

Priority Area 5:

Safe and Affordable Places to be Physically Active

Intended Result

All people in South Carolina are physically active in safe and accessible places.

Why is This Important?

Safe spaces for physical activity support mobility and overall health throughout life. In South Carolina, where chronic conditions like obesity, diabetes, and heart disease are common, having accessible parks, trails, sidewalks, and bike lanes is important. These spaces not only improve physical and mental well-being but also strengthen community connections, enhance local economies, increase safety, and benefit the environment.

Headline Indicators

► **Adult Physical Inactivity**

Percentage of adults reporting no physical activity outside of work.

► **Cardiorespiratory Fitness in Children**

Percentage of students in the FitnessGram Healthy Fitness Zone for cardiorespiratory fitness.

► **Access to Opportunities for Physical Activity**

Percentage of residents living close to a park or recreation facility.

Strategies & Opportunities for Collaborative Action

5.1 Promote community mobility and opportunities for active transportation.

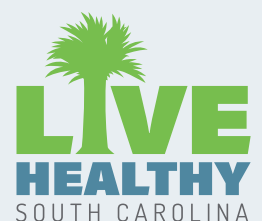
5.2 Improve early care and education environments.

5.3 Prioritize physical activity in schools.

5.4 Increase access to outdoor opportunities for physical activity.



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.

