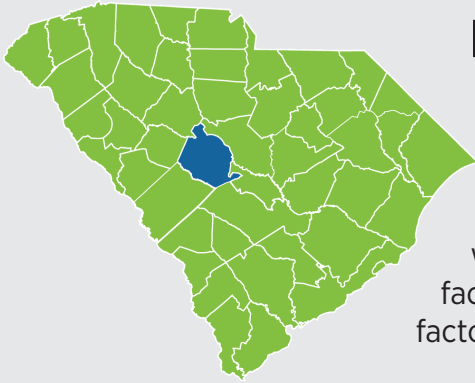


# Community Health Improvement



## Moving Toward a Healthier Lexington County

Based on the 2017 County Health Rankings<sup>1</sup>, Lexington County is ranked **6th** out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked **6th** for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

### Lexington County Demographics

**Population = 278,988<sup>2</sup>**

Under 18 **23.50%**

18-64 **62.08%**

Over 65 **14.42%**

African-American **14.88%**

Caucasian **78.01%**

Hispanic **5.96%**

**Median Household Income<sup>3</sup> = \$54,170**

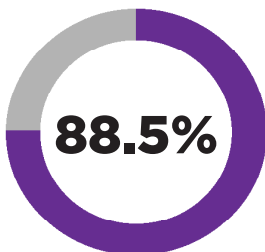


**4%**  
Unemployment<sup>3</sup>

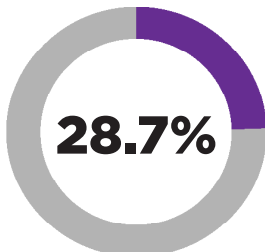


**13.8%**  
Poverty<sup>2</sup>

High School Education<sup>3</sup>



College Education<sup>3</sup>



### Lexington County Health Statistics

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



Heart Disease



Cancer



Accidents

#### Risk Factors Among Adults



**35.17%**  
are obese<sup>5</sup>



**22.71%**  
are not physically active<sup>5</sup>



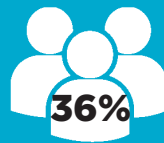
**11.75%**  
have diabetes<sup>5</sup>



**19.47%**  
currently smoke cigarettes<sup>6</sup>

#### Children in South Carolina

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



**36%**  
children ages 2-17 are overweight or obese<sup>7</sup>

**68%**

Middle School

**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>

## Lexington County Community Health Needs Assessment Results<sup>9</sup>

Local leaders conducted a community health needs assessment to determine the top issues in the community. Residents and community leaders were surveyed, interviewed and participated in focus groups to determine the priority needs. The priorities referenced below are from all combined data sets. The other questions represent community responses to the survey.



**According to the Community Health Needs Assessment, what are the top 3 priorities in Lexington and Richland counties (across all data sets)?**

- 16%** Access to affordable healthcare
- 9%** Overweight/Obesity
- 8%** High Blood Pressure



**Rank the top 3 ways you get your health information.**

- 49%** Doctor/Nurse
- 27%** Internet
- 6%** Family member



**Rank the top 3 reasons people in your community are not active.**

- 28%** Not enough sidewalks
- 24%** Not a priority
- 13%** Crime



**Rank the top 3 reasons people in your community may not eat healthy foods more often.**

- 34%** Eat fast food regularly
- 31%** Don't cook at home
- 16%** Too expensive

## Examples of Community Action in Lexington 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.



### Diabetes Prevention

Since 2013, Palmetto Health's Diabetes Prevention Program (DPP) has **more than doubled** in participation. **More than two-thirds (71.4%)** of participants achieved measurable improvements in three or more indicators and saw a decrease in their hemoglobin A1c (HbA1c).



### Healthy School Environments

Lexington School District One created **nine school gardens** and **one church garden** to teach students, parents and community members how to grow their own food and the importance of eating healthy. Produce from the school gardens are used in the school cafeteria and in the classroom to introduce students to foods they may not have tasted before.



### Active Community Environments

Eat Smart Move More Lexington County worked with the City of Cayce to develop **mile markings and way-finding signage** for the Riverfront Trail. These tools were developed through a grant from SCDHEC.



### Access to Healthy Foods

Lexington County residents have access to fresh fruits and vegetables at **three farmers markets and 13 roadside markets. Five markets accept SNAP, and four accept WIC and Senior Vouchers.**

1. County Health Rankings, Robert Wood Johnson Foundation, 2017.  
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, 2015.  
5. Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention, 2011-2015.  
6. S.C. Department of Health and Environmental Control, CHAS 2015.  
7. Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention, 2015.  
8. Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention, 2013.  
9. S.C. Tobacco-Free Collaborative, April 2016.