

# Tracking Key Health Indicators

## North Carolina

To provide context for each state's spending on health care services, the State Health Care Spending Project examined 20 health indicators that show wide variation among states' residents. Given the complexity of achieving and maintaining good health, direct correlations cannot and should not be made between the health status of the population of a state and the level of its health care spending. High-value health care is as much about *how* dollars are spent as it is about *how many* dollars are spent. Find the full analysis, *Tracking Key Health Indicators: Providing context for state health care spending*, at [www.pewtrusts.org/healthcarespending](http://www.pewtrusts.org/healthcarespending).

Indicator	North Carolina	United States
<b>Demographics and the uninsured</b>		
Uninsured rate among adults (2011)	18.6%	17.7%
Uninsured rate among children (2011)	9.3%	9.4%
Poverty rate (2010-11)	29%	28%
Population over age 65 (2010)	12.9%	13.0%
<b>Health status of residents</b>		
Overall health status among adults (2010)	17.6%	14.1%
Serious mental illness, age 12 and older (2010-11)	4.3%	5.0%
Substance abuse, age 12 and older (2010-11)	7.0%	8.4%
<b>Vital statistics</b>		
Life expectancy at birth (2009)	77.8 years	78.9 years
Infant mortality (2010)	7.01 per 1,000 live births	6.15 per 1,000 live births
Low birth-weight babies, below 2,500 grams (2010)	9.1%	8.1%
<b>Prevalence of disease and health risk factors</b>		
Asthma prevalence among children (2010)	N/A	8.4%
Smoking prevalence among adults (2010)	19.9%	17.7%
Obesity prevalence among children (2011-12)	16.1%	15.7%
Obesity prevalence among adults (2010)	28.3%	27.2%
Diabetes prevalence among adults (2010)	9.2%	8.1%
<b>Prevention and treatment</b>		
Childhood immunizations, children 19-35 months (2011)	73.3%	73.3%
Adult diabetes care: Hemoglobin A1c testing (2010)	60.7%	66.5%
Mammography rates, women over 50 (2010)	80.2%	78.1%
Appropriate care, adult surgical patients (2009)	88.8%	85.8%
Nursing home pressure sores, low-risk residents (2009)	2.2%	1.9%

Sources: U.S. Census Bureau; Kaiser Family Foundation; Centers for Disease Control and Prevention; Substance Abuse and Mental Health Services Administration; Measure of America; Child and Adolescent Health Measurement Initiative; and Agency for Healthcare Research and Quality. For more detailed sources, see Appendix A of the State Health Care Spending Project's report *Tracking Key Health Indicators: Providing context for state health care spending*.

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**For more information, please visit:**

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The State Health Care Spending Project, a collaboration between The Pew Charitable Trusts and the John D. and Catherine T. MacArthur Foundation, is examining seven major areas of state health care spending—Medicaid, the Children’s Health Insurance Program, substance abuse services, mental health care, prison health care, active state government employee health insurance, and retired state government employee health insurance. The project is providing a comprehensive examination of each of these health programs that states fund. The programs vary by state in many ways, so the research highlights those variations and some of the principal factors driving them. The project has also released state-by-state data on 20 key health indicators to complement the programmatic spending analysis.