North Carolina

State Health Department Website: ncdhhs.gov

Summary

Strengths:
- Low prevalence of 2+ adverse childhood experiences
- High immunization coverage among children
- Low prevalence of excessive drinking

Challenges:
- High prevalence of high-risk HIV behaviors
- High prevalence of multiple chronic conditions
- High prevalence of avoided care due to cost

Highlights:

MENTAL HEALTH PROVIDERS
\[\Delta 21\%\] between 2016 and 2020 from 219.1 to 265.5 per 100,000 population

HIGH-SPEED INTERNET
\[\Delta 11\%\] between 2015 and 2018 from 78.4% to 86.8% of households

SEVERE HOUSING PROBLEMS
\[\nabla 7\%\] between 2007-2011 and 2013-2017 from 16.2% to 15.1% of occupied housing units

Economic Hardship Index

The economic hardship index compares financial strain between states. It combines six population-level social and economic measures to provide a more complete picture of the difficulties faced by communities than a single measure could provide.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crowded Housing (units with more than one person/room)</td>
<td>2.3%</td>
</tr>
<tr>
<td>Dependency (ages 0-17 or ages 65+)</td>
<td>38.6%</td>
</tr>
<tr>
<td>Education (ages 25+ without a high school diploma)</td>
<td>11.4%</td>
</tr>
<tr>
<td>Per Capita Income</td>
<td>$32,021</td>
</tr>
<tr>
<td>Poverty (households below the poverty level)</td>
<td>13.3%</td>
</tr>
<tr>
<td>Unemployment (ages 16-64)</td>
<td>4.7%</td>
</tr>
</tbody>
</table>

Multiple Chronic Conditions

Chronic conditions are medical conditions that last more than a year, require ongoing medical attention and/or limit activities of daily living. Adults with multiple chronic conditions represent one of the highest-need segments of the population.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>27.0%</td>
</tr>
<tr>
<td>Asthma</td>
<td>8.3%</td>
</tr>
<tr>
<td>Cancer (excluding skin)</td>
<td>7.8%</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>9.7%</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>3.9%</td>
</tr>
<tr>
<td>Chronic Obstructive Pulmonary Disease</td>
<td>7.8%</td>
</tr>
<tr>
<td>Depression</td>
<td>21.6%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>11.8%</td>
</tr>
</tbody>
</table>
### Measures

#### SOCIAL & ECONOMIC FACTORS

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>++</td>
<td>0.167</td>
<td>22</td>
<td>0.965</td>
</tr>
</tbody>
</table>

**Community and Family Safety**
- Occupational Fatalities (deaths per 100,000 workers)
- Public Health Funding (dollars per person)
- Violent Crime (offenses per 100,000 population)

**Economic Resources**
- Economic Hardship Index (index from 1-100)
- Food Insecurity (% of households)
- Income Inequality (80-20 ratio)

**Education**
- High School Graduation (% of students)
- High School Graduation Racial Gap (percentage point difference)

**Social Support and Engagement**
- Service Hours (volunteer hours per person)
- Volunteerism (% of adults)
- Non-smoking Regulation (% of population)

#### PHYSICAL ENVIRONMENT

- **Air and Water Quality**
  - Air Pollution (micrograms of fine particles per cubic meter)
  - Drinking Water Violations (% of community water systems)
  - Non-smoking Regulation (% of population)

- **Climate Change**
  - Climate Change Policies (number of four policies)
  - Transportation Energy Use (trillions of BTUs per 100,000 population)

- **Housing and Transit**
  - Drive Alone to Work (% of workers)
  - Housing With Lead Risk (% of housing stock)
  - Severe Housing Problems (% of occupied housing units)

#### CLINICAL CARE

- **Access to Care**
  - Avoided Care Due to Cost (% of adults)
  - Dental Providers (number per 100,000 population)
  - Mental Health Providers (number per 100,000 population)
  - Uninsured (% of population)

- **Preventive Clinical Services**
  - Colorectal Cancer Screening (% of adults ages 50-75)
  - Dental Visit (% of adults)
  - Childhood Immunizations (% by age 35 months)

- **Quality of Care**
  - Dedicated Health Care Provider (% of adults)
  - Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)

#### BEHAVIORS

- **Sleep Health**
  - Insufficient Sleep (% of adults)

- **Nutrition and Physical Activity**
  - Exercise (% of adults)
  - Fruit and Vegetable Consumption (% of adults)
  - Physical Inactivity (% of adults)

- **Sexual Health**
  - Chlamydia (cases per 100,000 population)
  - High-risk HIV Behaviors (% of adults)
  - Teen Births (births per 1,000 females ages 15-19)

- **Tobacco Use**
  - E-cigarette Use (% of adults)
  - Smoking (% of adults)

#### HEALTH OUTCOMES

- **Behavioral Health**
  - Depression (% of adults)
  - Excessive Drinking (% of adults)
  - Frequent Mental Distress (% of adults)
  - Non-medical Drug Use (% of adults)

- **Mortality**
  - Drug Deaths (deaths per 100,000 population)
  - Premature Death (years lost before age 75 per 100,000 population)
  - Premature Death Racial Inequality (ratio)
  - Suicide (deaths per 100,000 population)

- **Physical Health**
  - Frequent Physical Distress (% of adults)
  - Low Birthweight (% of live births)
  - Low Birthweight Racial Gap (percentage point difference)
  - Multiple Chronic Conditions (% of adults)
  - Obesity (% of adults)

#### OVERALL

**Rating**

<table>
<thead>
<tr>
<th>Value</th>
<th>Healthiest State</th>
</tr>
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<tbody>
<tr>
<td>0.030</td>
<td>0.723</td>
</tr>
</tbody>
</table>

*Measure not included in overall score. For measure definitions, source details and methodology, visit www.AmericasHealthRankings.org.*

— indicates data missing or suppressed.