

**EMBARGOED UNTIL 1:00 P.M. February 9, 2000**

***STATE OF THE COMMUNITY'S HEALTH  
MY HEALTH, MY RESPONSIBILITY, OUR COMMUNITY***

**A Report from the  
Chattanooga-Hamilton County Regional Health Council**

**Viston Taylor, Chairman  
William Hicks, Vice Chairman**

**February, 2000**

*Data from the Behavioral Risk Factor Surveillance Survey (BRFSS) and Other Sources*

**Information is made possible through contributions from:**

**Alexian Brothers Community Services  
Alexian Village  
Chattanooga-Hamilton County Health Department  
Erlanger Health System  
Medical Foundation of Chattanooga  
Memorial Hospital  
Tennessee Valley Authority**

**Data compiled and analyzed by the Metropolitan Council for Community Services, Inc.**

**Overview**

The Regional Health Council is a community-based organization designated by the Tennessee Department of Health to be responsible for community health assessment, regional health planning, and the provision of input regarding funding decisions for health and health-related initiatives. Council members are appointed by the County Executive and the Hamilton County Commission.

The Council identified and prioritized the key health issues facing the community and is developing targeted strategies to address each issue. The five key preventable health issues are: obesity, poor diet and lack of exercise; tobacco use; risky sexual behavior; alcohol and drug use; and lack of involvement in health screenings and other preventive measures.

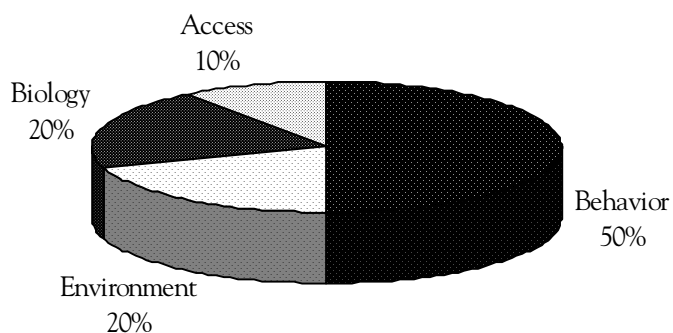
### Selected Year 2000 Health Objectives

<u>Healthy People 2000 Objectives</u>	<u>Year 2000 Target</u>	<u>Area Residents 1999</u>
Overweight (body mass index) Ages 18 and up	20% or below	32%
Cigarette Smoking Ages 18 and up	15% or below	27%
Cholesterol Screening w/in Preceding Five Years Ages 18 and up	75% or greater	71%
Clinical Breast Exam and Mammogram (had within two years) Women ages 50 and up	60% or greater	67%*
Stool Blood Test w/in Preceding Two Years Ages 50 and up	50% or greater	28%
Ever Had Colonoscopy or Sigmoidoscopy Ages 50 and Up	40% or greater	42%*
Seat Belt Use Ages 18 and up	85% or greater	66%
Incidence of Primary and Secondary Syphilis (TN Dept. of Health)	10 per 100,000	9.8*
Alcohol Related Motor Vehicle Crash Deaths (TN Dept. of Safety)	8.5 per 100,000	9.2

\*Objective Met

BRFSS Data Except Where Noted

### Determinants of Premature Death



Centers For Disease Control

### Hamilton County Demographics (1998 Census Estimates)

Total Population	296,468
Race	
White	78%
Black	20%
Other	2%
Gender	
Male	47%
Female	53%
Household Income	
< \$15,000	20%
\$15,000 < \$50,000	16%
\$25,000 < \$50,000	29%
\$50,000 < \$100,000	26%
\$100,000 +	9%
Median Household Income	\$32,858
Households Below Poverty	14%
Education (age 25 and older)	
Less Than High School	27%
High School or GED	28%
Some College / 2 Year Degree	25%
College Degree or Greater	20%
Age	
Under 18	24%
18-24	9%
25-34	14%
35-49	23%
50-64	16%
65 +	14%
Average Age	38
Marital Status (age 15 and older)	
Married	56%
Single	23%
Previously Married	21%
Households With Children	
Married Couple Family	71%
Other Family Female Head	25%
Other Family Male Head	4%

# Community's Health

Survey of Hamilton County

## Behavioral Risk Factor Trends

	1995	1999	% CHANGE
<b>HEALTHY CHANGES</b>			
<b>Mammograms</b>			
Ever Had Mammogram Age 50+	53%	93%	+75%
Mammogram in Past 2 Years Age 50+	48%	76%	+58%
Ever Had Mammogram (All Women)	59%	70%	+19%
<b>Other</b>			
Ever Had Pneumonia Vaccine (Age 65+)	36%	56%	+55%
Oldest Child < 16 Always Wears Seat Belt or Child Safety Seat	79%	88%	+11%
Cholesterol Checked Within Past 5 Years	64%	71%	+11%
<b>UNHEALTHY CHANGES</b>			
High Blood Pressure	15%	20%	+33%
Ever Told Cholesterol is High	18%	23%	+28%
Overweight	26%	32%	+23%
Obese	NA	18%	NA
No Dental Visit Past Year	33%	39%	+18%
<b>NO STATISTICALLY SIGNIFICANT CHANGES</b>			
Smoking	24%	27%	NA
Always Wears Seat Belt	67%	66%	NA
Had Routine Checkup Past Year	68%	71%	NA
Flu Shot Past Year (Age 18+)	29%	31%	NA
Flu Shot Past Year (Age 65+)	61%	64%	NA
Binge Drinking	11%	11%	NA

