

State of the Heart for African Americans

Heart Disease in South Carolina

Burden of Disease:

- In the United States, 72,010 African Americans died from heart disease in 2013. Heart disease is a leading cause of death and disability for Americans. The most common form of heart disease in the United States is coronary heart disease, which can lead to heart attack.¹
- Heart disease was the leading cause of death in South Carolina for 2014.
- During 2014, 2,588 African Americans died from heart disease in South Carolina.
- African Americans face higher risks of developing ischemic heart disease, and suffer stroke deaths more often than Caucasians. These higher illness rates result in ten years of lost life for African Americans in South Carolina and a stroke mortality rate 25 percent higher than the national stroke mortality rate for African Americans.
- Heart disease accounted for 14,715 hospitalizations in 2014 for African American South Carolinians, with a total hospitalization cost of more than \$796 million.

Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.²
- Twenty-two percent of African American adults in South Carolina smoke.

Overweight and Obesity

- Being overweight increases the risk of heart disease by 32 percent.³
- Seventy-five percent of African Americans in South Carolina are overweight or obese. For African American women, the number is four out of every five.

Sedentary Lifestyle

- Regular physical activity could reduce one's risk of having high blood pressure by nearly 20 percent.⁴
- In South Carolina, 58 percent of African Americans do not get the recommended amount of physical activity.
- Physical inactivity is more common among African American women than men.

Hypertension (High Blood Pressure)

- People with uncontrolled hypertension (high blood pressure) are three times more likely to die from heart disease.⁵
- Two in five African Americans in South Carolina have high blood pressure.

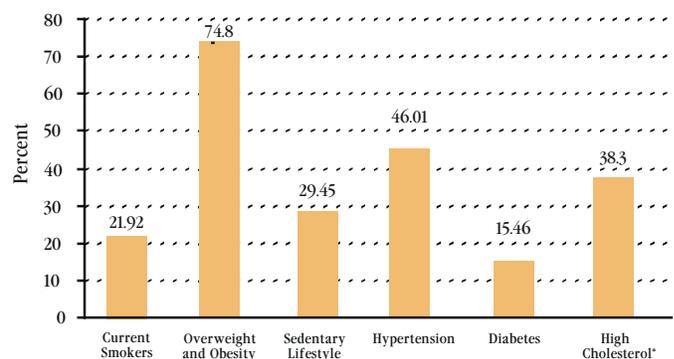
Diabetes

- Adults with diabetes are two to four times more likely to have heart disease than adults without diabetes.⁶
- One out of every six African American adults in South Carolina has diabetes, which is 40 percent higher than the rate for Caucasian adults.

High Cholesterol

- People with high blood cholesterol have about twice the risk of heart disease as people with lower levels.⁷
- One out of every three African American adults in South Carolina has high cholesterol.

Prevalence of Heart Disease Risk Factors
Among African Americans, SC 2014



Data Source: South Carolina Behavioral Risk Factor Surveillance System. *Data from 2013.

Risk Factors for South Carolinians:

Estimated Economic Cost of Heart Disease in the U.S. in 2012**

\$108.7 billion in direct costs (e.g. hospital, medications)

\$98.6 billion in indirect costs (e.g. loss in productivity/mortality)

Stroke Among African Americans 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 seventh highest stroke death rate in the nation in 2014 and is part of the “Stroke Belt,” a group of Southeastern states with high stroke death rates.
- Stroke is the third leading cause of death for African Americans in South Carolina, resulting in 741 deaths during 2014.
- African Americans are more than 60 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 4,540 hospitalizations for African Americans in South Carolina in 2014.

Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Unhealthy diet
- Physical inactivity

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.

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.

Economic Cost of Stroke:

- Hospitalization costs of stroke totaled more than \$229 million for African American South Carolinians in 2014.
- The total cost of stroke in the United States for 2012 is estimated at \$33 billion (both direct and indirect costs).**

For more information on cardiovascular disease prevention in South Carolina, contact:
DHEC's Division of Diabetes, Heart Disease, Obesity and School Health at (803) 898-0584.

Data Sources: S.C. BRFSS, S.C. Vital Records, S.C. Hospital Discharge
Fact sheet produced by Division of Chronic Disease Epidemiology, December 2015.
**Based on new data sources and estimation methods published in *AHA Circulation Heart Disease and Stroke Statistics-2016 Update*

References:

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South Carolina Department of Health and Environmental Control