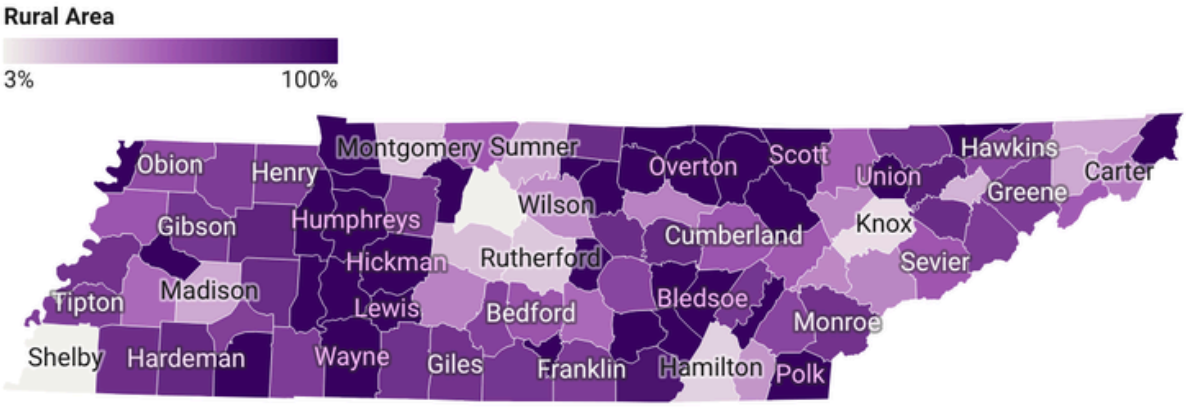
DEMOGRAPHICS DATA

County demographic data offers a snapshot of the people, resources, and conditions that shape health across Tennessee. About 1 in 3 Tennesseans live in a rural area. Almost 9 out of 10 residents have access to broadband services. A little over 3 million total ballots were counted in Tennessee for the 2024 November election, despite having a voting eligible population of over 5 million.

By examining factors such as population trends, racial and ethnic composition, civic engagement, broadband availability, and rurality, we can better understand the unique strengths and challenges facing different communities. This information helps inform data-driven decision-making and supports efforts to improve health equity statewide.



NATIONAL DATA

- On average, **20%** of residents across the US live in a **rural area** (data as of 2020)
- For the November 2024 election, there was a **64.03%** voter turnout nationwide (data as of 2026)
- In the US, **91%** of households have a broadband internet connection (data as of 2026)

REAL NUMBERS, REAL PEOPLE

Read **John's story** about how difficult it can be to meet SNAP work reporting requirements in a rural setting

STATEWIDE DATA

- On average, **33.8%** of Tennessee residents live in a **rural area** (data as of 2020)

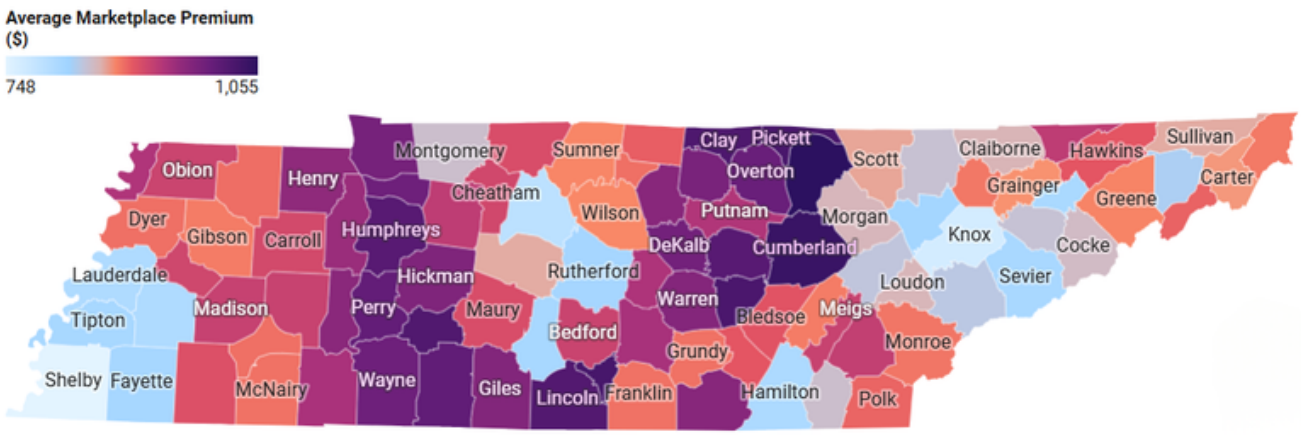
About 1 in 3 people in TN live in a rural area!

