

# Spartanburg County Community Health Improvement Plan

October 1, 2022 - September 30, 2025











# About Spartanburg County

Tucked in the northwest corner of South Carolina, Spartanburg County is the fifth largest county in the state by population, and the ninth largest by land area. Established in 1785, the county has grown from a textile center to a diversified international manufacturing magnet. Anchored by the city of Spartanburg - also known as the Hub City - the county covers 819 square miles. Most of the county is considered urban or suburban, with just 27% of its area deemed rural.

There are a total of 335,864 residents in the county, with a growth rate of two percent from 2020. Supporting that growing population, the top three industries in Spartanburg County are manufacturing, educational services, and health and social assistance.

According to County Health Rankings, Spartanburg County ranks 50-75% higher than other counties in the state of South Carolina for health outcomes (length of life and quality of life), and is ranked among the healthiest counties in South Carolina for health factors. **Yet, we know there is still work to be done.**

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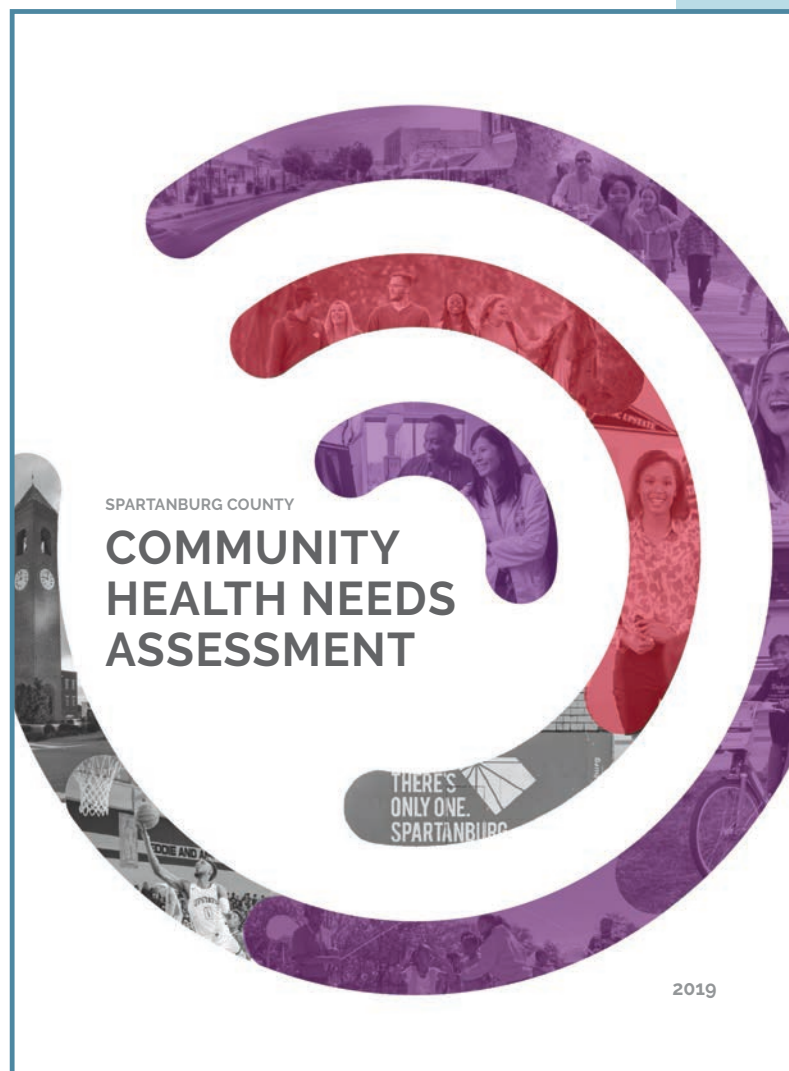
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# Building off the Community Health Needs Assessment

A comprehensive Community Health Needs Assessment was completed and its findings published in late 2019. This assessment examined a wide range of factors and issues impacting the health of Spartanburg County residents. The assessment was developed using both quantitative data and significant community input through surveys, focus groups and one-on-one interviews with hundreds of residents. The onset of the COVID-19 pandemic in 2020 delayed the next steps of the Community Health Improvement Plan. You can find the full document at:

<https://livehealthyspartanburg.org/>.







