



State Health Improvement Plan

2018-2023



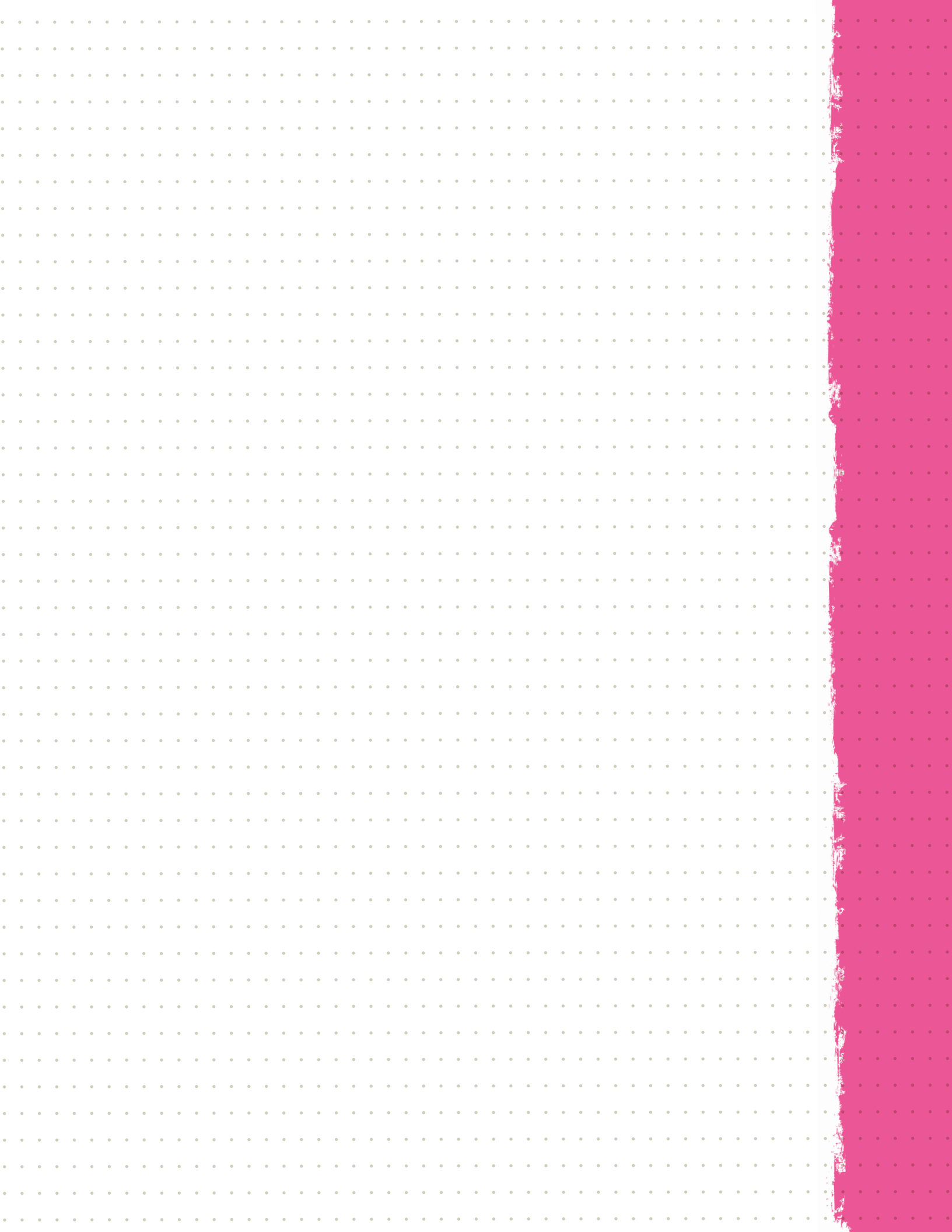
ALLIANCE FOR A HEALTHIER
SOUTH CAROLINA

November 14, 2018

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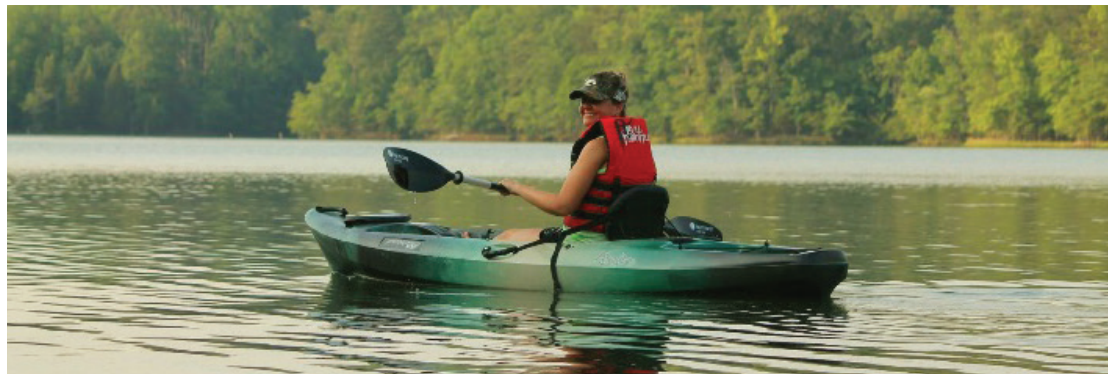




Introduction

Close your eyes and picture health. What do you see?

Quality childcare, affordable preschool, excellent schools? Good-paying job opportunities with comprehensive benefits? Well-constructed housing priced within residents' means? Sidewalks and public transportation? Parks, libraries and recreational areas? Safety? Clean air and rivers? Access to broadband? Stores with fresh produce and healthy food choices close to housing? A sense of community that welcomes all people and creates a space for their voices to be heard? Parents and caregivers who build resilience in our children? A connected community? A health care system invested in supporting people to maintain their health and achieve well-being?



These are the factors that create the opportunity for health.

Live Healthy South Carolina aims to help communities build health through the policy, systems and environments they create. The Alliance for a Healthier South Carolina serves as the backbone organization for this collaborative effort. It seeks to use data to guide action and bring partners together to align and focus efforts to better our health.





State Health Improvement Plan

The 2018-2023 South Carolina State Health Improvement Plan (SHIP) provides a vision for continuous health improvement. It outlines priority areas and includes strategies to improve the health of all people in South Carolina. It is a tool for health care professionals, government agencies, community-based organizations, advocates, academicians, policy makers, and other stakeholders to use to catalyze action that will leverage resources and focus work towards measurable improvement.

The SHIP's success depends on the contribution of many organizations essential to ensuring all South Carolinians reach their optimal health. Putting this plan into action can bring us together to achieve outcomes desired by organizations across multiple sectors.

Priorities in the SHIP were chosen based on data described in the State Health Assessment (SHA). The SHA is a compilation of trends and comparisons from many sources that together paint a picture of South Carolina's health. Metrics were identified so that an annual analysis of health improvement can be completed and shared.

The SHIP builds on the work of many coalitions and organizations across South Carolina. The collaborative health improvement model outlined in the SHIP accomplishes the following goals:

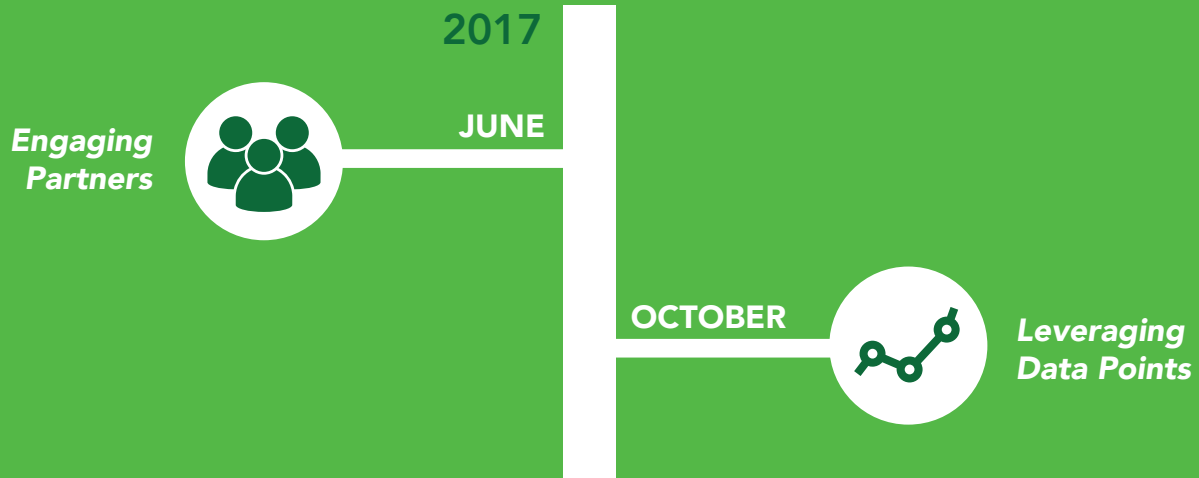
- Provide a review of strategies that can improve population health
- Create a focus on improving everyone's health
- Align state-level leaders from many sectors
- Call to action for state and communities



Common Acronyms

ACEs	Adverse Childhood Experiences
Alliance	Alliance for a Healthier South Carolina
CHA	Community Health Assessment
CHIP	Community Health Improvement Plan
SC RHAP	South Carolina Rural Health Action Plan
SCORH	South Carolina Office of Rural Health
SHA	State Health Assessment
SHIP	State Health Improvement Plan
SWOT	Strategic assessment of strengths, weaknesses, opportunities and threats

State Health Assessment



State Health Improvement Plan



Live Healthy South Carolina's process

includes steps from the initiation of the State Health Assessment (SHA) to annual review of the State Health Improvement Plan (SHIP) metrics (timeline shown on page 10). The framework was modified from the Mobilizing for Action through Planning and Partnerships model that was developed by the National Association of City and County Health Officials.

An activity called "Decision Walk Using Data" was used to present data from the South Carolina Office of Rural Health's Rural Health Action Plan and the SHA to inform, educate, and engage stakeholders in a robust discussion about health outcomes in South Carolina. This was conducted three times between October 2017 and January 2018. The Alliance for a Healthier South Carolina (Alliance) and other community organizations participated. Additionally, in January 2018, a modified SWOT analysis called "Forces of Change" was conducted by the Alliance members to identify issues affecting the state's health.

Members of the Alliance based their selection of priorities for the SHIP on their review of the SHA findings, the Decision Walk Using Data activity, and the Forces of Change discussion. The group utilized the Hanlon method to vote on priorities and narrowed the results to five priority areas:

1. *Resilient Children (Adverse Childhood Experiences, Trauma and Resilience)*
2. *Chronic Health Conditions (Obesity, Hypertension, Heart Disease, Stroke and Diabetes)*
3. *Behavioral Health (Mental Health and Substance Use Disorders)*
4. *Health Care Transformation (Access to Care, Workforce and Integrated Health Care)*
5. *Factors that Affect Health (Social Determinants of Health and Health Disparities)*

Workgroups were formed to develop goals, strategies and metrics for the SHIP. They included Alliance members, subject matter experts, and members of other coalitions already working on the priority areas.

Coalitions comprised of many organizations are in place to focus attention and work on the priority areas. A compendium of assets in South Carolina that support population health improvement was compiled and is included in a later chapter.





1

PRIORITY 1

RESILIENT CHILDREN



AIM:

Build resilience in South Carolina's children through safe and supportive environments.



BRIGHT SPOT

Children’s resilience is heavily influenced by the capacity of the adults in their lives to buffer exposure to stress and provide responsive, sensitive care, especially in the first five years of life. Taking care of children means taking care of their caregivers. Be Well Care Well does just that. The work of Be Well Care Well to support the well-being of childcare providers not only has positive implications for the individual health and well-being of the staff members, it also impacts the emotional health of the children in their care.

Early care and education providers may themselves experience economic hardship, low social status, demanding work environments, and other chronic

stressors.¹ Childcare teachers who experience high levels of stress, depression, and anxiety may be less likely to have positive, supportive interactions with children and may be more likely to expel a child from a preschool program.²

A child’s early experiences influence their health later in life in profound ways. Childcare providers have a tremendous impact on a child’s social-emotional health and development. Taking care of children requires taking care of their teachers. The Be Well Care Well program supports child care providers across eight dimensions of wellness: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual.

“Thanks to Be Well Care Well, I have carved out time every day when I have an assistant with the children, so I can work on self-care,” says Rhonda Johnson, of Johnson Creative Playroom. “I have taken advantage of the community partner connections by taking SC Thrive trainings and Cooking Matters, going for a mammogram, and participating in the Women’s Health Walk with a Doc. I also chose a primary care doctor, which is something I haven’t done in over 10 years!”

Be Well Care Well currently serves the Midlands, Pee Dee and Lowcountry regions. A Well-Being Coach is assigned to each participating childcare program, providing on-site assistance and connection to resources. Programs form a Well-Being Committee. Together, the committee and coach use the Well-Being Activity Guide to select goals that address staff priorities. It includes a number of activities, including on-site exercise and nutrition classes, on-site health screenings, stress management and self-care workshops, and access to employee assistance programs. Four Well-Being Packages are also available, for example, exercise supplies for staff to use at work.

The coaches assist participants in meeting their goals by planning activities, identifying and customizing resources, and coordinating services with local and state partners like SC Thrive. Achieving their goals improves self-care and support among the staff. In turn, these childcare teachers are better positioned to provide care that is responsive and sensitive to children.

“

Thanks to Be Well Care Well, I have carved out time every day when I have an assistant with the children, so I can work on self-care. I have taken advantage of the community partner connections by going to SC Thrive trainings and Cooking Matters, went for a mammogram, and participated in the Women’s Health Walk with a Doc. I also chose a primary care doctor, which is something I haven’t done in over 10 years!

Rhonda Johnson
Johnson Creative Playroom



ADVERSE CHILDHOOD EXPERIENCES AND RESILIENCE

Early life events and exposures, both positive and negative affect an individual's health over their life course. Resilience is the ability for children to show healthy development despite experiencing adversity. Building resilience requires building the child's inner resources as well strengthening the family and the community.

When children's basic needs including ample, healthy food, stable housing, and safety are not met, they experience emotional distress. Children who do not have emotional support and who do not succeed in school have greater risks of poor health outcomes in childhood and later in life.

Adverse childhood experiences (ACEs) are defined as emotional, physical, or sexual abuse, physical or emotional neglect, and household dysfunction, which includes living with someone with a mental health disorder or substance

use disorder, living with someone who was incarcerated, being exposed to domestic violence, or having your parents separate or divorce. ACEs have been linked to risky health behaviors, chronic health conditions and early death. Severe childhood trauma and hardships may also contribute to behavioral health problems in adulthood. Long-term harms of childhood adversity can extend across generations. Children of parents who had four or more adverse childhood experiences are at double the risk of having attention deficit hyperactivity disorder and are four times more likely to have behavioral health problems.

When children grow up in healthy, nurturing homes and environments, they have a better chance of becoming healthy adults. Healthy, productive adults go on to build healthier, safer families and communities for their children. Families who live in under-resourced communities face greater obstacles to building resilience in their children and supporting positive transitions from childhood to adulthood.

ACEs and childhood emotional distress can be prevented and their effects can be mitigated. Intervening early in life can change a child's life course. South Carolina is working to improve the social and emotional health of children and their families through changes at the system and community levels. Health care systems and schools often serve as a portal of entry for traumatized individuals and have a unique opportunity to work with community partners to build childhood resilience. Having a

mechanism to regularly bring together organizations that serve children provides a basis for building systems of care, improving coordination among agencies, identifying gaps and monitoring outcomes of South Carolina's children. This can assist organizations in designing specific, targeted programs that prevent disease and promote optimal health and development. Children's Trust of South Carolina is leading the South Carolina ACE Initiative. To learn more, please visit scChildren.org/ACEs.

PROTECTIVE FACTORS

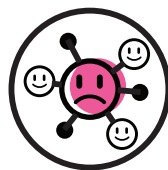
Protective factors are conditions or attributes of individuals, families, communities, or the larger society that mitigate risk and promote healthy development and well-being. Examples include:



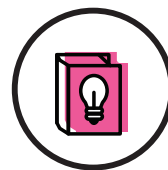
Social emotional competence of children



Concrete support in times of need



Supportive social connections



Knowledge of parenting and child development



Parental Resilience

Source: U.S. Department of Health and Human Services Administration for Children and Families

DATA

In 2016 in South Carolina, 48.8% of male adults and 53.0% of female adults reported Adverse Child Experiences (ACEs) in the category of household dysfunction. About the same percent of males and females reported emotional/physical abuse as children (38.7%, 38.8%); 8.3% of males and 16.7% of females reported childhood sexual abuse.

