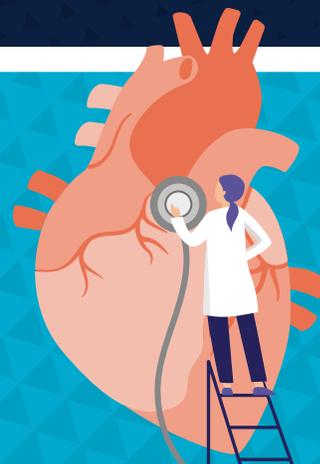


State of the Heart

HEART DISEASE IN SOUTH CAROLINA

BURDEN OF DISEASE:

- About **695,000** 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 in 2022.
- During 2022, **12,014** South Carolinians died from heart disease.
- Heart disease accounted for **54,227** hospitalizations in South Carolina during 2022, with total hospitalization charges of more than **\$5.3 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
- Fifteen percent of adults in South Carolina smoke.

Overweight and Obese

- Being overweight increases the risk of heart disease by 32 percent.⁵
- Seventy percent of 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.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
- Over one third of adults in South Carolina has high blood pressure.

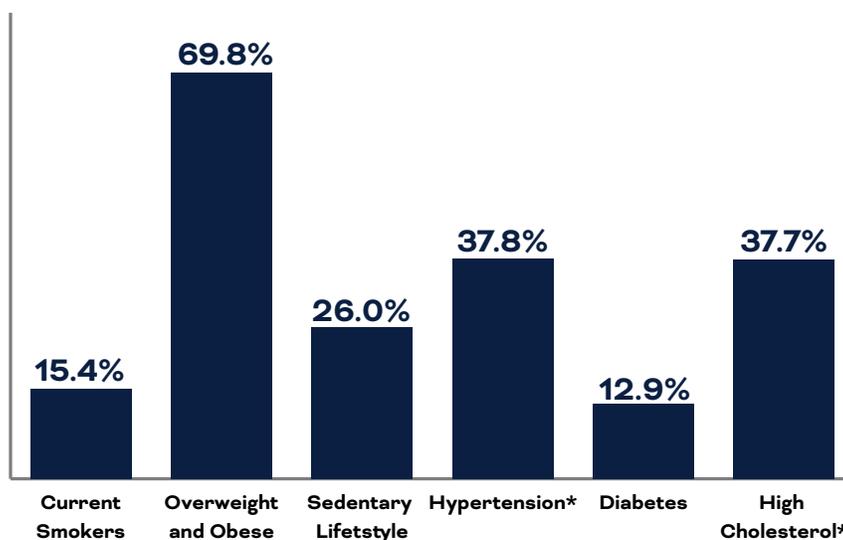
Diabetes

- 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.

High Cholesterol

- High cholesterol increases your risk for heart disease and stroke.¹¹
- High cholesterol affects over 37 percent of South Carolina adults.

Heart Disease Risk Factors, South Carolina 2022



Data Source: South Carolina Behavioral Risk Factor Surveillance System
Notes: Adults 18+, *2021 data.

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 2022 national data, South Carolina had the **tenth 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 **3,096** deaths during 2022.
- African Americans are **47 percent** more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in **17,703** hospitalizations in South Carolina in 2022. Of these, **38 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 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.



MORE THAN \$1,500,000,000

Total hospitalization charges for strokes in South Carolina in 2022.

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

Chronic Disease and Injury Prevention, Diabetes and Heart Disease Management Section, (803) 898-0868

Data Sources: S.C. BRFSS, S.C. Vital Statistics, S.C. Hospital Discharge
Fact sheet produced by Epidemiology, Analysis & Data Visualization Section.

References:

¹ CDC WONDER Online Database.

² CDC Heart disease facts. Retrieved from <https://www.cdc.gov/heart-disease/about/>

³ CDC. Perspective in disease prevention and health promotion smoking and cardiovascular disease. MMWR Morb Mortal Wkly Rep 1984; 32:677-9.

⁴ Cigarette smoking, cardiovascular disease, and stroke: A statement for healthcare professional from the American Heart Association. Circulation.1997;96:3242-3247.

⁵ Bogers RP, Bemelmans WE, Hoogenveen RT, et al. Association of Overweight With Increased Risk of Coronary Heart Disease Partly Independent of Blood Pressure and Cholesterol Levels: A Metaanalysis of 21 Cohort Studies Including More Than 300 000 Persons. Arch Intern Med. 2007;167(16):1720-1728. doi:10.1001/archinte.167.16.1720.

⁶ AHA Exercise can lower high blood pressure risk. Retrieved from <http://blog.heart.org/exercise-can-lower-high-blood-pressure-risk/>

⁷ WHO New physical activity recommendations for reducing disease and prevent deaths. Retrieved from http://www.who.int/chp/media/news/releases/2011_2_physicalactivity/en/

⁸ AHA What is High Blood Pressure. Accessed March 5, 2013 at: <http://www.heart.org/highbloodpressure>

⁹ Stamler J, Stamler R, Neaton JD. Blood pressure, systolic and diastolic, and cardiovascular risks. US population data. Arch Intern Med. 1993;153:598-615.

¹⁰ AHA Cardiovascular disease and diabetes. Retrieved from http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp/#Vqkk2_krLcs

¹¹ CDC Division for heart disease and stroke prevention. Cholesterol fact sheet. Retrieved from <https://www.cdc.gov/cholesterol/about/index.html>



SOUTH CAROLINA
DEPARTMENT OF
PUBLIC HEALTH