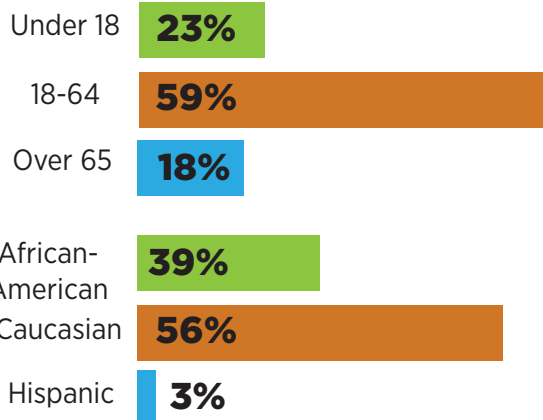


Moving Toward a Healthier Colleton County

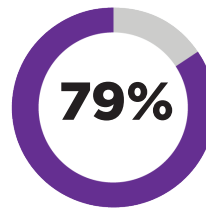
Based on the 2015 County Health Rankings¹, Colleton County is ranked **38th** out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked **41st** for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

Colleton County Demographics

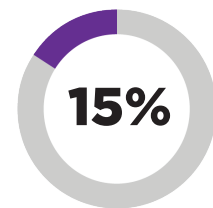
Population = 37,834²



High School Education³



College Education³



Median Household Income³ = \$33,233



6.5%

Unemployment³



21%

Poverty²

Colleton County Health Statistics

Leading Causes of Death⁴



Heart Disease



Cancer



Chronic Lower Respiratory Disease



39.8%

are obese⁵



29.2%

are not physically active⁵



15.3%

have diabetes⁵



24%

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

Colleton County Community Health Assessment Results

Colleton 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.



What are Colleton County's strengths?

- Farmer's Market & Mobile Farmer's Market
- Free Breakfast & Fresh Fruit and Vegetable Program at Schools
- Walking Trails
- Recreation Center
- Commercial Kitchen
- Active Local Coalition



What is the top reason people in your community do not eat healthy and are not physically active?

#1 reason: Lack of access to healthy foods and to physical activity



What are Colleton County's weaknesses?

- A Resistance to Change
- Health Education & Awareness
- Lack of Physical Activity for Students at School
- Lack of Physical Activity for Residents Outside of City Limits



According to County Healthy Rankings, population health outcomes are as follows:

43% Have Access to Physical Activity

32% Are Physically Inactive

24% Smoke

120% Report Poor or Fair Health

Examples of Community Action in Colleton 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

Colleton County, the City of Walterboro, and ESMM Colleton County worked with Alta Planning + Design to create a **master bicycle/pedestrian plan** to improve access to safe places to be physically active.



Access to Healthy Foods

Colleton County children benefit from a Summer Feeding Program. Also, Colleton County has **one** farmers market and **one** mobile farmers market that experiences success.



Healthy School Environments

5 of 11 (45%) schools are participating in Alliance for a Healthier Generation's Healthy Schools Program, which assists in making healthy improvements. **100%** of the participating schools have been awarded the Bronze National Healthy Schools Award.



Tobacco-Free & Smoke-Free Communities

Colleton County School District adopted **a district-wide tobacco-free policy**. Colleton County, the City of Edisto Beach and the City of Walterboro adopted smoke-free policies.

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, September 2015.



www.scdhec.gov
www.esmmsc.org