

Moving Toward a Healthier Pickens County

Based on the 2016 County Health Rankings¹, Pickens County is ranked **12th** out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked **8th** for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

Pickens County Demographics

Population = 121,691²

Under 18 **19.7%**

18-64 **65.1%**

Over 65 **15.2%**

African-American **6.9%**

Caucasian **89.4%**

Hispanic **3.4%**

High School Education³

82.3%

College Education³

22.4%

Median Household Income³ = \$41,501



5.4%

Unemployment³



19.5%

Poverty²

Pickens County Health Statistics

Leading Causes of Death⁴



Heart Disease



Cancer



Alzheimers

Risk Factors Among Adults



30.6%

are obese⁵



22.6%

are not physically active⁵



10.7%

have diabetes⁵



20%

currently smoke cigarettes⁶

Children in South Carolina

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



36%

children ages 2-17 are overweight or obese⁷

68% Middle School S.C. students do not get the recommended 60 minutes of physical activity every day⁸

76% High School



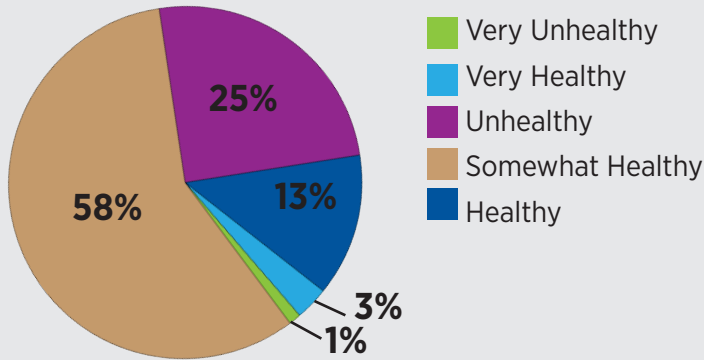
16% high school students currently smoke cigarettes⁸

Pickens County Community Health Assessment Results

Pickens 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 top reasons people aren't more active?

1. Not enough sidewalks
2. Not enough places to physically active
3. Traffic



What are the top reasons people don't eat healthy food?

1. Eat fast food regularly
2. Too expensive
3. Don't cook at home



What are the most important factors for a healthy community?

1. Good jobs/Healthy economy
2. Strong faith and fellowship
3. Access to healthy, affordable foods

Examples of Community Action in Pickens 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

The Doodle Trail, a 7.5 mile rails to trails multi-use trail opened to the community in May 2015. Trailhead development continues.



Youth Engagement

17 students created a HYPE Project Team to advocate for healthy eating and active living. The team successfully worked with their town council to resurface a walking trail.



Healthy School Environments

The Pickens County School District implemented FitnessGram, 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

4 out of 7 (57%) of Pickens County municipalities have adopted a smoke-free policy. Pickens County School District, Clemson University, Southern Wesleyan University and Tri-County Technical College in Easley adopt tobacco-free policies. All of these policies impact **more than 84,500 people**.

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.

