



# Annual Report

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2023

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# OUR PROGRESS

**Healthy Palmetto serves as the state coalition of organizations that collectively addresses healthy eating, active living, and healthy weight for the Live Healthy SC State Health Improvement Plan.**

On behalf of the Healthy Palmetto backbone organizations, SC Department of Health and Environmental Control Division of Nutrition, Physical Activity, and Obesity Prevention and Wholespire, it is our pleasure to present the Healthy Palmetto Annual Report for 2023. Since its inception in 2020, Healthy Palmetto has fostered synergy among organizations to unify and mobilize healthy eating and active living (HEAL) efforts across the state of South Carolina.

This report dives into the achievements and innovative approaches that have shaped our journey toward creating environments that encourage and support healthier choices across the lifespan for residents of South

Carolina. As we reflect on the past year's accomplishments, we acknowledge the importance of ongoing collaboration and firmly believe that the collective dedication of our partners has established a robust foundation for future success.

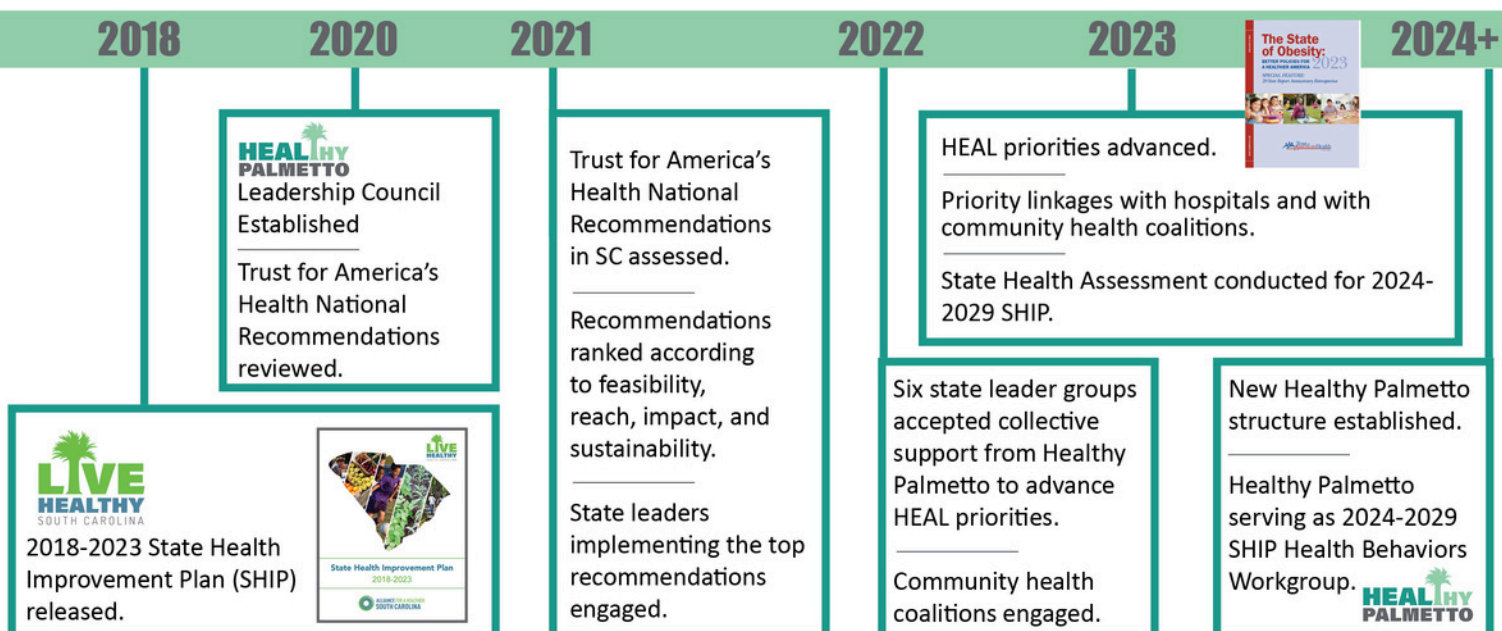
Thank you for your contributions toward a healthier and more active state. Together, we are building a vibrant and resilient state that prioritizes the well-being of all its residents. We anticipate the opportunity to broaden our collaboration in the future.

## Vision

A South Carolina where quality of life is a priority, and everyone has an equitable opportunity to thrive.

## Purpose

To unify and mobilize organizations working on healthy eating and active living efforts in South Carolina.





