



Mecklenburg County

State of the County Health Update

Board of County Commissioners
Public Policy Meeting

Dr. Raynard Washington, Health Director
Tuesday, January 13, 2026



MECKLENBURG COUNTY
North Carolina
Public Health



What is the SOTCH?



- A mid-cycle report completed between CHA years
- Required for North Carolina Local Health Department Accreditation
- What it provides: 1) updates on selected health indicators, 2) identification of new or emerging health trends, 3) progress updates on CHIP priority areas
- The SOTCH includes an update on selected health indicators, new or emerging community health trends, and health priorities

Mecklenburg Snapshot



TOTAL

POPULATION

1,163,701

MEDIAN

AGE

35.6

MEDIAN HOUSEHOLD

INCOME

\$84,593

MUNICIPALITIES

7

Figure 1. Mecklenburg County Race/Ethnicity

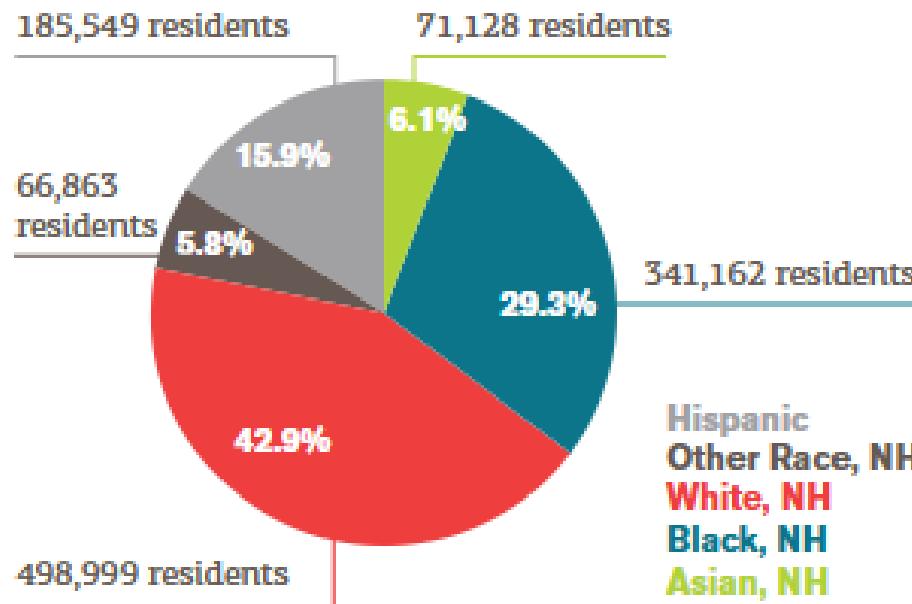
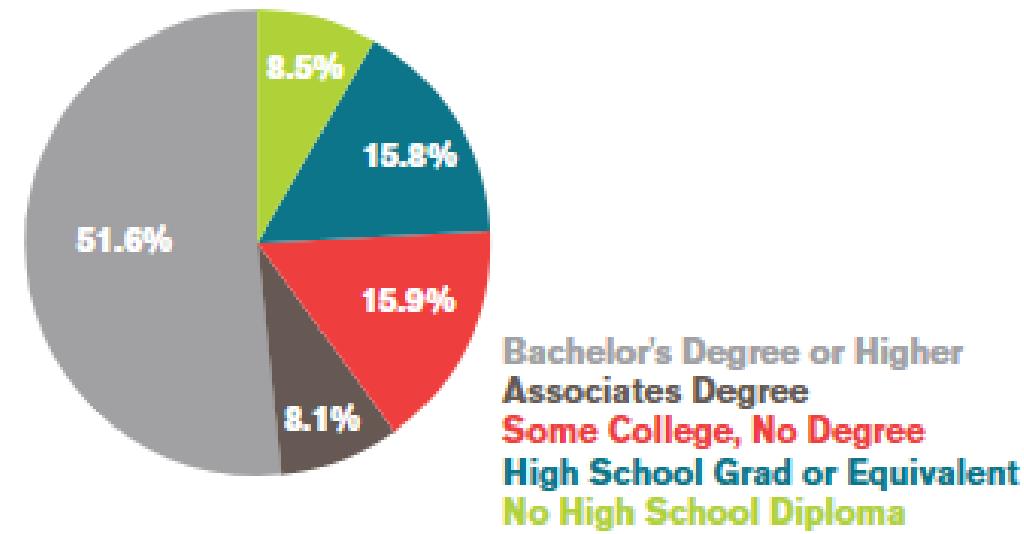


