Upstate
Regional Health Snapshot

Regions



In 2024, the population of the Upstate region was

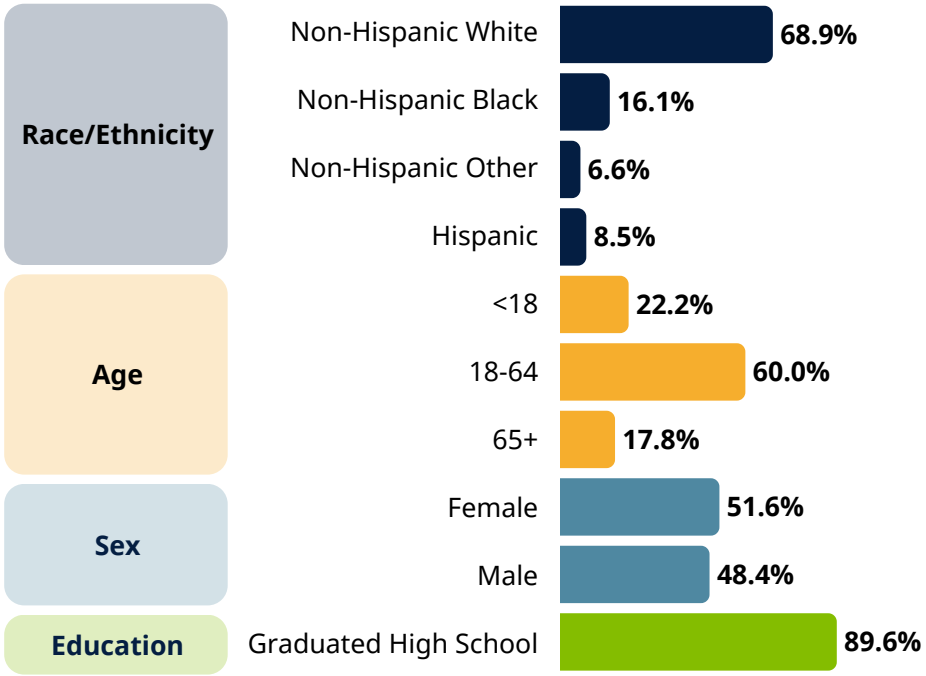
1,627,506

people. The Upstate region's population increased by

7.0%

from 2019 to 2024.

Demographics[1]



Access to Quality Care



7 out of 9 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]

11.3 physicians

South Carolina **10.0** physicians

Dentists per 10,000[2]

5.1 dentists

South Carolina **5.5** dentists

Insured Adults[3]

86.0%

South Carolina **87.0%**

Avoidable Hospitalizations per 100,000[4]

3,339.3 hospitalizations

South Carolina **3,557.4** hospitalizations

Adults who Delayed Medical Care Due to Cost[5]

12.6%

South Carolina **12.8%**

South Carolina Leading CHNA Indicators[6]

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

Chronic Health Conditions



8 out of 9 counties that had a data walk from 2020-2026 identified chronic disease as a top priority.

Adults with Multiple Chronic Conditions[7]

37.4%

South Carolina **36.3%**

Population with a Disability[8]

14.5%

South Carolina **14.4%**

Heart Disease Deaths per 100,000[9]

1,136.3 deaths

South Carolina **1,138.3 deaths**

Adults with Diabetes[10]

13.1%

South Carolina **13.8%**

Adults with Prediabetes[11]

10.1%

South Carolina **9.8%**

Adults with Hypertension[10]

38.9%

South Carolina **38.6%**

Adults with High Cholesterol[7]

37.3%

South Carolina **37.1%**

Adults with Obesity[10]

34.9%

South Carolina **35.5%**

Behavioral & Mental Health



9 out of 9 counties that had a data walk from 2020-2026 identified behavioral health as a top priority.

Adults who Report Binge Drinking[10]

13.2%

South Carolina **15.4%**

Drug Overdose Deaths per 100,000[9]

189.8 deaths

South Carolina **185.7 deaths**

Suicides per 100,000[9]

85.4 suicides

South Carolina **80.0 suicides**

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

301.0 hospitalizations

South Carolina **294.6 hospitalizations**

Mental Health Clinicians per 10,000[2]

1.8 clinicians

South Carolina **2.2 clinicians**

Upstate Regional Health Snapshot

Maternal & Infant Health



3 out of 9 counties that had a data walk from 2020-2026 identified maternal & infant as a top priority.

Infant Mortality per 1,000 Live Births[13]

6.3 births

South Carolina **6.9** births

Low Birthweight per 1,000 Live Births[9]

91.4 births

South Carolina **99.2** births

Preterm Births per 1,000 Live Births[9]

116.3 births

South Carolina **117.5** births

Birth Defects per 1,000 Live Births[13]

19.4 births

South Carolina **20.0** births

Adequate Prenatal Care[9]

81.1%

South Carolina **77.9%**

Gestational Diabetes[9]

9.2%

South Carolina **7.9%**

Breastfeeding Initiation[9]

77.2%

South Carolina **79.1%**

Fertility Rate per 1,000 Women[14]

109.1 births

South Carolina **105.6** births

Maternal Mortality Rate per 10,000 Births[9]

2.5 deaths

South Carolina **4.5** deaths

Leading Causes of Death[14]



Heart Disease



Cancer



Accidents

Income & Poverty



People Living Below Poverty Level[1]

14.1%

South Carolina **14.1%**

Unemployment[15]

4.5%

South Carolina **4.1%**

Median Household Income[1]

Lowest | Union County

$41,621

Highest | Greenville County

$76,932

South Carolina **$69,324**

Infectious Disease



HIV Incidence per 100,000[16]

57.2 cases

South Carolina **71.4** cases

Syphilis Incidence per 100,000[17]

45.2 cases

South Carolina **46.3** cases

Hepatitis C Incidence per 100,000[17]

50.1 cases

South Carolina **49.5** cases

Nutrition & Physical Activity



4 out of 9 counties that had a data walk from 2020-2026 identified nutrition & physicial activity as a top priority.

Food Insecurity[18]

17.5%

South Carolina **15.8%**

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

21.9%

South Carolina **25.0%**

Adults Not Eating Fruits Daily[19]

43.9%

South Carolina **41.2%**

Adults Not Eating Vegetables Daily[19]

22.0%

South Carolina **22.1%**

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

71.3%

South Carolina **68.0%**

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

91.2%

References

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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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15. SC Department of Employment & Workforce, 2024
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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.