In all three categories of ACEs, household dysfunction, emotional/physical abuse, and sexual abuse, a greater percent of disabled adults reported ACEs than non-disabled adults (56.4% versus 48.1%; 44.5% versus 35.6%; 17.6% versus 9.9% in consecutive order). A greater percent of Black adults reported household dysfunction ACEs than White adults (57.9% versus 48.6%).

In 2016, the rate of nonfatal child maltreatment in South Carolina was 15.8 per 1,000 children. The rate was highest among infants and then decreased by increasing age group: 39.6 in infants less than one year; 19.6 in one to four year olds, 16.7 in five to nine year olds, 11.5 in 10 to 14 year olds, and 6.9 in 15 to 17 year olds.

GOALS, STRATEGIES AND BEST PRACTICES

GOAL 1:

Coordinate across organizations to build an integrated early childhood data system.

STRATEGIES

- Identify organizations across the state that collect data on childhood risk and protective factors that affect health.
- Develop a plan for integrating data sets related to childhood risk and protective factors.
- Monitor and evaluate the health and safety of South Carolina's children and youth.

GOAL 2:

Increase capacity to train providers on evidence-based screenings and interventions that build resilience and improve child health outcomes.

STRATEGIES

- Identify training needs for evidence-based screenings and interventions that improve child health outcomes.
- Coordinate through partners to meet training gaps.
- Encourage partners to learn about the impact of ACEs on early childhood brain development, health and well-being through training offered by Children's Trust of South Carolina.

MAKING IT WORK

Schedule an ACE Interface Training

Learn the impact of ACEs on early childhood brain development, health and well-being, the original ACE study and South Carolina ACE data, as well as strategies to empower communities to prevent ACEs.

Screen ACE documentaries

"Paper Tigers" and "Resilience" explore ACEs and efforts to apply the science and evidence-based practices to empower communities to improve health and well-being.

Have a community conversation

Through a guided conversation, Children's Trust staff can help facilitate community perspectives and knowledge to build a foundation for collective action.

scChildren.org/ACEs

GOAL 3:

Increase access to resources and activities that build resilience.

STRATEGIES

- Bring together organizations from across the state that serve children and families to develop a statewide plan aimed at expanding activities that build resilience among children.
- Provide trauma-informed care resources to community partners.
- Increase resilience activities integrated into early childcare and preschool programs in under-resourced neighborhoods.
- Partner with South Carolina's Priority Schools and Focus Schools, as identified by the South Carolina Department of Education, to provide resilience activities.
- Provide the Strengthening Families Program in community centers, schools, and churches.
- Replicate successful programs like the Positive Parenting Program (Triple P), currently in Georgetown and Greenville, and the Pee Dee Resiliency Project.



MAKING IT WORK

South Carolina's Adverse Childhood Experiences Initiative

Empowering communities to prevent childhood adversity

Adverse childhood experiences (ACEs) are traumatic events that occur in a child's life prior to the age of 18. This adversity can harm a child's brain and its development, which can result in long-term negative health and social outcomes.

[scChildren.org/ACEs](https://scchildren.org/ACEs)

Pee Dee Resiliency Project

Pee Dee Resiliency Project works to prevent the long-term impact of poverty, mental health and adverse childhood experiences (ACEs) by using schools as a resource and support for families. <https://scchildren.org/local-partners/pee-dee-resiliency-project/>

Common Agenda

United in support of young children (ages 0-5) and their families, advocates of the Early Childhood Common Agenda propose the following framework for building a smart, comprehensive early childhood system for South Carolina.

<https://scchildren.org/advocate/early-childhood-common-agenda/>

Know your ACE score

<https://scchildren.org/research/adverse-childhood-experiences/know-ace-score/>

ACEs

<https://www.cdc.gov/violenceprevention/acestudy/resources.html>



GOAL 4:

Promote health homes and coverage for professional trauma services for children and families.

STRATEGIES

- Increase risk screening in health care, school and other community settings.
- Work with third party payers to ensure adequate reimbursement for trauma-informed care services.
- Incorporate trauma-informed care in a variety of settings.

MAKING IT WORK

Modifiable Resilience Factors to Childhood Adversity for Clinical Pediatric Practice

Childhood adversity is highly prevalent and associated with risk for poor health outcomes in childhood and throughout the life course. Empirical literature on resilience over the past 40 years has identified protective factors for traumatized children that improve health outcomes. <http://pediatrics.aappublications.org/content/early/2017/04/17/peds.2016-2569>

Bright Futures

<https://brightfutures.aap.org/materials-and-tools/tool-and-resource-kit/Pages/default.aspx>

OBJECTIVES

- Decrease the rate of nonfatal child maltreatment in South Carolina by 10%, from 15.8 per 1,000 children to 14.2 per 1,000 children by 2023.
- Increase the high school graduation rate in South Carolina by 5%, from 84.6% to 88.8% by 2023.

COALITION RESPONSE

The South Carolina Child Well-Being Coalition is a group of local and state agencies, community members and organizations committed to working collectively to mitigate the effects of poverty on children. Their work focuses on evidence-based and promising policies and programs across a wide continuum to improve outcomes for children in South Carolina experiencing poverty. scChildren.org

JOIN US

South Carolina Child Well-Being Coalition

Working to alleviate the effects of poverty and improve outcomes and opportunity for all children in South Carolina

The South Carolina Child Well-Being Coalition is a group of local and state agencies, community members and organizations committed to working collectively to mitigate the effects of poverty on children.

Our work will focus on evidence-based and promising policies and programs across a wide continuum to improve outcomes for children in South Carolina experiencing poverty.

AREAS OF IMPACT

Using research and data to identify and measure what works



COMMUNITY



ECONOMY



EDUCATION



FAMILY



HEALTH

VALUES THAT STRENGTHEN OUR WORK

Cultural Competence

We will ensure our work meets the social, cultural, linguistic, and geographic needs of children and families.

Strengthening Families

We will help families build protective and promotive factors that mitigate the effects of poverty and enhance well-being.

Prevention

We will use a multidisciplinary approach to help leverage resources and services to reduce the negative impact of poverty.

Equity

We recognize that inequalities exist and thus will target strategies to achieve universal goals for all children.

3 WAYS TO GET INVOLVED



PARTICIPATE

Become a coalition member



STAY INFORMED

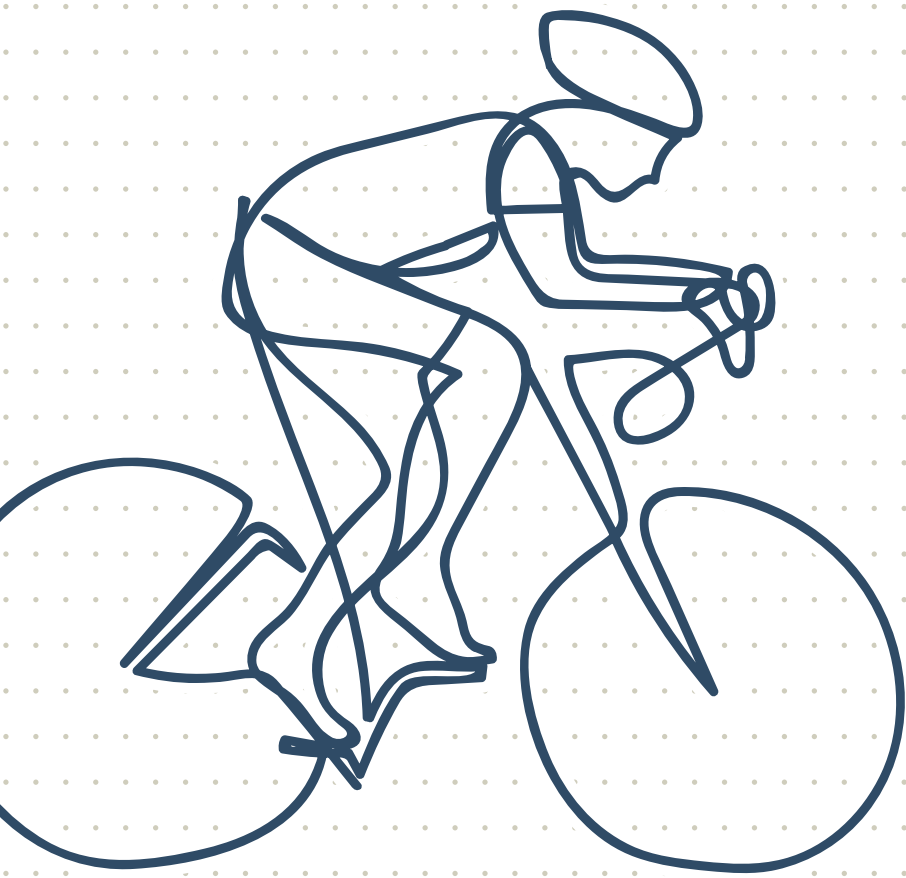
Sign-up for our mailing list at scChildren.org



ADVOCATE

Be a champion for the children of South Carolina







2



PRIORITY 2

CHRONIC HEALTH CONDITIONS



AIM:

Partners take action to promote healthy lifestyles and environments that prevent chronic conditions.

BRIGHT SPOT

For years, Ehrhardt, a rural community with a population of only 500, was in search of a doctor. Then a pharmacist decided to act. Donna Avant became the only health professional in town when she opened Ehrhardt Pharmacy in Bamberg County. She quickly saw the need in her community and went well beyond filling prescriptions.

Diabetes is a serious health issue in the county, with many residents experiencing risk factors for the disease. According to the Robert Wood Johnson Foundation's County Health Rankings, 41% of adults in Bamberg County are obese, while only 33% are physically active. A proven program to help people manage their disease is the National Diabetes Prevention Program, a year-long



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My biggest wish, more than anything, is to get people more excited to change their lives and care for themselves.

Donna Avant
BSP Pharm
Ehrhardt Pharmacy owner

lifestyle change intervention. Avant was determined to provide this opportunity to her community.

Funding from the Centers for Disease Control and Prevention (CDC) allowed her to access training and materials to successfully implement the program. Ehrhardt Pharmacy has now trained six cohorts and plans to continue the program. Avant says, “My biggest wish, more than anything, is to get people more excited to change their lives and care for themselves.”

CHRONIC HEALTH CONDITIONS

The obesity rate has been rising for the past 20 years in the United States, doubling since 1980. In 2016, the Department of Defense reported a dramatic increase in troops being overweight, up from one in 60 troops in 2001 to one in 13. 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.

In addition to personal decisions and genetics, a number of factors contribute to obesity. Access to affordable, healthy food, education and safe places to exercise are necessary to make healthy choices. Additionally, the increasing prevalence of technology and marketing of unhealthy food impede healthy decision making.

Type 2 diabetes occurs when the body stops making or doesn't use insulin well, causing sugars to build up in the blood. It is affecting Americans at increasingly younger ages as obesity

rates have climbed. According to the Centers for Disease Control and Prevention (CDC), diabetes is the leading cause of kidney failure, blindness, and non-traumatic lower-extremity amputations among adults ages 20 to 74. According to the American Diabetes Association (ADA), the total estimated cost of diagnosed diabetes in 2017 was \$327 billion, including \$237 billion in direct medical costs and \$90 billion in reduced productivity. The ADA's study, Economic Costs of Diabetes in the United States in 2017, found that 66% of the cost is provided by government insurance (including Medicare, Medicaid, and the military).

High blood pressure can harden the arteries in the body, which decreases the flow of blood and oxygen to the heart. It leads to heart attacks, heart failure, stroke and chronic kidney disease. Most people do not have symptoms associated with high blood pressure so regular screening is key. It can be controlled through medication, a low-salt diet, daily physical activity, and not smoking. Tobacco use increases the risk of high blood pressure, heart disease and stroke. Heart disease

includes several types of heart conditions, but the most common is coronary artery disease. It leads to decreased blood flow and that can cause a heart attack. A stroke occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts.

Maintaining a healthy weight by consuming the right number of calories, being active at least 30 minutes every day, avoiding tobacco, and not drinking alcohol excessively are key to preventing obesity, diabetes, high blood pressure, heart disease and stroke. Developing policies and creating environments that make healthy choices easier and less expensive support South Carolinians in preventing these costly chronic health conditions.

South Carolina has strong multi-sector collaborations focused on long-term change and health improvement. However, there is a need to build diverse partnerships that will allow us to broaden our capacity and align resources to better impact outcomes. Over the next five years we will work to create a structured process to ensure cross-sector representation and formal linkages that are inclusive of state and community coalitions and key stakeholders.

DATA

The prevalence of obesity among adults in South Carolina was 33.2% in 2016. It was higher among adults with an annual household income less than \$15,000 (40.8%) than among those with income \$50,000 and higher (28.4%).



The prevalence of age-adjusted **adult obesity** increased from 31.6% in 2011 to 33.2% in 2016

Thirteen percent of South Carolina adults had diabetes in 2016 and was higher in those with an annual household income of less than \$25,000 than those with an annual household income of \$50,000 or more.

In 2016, more than one-third (39.3%) of adults in South Carolina had hypertension. The prevalence was higher in Black residents (45.2%) than White residents (38.1%). It was also higher in those with an annual household income less than \$15,000 (50.5%) than in those with income of \$50,000 or more (32.7%).

From 2007 to 2016, there was a 23% decrease in coronary heart disease death in South Carolina (112.1 per 100,000 in 2007 to 86.4 in 2016), and the rate was lower than the United States rate (94.3). South Carolina's stroke death rate also decreased from 53.3 per 100,000 to 45.5.

The prevalence of adults in South Carolina who met physical activity guidelines for both aerobic and muscle training increased from 18.9% in 2011 to 23.0% in 2016. In 2015, 23.6% of South Carolina high school students met the federal physical activity guidelines for aerobic physical activity.

The prevalence of current cigarette use among adults decreased.



A decrease was seen in **cigarette use among high school youth from 16.0% in 2013 to 9.6% in 2015**

From 2011 to 2016, there was a decrease in the percent of adult smokers in South Carolina from 23.7% to 20.6%. In 2016, the percent of adults was two to three times higher among those with annual household income of

less than \$50,000 compared to those with income of \$50,000 or more. The percent of South Carolina high school students who smoke decreased from 17.8% in 2007 to 9.6% in 2015. In South Carolina in 2015, 22.4% of adults reported being exposed to secondhand smoke while at the workplace.

ECONOMIC IMPACT

Obesity-related health spending in South Carolina is estimated to be \$8.6 billion per year and growing. If South Carolina could halt the increase in the prevalence of diabetes at today's levels, we could save \$818 per adult, or \$3 billion annually.³

Cigarette smoking increases annual health care spending in South Carolina by \$1.9 billion per year.⁴

GOALS, STRATEGIES AND BEST PRACTICES

GOAL 1:

Increase statewide capacity for coordinated efforts through existing partnerships to reduce chronic health conditions.

STRATEGIES

- Assess state and local initiatives working to reduce chronic conditions.
- Promote capacity building to expand efforts to reduce chronic conditions.
- Coordinate state and local initiatives and communications targeting chronic conditions.

MAKING IT WORK

County Health Rankings and Roadmaps: What Works for Health

<http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health>

Healthy People 2020 Evidence-Based Resources

<https://www.healthypeople.gov/2020/tools-resources/evidence-based-resources>

The Community Guide

<https://www.thecommunityguide.org/>

ASTHO

<http://www.astho.org/Programs/Evidence-Based-Public-Health/>

GOAL 2:

Increase policy, systems, and environmental approaches that support health behaviors.

STRATEGIES

- Enhance policy and advocacy efforts supporting active living, healthy eating, and tobacco-free living.
- Improve environments to support active living, healthy eating, and tobacco-free living.
- Increase worksite, school, childcare and community systems approaches that promote active living, healthy eating, and tobacco-free living.



