



# HAMPTON COUNTY SNAPSHOT

2015-2017 IMPACT OF EAT SMART MOVE MORE HAMPTON COUNTY

Let's Go! South Carolina was a three-year initiative, established by Eat Smart Move More South Carolina, to increase healthy eating and active living options in communities and schools. Funded by the BlueCross and BlueShield of South Carolina Foundation, an independent licensee of the Blue Cross and Blue Shield Association, the initiative was implemented in six counties: Anderson, Barnwell, Hampton, Kershaw, Laurens, and York.

## DEMOGRAPHICS



**POPULATION**  
**19,922**



**MEDIAN HOUSEHOLD INCOME**  
**\$31,410**



**POVERTY LEVEL**  
**23.6%**

## PARTNERSHIPS: WHO HAS BEEN AT THE TABLE?



- School Districts
- Elementary Schools
- County Government
- Public Health
- Lay Citizens
- Faith-based Community
- Federally-Qualified Health Center

## FUNDS LEVERAGED

**\$21,000**

RAISED THROUGH GRANTS & DONATIONS FOR:

- Walking Trail
- Smoking Cessation
- The HYPE Project



**COALITION COACH'S TIP:**  
**FIND LAY LEADERS FROM THE COMMUNITY**  
**WHO CAN IMPACT PROGRESS.**

**MAKING THE HEALTHY**  
**CHOICE THE EASY**  
**CHOICE**

## THE HYPE PROJECT



The Hampton County HYPE Team promoted and participated in the Kick Butts Campaign **TO INCREASE SMOKING CESSATION** in Hampton County.

THESE EFFORTS  
WERE COVERED BY  
THE LOCAL MEDIA!

## HAMPTON COUNTY SCHOOL DISTRICTS

8

Teachers from Hampton County School Districts 1 and 2 were trained on **FitnessGram** & increased their capacity **TO HELP STUDENTS IMPROVE HEALTH-RELATED FITNESS.**

3,184

Students in Hampton County School Districts 1 and 2 now have **HEALTHIER SCHOOL ENVIRONMENTS** due to partnering with **ALLIANCE FOR A HEALTHIER GENERATION.**



**UPGRADED PLAYGROUNDS AND PHYSICAL EDUCATION PROGRAMS** at two elementary schools.



**SUCCESSFULLY ENCOURAGED** both school districts to revise their **LOCAL WELLNESS POLICIES TO INCLUDE GOALS FOR NUTRITION AND PHYSICAL ACTIVITY TO PROMOTE STUDENT WELLNESS.**

542

Students at the two elementary schools now have **SAFER AND MORE ENGAGING SPACES** for physical activity.

## COMMUNITY



Established partnerships, acquired a walking trail plan, and received matching funds **TO ADVOCATE FOR A NEW WALKING TRAIL** at Hampton Regional Medical Center.

2,293

Community members living within one mile of the hospital will have **ACCESS TO A SAFE PHYSICAL ACTIVITY OPPORTUNITY** upon completion of the trail.



**PROMOTED THE HAMPTON COUNTY FARMERS' MARKET** through a Let's Go! to the Farmers' Market campaign.



Partnered with Working Well **TO ACTIVELY PROMOTE WORKSITE WELLNESS** with county employers.