

Cardiovascular Diseases

According to the Center for Disease Control (CDC), cardiovascular diseases, especially heart attacks and stroke, are the leading killers in the United States. CDC data also indicates that South Carolina is among the states with the highest death rate due to cardiovascular diseases.

History of Heart Attack

Among South Carolinians, 4.5 percent report having had at least one heart attack. BRFSS data indicates that 5.6 percent of males have had heart attacks, showing that they have a higher risk than females, who reported a prevalence of 3.5 percent. According to BRFSS data, about 6 percent of white males reported that they had at least one heart attack, compared to 4.3 percent of black males and approximately 3.5 percent of either black or white females.

Coronary Heart Diseases

Overall, males and females are almost equally at risk of suffering from coronary heart diseases. However, BRFSS data shows that whites are almost twice as likely as blacks to have coronary heart diseases. Only 1.1 per cent of black males had coronary heart disease, compared to about 3 to 4 percent of either white males or black or white females.

History of Stroke

BRFSS data also indicates that about 2 percent of white males and females and black males had suffered a stroke. Black females, however, only reported a 1.1 percent prevalence of stroke. BRFSS data shows that whites are overall, at a significantly higher risk of developing most cardiovascular diseases than are blacks.

Of the three cardiovascular diseases presented in the BRFSS, heart attacks are the most prevalent, especially among people over 65 years old. At about 6 percent, the prevalence of heart attacks and coronary heart disease remains almost equal for those between the ages of 55 and 64. For those over the age of 65, the prevalence of heart attack is higher than that of coronary heart disease. About 14 percent of people over 65 had heart attacks compared to 11.5 percent for coronary heart disease and 5.3 percent for stroke. The data reveals that having low income and education levels can negatively affect one's cardiovascular health.

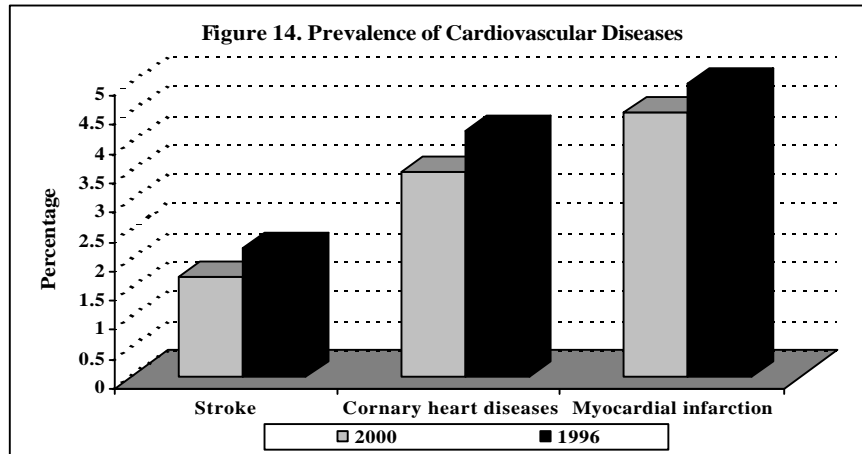


Table 14. Prevalence of Cardiovascular Disease, 2000

	Heart Attack			Coronary Heart Diseases			Stroke		
	%	95% CI		%	95% CI		%	95% CI	
Overall	4.5	3.5	5.4	3.5	2.8	4.2	1.7	1.3	2.0
Sex									
Male	5.6	3.9	7.3	3.4	2.4	4.5	1.7	0.9	2.5
Female	3.5	2.6	4.3	3.6	2.7	4.5	1.7	1.1	2.3
Race									
White	4.8	3.9	5.7	4.1	3.2	4.9	1.8	1.3	2.4
Black	3.8	1.2	6.4	2.2	0.9	3.5	1.4	0.6	2.3
Race and Sex									
White Male	6.1	4.5	7.7	4.2	2.8	5.5	1.8	0.8	2.7
White Female	3.5	2.5	4.5	4.0	2.9	5.0	1.9	1.2	2.6
Black Male	4.3	0.0	9.7	1.1	0.0	2.3	1.8	0.3	3.3
Black Female	3.4	1.4	5.3	3.1	1.1	5.1	1.1	0.2	2.1
Age									
18-24	0.1	0.0	0.4	0.2	0.0	0.5	0.5	0.0	1.2
25-34	1.0	0.2	1.8	0.1	0.0	0.3	0.1	0.0	0.3
35-44	2.8	0.0	5.6	1.5	0.4	2.5	0.8	0.2	1.4
45-54	3.9	2.2	5.7	3.2	1.6	4.8	1.3	0.3	2.3
55-64	6.0	3.5	8.5	6.2	3.6	8.7	2.8	0.8	4.8
65 +	14.2	10.9	17.5	11.5	8.5	14.6	5.3	3.3	7.3
Education									
<High School	8.7	5.8	11.6	6.5	4.0	9.0	3.3	1.5	5.2
HS graduate	3.6	2.5	4.8	3.5	2.3	4.6	1.6	0.8	2.4
Some College	4.4	1.9	6.8	2.2	1.2	3.1	1.7	0.8	2.6
College graduate	3.5	2.0	4.9	3.5	2.0	4.9	1.0	0.3	1.7
House Hold Income									
<\$25,000	4.5	3.1	5.9	4.3	2.9	5.7	3.0	1.7	4.3
\$25,000-\$49,999	2.8	1.7	3.9	1.9	1.1	2.8	0.8	0.3	1.3
\$50,000-\$74,999	6.4	2.0	10.8	2.8	1.2	4.4	1.7	0.5	3.0
\$75,000+	2.7	1.1	4.3	3.6	1.5	5.7	0.7	0.0	1.5
Employment									
Employed	2.6	1.5	3.7	1.7	1.0	2.3	0.8	0.4	1.2
Unemployed	3.2	0.1	6.4	2.0	0.0	4.6	1.2	0.0	2.7
Others	8.5	6.4	10.6	6.4	4.6	8.2	3.2	2.0	4.5
Unable to work	10.1	5.5	14.7	14.9	8.8	21.0	5.4	1.3	9.6