

How healthy is North Carolina?

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UNC

GILLINGS SCHOOL OF
GLOBAL PUBLIC HEALTH

Mission of the School

to improve public health, promote individual well-being and eliminate health disparities across North Carolina and around the world

Overview

- **Present data on key health indicators for NC, compared to US and other southern states**
- **Identify areas where investments can result in improved health outcomes for North Carolinians**

Goals

- **Healthy long lives for all North Carolinians**
- **Healthy communities – healthy state of NC**
- **Investments in approaches that are effective in helping us achieve the goal of healthy individuals, communities and a healthy state**

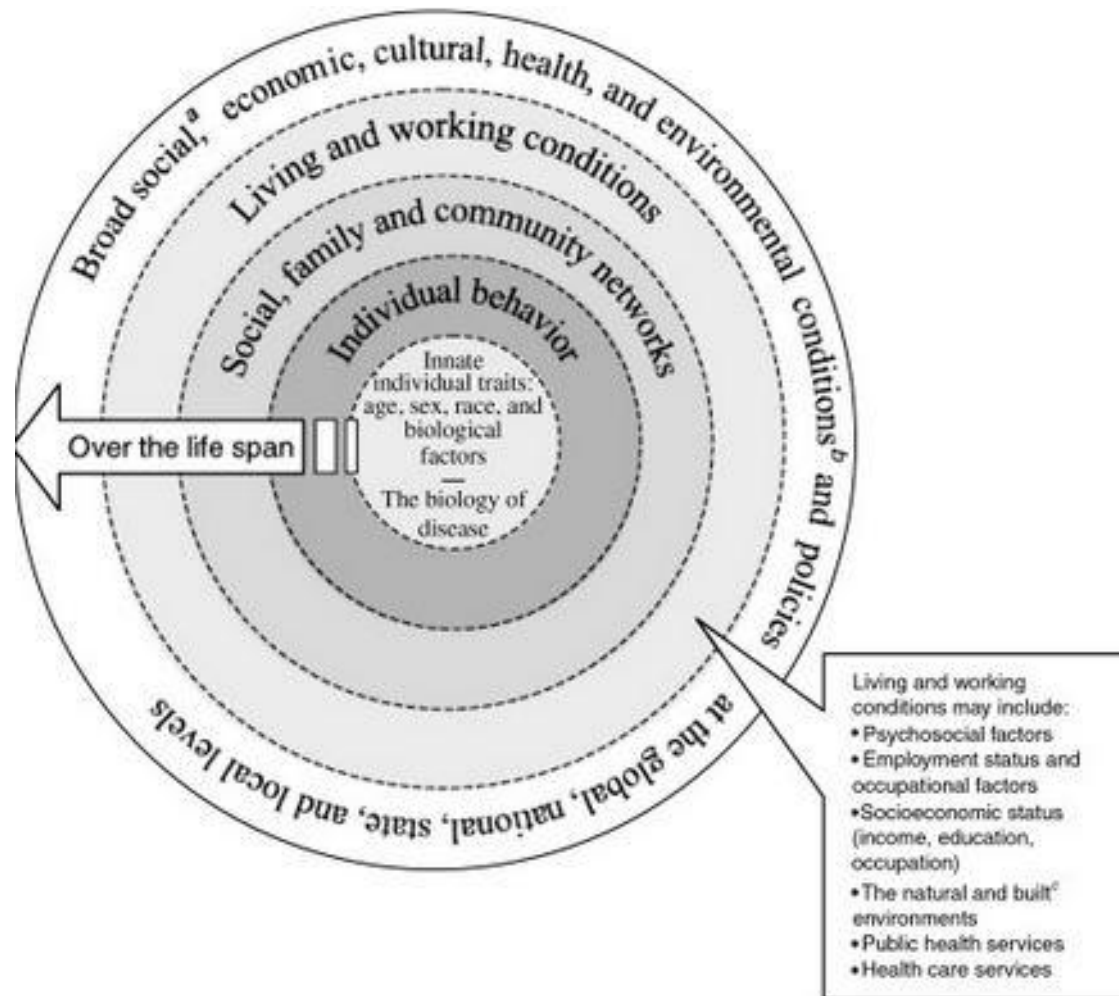
What does it mean to be healthy?

