

## Priority Area 4:

# Affordable and Nutritious Foods

## Intended Result

All people in South Carolina consume affordable and nutritious foods.

## Why is This Important?

Affordable and nutritious foods play a vital role in supporting health and preventing poor outcomes across the state. Food insecurity, meaning not having enough food to eat consistently, has been linked to a higher risk of chronic conditions such as diabetes, heart disease, obesity, and certain cancers. It also negatively affects quality of life, as well as physical and mental well-being.

## Headline Indicators

### ► **Food Insecurity**

Percentage of residents experiencing food insecurity.

### ► **Limited Access to Healthy Foods**

Percentage of low-income residents living in low-access census tracts.

### ► **Fruit & Vegetable Consumption**

Percentage of adults eating less than one serving of fruits and vegetables per day.

## Strategies & Opportunities for Collaborative Action

**4.1** Increase the reach of nutrition supports.

**4.2** Expand access to Food is Medicine interventions.



Scan the QR Code for the full SHIP report and details on all nine priority areas, with access to the full SHA report.

# SC State Health Improvement Plan: 2025-2030

The **State Health Improvement Plan (SHIP)** serves as a statewide strategic roadmap to improve population health and address South Carolina's most pressing health challenges. It reflects intentional and robust collaboration among state agencies, public health entities, health care providers, community-based organizations, and other key partners to develop and implement sustainable, data-driven solutions that achieve collective impact. The SHIP contains nine priority areas that were developed using analytic insights from the comprehensive health data in the State Health Assessment and cross-sector partner input. The SHIP provides a strategic framework for multisector partners to align resources and guide collective action to improve health outcomes across South Carolina.