- For the November 2024 election, there was a **57.92%** voter turnout statewide (data as of 2026)
- In TN, **89%** of households have a broadband internet connection (data as of 2026)

PUBLIC BENEFITS DATA

When families struggle with food, illness, or a disability, public benefits programs become a lifeline. About 1.4 million Tennesseans are covered by TennCare (Tennessee's Medicaid program). Nutrition support is also critical. Over 600,000 Tennesseans use SNAP (food stamps) monthly.These numbers show how essential public benefit programs are for ensuring access to food and healthcare, helping families avoid hardship, and narrowing health gaps between groups.

This map is intended to help viewers grasp where these programs are the most needed and where access to these programs may be lacking. By tracking this data, we can better understand where needs are the greatest, where strengths are found, and how to advocate for policies that move Tennessee closer to health equity for all.



NATIONAL DATA

- Almost **7 million** individuals are **enrolled in the Affordable Care Act Marketplace** across the US (data as of 2026)
- **66 million** individuals are **enrolled in Medicaid** in the US (data as of 2026)
- **36 million** individuals are **enrolled in SNAP** across the US (data as of 2026)
- **7 million** pregnant women & children are **enrolled in CHIP** (Children's Health Insurance Program) across the US (data as of 2026)

REAL NUMBERS, REAL PEOPLE

Read **Georgia's Story HERE** for evidence of how TennCare serves as a necessity for many Tennessee families.

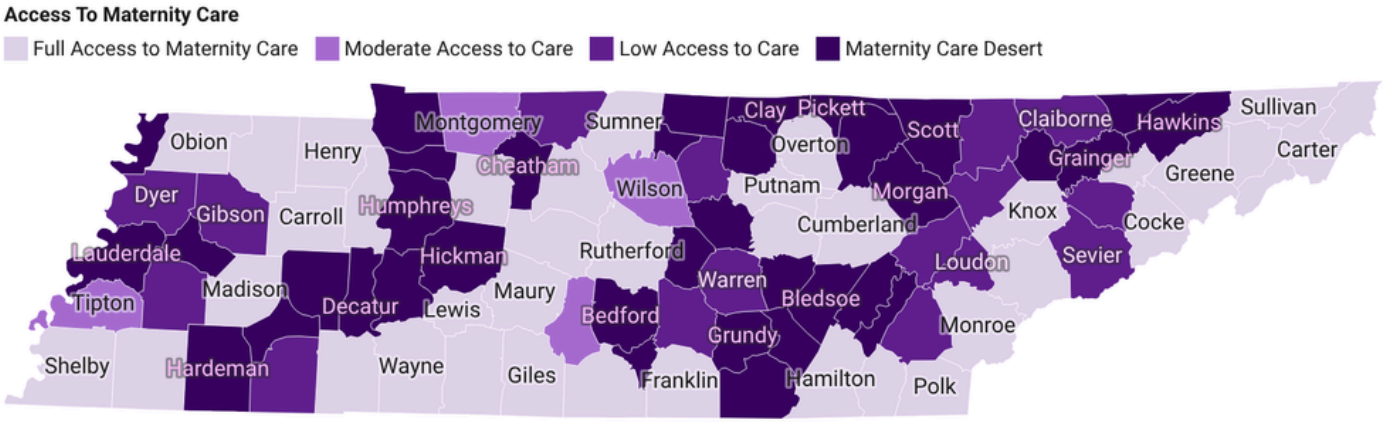
STATEWIDE DATA

- **136,544 thousand** Tennesseans are **enrolled in the Affordable Care Act Marketplace** (data as of 2026)
- Approximately **1.4 MILLION** individuals across the state are **enrolled in TennCare Medicaid** – that's 20% of the state's population! (data as of 2026)
- **611,359** individuals are **enrolled in SNAP** (formerly known as food stamps) in Tennessee (data as of 2026)
- Almost **40 thousand** pregnant women and children **are enrolled in CoverKids** – Tennessee's CHIP (data as of 2026)