- ❑ Hamilton County spends an estimated \$24.2 million annually on obesity-related heart disease. *(Centers for Disease Control)*
- ❑ Tobacco-related direct medical expenses in Hamilton County are estimated at \$37.1 million annually, and related indirect medical expenses range from \$29.4 to \$66.5 annually. *(Centers for Disease Control)*
- ❑ Employees who use illicit drugs consume three times as many sick benefits as other workers and are five times more likely to file a Worker's Compensation Claim. *(Strategic Planning for Workplace Drug Abuse Programs, NIDA, 1987)*
- ❑ Treatment for non-HIV sexually transmitted disease costs \$8.7 million annually in Hamilton County. *(American Social Health Association)*
- ❑ For every 10,000 workers home sick with the flu, Hamilton County incurs over \$5 million in lost productivity costs. *(Metropolitan Council for Community Services, Inc.)*

A total of 1,037 surveys were completed with Hamilton County residents age 18 and older. This sample size yields a margin of error of  $\pm 3\%$ . The data were weighted to reflect the 1990 Census information for age, race and sex. The questionnaire and methodology used were similar to the Centers for Disease Control's Behavioral Risk Factor Surveillance Survey (BRFSS) which is conducted annually throughout the country. While every effort was made to design a questionnaire which would not be leading or tend to encourage particular responses, and the methodology was designed to collect data in as impersonal a manner as possible, it should be remembered that all activities and personal information were self-reported. Due to the personal nature of this study and human nature, certain health-related behaviors may have been over- or under-reported.

## Leading Causes of Death 1900 Versus 1997

### Chattanooga 1900\*

Cause of Death	% Deaths
Tuberculosis	26%
Pneumonia & Influenza	20%
Stillbirths	11%
Accidents	7%
Typhoid Fever	6%
All Other	30%

Life Expectancy	47
Population	40,000

### Hamilton County 1997\*\*

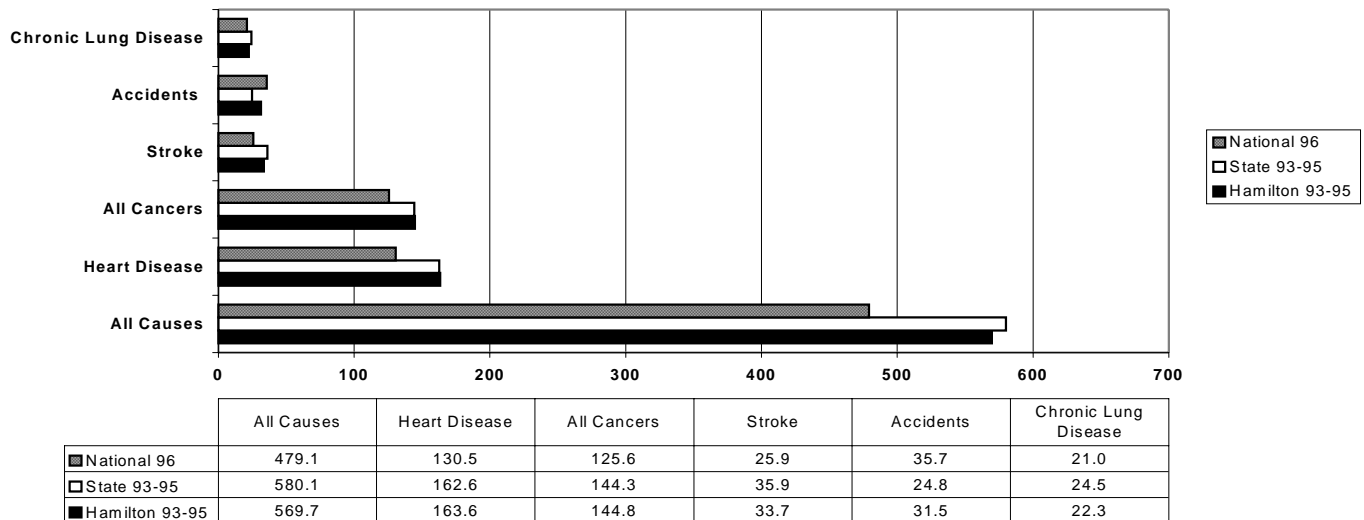
Cause of Death	% Deaths
Heart Disease	34%
Cancer	22%
Stroke	7%
Chronic Respiratory Disease	4%
Pneumonia and Influenza	4%
All Other	29%

Life Expectancy	75
Population	294,676

\* *Register of Deaths, 1900, Chattanooga, Tennessee*

\*\* *Tennessee Department of Health*

## Leading Causes of Death in Hamilton County, Tennessee, and Nation (age adjusted rate per 100,000 population)



### For additional information, contact:

Viston Taylor, Alexian Brothers Community Services, 698-0802  
 William Hicks, Chattanooga / Hamilton County Medical Society, 622-2872  
 Bill Ulmer, Hamilton County Health Department, 209-8088  
 Ione Farrar, Metropolitan Council for Community Services, 267-7766

### Media Contacts:

Judy Frank, Chattanooga / Hamilton County Health Department, 209-8238  
 Rae Young Bond, First Things First, 267-5383



