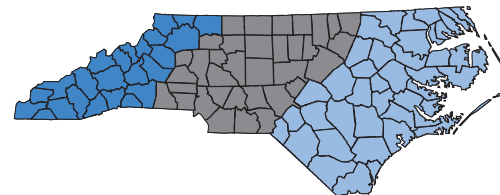


# 2009 NC Women's Health by Region



UNC  
CENTER FOR  
WOMEN'S HEALTH RESEARCH

The 2009 Regional Women's Health Insert reports on the status of women's health broken down into three general areas of the State. The N.C. Department of Commerce ranks the 100 counties based on economic status and assigns each a numbered Tier. The 40 most distressed counties are denoted as Tier 1, the next 40 as Tier 2 and Tier 3 are the 20 least economically distressed counties.<sup>1</sup>



There are **3.7 million** women in North Carolina age 15 & over<sup>3</sup>

**Western Region:** (24 counties, 20% of the state's land mass) The region has approximately seven cities with a population of more than 10,000 and 73 towns with less than 10,000 residents.<sup>2</sup> One third of the counties in this region are considered Tier I counties in 2009.<sup>1</sup>

Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Cherokee, Clay, Graham, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Haywood, Polk, Rutherford, Swain, Surry, Transylvania, Watauga, Wilkes, and Yancey.

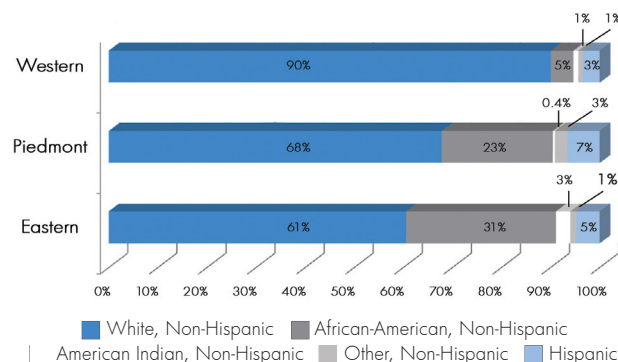
**Piedmont Region:** (35 counties, 35% of the state's land mass) The region includes the three major urban areas in North Carolina: Triad, Triangle, and Metrolina areas. Seven of the eight cities in NC with a population of more than 100,000 are in this region.<sup>2</sup> Twelve of the 20 Tier 3 counties, over half, are located in this region.<sup>1</sup>

Alamance, Alexander, Anson, Cabarrus, Caswell, Catawba, Chatham, Cleveland, Davie, Davidson, Durham, Franklin, Forsyth, Gaston, Granville, Guilford, Iredell, Lee, Lincoln, Mecklenburg, Montgomery, Moore, Orange, Person, Randolph, Richmond, Rockingham, Rowan, Stanly, Stokes, Union, Vance, Wake, Warren, Yadkin.

**Eastern Region:** (41 counties, 45% of the state's land mass) Many areas of eastern North Carolina are experiencing little economic growth; 23 of the 40 Tier 1 counties are located in Eastern NC.<sup>1</sup> However, areas such as Greenville in Pitt County are growing rapidly due the location of East Carolina University and its associated medical facilities.

Beaufort, Bertie, Bladen, Brunswick, Camden, Carteret, Chowan, Columbus, Craven, Cumberland, Currituck, Dare, Duplin, Edgecombe, Gates, Greene, Halifax, Harnett, Hertford, Hoke, Hyde, Johnston, Jones, Lenoir, Martin, Nash, New Hanover, Northampton, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Robeson, Sampson, Scotland, Washington, Wayne, Wilson, Tyrrell.

Women in North Carolina by Region



## Chronic Disease

2003 2007

### Heart Disease deaths per 100,000 women (ages 15 & over)<sup>4</sup>

ALL	238.4	195.3
Western	215.4	193.7
Piedmont	227.0	186.0
Eastern	274.4	215.4

### Stroke deaths per 100,000 women (ages 15 & over)<sup>4</sup>

ALL	81.3	59.1
Western	67.7	53.7
Piedmont	80.1	59.7
Eastern	92.4	61.3

### Breast cancer deaths per 100,000 women (ages 15 & over)<sup>4</sup>

ALL	31.7	31.1
Western	29.5	29.6
Piedmont	30.2	30.4
Eastern	35.8	33.3

### Percentage of women age 18+ with high blood pressure<sup>5</sup>

ALL	30.0	29.6
Western	29.3	31.8
Piedmont	28.5	27.8
Eastern	33.0	32.4

### Percentage of women age 18+ with high cholesterol<sup>5</sup>

ALL	34.6	38.1
Western	36.1	42.9
Piedmont	33.9	36.9
Eastern	35.3	38.4

### Percentage of women age 18+ with diabetes<sup>5</sup>

ALL	8.1	8.8
Western	7.0	9.0
Piedmont	7.2	8.3
Eastern	10.2	9.9

### Percentage of women age 18+ who are obese (BMI 30.0+)<sup>5</sup>

ALL	25.2	29.4
Western	23.5	25.9
Piedmont	24.0	28.2
Eastern	28.3	33.7

## Reproductive Health

2003 2007

### Percentage of women with late (after 1st trimester) or no prenatal care<sup>6</sup>

ALL	15.4%	18.2%
Western	10.9%	11.6%
Piedmont	15.4%	19.1%
Eastern	16.9%	18.4%

### Number of infant deaths per 1,000 live births (infant mortality rate)<sup>6</sup>

ALL	8.1	8.4
Western	7.4	7.0
Piedmont	7.4	8.0
Eastern	9.6	9.6

### Percentage of women not breastfeeding at 8 weeks (2003,2006)<sup>7</sup>

ALL	53.1%	49.5%
Western	51.6%	40.7%
Piedmont	48.0%	46.8%
Eastern	64.4%	59.0%

## Infectious Disease

2003 2007

### HIV disease cases per 100,000 women<sup>8</sup>

ALL	14.9	12.4
Western	1.6	4.4
Piedmont	16.5	13.2
Eastern	17.5	14.2

### Cervical cancer deaths per 100,000 women (ages 15 & over)<sup>4</sup>

ALL	2.9	3.0
Western	3.4	2.3
Piedmont	2.7	2.7
Eastern	3.0	3.8

Please see the full version of the Women's Health Report Card at [www.cwhr.unc.edu](http://www.cwhr.unc.edu)

Substance Abuse/Mental Health	2003	2007
Percentage of women age 18+ who are current smokers <sup>5</sup>		
ALL	21.8	20.7
Western	25.7	22.5
Piedmont	20.5	19.9
Eastern	22.4	21.4
Percentage of women age 18+ who reported poor mental health for 8 or more days over past month <sup>5</sup>		
ALL	14.0	16.4
Western	16.5	17.5
Piedmont	13.8	16.2
Eastern	13.1	16.3
Suicide deaths per 100,000 women (ages 15 & over) <sup>4</sup>		
ALL	5.6	6.8
Western	6.8	9.5
Piedmont	5.7	5.8
Eastern	4.7	7.5

Barriers to Health	2003	2007
Percentage of women age 18+ with no health insurance coverage <sup>5</sup>		
ALL	15.5%	16.5%
Western	15.3%	17.5%
Piedmont	18.2%	17.1%
Eastern	14.9%	15.9%

Please see the full version of the Women's Health Report Card at [www.cwhr.unc.edu](http://www.cwhr.unc.edu)



East Carolina University.