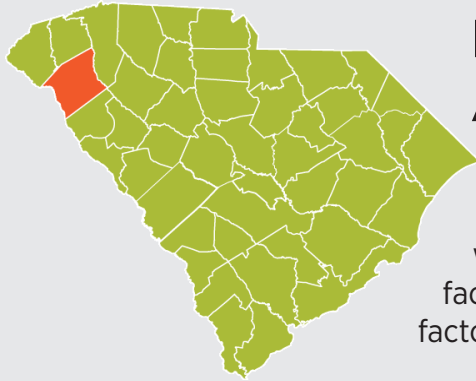


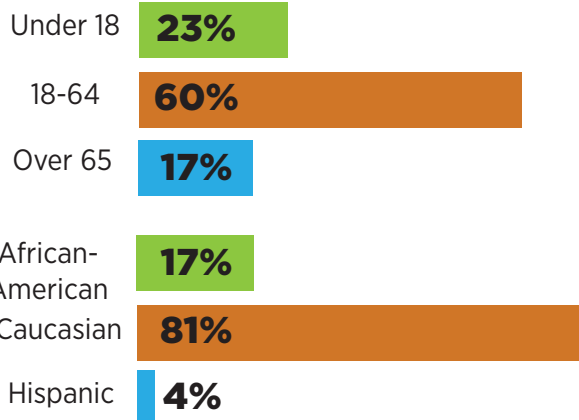
## Moving Toward a Healthier Anderson County



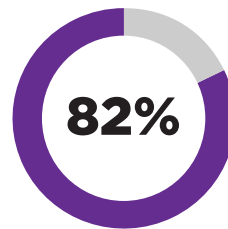
Based on the 2016 County Health Rankings<sup>1</sup>, Anderson County is ranked **11th** out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked **9th** for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

### Anderson County Demographics

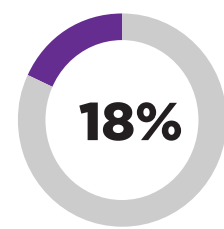
**Population = 194,692<sup>2</sup>**



High School Education<sup>2</sup>



College Education<sup>2</sup>



**Median Household Income<sup>2</sup> = \$41,822**



**5.1%**  
Unemployment<sup>3</sup>



**17%**  
Poverty<sup>2</sup>

### Anderson County Health Statistics

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



Heart Disease



Cancer



Chronic Lower Respiratory Disease

#### Risk Factors Among Adults



**32.8%**  
are obese<sup>5</sup>



**29.0%**  
are not physically active<sup>5</sup>



**11.0%**  
have diabetes<sup>5</sup>



**21.0%**  
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>

## Anderson County Community Focus Group Results

Anderson County leaders conducted seven focus groups to determine how residents feel about the health of their community, health conditions, access to healthcare, and quality of healthcare.



### What are the top 5 health conditions for adults in the county?

1. Obesity/Overweight
2. Diabetes
3. Hypertension
4. Congestive Heart Failure
5. Mental Health Issues



### What are the top 5 health conditions for children in the county?

1. Diabetes
2. Obesity/Overweight
3. Developmental Delays
4. Mental Health/Behavioral Issues
5. Asthma and Allergies



### What are the top barriers to a healthy lifestyle?

1. Low Socioeconomic Status
2. Lack of time for physical activity and preparing healthy meals
3. Little or no education on healthy lifestyles
4. Age/Disability
5. Lack of access to safe places to be physically active



### What are solutions to healthy lifestyle barriers?

1. Increase awareness of available resources
2. Improve communication between doctors, patients and caregivers
3. Partner with schools on obesity prevention
4. Provide wellness programs at work
5. Support growth of walking trails and bike paths

## Examples of Community Action in Anderson 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.



### Active Community Environments

**Anderson School District 3** adopted an **open community use policy**, allowing community members to use its outdoor facilities for physical activity.



### Healthy School Environments

**Anderson School District 4** received national recognition for participating in the Alliance for a Healthier Generation's **Healthy Schools Program**.



### Access to Healthy Foods

The Anderson County Farmers Market accepts **SNAP** and participates in the **Healthy Bucks Program**, which provides incentives to SNAP recipients for shopping at the farmers market.



### Smoke-Free/Tobacco-Free Policy

**2 out of 5 (40%)** Anderson County school districts adopted a tobacco-free policy (includes electronic devices); and Anderson University and Tri-County Technical College adopted a policy as well. This impacts more than **39,500 people**.<sup>9</sup>

1. County Health Rankings, Robert Wood Johnson Foundation, 2016.
2. United States Census Bureau, 2016.
3. S.C. Department of Employment and Workforce, March 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, March 2016.