MATERNAL & CHILD HEALTH DATA

Maternal and child health is a vital measure of how well our healthcare system supports children and pregnant individuals. Tennessee faces significant challenges compared to the rest of the nation. A significant disparity exists between the amount of maternal deaths seen nationwide and those seen across the state – making Tennessee the leading state for maternal mortality. More than one-third of Tennessee's counties are considered maternal care deserts, meaning many individuals must travel extreme distances to receive prenatal care.

The map is intended to show the varying quality of maternal healthcare throughout Tennessee's counties using metrics such as low-birthweight rates, pre-term birth rates, access to maternity care, and the Maternal Vulnerability Index. By showing rates, barriers, and racial disparities, the dashboard helps policymakers, advocates, and community members understand where urgent action is needed. It also highlights how maternal health is intertwined with health equity as a whole.



NATIONAL DATA

- Across the United States, there were **19 maternal deaths** for every 100,000 live births (data of 2023)
- There is a **10.4** preterm birth rate nationawide (data as of 2024)
- There is a **5.6** infant mortality rate per 1,000 live births (data as of 2022)
- **16.1%** of mothers nationwide received inadequate prenatal care (data as of 2024)

STATEWIDE DATA

- In Tennessee, there were **28 maternal deaths** for every 100,000 live births (data of 2023)
- Between 2021-2024, there has been a **10.9** preterm birth rate in Tennessee (data of 2024)
- There is a **6.5** infant mortality rate per 1,000 live births (data as of 2022)
- **17.7%** of Tennessee mothers received inadequate prenatal care (data as of 2024)

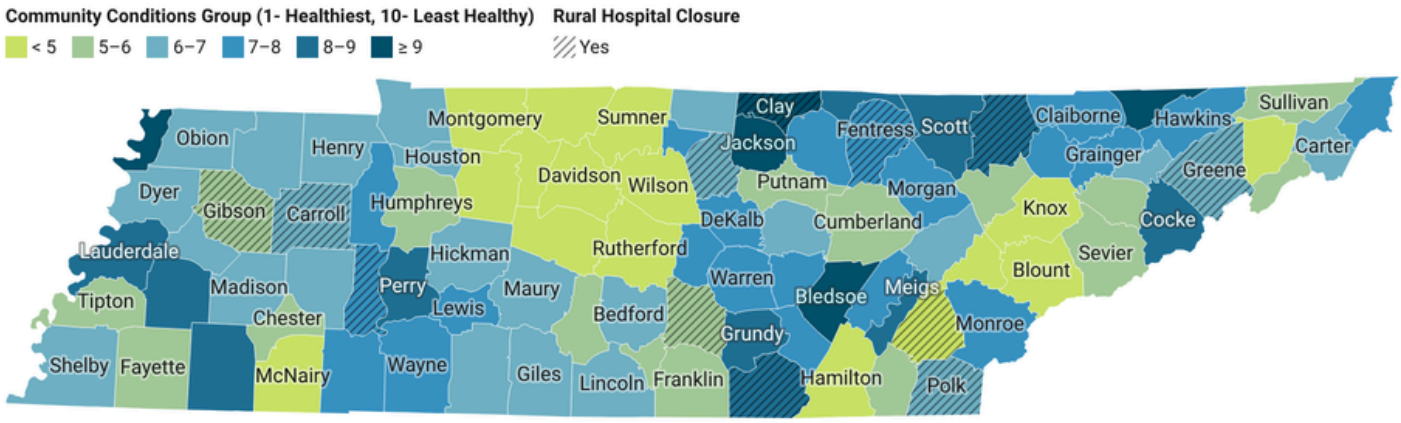
REAL NUMBERS, REAL PEOPLE

Read **the Hammons' story** to understand the challenges that families face when trying to access healthcare coverage.

