

# Appendix E

## Humphreys County Data Summary

### I. Mortality Data

About seventy-five percent of all deaths are caused by heart disease, cancer, and stroke. Death rates from heart disease declined during the last twenty years while death rates from cancer increased during that period. According to Tennessee's Healthy People 2000, Humphreys County's **Deaths From All Causes** is 10% higher than the State rate (1993-1995). The following information compares the leading causes of death in the State of Tennessee with Humphreys County:

- **Diseases of the Heart** are the leading cause of death throughout the nation. The county rate of deaths from Heart Disease (1993-1995) is 7% higher than the Tennessee rate (133.6 deaths per 100,000 population) and 43% above the Year 2000 National Objective (100 deaths per 100,000 population). The major modifiable risk factors for cardiovascular disease are high blood pressure, high blood cholesterol, and cigarette smoking.
- **Malignant Neoplasms (Cancer)** are the second leading cause of death throughout the nation. Deaths from cancer in the county are 10% higher than the State rate (1995). Lifestyle, environment, and genetic factors, individually or in combination, can increase an individual's risk of developing cancer.
  - ⇒ **Lung Cancer** is the leading cause of cancer deaths for both men and women. The death rate in Humphreys County from lung cancer (1993-1995) is 6% higher than the State rate. The county rate is 23% above the Year 2000 National Objective (42 deaths per 100,000 population).
  - ⇒ **Breast Cancer** is the second leading cause of cancer deaths among women in the U.S. According to Tennessee's Healthy People 2000 (1993-1995), Humphreys County's rate is 13% below the State rate and 5% below the Year 2000 National Objective (20.6 deaths per 100,000 population).
- **Deaths from Stroke** are the third leading cause of death throughout the nation. Stroke are the fourth leading cause of death in Humphreys County. Humphreys County's rate is 24% below the State rate (1993-1995). However, the county rate is 37% above the Year 2000 National Objective (20 deaths per 100,000 population). People with high blood pressure have as much as seven times the risk of a stroke as do those with normal blood pressure. Weight control, smoking cessation, and physical activity are means to reduce the risk of stroke.
- **Accidents and Adverse Effects** are the fourth leading cause of death in the State and the third leading causes of death in Humphreys County (1995). The county rate of deaths from accidents and adverse effects is 164% above the State rate. Deaths from accidents and adverse effects have the greatest impact on premature death in terms of "Years of Productive Life Lost."