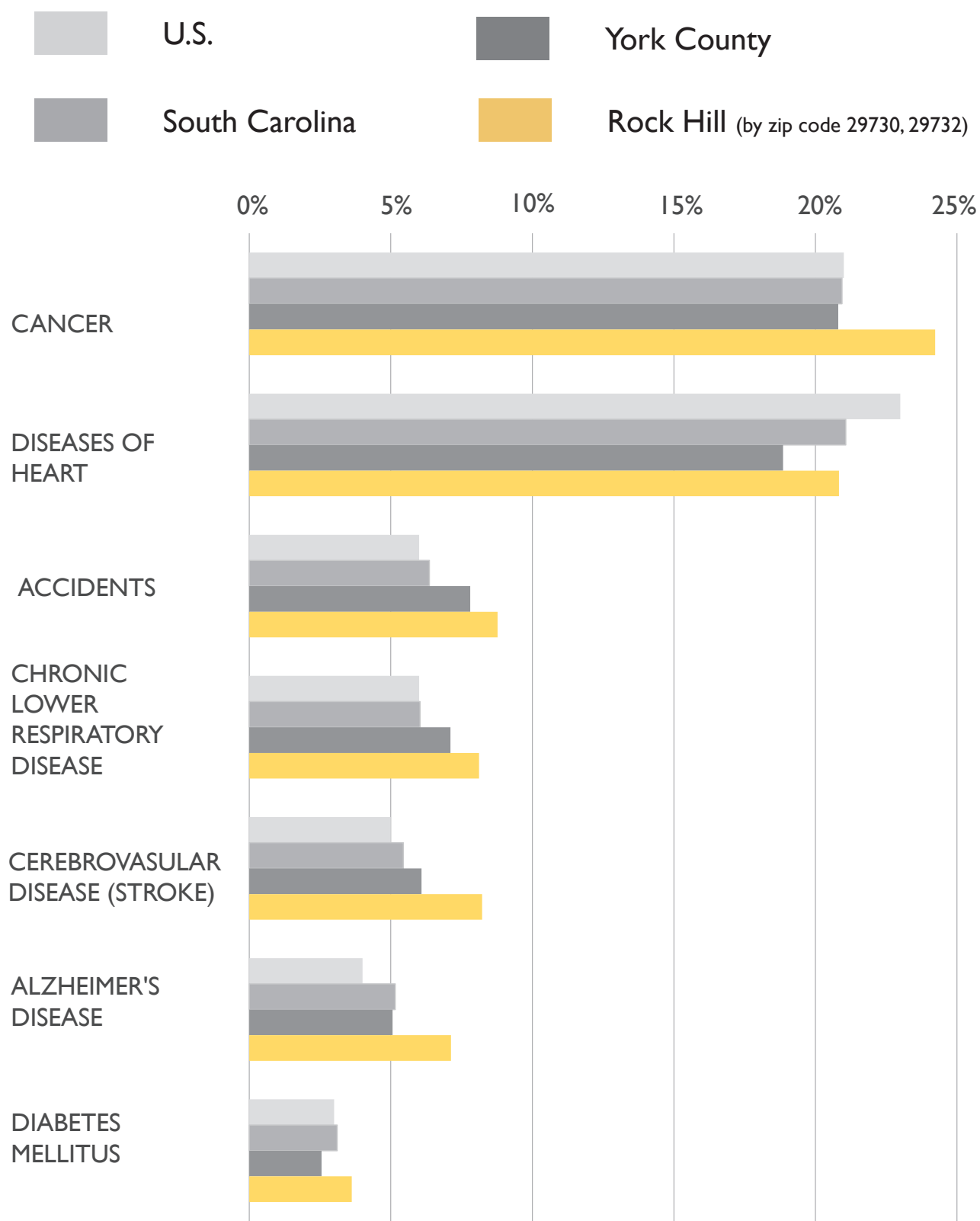


public health profile

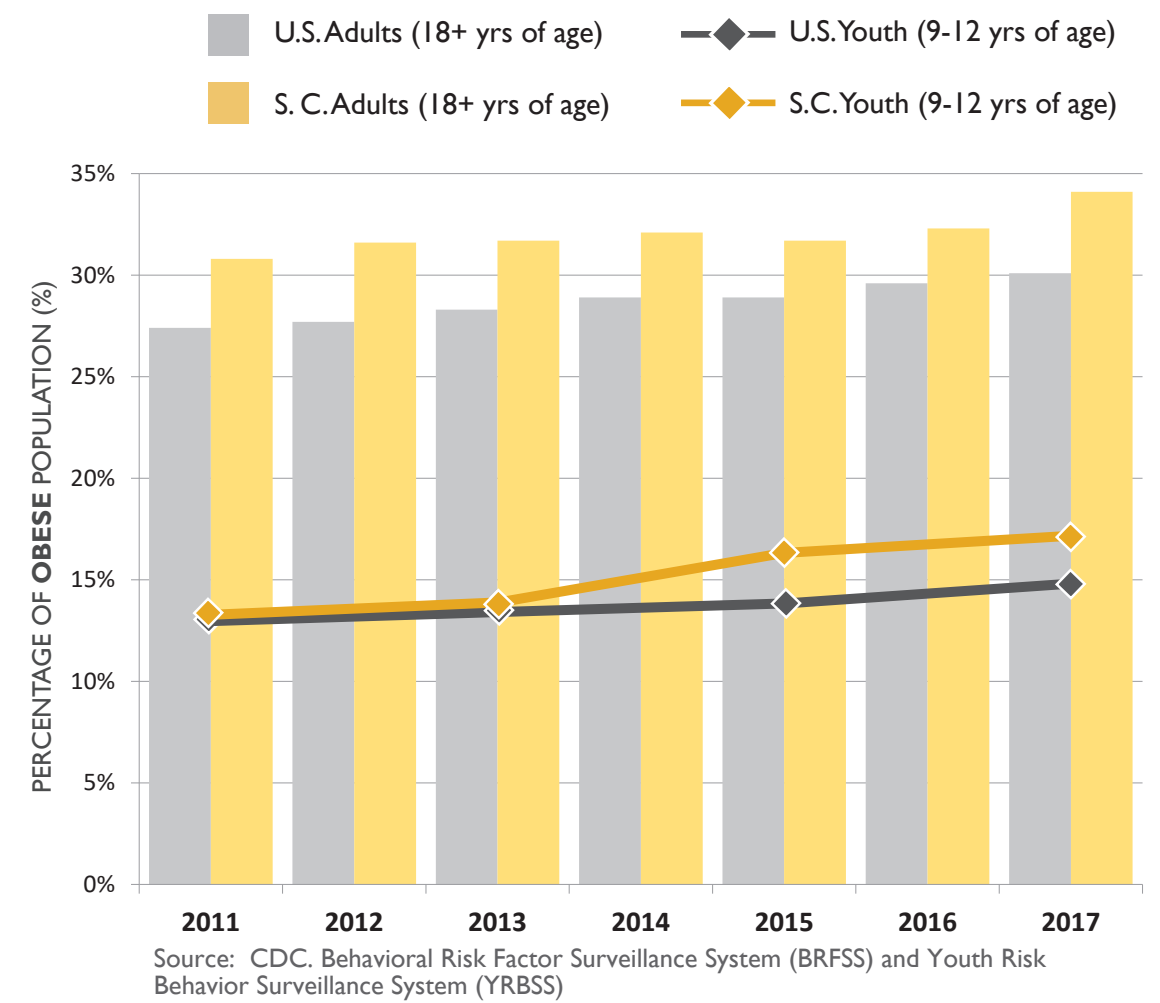
Leading Causes of Death



Source: Centers for Disease Control and Prevention and S.C. DHEC.
https://www.cdc.gov/nchs/nvss/mortality/lcwk5_hr.htm
<http://scanjhs.dhec.sc.gov/scan/bdp/tables/table.aspx?row=6&col=0&drill=0&rotateafterload=false&hasdrill=1>

Obesity

The United States has seen a considerable rise in the number of overweight and obese population particularly since the 1970s. The majority of Americans today are overweight or obese. Obesity is serious; it is linked to chronic diseases and causes of death. Unlike other serious health issues that are genetic, being overweight or obese is largely preventable and controllable through good nutrition and physical activity.



Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS)

THE OBESITY EPIDEMIC & ITS COST

65% AMERICANS OVERWEIGHT OR OBESE

\$342 BILLION
U.S. MEDICAL COSTS OF OBESITY (2013 DOLLARS)

2 of 3 S.C. adults overweight or obese

10TH HIGHEST OBESITY NATIONAL RANK IN 2018

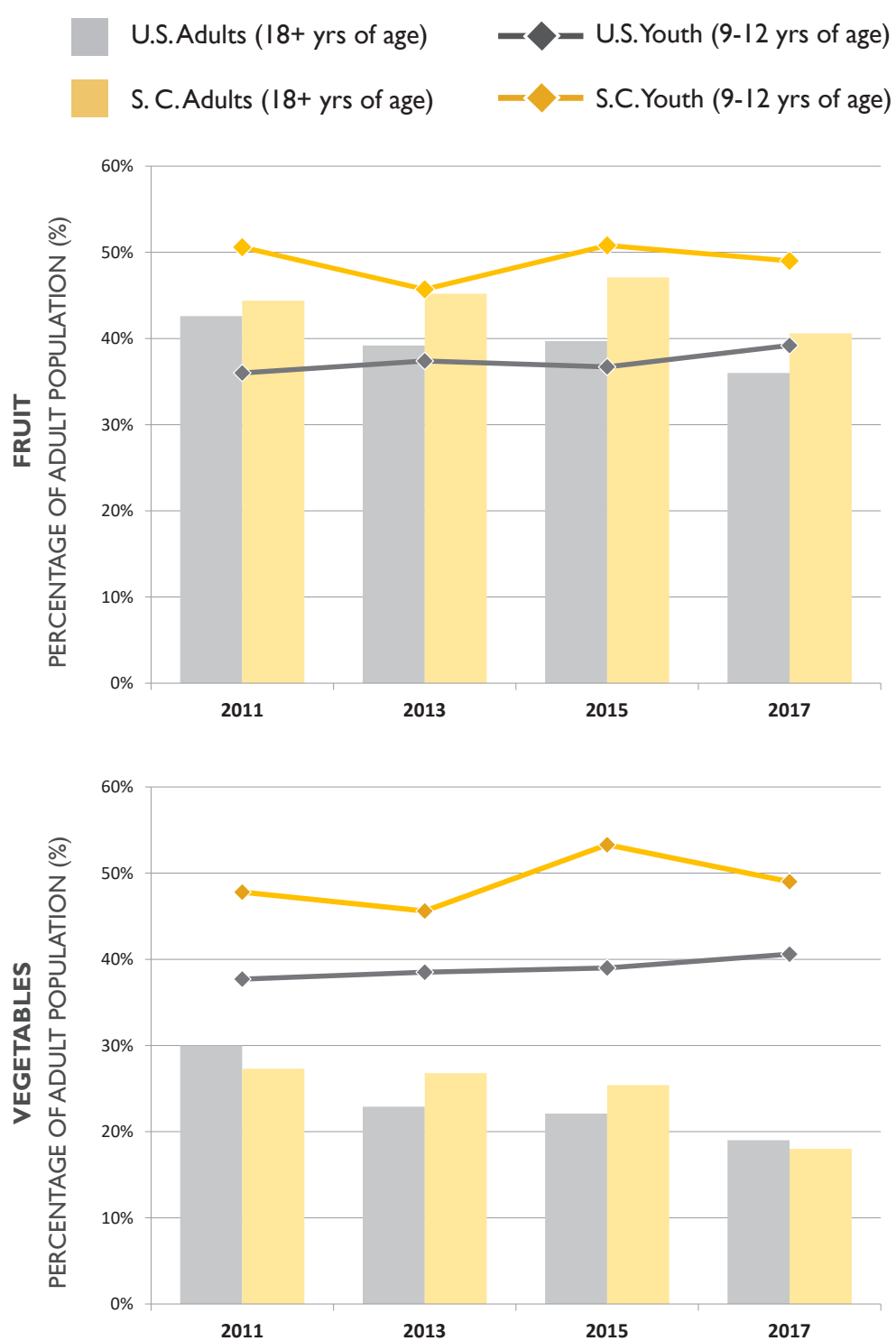
\$3,582 MORE ANNUALLY ON AVERAGE IN MEDICAL COSTS / S.C. OBESE PERSON

1 of 3 S.C. youth overweight or obese

BMI	Weight Status
< 18.5	Underweight
18.5 - 25.0	Healthy weight
25.0 - 30.0	Overweight
> 30.0	Obese

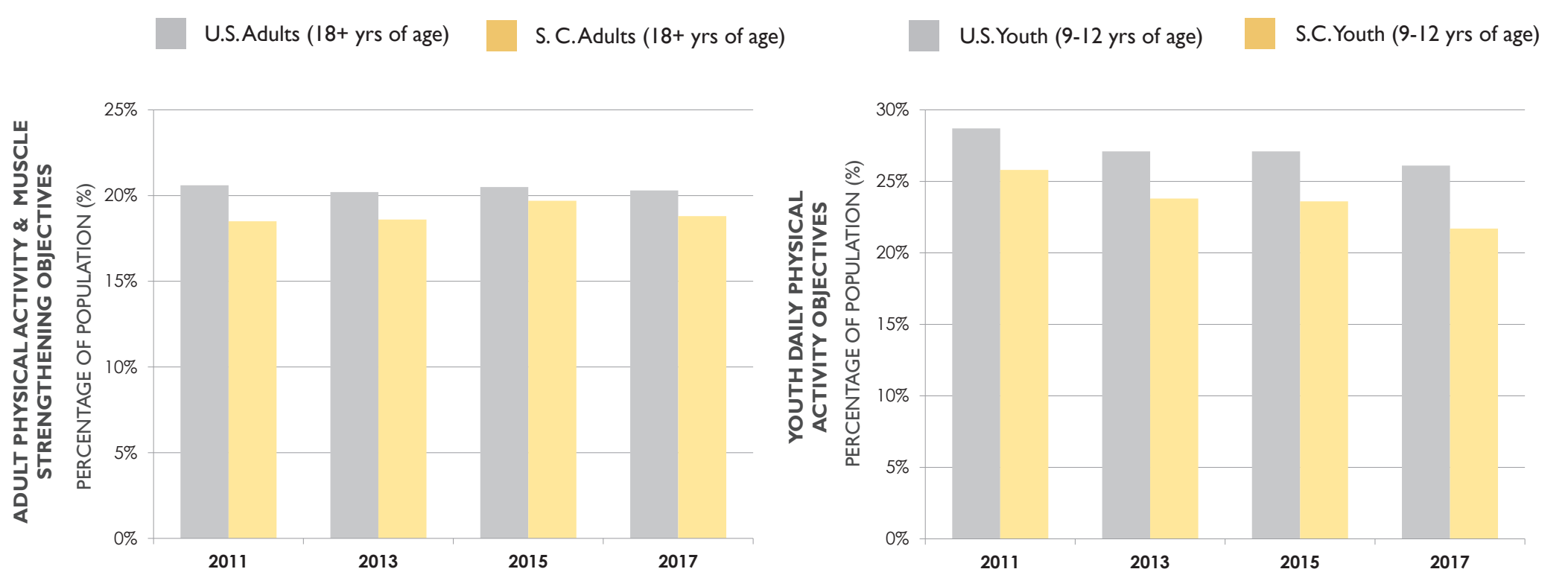
Diet

PERCENTAGE OF ADULTS AND YOUTH CONSUMING FRUIT AND VEGETABLES LESS THAN ONCE A DAY, 2011 - 2017
 Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS)



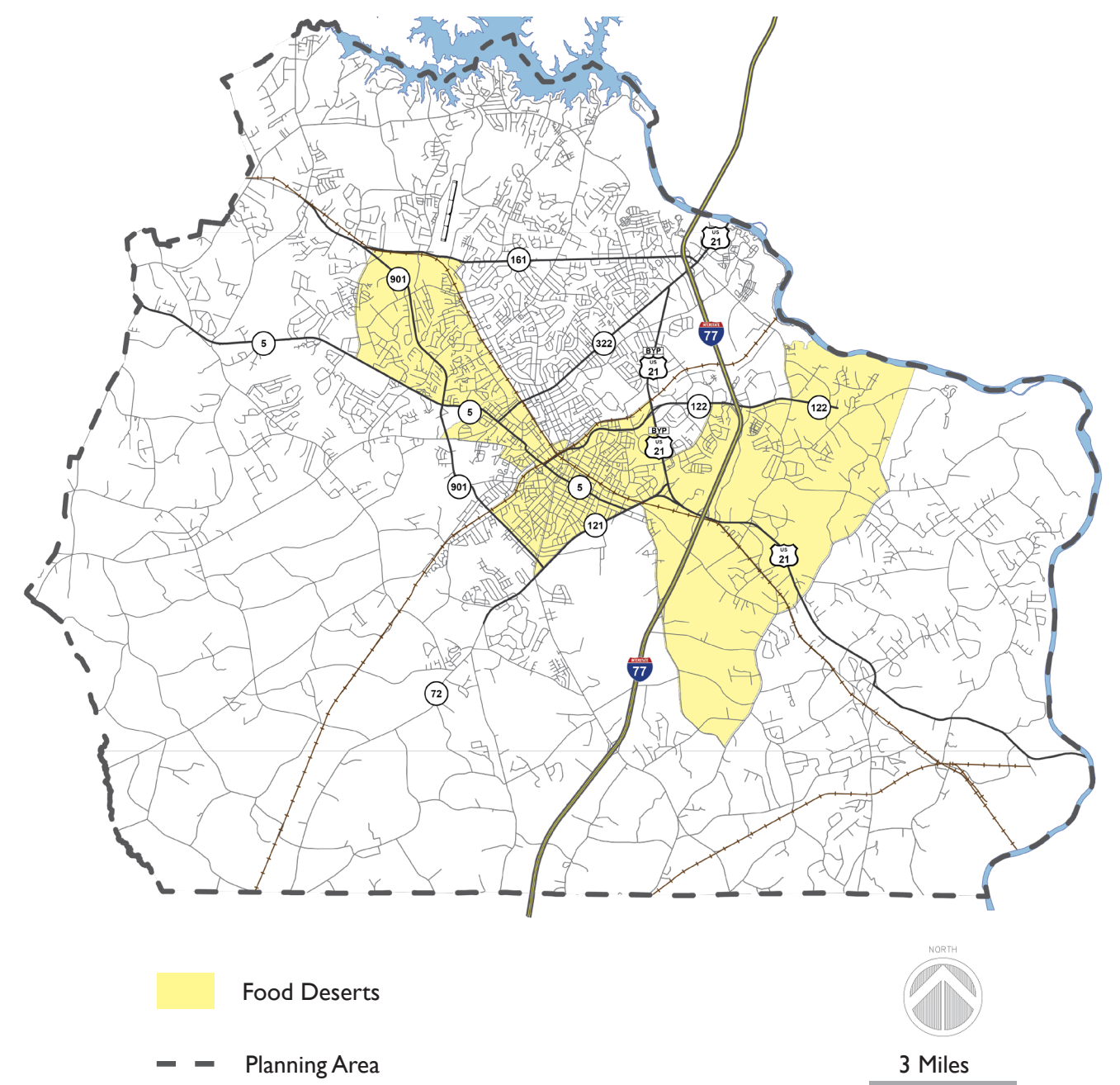
Exercise

PERCENTAGE OF ADULTS AND YOUTH MEETING PHYSICAL ACTIVITY OBJECTIVES 2011 - 2017
 Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS)



Food Access

A food desert is a geographic area where a grocery store or similar food source is limited. More specifically, the food environment index equally weighs the proportion of the population who are low income and do not live close to a grocery store and the percentage of the population who did not have access to a reliable source of food. The 2019 County Health Rankings & Roadmaps indicates York County has a food environment index of 8.1 compared to the state index of 6.3 (0 is worst and 10 is best). This is an improvement over the 2014 York County index of 7.2, but a decline for the State from a 2014 index of 7.0.



HOW MUCH IS TOO MUCH?

The average American eats 17 teaspoons of added sugar a day according to the American Health Association. That is almost twice the recommended amount for men and three times the recommended amount for women and children. The story is similar for sodium and oils/fats.

	recommended guideline for men	women
SUGAR	9 teaspoons	6 teaspoons
SODIUM	1/3 teaspoon	1/4 teaspoon
OILS & FATS	8 teaspoons	6 teaspoons

Source: U.S. Department of Health and Human Services and the U.S. Department of Agriculture, Dietary Guidelines 2015 - 2020.