Key Findings in the 2018 North Carolina Women’s Health Report Card

**POSITIVE FINDINGS**

**Meeting Healthy People 2020 targets:** NC women are exceeding Healthy People 2020 targets for colorectal cancer screenings and are close to matching targets for mammograms.

- The Healthy People 2020 colorectal screening target is 70.5%.\(^1\)
  - 76% of North Carolina women aged 50+ are receiving colorectal screenings.\(^2\)
- The Healthy People 2020 mammogram target is 81.1%.\(^1\)
  - 79% of North Carolina women aged 50+ are receiving mammograms every two years to screen for breast cancer.\(^2\)

**Improvements in insurance status:** there is an overall improvement in insurance status, though the percentage of those with employer-sponsored insurance or Medicare/Medicaid has decreased.

- 87% of women 18–64 years of age reported having health insurance of any kind compared to 83% in 2014.\(^3\)
- 73% of women 18–64 years of age reported having private health insurance. Of that number:
  - 79% had insurance from an employer or union.
  - 20% purchased insurance directly.
  - 6% had insurance through TRICARE.
- 17% of women 18–64 years of age reported having public health insurance. Of that number:
  - 78% had insurance through Medicaid.
  - 30% had insurance through Medicare.
  - 7% had insurance through U.S. Department of Veterans Affairs.

**ADVERSE FINDINGS**

**Racial disparities:** disparities were noticeable in data reflecting health care access and screenings.

- On the whole, Caucasian women are more likely to be diagnosed with a range of illnesses, such as chronic disease, cardiovascular disease, and depression. They are also more likely to report cancer, and less likely to die from cancer. This suggests a racial health disparity in doctor willingness to diagnose or a lack of doctor access.
- Although data is often unavailable, Hispanic and Asian women appear to have very low health screening rates.

**Chronic disease:** over a quarter of the state’s women are living with one or more chronic diseases, which has a negative impact on the overall physical, mental, and financial well-being of women.\(^2\)

- Women with no chronic diseases: 44%.
- Women with 1 chronic disease: 28%.
- Women with 2 or more chronic diseases: 29%.
- The data show that in ages 65–74, almost half (49%) of North Carolina women are living with two or more chronic diseases.

**Rates of obesity remain high:** More women in North Carolina are now classified as either overweight or obese than are within their recommended weight range.\(^2\)

- African American women have the highest rate of obesity at 50%.
- Obesity plays an important role in the risk factors for diabetes, cardiovascular disease, and stroke. These increased risks place a greater burden on the health care system and economy.

Sources: 1. Healthy People 2020  2. 2016 Behavioral Risk Factor Surveillance System (BRFSS)  3. American Community Survey Data (1-year samples from IPUMS-USA)