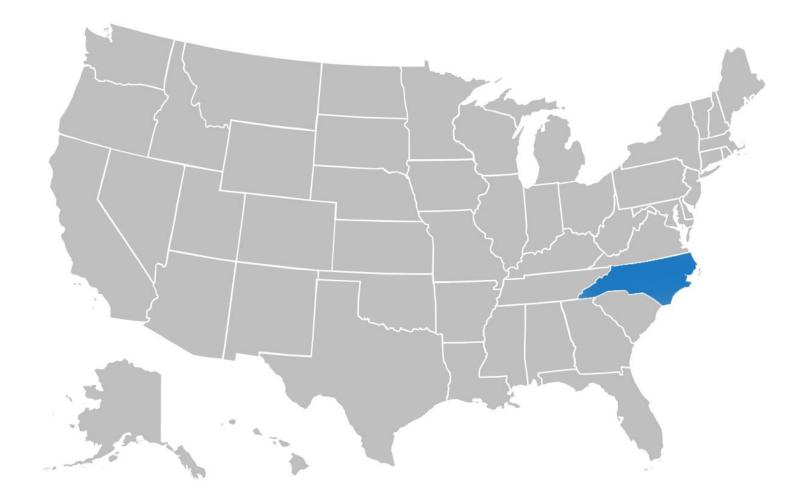
Building a Culture of Health, County by County

North Carolina



2020 County Health Rankings Report

A collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.



University of Wisconsin Population Health Institute school of medicine and public health



2020 County Health Rankings for the 100 Ranked Counties in North Carolina

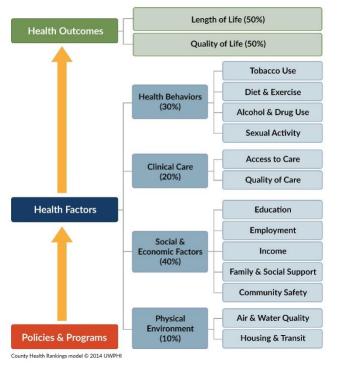
	Source Hiles			Solution County			Support of the second s				Health Antonio		
County	Health	Health	County	Health	Healt	County	Health	Health	County	Hegh,	Healt	15	
Alamance	37	57	Cumberland	69	73	Johnston	14	42	Randolph	54	50		
Alexander	33	47	Currituck	7	14	Jones	58	65	Richmond	93	95		
Alleghany	46	60	Dare	5	6	Lee	71	49	Robeson	100	100		
Anson	96	89	Davidson	51	52	Lenoir	84	79	Rockingham	70	70		
Ashe	18	25	Davie	21	16	Lincoln	22	24	Rowan	73	61		
Avery	32	32	Duplin	56	87	Macon	41	23	Rutherford	68	62		
Beaufort	78	64	Durham	12	17	Madison	28	29	Sampson	77	82		
Bertie	91	84	Edgecombe	97	98	Martin	89	80	Scotland	98	99		
Bladen	88	94	Forsyth	34	45	McDowell	64	41	Stanly	55	33		
Brunswick	36	27	Franklin	43	59	Mecklenburg	6	18	Stokes	47	54		
Buncombe	16	4	Gaston	62	51	Mitchell	39	26	Surry	74	44		
Burke	60	39	Gates	80	48	Montgomery	48	71	Swain	92	77		
Cabarrus	9	15	Graham	57	74	Moore	19	10	Transylvania	24	8		
Caldwell	53	55	Granville	25	58	Nash	76	76	Tyrrell	40	90		
Camden	4	19	Greene	63	78	New Hanover	17	21	Union	3	5		
Carteret	29	11	Guilford	23	36	Northampton	90	88	Vance	99	96		
Caswell	75	69	Halifax	95	97	Onslow	26	43	Wake	1	2		
Catawba	27	20	Harnett	35	72	Orange	2	1	Warren	85	93		
Chatham	11	7	Haywood	59	28	Pamlico	44	35	Washington	87	91		
Cherokee	79	40	Henderson	8	3	Pasquotank	50	67	Watauga	10	12		
Chowan	83	68	Hertford	81	83	Pender	52	37	Wayne	66	75		
Clay	67	34	Hoke	61	86	Perquimans	30	46	Wilkes	65	63	1	
Cleveland	82	66	Hyde	15	81	Person	72	53	Wilson	86	85		
Columbus	94	92	Iredell	20	13	Pitt	38	56	Yadkin	42	38		
Craven	49	22	Jackson	45	31	Polk	13	9	Yancey	31	30		

