Chronic Diseases
in South Carolina

Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States.¹

6 in 10
Adults in SC have a chronic disease.

4 in 10
Adults in SC have two or more chronic diseases.

$3,500,000,000,000
These chronic conditions account for over 90% of our national healthcare cost or $3.5 trillion in annual health care costs.¹

MAJOR CHRONIC DISEASES IN SOUTH CAROLINA

Seven in 10 leading causes of death in 2019 were due to chronic diseases, totaling 31,601 deaths or 63% of all South Carolina deaths.²

71% of Medicare-enrolled persons aged 65 years and older have 2 or more chronic diseases.³

Heart Disease and Stroke
Heart disease, stroke, and other cardiovascular diseases were the leading causes of death and caused 14,287 deaths in South Carolina or 28% of all deaths.²

Heart disease accounted for 4,749 premature deaths in 2019.² Premature deaths are deaths that occur before a person reaches the expected age of 75 years.

Heart disease accounted for 55,853 hospitalizations in South Carolina, with total hospitalization charges of more than $4.5 billion.⁴

Cancer
Cancer accounted for 10,481 deaths in 2019.²
Cancer accounted for 6,290 premature deaths.²

Over 3,000 cancers each year are related to obesity.

Diabetes
In 2019, South Carolina had the 6th highest percent of adult population with diabetes in the United States.⁶

Non-Hispanic Black adults ages 45 years and older had two times higher death rate compared to non-Hispanic Whites.²

Diabetes accounted for 945 premature deaths in 2019.²
RISK FACTORS

Modifying three risk factors – poor diet, lack of physical activity, and smoking – can prevent 80% of heart disease and stroke, 80% of type 2 diabetes, and 40% of cancer.7

KEY LIFESTYLE RISKS FOR CHRONIC DISEASE6

**Poor Nutrition**
- 12.5% of high school students did not eat fruit during the 7 days before the survey.8
- 12.1% of high school students did not eat vegetables.8
- 43.2% of adults eat less than one serving of fruit per day.6
- 18.7% of adults eat less than one serving of vegetables per day.6

**Lack of Physical Activity**
- Only 19.5% of high school students met the physical activity recommendation of being active for at least 60 minutes every day during the 7 days before the survey.8
- 28.8% of adults are physically inactive.6
- Only 23.0% of South Carolina adults met the recommended amount of both aerobic and muscle strengthening activity.6

**Tobacco Use**
- 5.9% of high school students are current cigarette smokers.8
- 22.1% of high school students use e-cigarettes.9
- 17.6% of adults are current smokers.6

**Excessive Alcohol Use**
- 9.2% of high school students reported current binge drinking.8
- 15.9% of adults reported binge drinking.6

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3. CDC Leading Indicators for Chronic Diseases and Risk Factors [https://www.cdc.gov/cdi/](https://www.cdc.gov/cdi/)
5. SC DHEC Central Cancer Registry
7. CDC, NCCDPHP, About Chronic Disease [https://www.cdc.gov/chronicdisease/about/index.htm](https://www.cdc.gov/chronicdisease/about/index.htm)
9. SC DHEC YTS, 2019