About 630,000 Americans die each year from heart disease. Heart disease is a leading cause of death and disability in the United States. The most common form of heart disease in the United States is coronary heart disease, which can lead to heart attack. Heart disease was the leading cause of death in South Carolina for 2018. During 2018, 10,460 South Carolinians died from heart disease. Heart disease accounted for 54,448 hospitalizations in South Carolina during 2018, with total hospitalization charges of more than $4.1 billion.

Smoking
- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- As many as 30 percent of all coronary heart disease deaths in the United States each year are attributable to cigarette smoking.
- Eighteen percent of adults in South Carolina smoke.

Overweight and Obese
- Being overweight increases the risk of heart disease by 32 percent.
- More than two out of every three 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.
- Physical inactivity is estimated as being a cause of 30 percent of ischaemic heart disease.
- 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.
- People with uncontrolled hypertension (high blood pressure) are three times more likely to die of heart disease.
- Two out of every five adults in South Carolina has high blood pressure.

Data Source: South Carolina Behavioral Risk Factor Surveillance System
Note: Adults 18+, *2017 data.

Diabetes
- Adults with diabetes are two to four times more likely to have heart disease than adults without diabetes.
- At least 68 percent of people age 65 or older with diabetes die from some form of heart disease.
- Nearly one out of every seven South Carolina adults has diabetes.

High Cholesterol
- People with high blood cholesterol have about twice the risk of heart disease as people with lower levels.
- High cholesterol affects 37 percent of South Carolina adults.
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 2017 national data, South Carolina had the sixth 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 2,819 deaths during 2018.
- African Americans are 52 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 16,882 hospitalizations in South Carolina in 2018. Of these, 37 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 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.

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.

Economic Cost of Stroke:
- Hospitalization charges for stroke totaled more than $1.1 billion in 2018 for South Carolina.

For more information on cardiovascular disease prevention in South Carolina contact: Chronic Disease and Injury Prevention, Division of Diabetes and Heart Disease Management, (803) 898-0868

Data Sources: S.C. BFSS, S.C. Vital Statistics, S.C. Hospital Discharge
Fact sheet produced by Bureau of Population Health Data Analytics & Informatics, February 2020

References:
6 AHA Exercise can lower high blood pressure risk. Retrieved from http://blog.heart.org/exercise-can-lower-high-blood-pressure-risk/
8 AHA What is High Blood Pressure. Accessed March 5, 2013 at: http://www.heart.org/hbp/