For more information on how these ranks are calculated, view the tables at the end of this report and visit www.countyhealthrankings.org The County Health Rankings & Roadmaps (CHR&R) lifts up actionable data, evidence, guidance, and stories for communities to make it easier for people to be healthy in their neighborhoods, schools, and workplaces. Ranking the health of nearly every county in the nation (based on the model below), CHR&R illustrates what we currently know when it comes to what is keeping people healthy or making them sick and shows what we can do to create healthier places to live, learn, work, and play.

What are the County Health Rankings?

Published online at <u>www.countyhealthrankings.org</u>, the Rankings help us understand what influences our health and how long and well we live. The Rankings are unique in their ability to provide measures of the current overall health of each county in all 50 states. They also look at a variety of measures that affect the future health of communities, such as high school graduation rates, access to healthy foods, rates of smoking, children in poverty, and teen births.

For the past 10 years, communities have used the Rankings to garner support for local health improvement initiatives by engaging government agencies, health care providers, community organizations, business leaders, policymakers, and the public.



Moving with Data to Action

The <u>Take Action to Improve Health</u> section of our website helps communities join together to look at the many factors influencing health, select strategies that work, and make changes that can have a lasting impact. Take Action to Improve Health is a hub for information to help any community member or leader who wants to improve their community's health and foster health equity. You will find:

- What Works for Health, a searchable menu of evidence-informed strategies that can make a difference locally;
- <u>The Action Center</u>, your home for step-by-step guidance and tools to help you move with data to action;
- <u>Action Learning Guides</u>, self-directed learning modules combining guidance, tools, and hands-on practice and reflection activities on specific topics;
- <u>The Partner Center</u>, information to help you identify the right partners and explore tips to engage them.

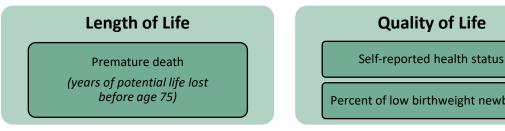
Ensuring Healthy Places for All

Communities thrive when all people can be healthy in their neighborhoods, schools, and workplaces. CHR&R brings actionable data and strategies to communities working to ensure that healthy places are available to all. Pages 4 and 5 of this report highlights how health outcomes and health factors differ by place within your state. On pages 6 and 7, we illustrate how health differs among racial/ethnic groups within places.

The Robert Wood Johnson Foundation (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) to bring this program to cities, counties, and states across the nation.

What are Health Outcomes?

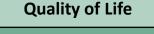
Everyone wants to experience long and healthy lives, yet places have different resources and opportunities. To understand the health outcomes in a community, we measure both length and quality of life by county within North Carolina.



How Do Counties Rank for Health Outcomes?

The green map shows the distribution of North Carolina's health outcome ranks across counties. The map is divided into four quartiles with less color intensity indicating better health outcomes in the respective summary rankings. Specific county ranks can be found in the table on page 2.

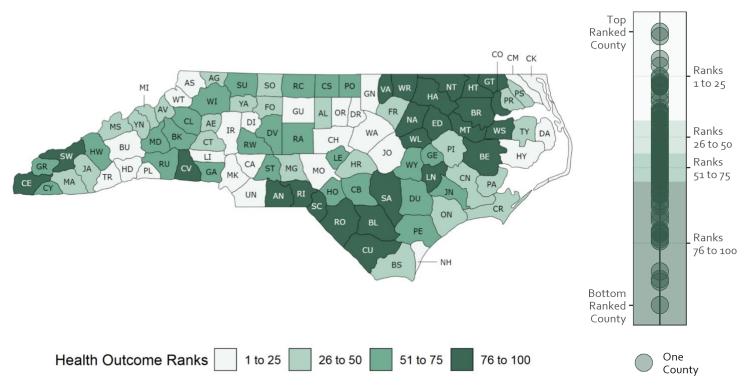
Detailed information on the measures and their associated weights is available on page 9. You can also learn about how we calculate health outcome ranks at www.countyhealthrankings.org.