Figure 2. Mecklenburg County Educational Attainment



Mecklenburg Snapshot



Table 2. Top Ten Causes of Death Mecklenburg County, 2023

Rank	Cause	Total Deaths	% of Total Deaths
1	Cancer	1,371	19.03%
2	Heart Disease	1,269	17.61%
3	Unintentional Injuries	640	8.88%
4	Stroke	408	5.66%
5	Alzheimer's Disease	350	4.86%
6	Chronic Lower Respiratory Disease	227	3.15%
7	Diabetes	223	3.10%
8	Kidney Disease	147	2.04%
9	Suicide	126	1.75%
10	Chronic Liver Disease and Cirrhosis	125	1.73%
Total Deaths 2023: All Causes		7,205	

Source: North Carolina Department of Health and Human Services; Division of Public Health; State Center for Health Statistics, Mecklenburg County Vital Statistics



Priorities Overview



Access to Care



Chronic Disease
Prevention



Mental Health



Violence
Prevention



Maternal &
Infant Health



Access to Care



Definition:

% of Residents without Insurance

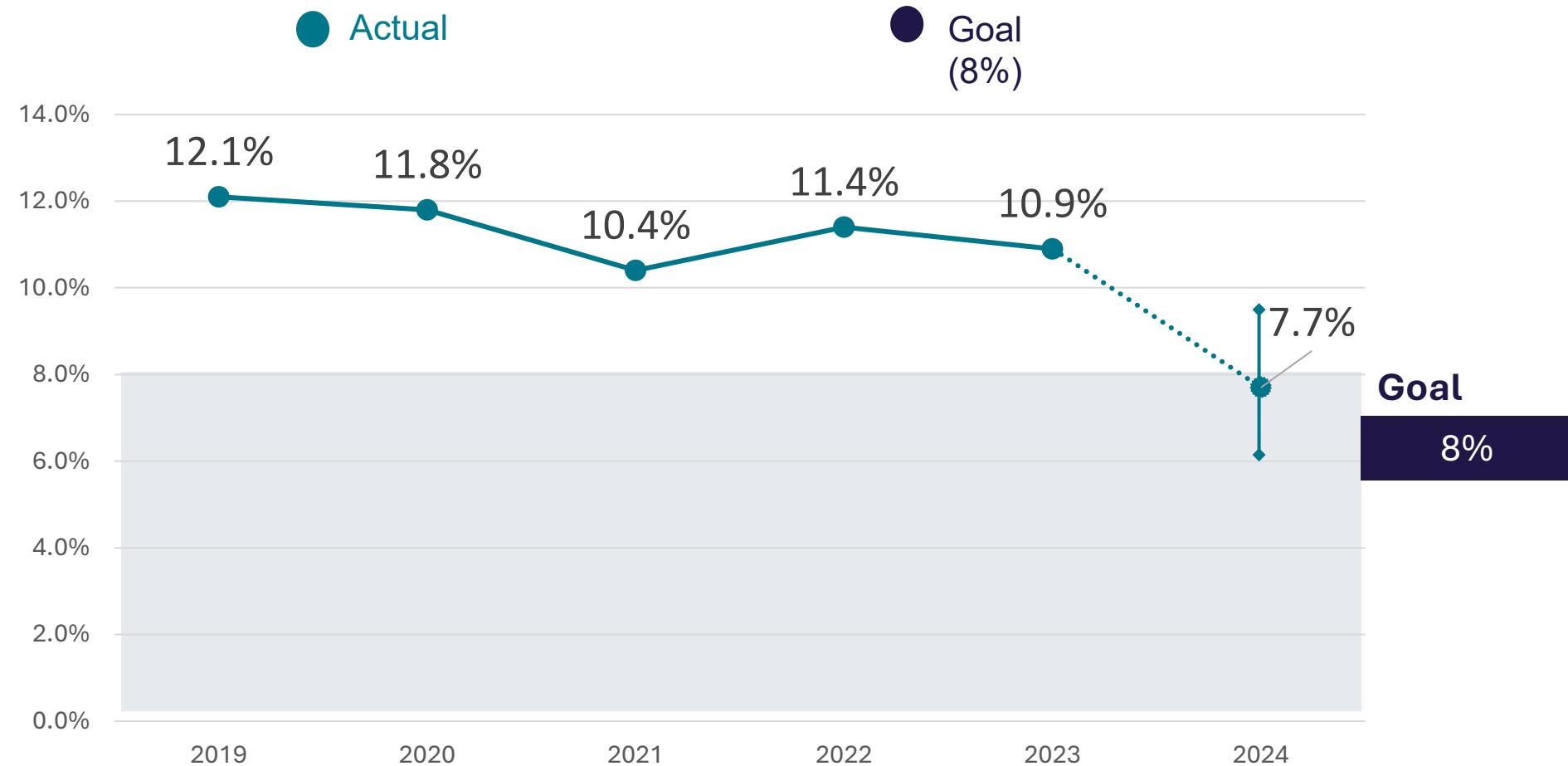
Status:

Improving

Source:

US Census, ACS

Uninsured Residents





Access to Care



Definition:

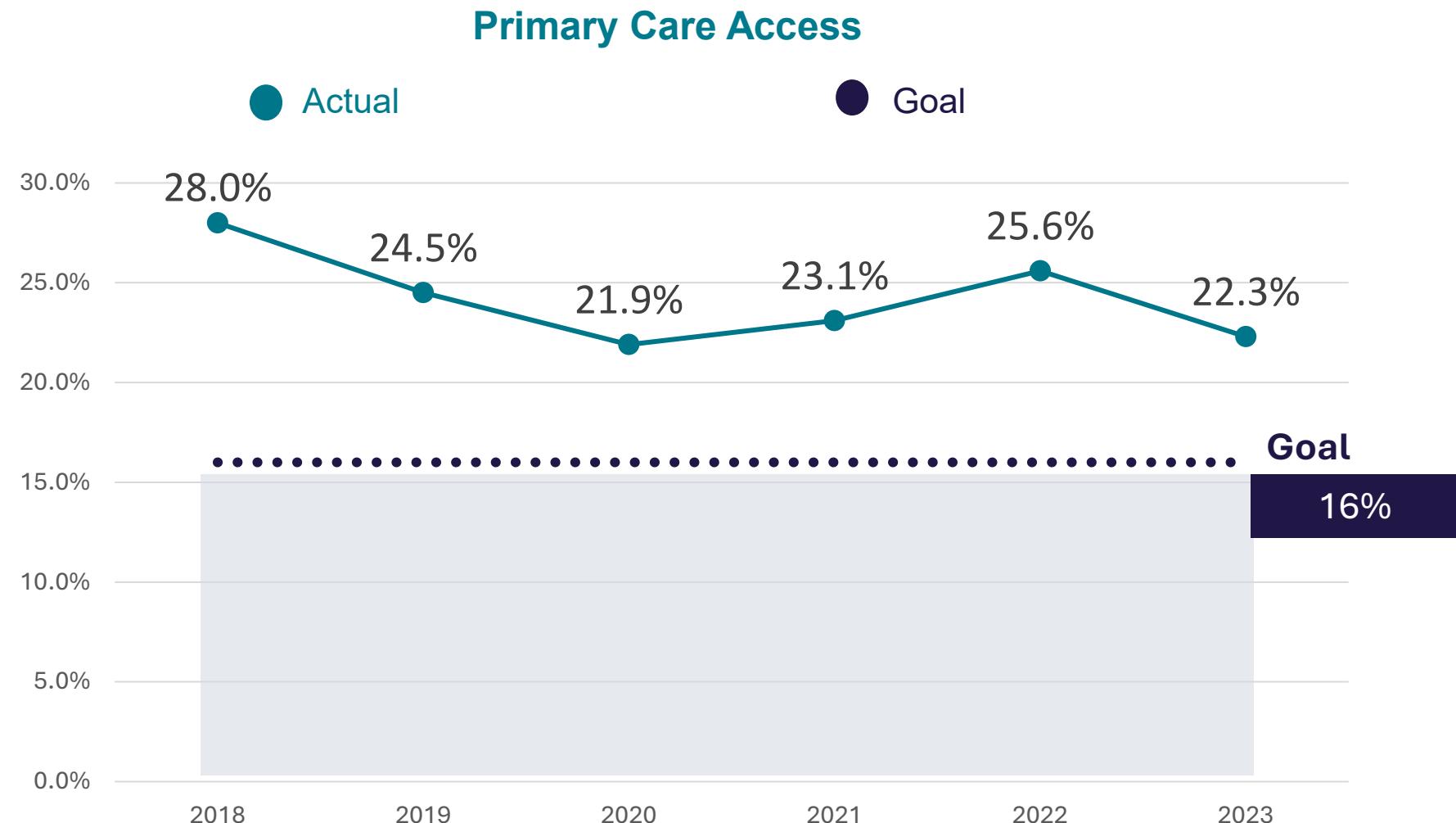
**% of Adults (18+)
without a Primary
Care Provider**

Status:

Improving

Source:

**Mecklenburg
County BRFSS**



*2024 (12%): The Primary Care Access question was modified in 2024;
The data gathered for that year is not comparable to reports from previous years.*



Access to Care



Definition:

**% of Adults (18+)
Unable to See a
Doctor Due to Cost**

Status:

Improving

Source:

**Mecklenburg
County BRFSS**

Primary Care Cost





Chronic Disease Prevention



Definition:

**% of 18+ Adults
who are Current
Smokers**

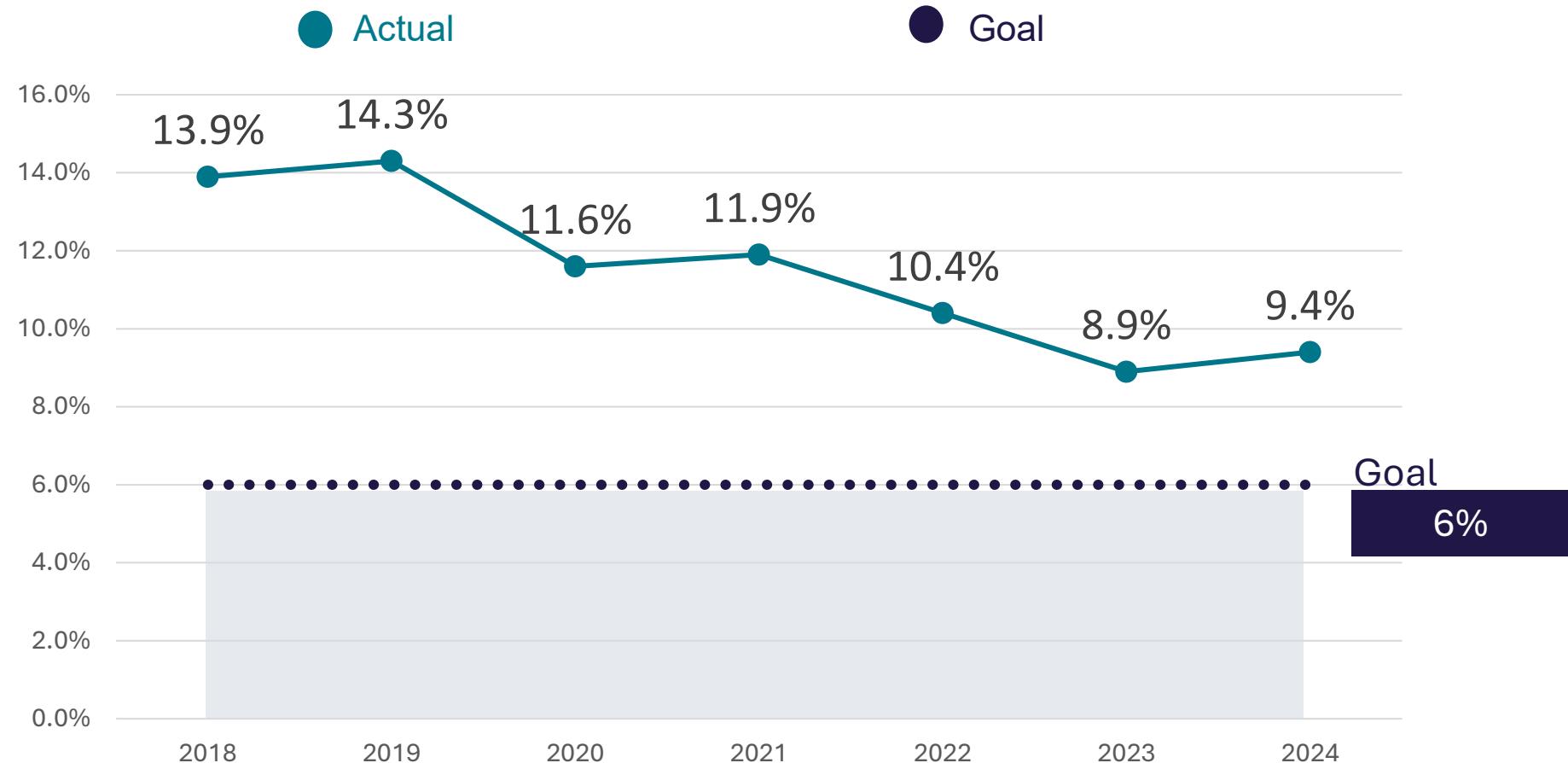
Status:

Improving

Source:

**Mecklenburg County
BRFSS**

Adult Smokers





Mental Health



Definition:

Rate Deaths Due to Opioid Overdose per 100,000 Population

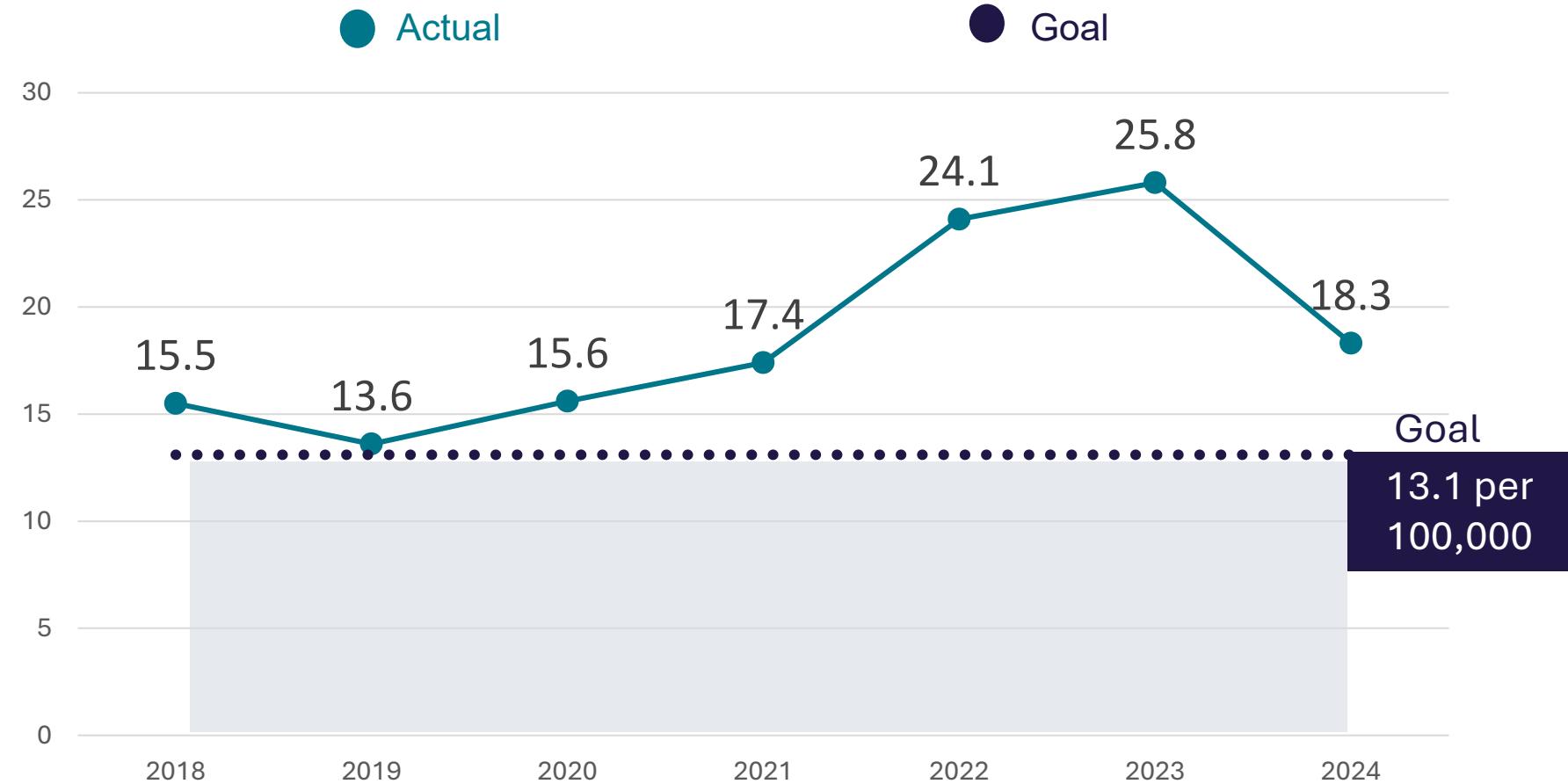
Status:

Improving

Source:

**NC DHHS,
Vital Statistics;
CDC WONDER**

Opioid Overdose (Deaths) in Mecklenburg





Mental Health



Definition:

