



Healthy People Healthy Carolinas

HEALTHY PEOPLE, HEALTHY CAROLINAS REACHES PEOPLE WHERE THEY WORK, LIVE, PLAY AND PRAY

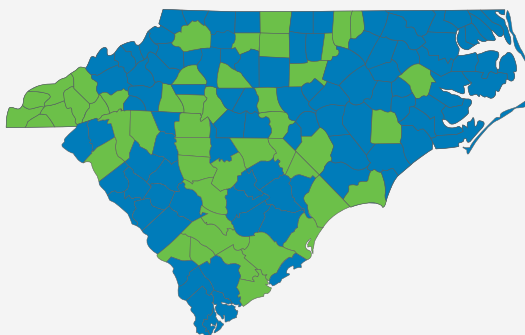
Healthy People, Healthy Carolinas (HPHC), is a bold, community-based approach to preventing chronic health conditions including obesity, diabetes, and heart disease in North Carolina and South Carolina. Launched in 2015 with support from The Duke Endowment, the HPHC initiative currently involves 29 local coalitions working together to initiate evidence-based interventions and systems-level policy change such as funding to re-pave walking trails or agreements to allow church parking lot use for team sports on weekdays. HPHC recognizes that health and well-being are created and sustained through individual and clinical efforts, paired with the cooperation and support of the extended local community.

Shaped by Public Health's objectives to reduce obesity and chronic disease, HPHC brings together diverse leaders within communities to implement programs and policies that promote healthy behaviors. Through this mutual work, opportunities to engage in physical activity and healthy nutrition become more prevalent in the places where people spend time – such as childcare, school, work, church and recreation.

CaroNova's state implementation assistance teams provide data-informed technical assistance and one-on-one coaching to build HPHC coalition capacity and offer peer-to-peer and collaborative learning opportunities to spur innovation across coalitions.

Visit: <https://caronova.org/healthy-people -healthy-carolinas/>

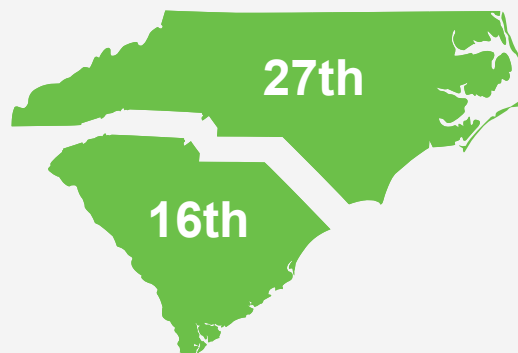
THIS INFOGRAPHIC REFLECTS NORTH CAROLINA AND SOUTH CAROLINA DATA THROUGH DECEMBER 2022.



In Green: Counties served by
Healthy People Healthy Carolinas



1 out of 3 adults in both North and South Carolina are obese.



Ranking heart disease rates among the 50 states: North Carolina is the 27th highest, and South Carolina is the 16th highest.

Combined, there have been approximately **33,420 deaths attributed to heart disease** and it is the leading cause of death in both states.

5,780,000

Years of life lost in the Carolinas combined due to diabetes (estimated by CDC).

205

Interventions implemented throughout the Carolinas.

143,648

Individuals actively engaged in behavior changes throughout the Carolinas.

2.39 MIL

People potentially impacted through community-level changes.

Community-level changes introduced:



268 Policy changes



534 Environmental changes



650 System changes