Percent of low birthweight newborns

What Do Differences Between Ranks Mean?

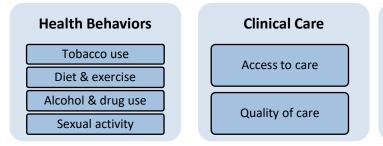
Counties are ordered by the health outcome rank, with a top-ranked county (rank = 1) having the best health outcome score. Ranks are easy to communicate, but they mask differences in health within counties and from one ranked county to the next. The chart next to the map shows the spread of health outcome scores (ranks) for each county (green circles) in North Carolina. This graphic shows the size of the gap between ranked counties. The different background colors correspond to the four quartiles used in the map.





What are Health Factors?

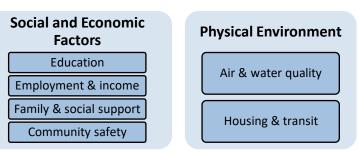
Many factors shape our opportunities to be healthy and influence how well and how long we live. Health factors represent the things we can change to improve health for all, like opportunities for quality education, good paying jobs, access to quality clinical care, healthy foods, green spaces, and secure and affordable housing. We measure four health factor areas.



How Do Counties Rank for Health Factors?

The blue map shows the distribution of North Carolina's **health factor ranks** across counties. The map is divided into four quartiles with less color intensity indicating better health factors in the respective summary rankings. Specific county ranks can be found in the table on page 2.

Detailed information on the measures and their associated weights is available on page 9. You can also learn about how we calculate health factor ranks, at <u>www.countyhealthrankings.org</u>.



What Do Differences Between Ranks Mean?

Counties are ordered by the health factor rank, with a top-ranked county (rank = 1) having the best health factor score. As previously noted, ranks mask differences in the opportunity for health within counties and from one county to the next. The chart next to the map shows the spread of health factor scores (ranks) for each ranked county (blue circles) in North Carolina. This graphic shows the size of the gap *between* ranked counties. The different background colors correspond to the four quartiles used in the map.

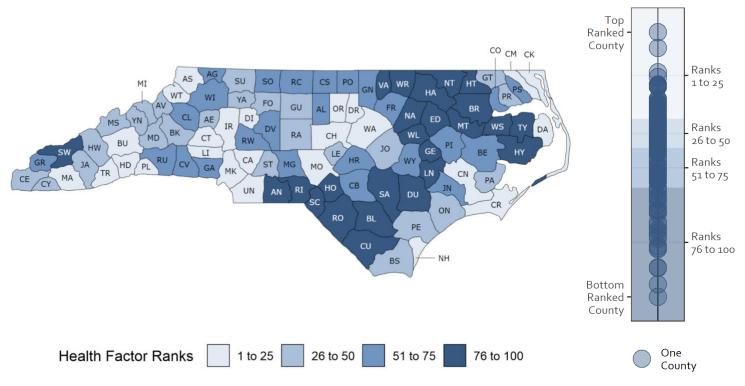


Figure 2. Health factor ranks displayed using quartiles (map) and underlying health factor scores (chart)

Growing Healthy Places Means Ensuring Opportunities for All

Health is influenced by every aspect of how and where we live. Access to secure and affordable housing, safe neighborhoods, good paying jobs and quality early childhood education are examples of important factors that can put people on a path to a healthier life. But access to these opportunities often looks different based on where you live, the color of your skin, or the circumstances you were born into. Data show a persistent pattern in barriers to opportunity for people with lower incomes and for communities of color across the United States. Patterned differences in a range of health factors emerge from unfair policies and practices at many levels and over many decades.



Copyright 2019 Brian Adams. Photo courtesy of the Robert Wood Johnson Foundation.

A Pattern of Unfair Differences Exists for People with Lower Incomes and Communities of Color in:



Using Data for Action

Achieving health equity means reducing and ultimately eliminating unjust and avoidable differences in opportunity and health. Our progress toward health equity will be measured by how health disparities change over time. Visit www.countyhealthrankings.org to learn more about:

- 1. Health outcome and factor measures for your state and county;
- Measures that have data available for racial and ethnic groups to illuminate differences in opportunities for health in your state and county;
- Additional data resources for North Carolina that provide information about health and opportunity among other subgroups, such as gender, age, or zip code.

