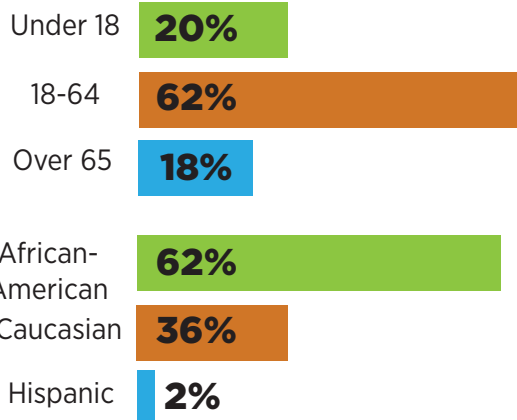


## Moving Toward a Healthier Bamberg County

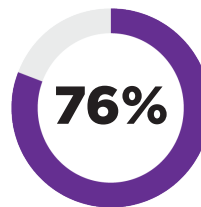
Based on the 2015 County Health Rankings<sup>1</sup>, Bamberg County is ranked **41st** out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked **28th** for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

### Bamberg County Demographics

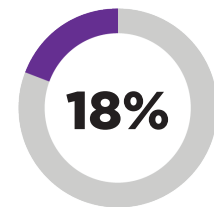
**Population = 15,987<sup>2</sup>**



High School Education<sup>3</sup>



College Education<sup>3</sup>



**Median Household Income<sup>3</sup> = \$31,483**



**9.4%**

Unemployment<sup>3</sup>



**27.6%**

Poverty<sup>2</sup>

### Bamberg County Health Statistics

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



Heart Disease



Cancer



Stroke

#### Risk Factors Among Adults



**41.7%**

are obese<sup>5</sup>



**33.1%**

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



**15.3%**

have diabetes<sup>5</sup>



**17%**

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>



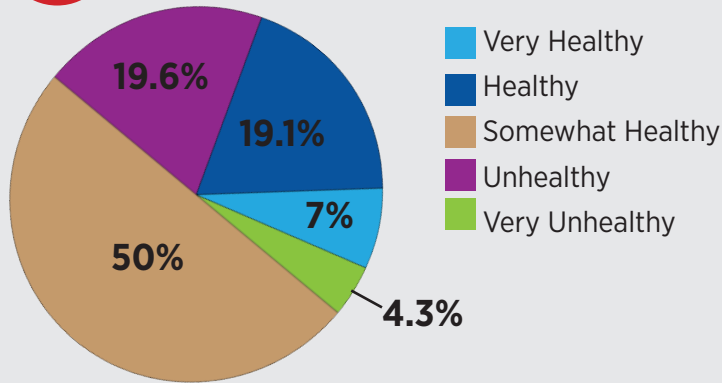
**16%** high school students currently smoke cigarettes<sup>8</sup>

# Bamberg County Community Health Assessment Results

Bamberg 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. Volunteers **interviewed 232 residents**.



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



**What are risky behaviors in your community?**

- 58.4%** Alcohol Abuse
- 52.6%** Poor Eating Habits
- 33.2%** Unsafe Sex



**What risky behaviors do you take part in?**

- 44.8%** Lack of Exercise
- 38.5%** Poor Eating Habits
- 36.4%** Being Overweight



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

- 61.8%** Extremely Important
- 34.5%** Important
- 3.7%** Not important



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

- 56.5%** Extremely Important
- 39.3%** Important
- 4.2%** Not important

## Examples of Community Action in Bamberg 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

Bamberg-Ehrhardt High School created a school garden. Students used the produce to sell at the farmer's market and sold to **40 customers**.



### Smoke-Free Schools, Colleges, Universities

Voorhees College became **one of the first** historically black universities in S.C. to adopt a tobacco-free policy. Bamberg County School District One adopted a district-wide tobacco-free policy, impacting approximately **1,500 people**<sup>9</sup>.



### Healthy School Environments

**100%** of schools in Bamberg School Districts 1 and 2 participate in the Alliance for a Healthier Generation's Healthy Schools Program. **100%** of Bamberg School District 2 schools also participate in S.C. Farm to School.



### Faith-Based Tobacco Initiatives

**11** churches adopted tobacco-free policies. Available reach data for three churches show this impacts more than **586 people**<sup>9</sup>.

1. County Health Rankings, Robert Wood Johnson Foundation, 2015.
2. United States Census Bureau, 2015.
3. S.C. Department of Employment and Workforce, September 2015.
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, June 2014.



[www.scdhec.gov](http://www.scdhec.gov)  
[www.esmmsc.org](http://www.esmmsc.org)