BURDEN OF DISEASE:
- In the United States, 94,777 African Americans died from heart disease in 2020. Heart disease is a leading cause of death and disability for Americans. The most common form of heart disease in the United States is coronary heart disease, which can lead to heart attack.
- Heart disease was the leading cause of death in South Carolina for 2020.
- During 2020, 3,011 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 2020, heart disease accounted for 22,243 hospitalizations of African American South Carolinians, with total hospitalization charges of more than $1.6 billion.

RISK FACTORS FOR SOUTH CAROLINIANS:

Smoking
- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- Nearly sixteen percent of African American adults in South Carolina smoke compared to 19.0% among Caucasians.

Overweight and Obese
- Being overweight increases the risk of heart disease by 32 percent.
- Seventy-four percent of African American adults 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.
- 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.
- 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.
- One out of every five African American adults in South Carolina has diabetes, which is 65 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.
- One out of every three African American adults in South Carolina has high cholesterol.

Heart Disease Risk Factors by Race, South Carolina 2020

- Current Smokers
- Overweight and Obese
- Sedentary Lifestyle
- Hypertension*
- Diabetes
- High Cholesterol*

Data Source: South Carolina Behavioral Risk Factor Surveillance System
Notes: Adults 18+, *2019 data.
**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.

**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:**

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**MORE THAN $463,000,000**

Total hospitalization charges for strokes for African American South Carolinians in 2020.

**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 Office of Epidemiology, Analysis & Data Visualization, July 2022.

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