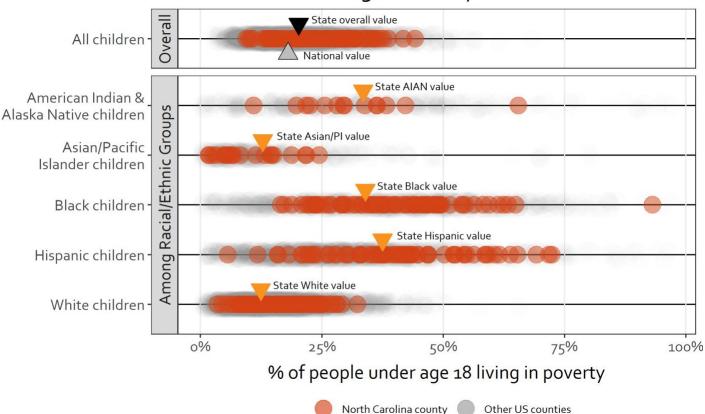
What Has Been Done Can Be Undone

Many communities are mobilizing state and local efforts to harness the collective power of community members, partners, and policymakers – working together to dismantle unfair patterns and ensure the growth of healthy places for all. To learn from others who are igniting possibilities and inspiring action, visit our **Learn from Others** page at <u>www.countyhealthrankings.org</u>.

Opportunities for Health Within North Carolina Counties

A healthy beginning is essential to a healthy future for our children and our communities. **Children in poverty** is a measure of both current and future opportunities for the health of the community. Patterns of unfair and avoidable differences at the local, state, and national level exist among racial and ethnic groups for children living in poverty.

The graphic below shows the patterns of children living in poverty for individual counties in North Carolina and among racial and ethnic groups within counties of North Carolina. It also shows the data for all counties across the nation in the gray circles beneath the North Carolina data.



Children Living in Poverty in North Carolina

Note: Extreme values or missing/suppressed values can occur in places with small populations.

Key Takeaways for Children Living in Poverty in North Carolina



Want to learn more? Visit our State Reports page at <u>www.countyhealthrankings.org</u> to interact with the data and explore patterns in other measures by place and among racial and ethnic groups.