- **A common measure used is life expectancy**
 - **North Carolina ranks 40th among the states in terms of life expectancy (77 years)***
 - An American born in Minnesota or Hawaii can expect to live 3 or 4 years longer than one born in North Carolina
 - **Average life expectancy hides important variation***
 - Those born in Watauga and Wake can expect to live 8-9 years longer than those born in Swain or Richmond
 - White females in NC can expect to live 9 years longer than African American males

* Sources: <http://www.worldlifeexpectancy.com/usa/north-carolina-life-expectancy> and http://healthstats.publichealth.nc.gov/indicator/view_numbers/LifeExp.County.html

- **The health of a state, and the health of a community are more than the health of individuals**
- **What does it take to have a healthy state?**

Socio-ecological model of health



Source: Institute of Medicine. (2003). The Future of the Public's Health in the 21st Century. Washington, D.C.: National Academies Press.

Determinants of health



Role of Health Care

- Clinical care is important but not the primary determinant of health
- As a nation, we spend 17% of our GDP on health
 - 50% more than the next highest country
- We have some of the worst outcomes compared to other developed countries
 - 42 among other developed countries in infant mortality

* Sources: <http://www.oecd.org/unitedstates/Briefing-Note-UNITED-STATES-2014.pdf>



Health care related spending **crowds out** spending on a number of other areas that would help us achieve better health outcomes

- **25 years of state-by-state comparisons**
- **Partnership of United Health Foundation, American Public Health Association and Partnership for Prevention**



*Source: United Health Foundation. America's Health Rankings 2014, A call to action for individuals and their communities. Accessed at: www.Americashealthrankings.org.

Comparisons

- **North Carolina and six southern neighbors**
 - Virginia
 - Tennessee
 - South Carolina
 - Georgia
 - Alabama
 - Florida
- **United States**
- **Data from Americas Health Rankings and County Health Rankings***



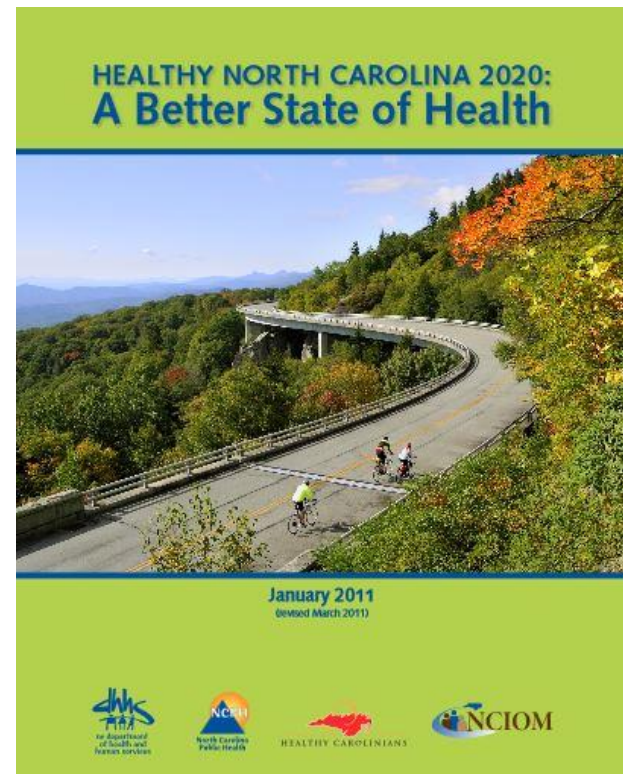
Frameworks

National



<http://www.healthypeople.gov/>

North Carolina



<http://www.publichealth.nc.gov/hnc2020/index.htm>



Healthy babies

	Infant Mortality	Low birth weight	Pre-term births
North Carolina	7.3	8.8	12
Alabama	8.6	10	14.6
Florida	6.3	8.6	13.7
Georgia	6.6	9.3	12.7
South Carolina	7.5	9.6	13.7
Tennessee	7.3	9.2	12.5
Virginia	6.6	8.1	11.3
United States	6	8	11.5

Definitions:

Infant mortality rates represent the number of deaths to infants before age 1 per 1000 live births

Low birth weight represents the percent of infants born weighing less than 5.5 pounds.

Preterm births are the percent of babies born before 37 weeks gestation.

Healthy children and youth

	Childhood Immunization	Adolescent Immunization
North Carolina	72	64.9
Alabama	77	65.5
Florida	70	63.8
Georgia	69.8	64
South Carolina	66.5	60.4
Tennessee	68.5	61.2
Virginia	69.2	58.5
United States	70.4	67.1

Definitions:

Childhood immunization represents the Percentage of children aged 19 to 35 months receiving recommended doses of DTaP, polio, MMR, Hib, hepatitis B, varicella, and PCV vaccines.

