



TENNESSEE

STATE HEALTH PROFILE



Overall America's Health Ranking: **44**

United Health Foundation. (2024 Annual Report). America's Health Rankings.
www.americashealthrankings.org

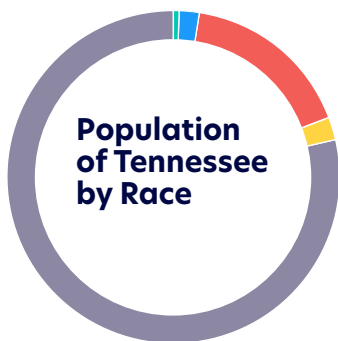


Source: National Commission on Certification of PAs. (2023). Statistical Profile of Board Certified PAs by State

Total Population of PAs in TN: 3,202
PAs Practicing in a Rural Area: 8.9%

- 0.2% – American Indian/Alaskan Native
- 2.1% – Asian
- 2.5% – Black/African American
- 1.7% – Multi-race
- 0.1% – Native Hawaiian/Pacific Islander
- 1.1% – Other
- 89.3% – White
- 3.1% – Prefer not to answer

2.5% – Percentage of PAs by Hispanic, Latino(a), or Spanish origin



Source: United States Census Bureau accessible at [Census.gov/quickfacts](https://www.census.gov/quickfacts)

Total Population: ~7.2 Million

- 0.6% – American Indian/Alaskan Native
- 2.1% – Asian
- 16.5% – Black/African American
- 0.1% – Native Hawaiian/Pacific Islander
- 2.3% – Two or More Races
- 78.4% – White

7.5% – Hispanic/Latino
72% – White Alone, Not Hispanic or Latino

Populations At Risk for Health Disparities

Source: United States Census Bureau accessible at [Census.gov/quickfacts](https://www.census.gov/quickfacts)



Veterans
406,307



Language Other than English Spoken at Home
8.3%



People Living with a Disability Under Age 65
10.7%




People without Health Insurance Under 65
11.1%



Medicaid/CHIP Enrollment
19%

Kaiser Family Foundation, Medicaid State Fact Sheets 2022




Medicare Beneficiaries
20%

Source: Kaiser Family Foundation, State Health Facts 2021



Poverty
14.0%



2020 Rural Population
33.8%



Persons with Less Than High School Education
10.1%

Top Ten Drivers of Poor Health Rankings

1 Multiple Chronic Conditions

Percentage of adults who had three or more of the following chronic health conditions: arthritis, chronic kidney disease, chronic obstructive pulmonary disease, cardiovascular disease (heart disease, heart attack or stroke), cancer (excluding non-melanoma skin cancer), depression, or diabetes

2 Smoking

Percentage of adults who reported smoking at least 100 cigarettes in their lifetime and currently smoke daily or some days

3 Premature Death

Years of potential life lost before age 75 per 100,000 population (1-year estimate)

4 Frequent Mental Distress

Percentage of adults who reported their mental health was not good 14 or more days in the past 30 days

5 Frequent Physical Distress

Percentage of adults who reported their physical health was not good 14 or more days in the past 30 days

6 High-Risk HIV Behaviors

Percentage of adults who reported having done any of the following in the past year: injected any drug other than those prescribed for you; been treated for a sexually transmitted disease; or given or received money or drugs in exchange for sex

7 Adverse Childhood Experiences

Percentage of children ages 0-17 who have ever experienced two or more of the following; parental divorce or separation; living with someone who had an alcohol or drug problem; neighborhood violence victim or witness; living with someone who was mentally ill, suicidal, or severely depressed; domestic violence witness; parent served jail time; being treated or judged unfairly due to race/ethnicity, sexual orientation, gender identity, or a health condition or disability; or death of a parent (2-year estimate)

8 Teen Births

Births per 1,000 females ages 15-19

9 Occupational Fatalities

Number of fatal occupational injuries in construction, manufacturing, trade, transportation, and utility industries as well as professional and business services per 100,000 workers (3-year estimate)

10 Avoided Care Due to Cost

Percentage of adults who reported a time in the past 12 months when they needed to see a healthcare provider but could not because of cost

Source: United Health Foundation. (2024 Annual Report). America's Health Rankings. www.americashealthrankings.org

