

## Moving Toward a Healthier Oconee County

Based on the 2016 County Health Rankings<sup>1</sup>, Oconee County is ranked **13th** out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked **12th** for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

### Oconee County Demographics

**Population = 75,713<sup>2</sup>**

Under 18 **20.4%**

18-64 **58%**

Over 65 **21.6%**

African-American **7.8%**

Caucasian **89.5%**

Hispanic **4.8%**

High School Education<sup>3</sup>

**83.2%**

College Education<sup>3</sup>

**22.1%**

**Median Household Income<sup>3</sup> = \$41,197**



**5.8%**

Unemployment<sup>3</sup>



**17.5%**

Poverty<sup>2</sup>

### Oconee County Health Statistics

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



Heart Disease



Cancer



Chronic Respiratory Disease

#### Risk Factors Among Adults



**29.6%**

are obese<sup>5</sup>



**23%**

are not physically active<sup>5</sup>



**11.4%**

have diabetes<sup>5</sup>



**17%**

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 S.C. students do not get the recommended 60 minutes of physical activity every day<sup>8</sup>

**76%** High School S.C. students do not get the recommended 60 minutes of physical activity every day<sup>8</sup>



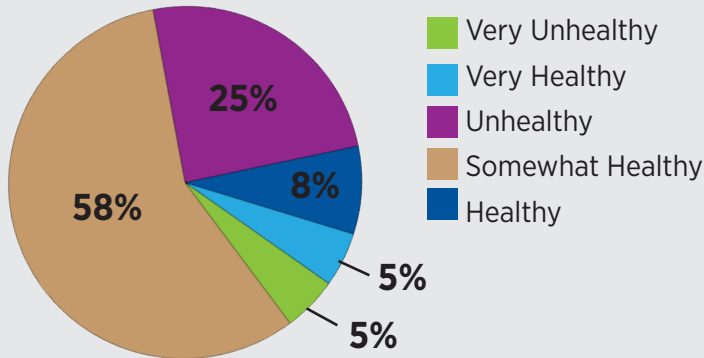
**16%** high school students currently smoke cigarettes<sup>8</sup>

# Oconee County Community Health Assessment Results

Oconee 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.



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



**What are the 5 most important health issues?**

1. Overweight/Obesity
2. Cancer
3. Alcohol/Drug Abuse
4. Aging
5. High Blood Pressure



**What are the most important risky behaviors?**

1. Lack of Exercise
2. Alcohol/Drug Abuse
3. Poor Eating Habits
4. Tobacco Use

## Examples of Community Action in Oconee 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

City of Westminster created a marked walking route system to increased safe, easy access to physical activity. Expansion of the Palmetto Trail continues into the upper most portions of Oconee County and trail mapping continues to the site of the impending new trailhead to be located in the Town of Walhalla



### Healthy School Environments

The School District of Oconee County began FitnessGram implementation, a physical fitness assessment and body mass index tracking program. Data will be used to assist physical education teachers in lesson plans and parents in making healthy changes with their children.



### Tobacco-Free & Smoke-Free Communities

Oconee County School District adopted a district-wide **tobacco-free policy**.

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, September 2015.



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