

# Chronic Diseases in South Carolina



SOUTH CAROLINA  
DEPARTMENT OF  
PUBLIC HEALTH

Chronic diseases such as heart disease, cancer, and diabetes are the **leading causes of death and disability** in the United States.<sup>1</sup>



**6 in 10**

Adults in SC have a **chronic disease**.



**4 in 10**

Adults in SC have **two or more chronic diseases**.

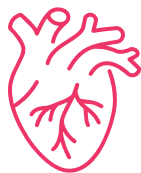
**\$3,500,000,000,000**

These chronic conditions account for **over 90%** of our national healthcare cost or **\$3.5 trillion** in annual health care costs.<sup>1</sup>

## MAJOR CHRONIC DISEASES IN SOUTH CAROLINA

**Eight in 10** leading causes of death in 2022 were due to chronic diseases, totaling **35,209 deaths** or **57.8%** of all South Carolina deaths.<sup>2</sup>

**73.2%** of Medicare-enrolled persons aged 65 years and older have **2 or more chronic diseases**.<sup>3</sup>



### Heart Disease and Stroke

Heart disease, stroke, and other cardiovascular diseases were the leading causes of death and caused **16,026 deaths** in South Carolina or **26%** of all deaths.<sup>2</sup>

Heart disease accounted for **5,346 premature deaths** in 2021.<sup>2</sup> Premature deaths are deaths that occur before a person reaches the expected age of 75 years.

Heart disease accounted for **54,227 hospitalizations** in South Carolina, with total hospitalization charges of more than **\$5.3 billion**.<sup>4</sup>

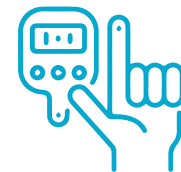


### Cancer

Cancer accounted for **11,011 deaths** in 2022.<sup>2</sup>

Cancer accounted for **6,325 premature deaths**.<sup>2</sup>

Over 3,000 cancers each year are related to obesity.



### Diabetes

In 2022, South Carolina had the **12th highest percent** of adult population with diabetes in the United States.<sup>6</sup>

Non-Hispanic Black adults ages 45 years and older had more than **two times** higher death rate compared to non-Hispanic Whites.<sup>2</sup>

Diabetes accounted for **1,031 premature deaths** in 2022.<sup>2</sup>

# RISK FACTORS

80% of premature deaths from heart disease and stroke could be avoided by controlling the main risk factors: **tobacco, unhealthy diet and physical inactivity.**<sup>7</sup>

## KEY LIFESTYLE RISKS FOR CHRONIC DISEASE<sup>6</sup>

### Poor Nutrition

- **10.5% of high school students** did not eat fruit during the 7 days before the survey.<sup>8</sup>
- **12.2% of high school students** did not eat vegetables.<sup>8</sup>
- **42.0% of adults** eat less than one serving of fruit per day.<sup>6</sup>
- **20.3% of adults** eat less than one serving of vegetables per day.<sup>6</sup>



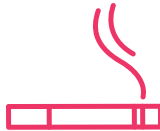
### Lack of Physical Activity

- Only **24.0% of high school students** met the physical activity recommendation of being active for at least 60 minutes every day during the 7 days before the survey.<sup>8</sup>
- **26.0% of adults** are physically inactive.<sup>6</sup>
- Only **23.0% of South Carolina adults** met the recommended amount of both aerobic and muscle strengthening activity.<sup>6</sup>



### Tobacco Use

- **3.3% of high school students** are current cigarette smokers.<sup>8</sup>
- **21.2% of high school students** use e-cigarettes.<sup>9</sup>
- **15.4% of adults** are current smokers.<sup>6</sup>

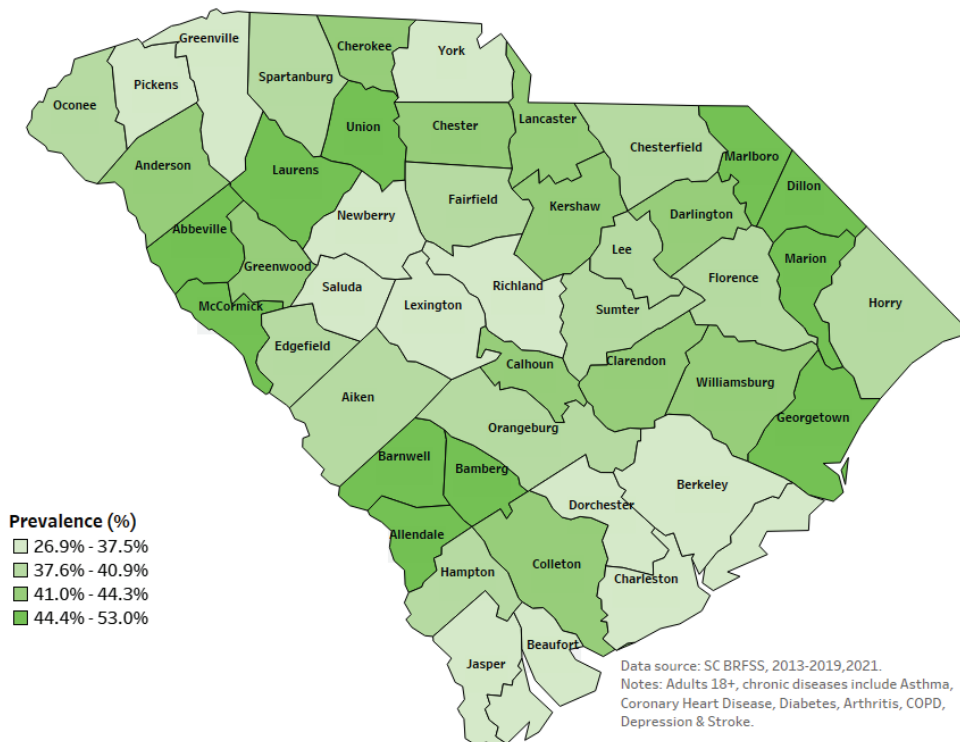


### Excessive Alcohol Use

- **9.3% of high school students** reported current binge drinking.<sup>8</sup>
- **16.5% of adults** reported binge drinking.<sup>6</sup>



Prevalence of Two or More Chronic Diseases



Produced by Epidemiology, Analysis & Data Visualization Section, September 2024

1. Chronic Disease Prevention: The Key to Improving Life and Healthcare, a white paper prepared by NACDD, 2020.

2. SC DPH Vital Statistics, 2022.

3. CDC Leading Indicators for Chronic Diseases and Risk Factors <https://www.cdc.gov/cdi/>

4. SC Office of RFA Hospital Discharge, 2022.

5. SC Central Cancer Registry

6. SC BRFSS.

7. WHO Cardiovascular Diseases [https://www.who.int/europe/health-topics/cancer/cardiovascular-diseases#tab=tab\\_1](https://www.who.int/europe/health-topics/cancer/cardiovascular-diseases#tab=tab_1)

8. SC YRBSS, 2021.

9. SC YTS, 2021.