2020 County Health Rankings for North Carolina: Measures and National/State Results

Measure	Description	US	NC	NC Minimum	NC Maximu
HEALTH OUTCOMES					
Premature death*	Years of potential life lost before age 75 per 100,000 population (age-adjusted).	6,900	7,700	4,500	13,100
Poor or fair health	Percentage of adults reporting fair or poor health (age-adjusted).	17%	18%	13%	30%
Poor physical health days	Average number of physically unhealthy days reported in past 30 days (age- adjusted).	3.8	3.9	3.3	5.6
Poor mental health days	Average number of mentally unhealthy days reported in past 30 days (age-adjusted).	4.0	4.1	3.5	5.2
Low birthweight*	Percentage of live births with low birthweight (< 2,500 grams).	8%	9%	6%	13%
HEALTH FACTORS		·			
HEALTH BEHAVIORS					
Adult smoking	Percentage of adults who are current smokers.	17%	17%	12%	24%
Adult obesity	Percentage of the adult population (age 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m2.	29%	31%	17%	47%
Food environment index	Index of factors that contribute to a healthy food environment, from 0 (worst) to 10 (best).	7.6	6.7	4.2	8.6
Physical inactivity	Percentage of adults age 20 and over reporting no leisure-time physical activity.	23%	24%	16%	43%
Access to exercise	Percentage of population with adequate access to locations for physical activity.	84%	74%	6%	100%
opportunities					
Excessive drinking	Percentage of adults reporting binge or heavy drinking.	19%	17%	12%	22%
Alcohol-impaired driving deaths	Percentage of driving deaths with alcohol involvement.	28%	29%	0%	57%
Sexually transmitted infections	Number of newly diagnosed chlamydia cases per 100,000 population.	524.6	612.0	149.5	1,169.
Teen births*	Number of births per 1,000 female population ages 15-19.	23	24	5	58
CLINICAL CARE				-	
Uninsured	Percentage of population under age 65 without health insurance.	10%	13%	9%	20%
Primary care physicians	Ratio of population to primary care physicians.		1,410:1	19,880:1	530:1
Dentists	Ratio of population to dentists.		1,780:1	13,690:1	470:1
Mental health providers	Ratio of population to mental health providers.	400:1	410:1	11,570:1	160:1
Preventable hospital stays*	Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees.	4,535	4,758	986	9,571
Mammography screening*	Percentage of female Medicare enrollees ages 65-74 that received an annual mammography screening.	42%	46%	21%	61%
Flu vaccinations*	Percentage of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination.	46%	51%	30%	61%
SOCIAL & ECONOMIC FAC	I description of the second seco				
High school graduation	Percentage of ninth-grade cohort that graduates in four years.	85%	86%	63%	98%
Some college	Percentage of adults ages 25-44 with some post-secondary education.	66%	67%	33%	81%
U	Percentage of population ages 16 and older unemployed but seeking work.	3.9%			
Unemployment Children in poverty*	Percentage of people under age 18 in poverty.	18%	3.9% 20%	3.0% 9%	8.3% 44%
· · ·				9% 3.5	44% 6.9
Income inequality	Ratio of household income at the 80th percentile to income at the 20th percentile.	4.9	4.8		
Children in single-parent households	Percentage of children that live in a household headed by single parent.	33%	35%	21%	62%
Social associations	Number of membership associations per 10,000 population.	9.3	11.5	5.5	25.5
Violent crime	Number of reported violent crime offenses per 100,000 population.	386	351	33	753
Injury deaths*	Number of deaths due to injury per 100,000 population.	70	75	44	127
PHYSICAL ENVIRONMENT					
Air pollution - particulate matter	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5).	8.6	9.8	7.8	11.3
Drinking water violations	Indicator of the presence of health-related drinking water violations. 'Yes' indicates the presence of a violation, 'No' indicates no violation.	N/A	N/A	No	Yes
Severe housing problems	Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities.	18%	16%	9%	26%
Driving alone to work*	Percentage of the workforce that drives alone to work.	76%	81%	67%	91%
Long commute - driving alone	Among workers who commute in their car alone, the percentage that commute more than 30 minutes.	36%	33%	18%	62%

* Indicates subgroup data by race and ethnicity is available

2020 County Health Rankings: Ranked Measure Sources and Years of Data

	Measure	Weight	Source	Years of Data
HEALTH OUTCOMES				
Length of Life	Premature death*	50%	National Center for Health Statistics - Mortality Files	2016-2018
Quality of Life	Poor or fair health	10%	Behavioral Risk Factor Surveillance System	2017
	Poor physical health days	10%	Behavioral Risk Factor Surveillance System	2017
	Poor mental health days	10%	Behavioral Risk Factor Surveillance System	2017
	Low birthweight*	20%	National Center for Health Statistics - Natality files	2012-2018
HEALTH FACTORS				
HEALTH BEHAVIORS				
Tobacco Use	Adult smoking	10%	Behavioral Risk Factor Surveillance System	2017
Diet and Exercise	Adult obesity	5%	United States Diabetes Surveillance System	2016
	Food environment index	2%	USDA Food Environment Atlas, Map the Meal Gap from Feeding America	2015 & 2017
	Physical inactivity	2%	United States Diabetes Surveillance System	2016
	Access to exercise opportunities	1%	Business Analyst, Delorme map data, ESRI, & US Census Tigerline Files	2010 & 2019
Alcohol and Drug Use	Excessive drinking	2.5%	Behavioral Risk Factor Surveillance System	2017
-	Alcohol-impaired driving deaths	2.5%	Fatality Analysis Reporting System	2014-2018
Sexual Activity	Sexually transmitted infections	2.5%	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2017
	Teen births*	2.5%	National Center for Health Statistics - Natality files	2012-2018
CLINICAL CARE		,		,
Access to Care	Uninsured	5%	Small Area Health Insurance Estimates	2017
	Primary care physicians	3%	Area Health Resource File/American Medical Association	2017
	Dentists	1%	Area Health Resource File/National Provider Identification file	2018
	Mental health providers	1%	CMS, National Provider Identification	2019
Quality of Care	Preventable hospital stays*	5%	Mapping Medicare Disparities Tool	2017
	Mammography screening*	2.5%	Mapping Medicare Disparities Tool	2017
	Flu vaccinations*	2.5%	Mapping Medicare Disparities Tool	2017
SOCIAL & ECONOMIC F	ACTORS		1	1
Education	High school graduation	5%	North Carolina Department of Public Instruction	2017-2018
	Some college	5%	American Community Survey, 5-year estimates	2014-2018
Employment	Unemployment	10%	Bureau of Labor Statistics	2018
Income	Children in poverty*	7.5%	Small Area Income and Poverty Estimates	2018
	Income inequality	2.5%	American Community Survey, 5-year estimates	2014-2018
Family and Social Support	Children in single-parent households	2.5%	American Community Survey, 5-year estimates	2014-2018
	Social associations	2.5%	County Business Patterns	2017
Community Safety	Violent crime	2.5% Uniform Crime Reporting - FBI		2014&2016
	Injury deaths*	2.5%	National Center for Health Statistics - Mortality Files	2014-2018
PHYSICAL ENVIRONME				
Air and Water Quality	Air pollution - particulate matter ⁺	2.5%	Environmental Public Health Tracking Network	2014
	Drinking water violations	2.5%	Safe Drinking Water Information System	2018
Housing and Transit	Severe housing problems	2%	Comprehensive Housing Affordability Strategy (CHAS) data	2012-2016
-	Driving alone to work*	2%	American Community Survey, 5-year estimates	2014-2018
	Long commute - driving alone	1%	American Community Survey, 5-year estimates	2014-2018

