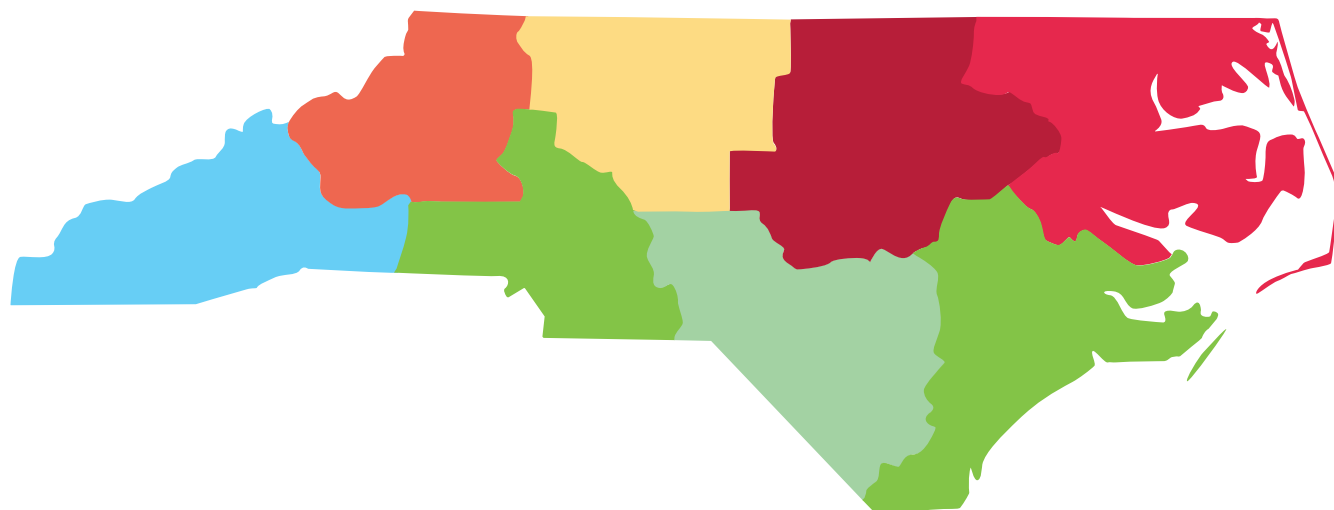


# 2016 NC Regional Prevention Report Card

## North Carolina Regions



### Western

Buncombe, Cherokee, Clay, Graham,  
Haywood, Henderson, Jackson, Macon,  
Madison, Polk, Rutherford, Swain,  
Transylvania

### Sandhills

Bladen, Columbus, Cumberland,  
Hoke, Montgomery, Moore,  
Richmond, Robeson, Sampson,  
Scotland

### Southwest

Anson, Cabarrus, Cleveland, Gaston,  
Iredell, Lincoln, Mecklenburg, Rowan,  
Stanly, Union

### Piedmont Triad

Alamance, Caswell, Davidson, Davie,  
Forsyth, Guilford, Randolph, Rockingham,  
Stokes, Surry, Yadkin

### Northwest

Alleghany, Alexander, Ashe, Avery, Burke,  
Caldwell, Catawba, McDowell, Mitchell,  
Watauga, Wilkes, Yancey

### Southeast

Brunswick, Carteret, Craven, Duplin,  
Greene, Jones, Lenoir, New Hanover,  
Onslow, Pamlico, Pender, Wayne

### North Central

Chatham, Durham, Edgecombe,  
Franklin, Granville, Harnett, Lee,  
Johnston, Nash, Orange, Person, Vance,  
Wake, Warren, Wilson

### Northeast

Beaufort, Bertie, Camden, Chowan,  
Currituck, Dare, Gates, Halifax, Hertford  
Hyde, Martin, Northampton, Pasquotank,  
Perquimans, Pitt, Tyrrell, Washington



# 2016 NC Regional Prevention Report Card

Click indicators to view *data sources*, and click numbers to view *target sources*

