

Facts on Women's Health in South Carolina

- 85% of women in SC have sedentary lifestyles.
- The lifetime risk of developing breast cancer is 1 out of 8.
- Cardiovascular disease is the number one killer of women in SC. SC ranks in the top 10 nationwide for heart disease.
- 1 out of every 8 women 45 years and older in SC has either had a heart attack or stroke.
- Women suffer depression at twice the rate of men and have twice the prevalence of anxiety disorders.
- 1 in 2 women over the age of 50 will experience an osteoporotic fracture during her lifetime.
- Osteoporosis cost SC \$72 million in 2000.
- Diabetes in women cost the state \$38.5 million in hospital charges in 1997.
- Lung cancer is the number 1 cancer killer of women in SC.
- Stroke is the #3 killer of women in SC.
- SC is 9th in the US for cervical cancer which is almost 100% preventable.
- Many aspects of disease and illness, including risk factors, symptoms, treatment and prevention techniques are unique to women.
- On average, women live 7 years longer than men, but these are not healthy years. They utilize health care services much longer than men do, with increased morbidity and dependency.
- Health disparities persist in SC, especially for African American women. For example, black and other minority women are 1.6 times more likely to die from heart disease and 3.0 times more likely to die from stroke.
- Only 25% of women in SC report eating the recommended five or more servings of fruits and vegetables per day.

Source: SC Department of Health and Environmental Control June 2000

For more information call: (803) 898-0878.