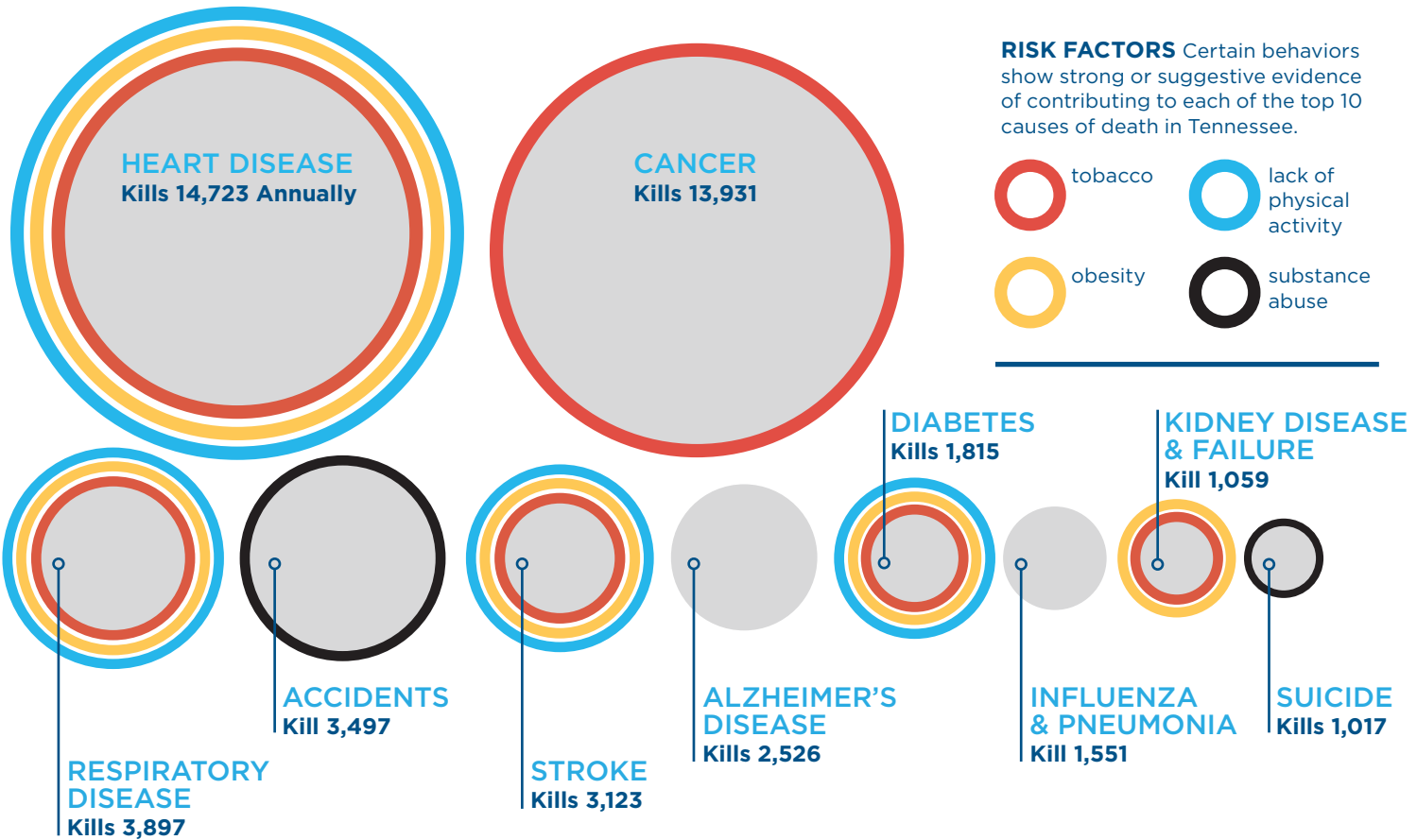


Barriers to Better Health Have Serious Consequences

A lack of opportunity to pursue **prevention** correlates with the top 10 causes of death in Tennessee

Source: Tennessee Department of Health, Mayo Clinic, World Heart Federation, National Institutes of Health, World Health Organization, Centers for Disease Control and Prevention ca. 2013



Barriers to better health often fall into 3 categories:

AFFORDABILITY

Low-income areas have fewer supermarkets with healthy foods and must rely on convenience stores that carry high-fat fare.



18.3% of Tennesseans live in poverty
That increases to 20% in rural areas

CULTURAL/SOCIAL



Studies show a direct correlation between higher levels of education and better health, resulting in an average life expectancy difference of 7 years

15% of Tennesseans have not graduated from high school
53% of Hispanic workers in Tennessee have not graduated from high school

GEOGRAPHY

Linking sidewalks, bike paths, walking trails and mass transportation can increase physical activity



30% of Tennesseans have little to no access to exercise opportunities
In some counties, that jumps to 70%