Midlands
Regional Health Snapshot

Regions



In 2024, the population of the Midlands region was

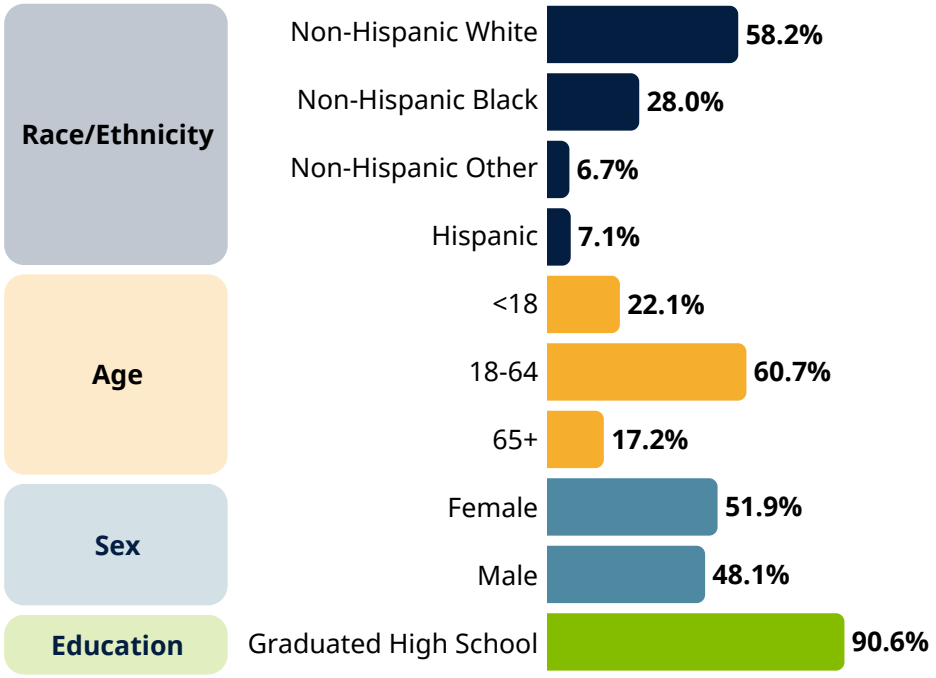
1,560,806

people. The Midlands region's population increased by

6.1%

from 2019 to 2024.

Demographics[1]



Access to Quality Care



8 out of 12 counties that had a data walk from 2020-2026 identified access to quality care as a top priority.

Primary Care Physicians per 10,000[2]

8.7 physicians

South Carolina **10.0** physicians

Dentists per 10,000[2]

5.6 dentists

South Carolina **5.5** dentists

Insured Adults[3]

88.1%

South Carolina **87.0%**

Avoidable Hospitalizations per 100,000[4]

2,879.1 hospitalizations

South Carolina **3,557.4** hospitalizations

Adults who Delayed Medical Care Due to Cost[5]

11.3%

South Carolina **12.8%**

South Carolina Leading CHNA Indicators[6]

1. **Cost**
2. **Lack of Knowledge**
3. **Access to Healthcare Facilities**

Chronic Health Conditions



6 out of 12 counties that had a data walk from 2020-2026 identified chronic disease as a top priority.

Adults with Multiple Chronic Conditions[7]

35.9

South Carolina **36.3%**

Population with a Disability[8]

13.8%

South Carolina **14.4%**

Heart Disease Deaths per 100,000[9]

1025.5 deaths

South Carolina **1,138.3 deaths**

Adults with Diabetes[10]

13.3%

South Carolina **13.8%**

Adults with Prediabetes[11]

9.9%

South Carolina **9.8%**

Adults with Hypertension[10]

38.3%

South Carolina **38.6%**

Adults with High Cholesterol[7]

36.1%

South Carolina **37.1%**

Adults with Obesity[10]

35.5%

South Carolina **35.5%**

Behavioral & Mental Health



6 out of 12 counties that had a data walk from 2020-2026 identified behavioral health as a top priority.

