



South Carolina Obesity Action Plan

2014 – 2019



SOUTH CAROLINA OBESITY ACTION PLAN — FIVE-YEAR HIGHLIGHTS

The South Carolina Obesity Action Plan was an effort of over 100 partners to reduce obesity rates through policy, systems, and environmental change strategies to help make the healthy choice the easy choice in places where South Carolinians live, learn, work, and play. The strategies were implemented across five main settings: community, worksites, health care, schools, and early care and education. This report highlights some of the achievements made by partners across the state over the five-year period.

COMMUNITY

Creating environments designed to increase access to affordable fruits and vegetables, to promote breastfeeding, and to provide opportunities for safe physical activity.

- The SC Healthy Food Financing Initiative received \$250,000 from the SC General Assembly during the 2016 legislative session to increase access to healthy food in food desert communities throughout the state.
- A system to inventory farmers markets, roadside markets, and mobile markets across SC was established. The number of outlets inventoried and made available using an [interactive map/app](#) increased from 229 in 2015 to 363 in 2018.
- The [Mother's Milk Bank of South Carolina](#) for donating human breast milk was established.
- 34 new pedestrian plans were adopted by municipalities and counties across the state.
- 15 public 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.
- The SC Health + Planning Advisory Committee was formed in 2013. The [SC Health + Planning Toolkit](#) was developed and used to assist counties to integrate healthy eating and active living best practice policy recommendations into comprehensive plans. Analyses of county comprehensive plans indicate that 7 of 45* (+12%) counties are now planning for healthy eating, and 17 of 45* (+11%) counties are now planning for active living. *one county did not have a comprehensive plan

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 with implementation of evidence-based [Working Well](#) strategies.

HEALTH CARE

Improving patient health outcomes by promoting breastfeeding and 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.
- Through the efforts of the SC Birth Outcomes Initiative, the number of Baby-Friendly Hospitals increased from 5 in 2014 to 14 in 2018.
- The SC Department of Health and Human Services adopted a [policy for nutritional counseling](#) in August 2015. In State Fiscal Year 2018, approximately 491 adult and 6,000 pediatric Medicaid members with an obesity diagnosis received services through the 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 4 in 2015 to 11 in 2018.
- There are now 48 National Diabetes Prevention Program (NDPP) organizations in SC. The number of sites offering the NDPP increased from 2 in 2014 to 86 in 2019. Eleven of the 48 organizations are fully recognized. This number increased from 0 in 2014. This recognition, granted by the Centers for Disease Control and Prevention, means that an organization has achieved all the performance criteria in the Diabetes Prevention Recognition Program Standards.

SCHOOLS & EARLY CARE AND EDUCATION

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

- [SC FitnessGram](#), a statewide web-based health-related fitness testing and data management system was established. 74 of 83 (89%) SC public school districts, including the South Carolina Public Charter School District, voluntarily participate.
- A 2017 SC Farm to School/Preschool survey showed that 52% of schools have an edible garden and 33% of preschools have an edible garden.
- The SC Program for Infant/Toddler Care established the [SC Breastfeeding Friendly Child Care Designation Program](#). The number of child care sites designated as breastfeeding friendly increased from 0 in 2014 to 21 in 2019.
- The percentage of ABC quality child care centers with a written nutrition policy increased from 67% in 2013 to 99% in 2017. The percentage of ABC quality child care centers with a written physical activity policy increased from 65% in 2013 to 99% in 2017.

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Visit scaledown.org for more information on Scaledown resources and partners.