



# South Carolina Obesity Action Plan

2014 – 2019



## SOUTH CAROLINA OBESITY ACTION PLAN — MIDPOINT PLAN REVIEW

2017 marks the midpoint for implementation of the South Carolina Obesity Action Plan. After nearly three years, the state has made progress toward reaching key milestones in its fight to slow the progression of and reduce obesity. This report highlights some of the achievements made by partners across the state to date. The many partners that support SCAledown are committed to building upon these accomplishments in the future.

### 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.

- Five conferences focused on food access were held (2014 Between Farm & Fork Conference, 2015, 2016, & 2017 SC Food Access Summit, and 2017 SC Farm to Institution Summit).
- System for donating human breast milk was established in South Carolina.
- 322 farmers markets, roadside markets, and mobile markets were inventoried in 2017 and made available using an interactive map/app.
- 27 pedestrian plans were adopted by municipalities and counties across the state.
- 13 school districts adopted the SC School Boards Association's model Open Community Use of School Recreational Areas policy to allow free community access to schools' outdoor recreational facilities during non-school hours.

### WORKSITES

Supporting employee health by implementing evidence-based wellness strategies.

- 16 state government cabinet agencies completed a comprehensive worksite wellness assessment.
- 164 worksites, reaching more than 141,900 employees, assessed current worksite wellness policies, activities, and needs and implemented evidence-based Working Well strategies.

## HEALTH CARE

Improving patient health outcomes by effectively diagnosing, counseling, and referring patients to obesity treatment, nutrition counseling, and other evidence-based population and self-management programs.

- 10 federally qualified health centers have modified electronic health records to identify people at risk for developing type 2 diabetes.
- The number of baby-friendly Hospitals has grown from five to 13, with three additional hospitals on the pathway to becoming baby friendly in 2018.
- In State Fiscal Year 2017, approximately 478 adult and 4,572 pediatric Medicaid members with an obesity diagnosis received services through Scaledown's Nutritional Counseling Program.
- Increased the number of American Diabetes Association (ADA)-recognized or American Association of Diabetes Educator (AADE)-accredited diabetes self-management education/training (DSME/T) programs in federally qualified health centers from four to 10.
- The number of sites offering the National Diabetes Prevention Program grew from two to 24.

## SCHOOLS & EARLY CARE AND EDUCATION

Focusing on children's health using of evidence-based strategies that promote healthy eating and physical activity in schools and early care and education settings.

- The number of child care sites designated as breastfeeding friendly increased from zero to 15.
- 19 additional farm to school/farm to preschool programs were implemented in 2017, reaching 6,845 children, growing the program to 213 school and preschool sites statewide.
- 69 of 82 SC public school districts, including the State Charter School District, participated in the statewide web-based FitnessGram initiative.

## PARTNERS

- Alliance for a Healthier Generation
- Alliance for a Healthier SC
- BlueCross BlueShield of SC Foundation
- Boys and Girls Club of the Midlands
- Carolinas Center for Medical Excellence
- Clemson University
- Colonial Life
- Eat Smart Move More SC
- Furman University
- Health Sciences SC
- Lexington Medical Center
- LiveWell Greenville
- Medical University of SC
- Palmetto Health Children's Hospital
- PASOs
- SCANA Corporation
- SC Academy of Nutrition and Dietetics
- SC Academy of Physician Assistants
- SC Affiliate of the American Heart Association – Columbia
- SC Afterschool Alliance
- SC Alliance of YMCAs
- SC Area Healthy Education Consortium
- SC Breastfeeding Coalition
- SC Business Coalition on Health
- SC Child Care Resource and Referral Network
- SC Community Loan Fund
- SC Department of Alcohol and Other Drug Abuse Services
- SC Department of Education
- SC Department of Health and Environmental Control
- SC Department of Health and Human Services
- SC Department of Juvenile Justice
- SC Department of Parks, Recreation and Tourism
- SC Department of Social Services
- SC Hospital Association
- SC Institute of Medicine and Public Health
- SC Medical Association
- SC Office of Rural Health
- SC Parent Teacher Association
- The Duke Endowment
- Total Comfort Solutions
- University of SC, Arnold School of Public Health
- University of SC, Consortium for Latino Immigration Studies
- University of SC, Healthy Carolina
- University of SC, Prevention Research Center
- University of SC, School of Medicine

To view the South Carolina Statewide Obesity Action Plan visit [scaledown.org](http://scaledown.org).