Adults who Report Binge Drinking[10]

15.6%

South Carolina **15.4%**

Drug Overdose Deaths per 100,000[9]

171.1 deaths

South Carolina **185.7 deaths**

Suicides per 100,000[9]

78.7 suicides

South Carolina **80.0 suicides**

Behavioral Health-Related Hospitalizations per 100,000[12]

246.0 hospitalizations

South Carolina **294.6 hospitalizations**

Mental Health Clinicians per 10,000[2]

2.3 clinicians

South Carolina **2.2 clinicians**

Maternal & Infant Health



3 out of 12 counties that had a data walk from 2020-2026 identified maternal & infant as a top priority.

Infant Mortality per 1,000 Live Births[13]

6.6 births

South Carolina **6.9** births

Low Birthweight per 1,000 Live Births[9]

99.6 births

South Carolina **99.2** births

Preterm Births per 1,000 Live Births[9]

112.6 births

South Carolina **117.5** births

Birth Defects per 1,000 Live Births[13]

14.1 births

South Carolina **20.0** births

Adequate Prenatal Care[9]

76.9%

South Carolina **77.9%**

Gestational Diabetes[9]

7.1%

South Carolina **7.9%**

Breastfeeding Initiation[9]

80.7%

South Carolina **79.1%**

Fertility Rate per 1,000 Women[14]

101.5 births

South Carolina **105.6** births

Maternal Mortality Rate per 10,000 Births[9]

2.8 deaths

South Carolina **4.5** deaths

Leading Causes of Death[14]



Heart Disease



Cancer



Unintentional Injury

Income & Poverty



People Living Below Poverty Level[1]

13.4%

South Carolina **14.1%**

Unemployment[15]

4.4%

South Carolina **4.1%**

Median Household Income[1]

Lowest | Fairfield County

$47,885

Highest | York County

$89,095

South Carolina **$69,324**

Infectious Disease

HIV Incidence per 100,000[16]

77.2 cases

South Carolina **71.4** cases

Syphilis Incidence per 100,000[17]

52.9 cases

South Carolina **46.3** cases

Hepatitis C Incidence per 100,000[17]

58.4 cases

South Carolina **49.5** cases

Nutrition & Physical Activity

6 out of 12 counties that had a data walk from 2020-2026 identified nutrition & physical activity as a top priority.

Food Insecurity[18]

15.4%

South Carolina **15.8%**

Adults with No Leisure Time in the Last 30 Days[19]

23.7%

South Carolina **25.0%**

Adults Not Eating Fruits Daily[19]

44.6%

South Carolina **41.2%**

Adults Not Eating Vegetables Daily[19]

21.0%

South Carolina **22.1%**

Residents Living Close to a Park or Recreation Area[20]

67.8%

South Carolina **68.0%**

South Carolina Public Water Systems Meeting All Health-Based Standards[21]

91.2%

References

1. US Census Bureau: American Community Survey, 2024
2. SC Office of Healthcare Workforce, 2026 Data Book
3. SAHIE, 2012-2023
4. SC RFA, 2024
5. SC BRFSS, 2020-2024
6. Community Health Needs Assessment Survey, 2023
7. SC BRFSS, 2023
8. US Census Bureau: American Community Survey, 2023
9. DPH Vital Statistics, 2020-2024
10. SC BRFSS, 2024
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14. DPH Vital Statistics, 2024*
15. SC Department of Employment & Workforce, 2024
16. DPH Enhanced HIV/AIDS, 2020-2024
17. DPH SCION, 2020-2024
18. Feeding America, Map the Meal Gap, 2024
19. SC BRFSS, 2021
20. County Health Rankings and Roadmaps, 2024
21. SC DES Annual State Water Systems Report, 2021

*Note: Annual resident population denominator estimates were obtained from the U.S. Census Bureau.