Moving Toward a Healthier Lee County

Based on the 2015 County Health Rankings, Lee County is ranked 44th out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked 31st for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

### Lee County Demographics

**Population = 18,407**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 18</td>
<td>21%</td>
</tr>
<tr>
<td>18-64</td>
<td>63%</td>
</tr>
<tr>
<td>Over 65</td>
<td>16%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>63%</td>
</tr>
<tr>
<td>Caucasian</td>
<td>35%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>2%</td>
</tr>
</tbody>
</table>

**High School Education**

- 73%

**College Education**

- 9%

**Median Household Income = $27,373**

- 7.8% Unemployment

- 28% Poverty

### Lee County Health Statistics

#### Leading Causes of Death

- Cancer
- Heart Disease
- Chronic Lower Respiratory Disease
- Diabetes

#### Risk Factors Among Adults

- 44.1% are obese
- 30% are not physically active
- 14.1% have diabetes
- 16% 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 S.C. students currently smoke cigarettes
- 16% high school students currently smoke cigarettes
Lee County Community Health Assessment Results
Lee 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 364 residents.

How would you rate the overall health of the community?

- Excellent: 25.86%
- Very Good: 23.68%
- Good: 40.81%
- Fair: 6.85%
- Poor: 2.80%

Do you support smoke-free workplaces, including restaurants and bars?

- Yes: 79.55%
- No: 20.45%

What are the 3 most concerning health issues in your community?

- Diabetes: 52.19%
- High Blood Pressure: 45.48%
- Cancer: 39.07%

What are the 3 main reasons you are not active more often?

- Not enough places to be active: 55.08%
- Personal Choice: 38.14%
- Crime: 33.05%

What are the 3 main reasons you do not eat healthy foods more often?

- No farmer’s market: 54.30%
- Too expensive: 51.95%
- No grocery store nearby: 25.00%

Examples of Community Action in Lee 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
5 of 6 (83.3%) schools implemented the SC Farm to School Program. 100% of child development centers implemented the ABC Grow Healthy Nutrition and Physical Activity Standards.

Access to Healthy Foods
Community leaders and organizers created 7 community gardens throughout Lee County. Two of those gardens are located on church grounds.

Youth Engagement
18 Lee Central High School (LCHS) students created a HYPE Project Team to advocate for healthy eating and active living. The team presented strategies to the LCHS Food Service Director for improving fruit and vegetable consumption among students.