Moving Toward a Healthier Richland County

Based on the 2017 County Health Rankings\(^1\), Richland County is ranked 10th 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.

### Richland County Demographics

<table>
<thead>
<tr>
<th>Population = 406,605(^2)</th>
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<tbody>
<tr>
<td>Under 18: 22.33%</td>
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<tr>
<td>18-64: 66.14%</td>
</tr>
<tr>
<td>Over 65: 11.52%</td>
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<tr>
<td>African-American: 46.83%</td>
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<tr>
<td>Caucasian: 45.77%</td>
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<tr>
<td>Hispanic: 5.24%</td>
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**Median Household Income\(^3\) = $48,674**

- 4.7% Unemployment\(^3\)
- 16.1% Poverty\(^2\)
- 89.6% High School Education\(^3\)
- 36.2% College Education\(^3\)

### Richland County Health Statistics

**Leading Causes of Death\(^4\)**

- Cancer
- Heart Disease
- Cerebrovascular Disease

**Risk Factors Among Adults**

- 31.61% are obese\(^5\)
- 20.92% are not physically active\(^5\)
- 10.20% have diabetes\(^5\)
- 20.33% currently smoke cigarettes\(^6\)

**Children in South Carolina**

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

- 36% Middle School students do not get the recommended 60 minutes of physical activity every day\(^8\)
- 16% high school students currently smoke cigarettes\(^8\)
Richland County Community Health Needs Assessment Results

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 Richland 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**

Palmetto Health invested in a program called GoNoodle to increase students’ physical activity and improve academic performance. During the 2015-2016 school year, more than 34,000 Richland County students were engaged each month, resulting in 15.2 million minutes of physical activity. There were 133 active schools using GoNoodle in Richland and Sumter counties with 1,605 monthly active teachers.

**Active Community Environments**

A Richland County community coalition secured a grant to develop a bike boulevard in the Edgewood area along a two-mile stretch of road. Residents now have access to bike lanes and safe routes to bike/walk.

**Access to Healthy Foods**

Richland County residents have access to fresh fruits and vegetables at eight farmers markets and two roadside markets. Five markets accept SNAP, and two accept WIC and Senior Vouchers.

2. United States Census Bureau, 2015