

State of the Heart

Heart Disease in South Carolina



Burden of Disease

- Almost 600,000 Americans die each year from heart disease. Heart disease is a leading cause of death and disability in the United States. The most common heart disease in the United States is coronary heart disease, which can lead to heart attack.
- Heart disease was the second leading cause of death in South Carolina for 2013.
- During 2013, 9,604 South Carolinians died from heart disease.
- Heart disease accounted for 50,827 hospitalizations in South Carolina during 2013, with a total hospitalization cost of more than \$3.1 billion.

Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- One out of every four adults in South Carolina smokes.
- Smoking contributes to 25 percent of heart disease each year.

Overweight and Obesity

- Two out of every three adults in South Carolina are overweight or obese.
- Being overweight contributes to 32 percent of heart disease deaths each year.

Sedentary Lifestyle

- Less active, less physically fit persons have a 30 to 50 percent greater risk of developing high blood pressure.
- Physical inactivity contributes to 27 percent of deaths from heart disease annually.
- 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)

- People with hypertension have three to four times the risk of developing heart disease than those without high blood pressure.
- High blood pressure contributes to 30 percent of heart disease deaths each year.
- Nearly two out of every five adults in South Carolina has high blood pressure.

Diabetes

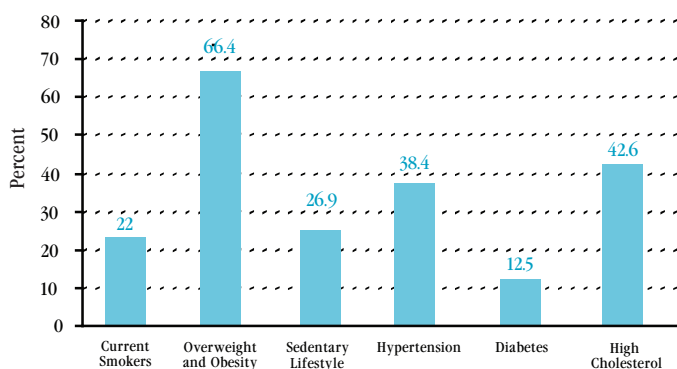
- Two-thirds of people with diabetes die of heart disease or stroke.
- Diabetes contributes to 13 percent of heart disease deaths each year.
- One out of every 8 South Carolina adults has diabetes.

High Cholesterol

- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- High cholesterol contributes to more than 4,000 deaths from heart disease in South Carolina each year.
- High cholesterol affects 43 percent of South Carolina adults.

Risk Factors for South Carolinians:

Prevalence of Heart Disease Risk Factors



Data Source: South Carolina Behavioral Risk Factor Surveillance System (BRFSS) 2013

Estimated Economic Cost of Heart Disease in the United States in 2010*

\$107.2 billion in direct costs (i.e., hospital, medications)

\$97.2 billion in indirect costs (i.e., loss in productivity/mortality)

Stroke

in South Carolina



Burden of Disease for South Carolinians:

- Stroke is a leading cause of serious, long-term disability in the United States.
- South Carolina had the fifth highest stroke death rate in the nation in 2012 and is among a group of Southeastern states with high stroke death rates that is referred to as the “Stroke Belt.”
- Stroke was the fourth leading cause of death in South Carolina, resulting in 2,488 deaths during 2013.
- African Americans are more than 48 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 14,943 hospitalizations in South Carolina during 2013.

Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- 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 \$690 million in 2013 for South Carolina.
- The total cost of stroke in the United States for 2010 was estimated at \$36.5 billion (both direct and indirect costs).*

For more information on cardiovascular disease prevention in South Carolina, please contact:

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We promote and protect the health of the public and the environment.

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For more details, please view the Technical Document at www.scdhec.gov/health/docs/EpiTechNotes.pdf.

*Based on new data sources and estimation methods published in *AHA Circulation Heart Disease and Stroke Statistics - 2014 Update*