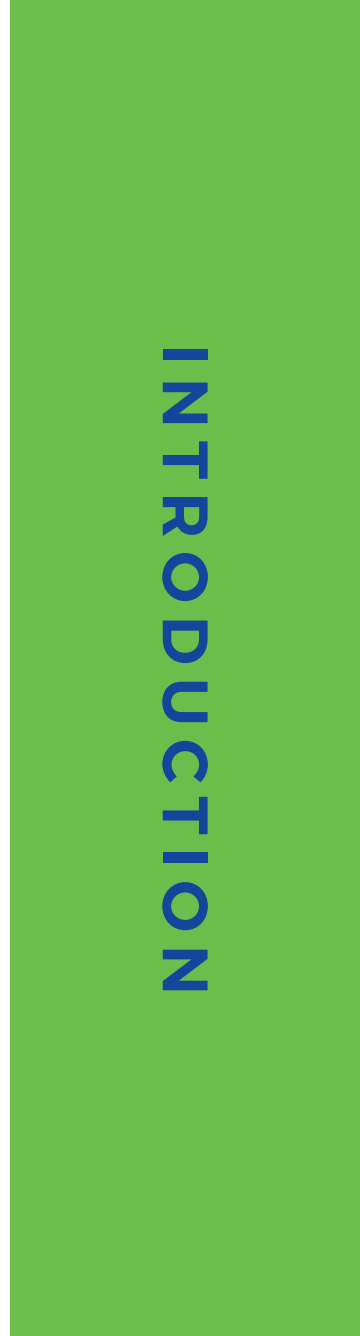
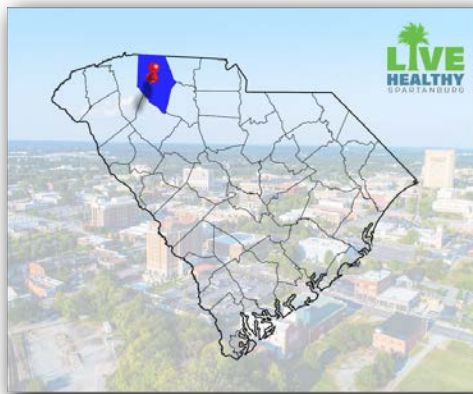
## What is a Community Health Improvement Plan (CHIP)?

A Community Health Improvement Plan (CHIP) is an action-oriented plan which outlines priority community health issues. The priority areas identified are based on data from the community health needs assessment. CHIPs are designed through a community-wide collaboration process that engages community partners, residents and organizations to develop, support, and implement the plan. The long-term goal of this plan is to ultimately improve community health. **The four priority areas identified in Spartanburg County include: Access to Care, Behavioral Health, Chronic Health Conditions, and Resilient Children & Families.**

Source: National Association of County and City Health Officials (NACCHO).

## How should this CHIP be used?

As a health collaborative our goal is to leverage resources and build relationships that will assist communities in implementing action-based strategies to achieve improved health outcomes. This plan has been designed to guide and engage community stakeholders and residents to collectively work together to improve the quality of life where we live, work, and play. This is a long-term plan, but also serves as a living document that will be modified as conditions, resources, and environmental factors change.







# OUR MISSION

**Live Healthy Spartanburg's mission is to achieve health equity and improve health outcomes for all Spartanburg County residents.**

Live Healthy Spartanburg is building a community where everyone has a fair and just opportunity for health and well-being. We are identifying and removing the barriers that hinder that goal.

We believe collaboration is essential to creating a community of health, so we are connecting the organizations that can make that happen.

By nurturing those relationships, we can access a deep well of expertise that will identify problems, measure what matters, and catalyze change.

