

# State of the Heart

## Heart Disease in South Carolina



### Burden of Disease:

- About 630,000 Americans die each year from heart disease. Heart disease is a leading cause of death and disability in the United States.<sup>1</sup> 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 was the leading cause of death in South Carolina for 2017.
- During 2017, 10,412 South Carolinians died from heart disease.
- Heart disease accounted for 53,946 hospitalizations in South Carolina during 2017, with total hospitalization charges of more than \$3.6 billion.

### Risk Factors for South Carolinians:

#### Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.<sup>3</sup>
- As many as 30 percent of all coronary heart disease deaths in the United States each year are attributable to cigarette smoking.<sup>4</sup>
- One out of every five adults in South Carolina smokes.

#### Overweight and Obese

- Being overweight increases the risk of heart disease by 32 percent.<sup>5</sup>
- Two out of every three adults in South Carolina are overweight or obese.

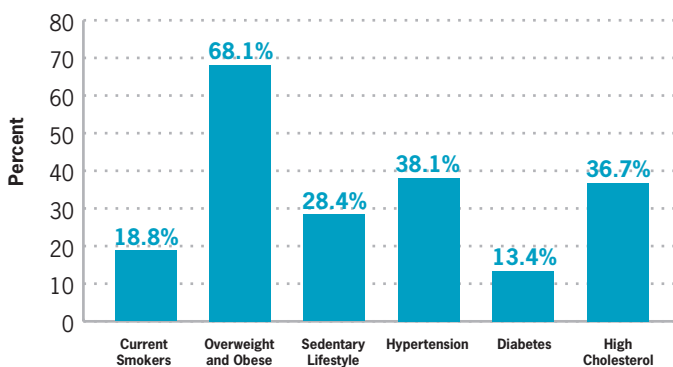
#### Sedentary Lifestyle

- Regular physical activity could reduce one's risk of having high blood pressure by nearly 20 percent.<sup>6</sup>
- Physical inactivity is estimated as being a cause of 30 percent of ischaemic heart disease.<sup>7</sup>
- 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.<sup>8</sup>
- People with uncontrolled hypertension (high blood pressure) are three times more likely to die of heart disease.<sup>9</sup>
- One out of every three adults in South Carolina has high blood pressure.

Heart Disease Risk Factors South Carolina 2017



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

#### Diabetes

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

#### High Cholesterol

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

# 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 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 was the fifth leading cause of death in South Carolina, resulting in 2,690 deaths during 2017.
- African Americans are 43 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 16,298 hospitalizations in South Carolina in 2017. Of these, 37 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 \$992 million in 2017 for South Carolina.

**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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- <sup>11</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)

