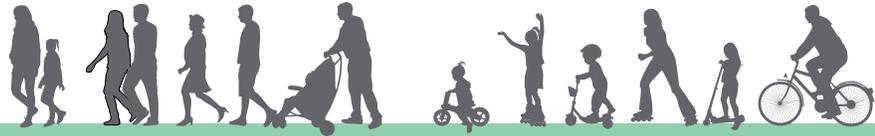


# HEALTHY PALMETTO



## OUR PURPOSE

To unify and mobilize healthy eating and active living efforts that create equitable opportunities for all South Carolinians to achieve a healthy weight.

## OUR PARTNERS

The Healthy Palmetto Leadership Council, consisting of state agencies, academic institutions, non-profit and private organizations, and funders serves as the state coalition that collectively addresses healthy eating, active living, and healthy weight for the Live Healthy SC State Health Improvement Plan.

## OUR VISION

We envision a South Carolina where health is a priority and ALL community members have access to healthy, delicious food and safe, inviting places to be physically active.

# 57%

of SC public school students do not have good cardiorespiratory fitness.

# #1

Obesity was noted as the number one most important community health concern among residents.



Access to affordable, healthy food and safe places for daily physical activity are necessary for South Carolinians to make healthy choices.



Obesity is one of the most pressing health problems facing our state. It can lead to high blood pressure, heart disease, stroke, diabetes, some cancers, gallbladder disease, osteoarthritis, gout, and sleep apnea.

# \$8.7b

Obesity is costing the state more than \$8.7 billion per year.

# 42%

of students in South Carolina are overweight or obese.

# >35%

SC is one of the 16 states that has an adult obesity rate above 35%.



## OUR PRIORITIES (2022-2023)

The Healthy Palmetto Leadership Council has selected six priority areas on which to focus its state-wide efforts. By elevating the collective expertise of these unique partners, we will lay the groundwork for a sustainable model that other priorities can be added to over time. Together, we can achieve more and contribute to a healthier South Carolina!



### **Improve Outdoor Environments in Early Care and Education**

Support the efforts of Grow Outdoors SC to increase young children's access to quality, naturalized outdoor environments that support play and learning across all domains of development in early care and education



### **Prioritize Physical Activity in Schools**

Support SC FitnessGram partners to improve student health by enhancing physical education (PE) and creating more opportunities for physical activity before, during, and after school



### **Promote Trail Connectivity**

Support the development of a SC trails coalition to increase trail connectivity in SC and promote the use of trails through increased knowledge and outreach



### **Expand Awareness of WIC**

Expand awareness of the benefits and services of SC DHEC Women, Infants, and Children (WIC) to increase enrollment of eligible participants



### **Increase Senior Enrollment in SNAP**

Support the SC Department on Aging and SC Thrive to increase enrollment of eligible older adults in SNAP through community-based outreach



### **Increase Access to Healthy Food**

Support the SC Food Policy Council to strengthen local food systems in South Carolina; address food insecurity through the health care system by expanding screening & referral tools and resources; and explore strategies to address community design for physical activity and access to healthy food