



WFMY News 2 - Greensboro, North Carolina

NC Ranks In Bottom 25 Of Healthy States

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Chapel Hill, NC -- A North Carolina health group says a study released on Tuesday in Washington shows just how badly North Carolinians need to improve some of their lifestyle choices.

The study by the United Health Foundation ranked North Carolina 36th in its annual list of healthy states. Minnesota ranked number 1. The study considered factors such as personal behavior, work environment and access to medical care.

Be Active North Carolina a non-profit group devoted to promoting physical activity and wellness.

The group's own research is in line with the recent report.

Be Active issued a report in 2005 analyzing North Carolina's struggle with inactivity and unhealthy lifestyle choices, focusing heavily on the economic impact of inactivity on North Carolina's economy.

That report concluded that the combined cost to the state's economy of physical inactivity, excess weight and type II diabetes among North Carolina residents is expected to rise to \$57 million by 2008.

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