HEALTH DISPARITIES DATA

Analyzing health disparities reveals deep divides in who can access care and stay healthy in Tennessee. The average life expectancy in Tennessee is 73.8 years, which is significantly lower than the national average of 79 years. Tennessee has a slightly higher uninsured rate among adults (13%) compared to the national average of 11%, leaving about 552,633 state residents completely without coverage. Tennesseans have almost triple the rate of medical debt in collections than the national average. There have been 14 rural hospital closures since 2012 in the state.

This map is intended to show how healthcare access varies across counties in Tennessee, where we can target our focus to get people the help they need, and what we need to improve to keep up with the rest of the country. Tracking these indicators on the dashboard allows communities, advocates, and policymakers to identify where systems are failing, target resources more equitably, and advance health initiatives that close gaps for all Tennesseans.



NATIONAL DATA

- The average life expectancy is **79 years** in the United States (data as of 2026)
- **11%** of adults across the US are **uninsured** (data as of 2023)
- In the United States, there are **1,310 patients for every 1 primary care provider** (data as of 2025)
- **3%** of the US population has **medical debt in collections** (data as of 2025)

STATEWIDE DATA

- The average life expectancy is **73.8 years** in Tennessee (data as of 2025)
- **552,663 adults** in Tennessee are **uninsured** – that accounts for approximately 13% of our state's population! (data as of 2023)
- In Tennessee, there are **1,440 patients for every 1 primary care provider,** with several counties experiencing a ratio of over 8,000 patients per primary care provider (data as of 2025)
- **8%** of Tennesseans have **medical debt in collections** (data as of 2025)

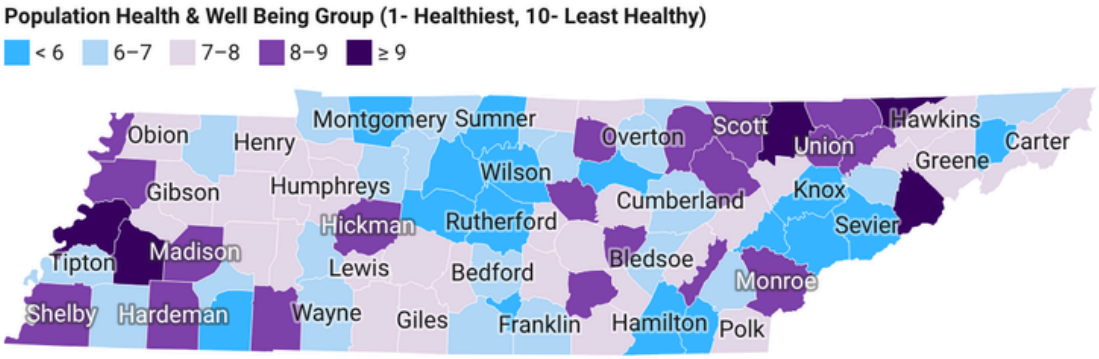
REAL NUMBERS, REAL PEOPLE

Read **Clara Clark's story** to learn how not choosing to expand Medicaid affects everyday Tennesseans

BEHAVIORAL HEALTH DATA

Compared to national averages, Tennesseans experience poorer behavioral and mental health outcomes across several key indicators. Tennessee's age-adjusted suicide rate (16.4 deaths per 100,000 individuals) exceeds the national rate (13.7 per 100,000). While TN sees higher overall drug overdose death rates compared to the U.S., the state specifically struggles with higher opioid overdose death rates (26.1 per 100,000) than those seen nationwide (16 per 100,000). Additionally, nearly one in three Tennesseans reports having been diagnosed with a depressive disorder at some point in their lives, compared with approximately one in five adults nationally.

