

State of the Heart for African Americans

Heart Disease in South Carolina

Burden of Disease:

- In the United States, 78,161 African Americans died from heart disease in 2017. 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 2018.
- During 2018, 2,760 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 2018, heart disease accounted for 16,588 hospitalizations of African American South Carolinians, with total hospitalization charges of more than \$1.05 billion.

Risk Factors for South Carolinians:

Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.³
- Seventeen percent of African American adults in South Carolina smoke compared to 18.7% among Caucasians.

Overweight and Obese

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

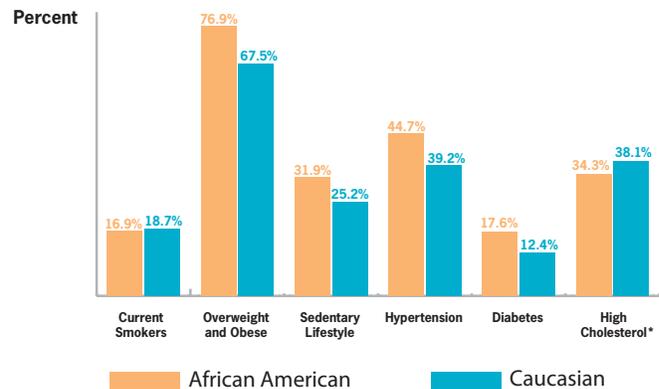
Sedentary Lifestyle

- Regular physical activity could reduce one's risk of having high blood pressure by nearly 20 percent.⁵
- In South Carolina, 57 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.

Heart Disease Risk Factors by Race, South Carolina 2018



Data Source: South Carolina Behavioral Risk Factor Surveillance System
Note: Adults 18+, *2017 data.

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 42 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.

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 2017 national data, South Carolina had the sixth 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 third leading cause of death for African Americans in South Carolina, resulting in 832 deaths during 2018.
- African Americans in South Carolina are 52 percent more likely to die from stroke than their Caucasian counterparts.
- Stroke resulted in 5,459 hospitalizations for African Americans in South Carolina in 2018. Of these, 48 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 of Stroke:

- 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.

Economic Cost of Stroke:

- Hospitalization charges for stroke totaled more than \$394 million for African American South Carolinians in 2018.

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. BFSS, S.C. Vital Records, S.C. Hospital Discharge

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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

