

LIVE HEALTHY SOUTH CAROLINA

WHAT IS LIVE HEALTHY SOUTH CAROLINA?

Live Healthy South Carolina is an ongoing collaborative process with the Alliance for a Healthier South Carolina and SCDHEC **to improve the health of people and places across South Carolina.**

OUR MISSION

To coordinate action on shared goals to improve the health of ALL people in South Carolina.

WHAT HEALTH ISSUES ARE IMPACTING SOUTH CAROLINA?

To answer this question we conducted the State Health Assessment (SHA)

The Live Healthy South Carolina State Health Assessment (SHA) is a comprehensive description of the health status of South Carolina.

The SHA has over 90 Health Indicators. Below are a few interesting facts:

- In 2017, **34.1% of adults were obese** in South Carolina - 1 in 3 adults.
- In 2017, South Carolina had the **10th highest percent of obesity among adults.**
- In 2017, 1,535 South Carolina residents died from diabetes. **Diabetes was the 7th leading cause of death in South Carolina.**
- **African American residents had more than two times higher death rate from diabetes** compared to white residents.
- 13.4% of adults in South Carolina was diagnosed with diabetes in 2017.
- South Carolina had the **5th highest percent of adult population with diabetes** in 2017.

It captured the voices of about 4,000 residents across SC through our Public Input Surveys and combined it with the work of the Office of Rural Health Action Plan.

COMMUNITY PRIORITIES



Housing



Access to care



Community assets,
leadership, and engagement



Acceptance of
all people



Education



Economic
development



Access to affordable
and healthy foods



Strong faith and
fellowship

WHAT ARE WE DOING TO IMPROVE HEALTH?

State Health Improvement Plan (SHIP)

The Alliance for a Healthier South Carolina through its partners developed of the 2018-2023 State Health Improvement Plan (SHIP).

This **CALL TO ACTION** will serve as a **Blue Print** to improve health:

- By creating safe and supportive environments for **Resilient Children** (Adverse Childhood Experiences, Trauma and Resiliency)
- By encouraging healthy lifestyles and environments to prevent **Chronic Health Conditions** (Obesity, Hypertension, Heart Disease, Stroke and Diabetes)
- By supporting sustainable systems for **Behavioral Health** Care (Mental Health and Substance Use Disorders)
- By improving **Health Care** (Access to Care, Workforce Development, Integrated Health Care and Informed Consumer Decisions)
- By addressing **Factors that Affect Health** (Social Determinants and Health Disparities)
 - Such as housing, education, income, etc.

CALL TO ACTION

United Voices

Speaking together we can influence policy changes, practices and programs that improve the health of South Carolina.

Building Collaborative Connections

Together we can encourage best practices, expertise and resources to support health improvement.

Working through a Health Equity Lens

Addressing health inequities which are differences in health that are avoidance, unfair, and unjust.
Addressing health disparities which are differences in health outcomes among groups of people.

Making Data Driven Decisions

Using quality data to make fully informed decisions about health and the environment.

WHAT CAN I DO?

Use **Life's Simple 7 Toolkit** to plan healthy meals for your family and be active together – this can improve your health and build resiliency to better handle the stress of today's fast paced world.

More Information: www.LiveHealthySC.com
Contact Us: livehealthyscinfo@dhec.sc.gov

