

2015 EDITION

North Carolina

RANK: 31



2014 Rank: 37
 Improved: 6

TOP FIVE HEALTHIEST STATES:

1. Hawaii
2. Vermont
3. Massachusetts
4. Minnesota
5. New Hampshire



Smoking

19.1%



of people in **North Carolina** smoke compared with 18.1% nationally

Healthy People 2020 Goal: 12.0% of adults

Drug Deaths

13.0



deaths per 100,000 people in **North Carolina** from drug overdose compared with 13.5 deaths per 100,000 nationally

Healthy People 2020 Goal: 11.3 deaths per 100,000

Physical Inactivity

23.2% or about

1 in 4



adults in **North Carolina** are physically inactive compared with 22.6% nationally

Infant Mortality

7.2



deaths per 1,000 live births in **North Carolina** compared with 6.0 deaths per 1,000 nationally

Healthy People 2020 Goal: 6.0 infant deaths per 1,000 live births

Obesity/Diabetes

29.7%

of adults in **North Carolina** are obese



10.8%

of adults in **North Carolina** have diabetes

Nationally, 29.6% of adults are obese, and 10.0% have diabetes.

Immunizations—Children

80.8%



of children in **North Carolina** received vaccinations compared with 71.6% nationally

Healthy People 2020 Goal: 80.0% of children