2009 NC Women's Health by Region

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.¹

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.² One third of the counties in this region are considered Tier I counties in 2009.¹

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.² Twelve of the 20 Tier 3 counties, over half, are located in this region.¹

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.

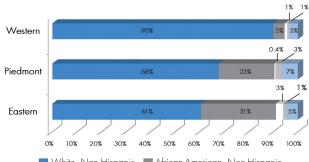
Eastern Region: (41 counties, 45% of the state's land mass) Many areas of eastern North Carolina are experiencing little economic growth; 23 of the 40 Tier 1 counties are located in Eastern NC.¹ However, areas such as Greenville in Pitt County are growing rapidly due the location of East Carolina University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



There are 3.7 million women in North Carolina age 15 & over³

Women in North Carolina by Region



Mhite, Non-Hispanic African-American, Non-Hispanic American Indian, Non-Hispanic Other, Non-Hispanic

Chronic Disease	2003	2007	Reproductive Health	2003	2007	
Heart Disease deaths per 100,000 women			Percentage of women with late (after 1st trimester)			
(ages 15 & over) ⁴			or no prenatal care ⁶			
ALL	238.4	195.3	ALL	15.4%	18.2%	
Western	215.4	193.7	Western	10.9%	11.6%	
Piedmont	227.0	186.0	Piedmont	15.4%	19.1%	
Eastern	274.4	215.4	Eastern	16.9%	18.4%	
Stroke deaths per 100,000 women			Number of infant deaths per 1,000 live births			
(ages 15 & over) ⁴			(infant mortality rate) ⁶			
ALL	81.3	59.1	ALL	8.1	8.4	
Western	67.7	53.7	Western	7.4	7.0	
Piedmont	80.1	59.7	Piedmont	7.4	8.0	
Eastern	92.4	61.3	Eastern	9.6	9.6	
Breast cancer deaths per 100,000 women			Percentage of women not breastfeeding			
(ages 15 & over) ⁴			at 8 weeks (2003,2006) ⁷			
ALL	31.7	31.1	All	53.1%	49.5%	
Western	29.5	29.6	Western	51.6%	40.7%	
Piedmont	30.2	30.4	Piedmont	48.0%	46.8%	
Eastern	35.8	33.3	Eastern	64.4%	59.0%	
Percentage of women age 18+ with high						
blood pressure ⁵				0000	0007	
ALL	30.0	29.6	Infectious Disease	2003	2007	
Western	29.3	31.8				
Piedmont	28.5	27.8	HIV disease cases per 100,000 women ⁸			
Eastern	33.0	32.4	All	14.9	12.4	
Percentage of women age 18+ with high			Western	1.6	4.4	
cholesterol ⁵			Piedmont	16.5	13.2	
ALL	34.6	38.1	Eastern	17.5	14.2	
Western	36.1	42.9	Cervical cancer deaths per 100,000 women	17.0	1 1.2	
Piedmont	33.9	36.9				
Eastern	35.3	38.4	(ages 15 & over)⁴	0.0	3.0	
	00.0	50.4	ALL	2.9	2.3	
Percentage of women age 18+ with diabetes ⁵	8.1	0.0	Western	3.4	2.3	
ALL	7.0	8.8 9.0	Piedmont	2.7	3.8	
Western	7.0		Eastern	3.0	3.0	
Piedmont	10.2	8.3 9.9				
Eastern	10.2	9.9				
Percentage of women age 18+ who are obese						
(BMI 30.0+) ⁵	25.2	20.4				
ALL	23.2	29.4				
Western	23.3 24.0	25.9	Please see the full version of the Women's Hea	th Report C	ard	
Piedmont	24.0	28.2	at www.cwhr.unc.edu			
Eastern	20.3	33.7				

