



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

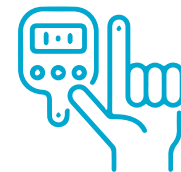


Cancer

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



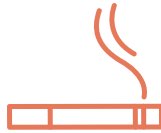
Lack of Physical Activity

- 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

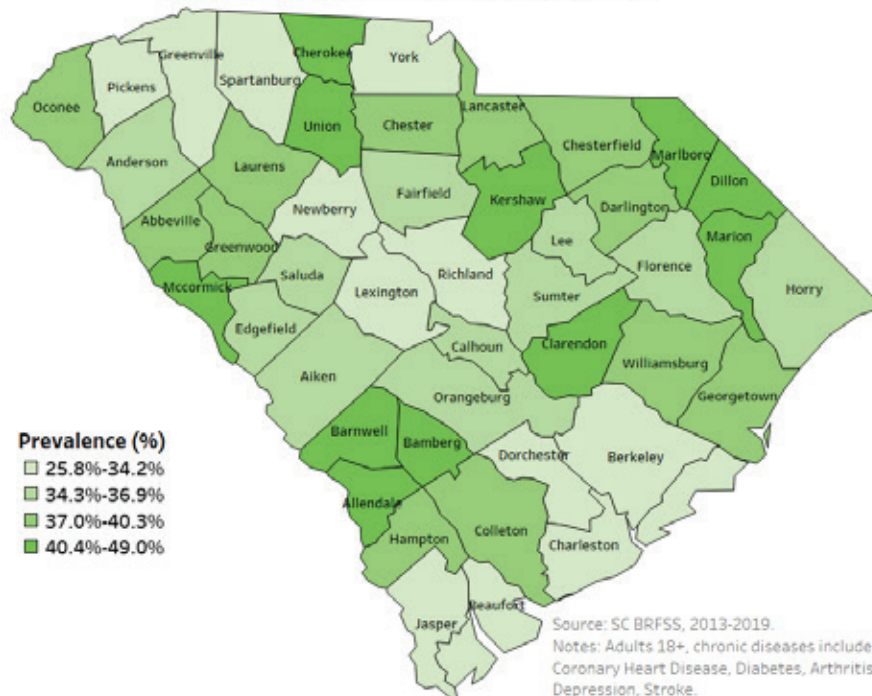


Excessive Alcohol Use

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



Prevalence of Two or More Chronic Diseases



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1. Chronic Disease Prevention: The Key to Improving Life and Healthcare, a white paper prepared by NACDD, 2020.

2. SC DHEC Vital Statistics, 2019.

3. CDC Leading Indicators for Chronic Diseases and Risk Factors <https://www.cdc.gov/cdi/>

4. SC Office of RFA Hospital Discharge, 2019.

5. SC DHEC Central Cancer Registry

6. SC DHEC BRFSS, 2019.

7. CDC, NCCDPHP, About Chronic Disease <https://www.cdc.gov/chronicdisease/about/index.htm>

8. SC DHEC YRBSS, 2019.

9. SC DHEC YTS, 2019