

# **State of the Heart for Women**

## *Heart Disease in South Carolina*

## Risk Factors for South Carolinians: • Burden of Disease:

- In the United States, 299,578 women died from heart disease in 2017.<sup>1</sup> 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.<sup>2</sup>
  - Heart disease is South Carolina's leading cause of death for African American women. In 2018, 1,290 African American women died from heart disease in South Carolina.
  - Heart disease accounted for 24,545 hospitalizations for South Carolina women in 2018, with total hospitalization charges of more than \$1.6 billion.

## **Smoking**

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.<sup>3</sup>
  - One out of every six adult women in South Carolina smokes.

## **Overweight and Obese**

- More than 65 percent of the women in South Carolina are overweight or obese.
  - While 60 percent of Caucasian women in South Carolina are overweight or obese, 81 percent of African American women fit into one of these two categories.

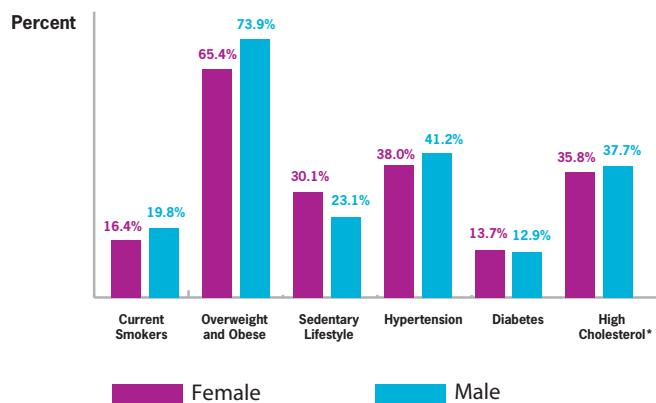
## Sedentary Lifestyle

- Regular physical activity could reduce one's risk of having high blood pressure by nearly 20 percent.<sup>4</sup>
  - In South Carolina, 53 percent of women do not get the recommended amount of physical activity.
  - Thirty percent of women in South Carolina do not engage in physical activity during their leisure time.
  - Physical inactivity is more common among African American women than Caucasian women.

## Hypertension (High Blood Pressure)

- People with uncontrolled hypertension are three times more likely to die of heart disease.<sup>5</sup>
  - One in three women in South Carolina has high blood pressure.

## Heart Disease Risk Factors by Sex, 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.<sup>6</sup>
  - Nearly one out of every seven women in South Carolina lives with diabetes.

# High Cholesterol

- People with high blood cholesterol have about twice the risk of heart disease as people with lower levels.<sup>7</sup>
  - More than one out of every three women in South Carolina have high cholesterol.

# **Stroke Among Women 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 fourth leading cause of death for women in South Carolina, resulting in 1,549 deaths during 2018.
  - African American women are at greater risk of dying from stroke than Caucasian women in South Carolina.
  - Stroke resulted in 8,594 hospitalizations for women in South Carolina in 2018. Of these, 33 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 costs of stroke totaled more than \$567 million for South Carolina women 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  
Bureau of Population Health Data Analytics & Informatics, February 2020.

#### References:

- <sup>1</sup> Kochanek KD, Murphy SL, Xu JQ, Arias E. Deaths: Final data for 2017. National Vital Statistics Reports; vol 68 no 9. Hyattsville, MD: National Center for Health Statistics, 2019.

- <sup>2</sup> CDC Heart disease facts. Retrieved from <http://www.cdc.gov/heartdisease/facts.htm>

- <sup>3</sup> CDC. Perspective in disease prevention and health promotion smoking and cardiovascular disease. MMWR Morb Mortal Wkly Rep 1984; 32:677-9.

- <sup>4</sup> AHA Exercise can lower high blood pressure risk. Retrieved from <http://blog.heart.org/exercise-can-lower-high-blood-pressure-risk/>

- <sup>5</sup> Stamler J, Stamler R, Neaton JD. Blood pressure, systolic and diastolic, and cardiovascular risks. US population data. Arch Intern Med. 1993;153:598-615.

- <sup>6</sup> AHA Cardiovascular disease and diabetes. Retrieved from [http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes\\_UCM\\_313865\\_Article.jsp?AID=9492\\_krLcs](http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp?AID=9492_krLcs)

- <sup>7</sup> 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](http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_cholesterol.htm)