% Adults reporting mental health not good for 8 or more days per month

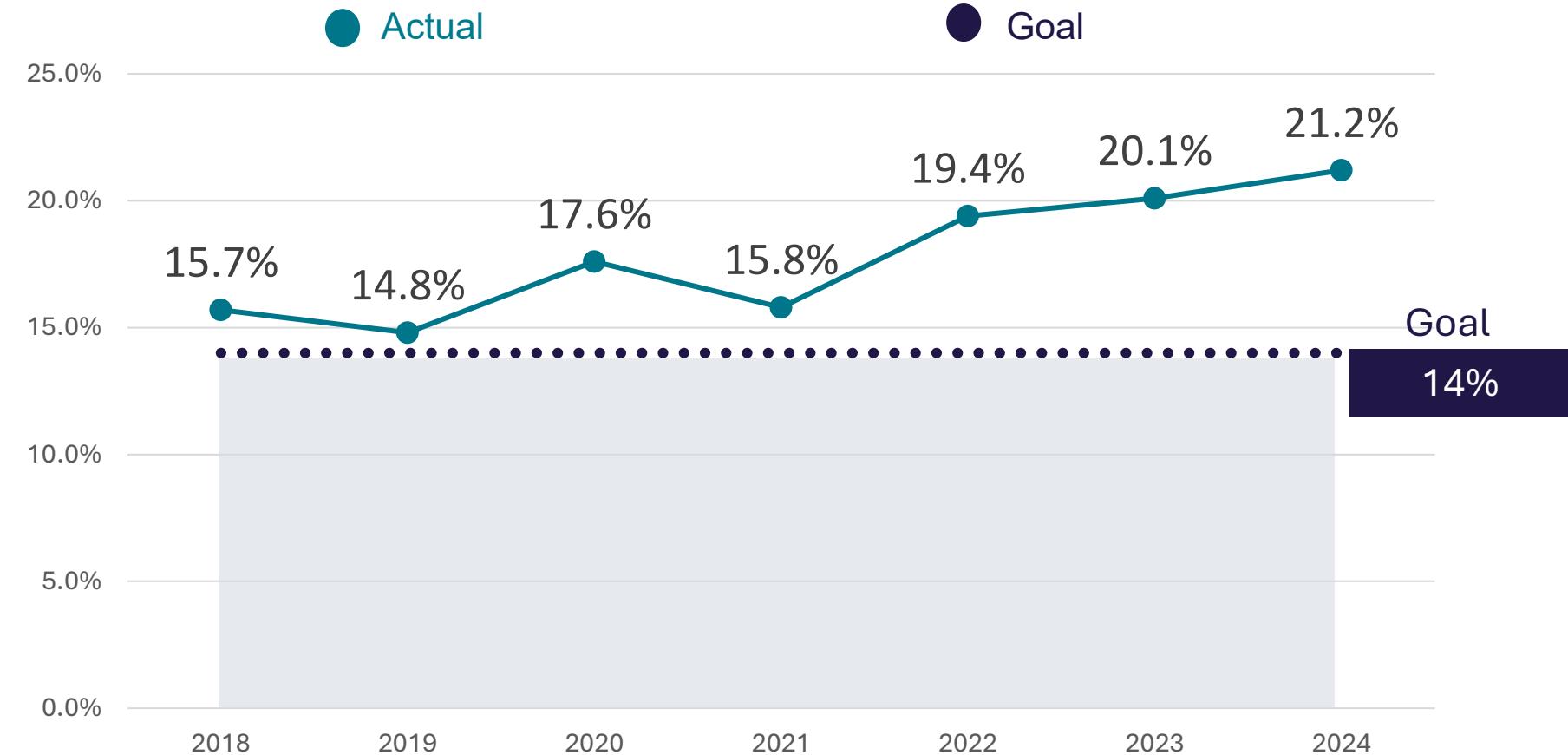
Status:

Getting Worse

Source:

Mecklenburg County BRFSS

Mental Health Days among Mecklenburg Adults





Mental Health



Youth Suicide Attempts in Mecklenburg County

Definition:

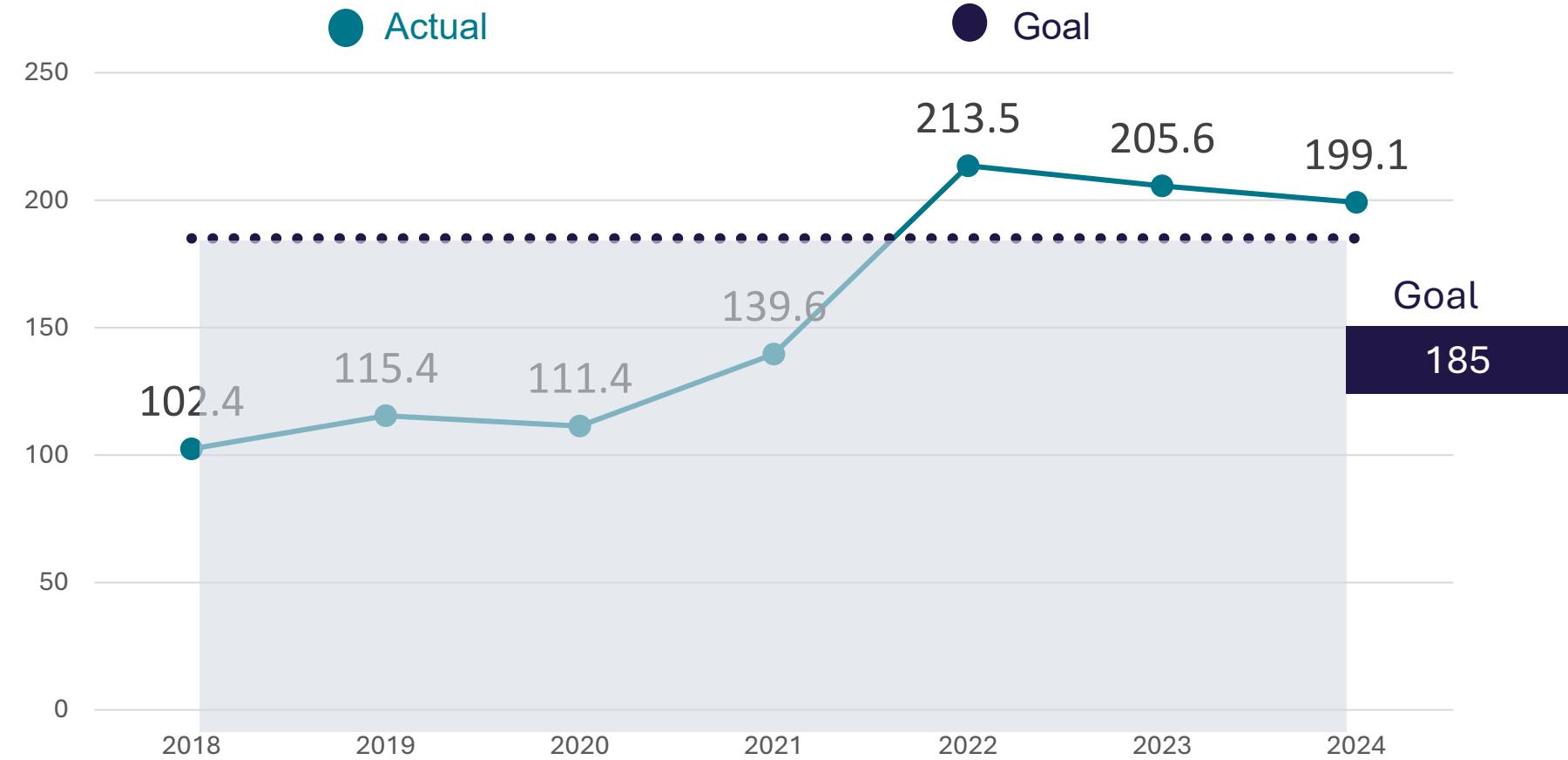
Rate of Youth ED visits due to suicide attempts per 100,000

