BUREAU OF COMMUNITY NUTRITION SERVICES

- Division of Women, Infants, and Children (WIC) Services

- Division of Public Health Nutrition Practice and SNAP-Ed Program

- Division of Nutrition, Physical Activity, and Obesity Prevention
The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a public health nutrition program under the USDA providing nutrition education and counseling, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who are pregnant or post-partum, infants, and children up to age 5.
The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and the USDA Food Guidance System, MyPlate.
AIM:
To improve access to healthier foods and opportunities for daily physical activity through policy, systems, and environmental approaches reaching South Carolinians where they live, learn, work, and play.
NUTRITION AND WEIGHT STATUS DATA
Duration of Exclusive Breastfeeding

Through 3 Months

- South Carolina: 42.7%
- United States: 46.9%
- Healthy People 2020: 46.2%

Through 6 Months

- South Carolina: 24.4%
- United States: 24.9%
- Healthy People 2020: 25.5%

Source: CDC, NIS.
Note: Children born in 2015.
Adults Who Did Not Eat Fruit at Least Once a Day, by Year

Sources: SC DHEC BRFSS, CDC BRFSS.
Notes: Ages 18+, US median.
Adults Who Did Not Eat Vegetables at Least Once a Day

Sources: SC DHEC BRFSS, CDC BRFSS.
Notes: Ages 18+, US median.
Obesity Among 2-5 Year Old WIC Recipients

Source: SC WIC
Weight Status, South Carolina FitnessGram, School Year 2016-2017

FITNESS TEST:
BODY MASS INDEX (BMI)

(BMI = HEIGHT/WEIGHT²)

- Healthy Fitness Zone (HFZ)
- Needs Improvement (NI)
- Health Risk (HR)
- Very Lean

Source: http://scaledown.org/FitnessGram/

<table>
<thead>
<tr>
<th>Grade</th>
<th>2nd Grade (n=29,591)</th>
<th>5th Grade (n=31,816)</th>
<th>8th Grade (n=18,711)</th>
<th>High School (n=15,167)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>63.0% HFZ</td>
<td>55.7% HFZ</td>
<td>58.7% HFZ</td>
<td>60.4% HFZ</td>
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</tbody>
</table>
Adults Who Are Obese

Source: SC DHEC BRFSS.
Notes: Age-adjusted 20+, US median.