

## Moving Toward a Healthier Aiken County

Based on the 2016 County Health Rankings<sup>1</sup>, Aiken County is ranked **16th** out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked **14th** for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

### Aiken County Demographics

**Population = 165,829<sup>2</sup>**

Under 18 **22.1%**

18-64 **60.4%**

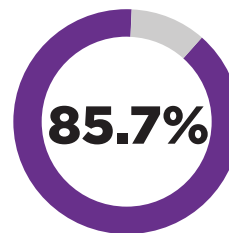
Over 65 **17.5%**

African-American **25.1%**

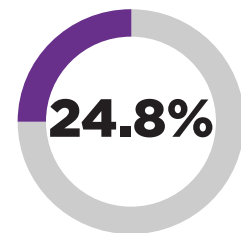
Caucasian **71.4%**

Hispanic **5.4%**

High School Education<sup>3</sup>



College Education<sup>3</sup>



**Median Household Income<sup>3</sup> = \$45,597**



**5.6%**

Unemployment<sup>3</sup>



**16.6%**

Poverty<sup>2</sup>

### Aiken County Health Statistics

#### Leading Causes of Death<sup>4</sup>



Heart Disease



Cancer



Stroke

#### Risk Factors Among Adults



**32.3%**

are obese<sup>5</sup>



**24.8%**

are not physically active<sup>5</sup>



**10.5%**

have diabetes<sup>5</sup>



**19%**

currently smoke cigarettes<sup>6</sup>

#### Children in South Carolina

County-level data on children's health is not currently available.



children ages 2-17 are overweight or obese<sup>7</sup>

**68%** Middle School S.C. students do not get the recommended 60 minutes of physical activity every day<sup>8</sup>

**76%** High School S.C. students do not get the recommended 60 minutes of physical activity every day<sup>8</sup>



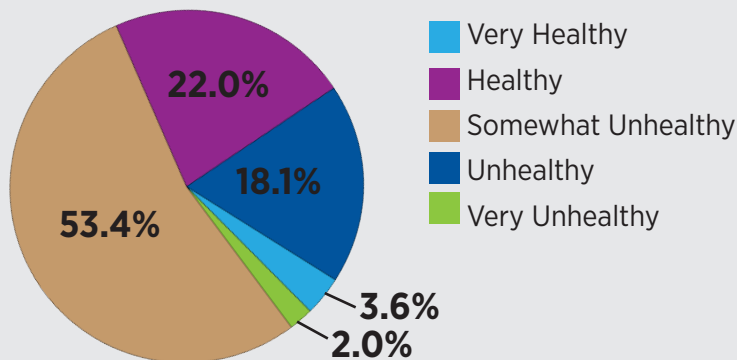
**16%** high school students currently smoke cigarettes<sup>8</sup>

# Aiken County Community Health Assessment Results

Aiken County leaders conducted a community health assessment to determine how residents feel about their health, their healthy eating and active living practices, and the areas in need of improvement.



**How would you rate the overall health of the community?**



**What are the 3 most important factors for a healthy community?**

- 59.1%** Low Crime
- 42.3%** Clean Environment
- 38.1%** Access to Healthcare



**How do you feel about eating fruits and vegetables??**

- 58.7%** Extremely Important
- 34.6%** Important
- 2.2%** Not Important



**How do you feel about being physically active?**

- 53.5%** Extremely Important
- 39.8%** Important
- 2.7%** Not Important

## Examples of Community Action in Aiken County

Community coalitions are working diligently to close the health disparity gap and to improve the health of their communities by providing access to healthy choices at school, work, church and in the community.



### Access to Healthy Foods

The City of Aiken, residents, and businesses partnered to create a **community garden** at Golden Harvest Food Bank to provide low-income families with access to fresh fruits and vegetables.



### Youth Engagement

**12** Aiken High School students advocated for an open community use policy at the school; however, officials did not accept their efforts. Youth worked with Aiken County Parks and Recreation to create monthly youth programs.



### Healthy Food Systems

Eat Smart Move More Aiken County and USC hosted a Food Summit with area leaders and residents to discuss ways to improve Aiken County's food system.



### Tobacco-Free & Smoke-Free Communities

Aiken County, City of Aiken, and City of North August adopted **smoke-free policies**. Aiken Technical College and USC Aiken adopted **tobacco-free policies**. These policies impact **nearly 144,000 people**.

1. County Health Rankings, Robert Wood Johnson Foundation, 2016.
2. United States Census Bureau, 2015.
3. S.C. Department of Employment and Workforce, February 2016.
4. S.C. Department of Health and Environmental Control Vital Statistics, 2014.
5. Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention, 2011-2013.
6. Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention, 2006-2012.
7. S.C. Department of Health and Environmental Control, CHAS 2014.
8. Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention, 2013.
9. S.C. Tobacco-Free Collaborative, September 2015.



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