# OUR PEOPLE

**Healthy Palmetto partners include agencies, academic institutions, non-profit and private organizations, and funders that have a statewide impact on healthy eating and active living.**

The structure of Healthy Palmetto from 2020-2023 was as outlined below: two backbone organizations and a Leadership

Council. Each priority area identified leaders to share progress with the Leadership Council.

As Healthy Palmetto evolves, more state level organizations will be engaged and there will be additional levels of involvement. In 2024, the structure will include an Executive Committee and Strategic Allies and priority leaders will serve on the Leadership Council.

## BACKBONE ORGANIZATIONS



## LEADERSHIP COUNCIL



# Our Priorities

Through a rigorous review process, the Healthy Palmetto Leadership Council selected six priority areas on which to focus statewide efforts from 2022-2024. By elevating the collective expertise of these unique partners, Healthy Palmetto is laying the groundwork for a sustainable model that other priorities can be added to over time.

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## Improve Outdoor Environments in Early Care and Education

We support the efforts of Grow Outdoors SC, as they transform early childhood outdoor spaces into diverse, naturalized environments that spark play and learning.

PRIORITY	MEASURES	2022 BASELINE	2023 PROGRESS	2024 TARGET
Improve Outdoor Environments in Early Care and Education	# of child care facilities that have received a Grow Outdoors SC design plan	40	46	75
	# of child care facilities that have made improvements based on a Grow Outdoors SC design plan	15	26	35



DSS and DHEC have **partnered** with the National Wildlife Federation’s Early Childhood Health Outdoors (ECHO) and NC State University’s Natural Learning Initiative to expand Grow Outdoors SC over the next five years.



South Carolina **hospitals have** **invested in Grow Outdoors SC** for their child care facilities.

# Our Priorities

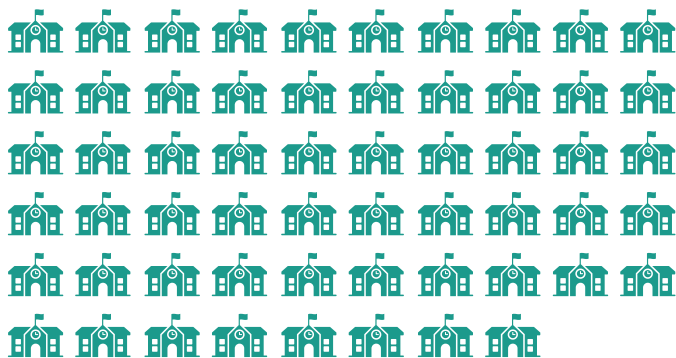
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## Prioritize Physical Activity in Schools

We support the SC FitnessGram initiative and its partners as they improve student health by enhancing physical education and creating more opportunities for physical activity before, during, and after school.

PRIORITY	MEASURES	2022	2023	2024
		BASELINE	PROGRESS	TARGET
Prioritize Physical Activity in Schools	# of school districts that <b>participate</b> in professional development opportunities related to improving PE/PA in schools and <i># of students reached</i>	62 655,830	65 723,656	67 659,161
	# of SC FitnessGram influencer schools that are fully meeting Healthier Generation physical activity goals	32%	34%	37%
	# of SC FitnessGram influencer schools that are fully meeting Healthier Generation health/physical education goals	52%	53%	57%



58

*schools in South Carolina received the 2023 America’s Healthiest Schools award for Bolstering Physical Education and Activity*

# Our Priorities

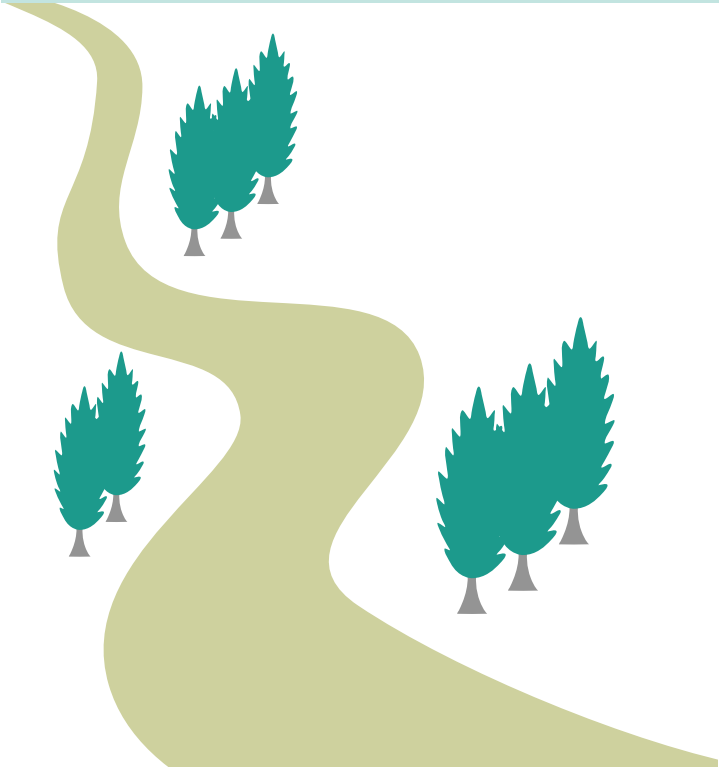
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## Promote Trail Connectivity

We support the development of the South Carolina Trails Coalition to increase trail connectivity in the state and promote the use of trails through increased knowledge and outreach.

