North Carolina received a D grade on the Institute for Women’s Policy Research’s Health and Well-being index—down from the last report in 2015:

- Rates of infant mortality rank 11th highest nationally.
- Reported STI diagnoses are among the 10th highest nationally.
- 13% are uninsured.

But there has been progress:

- The teen pregnancy rate has decreased nearly seven percent since 2014.
- HIV/AIDS diagnoses and reported gonorrhea cases have decreased since 2012.
- Mortality rates for heart disease, stroke, diabetes, breast cancer, uterine cancer, cervical cancer, and ovarian cancer have all decreased since 2012.

35% of NC women experience intimate partner violence and/or sexual assault.

77% of NC women have had a pap smear in the past 3 years, contributing to NC’s low cervical cancer mortality rates.

Black women in North Carolina have the highest mortality rates for heart disease, stroke, & breast cancer.
The Status of Women in NC: Health and Wellness

Policy Recommendations

Close the insurance coverage gap

Closing the insurance coverage gap will help women who earn low incomes access essential health services they otherwise might not be able to afford.

Increase women’s economic security

Raising the minimum wage and enacting policies such as paid family and medical leave, paid sick days, and schedule predictability would improve access to medical care and healthy lifestyle practices.

Increase medical investments in rural areas

This would help close the health and wellness gap between rural and urban communities in NC by increasing the number of hospitals, physician care practices, and psychiatrists.

Increase investments in young people

Increasing funds to hire more school counselors, psychologists, social workers, and nurses across NC creates healthier school climates where students have better access to care and more programming about healthy behaviors, relationships, and lifetime skills.

Increase Funding for Survivors of interpersonal violence and sexual assault

Increased funding will help ensure that all victims and survivors across NC, especially in rural areas, can access the critical support they need.