* Indicates subgroup data by race and ethnicity is available

⁺ Not available for AK and HI

County Health Rankings 2020

2020 County Health Rankings: Additional Measure Sources and Years of Data

	Measure	Source	Years of Data
HEALTH OUTCOMES			
Length of Life	Life expectancy*	National Center for Health Statistics - Mortality Files	2016-2018
	Premature age-adjusted mortality*	National Center for Health Statistics - Mortality Files	2016-2018
	Child mortality*	National Center for Health Statistics - Mortality Files	2015-2018
	Infant mortality*	National Center for Health Statistics - Mortality Files	2012-2018
Quality of Life	Frequent physical distress	Behavioral Risk Factor Surveillance System	201
	Frequent mental distress	Behavioral Risk Factor Surveillance System	201
	Diabetes prevalence	United States Diabetes Surveillance System	201
	HIV prevalence	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2010
HEALTH FACTORS			
HEALTH BEHAVIORS			
Diet and Exercise	Food insecurity	Map the Meal Gap	2017
	Limited access to healthy foods	USDA Food Environment Atlas	2015
Alcohol and Drug Use	Drug overdose deaths*	National Center for Health Statistics - Mortality Files	2016-20 2015-20 2012-20 2012-20 2012-20 2012 20 2012-20 2016-20 2012-20 2012-20 2012-20 2014-20 20 2014-20 20 20 20 20 20 20 20 20 20
	Motor vehicle crash deaths*	National Center for Health Statistics - Mortality Files	2012-201
Other Health Behaviors	Insufficient sleep	Behavioral Risk Factor Surveillance System	201
CLINICAL CARE			
Access to Care	Uninsured adults	Small Area Health Insurance Estimates	201
	Uninsured children	Small Area Health Insurance Estimates	201
	Other primary care providers	CMS, National Provider Identification	201
SOCIAL & ECONOMIC FA	ACTORS	· · · · · · · · · · · · · · · · · · ·	
Education	Disconnected youth	American Community Survey, 5-year estimates	2014-201
	Reading scores*+	Stanford Education Data Archive	201
	Math scores ^{*+}	Stanford Education Data Archive	201
Income	Median household income*	Small Area Income and Poverty Estimates	201
	Children eligible for free or reduced price lunch	National Center for Education Statistics	2017-201
Family and Social Support	Residential segregation - Black/White	American Community Survey, 5-year estimates	2014-201
	Residential segregation - non-White/White	American Community Survey, 5-year estimates	2014-201
Community Safety	Homicides*	National Center for Health Statistics - Mortality Files	2012-201
	Suicides*	National Center for Health Statistics - Mortality Files	2014-201
	Firearm fatalities*	National Center for Health Statistics - Mortality Files	2014-201
	Juvenile arrests ⁺	Easy Access to State and County Juvenile Court Case Counts	201
PHYSICAL ENVIRONMEN	IT		
Housing and Transit	Traffic volume	EJSCREEN: Environmental Justice Screening and Mapping Tool	201
	Homeownership	American Community Survey, 5-year estimates	2014-2018
	Severe housing cost burden	American Community Survey, 5-year estimates	2014-201