So, **let's build a community of health – together.**



**Spartanburg County's Community Health Improvement Plan  
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from our Community Advisory Board Members:**

**Rev. Dr. Sheila E. Hodge**  
Spartanburg Interfaith Alliance

**Marlon Hunter**  
ReGenesis Health Care

**Mitch Kennedy**  
City of Spartanburg

**Dr. Toshua Kennedy**  
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**Paige Stephenson**  
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**Dr. Alexis Stoner**  
Edward Via College of Osteopathic Medicine (VCOM)

**Haley Wicker**  
Mary Black Foundation

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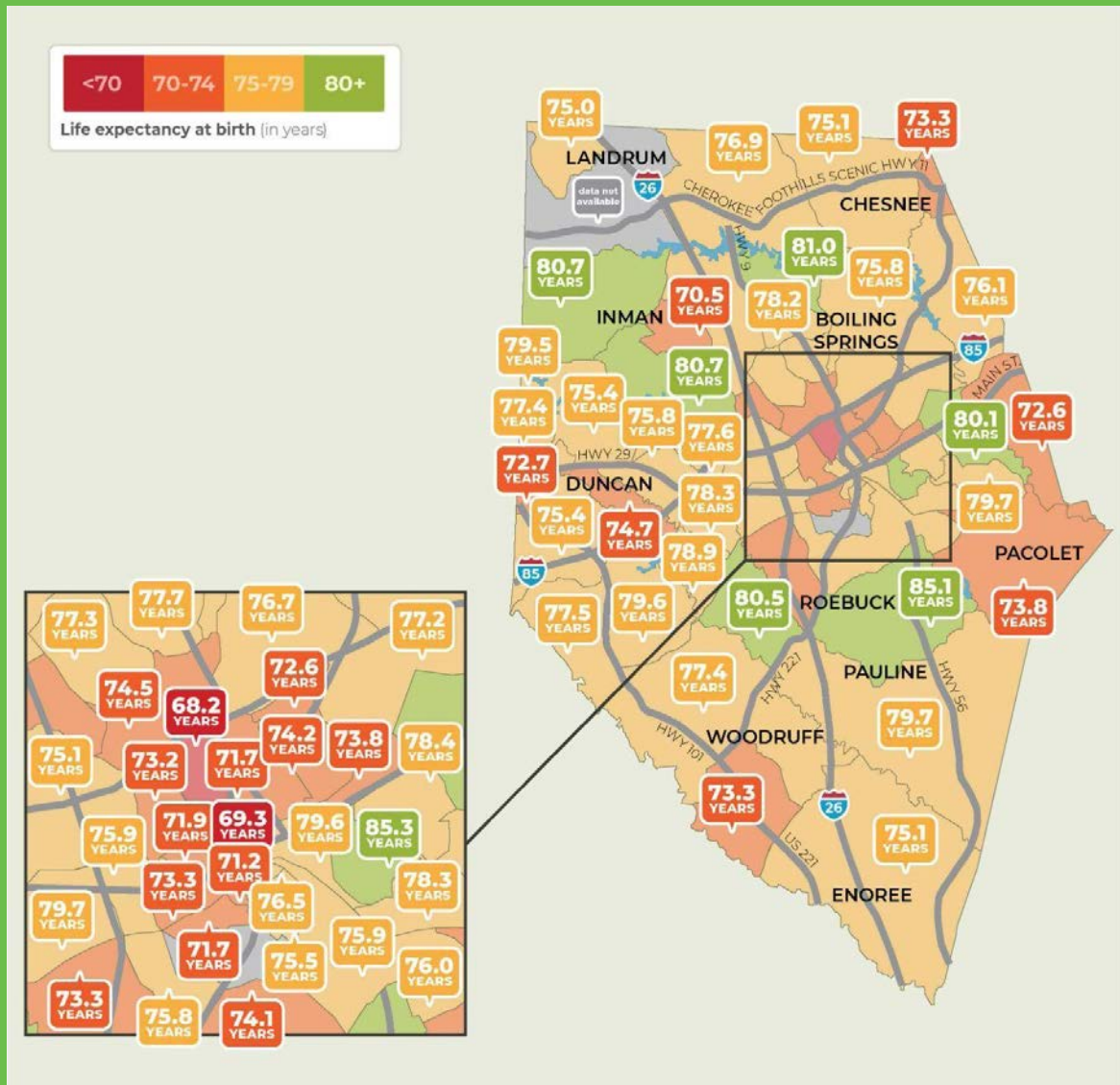
AccessHealth  
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First Steps of Spartanburg County  
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Spartanburg County Behavioral Health Taskforce  
Spartanburg Interfaith Alliance  
Spartanburg Regional Foundation  
Spartanburg Regional Healthcare System  
St. Luke's Free Medical Clinic  
The Forrester Center for Behavioral Health  
United Way of the Piedmont  
University of South Carolina Upstate  
Uplift Outreach Center  
Wellville  
Wholespire Spartanburg County

# ACKNOWLEDGMENTS

**DID YOU KNOW?** Spartanburg County has a wide gap in life expectancy, ranging from 68.2 years for some groups, to 85.3 years for others.