Adolescent immunization represents the percentage of adolescents aged 13 to 17 years who have received 1 dose of Tdap since the age of 10 years, 1 dose of meningococcal conjugate vaccine, and 3 doses of HPV (females).

Healthy children and youth

	Child Poverty Rate	High School Graduation
North Carolina	26.8	79
Alabama	26.4	75
Florida	19.3	75
Georgia	23.2	70
South Carolina	18.5	72
Tennessee	26.7	83
Virginia	14.5	84
United States	19.9	81

Definition:

Child poverty rate represents the percentage of persons younger than 18 years who live in households at or below the poverty threshold.

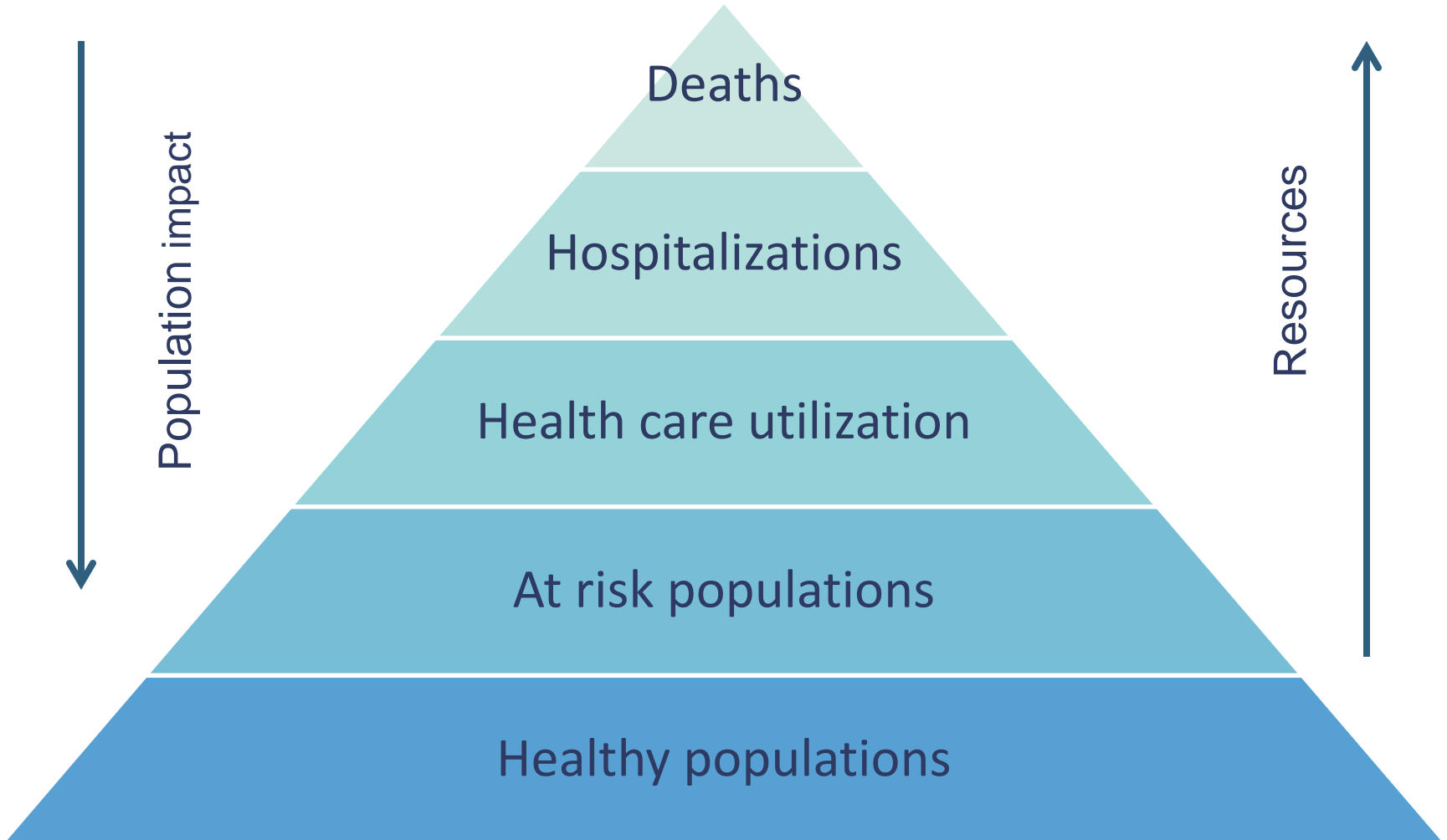


Mortality

(rates per 100,000 population)