Substance Abuse/Mental Health	2003	2007	
Percentage of women age 18+ who are			
current smokers⁵	01.0	007	
ALL Western	21.8 25.7	20.7 22.5	
vvestern 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 ⁵			
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)⁴	_ /		
ALL	5.6	6.8	
Western	6.8 5.7	9.5 5.8	
Piedmont	4.7	7.5	
Eastern		7.0	
Preventive Health Practices	0000	0007	
Preventive regim Practices	2003	2007	
Percentage of women age 50+ who did not have a			
mammogram within the past 2 years (2002,2006) ⁵	16.7	17.2	
ALL Western	20.4	20.8	
Piedmont	15.2	16.2	
Eastern	17.8	16.9	
Percentage of women age 50+ who have never			
had a sigmoidoscopy or colonoscopy exam ⁵			
ALL	51.5	37.8	
Western	55.1	42.2	
Piedmont	57.7	35.1	
Eastern	48.6	40.3	
Percentage of women age 18+ who did not have a			
Pap within the past 2 years (2002,2006) ⁵	10.0	101	
ALL	13.0 19.5	18.1 23.7	
Western	19.5	17.2	
Piedmont Eastern	12.3	17.5	
	1210	17.10	
Percentage of women age 65+ who did not have			
the flu shot in the past 12 months ⁵ All	34.5	29.3	
Western	32.0	31.6	
Piedmont	34.7	27.4	
Eastern	35.4	31.3	
Percentage of women age 65+ who have never			
had a pneumonia shot ⁵			
ALL	34.1	30.4	
Western	33.5 33.3	31.1 27.1	
Piedmont	35.7	36.3	
Eastern	00.7	00.0	
Percentage of women age 18+ who did not meet			
the recommended level of physical activity ⁵	64.5	58.4	
ALL Western	61.6	57.3	
Piedmont	65.2	57.3	
Eastern	64.4	61.2	
Percentage of women age 18+ who have not			
visited a dentist within the past			
12 months (2002,2006) ⁵			
ALL	30.4	31.9	
Western	32.7	36.8	
Piedmont	33.1	28.7	
Eastern	33.5	35.7	

Percentage of women age 18+ with no health insurance coverage ⁵	insurance coverage ⁵ ALL 15.5% 10 Western 15.3% 17	50/
	ricanoni	5% .1%

Data Sources

1 NC Dept of Commerce, 2009. http://www.nccommerce.com/en/BusinessServices/ LocateYourBusiness/WhyNC/Incentives/CountyTierDesignations

2 US Census Bureau 2000 Redistricting Data (Public Law 94-171) Summary File.

 ${\bf 3}$ Population estimates were compiled by the State Center for Health Statistics based on vintage 2007 estimates produced by the Population Estimates Program of the U.S. Census Bureau in collaboration with the National Center for Health Statistics (NCHS). These bridgedrace population files contain estimates of the resident population of the United States as of July 1 of each year by age, sex, bridged-race category, and Hispanic origin. Ăvailable at: http://www.cdc.gov/nchs/about/major/dvs/popbridge/datadoc.htm

4 Death certificates for all NC residents, State Center for Health Statistics. Based on primary cause of death. Age-adjusted by the direct method, using the projected 2000 US total population as the standard.

5 NC Behavioral Risk Factor Surveillance System (BRFSS), State Center for Health Statistics. BRFSS is an ongoing, monthly telephone survey through which data are collected from randomly selected, non-institutionalized NC adults (age 18 and older) in households with telephones. In 2007, over 9,000 women were interviewed for BRFSS; their survey responses were weighted to represent those of all adult women in the state. Available at: http://www.schs.state.nc.us/SCHS/brfss/

6 Live birth certificates for all NC residents. Infant deaths were taken from the matched infant death and birth file, State Center for Health Statistics.

7 Pregnancy Risk Assessment Monitoring System (PRAMS) for North Carolina, State Center for Health Statistics. PRAMS is an ongoing mail/phone survey of women who have recently given birth. Each month, a random sample of mothers are selected from NC birth certificates. Each year, approximately 1,500 NC women are interviewed for PRAMS; their responses are then weighted to represent those of all women giving birth in the state. There is no minimum age specification from PRAMS. Available at: http://www.schs.state.nc.us/SCHS/prams/

8 NC Division of Public Health, Epidemiology Section, HIV/STD Prevention and Care Branch.

Please see the full version of the Women's Health Report Card at www.cwhr.unc.edu



East Carolina University

North Carolina Obstetrical and Gynecological Society