MAKING IT WORK

South Carolina Health + Planning Toolkit

<http://scahealthplanning.org/pdf/SCHealthPlanningToolkit.pdf>

Creating Active Community Environments

A Grassroots Guide in place of this report. It can be found at: <https://www.scdhec.gov/sites/default/files/Library/CR-012013.pdf>

Eat Smart, Move More South Carolina

Obesity is a complex public health issue, which requires a collaborative effort with local and state partners. In a state that suffers from one of the highest rates of obesity in the country, we are advocating for state and local policy changes necessary to support individuals in the adoption of lifelong healthy habits. <http://eatsmartmovemore.org/our-work/advocacy/>

National Prevention Strategy Healthy Eating Priority

<https://www.surgeongeneral.gov/priorities/prevention/strategy/healthy-eating.html>

A Guide to Starting or Enhancing Your South Carolina Community's Farmers Market:

<http://southcarolinafarmersmarkets.com/wp-content/uploads/2017/11/FarmersMarketToolkit.pdf>

National Prevention Strategy Active Living Priority:

<https://www.surgeongeneral.gov/priorities/prevention/strategy/active-living.html>

Health Impact in 5 Years:

<https://www.cdc.gov/policy/hst/hi5/index.html>

South Carolina Farmers' Markets and Roadside Markets Map

<https://gis.dhec.sc.gov/farmersMarkets/>

Local School Wellness Policy

<https://ed.sc.gov/districts-schools/nutrition/wellness-and-food-safety/wellness/local-wellness-policies/>

Healthy Community Checklist

https://www.cdc.gov/healthyplaces/factsheets/Healthy_community_Checklist.pdf

Alliance for a Healthier Generation

Access to all the information, resources, and guidance we offer to help you create healthy change. <https://www.healthiergeneration.org/programs/>

Childhood Obesity in the Early Care and Education Setting: Opportunities for Action

<http://www.eceobesityprevention.org/>

South Carolina Farm to Institution:

<http://scfarmtoinstitution.com/>

Breaking Physical Activity Barriers Through Open Community Use:

<https://www.scdhec.gov/sites/default/files/Library/CR-011555.pdf>

South Carolina Tobacco-Free Collaborative Model Policies

<https://www.sctobaccofree.org/model-policies>

GOAL 3:

Increase access and utilization of services and resources to improve treatment and control of chronic conditions by 2023.

STRATEGIES

- Improve screening and diagnosis of chronic conditions by modifying electronic health record (EHR) notifications systems and utilizing community-based approaches.
- Increase access to and use of chronic disease self-management programs.

MAKING IT WORK

Chronic Disease Self-Management

<https://www.cdc.gov/learnmorefeelbetter/programs/general.htm>

Community-Clinical Linkages for the Prevention and Control of Chronic Diseases

The CDC promotes linkages between the clinical and the community sectors and the CDC's National Center for Chronic Disease Prevention and Health Promotion promotes these linkages as helping to "ensure that people with or at high risk of chronic diseases have access to the resources they need to prevent, delay, or manage chronic conditions once they occur." <https://www.cdc.gov/dhdsp/pubs/docs/ccl-practitioners-guide.pdf>

Target BP

<https://targetbp.org/>

Million Hearts

<https://millionhearts.hhs.gov/tools-protocols/index.html>

SC SNAP-Education Program

<https://dss.sc.gov/assistance-programs/food-and-nutrition-programs/snap-nutrition-education/>

USDA Choose My Plate

<https://www.choosemyplate.gov/>

Physical Activity Guidelines for Americans

<https://health.gov/paguidelines/guidelines/>

GOAL 4:

Increase coordinated communication that informs consumers on health behaviors that prevent and reduce chronic health conditions.

STRATEGIES

- Promote physical activity, nutrition, and tobacco-free health behaviors.

MAKING IT WORK

AHA Life's Simple 7 and My Life Check

<http://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>

Diabetes Prevention

<https://www.healthypeople.gov/2020/tools-resources/evidence-based-resource/diabetes-prevention-interventions-engaging-community>

National Diabetes Prevention Program

<https://www.cdc.gov/diabetes/prevention/index.html>

Let's Go

Communities across the state have been working hard to ensure that there are farmers' markets, trails, parks, community gardens, and many other healthy eating and active living resources available for use. These resources are found on LetsGoSC.org in the searchable Local Healthy Options directory. <http://eatsmartmovemoresc.org/our-work/consumer-awareness/>

Tobacco Cessation

<https://www.scdhec.gov/health/tobacco-cessation>



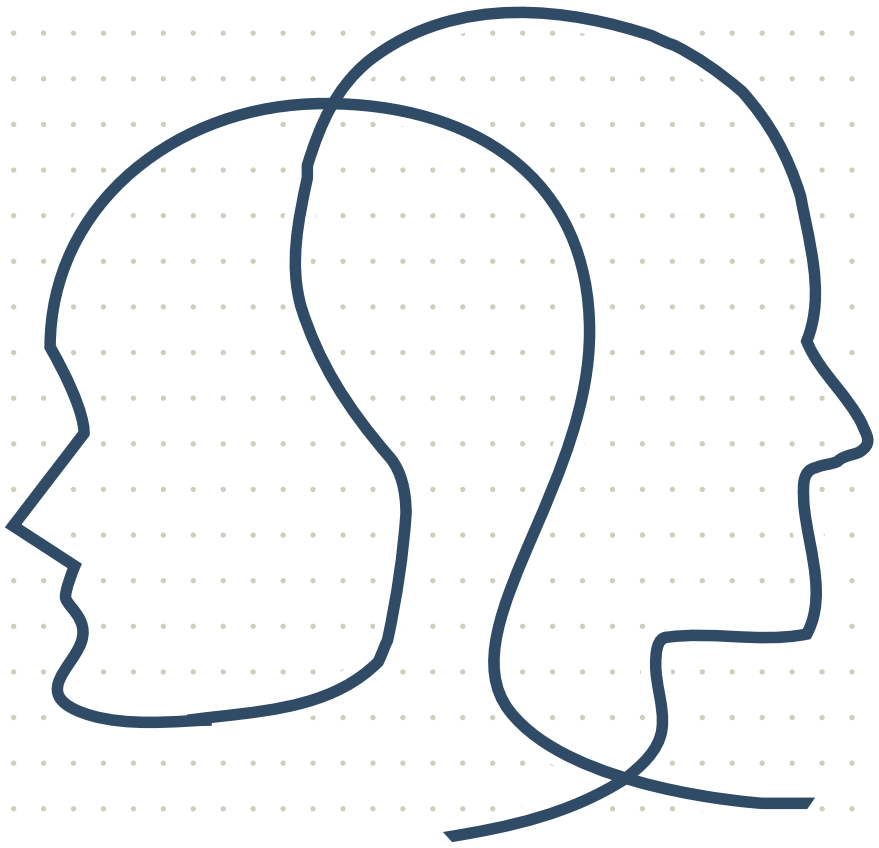
OBJECTIVES

- Decrease the percent of adults ages 20 years or older who are obese in South Carolina by 5%, from 33.2% to 31.5% by 2023.
- Decrease the percent of adults who smoke in South Carolina by 10%, from 20.6% to 18.5% by 2023.
- Decrease the stroke death rate in South Carolina by 5%, from 45.4 per 100,000 to 43.1 per 100,000 by 2023.

COALITION RESPONSE



- SCaleDown actively works to educate, engage, and mobilize partners to help make the healthy choice the easy choice for South Carolinians and to oversee the implementation of the South Carolina State Obesity Plan. <http://scaledown.org> houses the tactical plan that aims to build on the success of previous efforts and offers new strategies to reduce obesity rates in the Palmetto State.
- Diabetes Advisory Council of South Carolina (DAC) is a group of statewide partners focused on education and prevention of type 2 diabetes. The DAC has worked to create and implement a Statewide Comprehensive Diabetes Prevention Plan. DAC focuses on provider awareness, promotion of the National Diabetes Prevention Program (National DPP) through increased program availability, participation, and long-term program sustainability.
- The South Carolina Tobacco-Free Collaborative (SCTFC) works to eliminate the toll of tobacco use by providing leadership, guidance, and resources to state and local partners. SCTFC was formed in 2001 to serve as a forum and voice for eliminating the toll of tobacco use in South Carolina. TFC promotes a coordinated effort among its member organizations to prevent tobacco use and its consequences while maintaining economic viability of all our communities.





3



PRIORITY 3 BEHAVIORAL HEALTH



AIM:

Create a sustainable system of behavioral health care.

BRIGHT SPOT

The Department of Alcohol and Other Drug Abuse Services (DAODAS) and the South Carolina Department of Corrections (SCDC) have teamed up to prepare individuals struggling with addiction to successfully transition back to the community when they are released from prison. Certified Peer Support Recovery Specialists work with inmates, correctional staff, stakeholders, families, and providers in a holistic approach for community reintegration.

More than 50 percent of Americans who suffer from an opioid use disorder have also had contact with the criminal justice system, according to a study published in the JAMA Network Open (2018).⁵

“Many crimes that don’t appear to be drug related actually are,” says Michael Crawford, a Certified Peer Support Specialist working at SCDC. Crawford adds that this can often be true for financial crimes such as burglary.

Peer Support Recovery Specialists are in long-term recovery themselves from substance use and/or a mental health illness. They use their lived experiences to encourage, empower, and educate others. In addition to helping participants

“

I can see a difference in people when I introduce myself by saying, ‘I am in active recovery. I know what it is like to feel the way you do.’ People open up when they realize I am not there to judge them.

Michael Crawford
Peer Support Specialist,
DAODAS

develop and maintain a recovery plan, they provide a supportive relationship and teach a variety of life skills, including obtaining safe housing, improving job skills, and finding new leisure activities.

Crawford says he works with the program to use his own difficult experiences for something positive. He works in seven different prisons. Crawford says, “I can see a difference in people when I

introduce myself by saying, 'I am in active recovery. I know what it is like to feel the way you do.' People open up when they realize I am not there to judge them."

Research has shown that peer support facilitates recovery and reduces health care costs. The National Institute on Drug Abuse says that conservative estimates show that every dollar invested in addiction treatment programs yields a return of between \$4 and \$7 in reduced drug-related crime, criminal justice costs and theft.⁶

BEHAVIORAL HEALTH

Behavioral health is the state of successful mental function allowing you to engage in productive activities and fulfilling relationships and the ability to adapt to change or cope with challenges. Behavioral health is essential to personal well-being, family and interpersonal relationships and the ability to contribute to one's community and society as a whole. Behavioral health disorders include both mental health and substance use disorders.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), behavioral health disorders

are among the most common causes of disability. The financial and human costs are enormous. Related health care costs alone are \$57 billion per year in the United States, about the same as cancer related treatment. Individuals living with a behavioral health disorder may struggle to care for themselves or members of their family, complete daily activities, secure employment and manage relationships.

Behavioral health and substance use disorders are impacted by broad and multifaceted issues that vary over the stages of life. Risk factors for chronic medical conditions such as tobacco use, poor nutrition and sedentary lifestyles are more prevalent among people with a behavioral health illness as are the social conditions that often lead to poor health, such as homelessness and poverty. Drug and alcohol use can also lead to other chronic diseases such as diabetes and heart disease. SAMHSA reports that people with a mental health issue are more likely to use alcohol or drugs than those not affected by a mental illness.

The fragmented behavioral health care system contributes to the challenges people face in managing behavioral health conditions. Screening, early



The percent of adolescents who reported a major depressive episode increased from 8.1% between 2010-2011 to 11.0% between 2015-2016



The age-adjusted rate of drug overdose deaths in S.C. has increased
2012: 12.2 per 100,000 population
2016: 18.0 per 100,000 population

intervention, primary care, medication management, crisis stabilization, recovery support and social supports reduce poor health outcomes. Delivering appropriate care and treatment to individuals and providing formal discharge planning in detention centers and prisons can also reduce recidivism.

South Carolina is working across organizations and sectors to reduce the stigma of mental illness and substance use disorders and improve coordination and awareness of, services, and resources for individuals and families.

DATA

In 2014-15, 4.1% of South Carolina adults were diagnosed with a serious mental illness.

The prevalence of depression in South Carolina adults increased from 15.3% in 2011 to 20.5% in 2016. It was higher in White than Black residents (23.1% versus 15.3%) and higher among females than males (26.5% versus 14.0%). In South Carolina, 11.0% of adolescents aged 12-17 in 2014-2015 experienced a major depressive episode in the preceding year, a lower percent than the United States overall (11.9%).

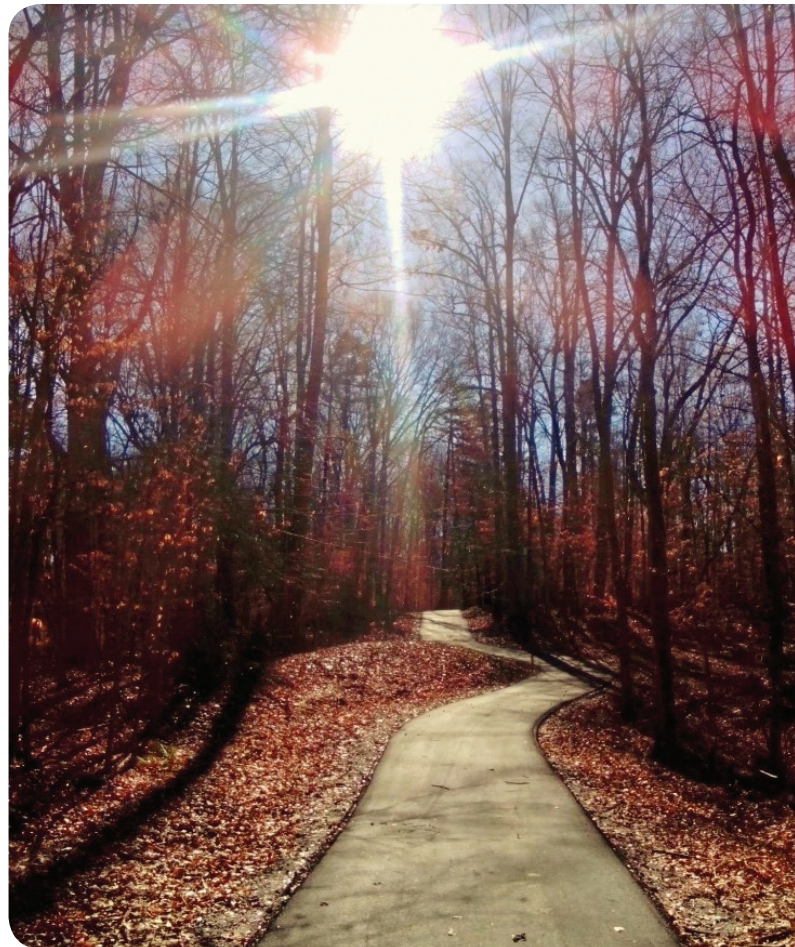
In 2016, 6.8% of South Carolina adults reported heavy drinking (for men, 15 or more drinks per week, and for women, eight or more drinks per week). Heavy drinking was more common among White residents and males.

In South Carolina, the rate of drug overdose deaths increased nearly 50% between 2007 and 2016, from 12.2 deaths per 100,000 to 18.0. White males and 35 to 54 year olds had the highest rates.

ECONOMIC IMPACT

The Institute of Medicine and National Research Council's Preventing Mental, Emotional, and Behavioral Disorders among Young People Report – 2009 stated that cost-benefit ratios for early treatment and prevention programs for addiction and mental illness range from 1:2 to 1:10. According to SAMHSA, this translates to a \$1 investment yielding \$2 to \$10 savings in health costs, criminal and juvenile justice costs, educational costs and lost productivity.⁷

The South Carolina Department of Mental Health partnered with 24 community hospital emergency departments to offer a telepsychiatry program. In 2017, approximately 450 comprehensive evaluations were completed each month, with a cost savings of \$2,300 per ED visit, for a total savings of approximately \$12,420,000.⁸



GOALS, STRATEGIES AND BEST PRACTICES

GOAL 1:

Ensure clinical behavioral health services are accessible to all South Carolinians.

STRATEGIES

- Assess behavioral health services and develop a resource inventory.
- Promote evidence-based behavioral health services, including telehealth.
- Enhance training and education for behavioral health providers and partners (health care providers, law enforcement, etc.).



