

State of the Heart

Heart Disease in South Carolina

Burden of Disease:

- About **655,000** Americans die each year from heart disease. Heart disease is a leading cause of death and disability in the United States.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 2019.
- During 2019, **10,578** South Carolinians died from heart disease.
- Heart disease accounted for **55,853** hospitalizations in South Carolina during 2019, with total hospitalization charges of more than **\$4.5 billion**.

Risk Factors for South Carolinians:

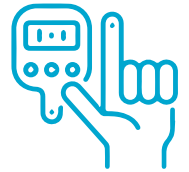
Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.³
- As many as 30 percent of all coronary heart disease deaths in the United States each year are attributable to cigarette smoking.⁴
- Nearly eighteen percent of adults in South Carolina smoke.



Diabetes

- Adults with diabetes are two to four times more likely to have heart disease than adults without diabetes.¹⁰
- At least 68 percent of people age 65 or older with diabetes die from some form of heart disease.¹⁰
- One out of every seven South Carolina adults has diabetes.



Overweight and Obese

- Being overweight increases the risk of heart disease by 32 percent.⁵
- More than two out of every three adults in South Carolina are overweight or obese.



High Cholesterol

- People with high blood cholesterol have about twice the risk of heart disease as people with lower levels.¹¹
- High cholesterol affects 37 percent of South Carolina adults.



Sedentary Lifestyle

- Regular physical activity could reduce one's risk of having high blood pressure by nearly 20 percent.⁶
- Physical inactivity is estimated as being a cause of 30 percent of ischaemic heart disease.⁷
- 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.

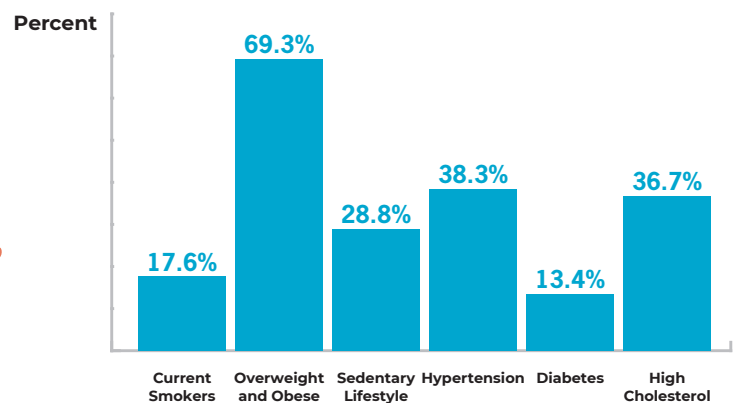


Hypertension (High Blood Pressure)

- Hypertension is often called the "silent killer" because, with the exception of extreme cases, it has no symptoms.⁸
- People with uncontrolled hypertension (high blood pressure) are three times more likely to die of heart disease.⁹
- Nearly two out of every five adults in South Carolina has high blood pressure.



Heart Disease Risk Factors South Carolina 2019



Data Source: South Carolina Behavioral Risk Factor Surveillance System
Note: Adults 18+.

Stroke

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 2019 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 was the fifth leading cause of death in South Carolina, resulting in **2,701** deaths during 2019.
- African Americans are **52 percent** more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in **17,807** hospitalizations in South Carolina in 2019. Of these, **40 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:

- 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 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.

More than \$1,300,000,000

Total hospitalization charges for strokes in South Carolina in 2019.

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 Statistics, S.C. Hospital Discharge

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