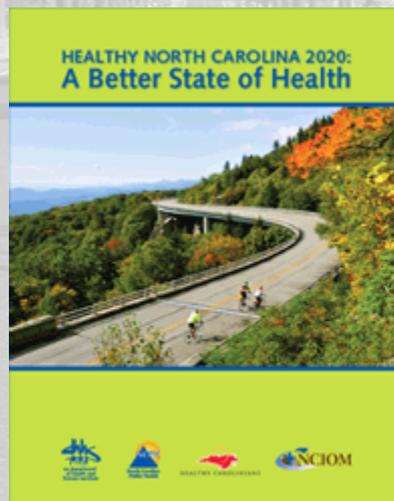




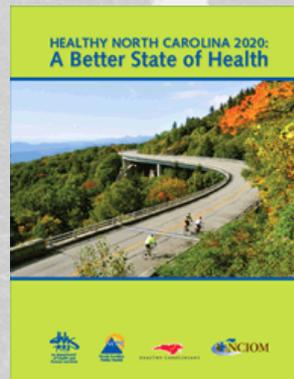
# Healthy North Carolina

## *A Better State of Health* 2020



# Healthy NC 2020 Focus Areas

1. Tobacco use
2. Nutrition and physical activity
3. Sexually transmitted infections/Unintended pregnancy
4. Substance abuse
5. Environmental risks
6. Injury
7. Mental health
8. Infectious disease/  
Food-borne illness
9. Social determinants  
of health
10. Dental health
11. Maternal and infant  
health
12. Chronic disease
13. Cross-area  
measures



# Healthy NC 2020 Objectives

- Three objectives for each focus area
- Targets
  - Aspirational, realistic and measurable
  - Achievable in 10 years time
  - Scientifically-derived
- When possible, objectives were chosen that had data available at the county-level (MATCH, NC-CATCH), and for race/ethnicity, gender, and age.

# Healthy North Carolina 2020: Requirements for Local Health Departments

Community Health Assessment process

“For action plans, the agency shall include a minimum of two Healthy North Carolina 2020 objectives from different focus areas.”

# Healthy North Carolina 2020: Website and Resources

## Healthy NC 2020 website

<http://Publichealth.nc.gov/hnc2020>

## Healthy NC 2020 Report

<http://publichealth.nc.gov/hnc2020/docs/HNC2020-FINAL-March-revised.pdf>

These are the focus areas, objectives and targets for our state. Each of the 13 focus areas is presented in a two-page section. Each section lists the objectives for the focus area, briefly describes the rationale for the selection of each objective, shows data on where NC currently ranks regarding each objective, and provides the 2020 target.

# Healthy North Carolina 2020: Website and Resources

## Healthy NC 2020 Technical Report

This companion publication provides additional background information for each of the 13 focus areas and more information about why each of the 40 objectives was selected and how targets were set.

<http://www.nciom.org/wp-content/uploads/2011/01/HNC2020-TechReport-final.pdf>

# Healthy North Carolina 2020: Website and Resources

## Evidence Based Strategies

### Prevention Action Plan

Report of the Governor's Task Force on Prevention, from which the Healthy NC 2020 focus areas and objectives were developed.

<http://www.nciom.org/publications/?prevention>

# Healthy North Carolina 2020: Website and Resources

## Evidence Based Strategies

### Prevention Action Steps

The Prevention Action Steps provide a list of actions or "steps" individuals and different groups can take to make improvements in health. Each document contains recommendations, modified for particular audiences, excerpted from the NCIOM's Prevention for the Health of North Carolina: Prevention Action Plan.

<http://www.nciom.org/publications/?prevention-action-steps>

# Healthy North Carolina 2020: Website and Resources

## Evidence Based Strategies

### Guide to Community Preventive Services

The Community Guide is a resource for evidence-based Task Force recommendations and findings about what works to improve public health..

<http://www.thecommunityguide.org/index.html>

# Healthy North Carolina 2020: Website and Resources

## Evidence Based Strategies

### Healthy People 2020

Healthy People provides science-based, 10-year national objectives for improving the health of all Americans.

<http://www.healthypeople.gov/2020/topicsobjectives2020/default.aspx>

# Healthy North Carolina 2020: Website and Resources

**Healthy NC 2020 and County Health Ranking Crosswalk** (handout will be posted to website)

**What Works for Health: Policies and Programs to Improve Wisconsin's Health**

What Works for Health is a database of policies and programs that can improve health. <http://whatworksforhealth.wisc.edu/>

# Healthy North Carolina 2020: Website and Resources

## Success Stories

Success stories from programs across the state working to achieve Healthy NC 2020 objectives.

<http://publichealth.nc.gov/hnc2020/stories.htm>

## Resources

<http://publichealth.nc.gov/hnc2020/resources.htm>

# Healthy North Carolina 2020: Website and Resources

## Data

HealthStats provides statistical numerical data as well as contextual information on the health status of North Carolinians and the state of North Carolina's health care system.

<http://healthstats.publichealth.nc.gov/>

# Healthy North Carolina 2020: Website and Resources

## Healthy NC 2020 – 2011 Annual Data Update

Each year, the N.C. Division of Public Health will produce an annual data report measuring progress towards the targets of improving population health through our Healthy North Carolina 2020 objectives. The report is compiled by the N.C. State Center for Health Statistics.

<http://publichealth.nc.gov/hnc2020/docs/HC2020-2011-AnnualReportWithLogo-1-12.pdf>

# Healthy North Carolina 2020: How Can You Find Out More?

Visit our website:

<http://Publichealth.nc.gov/hnc2020>

Or contact Laura Edwards

Laura.edwards@centerforhealthync.org

919-802-6611



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