

TOBACCO GRADE: D-

The costs of tobacco use in North Carolina are over \$4.25 billion each year.³

The economic costs of smoking are estimated to be about \$3,391 per smoker per year.³

Behavior

T1. 26% of NC adults are current smokers.⁷

T2. 36% of high school students use tobacco products.⁸

T3. 17% of middle school students use tobacco products.⁸

T5. 14% of all NC pregnant women smoke.⁹

Health Service

T11. 73% of NC smokers have been counseled within the past year to quit smoking.^{7, i} Counseling by physicians is the #2 reason adults quit.¹²

T12. 47% of NC smokers on Medicare who were hospitalized for heart attacks were offered smoking cessation counseling.¹⁶

T13–14. 75% of private health plans and 50% of public health plans offer a tobacco use cessation benefit, rider, quitting program or cover pharmaceuticals.¹⁷

T15. 25 out of 113 NC hospitals have smoking cessation programs.¹⁸

Community

T4. 75% of NC employees report that smoking is not allowed in their workplace.⁷ Smoke-free worksites are the #1 reason adults quit smoking.¹²

T6. 58% of NC counties have smoke-free indoor recreational sites.¹⁰

T7. 29% of NC restaurants protect their customers from tobacco smoke.¹¹

T8. Only 15 out of 117 NC school districts are 100% smoke-free for all campus and school-related events.¹³

T9. NC tax is only 5 cents vs. an average of 59 cents for the nation.¹⁴

T10. 20% of stores that were checked showed violations of selling tobacco to minors.¹⁵

Behavior

N1. Only 25% of adults get the daily requirements of 5 vegetables and fruits each day.⁷

N2. 59% of NC adults are overweight or obese.^{7, ii}

N3. Only 18% of high school youth eat the daily requirements of 5 vegetables and fruits each day.²⁰

N4. 12% of children age 2–4 years, 20% of children age 5–11 years, and 26% of children age 12–18 years who are serviced in WIC and local health departments are overweight.²¹

N5. 32% of senior citizens eat the daily requirements of 5 vegetables and fruits each day.⁷

N6. 56% of senior citizens are overweight or obese.^{7, ii}

N7. 42% of women of child-bearing age (18–44) take folic acid daily.⁷

Community

N8. 25% of restaurants label certain menu items as "healthy."¹¹

N9. In the past year, 23 out of 117 school districts have established a Winner's CircleSM Healthy Dining Program.²²

N10. 93% of NC counties have a Winner's CircleSM Healthy Dining Program in local restaurants.²²

Health Service

N11. 19% of overweight or obese adults have received advice in the previous 12 months from a health professional to lose weight.⁷

N12–13. 75% of private health plans and 50% of public plans offer nutrition benefit, rider, or discount program.¹⁷

N14. 74 out of 113 of NC hospitals offer weight control programs or nutrition centers.¹⁸

N15. 30% of adults were counseled by a provider to eat fewer high fat or high cholesterol foods within the past year.⁷

NUTRITION GRADE: F

The costs of poor nutrition, overweight, and obesity in North Carolina are over \$4.9 billion each year.⁴

PHYSICAL ACTIVITY GRADE: F

The costs of physical inactivity in North Carolina are over \$6.2 billion each year.⁵

Behavior

P1. 42% of NC adults get the recommended amount of physical activity.^{7, iii}

P2. 15% of NC adults report that they walk or bike for transportation.⁷

P3. 24% of high school students and 46% of middle school students reported participation in regular, moderate physical activity.^{20, iv}

P4. 64% of high school students and 48% of middle school students reported participation in vigorous physical activity.^{20, v}

P5–6. Only 6% of high school students and 12% of middle school students walk or bike to school at least once a week.²⁰

P7. 34% of senior citizens get the recommended amount of physical activity.^{iii, 7}

Community

P13. 39% of residents report that their neighborhood has sidewalks.²⁴

P14. 24% of NC workers report that their worksites have indoor or outdoor facilities or equipment to use for physical activity.²⁴

P15. 34% of high school students attend physical education classes daily.²⁰

Health Service

P8–9. 36% of adults and 43% of overweight or obese adults report that their doctors counseled them about physical activity or exercise within the past year.⁷

P10–11. 50% of private and public health plans offer a physical activity benefit, rider, or discount program.¹⁷

P12. 33 out of 113 of NC hospitals have a fitness center or physical activity prevention or treatment program.¹⁸

Strengths

NC State School Board passed a resolution for all school campuses to be 100% tobacco free.¹³

NC's Health and Wellness Trust Commission allocated \$6.2 million per year for three years for Tobacco Use Prevention and Cessation youth programs.¹³

NC Alliance for Health is a new statewide movement to promote policies for tobacco use prevention and cessation.¹⁹

National and regional chains, including Subway, Golden Corral, Libby Hill Seafood, and Family Fare Convenience Stores, have now joined NC Winner's CircleSM Healthy Dining Program.²²

Strengths

A blue ribbon Task Force has released *Moving our Children to a Healthy Weight*, a plan dedicated to reducing the incidence of youth being overweight.²³

Active Living by Design, a new national foundation, has been established in NC by the The Robert Wood Johnson Foundation to create communities that support and increase physical activity behaviors of their residents.²⁵

The State released *NC Blueprints for Changing Policies and Environments in Support of Healthy Eating and Increased Physical Activity*.²⁶

Henderson County's Cardiovascular Health Program formed a BiPeds Task Force that champions a walkable/bikeable community and has created curb ramps, crosswalks, pedestrian safety signs, bike map and *Share the Road* signs.²⁷



Why Focus on Tobacco, Nutrition, and Physical Activity?