1 Multiple Chronic Conditions

- Encourage patients to reduce their risk of developing chronic diseases, including eating healthy, not smoking, getting enough regular physical activity, and avoiding excessive drinking
- Explore County Health Rankings & Roadmaps and the U.S. Community Preventive Services Task Force resources to help support individuals with multiple chronic conditions such as comprehensive telehealth interventions to improve diet and text messaging interventions for medication adherence

2 Smoking

- Advocate for smoke-free policies and increased taxes on tobacco products
- Explore evidence-based strategies to address tobacco use at County Health Rankings & Roadmaps and the Community Preventive Services Task Force
- Link patients to smoking, cessation resources including Smokefree.gov, the Centers for Disease Control and Prevention and the American Lung Association

3 Premature Death

- Collaborate with state and local health departments to understand causes of premature death and consider increased health risk screenings, increasing vaccine rates, and increasing access to care for underserved populations

4 Frequent Mental Distress

- Explore the Community Preventive Services Task Force Community Guide on strategies that work including school-based cognitive behavioral therapy, home-based depression care management, and collaborative care
- Link patients to resources from the CDC and the 988 Lifeline

6 High-Risk HIV Behaviors

- Increase patient access to preventative medications such as pre-exposure prophylaxis (PrEP) or post-exposure prophylaxis (PEP)
- Screen and assess patients for HIV in accordance with recommended guidelines
- Encourage patients to use condoms correctly whenever engaging in sexual activity
- Provide education to patients on the risks of injection drug use
- Prescribe antiretroviral therapy (ART) to those who test positive as soon as possible
- Explore the CDC resources, to help people find HIV prevention services in their area, including condoms, HIV testing, PrEP and PEP

7 Adverse Childhood Experiences

- Consider screening and assessing patients for ACES

8 Teen Births

- Advocate for federal and state policies to increase access to family planning services and comprehensive risk-reduction sex education
- Encourage abstinence
- Educate patients on contraceptive use using ACOG and AAP resources

9 Occupational Fatalities

- Take an occupational history, and if specific hazardous exposures are suspected, gather more information and review health effects of identified exposures, recommend ways to reduce or eliminate exposure to hazards, refer patients to an occupational medicine specialist for more detailed assessment and management or other specialist(s), discuss safe return to work, and educate patients about the NIOSH Health Hazard Evaluation Program where employers, workers, or their representative can request a free evaluation of potential workplace hazard.

10 Avoided Care Due to Cost

- Implement patient-centered care and shared decision making to reduce expenditures by increasing health education and empowering patients to choose cost-effective diagnostic tools and treatment options
- Link patients to care management which lowers cost by increasing continuity of care and reducing expensive emergency room and specialty care visits

Source: United Health Foundation. *Americas Health Rankings*. www.americashealthrankings.org/explore/measures

Prevalence of Top 10 Chronic Conditions

| CHRONIC CONDITION | RATES (age-adjusted prevalence) |
|---|---|
| Hypertension among adults | 54.9% |
| Obesity among adults | 39.1% |
| High cholesterol among adults who have been screened | 33.4% |
| Depression among adults | 30.2% |
| Diabetes among adults | 13.1% |
| Asthma among adults | 11.7% |
| COPD among adults | 10.6% |
| Cancer: Invasive cancer (all sites combined) | 457.8 age-adjusted rate (cases per 100,000) |
| Chronic kidney disease: Incidence of treated end-stage kidney disease | 2939 (cases per 1 million population) |
| Coronary heart disease: Mortality among all people, underlying cause | 131.1 age-adjusted rate (cases per 100,000) |

Source: CDC Chronic Disease Indicators accessible at <https://www.cdc.gov/cdi/>

Top 10 Causes of Death

| LEADING CAUSES OF DEATH | DEATHS (per 100,000 population) |
|--------------------------------------|---------------------------------|
| 1. Heart disease | 165.8 |
| 2. Cancer | 149 |
| 3. Accidents | 80 |
| 4. COVID | 47.4 |
| 5. Stroke | 47.7 |
| 6. Chronic lower respiratory illness | 38.7 |
| 7. Alzheimer's disease | 33.9 |
| 8. Diabetes | 28.8 |
| 9. Kidney Disease | 16.4 |
| 10. Chronic liver disease/Cirrhosis | 13.8 |

Source: CDC National Center for Health Statistics Stats of the States https://www.cdc.gov/nchs/pressroom/stats_of_the_states.htm