This map highlights county-level disparities in behavioral health needs and access to care across Tennessee. By visualizing indicators such as suicide rates, fatal and nonfatal overdose rates, access to mental health providers, and well-being measures, it helps identify communities experiencing the greatest challenges and gaps in support. These insights can help policymakers, advocates, healthcare providers, and community leaders better target resources, inform policy decisions, and strengthen efforts to improve behavioral health outcomes statewide.



NATIONAL DATA

- The nationwide age-adjusted suicide rate (suicide deaths per 100,000 people) is **13.7** (data as of 2024)
- There are **24.3** drug overdose deaths per 100,000 people (data as of 2024)
- There are **16** opioid overdose deaths per 100,000 people (data as of 2024)
- **18.9%** of adults nationwide report having ever received a depression diagnosis in their lifetime (data as of 2023)

STATEWIDE DATA

- The statewide age-adjusted suicide rate (suicide deaths per 100,000 people) is **16.39** (data as of 2024)
- There are **35.5** drug overdose deaths per 100,000 people (data as of 2024)
- There are **26.1** opioid overdose deaths per 100,000 people (data as of 2024)
- **27.3%** of TN adults report having ever received a depression diagnosis in their lifetime (data as of 2023)

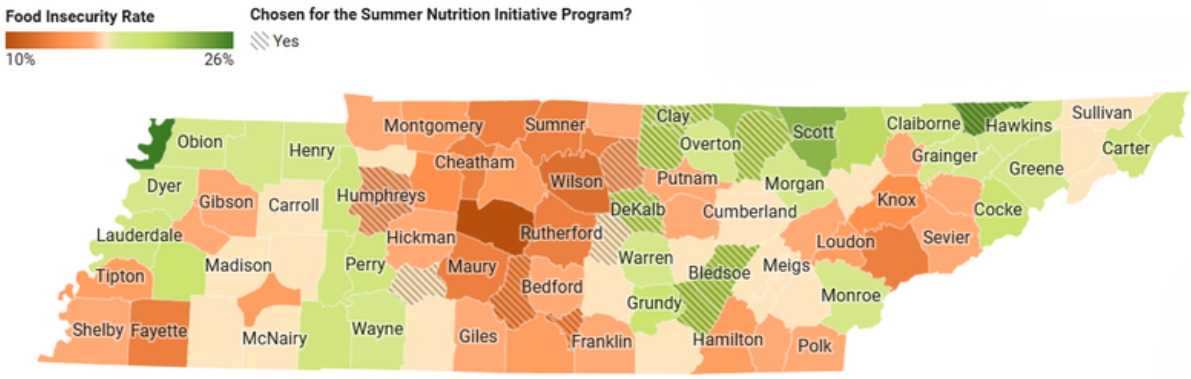
REAL NUMBERS, REAL PEOPLE

Read **Destiny Thompson's story** to see how TennCare helped her overcome opioid addiction

NUTRITION DATA

Food insecurity remains a persistent challenge nationally and in Tennessee, impacting health and well-being across communities. Nutrition is a foundational driver of health, affecting physical growth, chronic disease risk, cognitive development, and overall quality of life. In Tennessee, about 600,000 people are enrolled monthly in SNAP and depend on the program for access to enough food for an active, healthy life. Among these households, half include children, half include individuals with disabilities, and 35% have older adults. Despite these supports, Tennessee's food insecurity rate was 14% in 2025, slightly above the national level. Additionally, 9% of Tennesseans have limited access to healthy foods, and nearly one million residents — including 200,000 children — live in lower-income communities underserved by supermarkets, illustrating ongoing food access disparities

This map is intended to show data metrics related to nutrition, such as food insecurity rates and grocery store access to help viewers understand the prevalence of food insecurity and nutrition access across Tennessee's counties, making disparities and areas of need more visible. The metrics highlight areas lacking adequate food resources and communities that are heavily reliant on food assistance. This transparency supports advocates, policymakers, and community members in identifying gaps, directing resources more effectively, and developing strategies to improve food insecurity and nutrition outcomes across Tennessee's counties.



