

# North Carolina

## RANK: 30

TOP FIVE HEALTHIEST STATES:

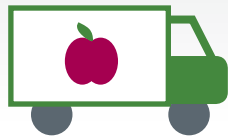
1. Massachusetts
2. Vermont
3. New Hampshire
4. Minnesota
5. Hawaii



### Home-Delivered Meals

13.7% or about

1 in 7



seniors in **North Carolina** living in poverty are served a home-delivered meal compared with 19.1% nationally.

### Volunteerism

26.1% or about

1 in 4



seniors in **North Carolina** volunteered through or for an organization in the past 12 months compared with 26.4% nationally.

### Dental Visit

63.4% or about

5 in 8



seniors in **North Carolina** visited the dentist or dental clinic within the past year compared with 65.7% nationally.

### Dedicated Health Care Provider

95.3%

of seniors in **North Carolina** have a dedicated health care provider compared with 94.3% nationally.



### Obesity

25.9% or about

1 in 4



seniors in **North Carolina** are obese compared with 27.5% nationally.

### Frequent Mental Distress

8.7% or about

1 in 12



seniors in **North Carolina** report their mental health was not good 14 or more days during the past 30 days compared with 7.4% nationally.