North Carolina State Fact Sheet

Leading Causes of death in North Carolina in 2010*

- Heart Disease 22%
- Stroke 5%
- Cancer 23%
- Alzheimer's Disease 4%
- Diabetes Mellitus 3%
- Nephritis 2%
- Influenza & Pneumonia 2%
- Septicemia 2%
- All Others 26%
- Chron. Low. Respiratory Disease^ 6%

North Carolina has the 20th highest death rate from cardiovascular disease in the country.**

- Heart disease is the No. 2 killer in North Carolina*
- Stroke is the No. 4 killer in North Carolina*
- 17,154 people in North Carolina died of heart disease in 2010*
- 4,298 people in North Carolina died of stroke in 2010*

Heart Disease and Stroke Risk Factors in North Carolina

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>North Carolina</th>
<th>US</th>
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</thead>
<tbody>
<tr>
<td>Adults who are current smokers</td>
<td>21.8%</td>
<td>21.1%</td>
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<tr>
<td>Adults who participate in 150+ min of aerobic physical activity per week</td>
<td>46.8%</td>
<td>51.6%</td>
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<tr>
<td>Adults who are overweight or obese+</td>
<td>65.1%</td>
<td>63.5%</td>
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<tr>
<td>Adults who have been told that they have had a heart attack</td>
<td>4.4%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Adults who have been told that they have had a stroke</td>
<td>3.1%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Adults who have been told that they have angina or coronary heart disease</td>
<td>4.5%</td>
<td>4.1%</td>
</tr>
<tr>
<td>Population of adults (18-64) who have some kind of health care coverage</td>
<td>75.1%</td>
<td>78.9%</td>
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<tr>
<td>High school Students who are obese++</td>
<td>12.9%</td>
<td>13%</td>
</tr>
</tbody>
</table>

* Based on total number of deaths in 2010. Centers for Disease Control and Prevention. WISQARS Leading Cause of Death Reports, 2010.
^ Also known as COPD (Chronic Obstructive Pulmonary Disorder): COPD and allied conditions (including asthma); the term in the ICD/10 is “chronic lower respiratory diseases.”
+ Overweight is defined as having a body mass index (BMI) of 25.0-29.9. Obese is defined as having a body mass index of 30.0 or more.
++ Students who were ≥ 95th percentile for body mass index, by age and sex. Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System, 2011.