



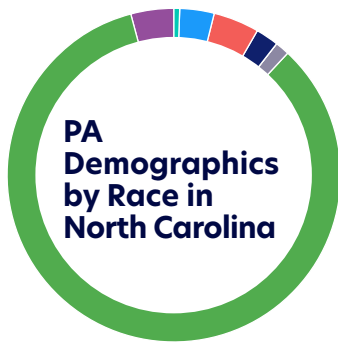
NORTH CAROLINA

STATE HEALTH PROFILE



Overall America's Health Ranking: **32**

United Health Foundation. (2024 Annual Report). America's Health Rankings.
www.america'shealthrankings.org



Source: National Commission on Certification of PAs. (2023). Statistical Profile of Board Certified PAs by State

Total Population of PAs in NC: 9,115
PAs Practicing in a Rural Area: 6.8%

- 0.7% – American Indian/Alaskan Native
- 3.4% – Asian
- 4.3% – Black/African American
- 2.2% – Multi-race
- 0.1% – Native Hawaiian/Pacific Islander
- 1.4% – Other
- 83.8% – White
- 4.1% – Prefer not to answer

4.7% – Percentage of PAs by Hispanic, Latino(a), or Spanish origin



Source: United States Census Bureau accessible at [Census.gov/quickfacts](https://www.census.gov/quickfacts)


Total Population: ~11.1 Million

- 1.6% – American Indian/Alaskan Native
- 3.7% – Asian
- 22.1% – Black/African American
- 2% – Native Hawaiian/Pacific Islander
- 2.7% – Two or More Races
- 69.8% – White

11.4% – Hispanic/Latino
60.7% – White Alone, Not Hispanic or Latino

Populations At Risk for Health Disparities

Source: United States Census Bureau accessible at [Census.gov/quickfacts](https://www.census.gov/quickfacts)



Veterans
616,846



Language Other than English Spoken at Home
13%



People Living with a Disability Under Age 65
9.3%




People without Health Insurance Under 65
11%



Medicaid/CHIP Enrollment
18.6%


Kaiser Family Foundation, Medicaid State Fact Sheets 2022



Medicare Beneficiaries
20%
Source: Kaiser Family Foundation, State Health Facts 2021



Poverty
12.8%



2020 Rural Population
33.3%



Persons with Less Than High School Education
11.1%

Top Ten Drivers of Poor Health Rankings

1 **High-Risk HIV Behaviors**

Percentage of adults who reported having done any of the following in the past year: injected any drug other than those prescribed for you; been treated for a sexually transmitted disease; or given or received money or drugs in exchange for sex

2 **Exercise**

Percentage of adults who met the federal physical activity guidelines (150 minutes of moderate or 75 minutes of vigorous aerobic activity and two days of muscle strengthening per week) in the past 30 days

3 **Premature Death**

Years of potential life lost before age 75 per 100,000 population (1-year estimate)

4 **Chlamydia**

Number of new cases of chlamydia per 100,000 population

5 **Multiple Chronic Conditions**

Percentage of adults who had three or more of the following chronic health conditions: arthritis, chronic kidney disease, chronic obstructive pulmonary disease, cardiovascular disease (heart disease, heart attack or stroke), cancer (excluding non-melanoma skin cancer), depression, or diabetes

6 **Fruit and Vegetable Consumption**

Percentage of adults who reported consuming two or more fruits and three or more vegetables daily

7 **Low Birth Weight**

Percentage of infants weighing less than 2,500 grams (5 pounds, 8 ounces) at birth

8 **Smoking**

Percentage of adults who reported smoking at least 100 cigarettes in their lifetime and currently smoke daily or some days

9 **Voter Participation (Average)**

Average of the percentage of U.S. citizens age 18 and older who voted in the last presidential and the last midterm national elections

10 **Public Health Funding**

State dollars dedicated to public health per person (including federal grants directed to states from the CDC and the Health Resources and Services Administration) (2-year estimate)

Source: United Health Foundation. Americas Health Rankings. www.americashealthrankings.org