MAKING IT WORK

A Road Map to Behavioral Health: A Guide to using Mental Health and Substance Use Disorder Services

<https://www.cms.gov/About-CMS/Agency-Information/OMH/Downloads/Coverage-to-Care-Behavioral-Roadmap.pdf>

A Guidebook of Professional Practices for Behavioral Health and Primary Care Integration

http://integrationacademy.ahrq.gov/sites/default/files/AHRQ_AcademyGuidebook.pdf

Just Plain Killers

Take-Action: <http://justplainkillers.com/take-action/>

Mental Health First Aid

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In Mental Health First Aid trainings, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations and where to turn for help. <https://scthrive.org/mhfa/>

GOAL 2:

Provide all children and youth access to adequate and timely school-based behavioral health services.

STRATEGIES

- Implement education and prevention programs that support behavioral health (mental health conditions and substance use disorder) in schools.
- Respond to students' serious behavioral health issues and safety needs.

MAKING IT WORK

Behavioral Health Coalition Safe Schools Vision – Call to Action

https://www.scha.org/files/documents/2018_safe_school_vision_and_call_to_action.pdf

SAMHSA Strategic Prevention Framework

<https://www.samhsa.gov/capt/applying-strategic-prevention-framework>

Community Guide

<https://www.thecommunityguide.org/findings/promoting-health-equity-through-education-programs-and-policies-school-based-health-centers>

GOAL 3:

Provide safety net crisis intervention resources across South Carolina.

STRATEGIES

- Increase behavioral health and substance use disorder service capacity in areas of need.
- Support coordinated and evidence-based crisis stabilization units.

MAKING IT WORK

Practice Guidelines: Core Elements of Responding to Mental Health Crisis

<https://store.samhsa.gov/shin/content/SMA09-4427/SMA09-4427.pdf>

GOAL 4:

Establish an interdisciplinary, cross-sector prevention and treatment system for substance use disorders.

STRATEGIES

- Increase access to peer support specialist education/certification.
- Increase number of free-standing medical withdrawal management centers.
- Increase the number of physicians trained in delivering MAT.
- Increase education around model of addiction for Behavioral Health Counselors.

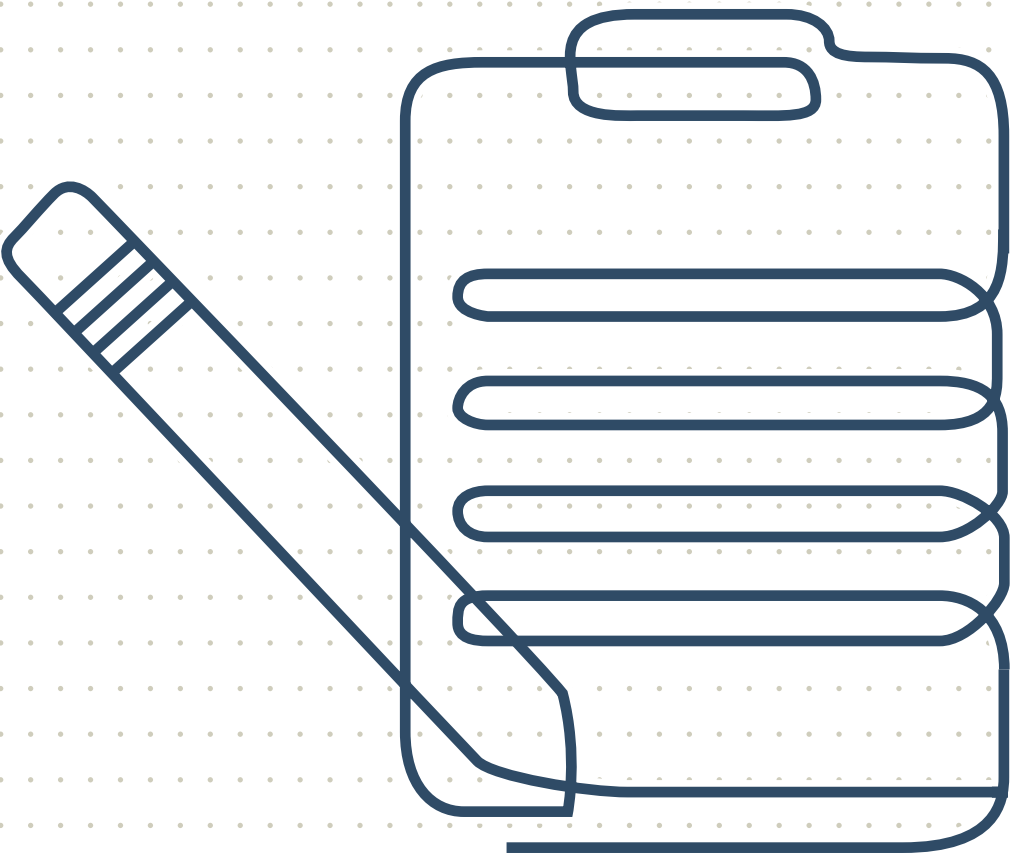
OBJECTIVES

- Decrease the suicide rate in South Carolina by 5%, from 15.7 per 100,000 to 14.9 per 100,000 by 2023.
- Decrease the rate of drug overdose deaths in South Carolina by 5%, from 18.0 per 100,000 to 17.1 per 100,000 by 2023.

COALITION RESPONSE

Behavioral Health Coalition <https://www.scha.org/members/member-initiatives/behavioral-health-coalition>

The South Carolina Behavioral Health Coalition is an alliance of public and private agencies, organizations and health care providers collectively committed to improving the mental health and well-being of everyone in our state. This multi-sector coalition is an important outgrowth of the valuable work of the South Carolina Institute of Medicine and Public Health's Behavioral Health Task Force and the South Carolina House of Representatives Opioid Abuse Prevention and Study Committee that each provided a set of recommended actions to improve the care and outcomes of South Carolinians suffering with mental illness and/or substance use disorders.





4/5



South Carolina Rural Health Action Plan

PRIORITY 4 - HEALTH CARE
TRANSFORMATION

PRIORITY 5 - FACTORS THAT
AFFECT HEALTH



AIM:

Address factors outside of health care that affect health, and look through a consumer viewpoint to link primary care, behavioral health, oral health and supports/resources.

BRIGHT SPOT

Hospital systems continue to embrace the need to think about how factors outside of health care affect the health of their patients and to think more holistically about the people they serve.

The Northside neighborhood of Spartanburg lies just west of Spartanburg Regional Medical Center (SRMC), located in the bustling urban center of town. The Northside community has suffered since the 1990s when the local textile mill closed, resulting in many abandoned and vacant properties and high unemployment (50%). In recent years, Northside Development Group (NDG), a non-profit collaborative, has made great strides in revitalizing the area. They purchased many of the vacant lots, built new schools, created community gardens and walkways, supported affordable and market-rate housing, and facilitated other infrastructure improvements.

“

It's not until we start sitting down and working across boundaries to see how we as a community can do better that you start seeing the possibilities of how we can share resources.

Renee Romberger,
Former Vice President of
Community Health Policy
and Strategy, Spartanburg
Regional Medical Center.

Through community “charrettes” with residents, NDG and SRMC learned that many residents would like to work at SRMC but experienced barriers that prohibited them from applying for jobs. In response, SRMC worked with NDG to streamline the application process for these residents, dedicating an HR representative to work with the NDG community case worker to aid in the process. Job fairs were held locally and interviews were guaranteed to all those meeting minimum criteria.

An apprenticeship program was implemented through the collaboration to train people for construction jobs going on in Northside. SRMC even waived a hospital policy to allow residents previously convicted of a crime to compete for jobs, a humane move for a community so long mired in poverty.

“

This apprenticeship program changed my entire life.

Stephen Hill,
Graduate of the construction
apprenticeship program
created by the Northside
Development Group and
the Spartanburg Regional
Medical Center.

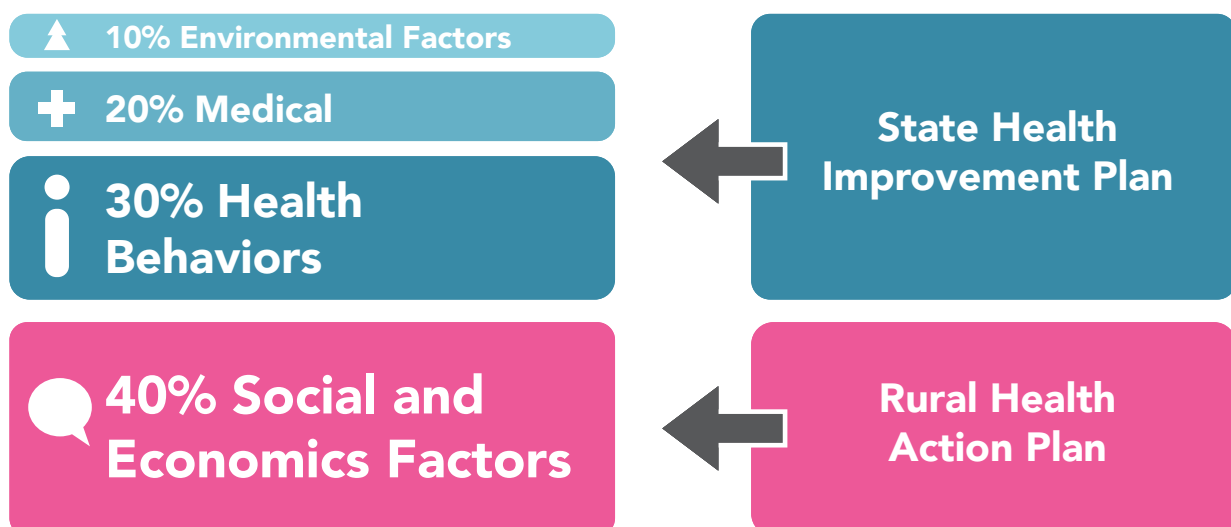
HEALTH CARE TRANSFORMATION AND FACTORS THAT AFFECT HEALTH

Health is determined by more than what happens at the doctor's office or hospital. A range of personal, social, economic and environmental factors influence health status. Also called "determinants of health", they include policies, social factors, health services, individual behaviors and genetics. Social determinants of health include social factors and physical conditions of the environment in which people are born, live, learn, play, work and age. Studies have shown that on a population level, environmental factors account for about

10% of health, medical care for 20%, health behaviors for 30% and social and economic factors for 40%.

In 2017, the South Carolina Office of Rural Health created the South Carolina Rural Health Action. It seeks to leverage interest and provide direction to partners, stakeholders, friends and neighbors from across the state to link efforts and make viable connections to address the social determinants of health.

Because of the significant role these factors play on the state's health outcomes, it serves as the foundation for South Carolina's State Health Improvement Plan.



FACTORS THAT AFFECT HEALTH

As an illustration, consider this story about two men who have similar experiences but very different outcomes.

David lives in Columbia's Heathwood neighborhood. He has been employed by the same company for 12 years. Through his job, he has health insurance, 15 days of sick leave, 15 days of vacation, disability insurance, and a 401-K. He pays for car insurance. One day while driving home from work, David gets in a car wreck. His injuries require him to undergo surgery and stay in the hospital for several nights. He misses work for three weeks. David's insurance covers most of the hospital charges, and he receives his full pay while away from his job. His car insurance covers the cost of his car repairs. David takes time for a complete recovery before returning to work to avoid future complications.

Adam lives in Columbia's Celia Saxon neighborhood. He works three part-time jobs, as a waiter, substitute teacher and youth football coach. He has no health benefits from any of his jobs. He pays for health insurance out of pocket and pays for car insurance. To afford his premiums, he has high deductible



insurance plans. On the way home from a full-time job interview, Adam is injured in a car accident. EMS takes him to the nearest emergency department where he receives stitches. Though surgery is recommended, he can't afford the deductible, so opts out. While recovering, he works two of his jobs to pay his ED bill. He could not afford the deductible to get his car fixed. He now has daily pain due to his injury.

Though stressful, David's accident had no ongoing effects on his life. In contrast, Adam's life was seriously disrupted.

There are factors outside of health care that put people at risk for poor health outcomes and others that protect them. When looking at health outcomes of populations, cumulative effects of these factors cluster geographically at the neighborhood level. For example, if a community has full-day pre-school programs and high performing schools, students are buoyed by their education. That gives them a better opportunity to get a full-time job with health insurance and other benefits. If housing is well constructed and buildings are smoke-free, asthma and other health conditions are prevented or easier to manage. If there are street lights and sidewalks, it is safer to walk to get exercise. If grocery stores or community gardens are close by, people can access healthier foods that contain fewer calories.

Access to affordable, safe and healthy housing is crucial for supporting people's health. Poor housing conditions are associated with infectious diseases,

chronic conditions, injuries, poor child development and behavioral health issues. Children living in substandard housing are more likely to develop serious illnesses like asthma and lead poisoning, negatively affecting their educational achievement. Low-income families are often limited to poor quality housing frequently in need of extensive repair or improvements. Rural communities have more limited access to credit than urban areas. The lack of access to mortgage credit limits options for good-quality housing. The American Association of Retired Persons defines livable communities as safe and secure, with affordable, appropriate housing and transportation options, and supportive community features and services. Livable communities are developed through specific land-use planning and design.

Access to comprehensive, quality health care is important for promoting and maintaining health, preventing and managing disease, and reducing disability and premature death.

Strategies addressing racial, ethnic, and underserved populations are needed to optimally improve health and health care outcomes. All South Carolinians need

access to the health care system, need to understand how to access a location where needed health care services are provided (geographic or via telehealth), and need the knowledge to make informed health care decisions.

Insurance coverage is a primary factor for having access to care. Adults who lack health insurance have less access to clinical care and preventive services. Health homes also play an important role in protecting the health and safety of the communities they serve. Primary care providers develop meaningful and sustainable relationships with patients and provide integrated services while practicing in the context of family and the community.

Innovative strategies are needed to accelerate and reinforce the health care “triple aim”, which is improving the experience of care, improving the health of populations, and reducing per capita costs of health care. The health care system in the United States is undergoing a transformation to meet the triple aim and become more sustainable, with a focus on health outcomes, also called “value-based”. This includes initiatives

that prevent disease at the earliest stage possible and provide care coordination to individuals with chronic conditions (both physical and behavioral). It also consists of reducing the significant health consequences and excessive health care utilization and developing payment strategies that reward health providers and systems for achieving population health improvement.

ECONOMIC IMPACT

South Carolina State Housing Finance & Development Authority (SC Housing) helped more than 26,000 families realize quality, affordable housing, supported 5,336 jobs and contributed \$53.6 million in state and local tax revenue. Every \$100 in direct spending from affordable housing initiatives resulted in an overall total economic impact of \$177 on South Carolina’s economy. SC Housing directly invested more than \$447.8 million in South Carolina, which resulted in the total economic impact of more than \$793 million.⁹

RURAL HEALTH ACTION PLAN

Recommendations

Access to Health Care

- Ensure every community member has adequate and appropriate access, locally or via telehealth, to primary care and preventive services, emergency care, oral health services, behavioral health services, robust care coordination, appropriate diagnostic and outpatient therapy, and long-term care.
- Support and expand innovative efforts to recruit and retain health care professionals needed to deliver health care services in communities.
- Advocate for every community member to have a mechanism to receive timely health care services so that they do not delay care due to an inability to pay for services.

Community Assets, Leadership and Engagement

- Create and support leadership development and training opportunities for a diverse group of natural leaders, both grassroots and grassroots, who are motivated to engage in locally led, strength-based strategies and initiatives.
- Promote better state agency and statewide organization engagement, coordination, and communication around the planning and implementation of programs to ensure the needs of communities are being met.
- Foster the development of sustainable financial models for communities, supplemented by sufficient community training specific to leveraging and aligning funding from income generation, public support, and private sources to sustain local projects and programming.

Economic Development

- Ensure a diverse and well-trained workforce is actively matched with public, private, and entrepreneurial job opportunities, while removing barriers to employment.
- Increase technical assistance and training to support teams of community members and key local partners in their efforts to attract and leverage economic development opportunities.
- Coordinate and establish resource development opportunities and dedicated funding sources that communities can use to address their unique workforce development, growth, and quality of life challenges.

Education

- Provide access to vocational, training, and higher education programs that will provide every student and community member the opportunity to develop skills that match with the jobs that are available to them.

- Expand access to affordable, full-day 3 and 4-year-old programs to all families.
- Ensure that every school district has an active Coordinated School Health Advisory Committee as outlined in the Student Health and Fitness Act (2005).