Indicator	2020 Target	1	2	3	4	5	6	7	8	9
<a href="#">High School Graduation Rate</a>	<a href="#">94.6%</a>	87.7%: Northwest	83.9%: Southwest	83.8%: Piedmont-Triad	83.4%: Southeast	82.5%: STATE AVERAGE	82.4%: Western	81.1%: Northeast	81%: Sandhills	80.7%: North Central
<a href="#">Educational Attainment Rate</a> (Bachelor's degree or higher)	N/A	36.4%: North Central	29.6%: Southwest	26.8%: STATE AVERAGE	26.1%: Western	24.5%: Piedmont-Triad	22.6%: Southeast	19.6%: Northeast	18.4%: Sandhills	17.5%: Northwest
<a href="#">Unemployment Rate</a>	N/A	7.2%: North Central	7.3%: Western	8%: Southwest	8%: STATE AVERAGE	8.1%: Piedmont-Triad	8.2%: Southeast	8.9%: Northwest	9.1%: Northeast	9.5%: Sandhills
<a href="#">Food Insecurity Rate</a>	<a href="#">6%</a>	15.57%: Western	16.39%: North Central	16.46%: Southwest	16.79%: Northwest	17.2%: STATE AVERAGE	17.21%: Piedmont-Triad	17.63%: Southeast	20.02%: Sandhills	20.64%: Northeast
<a href="#">Access to Exercise Opportunities</a>	<a href="#">100%</a>	87.33%: Western	81.76%: Piedmont-Triad	79.76%: Southwest	79.75%: North Central	75.89%: STATE AVERAGE	67.03%: Southeast	65.13%: Northwest	63.54%: Sandhills	60.28%: Northeast
<a href="#">Adult Smoking Rate</a>	<a href="#">12%</a>	17.27%: North Central	19.47%: Southwest	20.9%: STATE AVERAGE	22.06%: Southeast	22.29%: Piedmont-Triad	22.29%: Western	22.54%: Sandhills	22.57%: Northeast	23.11%: Northwest
<a href="#">Adult Obesity Rate</a>	<a href="#">25%</a>	25.43%: Western	27.17%: Southwest	28.53%: North Central	28.97%: Southeast	29.13%: STATE AVERAGE	29.53%: Northwest	29.96%: Piedmont-Triad	33.79%: Sandhills	34.08%: Northeast
<a href="#">Diabetes Rate</a>	<a href="#">8.6%</a>	10.04%: Southwest	10.27%: North Central	10.80%: Southeast	10.96%: STATE AVERAGE	11.10%: Piedmont-Triad	11.10%: Western	12.29%: Northwest	12.35%: Northeast	12.93%: Sandhills
<a href="#">Preventable Hospital Stays</a>	N/A	47: Western	53: Southeast	54: Southwest	55: North Central	57: STATE AVERAGE	59: Piedmont-Triad	60: Northeast	60: Northwest	74: Sandhills
<a href="#">Life Expectancy</a>	<a href="#">79.5</a>	79.79: North Central	78.63: Southwest	78.50: Western	78.3: STATE AVERAGE	78.28: Southeast	77.88: Piedmont-Triad	77.37: Northeast	77.32: Northwest	76.09: Sandhills

## What Can You Do Now?



### Individuals & Parents

- Make active time a priority, with time to play and enjoy the outdoors, no matter what age
- Keep plenty of healthy food options in your pantry and refrigerator
- Create smoke-free zones at home and in your car
- Get support to quit smoking for yourself and family members



### School

Learning is successful within a culture that supports health and well-being. Review district policies that empower healthy behaviors for staff and students, and structure the school site and school day to support health.



### Employers

Join business leaders who are making a healthy workplace a business essential and establish the highest standard of a healthy workplace to support healthy employees, family members and clients.



### Healthcare

- Sustain the highest standard healthy work environment for your employees, patients and visitors
- Build essential prevention systems to help patients quit smoking, improve nutrition and physical activity as the cornerstone of your care model
- Bring the Power of 10 to your community health improvement efforts to build healthy schools, worksites and clinics across your region



### Local Elected Officials & Community Health Leaders

- Conserve budget and tax revenue by assuring key prevention benefits and policies and a healthy work environment are in place in all work locations and shifts
- Invite employers to join you in advancing the Power of 10, and building healthy work environments across your community

### Chambers of Commerce & Professional Associations

Help members save healthcare costs, join leaders across the state who are supporting healthy workplaces, and collectively improve the business climate and economy in NC as part of Healthy Together NC. Start by making your headquarters a healthy workplace & share the opportunity with members.

### State Legislators

Support HB 250/SB 296, Healthy Corner Store Initiative, to support access to healthy foods in all NC neighborhoods and communities. Those who are food insecure and have less access to healthy food are more likely to suffer from obesity, Type 2 diabetes, heart disease, some kinds of cancer, and other chronic conditions. For more information: