represents the median value across all counties.

⁺⁺⁺⁺ TN and US values represents the averages across all counties.

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