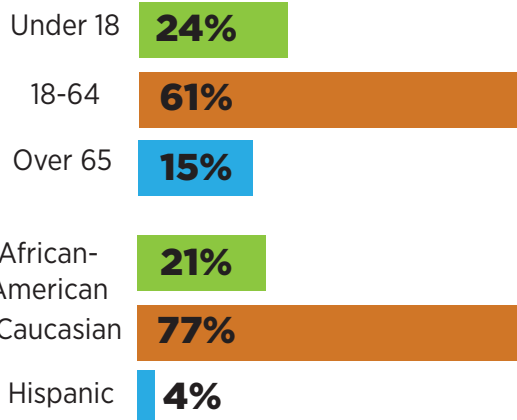


Moving Toward a Healthier Cherokee County

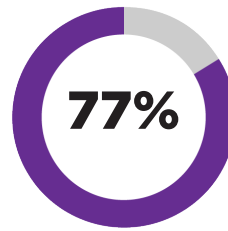
Based on the 2016 County Health Rankings¹, Cherokee County is ranked **30th** out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked **30th** for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

Cherokee County Demographics

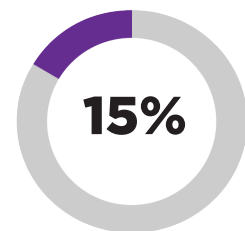
Population = 56,194²



High School Education²



College Education²



Median Household Income² = \$34,766



6.7%

Unemployment³



22.3%

Poverty²

Cherokee County Health Statistics

Leading Causes of Death⁴



Heart Disease



Cancer



Flu and Pneumonia

Risk Factors Among Adults



34.5%

are obese⁵



33.2%

are not physically active⁵



12.7%

have diabetes⁵



28%

currently smoke cigarettes⁶

Children in South Carolina

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



children ages 2-17 are overweight or obese⁷

68% Middle School S.C. students do not get the recommended 60 minutes of physical activity every day⁸

76% High School S.C. students do not get the recommended 60 minutes of physical activity every day⁸



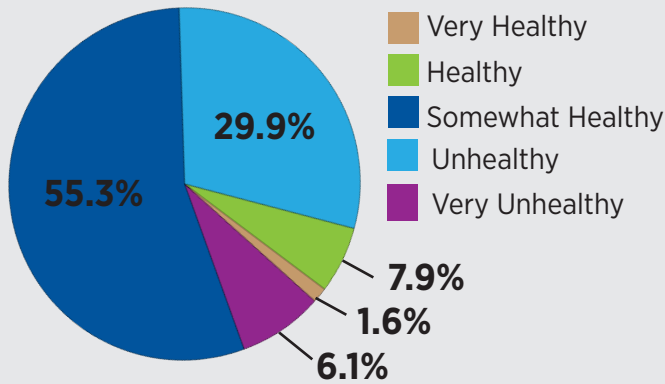
16% high school students currently smoke cigarettes⁸

Cherokee County Community Health Assessment Results

Cherokee 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. In 2013, volunteers **surveyed 502 residents**.



How would you rate the overall health of the community?



What are the 5 most concerning health issues?

1. Alcohol Use
2. Overweight/Obesity
3. Cancer
4. Drug Use
5. Diabetes



What are the 3 main reasons your community isn't active more often?

- 55.3%** Not enough sidewalks
- 7.9%** Crime
- 1.6%** Not enough places to be active



Percent of overweight or obese students based on the 2014 Cherokee County BMI Report:

- 36.3%** of 1st graders were overweight or obese
- 41.2%** of 3rd graders were overweight or obese
- 50.1%** of 5th graders were overweight or obese



What are the 3 main reasons your community doesn't eat healthy foods more often?

- 89.0%** Too expensive
- 74.89%** Eat fast food regularly
- 63.0%** Don't cook at home

Examples of Community Action in Cherokee 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

Created a master bicycle/pedestrian plan with ALTA Planning + Design. Hosted community field-day events to celebrate and promote healthy lifestyles, which was **led by Gaffney High School students**.



Access to Healthy Foods

Conducted Cooking Matters classes, a 6-week class that teaches families how to shop for healthy, affordable food and prepare it. Participants receive **free groceries each week**, and the entire course is free for SNAP-eligible families.



Healthy School Environments

Several schools built raised bed gardens to teach elementary students about healthy eating.



Smoke-Free/Tobacco-Free Policy

100% of Cherokee County schools are smoke-free/tobacco-free campuses. This impacts more than **8,600 people**.⁹

1. County Health Rankings, Robert Wood Johnson Foundation, 2016.
2. United States Census Bureau, 2016.
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, March 2016.

