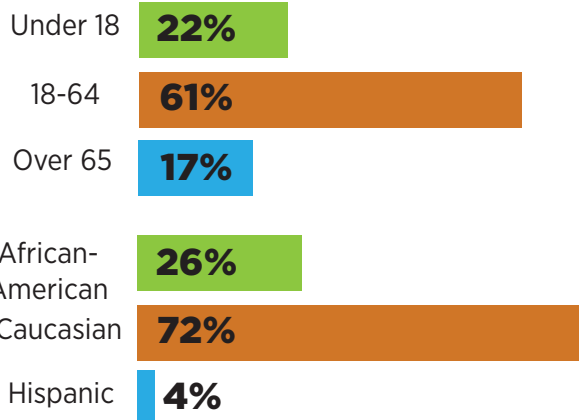


## Moving Toward a Healthier Laurens County

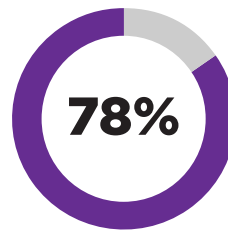
Based on the 2016 County Health Rankings<sup>1</sup>, Laurens County is ranked **26th** out of 46 counties in South Carolina for health outcomes, which measures length and quality of life, and is ranked **27th** for health factors, which measures health behaviors, clinical care, social and economic factors, and physical environment.

### Laurens County Demographics

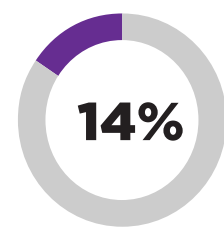
**Population = 66,623<sup>2</sup>**



High School Education<sup>2</sup>



College Education<sup>2</sup>



**Median Household Income<sup>2</sup> = \$38,300**



**6.2%**

Unemployment<sup>3</sup>



**21.1%**

Poverty<sup>2</sup>

### Laurens County Health Statistics

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



Cancer



Heart Disease



Chronic Lower Respiratory Disease

#### Risk Factors Among Adults



**38.7%**

are obese<sup>5</sup>



**31.9%**

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



**13.0%**

have diabetes<sup>5</sup>



**23.0%**

currently smoke cigarettes<sup>6</sup>

#### Children in South Carolina

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



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>

# Laurens County Community Health Assessment Results

Step Up Laurens County formed in 2011 to enhance quality of life in Laurens County. The group conducted an assessment of its membership and community members, as well as used a school-based assessment, to determine strategic work for improving the health of Laurens County.



## What are the most important opportunities for improving health in Laurens County?

1. Improve communication & partnerships between communities
2. Lighting, crosswalks, curbs, etc. to enhance safety and walkability
3. Strengthen parenting programs
4. Increase access to affordable healthy foods
5. Additional health care focus on prevention



## What are the top healthy eating strategic outcomes in Laurens County?

1. Decrease body mass index for school children and adults
2. Increase number of farmers markets and enhance existing farmers markets
3. Increase healthy vending options
4. More restaurants offering healthy options
5. Increase consumption of fruits and vegetables by youth



## What is the health status of Laurens School District 55?

1. Over half of students are overweight or obese
2. Less than half of students passed all 4 parts of the state fitness assessment
3. Evidence-based materials are being used for substance abuse prevention.
4. Child nutrition department is in compliance with state requirements.



## What are the top active living strategic outcomes in Laurens County?

1. Increase trail system use and continue to seek trail funding
2. Implement a pedometer program
3. Increase in workplace wellness programs
4. Teacher toolkit for increasing daily movement is completed
5. Pass Complete Street resolution

## Examples of Community Action in Laurens 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

Leaders are working with schools to adopt an **open community use policy**, allowing community members to use outdoor school facilities for physical activity.



### Youth Engagement

**32** students created a HYPE Project Team to advocate for signs and lighting to increase safety. The Team recently completed a walkability assessment.



### Worksite Wellness

**The Laurens County YMCA** adopted a healthy meetings policy. Leaders are encouraging other business to follow the YMCA's lead.



### Smoke-Free/Tobacco-Free Policy

**100%** of Laurens County schools are tobacco-free campuses, with both school districts adopting policies. This impacts more than **8,400 people**.<sup>9</sup>

1. County Health Rankings, Robert Wood Johnson Foundation, 2016.
2. United States Census Bureau, 2016.
3. S.C. Department of Employment and Workforce, March 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, March 2016.