PRIORITY	MEASURES	2022 BASELINE	2023 PROGRESS	2024 TARGET
Promote Trail Connectivity	# of trails included in SCTrails.net	554	829	575



275 new trails included on [SCTrails.net](https://SCTrails.net)



The SC Trails Coalition formed and developed a **strategic plan**.



Kids in Parks received funding from the BCBSSC Foundation in support of the goals of Diabetes Free SC to **develop TRACK Trails across South Carolina**.



The **SC Walk Bike Trails Summit** was held in June 2023 with over 125 participants.

# Our Priorities

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## Expand Awareness of WIC

We are working to expand awareness of the benefits and services of the Women, Infants, and Children (WIC) program to increase enrollment of eligible participants.

PRIORITY	MEASURES	2022 BASELINE	2023 PROGRESS	2024 TARGET
Expand Awareness of WIC	% of eligible South Carolina residents participating in WIC	44.5%	50.2%	50%



WIC launched an **online tool to make it easier for families to pre-apply for WIC**. The new online app allows families to create a secure account to upload required documentation. The portal helps streamline enrollment and recertification processes for families.



# Our Priorities

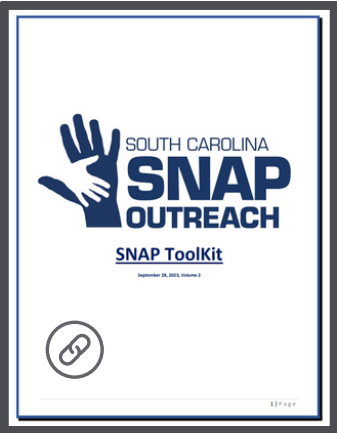
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## Increase Senior Enrollment in SNAP

We support the SC Department on Aging and SC Thrive as they increase enrollment of eligible older adults in SNAP through community-based outreach.

PRIORITY	MEASURES	2022 BASELINE	2023 PROGRESS	2024 TARGET
Increase Senior Enrollment in SNAP	# of SNAP applications for seniors completed by SC Thrive	500	7,197	1,000
	# of efforts to expand awareness/accessibility of SNAP	0	374	12



Over 139,000

SC residents 51 years of age or older who are eligible for SNAP are receiving SNAP benefits.

SC Department on Aging and SC Thrive developed a **SNAP for Seniors Toolkit** and trained those assisting seniors to apply for SNAP benefits.

# Our Priorities

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## Increase Access to Healthy Food

We support the SC Food Policy Council as they strengthen local food systems in South Carolina; address food insecurity through the health care system by expanding screening & referral tools and resources; and explore strategies to address community design for physical activity and access to healthy food.

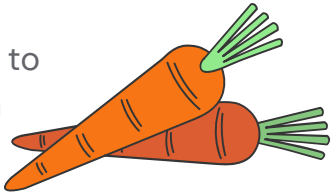
PRIORITY	MEASURES	2022 BASELINE	2023 PROGRESS	2024 TARGET
Increase Access to Healthy Food	% complete for SC Food Policy Strategy Plan	0%	100%	100%
	% complete for SC landscape assessment for nutrition security screening and referral (supported by the BCBSSC Foundation in support of the goals of Diabetes Free SC)	0%	100%	100%
	% complete for SC Health & Planning Toolkit Addendum	0%	50%	100%
	% complete for Food System Assessment Template	0%	100%	100%

## SEVEN

local food policy councils received support from USC SNAP-Ed in partnership with the SC Food Policy Council.



Multiple organizations in South Carolina received USDA funding to establish **produce prescription** programs.



Active People, Healthy Nation<sup>SM</sup> Walkability Action Institute was held in South Carolina in 2023. Five local communities received training and developed action plans to address walkability/moveability through community planning and design.

Thank you for your  
ongoing support to  
create environments  
that support healthy  
eating and active living in  
South Carolina.



[www.livehealthy.sc.gov/healthy-palmetto](http://www.livehealthy.sc.gov/healthy-palmetto)  
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