BURDEN OF DISEASE:
- About 696,000 Americans die each year from heart disease. Heart disease is a leading cause of death and disability in the United States. 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, 11,386 South Carolinians died from heart disease.
- Heart disease accounted for 75,886 hospitalizations in South Carolina during 2020, with total hospitalization charges of more than $6.8 billion.

RISK FACTORS FOR SOUTH CAROLINIANS:

Smoking
- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- As many as 30 percent of all coronary heart disease deaths in the United States each year are attributable to cigarette smoking.
- Eighteen percent of adults in South Carolina smoke.

Overweight and Obese
- Being overweight increases the risk of heart disease by 32 percent.
- More than two out of every three adults in South Carolina are overweight or obese.

Sedentary Lifestyle
- Regular physical activity could reduce one's risk of having high blood pressure by nearly 20 percent.
- Physical inactivity is estimated as being a cause of 30 percent of ischaemic heart disease.
- Half of adults in South Carolina do not get the recommended amount of physical activity.
- Sedentary lifestyle is more common among women than men in South Carolina.

Hypertension (High Blood Pressure)
- Hypertension is often called the “silent killer” because, with the exception of extreme cases, it has no symptoms.
- People with uncontrolled hypertension (high blood pressure) are three times more likely to die of heart disease.
- Nearly two out of every five adults 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.
- At least 68 percent of people age 65 or older with diabetes die from some form of heart disease.
- One out of every seven South Carolina adults has diabetes.

High Cholesterol
- People with high blood cholesterol have about twice the risk of heart disease as people with lower levels.
- High cholesterol affects 37 percent of South Carolina adults.

Heart Disease Risk Factors, South Carolina 2020

Data Source: South Carolina Behavioral Risk Factor Surveillance System
Notes: Adults 18+, *2019 data.
BURDEN OF DISEASE FOR SOUTH CAROLINIANS:

- Stroke is a leading cause of serious, long-term disability in the United States.
- According to 2020 national data, South Carolina had the **ninth 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 was the sixth leading cause of death in South Carolina, resulting in **2,880** deaths during 2020.
- African Americans are **50 percent** more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in **16,577** hospitalizations in South Carolina in 2020. Of these, **41 percent** were less than 65 years old.

### References:
1. CDC WONDER Online Database.
8. AHA What is High Blood Pressure. Accessed March 5, 2013 at: [http://www.heart.org/highbloodpressure](http://www.heart.org/highbloodpressure)

**More than $1,300,000,000**

Total hospitalization charges for strokes in South Carolina 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
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