

# State of the Heart for Blacks

## Heart Disease in South Carolina

Burden of Disease:

- In the United States, 72,253 blacks died from heart disease in 2006. Heart disease is a leading cause of death and disability for Americans. 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 both men and women among all racial and ethnic groups.
- During 2007, 2,465 blacks died from heart disease in South Carolina.
- Blacks face higher risks of developing ischemic heart disease and suffer stroke deaths more often than do whites. These higher illness rates result in 10 years of lost life for blacks in South Carolina and a stroke mortality rate that was 56 percent higher than the national average in 2006 for blacks.
- Heart disease accounted for 16,002 hospitalizations in 2007 for black South Carolinians, with a total hospitalization cost of more than \$593 million.

### Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- Eighteen percent of black adults in South Carolina smoke.

### Overweight and Obesity

- Being overweight contributes to 32 percent of heart disease deaths each year.
- More than 73 percent of blacks in South Carolina are overweight or obese. For black women, the number is three out of every four.

### 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 in South Carolina, 60 percent of blacks are either inactive or are not regularly active.
- Physical inactivity is more common among black women than men.

### 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 blacks in South Carolina has high blood pressure.

### Diabetes

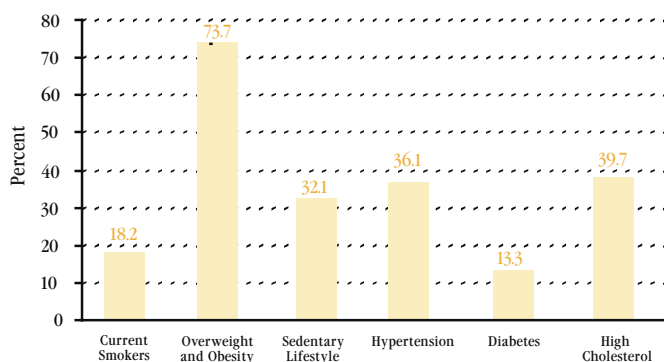
- Two-thirds of people with diabetes die of heart disease or stroke.
- One out of every seven black adults in South Carolina has diabetes, which is 67 percent higher than the rate for white adults.

### High Cholesterol

- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- Nearly two out of every five blacks in South Carolina has high cholesterol.

Risk Factors for South Carolinians:

Prevalence of Heart Disease Risk Factors Among Blacks



Data Source: South Carolina Behavioral Risk Factor Surveillance System (BRFSS) 2008

### Estimated Economic Cost of Heart Disease in the United States in 2009

\$183 billion in direct costs (i.e., physicians, hospital, medications)

\$121.6 billion in indirect costs (i.e., loss in productivity)

# Stroke Among Blacks

## *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 eighth highest stroke death rate in the nation in 2006 and is among a group of Southeastern states with high stroke death rates that is referred to as the "Stroke Belt."
- Stroke is the third leading cause of death for blacks in South Carolina, resulting in 783 deaths during 2007.
- Blacks are more than 65 percent more likely to die from stroke than whites in South Carolina.
- Stroke resulted in 4,354 hospitalizations for blacks in South Carolina during 2007.

### **Modifiable Risk Factors for Stroke:**

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- Physical inactivity

### **Warning Signs of Stroke:**

- Walk - is balance off?
- Talk - is speech slurred or face droopy?
- Reach - is one side weak or numb?
- See - is vision all or partially lost?
- Feel - is headache severe?

### **How to Reduce Your Risk of Stroke:**

- Getting your blood pressure checked
- Staying active
- Eating a healthy diet
- Using less salt
- If you drink alcohol, drinking in moderation
- Getting your cholesterol level checked
- Staying smoke-free

### **Economic Cost of Stroke:**

- Hospitalization costs of stroke totaled more than \$155 million for black South Carolinians in 2007.
- The total cost of stroke in the United States for 2009 is estimated at \$68.9 billion (both direct and indirect costs).

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

Bureau of Community Health and Chronic Disease Prevention  
Heart Disease and Stroke Prevention Division  
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<http://www.scdhec.gov/hdsp>

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*For details, please view the Chronic Disease Surveillance Technical Notes at [www.scdhec.gov/health/epidata/docs/EpiTechNotes.pdf](http://www.scdhec.gov/health/epidata/docs/EpiTechNotes.pdf)*



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