

# How well does the health care system in North Carolina work for people of different racial and ethnic groups?

In North Carolina, **AANHPI people** experienced the **best health care outcomes, access, and quality**, scoring in the 89th percentile among all population groups nationally.

**Hispanic people** experienced the **worst health care outcomes, access, and quality** in the state, scoring in the 7th percentile.

Compared to other states in the Southeast region, North Carolina has **more severe** racial and ethnic health disparities.

## Health System Performance by Race/Ethnicity



Each column is a racial/ethnic group, and each point represents a state. Performance represented as percentiles (1–100). North Carolina performance percentile highlighted. No highlighted dot indicates overall performance data not available for that group.

## Population by race/ethnicity (2024)

	North Carolina		Southeast		United States	
Total	10,842,353		87,720,193		335,268,606	
AANHPI	398,942	4%	2,899,464	3%	21,483,845	6%
AIAN	83,892	<1%	216,853	<1%	1,720,874	<1%
Black	2,101,853	19%	16,903,076	19%	38,820,084	12%
Hispanic	1,298,046	12%	12,540,079	14%	67,230,087	20%
White	6,408,755	59%	50,802,002	58%	188,863,832	56%

Notes: AANHPI = Asian American, Native Hawaiian, and Pacific Islander. AIAN = American Indian and Alaska Native. “—” means data not available. Southeast states include AL, AR, FL, GA, KY, LA, MS, NC, SC, TN, VA, WV.

Source: Jess Maksut et al., *The Commonwealth Fund 2026 State Health Disparities Report* (Commonwealth Fund, Apr. 2026).

## How well does the health system in North Carolina work for people from different racial and ethnic groups and across different dimensions of care?

### AANHPI

North Carolina ranks 9th among the 33 states we were able to rank. This indicates that the state's health system performance for AANHPI people was better than the average compared to other states.

- Health outcomes ranking: **10** (of 36) is better than the average
- Health care access ranking: **12** (of 36) is better than the average
- Health care quality ranking: **21** (of 45) is better than the average

### AIAN

North Carolina ranks 9th among the 21 states we were able to rank. This indicates that the state's health system performance for AIAN people was better than the average compared to other states.

- Health outcomes ranking: **17** (of 23) is worse than the average
- Health care access ranking: **6** (of 21) is better than the average
- Health care quality ranking: **13** (of 25) is worse than the average

### Black

North Carolina ranks 6th among the 39 states we were able to rank. This indicates that the state's health system performance for Black people was better than the average compared to other states.

- Health outcomes ranking: **25** (of 41) is worse than the average
- Health care access ranking: **11** (of 41) is better than the average
- Health care quality ranking: **4** (of 45) is among the best

### Hispanic

North Carolina ranks 44th among the 49 states we were able to rank. This indicates that health system performance for Hispanic people was among the worst compared to other states.

- Health outcomes ranking: **17** (of 50) is better than the average
- Health care access ranking: **45** (of 50) is among the worst
- Health care quality ranking: **41** (of 50) is worse than the average

### White

North Carolina ranks 27th among the 51 states we were able to rank. This indicates that the health system performance for white people was worse than the average compared to other states.

- Health outcomes ranking: **31** (of 51) is worse than the average
- Health care access ranking: **29** (of 51) is worse than the average
- Health care quality ranking: **18** (of 51) is better than the average

Notes: Lower values indicate higher rank and better performance among each racial/ethnic group in North Carolina compared to other states. Performance data not available for all groups in every state.

Source: Jess Maksut et al., *The Commonwealth Fund 2026 State Health Disparities Report* (Commonwealth Fund, Apr. 2026).

## North Carolina Performance Data

	AANHPI		AIAN		Black		Hispanic		White	
	NC rate	US rate	NC rate	US rate	NC rate	US rate	NC rate	US rate	NC rate	US rate
<b>Health Outcomes</b>										
Deaths before age 75 from health care–treatable causes per 100,000 population	42	48	133	123	151	152	49	69	84	81
Deaths before age 75 from preventable causes per 100,000 population	72	77	378	380	263	273	114	145	215	197
Infant mortality (per 1,000 live births)	4.8	3.7	10.3	9.1	12.4	10.9	5.6	5.0	5.1	4.5
Breast cancer deaths (per 100,000 female population)	8	12	18	13	27	26	11	13	19	19
Colorectal cancer deaths (per 100,000 population)	8	9	12	14	17	16	8	11	13	13
Hospital 30-day readmission rate age 65 and older (per 1,000 beneficiaries)	—	—	—	—	38	44	—	—	26	29
Adults age 18 and older who smoke (%)	—	6	33	22	14	12	11	10	12	12
Adults ages 18–64 who are obese (%)	13	15	33	41	46	43	37	36	34	34
Adults ages 18–64 who have lost six or more teeth (%)	—	3	24	16	13	10	6	6	9	9
<b>Health Care Access</b>										
Adults ages 19–64 uninsured (%)	5	7	18	21	11	12	36	23	8	8
Children ages 0–18 uninsured (%)	2	4	5	14	4	6	12	10	4	5
Adults age 18 and older who went without care because of cost (%)	—	8	16	17	10	13	24	21	9	9
Individuals under age 65 with high out-of-pocket medical costs (%)	6	8	—	13	11	11	15	12	10	8
Adults age 18 and older with a usual source of care (%)	74	83	86	80	89	86	51	67	87	88
<b>Health Care Quality</b>										
Preventable hospitalizations age 65 and older (per 1,000 beneficiaries)	—	—	—	—	37	44	—	—	30	30
Potentially avoidable emergency department visits age 65 and older (per 1,000 beneficiaries)	—	—	—	—	237	226	—	—	148	157
Adult women ages 50–74 who received a mammogram in the past two years (%)	69	76	60	65	86	84	72	76	81	78
Adults ages 45–75 with a recent colon cancer screening test (%)	41	53	63	56	72	66	35	51	71	69
Adults with a recent flu shot (%)	40	49	37	33	40	36	29	33	47	45
Adults age 65 and older who have ever gotten a pneumonia vaccine (%)	81	65	67	64	69	64	58	58	75	73
Children with age-appropriate medical and dental preventive care visits (%)	—	—	—	—	68	66	65	63	74	73
Children ages 19–35 months with all recommended vaccines (%)	—	—	—	—	91	67	70	67	72	72
Adults age 18 and older without a dental visit in the past year (%)	28	32	44	43	37	39	52	44	32	31
Primary care spending as share of total age 65 and older (%)	—	—	—	—	5.9	7.5	—	—	6.9	6.1

Notes: “—” means data not available.

Source: Jess Maksut et al., *The Commonwealth Fund 2026 State Health Disparities Report* (Commonwealth Fund, Apr. 2026).