Community Health Improvement

Moving Toward a Healthier Orangeburg County

Based on the 2015 County Health Rankings, Orangeburg County is ranked 39th out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked 34th for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

Orangeburg County Demographics

Population = 90,942

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Under 18</td>
<td>23%</td>
</tr>
<tr>
<td>18-64</td>
<td>61%</td>
</tr>
<tr>
<td>Over 65</td>
<td>16%</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>African-American</td>
<td>62%</td>
</tr>
<tr>
<td>Caucasian</td>
<td>34%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>2%</td>
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</tbody>
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High School Education = 79%

College Education = 19%

Median Household Income = $34,110

Unemployment = 10.2%

Poverty = 25.2%

Orangeburg County Health Statistics

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

Risk Factors Among Adults
- 41% are obese
- 26.8% are not physically active
- 14.1% have diabetes
- 21% currently smoke cigarettes

Children in South Carolina

- 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 students currently smoke cigarettes
- 21% currently smoke cigarettes

County-level data on children's health is not currently available.
Orangeburg County Community Health Assessment Results

Orangeburg 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 904 residents.

How would you rate the overall health of the community?

- Very Healthy: 24%
- Healthy: 10%
- Somewhat Healthy: 13%
- Unhealthy: 4%
- Very Unhealthy: 49%

What are risky behaviors in your community?

- Being Overweight: 54.2%
- Alcohol Abuse: 47.9%
- Drug Abuse: 43.7%

What risky behaviors do you take part in?

- Lack of Exercise: 54.2%
- Poor Eating Habits: 47.9%
- Drug Abuse: 43.7%

How do you feel about fruits and vegetables?

- Extremely Important: 61.8%
- Important: 31.1%
- Not important: 2.4%

How do you feel about being physically active?

- Extremely Important: 59.2%
- Important: 34.3%
- Not important: 1.5%

Examples of Community Action in Orangeburg 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

18 existing walking trails are marked with signs, allowing walkers to mark their distance. The City of Orangeburg Bike and Walk Friendly Action Plan is part of the regional plan to improve conditions for bicyclists and walkers.

Healthy School Environments

3 of 27 (11%) schools are participating in the online version of Alliance for a Healthier Generation’s Healthy Schools Program, which assists in making healthy improvements.

Access to Healthy Foods

Enhanced the Right Choice, Fresh Start Farmer’s Market, increasing the number of SNAP, WIC and voucher program purchases. Enhancements include adopting the Healthy Bucks Program.

Smoke-Free Communities

4 of 25 (16%) potential sites, including cities, school districts, and colleges, are tobacco-free. This effects approximately 15,000 people.

References: