

State of the Heart for Women

Heart Disease in South Carolina



Burden of Disease:

- In the United States, 287,220 women died from heart disease in 2012. 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 is South Carolina's leading killer for African-American women. In 2013, 1,216 African-American women died from heart disease in South Carolina.
- Heart disease accounted for 23,065 hospitalizations for women in 2013 in South Carolina, with a total hospitalization cost of more than \$1.2 billion.

Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- One out of every five adult women in South Carolina smokes.

Overweight and Obesity

- More than 63 percent of the women in South Carolina are overweight or obese.
- While 57 percent of Caucasian women in South Carolina are overweight or obese, 79 percent of African-American women fit into one of these two categories.

Sedentary Lifestyle

- Less active, less physically fit persons have a 30 to 50 percent greater risk of developing high blood pressure.
- When it comes to physical activity, 53 percent of women in South Carolina do not get the recommended amount of physical activity.
- Nearly 30 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)

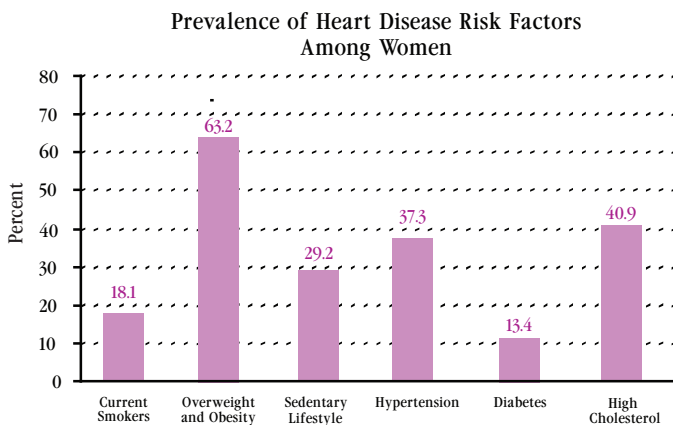
- People with hypertension have three to four times the risk of developing heart disease than those without high blood pressure.
- One in three women in South Carolina have high blood pressure.

Diabetes

- Two-thirds of people with diabetes die of heart disease or stroke.
- One out of every eight women in South Carolina lives with diabetes.

High Cholesterol

- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- Two out of every five women in South Carolina have high cholesterol.



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

Risk Factors for South Carolinians:

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 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.
- 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 is the fourth leading cause of death for women in South Carolina, resulting in 1,394 deaths during 2013.
- African-American women are at greater risk of dying from stroke than Caucasian women in South Carolina.
- Stroke resulted in 7,676 hospitalizations for women 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 \$347 million for South Carolina women in 2013.
- The total cost of stroke in the United States for 2010 is 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*