

# Chronic Diseases in South Carolina



Chronic diseases such as heart disease, cancer, and diabetes are the **leading causes of death and disability** in the United States.<sup>1</sup>



**6 in 10**

Adults in SC have a **chronic disease**.



**4 in 10**

Adults in SC have **two or more chronic diseases**.

**\$3,500,000,000,000**

These chronic conditions account for **over 90%** of our national healthcare cost or **\$3.5 trillion** in annual health care costs.<sup>1</sup>

## MAJOR CHRONIC DISEASES IN SOUTH CAROLINA

**Eight in 10** leading causes of death in 2021 were due to chronic diseases, totaling **34,873 deaths** or 53.4% of all South Carolina deaths.<sup>2</sup>

73.2% of Medicare-enrolled persons aged 65 years and older have **2 or more chronic diseases**.<sup>3</sup>



### Heart Disease and Stroke

Heart disease, stroke, and other cardiovascular diseases were the leading causes of death and caused **16,093 deaths** in South Carolina or 25% of all deaths.<sup>2</sup>

Heart disease accounted for **5,728 premature deaths** in 2021.<sup>2</sup> Premature deaths are deaths that occur before a person reaches the expected age of 75 years.

Heart disease accounted for **52,742 hospitalizations** in South Carolina, with total hospitalization charges of more than **\$4.8 billion**.<sup>4</sup>

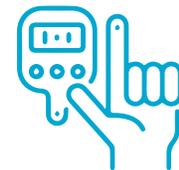


### Cancer

Cancer accounted for **10,601 deaths** in 2021.<sup>2</sup>

Cancer accounted for **6,180 premature deaths**.<sup>2</sup>

Over 3,000 cancers each year are related to obesity.



### Diabetes

In 2022, South Carolina had the **12th highest percent** of adult population with diabetes in the United States.<sup>6</sup>

Non-Hispanic Black adults ages 45 years and older had more than **two times** higher death rate compared to non-Hispanic Whites.<sup>2</sup>

Diabetes accounted for **1,078 premature deaths** in 2021.<sup>2</sup>

# RISK FACTORS

Modifying three risk factors – **poor diet, lack of physical activity, and smoking** – can prevent 80% of heart disease and stroke, 80% of type 2 diabetes, and 40% of cancer.<sup>7</sup>

## KEY LIFESTYLE RISKS FOR CHRONIC DISEASE<sup>6</sup>

### Poor Nutrition

- **10.5% of high school students** did not eat fruit during the 7 days before the survey.<sup>8</sup>
- **12.2% of high school students** did not eat vegetables.<sup>8</sup>
- **42.0% of adults** eat less than one serving of fruit per day.<sup>6</sup>
- **20.3% of adults** eat less than one serving of vegetables per day.<sup>6</sup>



### Lack of Physical Activity

- Only **24.0% of high school students** met the physical activity recommendation of being active for at least 60 minutes every day during the 7 days before the survey.<sup>8</sup>
- **26.0% of adults** are physically inactive.<sup>6</sup>
- Only **23.0% of South Carolina adults** met the recommended amount of both aerobic and muscle strengthening activity.<sup>6</sup>



### Tobacco Use

- **3.3% of high school students** are current cigarette smokers.<sup>8</sup>
- **21.2% of high school students** use e-cigarettes.<sup>9</sup>
- **15.4% of adults** are current smokers.<sup>6</sup>

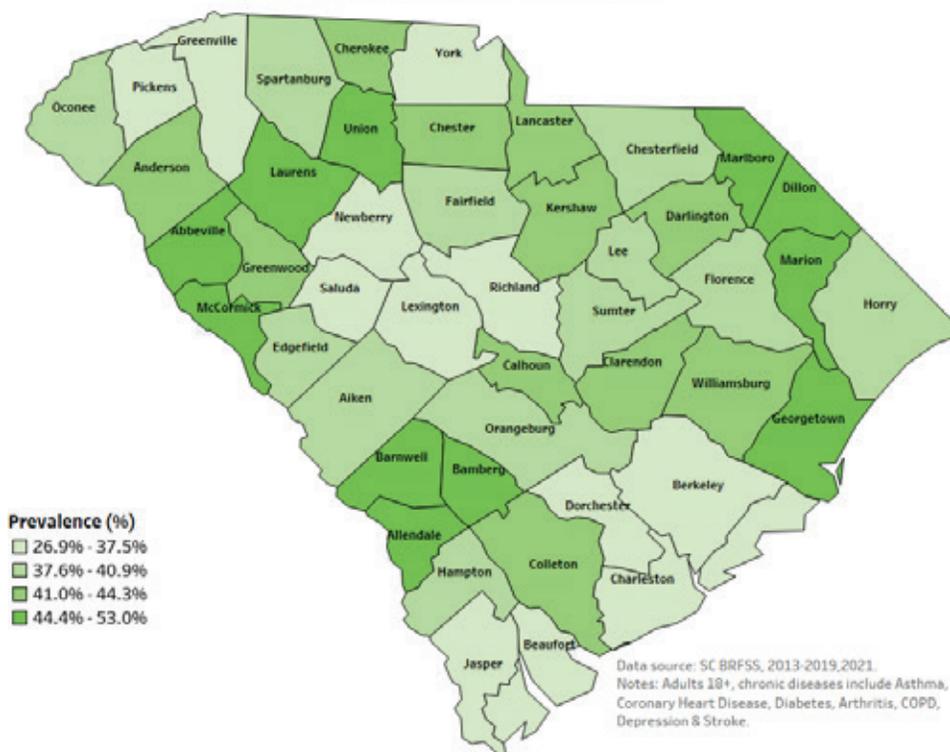


### Excessive Alcohol Use

- **9.3% of high school students** reported current binge drinking.<sup>8</sup>
- **16.5% of adults** reported binge drinking.<sup>6</sup>



Prevalence of Two or More Chronic Diseases



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1. Chronic Disease Prevention: The Key to Improving Life and Healthcare, a white paper prepared by NACDD, 2020.

2. SC DHEC Vital Statistics, 2021.

3. CDC Leading Indicators for Chronic Diseases and Risk Factors <https://www.cdc.gov/cdi/>

4. SC Office of RFA Hospital Discharge, 2021.

5. SC DHEC Central Cancer Registry

6. SC DHEC BRFSS.

7. CDC, NCCDPHP, About Chronic Disease <https://www.cdc.gov/chronicdisease/about/index.htm>

8. SC DHEC YRBSS, 2021.

9. SC DHEC YTS, 2021.