

# Healthy North Carolina 2020: Review and Update

NCIOM Healthy North Carolina 2030

Pam Silberman, JD, DrPH\*

Professor, Department of Health Policy and Management

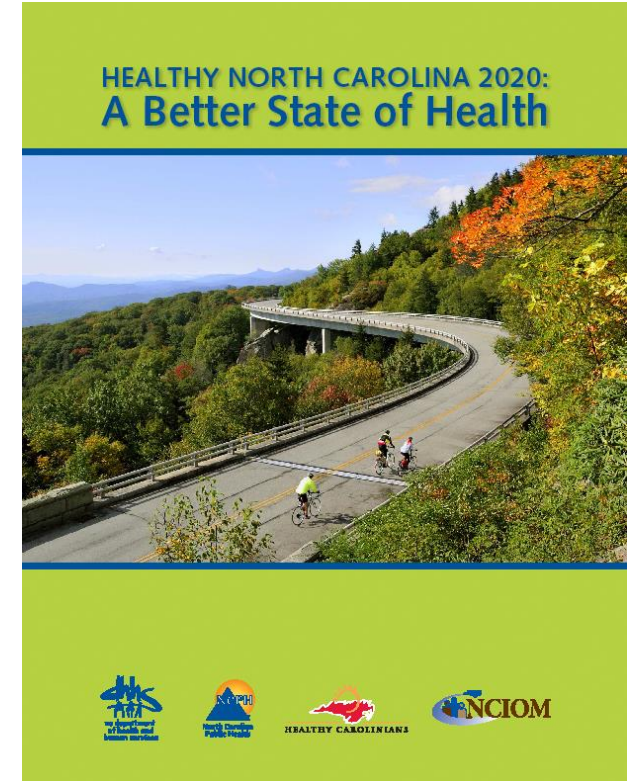
UNC Gillings School of Global Public Health

\*Past President/CEO, North Carolina Institute of Medicine



# Healthy NC 2020: Historical Perspective

- Healthy North Carolina 2020: A Better State of Health
  - Grew out of the NCIOM's work to develop a Prevention Action Plan for the state (2009)
- Partners and Supporters:
  - **Partners:** Governor's Task Force for Healthy Carolinians; Division of Public Health, Office of Healthy Carolinians and Health Education, State Center for Health Statistics; NC DHHS
  - **Supporters:** Kate B. Reynolds Charitable Trust, North Carolina Health and Wellness Trust Fund, The Duke Endowment





# Healthy NC 2020 Development Process: Three Main Steps

- **Three main steps in developing the HNC 2020 objectives and targets:**

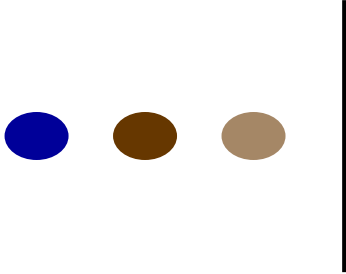
**Step 1: Identify appropriate focus areas** (e.g., tobacco use, injury, substance abuse) in which to develop objectives.

**Step 2: Identify a limited number of objectives** (e.g., reduce the percentage of adults who smoke).

- Generally not more than 3 objectives per focus area

**Step 3: Identify an appropriate target for each objective** (e.g., reduce the percentage of adults who smoke by XX% by the year 2020).

- Targets must be aspirational, achievable, and measurable in 10 years



# Healthy NC 2020 Development Process: Focus Areas

1. Tobacco use
2. Nutrition and physical activity
3. Sexually transmitted disease and unintended pregnancy
4. Substance abuse
5. Environmental risks
6. Injury (*and violence*)
7. Infectious disease and foodborne illness
8. Mental health
9. Social determinants of health
10. Oral health
11. Maternal and infant health
12. Chronic disease
13. Cross-cutting measures



# Healthy NC 2020 Development Process

- Development of the 2020 objectives and targets was an inclusive process and has included input from various stakeholder groups and **more than 150** people.
- All potential objectives were reviewed by HNC 2020 Steering Committee and 40 were selected. These were reviewed and approved by the Governor's Task Force for Healthy Carolinians.
- Result: 40 objectives with 40 discrete targets in 13 focus areas
  - Note: Daily consumption of fruits and vegetables later split into 2 objectives due to data limitations for a total of 41 objectives



# Healthy NC 2020: 10-Year Outcomes

- Of the 41 objectives, North Carolina:
  - Met the targets: 5 (12%)
  - Made progress: 12 (29%)
  - Stayed the same/no progress: 18 (44%)
  - Got worse: 6 (15%)