Housing

- Repair and replace substandard housing units to improve the quality, safety, livability, accessibility, and energy efficiency of existing housing stock.
- Increase the supply of affordable housing through new or existing local, state and federal programs including matching state low-income housing tax credits.
- Improve access to safe, reliable, and affordable infrastructure and services including clean drinking water, sanitary sewer, and residential broadband access.

Cross-cutting Issues

- Communications:
 - Access to rural data
 - Promotion of existing resources
 - Pro-rural marketing
- Rural Infrastructure:
 - Broadband
 - Social Services
 - Transportation
- Socio-economic Factors:
 - Poverty
 - Racism/Social Justice
 - Sexism

The full South Carolina Rural Health Action Plan can be accessed at: <https://scorh.net/rural-health-action-plan/>.



GOALS, STRATEGIES AND BEST PRACTICES THAT BUILD ON THE RURAL HEALTH ACTION PLAN

GOAL 1:

Increase high quality non-traditional points of access to integrated health care services from birth to old-age.

STRATEGIES

- Increase coordination and linkage of non-traditional points of access.
- Connect with the Business Coalition on Health to engage worksites about access points to affordable care and medical homes.
- Increase provider knowledge through utilization of best practices and evidence-based models for comprehensive care.
- Use the HOPS Social Determinants of Health Tool in pilot health care practices and communities.

- Include training, education, and mentorship in innovative efforts to recruit and retain health care professionals.

GOAL 2:

Decrease delayed care through changes to policy and systems.

STRATEGIES

- Improve health care coverage enrollment through partners and community health workers.
- Address health care affordability through value-based payment systems, innovative funding models, health care incentives, and non-traditional health care partners.
- Address service-delivery through policy development and leveraging support from health care networks.



GOAL 3:

Promote changes in the health care system that improve health information, communication, and consumer informed decision-making.

STRATEGIES

- Improve health literacy and patient decision-making by better communication strategies and community-based partnerships.
- Use health literacy to increase the number of age-appropriate screenings and vaccination awareness-education.

MAKING IT WORK

Healthcare Access in Rural Communities – State Guide

<https://www.ruralhealthinfo.org/guides>

Medical Homes

<http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/medical-homes>

Business Coalition on Health

SC Business Coalition on Health serves as a partnership for businesses, organizations and individuals in South Carolina and inside the health care field to act collaboratively in creating sustainable initiatives to improve health care quality and efficiency, promoting greater consumer responsibility in health care decisions, improving the overall health. Resources: <http://scbch.org/coalition-resources/>

Healthy Outcomes Plan

South Carolina's Healthy Outcomes Plan (HOP) supports participating hospitals proposing service delivery models to coordinate care for chronically ill, uninsured, high utilizers of emergency department (ED) services. Social Determinants Tool: <https://msp.scdhhs.gov/proviso/site-page/social-determinants-health-tool>

AARP Livable Communities

AARP Livable Communities/ Certified Age-Friendly Communities (World Health Organization) promotes inclusion of older persons to make our world more age-friendly. An age-friendly world enables people of all ages to actively participate in preventive health care and community activities that treats everyone with respect, regardless of their age. <https://www.aarp.org/livable-communities/>



GOAL 4:

Increase awareness of the root causes of differences in health outcomes among groups of South Carolinians and create opportunities for all South Carolinians to make decisions that allow them to live long, healthy lives.

STRATEGIES

- Expand awareness of contributors of health and root causes of health disparities.
- Examine health data by race, ethnicity, income, gender, geography and preferred language to enhance understanding about differences in health and health care outcomes among groups of people living in South Carolina.
- Identify gaps, develop targeted strategies and improve coordination of actions to develop solutions that eliminate differences in health and health care outcomes among groups of people living in South Carolina.
- Ensure all health care professionals and services, materials used, and organization leadership respect and represent the communities they serve.
- Enhance the skills of the health care workforce to serve all patients competently, through recruitment, retention, and training of racially, ethnically, and culturally diverse individuals and through leadership action by health care organizations and systems.
- Support the health care workforce and related organizations to promote the availability of cultural and linguistic competency training.

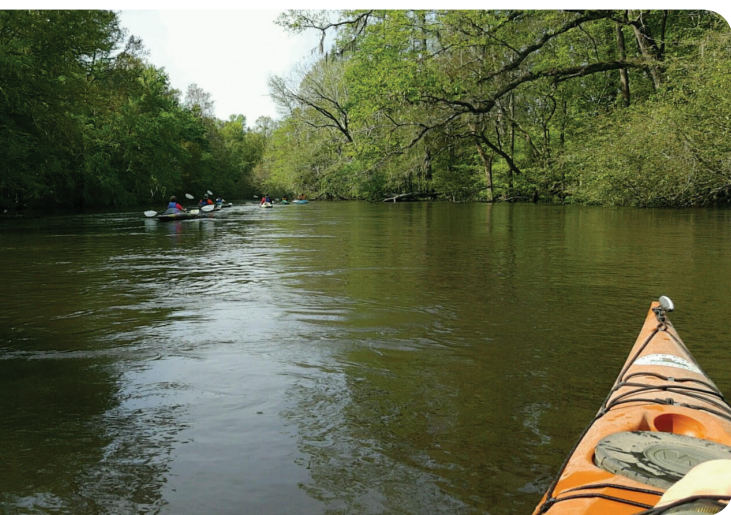
COALITION RESPONSE

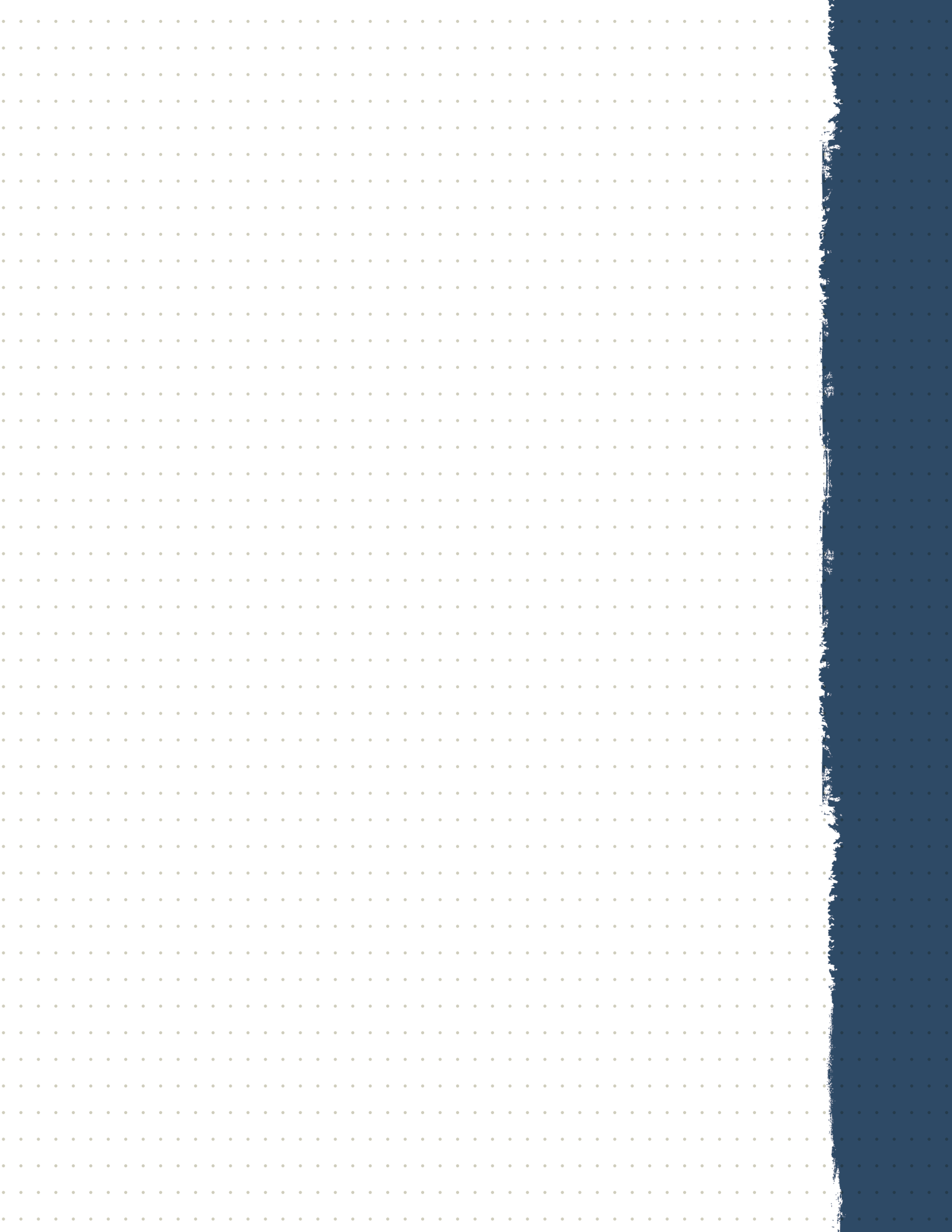
Rural Health Action Plan Steering Committee

The South Carolina Office of Rural Health (SCORH) is committed to providing staff support to the Rural Health Action Plan Steering Committee. SCORH staff members will be charged with evaluating progress and serving as a catalyst, encouraging movement within each of the priority areas. SCORH will bring together partners from not only the Rural Health Action Plan process but also SC DHEC and its supporting organization, the Alliance for a Healthier South Carolina.¹⁰

The Alliance for a Healthier SC Health Equity Work Group

The Alliance for a Healthier SC Health Equity Work Group is taking action to eliminate equity-driven health disparity gaps within the communities and populations they serve. <http://healthiersc.org>.





Collaborative Community Health Improvement



COLLABORATIVE COMMUNITY HEALTH IMPROVEMENT

Multi-sector groups can build collective will that leads to change at the policy and practice levels and results in improved health outcomes. South Carolina wants to continue to improve opportunities for all South Carolinians to achieve their optimal health and well-being.

Mobilizing for Action through Planning and Partnership (MAPP) is a model that brings different sectors together for data-driven continuous health improvement. It guides assessment, priority setting, shared planning, and it spurs action. This process strengthens community engagement, builds social capital, establishes trust, ensures accountability, and builds community resilience. Having health care, public

health and the community develop one shared plan for a county or region is key to aligning actions to improve population health. The MAPP website has all of the tools needed: <https://www.naccho.org/programs/public-health-infrastructure/performance-improvement/community-health-assessment/mapp>

Collaborative health improvement is framed by three recommendations:

- Expand the understanding of what creates health
- Strengthen the capacity of communities to create their own healthy futures
- Support the “health in all policies” approach with health equity as a focus



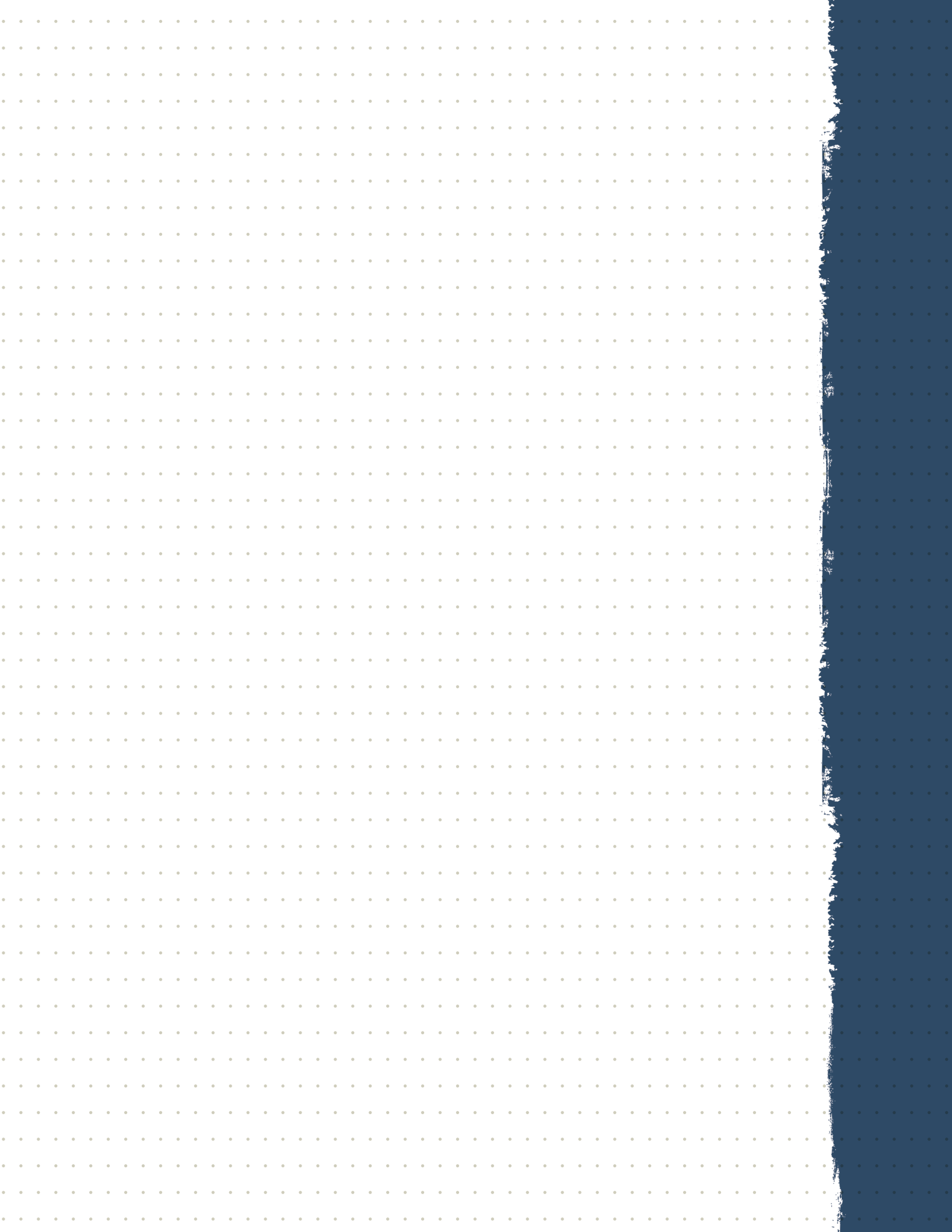
OUR COMMUNITY



Engaging partners is the first step!

- Assure the right partners are around the table and build on their collective level of engagement.
- Recruit non-traditional partners and others to join the process.
- Promote community and clinical linkages.
- Increase state and community connections.

Communities that are organized have the power to influence decisions for positive impacts on their living conditions and create a healthier place to live, work, pray, and play. A Live Healthy South Carolina Annual Celebration is planned to showcase accomplishments and lessons learned from state and community partners. Together we can transform the health of South Carolina!



Asset Inventory

Cross-Cutting:

Artisan Community Garden: A community garden that provides a place for individuals to share the love of Christ and a passion for improved health through gardening fresh produce.

- Reach: Low-income residents in the city of Anderson, South Carolina
- Contact Information:
 - Website: www.thelotproject.com
 - Phone: 864-642-1085

Children's Trust of South Carolina: The statewide organization focused on the prevention of abuse, neglect and injury. The organization trains and educates professional who work directly with families, and also funds, supports and monitors proven prevention programs. Children's Trust advocates for strong, well-founded policies that positively impact child well-being.

- Reach: Children and families in South Carolina
- Contact Information:
 - Website: www.scchildren.org
 - Phone: 803-733-5430

Division of Industries: This training oriented work program allows the inmates to return to society with skills that will enable them to become useful and productive citizens.

- Reach: Inmates of the South Carolina Department of Corrections
- Contact Information:
 - Website: www.doc.sc.gov/programs/pi.html
 - Phone: 803-896-8516 or 1-800-922-8121

Eastern Carolina Homelessness

Organization: The mission of this organization is to plan, develop, and implement strategies to resolve the housing crisis experienced by individuals and families.

- Reach: Individuals in the Pee Dee region of South Carolina
- Contact Information:
 - Website: www.echohomeless.org
 - Phone: 843-213-1798

Midlands Area Consortium for the

Homeless: This organization was created to advocate for funding to address homelessness. They help individuals obtain stable housing and employment and education, necessary to become self-sufficient.

- Reach: Individuals in the Midlands region of South Carolina
- Contact Information:
 - Website: www.midlandshomeless.com
 - Phone: 803-733-5400

Operation Get Smart: This program is aimed primarily at youth to deter them

from making poor decisions resulting in criminal behavior and prison sentences. The program consists of a carefully screened team of inmates who travel the state speaking to youth and adults about actions which led to their involvement in crime and the consequences of their behavior.

