



# Twin Counties Partnership for Healthier Communities

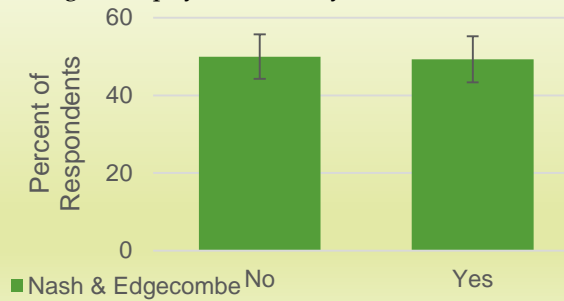
Serving communities in Nash and Edgecombe counties, North Carolina

## 2017 Community Health Survey

In 2017, interviewers from the Partnership conducted a community health survey and asked residents 18 years and older to weigh in on a wide variety of health topics. As a major focus area of the action plan for Twin Counties Partnership for Healthier Communities, active living indicators were examined.

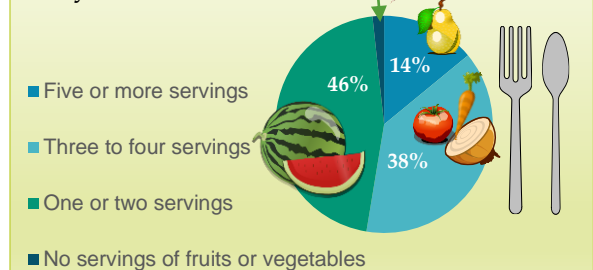
Data from the survey is presented in this fact sheet.

Are residents of the Twin Counties meeting the Healthy Carolina 2020 objectives of 150 minutes/week of moderate or 75 minutes/week of vigorous physical activity?



**Roughly half** of Twin Counties adult residents don't get the recommended physical activity.

What percentage of adult residents in the Twin Counties are eating the recommended five or more servings of fruits and vegetables a day?



**14%** of Twin Counties adult residents are eating the recommended number of fruits and vegetables per day.\*

## The Healthy North Carolina 2020 Statewide Objectives:

There are 40 objectives within 13 focus areas. They include:



Increase the percentage of adults meeting the CDC aerobic recommendations to **60.6%**



Increase the percentage of adults who consume 5+ servings of fruits and vegetables per day to **29.3%\***

## Resources in the Twin Counties

Within 10 miles of Rocky Mount



118 Farmer's Markets and Stands



65 Parks and Places to Play



13 Healthcare Facilities (low-cost/free care)



For more, visit The Twin Counties Healthier Communities Assets and Resources Map on our website at [www.twincountiespartnership.org](http://www.twincountiespartnership.org).

\*This comparison based on original Healthy NC 2020 Objectives, which have since been updated.

The Twin Counties Partnership for Healthier Communities is a network of like-minded people working together proactively and strategically to promote and support a community culture of health, wellness and unity in the Twin Counties of Edgecombe and Nash, North Carolina. The Partnership has three work groups which spearhead implementation of a multi-year action plan. To learn more, visit the website at [www.twincountiespartnership.org](http://www.twincountiespartnership.org).



Active Living Work Group