NATIONAL DATA

- The national Food Insecurity rate is **13.7%** (data as of 2024)
- An average of **42.1 million individuals** participate in SNAP each month nationwide (data as of 2025)
- WIC serves an average of **6.9 million participants** nationwide (data as of 2025)

STATEWIDE DATA

- The national Food Insecurity rate is **16%** (data as of 2023)
- 50% of SNAP Households in Tennessee have children (data as of 2025)
- 156,963 individuals participate in WIC in Tennessee (data as of 2025)

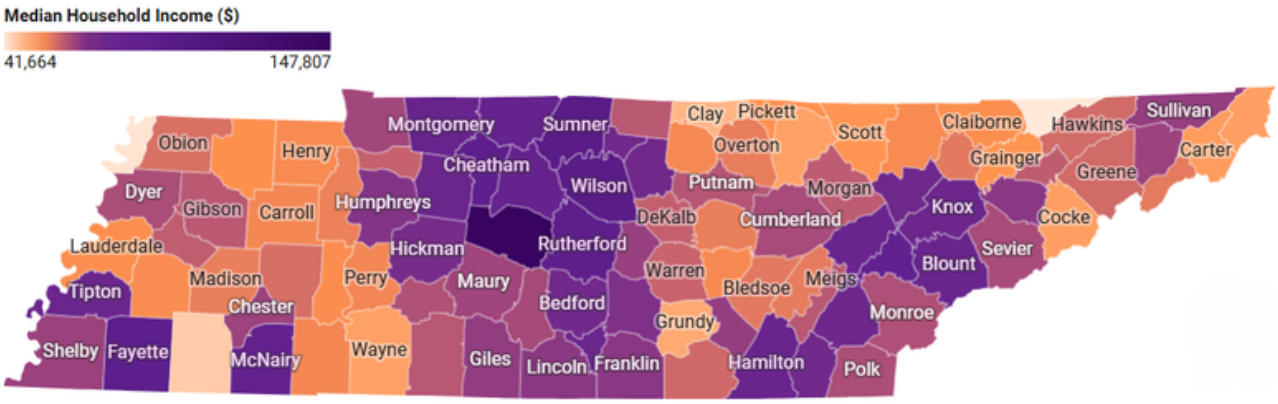
REAL NUMBERS, REAL PEOPLE

Read **Julie's Story HERE** to understand how veterans are also affected by the red tape instilled through HR1.

ECONOMIC STABILITY DATA

Economic stability is central to health, well-being, and opportunity. For many families, small economic disruptions can threaten the ability to afford housing, healthy food, and healthcare, shaping long-term health outcomes and well-being. Lack of economic stability drives families into poverty. Even families that live above the poverty level struggle to afford housing, food, education, and other costs of daily living (these are referred to as "ALICE" households).

This map is intended to show viewers how economic stability in Tennessee varies by county and the correlations between economic stability and health equity. Understanding and tracking these indicators at the county level helps us advocate for policies and investments that boost economic security, reduce homelessness, and close gaps in health equity across all communities in our state.

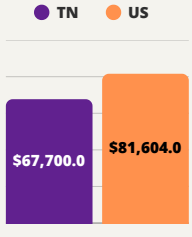


NATIONAL DATA

- The **poverty rate** of the United States is approximately **10.2%** (data as of 2025)
- The **national unemployment rate** is **4.2%**, which is higher than Tennessee's (data as of 2025)
- National median income is **$81,604** (data as of 2024)

REAL NUMBERS, REAL PEOPLE

Read **Steven's Story HERE** to read about financial hardship amidst recent federal policy changes.

STATEWIDE DATA

- On average, **Tennessee's poverty rate** remains higher than the national average at **10.7%** (data as of 2025)
- **Tennessee's unemployment rate** is **3.4%**, which is lower than the national average (data as of 2025)
- Approximately **13.5%** of Tennessee's population **experience some severe housing problem** (data as of 2022)
- **$67,700** is the **median income** in Tennessee, which is significantly lower than the national median (data as of 2025)