- Reach: Students of South Carolina
- Contact Information:
 - Website: www.doc.sc.gov/programs/getsmart.html
 - Phone: 803-896-1846

Personal Responsibility Education

Program: The goal is to educate young people on both abstinence and contraception to prevent pregnancy and sexually transmitted infections.

- Reach: Targets youth ages 10-19 who are homeless, in foster care, live in rural areas, or in geographic areas with high teen birth rates, or come from racial or ethnic minority groups.
- Contact Information:
 - Website: www.scdhec.gov/Health/ChildTeenHealth/Teens/ThePointTeenClinics
 - Phone: 855-472-3432

SC Community Health Workers

Association (SCCHWA): The mission of SCCHWA is to maximize the voices of Community Health Workers and strengthen the profession's capacity to achieve healthy, equitable communities

throughout South Carolina. The organization is made up of Community Health Workers (CHWs) and supporters who are building a healthier South Carolina through the promotion of education, networking and advocacy for the community health worker profession.

- Reach: Statewide
- CHWs and CHW Instructors in South Carolina
- Contact Information:
 - Website: www.scchwa.org
 - Phone: 706-373-8398

South Main Mercy Center: A community garden with fresh vegetables available seasonally.

- Reach: Low income residents and homeless individuals in the South Main Street area of Anderson, South Carolina
- Contact Information:
 - Website: www.southmainmercy.org
 - Phone: 864-437-8298

Transitions Homeless Center: This center provides homeless individuals access to the day center, hot meals, showers, service providers, and housing.

- Reach: Homeless individuals in the Midlands region of South Carolina
- Contact Information:
 - Website: www.transitionssc.org
 - Phone: 803-708-4861

United Housing Connections: This organization connects people at-risk for or currently experiencing homelessness with safe, sustainable and affordable homes.

- Reach: Individuals who are homeless or at risk of becoming homeless in the Upstate region of South Carolina
- Contact Information:
 - Website: www.unitedhousingconnections.org
 - Phone: 864-241-0462

Access to Health Care:

AccessHealth Spartanburg: This organization was designed to help uplift the people of the community without health insurance. This provides a place for the uninsured to receive care, management, navigation, and connection to needed services.

- Reach: Uninsured individuals living in Spartanburg County, South Carolina
- Contact Information:
 - Website: www.accesshealthspartanburg.org
 - Phone: 864-560-0190

Affordable Care Act to Expand

Medicaid: Medicaid coverage and options for low-income individuals and families through the Marketplace, regardless if the state has expanded Medicaid.

- Reach: Low-income individuals and families
- Contact Information:
 - Website: <https://www.healthcare.gov/>
 - Phone: 1-800-318-2596

Coalition for Access to Health Care:

This group of Health Care professionals works to develop ways to ensure that every patient can get the care they need from any provider they select.

- Reach: Community at large
- Contact Information:
 - Website: www.coalitionforaccesstohealthcare.com
 - Phone: 803-530-9899

Connecting Smiles Community Oral

Health Coordination Institute: The vision is to improve the oral health status of vulnerable populations in South Carolina through collaborative partnerships, oral health integration, and preventive public health strategies.

- Reach: Vulnerable populations in South Carolina
- Contact Information:
 - Website: www.cs.sph.sc.edu
 - Phone: 803-576-6036

Greenville Health System Population

Health Program: A mobile health clinic that is fully staffed with oversight from the Departments of Family and Emergency

Medicine, and rotates throughout vulnerable sites.

- Reach: Communities in South Carolina who have been identified with a high need of primary and urgent care services.
- Contact Information:
 - Website: www.hsc.ghs.org/education/gme/familymedicine/populationhealth/
 - Phone: 864-455-9022

Lowcountry Health Network:

Through this mission, the Health Care Network Group of the Lowcountry intends to enhance the quality of care for Lowcountry residents by bringing together a network of professionals and/or organizations who will be better informed about resources in the Lowcountry of South Carolina.

- Reach: South Carolinians who reside in the Lowcountry region of the state
- Contact Information:
 - Website: www.hnglc.org

PASOs: Provides culturally responsive education on family health, early childhood, and positive parenting skills; individual guidance for participants in need of resources; and partnerships with health care and social service providers to help them provide more effective services.

- Reach: The Latino Community of South Carolina
- Contact Information:
 - Website: www.scpasos.org
 - Phone: 803-777-0188

Smiles for a Lifetime (SMILES): This division of Welvista, is a school-based pediatric dental program providing preventive and restorative services to school-aged children in grades K-12 in rural South Carolina counties.

- Reach: K-12 public school students in Allendale, Dillon, Hampton, Manning, and Summerton, South Carolina
- Contact Information:
 - Website: www.welvista.org/pediatric-dentistry/

South Carolina Asthma Alliance: This alliance works together to promote a healthier South Carolina by eliminating the burdens associated with asthma through collaboration, education, and leadership.

- Reach: Community at large
- Contact Information:
 - Website: www.scasthmaalliance.org
 - Phone: 864-347-0031

South Carolina Access Health: The mission is to support communities in creating and sustaining coordinated data-driven provider networks of care that provider networks of care that

provide medical homes and ensure timely, affordable, high-quality health care services for low-income uninsured South Carolinians.

- Reach: Health Organizations that have patient-centered Medical Homes in South Carolina
- Contact Information:
 - Website: www.scha.org/members/member-initiatives/accesshealth-sc
 - Phone: 803-744-3556

South Carolina Institute of Medicine and Public Health:

This entity works to collectively inform policy to improve health and health care.

- Reach: Community at large
- Contact Information:
 - Website: www.imph.org
 - Phone: 803-576-5850

South Carolina's Lieutenant Governor's Office on Aging:

This office enhances the quality of life for seniors in South Carolina and works with a network of regional and local organizations to develop and manage services that help seniors remain independent in their homes and communities.

- Reach: Seniors, ages 55 and older who reside in South Carolina
- Contact Information:
 - Website: www.aging.sc.gov
 - Phone: 803-734-9900

Tri-County Health Network: The mission of AccessHealth Tri-County Network is to coordinate a sustainable provider network of care for low-income, uninsured residents.

- Reach: Low-income, uninsured residents in Berkeley, Charleston, and Dorchester Counties, South Carolina
- Contact Information:
 - Website: www.scha.org/public/access/accesshealth-tri-county-network
 - Phone: 843-743-2777

Upper Midlands Rural Health Network:

The mission is to improve health through collaboration of a diverse group, focused on access to care, health promotion, and education.

- Reach: Individuals in Chester, Fairfield, and Lancaster Counties, South Carolina
- Contact Information:
 - Website: www.umrhn.org

Maternal and Infant Health:

Baby and Me, Tobacco Free: Evidence-based, smoking cessation program created to reduce the burden of tobacco on the pregnant and postpartum population.

- Reach: Pregnant women who are attempting to quit smoking

- Contact Information:
 - Website: www.babyandmetobaccofree.org
 - Phone: 864-518-0124

Cribs for Kids: This program helps educate new parents about Sudden Infant Death Syndrome (SIDS) and the dangers of unsafe sleep practices. They offer important safety messages and give away safety-approved Graco Pack-N-Play to income-eligible families.

- Reach: Infants and their families of the Midlands region of South Carolina
- Contact Information:
 - Website: www.palmettohealth.org/medical-services-perinatal-systems/cribs-for-kids
 - Phone: 803-434-7015

First Steps: Goals include improving children’s health and well-being, support parents in their goals to serve as their children’s first and best teachers, provide parents with easy access to needed early interventions for children with unique development needs, help parents access quality child care for their young children, promote early education programs and quality pre-kindergarten choices for families, and help parents transition their rising kindergarteners into school.

- Reach: Residents of South Carolina with children up to age five.

- Contact Information:
 - Website: www.scfirststeps.com/healthystart
 - Phone: 803-734-0479

Greenwood Genetic Center: Nonprofit organization advancing the field of medical genetics and caring for families impacted by genetic diseases and birth defects.

- Reach: Individuals and families affected by genetic diseases and/or birth defects
- Contact Information:
 - Website: www.ggc.org
 - Phone: 888-442-4363

March of Dimes: Resources and tools for pregnant mothers and their babies to ensure a safe and healthy delivery.

- Reach: South Carolina pregnant mothers and their babies
- Contact Information:
 - Website: www.marchofdimes.org
 - Phone: 803-252-5300

Neural Tube Defects Prevention

Awareness Campaign: Promotes knowledge of the prevention benefits of folic acids and increase folic acid use by women of childbearing age to prevent these defects.

- Reach: Women of childbearing age
- Contact Information:
 - Website: www.nbdpn.org

New Morning Foundation: This foundation aims to advance sexual and reproductive health to decrease the number of unintended pregnancies.

- Reach: Community at large
- Contact Information:
 - Website: www.newmorningfoundation.org
 - Phone: 803-929-0088

PASOs: Provides culturally responsive education on family health, early childhood, and positive parenting skills, individual guidance for participants in need of resources, and partnerships with health care and social service providers to help them provide more effective services.

- Reach: The Latino Community of South Carolina
- Contact Information:
 - Website: www.scpasos.org
 - Phone: 803-777-0188

Perinatal Regionalization System:

A comprehensive, coordinated and geographically structured system of risk-appropriate care for all pregnant women and infants with a goal of improving perinatal outcomes and reducing infant mortality.

- Reach: There are four perinatal regions and five regional perinatal centers in South Carolina.

- Contact Information:
 - Website: <http://www.astho.org/Presidents-Challenge-2013/SouthCarolina/>

South Carolina Beginnings: This organization works with parents of children who are deaf or hard of hearing, deaf and hard of hearing parents, and the professionals that work with these families. They provide counseling, technical assistance and training, hearing screenings, services for providers, and education.

- Reach: Individuals and families suffering from hearing loss
- Contact Information:
 - Website: www.scbegin.org
 - Phone: 803-216-1171

South Carolina Birth Defects Program:

This program conducts active surveillance of approximately 50 birth defects from all South Carolina's delivering hospitals. It provides support information about having children with birth defects.

- Reach: Mothers who deliver a baby with birth defects, or expecting mother wanting to know more about having a child with birth defects throughout South Carolina.
- Contact Information:
 - Website: www.scdhec.gov/Health/FamilyPlanning/DataStaticsonPregnancyBabyHealth/BirthDefects

South Carolina Birth Outcomes

Initiative: This effort aims to improve the health outcomes for all moms and babies. Some efforts include reducing the number of C-sections for low-risk moms, championing Baby-Friendly designated hospitals and breastfeeding, and increasing access to long-acting reversible contraceptives (LARCs).

- Reach: Mothers and babies in South Carolina
- Contact Information:
 - Website: www.scdhhs.gov/organizations/south-carolina-birth-outcomes-initiative

Spina Bifida Association of the Carolinas

Carolinans: An organization dedicated to promoting the prevention of Spina Bifida and enhancing the lives of all affected.

- Reach: Individuals and families affected by Spina Bifida in the Carolina's
- Contact Information:
 - Website: www.sbancsc.org

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

(WIC): This program serves to safeguard the health of mothers, infants, and children in the medically needy population. WIC conducts health assessments and referrals, nutrition and breastfeeding education, and provide supplemental food.

- Reach: Pregnant, postpartum, and breastfeeding women, infants, and children up to age five who are at nutritional risk.
- Contact Information:
 - Website: <https://scdhec.gov/health/wic-nutrition-program>
 - Phone: 855-472-3432

Chronic Disease and Risk Factors:

Alzheimer's Association: Information and referrals as well as care consultation, caregiver support groups, caregiver respite, and community education for those in South Carolina who want to learn more or are dealing with Alzheimer's.

- Reach: Individuals and families affected by Alzheimer's
- Contact Information:
 - Website: www.alz.org/sc
 - Phone: 864-224-3045

American Diabetes Association:

Committed to educating the public about how to stop diabetes and support those living with diabetes

- Reach: Individuals and families affected by Diabetes
- Contact Information:
 - Website: www.diabetes.org
 - Phone: 803-799-4246

Arthritis Foundation: Information and resources, as well as access to optimal care, and community connections in the fight against arthritis

- Reach: Individuals and families affected by arthritis
- Contact Information:
 - Website: www.arthritis.org
 - Phone: 404-872-7100

Best Chance Network (BCN): Breast and cervical cancer screenings at no cost for South Carolina women who qualify. This includes screening services, diagnostic testing, follow-up guidance, as well as community education about breast and cervical cancer.

- Reach: Low-income South Carolina women who qualify
- Contact Information:
 - Website: www.scdhec.gov/Health/DiseasesandConditions/Cancer/FreeCancer/Screenings
 - Phone: 800-450-4611

Camp Happy Days: The mission of this organization is to offer support and encouragement to children diagnosed with cancer and their families. The goal is to improve the physical, emotional, and psychological health of the entire family facing pediatric cancer.

- Reach: Individuals and families suffering from pediatric cancer

- Contact Information:
 - Website: www.camphappydays.org
 - Phone: 843-571-4336

Care Coordination Institute Labs:

CCI Labs works with communities and healthcare providers using data to improve quality of care and prevent disease. CCI Labs combines data from EMR, billing, and scheduling systems to create useful tools for healthcare providers all over South Carolina. The focus is on low cost highly scalable solutions to chronic disease and risk factors

- Reach: South Carolina
- Contact Information:
 - Website: www.ccilabs.org

Catawba Farm and Food Coalition:

Aims to establish a food policy council, farmers markets, food hubs, and include access to food in comprehensive planning.

- Reach: Residents of Chester, Fairfield, Lancaster, Union, and York Counties, South Carolina, as well as the Catawba Indian Nation
- Contact Information:
 - Website: www.catawbafarmandfood.org
 - Phone: 803-374-3779

City of Columbia Food Policy Council:

Elected city residents gather to address problems found within food production,

consumption, processing, distribution, and waste disposal with the primary focus on finding solutions to problems that promote sustainability, economic development, and social justice.

- Reach: Community at large
- Contact Information:
 - Website: www.columbiasc.net/boards-commissions/food-policy-committee
 - Phone: 803-545-3039

Colorectal Cancer Roundtable:

Helps prevent more colorectal cancer by providing tools and resources for organizations to help reduce the incidence and mortality from colorectal cancer in the state.

- Reach: Those with colorectal cancer or at risk for developing colorectal cancer in South Carolina
- Contact Information:
 - Website: www.nccrt.org/state/south-carolina

Diabetes Initiative of South Carolina:

The goal is to provide the tools for management of the disease to reduce severe complications and cost burdens for South Carolinians.

- Reach: Individuals suffering from diabetes in South Carolina
- Contact Information:
 - Website: www.academicdepartments.musc.edu/medicine/Divisions/Endocrinology/DSC/index.htm

Eat Smart, Move More South Carolina:

The goal is a state in which healthy eating and active living is the pillar for healthy lifestyles in healthy communities.

- Reach: Community at large
- Contact Information:
 - Website: www.eatsmartmovemoresc.org
 - Phone: 803-667-9810

Faithful Families: The Faithful Families Eating Smart and Moving More Program promotes healthy eating and physical activity in communities of faith. Resources for the program include a 9-session Faithful Families curriculum and the Planning Guide for Faithful Families Eating Smart and Moving More.

- Reach: Faith communities throughout Anderson County, South Carolina
- Contact Information:
 - Website: www.scscu.edu/1890/extension.aspx
 - Phone: 864-332-0910

Farm to Institution: Helps increase access to locally sourced produce, promotes environmental stewardship, and strengthens community connections and relationships in South Carolina

- Reach: South Carolinians who lack access/resources to fresh fruits and vegetables; must meet eligibility

- Contact Information:
 - Website: www.scfarmtoinstitution.com
 - Phone: 803-898-1621

Foodshare: The goal is to make it easier for families in South Carolina to enjoy fresh fruits and vegetables on a daily basis regardless of where one lives or how much they make.

- Reach: South Carolinians who lack access/resources to fresh fruits and vegetables; must meet eligibility
- Contact Information:
 - Website: www.foodsharesc.org
 - Phone: 803-851-4461

Lee County Farm and Garden

Committee: The mission is to provide a community gathering place for both local farmers/vendors and consumers to create access to healthy, affordable locally grown and crafted products, and to promote a healthier lifestyle.