Status:

Improving

Source:

NC DHHS, Vital Statistics

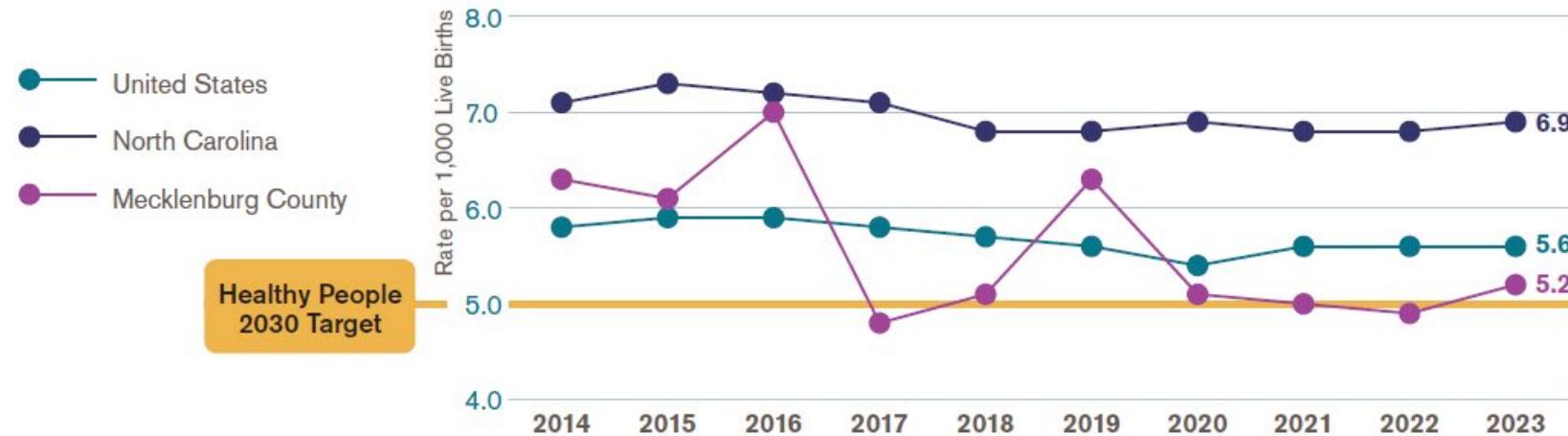




Maternal and Child Health



Infant Mortality Rates: Mecklenburg, North Carolina and United States, 2014–23



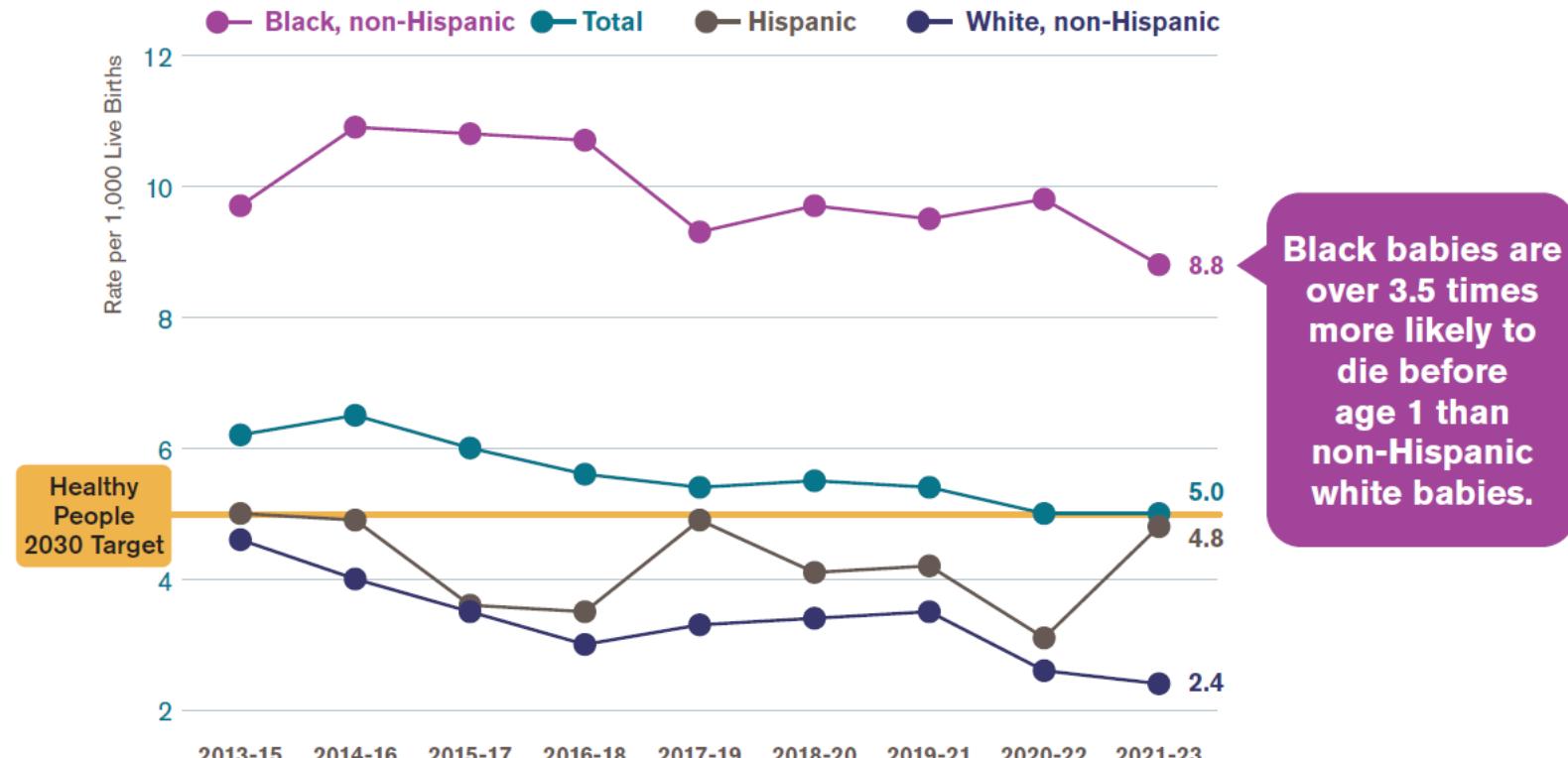
Since 2020, the Mecklenburg County IMR has been lower than the IMR for the United States and approaching the Healthy People 2030 goal to reduce IMR to 5.0.



Maternal and Child Health



Three-Year* Infant Mortality Rates by Race and Ethnicity, Mecklenburg County



Source: NC DHHS, Mecklenburg County Statistics

*Three-year IMR are used for demonstrate trends over time when there are smaller numbers of individuals.
IMR was unable to be counted for other race/ethnicity categories not displayed given small numbers of individuals.

SOTCH Highlights



- Early improvements in opioid-overdose deaths
- Increasing insurance coverage and reduce cost-barriers for care driven by Medicaid expansion
- Persistent maternal and child health disparities
- Continued burden of mental health across youth and adults with some signs of slowed growth

Live Well Tour



What is the tour?

- Tour across Mecklenburg County to share CHA findings, highlight town/city health profiles, and introduce emerging health priorities identified during the current assessment cycle (February 7-April 16, 2026).

Why it matters?

- Brings relevant local data directly to communities across Mecklenburg County
- Creates an opportunity to share information while listening to community input
- Ensures community voice shapes our Community Health Improvement Plan
- Expands access to health information in a way that is inclusive and place-based

Live Well Tour



- Core partners include: Charlotte-Mecklenburg Community Relations Committee, Mecklenburg County Parks and Recreation, Atrium Health, Novant Health, Live Well Steering Committee, Nonprofit/Community-Based Organizations
- Tour Locations:
 - Davidson Town Hall
 - Huntersville Town Hall
 - William R. Davie Conference Center
 - Valerie C. Woodard Center
 - Northern Regional Recreation Center
 - Albermarle Road Rec Center
 - Mint Hill Community Center

Next Steps

- Release 2025 CHA, March 2026
- Conduct Live Well Community Tour, February-April 2026
- Host Meck Design Community Convening, June 2026
- Complete 2026-2028 CHIP, July 2026

Questions?



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North Carolina

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