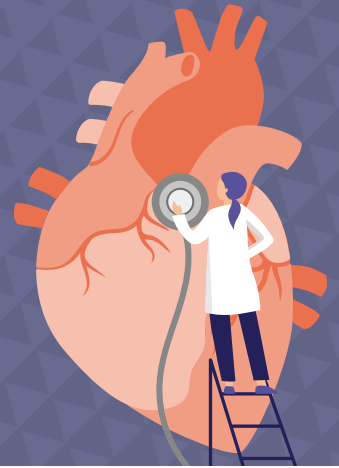


State of the Heart for African Americans

HEART DISEASE IN SOUTH CAROLINA

BURDEN OF DISEASE:

- In the United States, **91,682** African Americans died from heart disease in 2021. Heart disease is a leading cause of death and disability for Americans.¹ The most common form of heart disease in the United States is coronary heart disease, which can lead to heart attack.²
- Heart disease was the leading cause of death in South Carolina for 2021.
- During 2021, **3,223** African Americans died from heart disease in South Carolina.
- African Americans face a **higher risk** of developing ischemic heart disease, and suffer stroke deaths more often than Caucasians.
- In 2021, heart disease accounted for 15,172 hospitalizations of African American South Carolinians, with total hospitalization charges of more than **\$1.1 billion**.



RISK FACTORS FOR SOUTH CAROLINIANS:

Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.³
- Fifteen percent of African American adults in South Carolina smoke compared to 16.2% among Caucasians.

Overweight and Obese

- Being overweight increases the risk of heart disease by 32 percent.⁴
- Seventy-eight percent of African Americans in South Carolina are overweight or obese. For African American women, the number is four out of every five.

Sedentary Lifestyle

- Regular physical activity could reduce one's risk of having high blood pressure by nearly 20 percent.⁵
- In South Carolina, 62.5 percent of African Americans do not get the recommended amount of physical activity.
- Physical inactivity is more common among African American women than men.

Hypertension (High Blood Pressure)

- People with uncontrolled hypertension are three times more likely to die from heart disease.⁶
- Two in five African Americans in South Carolina have high blood pressure.

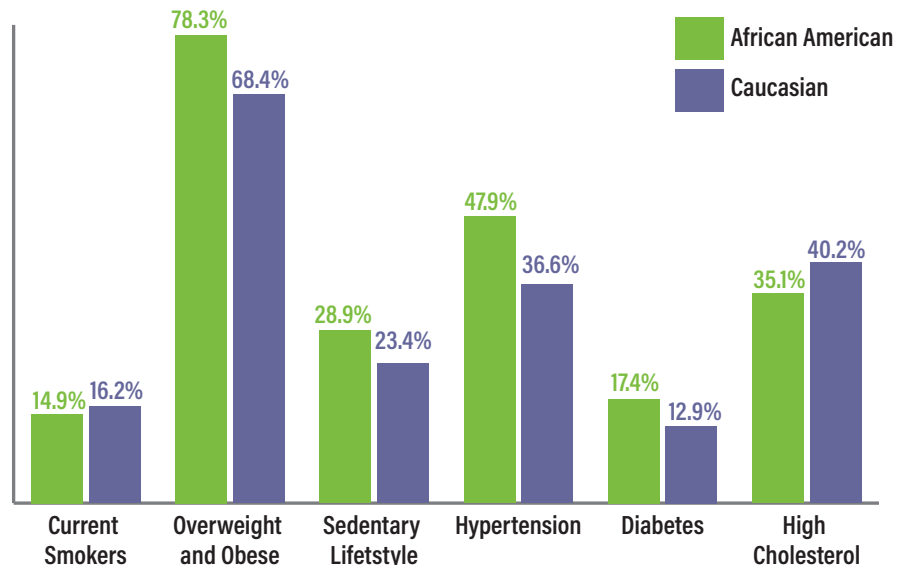
Diabetes

- Adults with diabetes are two to four times more likely to have heart disease than adults without diabetes.⁷
- One out of every five African American adults in South Carolina has diabetes, which is 35 percent higher than the rate for Caucasian adults.

High Cholesterol

- People with high blood cholesterol have about twice the risk of heart disease as people with lower levels.⁸
- One out of every three African American adults in South Carolina has high cholesterol.

Heart Disease Risk Factors by Race, South Carolina 2021



Data Source: South Carolina Behavioral Risk Factor Surveillance System
Notes: Adults 18+

Stroke Among African Americans

IN SOUTH CAROLINA

BURDEN OF DISEASE FOR SOUTH CAROLINIANS:

- Stroke is a leading cause of serious, long-term disability in the United States.
- According to 2021 national data, South Carolina had the **seventh highest** stroke death rate in the nation and is part of the "Stroke Belt," a group of Southeastern states with high stroke death rates.
- Stroke is the fifth leading cause of death for African Americans in South Carolina, resulting in **901** deaths during 2021.
- African Americans in South Carolina are **52 percent** more likely to die from stroke than their Caucasian counterparts.
- Stroke resulted in **5,585** hospitalizations for African Americans in South Carolina in 2021. Of these, **52 percent** were less than 65 years old.

Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Unhealthy diet
- Physical inactivity

How to Reduce Your Risk:

- Get your blood pressure checked.
- Stay active.
- Eat a healthy diet.
- Use less salt.
- If you drink alcohol, drink in moderation.
- Get your cholesterol level checked.
- Stay smoke-free.

Warning Signs of Stroke:

- Sudden weakness or numbness of the face, arm or leg on one side of the body.
- Loss of speech or trouble talking or understanding speech.
- Sudden dimness or loss of vision, particularly in one eye.
- Unexplained dizziness, unsteadiness or sudden falls, with no previous symptoms.
- Sudden, severe headaches with no known cause.



MORE THAN \$500,000,000
Total hospitalization charges for strokes for African American South Carolinians in 2021.

For more information on cardiovascular disease prevention in South Carolina contact:
Chronic Disease and Injury Prevention, Division of Diabetes and Heart Disease Management, (803) 898-0868

Data Sources: S.C. BRFSS, S.C. Vital Statistics, S.C. Hospital Discharge
Fact sheet produced by Division of Epidemiology, Analysis & Data Visualization.

References:

- ¹ CDC WONDER Online Database.
- ² CDC Heart disease facts. Retrieved from <http://www.cdc.gov/heartdisease/facts.htm>
- ³ CDC. Perspective in disease prevention and health promotion smoking and cardiovascular disease. MMWR Morb Mortal Wkly Rep1984; 32:677-9.
- ⁴ Bogers RP, Bemelmans WE, Hoogenveen RT, et al. Association of Overweight With Increased Risk of Coronary Heart Disease Partly Independent of Blood Pressure and Cholesterol Levels: A Meta-analysis of 21 Cohort Studies Including More Than 300 000 Persons. Arch Intern Med. 2007;167(16):1720-1728.doi:10.1001/archinte.167.16.1720.
- ⁵ AHA Exercise can lower high blood pressure risk. Retrieved from <http://blog.heart.org/exercise-can-lower-high-blood-pressure-risk/>
- ⁶ Stamler J, Stamler R, Neaton JD. Blood pressure, systolic and diastolic, and cardiovascular risks. US population data. Arch Intern Med. 1993;153:598-615.
- ⁷ AHA Cardiovascular disease and diabetes. Retrieved from http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp#Vqkk2_krLcs
- ⁸ CDC Division for heart disease and stroke prevention. Cholesterol fact sheet. Retrieved from http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_cholesterol.htm