	Cancer	Cardiovascular Disease	Chronic Respiratory Disease
North Carolina	196.2	252.2	50.6
Alabama	211.5	329.2	63
Florida	182.7	223	58
Georgia	192.3	273	41.8
South Carolina	203.5	272.2	57.7
Tennessee	213.5	300.6	60.1
Virginia	189.5	241.1	38.5
United States	189.9	251.4	47.2

Intervention Pyramid



Morbidity

	High blood pressure	High cholesterol	Diabetes
North Carolina	35.5	41	11.4
Alabama	40.3	44.4	13.8
Florida	34.6	40.3	11.2
Georgia	35	38.1	10.8
South Carolina	38.4	42.6	12.5
Tennessee	38.8	38.7	12.2
Virginia	32.5	38.6	9.8
United States	31.4	38.4	9.6

Definitions:

High blood pressure – the percent of persons who have been told by a health professional they have high blood pressure.

High cholesterol – the percent of person who have had their cholesterol checked and been told it was high (BRFSS).

Diabetes: the percent of person who responded yes they had been told by a doctor that they have diabetes (BRFSS).

Substance abuse and mental health

	Excessive Drinking (%)	Drug Deaths per 100,000	Suicide per 100,000
North Carolina	14.1	12.6	13.2
Alabama	12.3	11.7	15
Florida	17.6	15.2	14.9
Georgia	14.3	10.8	12
South Carolina	16.3	13.5	14.2
Tennessee	10.5	17.2	15
Virginia	17.2	8.4	12.9
United States	18.2	13	12.9

Definitions:

Excessive drinking= binge or heaving drinking. BRFSS. Expressed as a percent of adults.

Drug deaths=deaths due to drug injury of any intent per 100,000 population.



Behaviors/conditions

	Adult Smoking	Youth Smoking	Adult Obesity	Youth Obesity	Adult Physical Inactivity
North Carolina	20.3	15			
Alabama	21.5	18			
Florida	16.8	10.8			
Georgia	18.8	12.8			
South Carolina	22	16			
Tennessee	24.3	15.4			
Virginia	19	11.1			
United States	19	15.7			

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North Carolina	20.3	15	29.4	12.5	
Alabama	21.5	18	32.4	17.1	
Florida	16.8	10.8	26.4	11.6	
Georgia	18.8	12.8	30.3	12.7	
South Carolina	22	16	31.7	13.9	
Tennessee	24.3	15.4	33.7	16.9	
Virginia	19	11.1	27.2	12	
United States	19	15.7	29.4	15.7	

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Alabama	21.5	18	32.4	17.1	31.5
Florida	16.8	10.8	26.4	11.6	27.7
Georgia	18.8	12.8	30.3	12.7	27.2
South Carolina	22	16	31.7	13.9	26.9
Tennessee	24.3	15.4	33.7	16.9	37.2
Virginia	19	11.1	27.2	12	25.5
United States	19	15.7	29.4	15.7	25.3

Public health funding

	Public Health Funding (per capita)
North Carolina	\$49.85
Alabama	\$116.50
Florida	\$57.98
Georgia	\$60.00
South Carolina	\$67.71
Tennessee	\$83.11
Virginia	\$68.04
United States	\$90.00

Definition:

State dollars dedicated to public health and federal dollars directed to states by the Centers for Disease Control and Prevention and the Health Resources and Services Administration

What works for Healthy NC?

- Evidence based solutions to these problems exist
- Important to implement solutions with the appropriate “dose”
- Monitoring and evaluating progress is key to success
- Partnerships across all sectors working on the social determinants of health

Processes for Priority Setting

- **Considerations**
 - Number of people affected
 - Severity
 - Effectiveness of interventions
 - Return on investment
- Tools and processes have been used in many other states and communities

Closing comments

- **North Carolina ranks 37 among all 50 states in health**
- **Improving health outcomes requires partnerships across all sectors**
- **Evidence about successful programs and policies exists**
- **Sustained and consistent effort will be needed to improve health outcomes**

Acknowledgements

- NC Division of Public Health
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- NC Department of Health and Human Services



For more information

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