



# Healthy North Carolina

## *A Better State of Health* 2020

### HEALTHY NORTH CAROLINA 2020 2011 Annual Data Update

	Baseline	Current	2020 Target
<b>Tobacco Use</b>			
1. Decrease the percentage of adults who are current smokers	20.3% (2009)	19.8% (2010)	13.0%
2. Decrease the percentage of high school students reporting current use of any tobacco product	25.8%	No update*	15.0%
3. Decrease the percentage of people exposed to secondhand smoke in the workplace in the past seven days	14.6%	7.8% (2010)	0%
<b>Physical Activity and Nutrition</b>			
1. Increase the percentage of high school students who are neither overweight nor obese	72.0% (2009)	No update*	79.2%
2. Increase the percentage of adults getting the recommended amount of physical activity	46.4% (2009)	No update*	60.6%
3. Increase the percentage of adults who consume five or more servings of fruits and vegetables per day	20.6% (2009)	No update*	29.3%
<b>Injury and Violence</b>			
1. Reduce the unintentional poisoning mortality rate (per 100,000 population)	11.0 (2008)	9.9 (2010)	9.9
2. Reduce the unintentional falls mortality rate (per 100,000 population)	8.1 (2008)	9.0 (2010)	5.3
3. Reduce the homicide rate (per 100,000 population)	7.5 (2008)	5.7 (2010)	6.7
<b>Sexually Transmitted Diseases/ Unintended Pregnancy</b>			
1. Decrease the percentage of pregnancies that are unintended	39.8% (2007)	44.6% (2009)	30.9%
2. Reduce the percentage of positive results among individuals aged 15 to 24 tested for Chlamydia	9.7% (2009)	10.1% (2010)	8.7%
3. Reduce the rate of new HIV infection diagnoses (per 100,000 population)	24.7 (2008)	19.7 (2009)	22.2

<b>Maternal and Infant Health</b>			
1. Reduce the infant mortality racial disparity between whites and African Americans	2.45 (2008)	2.40 (2010)	1.92
2. Reduce the infant mortality rate (per 1,000 live births)	8.2 (2008)	7.0 (2010)	6.3
3. Reduce the percentage of women who smoke during pregnancy	10.4% (2008)	10.2% (2009)	6.8%
<b>Substance Abuse</b>			
1. Reduce the percentage of high school students who had alcohol on one or more of the past 30 days	35% (2009)	No update*	26.4%
2. Reduce the percentage of traffic crashes that are alcohol-related	5.7% (2008)	5.5% (2009)	4.7%
3. Reduce the percentage of individuals aged 12 years and older reporting any illicit drug use in the past 30 days	7.8% (2007-08)	8.15% (2008-09)	6.6%
<b>Mental Health</b>			
1. Reduce the suicide rate (per 100,000 population)	12.4 (2008)	11.9 (2010)	8.3
2. Decrease the average number of poor mental health days among adults in the past 30 days	3.4 (2008)	3.6 (2010)	2.8
3. Reduce the rate of mental health-related visits to emergency departments (per 10,000 population)	92.0 (2008)	99.0 (2010)	82.8
<b>Infectious Disease/Foodborne Illness</b>			
1. Increase the percentage of children aged 19-35 months who receive the recommended vaccines	77.3% (2007)	81.6% (2010)	91.3%
2. Reduce the pneumonia and influenza mortality rate (per 100,000 population)	19.5 (2008)	17.5 (2010)	13.5
3. Decrease the average number of critical violations per restaurant/food stand	6.1 (2009)	No update**	5.5
<b>Oral Health</b>			
1. Increase the percentage of children aged 1-5 years enrolled in Medicaid who received any dental service during the previous 12 months	46.9% (2008)	51.7% (2010)	56.4%
2. Decrease the average number of decayed, missing, or filled teeth among kindergartners	1.5 (2008-09)	No update*	1.1
3. Decrease the percentage of adults who had permanent teeth removed due to tooth decay or gum disease	47.8% (2008)	46.7% (2010)	38.4%
<b>Social Determinants of Health</b>			
1. Decrease the percentage of individuals living in poverty	16.9% (2009)	17.4% (2010)	12.5%
2. Increase the four-year high school graduation rate	71.8% (2008-09)	77.9% (2010-11)	94.6%
3. Decrease the percentage of people spending more than 30% of their income on rental housing	41.8% (2008)	45.6% (2009)	36.1%

<b>Environmental Health</b>			
1. Increase the percentage of air monitor sites meeting the current ozone standard of 0.075 ppm	62.5% (2007-2009)	84.6% (2008-10)	100.0%
2. Increase the percentage of the population being served by community water systems (CWS) with no maximum containment level violations (among persons on CWS)	92.2% (2009)	96.5% (2010)	95.0%
3. Reduce the mortality rate from work-related injuries (per 100,000 population)	3.9 (2008)	3.3 (2009)	3.5
<b>Chronic Disease</b>			
1. Reduce the cardiovascular disease mortality rate (per 100,000 population)	256.6 (2008)	235.8 (2010)	161.5
2. Decrease the percentage of adults with diabetes	9.6% (2009)	9.8% (2010)	8.6%
3. Reduce the colorectal cancer mortality rate (per 100,000 population)	15.7 (2008)	14.7 (2010)	10.1
<b>Cross-cutting</b>			
1. Increase average life expectancy (years)	77.5 (2008)	78.0 (2010)	79.5
2. Increase the percentage of adults reporting good, very good, or excellent health	81.9% (2009)	81.9% (2010)	90.1%
3. Reduce the percentage of non-elderly uninsured individuals (aged less than 65 years)	20.4% (2009)	19.3% (2010)	8.0%
4. Increase the percentage of adults who are neither overweight nor obese	34.6% (2009)	34.7% (2010)	38.1%

\*Data for this indicator is collected only in odd numbered years.

\*\*Data not yet available.

**Data provided by the North Carolina State Center for Health Statistics**

**For more information on  
Healthy North Carolina 2020**

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<http://Publichealth.nc.gov/hnc2020>**

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