It's a short distance to a wide gap in life expectancy.  
Let's work to close that gap.

SPARTANBURG COUNTY, SOUTH CAROLINA



Source: S.C. DHEC



# Spartanburg County 2022-2025 Priority Areas

These priority areas were selected by community stakeholders based on analysis of data provided in the *2019 Community Health Needs Assessment*.



## PRIORITY - ACCESS TO CARE

**DEFINITION:** The ability to obtain timely, affordable personal health services to achieve the best possible health outcomes.

**THE AIM:** Increase access to quality healthcare regardless of insurance status or ability to pay for all Spartanburg County residents.

### Goal 1

**Increase community awareness and utilization of affordable healthcare services and providers.**

#### STRATEGIES

- Expand outreach efforts of health organizations and providers of medical, oral/dental, vision, mental and behavioral health care throughout Spartanburg County.
- Promote coordinated communication among safety-net providers.



### Goal 2

**Increase screenings to identify and address barriers to healthcare and health and wellness resources.**

#### STRATEGIES

- Increase number of support positions and volunteers (Community Health Workers, Community Resources Coordinators, Neighborhood Leaders, etc.) available to complete screenings and provide education about and connection to resources.



ACCESS TO CARE

### Goal 3

Increase points of access to integrated health services throughout Spartanburg County.

#### STRATEGIES

- Coordinate with community partners to establish mobile clinic sites.
- Coordinate with community partners to increase access to transportation.
- Coordinate with community partners to increase access to quality translation and interpretation services.

#### OUTCOME OBJECTIVES

- Decrease the number of Spartanburg County residents that delay care due to cost.
- Increase the number of Spartanburg County residents connected to primary care.
- Decrease percentage of non-emergent hospital visits in Spartanburg County.

#### DID YOU KNOW?

Only 59.8 percent of adults in Spartanburg County report having had dental care in the past year.

Source: S.C. Behavioral Risk Factors Surveillance System, 2014, 2016, 2018



ACCESS TO CARE

## Dental Care Opens Door to Better Health Access to Care Bright Spot

Mr. Roberto was referred to the Spartanburg Community Dental Center by St. Luke's Free Medical Clinic. When he first came in he had significant infection and was unable to eat due to severe pain. Dental care was not his only issue. He was also in need of a major heart surgery which could not be completed until after his infection and dental needs were addressed. We completed full-mouth extractions and his infection was successfully treated. Then, following heart surgery, he was fitted for custom dentures. Mr. Roberto came into our clinic wearing a mask and unable to eat or smile due to pain and lack of confidence. Upon treatment completion, he left with the biggest smile along with significant improvement to his quality of life.

— Provided by Spartanburg Community Dental Center



ACCESS TO CARE



## PRIORITY - BEHAVIORAL HEALTH

**DEFINITION:** Behavioral health describes the connection between behaviors and the health and well-being of the body, mind, and spirit, and includes both mental health and substance use.

- Mental health includes our emotional, psychological, and social well-being.
- Mental illness is a behavioral or mental pattern that causes significant distress or impairment of personal functioning.
- Substance use is the continued use of alcohol, illegal drugs, or the misuse of prescription or over-the-counter drugs with negative consequences.

**THE AIM:** Ensure all Spartanburg County residents have access to quality mental and behavioral health services and resources.

### Goal 1

**Coordinate with partners to share information about crisis mental and behavioral health resources.**

#### STRATEGIES

- With partners, host community-wide events promoting mental and behavioral health awareness and resources.
- Share information about relevant resources through schools, businesses, and public buildings.

### Goal 2

**Increase access to mental and behavioral health care and resources for youth.**

#### STRATEGIES

- Expand partnerships with schools to raise awareness and provide support and resources.
- Support awareness campaigns to reduce stigma.

### Goal 3

#### Reduce substance use in Spartanburg County.

#### STRATEGIES

- Develop and promote campaigns to increase awareness about substance use disorder and treatment.
- Increase access to substance use disorder treatment for low-income, uninsured residents.

