



SNAPSHOT OF HEALTH

HEALTH OUTCOMES, FACTORS & BEHAVIORS

2006-2008 Population Estimates in Hamilton County

Total Population	332,848
Median Age	39.5
Under 5 years	6.2%
18 years and over	77.6%
65 years and over	14.3%
Median Household Income	\$46,505

2006-08 Population Estimates in Hamilton County by Race

	Estimate	%
White	250,406	75.8%
African American	66,217	20%
American Indian/ Alaska Native	699	0.2%
Asian	5,066	1.5%
Native Hawaiian/ Pacific Islander	230	0.7%
Some other race	3,292	1%
Two or more races:	4,272	1.3%

Changes & Trends in Hamilton County:

- Obesity and overweight trends are on a steady rise, from 41% in 1999 to 60.8% in 2007.
- Cigarette smoking has decreased from 27% in 1999 to 22.6% in 2007.
- The percent of low birth-weight infants (less 2500

Data Sources: 2007 BRFSS, U.S. Census, TN Department of Health Vital Statistics, National Center for Health Statistics
: *2006 data, ** 2005 data

Health Outcomes: 2007	Hamilton	TN	US
Life Expectancy by years	77.2	76.1	77.9
Infant Mortality rate (per 1,000 live births)	9.7	8.3	6.7*
General Health Status (good or better health) (%)	78.6	79.5	85.1
Overweight and Obese (%)	60.8	67.4	62.9
Diabetes (%)	10.5	11.9	8.0
Asthma (current) (%)	5.6	8.7	8.4
Health Determinants: 2007			
Current Smokers (%)	22.6	24.3	19.8
Mothers who smoked during pregnancy (%)	16.2	19.4	10.2*
Physical inactivity (%)	29.3	31.5	22.6
5 or more servings fruit and vegetables (%)	28.4	26.4	24.4
Binge Drinking (%)	8.5	9.2	15.8
Teen pregnancy rate (per 1,000 10-17 yrs)	13.2	13.9	21.4**
Sexually Transmitted Diseases (per 100,000)	894.1	663.0	482.3*
Live births born low birth weight (%)	12	9.4	8.3*
Motor vehicle crash deaths (per 100,000)	11.8	20.9	14.6*
Flu shot in the past 12 months (%) adults 65+	74.6	70.1	72.0
Socioeconomic Factors 2006-2008			
Unemployed (% population 16 years and older)	7.7	7.0	6.4
Population 25+ with high school diploma or above	85	81.8	84.5
Children (< 18) living below poverty level (%)	20	22.4	18.2
NO healthcare coverage (%), 2007	11.6	14.7	14.2

SNAPSHOT OF MORTALITY

Five Leading Causes of Death in Hamilton County, 2004-06:

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease
4. Stroke
5. Alzheimer's Disease

Changes in Rates (2001-03 to 2004-06):

- Heart disease (down 8%)
- Stroke (down 12%)
- Accidents (up 18%)
- Diabetes (down 14%)
- Alzheimer's Disease (up 54%)
- Influenza and Pneumonia (down 22%)

Focus areas for improving the health of our community:

- Nutrition and physical activity
- Tobacco cessation
- Alcohol abuse cessation
- Hygiene and hand-washing