# Healthy NC 2020: Targets Met

	NC Baseline	HNC Target	Current NC	Current US
STD: Reduce rate of new HIV infection diagnosis (100,000 pop)	24.7 (2008)	22.2	<b>12.8 (2017)</b>	11.8 (2017)
Substance Use: Reduce percentage traffic crashes that are alcohol related	5.7% (2008)	4.7%	<b>4.1% (2017)</b>	NA
Oral Health: Increase percentage children (1-5) enrolled in Medicaid who received any dental services prior 12 mos.	46.9% (2008)	56.4%	<b>60.4% (2016)</b>	46.5% (2016)
Env. Health: Increase percentage air monitor sites meeting current ozone standard	62.5% (2007-09)	100%	<b>100% (2014-16)</b>	NA
Env. Health: Increase percentage of population being served by community water systems with no maximum containment level violations	92.2% (2009)	95.0%	<b>96.3% (2016)</b>	91%

# Healthy NC 2020: Targets Improving

	NC Baseline	HNC Target	Current NC	Current US
Tobacco: Decrease percentage adults who are current smokers	21.8% (2008)	13.0%	<b>17.2%</b> (2017)	17.1% (2017)
PA/Nutrition: Increase percentage adults who consume vegetables one+ times/day	78.1% (2011)	84.7%	<b>84.4%</b> (2017)	82.0% (2017)
MCH: Reduce infant mortality rate (1,000 live births)	8.2 (2008)	6.3	<b>7.1 (2017)</b>	5.8 (2017)
MCH: Reduce percentage women who smoke during pregnancy	10.9% (2011)	6.8%	<b>8.7% (2017)</b>	6.9% (2017)
Substance Use: Reduce percentage high school students who had alcohol one ore more days past 30 days	35.0% (2009)	26.4%	<b>26.5%</b> (2017)	29.8% (2017)
Infec. Disease: Reduce pneumonia and influenza mortality rate (per 100,000 population)	19.5 (2008)	13.5	<b>18.0 (2017)</b>	14.3 (2017)



# Healthy NC 2020: Targets Improving

	NC Baseline	HNC Target	Current NC	Current US
SDOH: Decrease percentage of individuals in poverty	16.9% (2009)	12.5%	<b>14.7%</b> (2017)	13.4% (2017)
SDOH: Increase four-year high school graduation rate	71.8% (2008-09)	94.6%	<b>86.3%</b> (2017-18)	84.0% (2015-16)
Chronic Disease: Reduce cardiovascular disease mortality (100,000 pop)	256.6 (2008)	161.5	<b>220.2 (2017)</b>	218.1 (2017)
Chronic Disease: Reduce colorectal cancer mortality (100,000 pop)	15.7 (2008)	10.1	<b>12.8 (2017)</b>	13.5 (2017)
Cross Cutting: Increase average life expectancy (yrs)	77.5 (2008)	79.5	<b>78.0 (2017)</b>	78.6 (2016)
Cross Cutting: Reduce percentage of non-elderly uninsured individuals (<65 years old)	20.4% (2009)	8.0%	<b>12.2%</b> (2016)	10.1% (2016)



# Healthy NC 2020: Targets Getting Worse

	NC Baseline	HNC Target	Current NC	Current US
Inj/Violence: Reduce unintentional poisoning mortality rate (100,000 pop.)	11.0 (2008)	9.9	<b>23.5 (2017)</b>	20.1 (2017)
Inj/Violence: Reduce unintentional falls mortality rate (100,000 pop.)	8.1 (2008)	5.3	<b>11.2 (2017)</b>	9.4 (2017)
MCH: Reduce infant mortality racial disparity between whites and African Americans	2.45 (2008)	1.92	<b>2.5 (2017)</b>	2.56 (2017)
STD: Reduce percentage of positive results of individuals (15-24) tested for chlamydia	9.7% (2009)	8.7%	<b>11.5% (2017)</b>	NA
Mental Health: Reduce suicide rate (100,000 pop.)	12.4 (2008)	8.3	<b>14.5 (2017)</b>	14.0 (2017)
Mental Health: Reduce rate of mental health-related visits to ED (10,000 pop.)	92.0 (2008)	82.8	<b>103.3 (2014)</b>	NA



# Healthy NC 2020: Pam's Take Away Messages

- Good news:

- More areas improving than getting worse—so focusing statewide efforts on targeted health problems makes sense
- Policy changes make a difference. Examples:
  - ACA led to significant reduction in the uninsured; Medicaid expansion would expand our successes
  - Changes in tobacco policies over the years led to fewer adult smokers and reductions in NC's heart attack rates
- Decline in death rates for some chronic conditions (cardiovascular, colorectal cancer) and overall increase in life expectancy



# Healthy NC 2020: Pam's Take Away Messages

- Bad news:

- Some of our “good news” masks increasing disparities
  - Infant mortality rate has declined, but disparities between whites and African Americans is actually increasing
  - New HIV diagnosis has declined, but the rate is nine times higher in African Americans than white, non-Hispanic
- Some areas where we met the target, but then got worse:
  - Homicides (met 2012-17, got worse 2018-19)
  - Workplace fatal injuries (met 2012, 2016-17, got worse 2018-19)
- Some new problems emerged or exacerbated since 2010
  - Rising opioid abuse and unintentional deaths
  - Increasing use of noncombustible tobacco products for youth
- Little traction on other problems: obesity, physical activity, mental health