#### OUTCOME OBJECTIVES

- Decrease the number of deaths by suicide in Spartanburg County.
- Decrease the number of overdose deaths in Spartanburg County.
- Decrease the number of poor mental health days reported by Spartanburg County residents.

#### DID YOU KNOW?

Mental health issues is a leading cause of Emergency Department visits for children and adults in Spartanburg County. There were more than 220,000 Emergency Department visits from 2016 to 2020 for adults with mental illness.

Source: S.C. Office of Revenue and Fiscal Affairs, 2016-2020



## Middle Tyger Sees Doubling of Demand for Services Behavioral Health Bright Spot

Middle Tyger Community Center experienced a 100% increase in counseling sessions provided from 2021 to 2022 due to an increase in demand. Suicide and self-injury were elevated in children and adolescents and the US Surgeon General described current conditions as a “youth mental health pandemic.” Almost half of our clients were youth up to 24 years of age. General anxiety and depression have increased as well. MTCC offers a sliding scale to provide affordable counseling to all clients.

– Provided by Middle Tyger Community Center



## Overdose Survivors Outreach Program Behavioral Health Bright Spot

The Overdose Survivors Outreach Program (OSOP) is designed to provide assertive outreach to individuals that have recently overdosed. Statistics show that fatalities occur on the second or subsequent overdoses, and motivational support is an evidence-based way of intervening before this occurs. OSOP Peer Recovery Coaches meet patients in a safe, convenient location to provide support and ongoing assistance navigating community systems. OSOP support typically lasts 3-4 months. It encompasses developing a person-centered recovery plan and facilitating referrals to treatment, recovery support, mental health services, and more.

– Provided by The Forrester Center for Behavioral Health

## PRIORITY - CHRONIC HEALTH CONDITIONS

**DEFINITION:** Chronic health conditions are conditions that last one year or more and require ongoing medical attention, and/or limit daily activities.

**THE AIM:** Partners take action to promote healthy lifestyles and environments that prevent chronic health conditions in Spartanburg County.

### Goal 1

**Increase access to and consumption of nutritious foods.**

#### STRATEGIES

- Increase the use of Supplemental Nutrition Assistance Program (SNAP) benefits at participating farmer's markets and FoodShare programs.
- Expand transit options in low-income and rural communities to access nutritious food options.

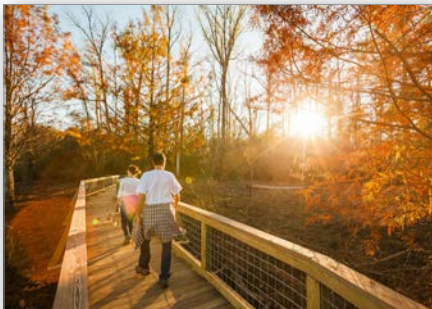


### Goal 2

**Increase policy, systems, and environmental approaches that support health behaviors.**

#### STRATEGIES

- Promote development of Spartanburg County trails system.
- Increase the adoption of healthy food policies in businesses, organizations, and public buildings.



CHRONIC HEALTH CONDITIONS



### Goal 3

Increase access to and utilization of services and resources to prevent, and improve treatment and control of chronic health conditions.

#### STRATEGIES

- Increase access to and number of quality preventive screening opportunities across the county.
- Increase access to and participation in chronic-disease management programs for Spartanburg County residents.



#### OUTCOME OBJECTIVES

- Decrease the rate of obesity in Spartanburg County.
- Decrease the rate of hypertension in Spartanburg County.
- Increase percentage of Spartanburg County residents that consume the recommended number of fruits and vegetables.

#### DID YOU KNOW?

The prevalence of age-adjusted adult obesity in Spartanburg County increased from 29.5% in 2012 to 36.4% in 2019.

Source: S.C. Behavioral Risk Factor Surveillance System



## Growing Trail System Enhances Healthy Lifestyles Chronic Health Conditions Bright Spot

Currently the Daniel Morgan Trail System consists of 19.5 miles of existing trail out of the proposed 55-mile system. PAL and community partners have leveraged \$31.2 million in public and private funds for new trails, including a \$23.8 million grant from the US Department of Transportation focused on areas of persistent poverty for trails along the Fairforest Creek, at the Downtown Airport and into downtown.