1 High-Risk HIV Behaviors

- Increase patient access to preventative medications such as pre-exposure prophylaxis (PrEP) or post-exposure prophylaxis (PEP)
- Screen and assess patients for HIV in accordance with recommended guidelines
- Encourage patients to use condoms correctly whenever engaging in sexual activity
- Provide education to patients on the risks of injection drug use
- Prescribe antiretroviral therapy (ART) to those who test positive as soon as possible
- Explore the CDC resources to help people find HIV prevention services in their area, including condoms, HIV testing, PrEP, and PEP

2 Exercise

- Advocate for community efforts to increase physical activity including built environment approaches; active recess classrooms and walking school buses; fitness and exercise programs in community centers; mixed use development and improving neighborhood walkability

3 Premature Death

- Collaborate with state and local health departments to understand causes of premature death and consider increased health risk screenings, increasing vaccine rates, and increasing access to care for underserved populations

4 Chlamydia

- Educate patients on abstinence, having a single sexual partner, reducing the number of sexual partners and making sure to use latex condoms and/or dental dams properly during sex
- Integrate screening for chlamydia and other STIs into regular medical care based on CDC recommendations

5 Multiple Chronic Conditions

- Encourage patients to reduce their risk of developing chronic diseases, including eating healthy, not smoking, getting enough regular physical activity, and avoiding excessive drinking
- Explore County Health Rankings & Roadmaps and the U.S. Community Preventive Services Task Force resources to help support individuals with multiple chronic conditions such as comprehensive telehealth interventions to improve diet and text messaging interventions for medication adherence

6 Fruit and Vegetable Consumption

- Explore CDC strategies to increase access to fruits and vegetables including policies to ensure access to fruit and vegetables, farm to institution programs, increasing access to retailers that sell fruits and vegetables, and eliminating food deserts

7 Low Birth Weight

- Focus on women's long-term health before and beyond prenatal care (e.g., expanding women's access to medical and dental services)
- Promote smoking prevention and cessation programs
- Ensure that women are able to obtain adequate nutrition before and during pregnancy
- Address factors related to demographic, social, and environmental risks

8 Smoking

- Advocate for smoke-free policies and increased taxes on tobacco products
- Explore evidence-based strategies to address tobacco use at County Health Rankings & Roadmaps and the Community Preventive Services Task Force
- Link patients to smoking cessation resources including Smokefree.gov, the Centers for Disease Control and Prevention, and the American Lung Association

9 Voter Participation (Average)

- Partner with organizations like Vot-ER to promote civic engagement and register patients to vote

10 Public Health Funding

- Advocate for adequate and sustained funding for state and local health departments

Prevalence of Top 10 Chronic Conditions

CHRONIC CONDITION	RATES (age-adjusted prevalence)
Hypertension among adults	54.4%
Obesity among adults	34.2%
High cholesterol among adults who have been screened	31.4%
Diabetes among adults	22.4%
Depression among adults	10.8%
Asthma among adults	9.3%
COPD among adults	6.7%
Cancer: Invasive cancer (all sites combined)	464.4 age-adjusted rate (cases per 100,000)
Chronic kidney disease: Incidence of treated end-stage kidney disease	4353 (cases per 1 million population)
Coronary heart disease: Mortality among all people, underlying cause	87.3 age-adjusted rate (cases per 100,000)

Source: CDC Chronic Disease Indicators accessible at <https://www.cdc.gov/cdi/>

Top 10 Causes of Death

LEADING CAUSES OF DEATH	DEATHS (per 100,000 population)
1. Heart disease	165.8
2. Cancer	149
3. Accidents	80
4. Stroke	47.7
5. COVID	47.4
6. Drug overdose	41.8
7. Chronic lower respiratory illness	38.7
8. Alzheimer's disease	33.9
9. Diabetes	28.8
10. Firearms	16.8

Source: CDC National Center for Health Statistics Stats of the States https://www.cdc.gov/nchs/pressroom/stats_of_the_states.htm