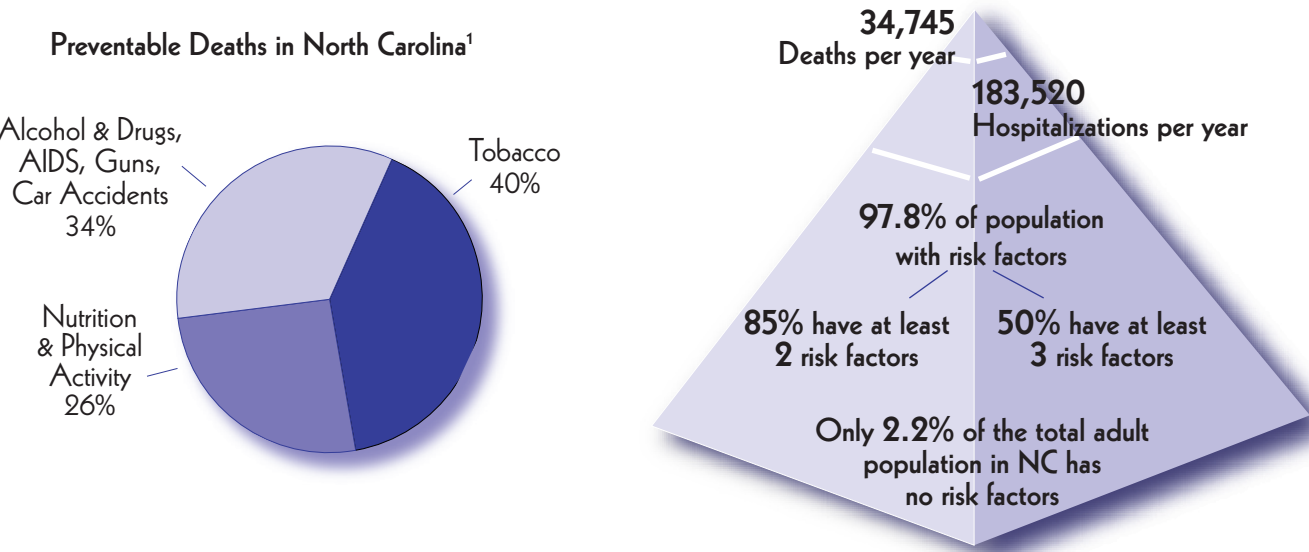
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Zeroing in on Critical Prevention Issues

Two-thirds of North Carolina preventable deaths are related to tobacco, nutrition, and physical activity.
- 2

Linking Behaviors to Health Outcomes

North Carolina deaths, hospitalizations, and risk factors linked to tobacco use, poor nutrition, physical inactivity, and overweight.²



- 3

Costs to North Carolina

Estimation of medical and lost productivity costs per year in NC related to tobacco use, poor nutrition, overweight and obesity, and physical inactivity.

	North Carolina ⁶	Per Business ⁶	Per Employee ⁶	Per Resident ⁶
Tobacco Use ³	\$4.25 billion	\$26,184	\$1,278	\$520
Nutrition, Overweight & Obesity ⁴	\$4.9 billion	\$30,189	\$1,474	\$600
Physical Activity ⁵	\$6.2 billion	\$38,198	\$1,865	\$759
Total	\$15.35 billion	\$94,571	\$4,617	\$1,879

References

1

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NC Healthy Weight in Children and Youth Initiative, Women and Children's Branch, NC DHHS, 2002.

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NC Six County Cardiovascular Health Survey, 2000 (Cabarrus, Henderson, Robeson, Surry, Pitt, Wake).

25

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26

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27

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Notes

- i

Among adults reporting smoking during the last 12 months and who had seen a health professional for health care during the last 12 months.
- ii

Body Mass Index (weight in kilograms divided by height in meters squared) of 25.0 or more.
- iii

Moderate activity for 30 minutes or more on 5 or more days per week or vigorous activity for 20 minutes on 3 or more days per week.
- iv

30 minutes or more moderate activity per day, 5 or more days per week.
- v

20 minutes or more of vigorous activity per day, 3 or more days per week.

NC Prevention Partners

Putting Prevention First for a Healthier NC

Data for this report card were compiled by the NC Prevention Partners Report Card Committee. Grades were calculated using the *Making an "A" in Prevention Grading Wheel* which is based on the Healthy People 2010 objectives for the nation. Details of the Grading Wheel may be found at www.ncpreventionpartners.org/improving.

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North Carolina Prevention Report Card

2002

Does North Carolina Make the Grade for Prevention?



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