Current trail projects totaling six additional miles in the downtown area, on Vanderbilt Road and along the Lawson's Fork Creek are closing gaps in the system to allow for easier access for residents and visitors alike. This progress is attributed to the Spartanburg community's commitment to health and wellness.

– Provided by P.A.L.



CHRONIC HEALTH CONDITIONS

## PRIORITY - RESILIENT CHILDREN & FAMILIES

**DEFINITION:** Resilient children and families have the necessary skills to respond to stressful life circumstances and thrive.

**THE AIM:** Build resilience in Spartanburg County's children and families through safe and supportive environments and evidence-based resources.

### Goal 1

**Increase access to resources and activities that build resilience.**

#### STRATEGIES

- Increase access to quality childcare and after school care.
- Advocate for added evidence-based programs to be implemented in schools, faith-based communities, and community organizations.



### Goal 2

**Increase education to prevent and address domestic violence and sexual assault.**

#### STRATEGIES

- Coordinate with community partners to introduce and promote evidence-based violence prevention programs.



RESILIENT CHILDREN & FAMILIES

### Goal 3

Increase access for youth-serving professionals to training on evidence-based screenings and interventions that build resilience and improve health and well-being of children and families.

#### STRATEGIES

- Encourage school personnel, medical providers, and faith communities to participate in Adverse Childhood Experiences (ACEs) training.
- Provide trauma-informed care resources to community partners.

#### OUTCOME OBJECTIVES

- Increase percentage of Spartanburg County children that are on track/ready for kindergarten.
- Increase high school graduation rate in Spartanburg County.
- Decrease rate of teen pregnancy in Spartanburg County.

#### DID YOU KNOW?

Children who are exposed to ACEs have health outcomes linked to issues such as increased risky behaviors, chronic health conditions, suicide attempts and teenage pregnancy.

#### Mom and Me Hike Creates a Bond Resilient Children & Families Bright Spot

Mom and daughter shared a first-time hiking experience with Bloom Upstate and partner Baloo Ridge during Mom and Me Hiking experience at Glendale Shoals Preserve. The pair said this experience broadened their connection to the outdoors. The hike also allowed them time to bond through their love for nature. They said that they would love more activities similar to the hike in the future. Bloom Upstate looks forward to aiding in parental bonding and activities for moms and daughters to enjoy.

— Provided by Bloom Upstate





## Trauma Training Changes Teaching Approaches Resilient Children & Families Bright Spot

Spartanburg Academic Movement's Center For Resilient Schools and Communities (CRSC) provides trauma-informed training to Spartanburg County Schools, Edward Via College of Medicine (VCOM), and other non-profit organizations. Training goals are to bring a greater understanding of the potential multigenerational impacts of trauma and utilize methods to increase skills of resilience. Since January 2022, CRSC has held over a dozen classes and impacted over 300 people. Evaluations are overwhelmingly positive and most participants indicate a change in their approach to teaching children and serving families who may be struggling to effectively cope with stressful life events.

—Provided by Spartanburg Academic Movement



RESILIENT CHILDREN & FAMILIES

# VISION

## Now the real work begins.

Priorities have been decided. Strategies have been outlined and metrics have been determined. Live Healthy Spartanburg needs your help to realize the vision for access to care, behavioral health, chronic health conditions, and resilient children and families.

This is a three-year Community Health Improvement Plan. Not a six-month plan or even a one-year plan. It's easy to get started...just follow these steps.

1. Pick a priority you would like to support.
2. Review the strategies and see which one you can help with.
3. Get with a small group, with the help of Live Healthy Spartanburg leadership, and put together an implementation plan. Just start with the first 90 days.
4. Meet every 90 days to share progress, identify roadblocks and barriers, and then plan the next 90 days. **You'll be on your way to success!**

90-DAY IMPLEMENTATION PLAN FOR _____ PRIORITY		
Milestone Accomplishment _____		
Start Date:	Strategy we are focusing on:	
End Date:		
Implementation Steps	When	Who
Our very first step will be:	Team Members and Collaborators:	Budget/Resources Needed:
We will achieve victory in 90 days, when THIS happens:		







Let's build a community of health - together.

**For more information or to find out how you or your organization can get involved, contact:**

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