

THE FACTS NORTH CAROLINA

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Speak
for **Health**

AN INITIATIVE OF THE
AMERICAN PUBLIC HEALTH ASSOCIATION

Public health funding

Strong investments in public health allow a state to carry out programs that improve health. As of 2025, North Carolina received \$78 per person — compared to the national rate of \$124 per person — from the Centers for Disease Control and Prevention and the Health Resources and Services Administration in public health funding. The Prevention and Public Health Fund awarded the state \$10.0 million in grants for community and clinical prevention efforts and improvements to public health infrastructure in fiscal year 2023.

Access to care

8.6% of people in North Carolina do not have health insurance coverage, compared to the national uninsured rate of 8.2%. The number of practicing primary care providers is also an important measure of healthcare availability. North Carolina has 317 active primary care providers per 100,000 people, compared to the national rate of 291 active primary care providers per 100,000 people.

Notable health measures

• Childhood immunizations

It is important for children to be vaccinated against measles, mumps, tetanus and other infectious diseases, especially as they enter pre-K or daycare environments. In North Carolina, 69.7% of children have received the recommended childhood immunizations from birth through three years of age, compared to the national childhood immunization rate of 66.9%.

• Mental health

In 2025, 14.7% of adults living in North Carolina experienced frequent mental distress, compared to 15.6% of adults experiencing frequent mental distress nationwide. This is important because mental health impacts overall well-being and quality of life.

• Food insecurity

In North Carolina, 10.9% of households experienced food insecurity in 2025, compared to the national rate of 12.2% of American households that faced food insecurity that year.

• Air pollution

North Carolina residents are exposed to an estimated 7.9 micrograms per cubic meter of particulate matter, compared to the national average of 8.8 micrograms per cubic meter. Exposure to air pollution harms public health by increasing risk of asthma complications, heart attacks, heart failure and death, and impacts a large number of people, particularly impacting young children and older adults.



Vote for health

Voting has an impact on public health, and elections shape health policies. In North Carolina, voter participation is 55.2%. The Cost of Voting Index measures the time and effort involved in casting a ballot, with a lower number indicating less difficulty to vote and a higher one meaning it is harder to access the polls. The Cost of Voting Index for the state is 23 out of 50.

Sources

America's Health Rankings analysis of Trust for America's Health, U.S. HHS, U.S. Census Bureau, Annual Estimates of the Resident Population, United Health Foundation, [AmericasHealthRankings.org](https://americashealthrankings.org), Accessed May 2026. Health and Democracy Index, Accessed May 2026. <https://democracyindex.responsivegov.org/>



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