

Who We Are and What We Do

Our Goal

The Division of Nutrition, Physical Activity, and Obesity Prevention (DNPAO) aims to improve access to healthier foods and opportunities for daily physical activity through policy, systems, and environmental approaches reaching South Carolinians where they live, learn, work, and play.

Our Strategies

- Improve school environments to support healthy eating and active living
- Improve student health through the implementation of a statewide, web-based FitnessGram system
- Integrate access to healthy foods and opportunities for active living into community planning and design
- Engage partners to develop a plan to guide statewide and local action to prevent obesity



Improving Environments to Support Healthy Eating and Active Living

Schools

DNPAO provides guidance on creating healthier school environments using best practice recommendations for nutrition and physical activity. By bringing together partners from national, state, and local levels, DNPAO garners support and resources to empower education leaders to improve nutrition and physical activity environments in schools. DNPAO coordinates the SC FitnessGram System, a statewide web-based health-related fitness testing and data management system, to enhance the ability of public schools to monitor and improve student health.

Community Planning and Design

Built environment interventions to increase access to healthy foods and opportunities for physical activity are well-documented as proven effective strategies to improve population health. To assist communities with the best practice recommendations, DNPAO facilitates the South Carolina Health + Planning Advisory Committee to connect health and planning in South Carolina. Through this committee, the SC Health + Planning Toolkit, a healthy eating and active living policy guide for planning and public

health in South Carolina, was created and disseminated. The focus of the Toolkit is to incorporate health-related planning principles into local government comprehensive planning, with the overall goal of providing a policy resource to understand, evaluate, and impact local planning policy. In addition to this Toolkit, DNPAO provides additional tools and guidance to assist communities in improving health through community planning and design.

Partner Engagement

To impact population nutrition and physical activity in the state of South Carolina, a collaborative approach is necessary. Through the SCaledown initiative, partners are working together to reduce obesity rates in the Palmetto State. The State Obesity Action Plan, which ends in 2019, is operationalized through SCaledown. With the recent release of the State Health Improvement Plan and with the current state obesity plan ending, it is an ideal time to determine how to best address obesity prevention in the future. DNPAO is charged with leading this planning process to guide state and local action to prevent obesity.



Program Highlights

Schools

- 100% of public school districts, potentially impacting over 745,000 students, received professional development to improve school environments through implementation of local wellness policies, Comprehensive School Physical Activity Programs, farm to school initiatives, food service guidelines, and nutrition standards.
- [Partnership for Active Children in Elementary School \(PACES\)](#) helped to change environments in general and PE classrooms in schools that received training. In schools where PACES training was received, boys' total physical activity levels during the school day increased over 21 minutes and girls' total physical activity levels during the school day increased over 17 minutes.
- For the first time in the state's history, SC FitnessGram, a statewide web-based health-related fitness testing, and data management system, was established and implemented. The SC FitnessGram statewide [data report](#) for school year 2016-2017 was released publicly in May 2018. Key results: 51% of students tested achieved the Healthy Fitness Zone for cardiorespiratory fitness and 63% of students tested were either very lean or achieved the Healthy Fitness Zone for weight status. 74 of 83 (89%) public school districts are currently participating.
- [Breaking Physical Activity Barriers Through Open Community Use](#) was developed to encourage school districts to adopt the SC School Boards Association's model Open Community Use of School Recreational Areas policy to provide safe, convenient, and free places for physical activity during non-school hours. As of 2018, 15 school districts have adopted the model policy.

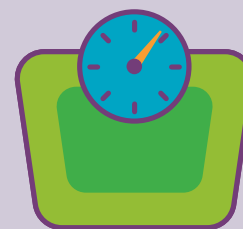
Community

- Every county now provides at least one fruit and vegetable outlet for its residents. Partners worked collaboratively to increase the number of markets that accept SNAP/EBT, Healthy Bucks, WIC, and Senior Farmers Market Nutrition Benefit Vouchers. Outlets are monitored, [mapped](#) and promoted annually.
- The SC Health + Planning Advisory Committee was established. The Committee developed and disseminated the [SC Health + Planning Toolkit](#), a healthy eating and active living best practice policy guide for local governments. Over 1,000 planning, local government, and health representatives have been trained to incorporate best practice policy recommendations into planning efforts. A [baseline report](#) was developed in 2014 and as of 2018, seven counties are accounting for healthy eating in their plan (an increase of five) and 17 counties are accounting for active living in their plans (an increase of five).
- Six communities participated in the [Active Community Environments Special Project](#) to plan and implement built environment projects to increase opportunities for physical activity. Lessons learned were used to develop [Creating Active Community Environments in South Carolina: A Grassroots Guide](#).
- 16 communities received pedestrian planning and design assistance to improve equitable opportunities for daily physical activity and access to healthy foods.

Did You Know?



Poor diet and physical inactivity (combined) are the second actual cause of death (JAMA, 2004), contributing to South Carolina's leading chronic conditions including some cancers, heart disease, stroke, and diabetes.



SC has the 12th highest rate of adult obesity in the nation (Trust for America's Health: The State of Obesity 2017), with 66.9% of adults who are overweight or obese and a rising estimated cost of \$8.6 billion per year.



According to measured data of SC's public school students, 37.0% of students are overweight or obese and 49.0% of students do not meet cardiorespiratory fitness requirements for good health (SC FitnessGram 2016-2017).

For More Information, Contact:

Adrianna Bradley, Statewide Outreach Coordinator, Division of WIC Services
Mills Jarrett Complex, 2100 Bull Street, Columbia, SC 29201
803-898-0470 • bradleal@dhec.sc.gov • info@dhec.sc.gov