*Indicates subgroup data by race and ethnicity is available.

⁺ Not available in all states

See additional contextual demographic information and measures online at www.countyhealthrankings.org

Technical Notes and Glossary of Terms

What is health equity? What are health disparities? And how do they relate?

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty and discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.

Health disparities are differences in health or in the key determinants of health such as education, safe housing, and discrimination, which adversely affect marginalized or excluded groups.

Health equity and health disparities are closely related to each other. Health equity is the ethical and human rights principle or value that motivates us to eliminate health disparities. Reducing and ultimately eliminating disparities in health and its determinants of health is how we measure progress toward health equity.

Braveman P, Arkin E, Orleans T, Proctor D, and Plough A. What is Health Equity? And What Difference Does a Definition Make? Robert Wood Johnson Foundation. May 2017

How do we define racial and ethnic groups?

In our analyses by race and ethnicity we define each category as follows:

- Hispanic includes those who identify themselves as Mexican, Puerto Rican, Cuban, Central or South American, other Hispanic, or Hispanic of unknown origin and can be of any racial background.
- American Indian & Alaska Native (AIAN) includes people who identify themselves as American Indian or Alaska Native.
- Asian/Pacific Islander (Asian/PI) includes people who identify themselves as Asian or Pacific Islander.
- Black includes people who identify themselves as Black or African American.
- White includes people who identify themselves as White and do not identify as Hispanic.

Our analyses do not include people reporting more than one race, as this category was not measured uniformly across the data sources used in the County Health Rankings. These racial and ethnic categories can mask variation within groups and can hide historical context that underlies health differences.

We recognize that "race" is a social category, meaning the way society may identify individuals based on their cultural ancestry, not a way of characterizing individuals based on biology or genetics. A strong and growing body of empirical research provides support for the fact that genetic factors are not responsible for racial differences in health factors and very rarely for health outcomes.

How do we rank counties?

To calculate the ranks, we first standardize each of the measures using z-scores. Z-scores allow us to combine multiple measures because the measures are now on the same scale. The ranks are then calculated based on weighted sums of the measure z-scores within each state to create an aggregate z-score. The county with the best aggregate z-score (healthiest) gets a rank of #1 for that state. The aggregate z-scores are graphed next to the maps for health outcomes and health factors on pages 4 and 5 to show the distribution of the values that contribute to the rank. To see more detailed information on rank calculation please visit our methods in **Explore Health Rankings** on our website: www.countyhealthrankings.org.

Technical Notes:

- In this report, we use the terms disparities, differences, and gaps interchangeably.
- We follow basic design principles for cartography in displaying color spectrums with less intensity for lower values and increasing color intensity for higher values. We do not intend to elicit implicit biases that "darker is bad".
- Overall county level values of children in poverty are obtained from one-year modeled estimates from the Small Area Income and Poverty Estimates (SAIPE) Program. Because SAIPE does not provide estimates by racial and ethnic groups, data from the 5-year American Community Survey (ACS) was used to quantify children living in poverty by racial and ethnic groups.
- County-level data for children in poverty among racial and ethnic groups are not shown if the estimate was considered to be unreliable (confidence interval width was greater than 40% or value was 0% or 100%). Unreliable estimates are often due to a very small sample size.
- Given the suppression of data for small sample sizes particularly for county data by race, there may be a gap between the state value and the data for the county data that are available.
- In many of the images using one circle to depict a county the values are very close causing overlapping circles. In these cases, greater color intensity indicates overlapping of multiple counties.

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This work is possible thanks to a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

County Health Rankings & Roadmaps Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

University of Wisconsin Population Health Institute

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