Community Health Improvement

Moving Toward a Healthier Dorchester County

Based on the 2015 County Health Rankings, Dorchester County is ranked 5th out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked 4th for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

Dorchester County Demographics

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Population %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 18</td>
<td>26%</td>
</tr>
<tr>
<td>18-64</td>
<td>63%</td>
</tr>
<tr>
<td>Over 65</td>
<td>11%</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Education %</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>26%</td>
</tr>
<tr>
<td>Caucasian</td>
<td>69%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>5%</td>
</tr>
</tbody>
</table>

High School Education = 89%
College Education = 25%

Median Household Income = $53,857

Unemployment = 5.3%
Poverty = 12.1%

Dorchester County Health Statistics

**Leading Causes of Death**
- Cancer
- Heart Disease
- Stroke

**Risk Factors Among Adults**
- 30.5% are obese
- 22.1% are not physically active
- 9.7% have diabetes
- 19% currently smoke cigarettes

**Children in South Carolina**

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

- 36% children ages 2-17 are overweight or obese
- 68% Middle School S.C. students do not get the recommended 60 minutes of physical activity every day
- 76% High School
- 16% high school students currently smoke cigarettes

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Dorchester County Community Health Assessment Results

Dorchester 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 253 residents.

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

- Excellent: 6.56%
- Very Good: 43.85%
- Good: 37.30%
- Fair: 11.48%
- Poor: 0.82%

**What are the 3 main reasons why people in your community are not often physically active?**

- Too Tired After Work: 62.50%
- Not Enough Sidewalks: 40.09%
- No Parks/Outdoor Space: 33.19%

**What are the 3 main reasons why people in your community do not frequently eat healthy foods?**

- Eat Fast Food Regularly: 71.31%
- Too Expensive: 55.70%
- Too Tired After Work: 40.51%

**I think these are the 3 most important health concern in our community:**

- Obesity: 68.72%
- Heart Disease: 34.98%
- Diabetes: 31.69%

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

- Good Jobs/Healthy Economy: 53.14%
- Access to Healthy Foods: 39.33%
- Access to Health Care: 38.08%

**Examples of Community Action in Dorchester 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.

**Healthy School Environments**

The MUSC Lean Team is working with schools to improve their health and safety policies and programs. **Twenty-two (100%)** schools in Dorchester School District 2 have completed a school health plan through either the CDC School Health Index or the Alliance for a Healthier Generation Healthy Schools Program.

**Youth Engagement**

The Dorchester County HYPE Project Team (**11 youth**) completed the Faithful Families Eating Smart and Moving More Assessment with **four** churches. They convinced the pastors to support healthy eating and active living through the creation of healthy ministries, prayer walks and other strategies.

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