- Reach: All residents of Lee County, South Carolina

LiveWell South Carolina: Community members taking a population-based approach to improving health outcomes in South Carolina

- Reach: Community at large
- Contact Information:
 - Website: <https://livewellgreenville.org/>
 - Phone: 864-230-6127

Midlands Local Food Collaborative:

Local governments, academic, and non-profit organizations whose common goal is to promote a sustainable local food system, foster land stewardship, and increase equitable food access in the Midlands.

- Reach: Community at large
- Contact Information:
 - Website: www.clemson.edu/extension/midlandslocalfood/

Midlands Health Partners: The result of a merger of the Lexington and Richland Health Partners groups who were called together to address top issues from the assessment including obesity and diabetes.

- Reach: Richland and Lexington Counties, South Carolina

National Diabetes Prevention Program:

Resources, information, and programs to help combat diabetes in Americans.

- Reach: Community at large
- Contact Information:
 - Website: www.cdc.gov/diabetes/prevention/index.html

Quit Line: One on one coaching through phone and web-based counseling and support as well as a personalized quit plan and free nicotine patches and gum.

- Reach: Community at large

- Contact Information:
 - Website: www.quitnow.net/southcarolina
 - Phone: 800-784-8669

Scale Down South Carolina: Initiatives and programs available to citizens of South Carolina who are interested in losing weight and becoming healthier.

- Reach: Individuals and families in South Carolina who are overweight, obese, or those looking for healthier resources.
- Contact Information:
 - Website: www.scaledown.org

South Carolina Cancer Alliance: The alliance has been dedicated to the prevention and early detection of cancer, as well as improving the treatment of those affected by this disease. Initiatives include public, professional, and patient education.

- Reach: Individuals and families affected by cancer
- Contact Information:
 - Website: www.sccancer.org/workgroups/breast-cancer
 - Phone: 803-708-4732

South Carolina Department of Education: Insight into the National School Lunch and Breakfast programs, as well as other governmental and USDA regulated programs.

- Reach: Public schools in the state of South Carolina
- Contact Information:
 - Website: www.ed.sc.gov/districts-schools/nutrition
 - Phone: 803-734-8500

South Carolina Food Access Task Force: Expands the availability of nutritious food by developing and equipping retail and wholesale outlets selling healthy food.

- Reach: South Carolinians who live in food deserts
- Contact Information:
 - Website: www.scfoodaccess.com
 - Phone: 843-973-6285

South Carolina Food Bank Association: The association of four major food banks across the state that bring 85 million meals to the hungry within the state.

- Reach: Community at large
- Contact Information:
 - Website: scfoodbankassociation.org

South Carolina Governor's Council on Physical Fitness: All schools should offer convenient opportunities for students and staff to participate in enjoyable physical activity, and this imperative should be embodied in policy.

- Reach: Children and educators in public schools in South Carolina

- Contact Information:
 - Website: www.scahperd.org
 - Phone: 803-786-3384

South Carolina SNAP Education and Obesity Prevention Program: This program provides a combination of nutrition education, health promotion, and policy, system, and environmental support to low-income communities to improve the likelihood that families who are receiving SNAP benefits will make healthier food and physical activity choices.

- Reach: Individuals and families who receive SNAP benefits in South Carolina
- Contact Information:
 - Website: www.dss.sc.gov/assistance-programs/food-and-nutrition-education
 - Phone: 800-616-1309

South Carolina Supplemental Nutrition Assistance Program (SNAP): Provides benefits, formerly known as Food Stamp benefits, to low-income households with nutrition assistance by increasing the household's food purchasing power.

- Reach: Low-income South Carolinian households
- Contact Information:
 - Website: www.dss.sc.gov/assistance-programs/snap
 - Phone: 800-616-1309

South Carolina Tobacco-Free

Collaborative: Mission: Eliminate the toll of tobacco in South Carolina

- Reach: Statewide, all South Carolinians
- Contact Information:
 - Website: www.sctobaccofree.org
 - Phone: 803-251-0130

South Main Mercy Center: A community garden with fresh vegetables available seasonally.

- Reach: Low income residents and homeless individuals in the South Main Street area of Anderson, South Carolina.
- Contact Information:
 - Website: www.southmainmercy.org
 - Phone: 864-437-8298

Steps to Your Health: This is a ten-week course that covers basic information about healthy eating and exercising. Participants are weighed and measured the first week and asked to set goals they would like to accomplish by the end of the program. Each session lasts 90 minutes and ends with an exercise activity that can be adapted for individuals with all types of disabilities.

- Reach: Individuals in South Carolina with disabilities
- Contact Information:
 - Website: www.able-sc.org/health-initiatives
 - Phone: 803-779-5121

United Way of South Carolina: Provides a variety of programs for residents of South Carolina including activities to promote healthy eating, active living, smoke-free environments, and the Backpack Snackpack Program.

- Reach: Community at large
- Contact Information:
 - Website: www.uwasc.org
 - Phone: 803-929-1000

University of South Carolina Cooking Matters: This program works to empower low-income families, kids, and adults with the knowledge and skills to prepare healthy and tasty meals on a budget.

- Reach: Low-income families in South Carolina
- Contact Information:
 - Website: www.cookingmatters.org
 - Phone: 803-898-1629

Working Well: Working Well helps employers develop a strategic plan to impact employee health by focusing on policy, systems, and environmental changes, which are often low or no cost. Working Well aims to help employers create a sustainable culture of wellbeing by using effective, evidence-based best practices to create worksites where the healthy choice is the easy choice.

- Reach: Employers statewide
- Contact Information:
 - Website: <https://www.scha.org/working-well>

Infectious Disease:

AIDS Drug Assistance Program: This program helps South Carolina residents get HIV medications or drugs they cannot get or otherwise afford.

- Reach: Individuals who have HIV, are not eligible for Medicaid/Medicare, and are South Carolina residents
- Contact Information:
 - Website: www.scdhec.gov/Health/DiseasesandConditions/InfectiousDiseases/HIVandSTDs/AIDSDrugAssistancePlan/
 - Phone: 1-800-856-9954

AIDS Healthcare Foundation: Provides those dying of AIDS a safe, dignified, and compassionate place to spend their final days.

- Reach: South Carolinians who are dying of HIV/AIDS
- Contact Information:
 - Website: www.ahf.org
 - Phone: 803-933-0288

AID Upstate: This organization provides supportive services to people affected by HIV/AIDS. They provide comprehensive services in the Upstate of South Carolina. Some care services include medical case management, referrals, food pantry, addiction counseling, and a host of other activities.

- Reach: Individuals in Greenville, Anderson, Pickens, and Oconee Counties, South Carolina
- Contact Information:
 - Website: www.aidupstate.org
 - Phone: 864-250-0607

EMPOWERR Program: This program aims to reduce the onset of substance abuse and prevent the transmission of HIV, Hepatitis, and other sexually transmitted infections, as well as prevent unintended pregnancy.

- Reach: Minority youth and young adults in the Charleston area of South Carolina
- Contact Information:
 - Website: www.academicdepartments.musc.edu/empowerr
 - Phone: 843-792-8356 or 843-792-3625

HIV Task Force: The goal is to make a positive difference in the health and lives of people living with HIV in the state of South Carolina as well provide individuals with tools and resources to help support those affected by HIV.

- Reach: Individuals and families living with HIV
- Contact Information:
 - Website: www.schtf.org

Palmetto AIDS Life Support Services (PALSS): This organization was formed

to fight the war against AIDS and offers free services to people who have been diagnosed with or at risk of contracting HIV/AIDS.

- Reach: Community at large
- Contact Information:
 - Website: www.palss.org
 - Phone: 803-779-7257

Palmetto Community Care: This organization assists those living with HIV/AIDS by providing a full spectrum of care and support services.

- Reach: Individuals and families with HIV/AIDS in the Lowcountry region of South Carolina
- Contact Information:
 - Website: www.palmettocommunitycare.org
 - Phone: 843-747-2273

Personal Responsibility Education

Program: The goal is to educate young people on both abstinence and contraception to prevent pregnancy and sexually transmitted infections.

- Reach: Targets youth ages 10-19 who are homeless, in foster care, live in areas, or in geographic areas with high teen birth rates, or come from racial or ethnic minority groups.
- Contact Information:
 - Website: www.scdhec.gov/Health/ChildTeenHealth/Teens/ThePointTeenClinics
 - Phone: 855-472-3432

Piedmont Care, Inc.: This nonprofit organization provides HIV/AIDS care, prevention, and advocacy in their service counties. Their mission is to coordinate and provide medical, social, and psychological services for individuals and families affected by or at risk for HIV.

- Reach: Individuals and families affected by HIV in Spartanburg, Cherokee, and Union Counties, South Carolina
- Contact Information:
 - Website: www.piedmontcare.org
 - Phone: 864-582-7773 or 866-454-7773

Southern AIDS Coalition: The mission of this coalition is to end the HIV epidemic in the South through public health advocacy, capacity building assistance and education, research and evaluation, and strategic grant writing.

- Reach: Community at large and throughout the Southern region of the United States
- Contact Information:
 - Website: www.southernaidscoalition.org
 - Phone: 888-745-2975

South Carolina Immunization Coalition:

The coalition comprised of providers, stakeholders, policy makers, and advocates aims to educate, motivate, and increase access to immunizations.

- Reach: Community at large
- Contact Information:
 - Website: www.atlanticquality.org/initiatives/immunization/immunization-sc/
 - Phone: 803-212-7535

South Carolina Tuberculosis

Association: This organization provides programs and services for South Carolinians in hopes to assist in the eradication of tuberculosis.

- Reach: Community at large
- Contact Information:
 - Website: www.sctuberculosis.org
 - Phone: 803-252-1087

State Alliance for Adolescent Sexual Health in South Carolina:

This alliance works to improve comprehensive sexual health education policies, raise awareness of prevention of STI/HIV, as well as the availability of HPV vaccine, and the use of condoms, along with other forms of contraception.

- Reach: Adolescents and youth in South Carolina
- Contact Information:
 - Website: www.saashsc.org
 - Phone: 803-898-0670

Youth AIDS Coalition: This coalition aims to raise STD awareness, encourage STD testing, and teach preventive techniques. They also provide information on STD testing locations throughout the state.

- Reach: Community at large
- Contact Information:
 - Website: www.youthaidscoalition.org

Injury:

Aiken County Safe Coalition: Provides suicide prevention through community education and collaboration

- Reach: Community at large
- Contact Information:
 - Website: www.preventingsuicides.org

Brain Injury Association of South Carolina: This organization aims to provide support and education to individuals with traumatic brain injury, their families, and professionals. They also aim to bring changes in knowledge, attitudes, and behavior to prevent brain injuries and the violence that often causes these injuries. Additionally, they aim to support the advancement of scientific knowledge to improve the quality of life and develop new treatments to protect the brain.

- Reach: Individuals and their families who are suffering from a traumatic brain injury
- Contact Information:
 - Website: www.biaofsc.com
 - Phone: 803-731-9823

Children's Trust of South Carolina: The statewide organization focused on the

prevention of abuse, neglect and injury. The organization trains and educates professional who work directly with families, and also funds, supports and monitors proven prevention programs. Children's Trust advocates for strong, well-founded policies that positively impact child well-being.

- Reach: Children and families in South Carolina
- Contact Information:
 - Website: www.scchildren.org
 - Phone: 803-733-5430

Head and Spinal Cord Injury:

Information, case management, and other tools and resources for family support as well as initiatives for children and adults who suffer from a head and spinal cord injury.

- Reach: Those in South Carolina with a Head and Spinal Cord Injury that meet eligibility criteria
- Contact Information:
 - Website: www.ddsn.sc.gov/consumers/divisions/Pages/HASCI.aspx
 - Phone: 800-289-7012

Julie Valentine Center: This center's mission is to stop sexual violence and child abuse and the impact of these crimes through prevention, investigation, collaboration, treatment, and advocacy.

- Reach: Community at large

- Contact Information:
 - Website: www.julievalentinecenter.org
 - Phone: 864-331-0560

Palmetto Cycling Coalition: The mission of this coalition is to make South Carolina bicycle and pedestrian friendly, by improving safety through better access and education, to promote healthy lifestyles and livable and economically viable communities.

- Reach: Community at large
- Contact Information:
 - Website: www.pccsc.net
 - Phone: 803-445-1099

Palmetto Poison Center: This center provides services free-of-charge to the public and health professionals 24 hours a day, 365 days a year. They provide information on exposure to poisonous materials for the public and health care professionals.

- Reach: Community at large
- Contact Information:
 - Website: poison.sc.edu/index.asp
 - Phone: 1-800-222-1222 or 803-777-7909

Sexual Trauma Services: This organization advocates for and supports survivors of sexual assault and abuse and educates the community to identify and prevent sexual violence.

- Reach: Community at large
- Contact Information:
 - Website: www.stsm.org
 - Phone: 803-790-8208

South Carolina Coalition Against Domestic Violence and Sexual Assault:

This coalition is made up of organizations providing intervention services to victims and survivors of domestic violence and sexual assault and primary prevention programs to students and communities across the state.

- Reach: Community at large
- Contact Information:
 - Website: www.sccadvasa.org
 - Phone: 803-256-2900

South Carolina Occupational Safety and Health Administration:

The mission of this organization is to prevent workplace deaths, injuries, and illnesses.

- Reach: Community at large
- Contact Information:
 - Website: www.scosha.llronline.com
 - Phone: 803-896-7665

Target Zero: This is a statewide safety plan that provides a coordinated framework towards eliminating traffic deaths and reducing severe injuries on South Carolina’s public roads.

- Reach: Community at large
- Contact Information:
 - Website: www.sctargetzeroplan.org
 - Phone: 877-349-7187

ThinkFirst Injury Prevention: The South Carolina Spinal Cord Injury Association offers the ThinkFirst Injury prevention program for students in elementary through high school. These presentations provide education on the brain and spinal cord, explain how they are impacted by injury, and address how students can be more safety-conscious in their everyday lives.

- Reach: Elementary through high school students in South Carolina
- Contact Information:
 - Website: www.scspinalcord.org/thinkfirst-injury-prevention
 - Phone: 803-252-2198

Upstate Splash: This organization hosts charity events to make a measurable difference in childhood drowning by raising funds to provide swim lesson scholarships for at-risk youth.

- Reach: At-risk youth in the surrounding communities of the Upstate, South Carolina
- Contact Information:
 - Website: upstatesplash.org
 - Phone: 864-400-9967

Behavioral Health:

Axis I Center of Barnwell: The mission of this center is to provide awareness, education, prevention, intervention, treatment, and referral for individuals in the community suffering from substance use disorders.

- Reach: Individuals and families suffering from substance use disorder in Barnwell County, South Carolina
- Contact Information:
 - Website: www.axis1.org
 - Phone: 803-541-1245

Behavioral Health Coalition: Coalition comprised of behavioral and mental health professionals and stakeholders from across South Carolina to address a set of priority areas related to improving care and outcome to better serve our residents with behavioral health illnesses

- Reach: South Carolinians who need a sustainable system of high quality, cost-effective and accessible behavioral health services and support
- Contact Information:
 - Website: <http://imph.org/taskforces/behavioral-health-taskforce>
 - Phone: 803-576-5850

Code Green Campaign: Raising awareness of the high rates of mental health issues that affect first responders.

- Reach: First responders in South Carolina
- Contact Information:
 - Website: www.codegreencampaign.org

Federation of Families of South

Carolina: This organization aims to provide leadership in children’s mental health through education, awareness, support, and advocacy for families of children and youth with emotional, behavioral, mental, and/or substance use disorder.

- Reach: Children and youth suffering from mental illness in South Carolina along with their families
- Contact Information:
 - Website: www.fedfamsc.org
 - Phone: 866-779-0402

Lexington Rise Above It: Community partners from LRADAC, law enforcement, Lexington School District, and others to address drug and alcohol use by youth.

- Reach: Youth in Lexington County, South Carolina
- Contact Information:
 - Website: www.locc.info

Mental Health America of South

Carolina: This organization works diligently to advocate for those suffering from mental illness. They also educate individuals to promote good mental health, raise awareness and reduce the

stigma associated with mental illness. Finally, they serve those suffering from mental illness by providing evidence based programs that can improve quality of life and speed their recovery.

