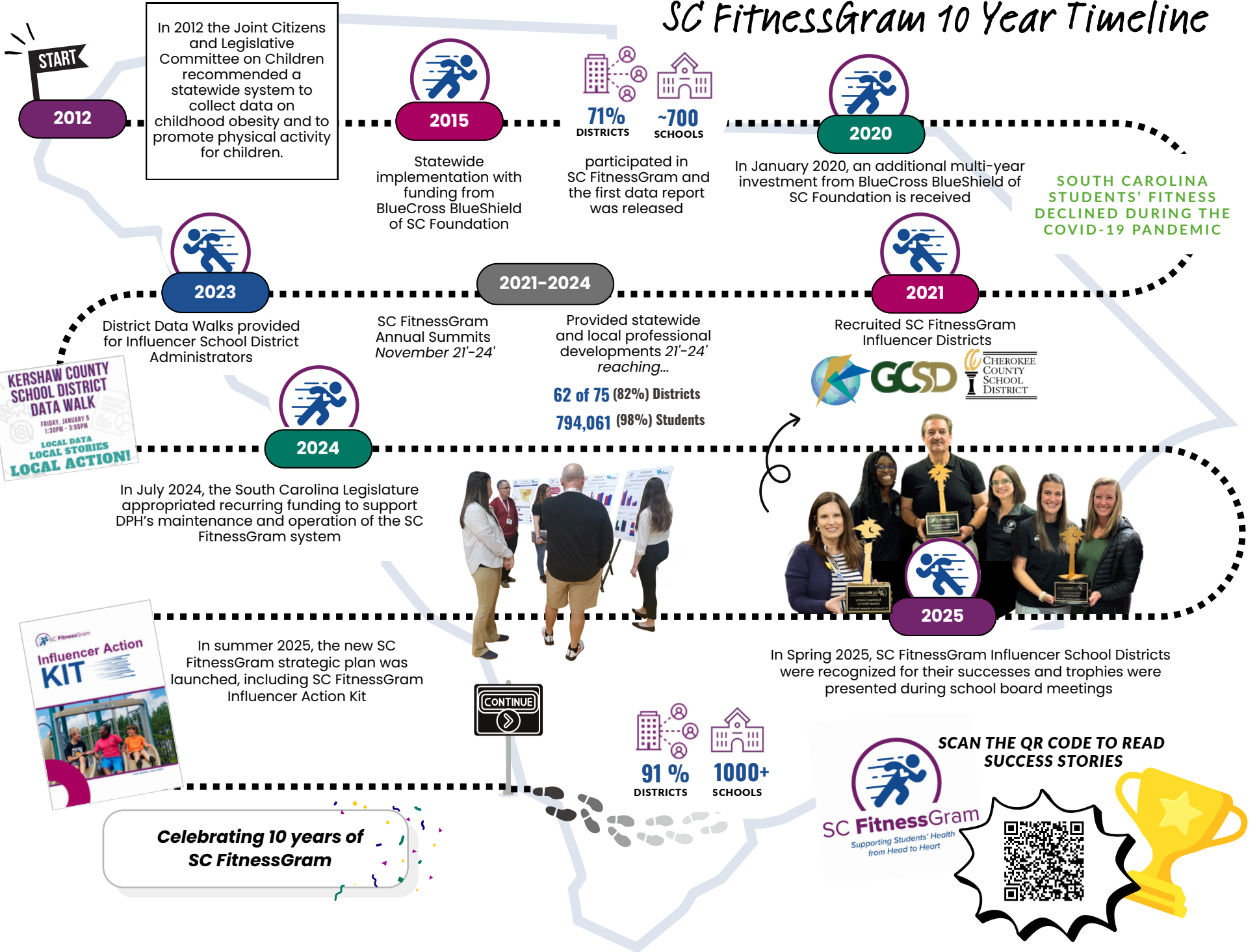


SC FitnessGram 10 Year Timeline



START
2012

In 2012 the Joint Citizens and Legislative Committee on Children recommended a statewide system to collect data on childhood obesity and to promote physical activity for children.

2015

Statewide implementation with funding from BlueCross BlueShield of SC Foundation

71% DISTRICTS
~700 SCHOOLS

participated in SC FitnessGram and the first data report was released

2020

In January 2020, an additional multi-year investment from BlueCross BlueShield of SC Foundation is received

SOUTH CAROLINA STUDENTS' FITNESS DECLINED DURING THE COVID-19 PANDEMIC

2023

District Data Walks provided for Influencer School District Administrators

2021-2024

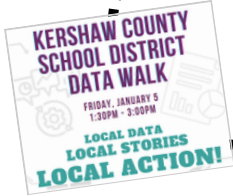
SC FitnessGram Annual Summits November 21'-24'

Provided statewide and local professional developments 21'-24' reaching...

62 of 75 (82%) Districts
794,061 (98%) Students

2021

Recruited SC FitnessGram Influencer Districts



2024

In July 2024, the South Carolina Legislature appropriated recurring funding to support DPH's maintenance and operation of the SC FitnessGram system



2025

In Spring 2025, SC FitnessGram Influencer School Districts were recognized for their successes and trophies were presented during school board meetings



In summer 2025, the new SC FitnessGram strategic plan was launched, including SC FitnessGram Influencer Action Kit



91% DISTRICTS
1000+ SCHOOLS

Celebrating 10 years of SC FitnessGram



SCAN THE QR CODE TO READ SUCCESS STORIES



SC FitnessGram: 10 years worth celebrating ✨

SC FitnessGram is a statewide movement to improve the health and well-being of students in South Carolina. Each year, participating public schools collect health-related fitness data from students in grades 2, 5, 8, and high school. These insights help shape policies and programs at every level – from the statehouse to the school hallway – so our students can grow up healthier, happier, and more ready to learn.

SC FitnessGram data tells a story...

Expanded Statewide Reach

A total of **751,176** students tested in 10 years.

School districts participating grew from **71%** to **91%**.

Enhanced Learning with Physical Fitness

Academic standards for both math and English were significantly greater among students who met health standards for cardiorespiratory (heart and lung) fitness.

Overcame Barriers for Better Health

While poverty can create barriers to health, access to regular physical activity levels the playing field and supports better outcomes for all students.

“SC FitnessGram has consistently gone above and beyond in its dedication to and implementation of the statewide assessment, advancing the health and wellness of students and the broader community. They represent the gold standard, and we sincerely value and appreciate this partnership.” - GreenLight Fitness

Empowered SC Educators

88 professional development sessions provided, reaching more than **4,200** educators, administrators, public health professionals.

Improved Policies and Practices

Thanks to the Alliance for a Healthier Generation, the number of SC schools awarded America’s Healthiest Schools has increased from **15** in 2015 to **105** in 2025.

SC schools awarded for enhancing their physical education and physical activity polices and practices has increased from **0** in 2022 to **92** in 2025.

From the Classroom to the Career

Physical fitness is foundational not only to health and education, but to employability.

Many of today’s most in-demand jobs — across healthcare, public safety, education, transportation, manufacturing, and the military — require physical capability.

Watch this clip to learn more:



Join the movement to support students’ health from head to heart:
dph.sc.gov/fitnessgram

SC FitnessGram is an essential component of a physical education program. It encourages students to be physically active and develop the skills and confidence they need for a lifetime of activity.