



South Carolina Obesity Action Plan

2014 – 2019



SOUTH CAROLINA OBESITY ACTION PLAN—A YEAR IN REVIEW

The South Carolina Obesity Action Plan was launched in September 2014. The plan reflects targeted objectives in key settings for obesity prevention and promotes statewide changes at the environmental, policy and systems level. The objectives of the action plan are addressed through the work of the SScale Down Initiative. The initiative engages partners in collaborative activities across the specific settings of the action plan.

- **Community** — Creating environments designed to increase access to affordable fruits and vegetables, education about healthy eating and active living and providing opportunities for safe physical activity
- **Worksites** — Supporting employee health by implementing evidence-based wellness strategies
- **Health Care** — Improving patient health outcomes by effectively diagnosing, counseling and referring patients to obesity treatment, nutrition counseling and other evidence-based prevention and self-management programs
- **Schools and Child Care** — Focusing on children's health through the use of evidence-based strategies that promote healthy eating and physical activity in schools and early child care settings



2 out of 3 adults and 1 out of 3 children
in South Carolina are overweight or obese

PLAN PROGRESS TO DATE

GOAL 1: COMMUNITY

- Identified 78 farmers markets accepting Electronic Benefits Transfer for the Supplemental Nutrition Assistance Program
- Identified 162 farmers markets and stands accepting Women Infants and Children's Farmers Market Nutrition Program vouchers
- Held 2 statewide meetings to address food access—Farm & Fork Conference and Food Access Summit
- Established baseline for the number of county comprehensive plans that include healthy eating and active living principles
- Conducted active community environment assessments and developed community action plans in 6 counties
- SC School Boards Association adopted model policy providing open community access to school recreational facilities
- Developed plan for statewide Open Community Use
- Developed Mother Friendly Support Toolkit for the faith community
- Developed system for the donation of human breast milk
- Developed web-based clearinghouse of resources and tools for faith-based organizations addressing breastfeeding, physical activity and nutrition

GOAL 2: WORKSITES

- Completed the Working Well comprehensive worksite assessment and provided action steps for improvement in 18 state agencies, including the 16 Governor's cabinet agencies
- Established diverse statewide worksite wellness advisory group
- Completed Working Well worksite survey in over 70 cross-sector worksites to assess wellness policies, activities, benefits, needs, and overall culture

GOAL 3: HEALTH CARE

- Modified Electronic Health Records at 9 federally qualified health centers to identify people at risk for developing type 2 diabetes
- Completed an assessment of 2 health care practices participating in pilot Prescription for Parks program
- Increased number of hospitals designated as Baby-Friendly hospitals from 5 to 10
- Held 11 continuing education trainings on the South Carolina Medical Association's 5-2-1-0 Childhood Obesity Toolkit
- Increased the number of American Diabetes Association or American Association of Diabetes Educators accredited diabetes self-management programs from 4 to 8
- Increased the number of active diabetes prevention program sites from 2 to 24

GOAL 4: SCHOOLS & CHILD CARE

- Increased schools participating in the Farm to School/Farm to Preschool program from 124 to 162
- Completed assessment for implementing a statewide web-based fitness education, testing, reporting and data management system
- Established a statewide system for gathering and reporting student-level fitness data—FITNESSGRAM
- Increased Supplemental Nutrition Assistance Program nutrition education programs in Bamberg, Fairfield, Marion, Lee, and Orangeburg Counties
- Established a SC "Breastfeeding Friendly" child care designation for child care centers

For more information and updates on the initiative's progress during 2016, visit scaledown.org.