- Reach: Community at large, primarily those suffering from mental illness in South Carolina
- Contact Information:
 - Website: www.mha-sc.org
 - Phone: 803-779-5363

National Alliance on Mental Illness (NAMI) South Carolina:

NAMI aims to improve the quality of life for individuals who live with mental illnesses and for their families by promoting the availability of effective services and resources, through education, support, and advocacy.

- Reach: Individuals and families suffering from mental illness
- Contact Information:
 - Website: www.namisc.org

New Hope Behavioral Health: This counseling center aims to provide a means to an end for each person’s struggles through professional counseling, medical services, and restoring hope to all adults to enhance their quality of life.

- Reach: Community at large
- Contact Information:
 - Website: www.newhopebehavioralhealth.com
 - Phone: 864-608-4578

Palmetto Low Country Behavioral

Health: This is a mental health treatment provider offering substance abuse treatment services for teens, adults, and senior adults in private, caring, and compassionate inpatient and outpatient settings.

- Reach: Community at large
- Contact Information:
 - Website: www.palmettobehavioralhealth.com
 - Phone: 843-747-5830

Pee Dee Mental Health: This health center aims to provide effective mental health services to individuals who are experiencing emotional or psychiatric distress while working with organizations and individuals to develop additional resources that may be needed.

- Reach: Individuals and families suffering from mental health distress in Darlington, Florence, and Marion Counties, South Carolina
- Contact Information:
 - Website: www.peedeementalhealth.org
 - Phone: 843-317-4073

South Carolina Department of Alcohol and Other Drug Abuse Services

(DAODAS): This agency is charged with ensuring quality services to prevent or reduce the negative consequences of substance use and addictions. The mission is to ensure the availability and quality of continuum of substance use services, thereby improving health status, safety, and quality life of individuals, families, and communities across South Carolina.

- Reach: Individuals and families suffering from substance use disorder in South Carolina
- Contact Information:
 - Website: www.daodas.sc.gov
 - Phone: 803-896-5555

South Carolina SHARE: SHARE is a mental health organization to promote recovery principles for the people of South Carolina suffering from mental illness, substance use disorder, and/or co-occurring disorder through education, support, and wellness.

- Reach: South Carolina individuals suffering from mental illness, substance use disorder, and/or co-occurring disorder
- Contact Information:
 - Website: www.scshare.com
 - Phone: 803-739-5712

York County All on Board: This coalition aims to engage York County’s citizens to collaborate for youth substance abuse reduction, risk minimizations, and healthier lifestyles through capacity building, environmental strategies, education, community awareness, and evaluation.

- Reach: 12-18-year-old youth in York County, South Carolina
- Contact Information:
 - Website: www.allonboard.org
 - Phone: 803-493-6950

Physical Environment:

Carolinas Integrated Sciences & Assessments: This team conducts applied research in the Carolinas that incorporates climate information into water, health, and coastal management decision making. Primary goals include seeking to understand climate processes, advance climate adaptation, and support climate information networks.

- Reach: Community at large in both North and South Carolina
- Contact Information:
 - Website: www.cisa.sc.edu
 - Phone: 803-777-2482

Carolina Recycling Association: This organization is committed to waste reduction and recycling efforts through

training, education, and networking opportunities.

- Reach: Community at large
- Contact Information:
 - Website: www.cra-recycle.org
 - Phone: 877-972-0007

Charleston Resilience Network: This network aims to foster a unified regional strategy and provide a forum to share science-based information, educate stakeholders, and enhance long-term planning decisions that result in resilience.

- Reach: Charleston region, South Carolina
- Contact Information:
 - Website: www.charlestonresilience.net

Coastal Conservation League: This league was formed to protect the threatened resources of the South Carolina coastal plain including the natural landscapes, abundant wildlife, clean water, and quality of life, by working with citizens and government on proactive solutions to environmental challenges.

- Reach: Community at large
- Contact Information:
 - Website: www.coastalconservationleague.org
 - Phone: 843-723-8035

Don't Waste Food SC: This collaborative campaign brings stakeholders together who are dedicated in sharing knowledge, coordinating resources, and working together to help reduce food waste in South Carolina.

- Reach: Community at large
- Contact Information:
 - Website: www.scdhec.gov/HomeandEnvironment/Recycling/FoodWaste

Farm to Institution: Helps increase access to locally sourced produce, promotes environmental stewardship, and strengthens community connections and relationships in South Carolina

- Reach: South Carolinians who lack access/resources to fresh fruits and vegetables; must meet eligibility
- Contact Information:
 - Website: www.scfarmtoinstitution.com
 - Phone: 803-898-1621

Forestry Association of South Carolina: This organization's mission is to maintain and secure adoption of local, state, and federal policies that encourage management, utilization, and conservation of forest resources while maintaining or strengthening the business climate for the wood and paper products industry.

- Reach: Community at large
- Contact Information:
 - Website: www.scforestry.org
 - Phone: 803-798-4170

Friends of Lake Keowee: This organization aims to preserve, protect, and enhance Lake Keowee and its watershed through conservation, science, education, and good governance so that the lake remains clean, safe, and beautiful for the community.

- Reach: Individuals and families utilizing Lake Keowee
- Contact Information:
 - Website: www.folkskeowee.org
 - Phone: 864-882-3655

Keep the Midlands Beautiful: The mission of this organization is to engage, inspire, and educate the Midlands to invest in the community through litter prevention, recycling, and beautification.

- Reach: Richland and Lexington Counties, South Carolina
- Contact Information:
 - Website: www.keepthemidlandsbeautiful.org
 - Phone: 803-733-1139

Palmetto Pride: This entity is South Carolina's anti-litter and beautification organization. Through programs this organization aims to educate the public on the impacts of litter to help prevent

it, enforce current litter laws, bring awareness to the issue, and encourage groups to take ownership of communities.

- Reach: Community at large
- Contact Information:
 - Website: www.palmettopride.org
 - Phone: 803-758-6034

The South Carolina Clean Indoor Air

Act: This act made it unlawful to smoke in public indoor areas, thus reducing secondhand smoke exposure.

- Reach: Community at large
- Contact Information:
 - Website: www.scstatehouse.gov/code/t44c095.php

South Carolina Section of the American Water Works Association:

This association of water professionals aims to provide solutions to effectively manage water in the state.

- Reach: Community at large
- Contact Information:
 - Website: www.scwaters.org/page/SCAWWA
 - Phone: 803-358-0658

Surfrider Foundation—Charleston

Chapter: This organization concentrates on keeping the beaches and waterways free of trash to keep the Lowcountry beautiful through conservation, activism, research, and education.

- Reach: Lowcountry Region of South Carolina
- Contact Information:
 - Website: www.charleston.surfrider.org

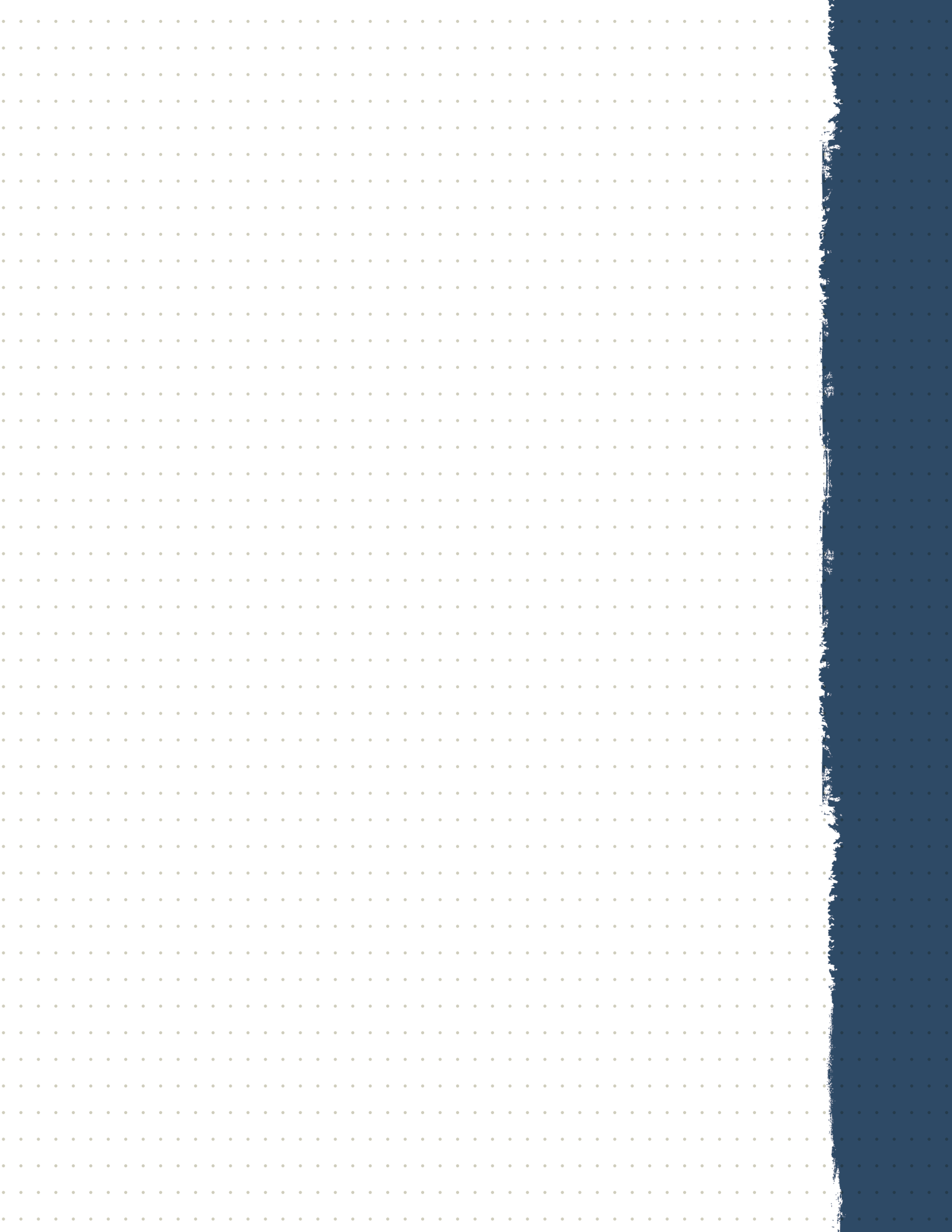
Take Action SC Environmental

Education Partnership: This partnership aims to provide a program that informs, inspires, and empowers students and teachers to protect and preserve the environment.

- Reach: Students and teachers of South Carolina
- Contact Information:
 - Website: www.takeactionsc.org
 - Phone: 1-800-768-7348

Upstate Forever: This conservation organization protects critical lands, waters, and the unique character of the Upstate.

- Reach: Upstate region of South Carolina
- Contact Information:
 - Website: www.upstateforever.org
 - Phone: 864-250-0500 or 864-327-0090





Alliance for a Healthier South Carolina Membership

ALLIANCE FOR A HEALTHIER SC MEMBERSHIP

American Association of Retired Persons
(AARP)

AccessHealth SC

Anmed Health

Baptist Easley

Beaufort Memorial Hospital

Behavioral Health Services Association

BlueCross BlueShield of South Carolina

BlueCross BlueShield of South Carolina
Foundation

Bon Secours St. Francis Health Systems

Care Coordination Institute

Children's Trust of South Carolina

Clemson University

Coastal Carolina University

Drs. Bruce and Lee Foundation

Eat Smart, Move More South Carolina

Furman University

Greenville Health System

Health Sciences South Carolina

Hilton Head Hospital

March of Dimes

Mary Black Foundation

McLeod Health

Michelin

Molina Healthcare

Medical University of South Carolina

Palmetto Care Connections

Palmetto Health

PASOs

Roper St. Francis

South Carolina Area Health Education
Consortium

South Carolina Association of Health
Underwriters

South Carolina Business Coalition on
Health

South Carolina Campaign to Prevent
Teen Pregnancy

South Carolina Children's Hospital
Collaborative

South Carolina Department of Alcohol
and Other Drug Abuse Services

South Carolina Department of Health
and Environmental Control

South Carolina Department of Mental
Health

South Carolina Free Clinic Association University of South Carolina

South Carolina Hospital Association United Way Associations of South
Carolina

South Carolina Institute of Medicine and
Public Health WellCare

South Carolina Medical Association

South Carolina Nurses Association

South Carolina Office of Rural Health

South Carolina Primary Health Care
Association

South Carolina State University

South Carolina Telehealth Alliance

South Carolina Thrive

Select Health of South Carolina

Self Regional Healthcare

Spartanburg Regional Healthcare System

The Carolinas Center

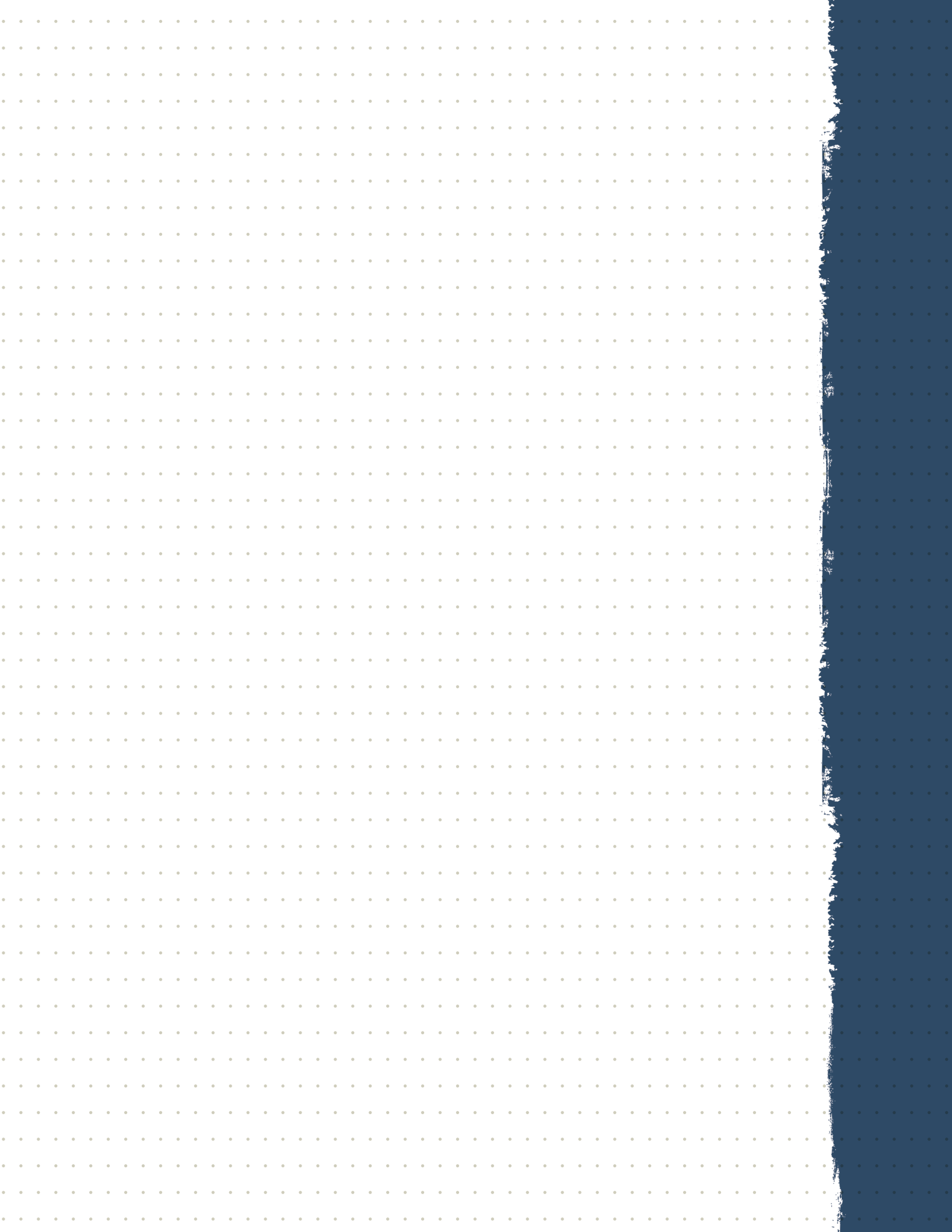
The Carolina Center for Medical
Excellence

The Duke Endowment

The Self Family Foundation

Tidelands Health

Total Comfort Solutions





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