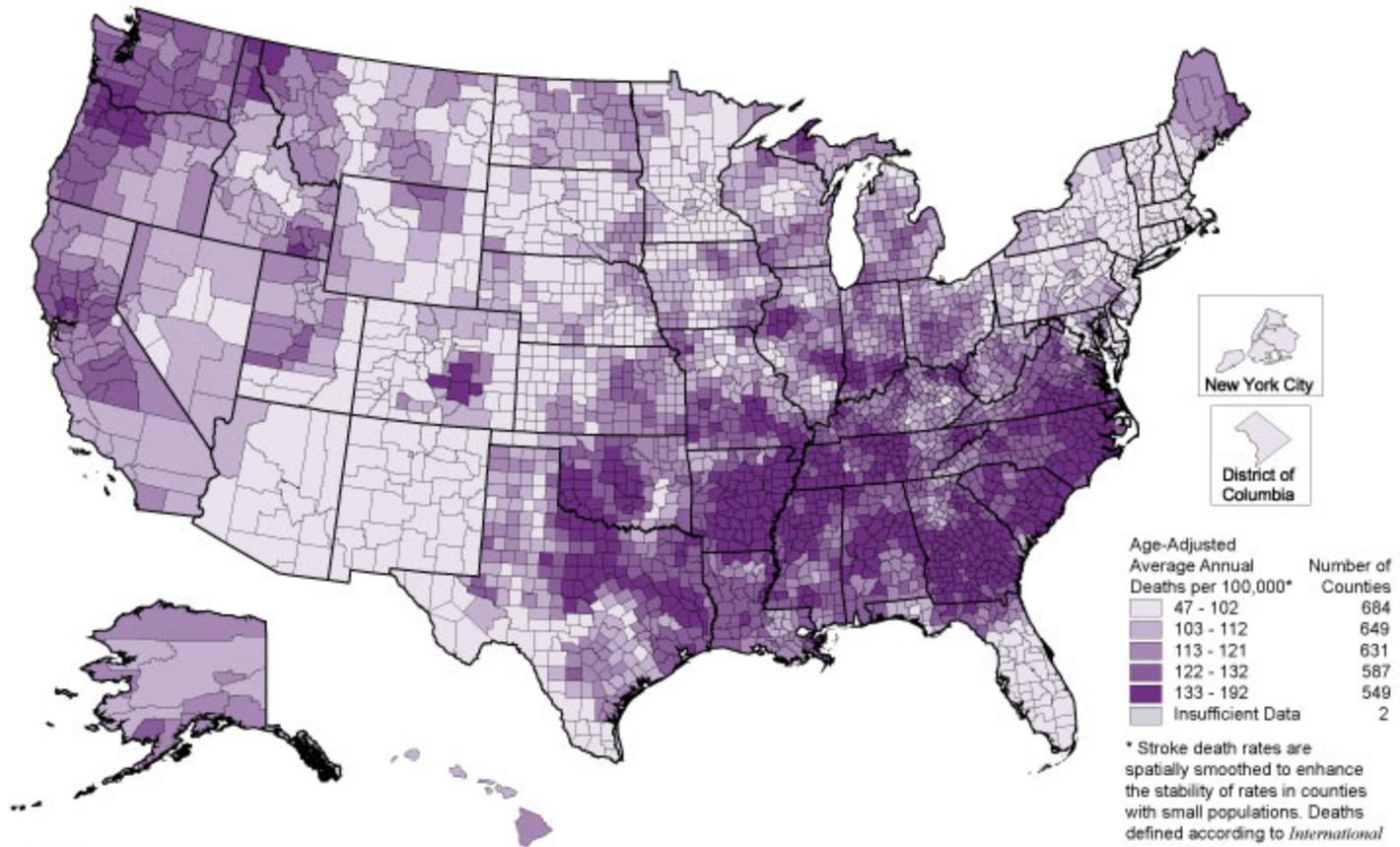




Stroke Fact Sheet



Stroke Death Rates, 2000-2004 Adults Ages 35 Years and Older by County



* Stroke death rates are spatially smoothed to enhance the stability of rates in counties with small populations. Deaths defined according to *International Classification of Diseases (ICD)* codes: ICD-10: 160-169.

Data Source: National Vital Statistics System, U.S. Census Bureau.



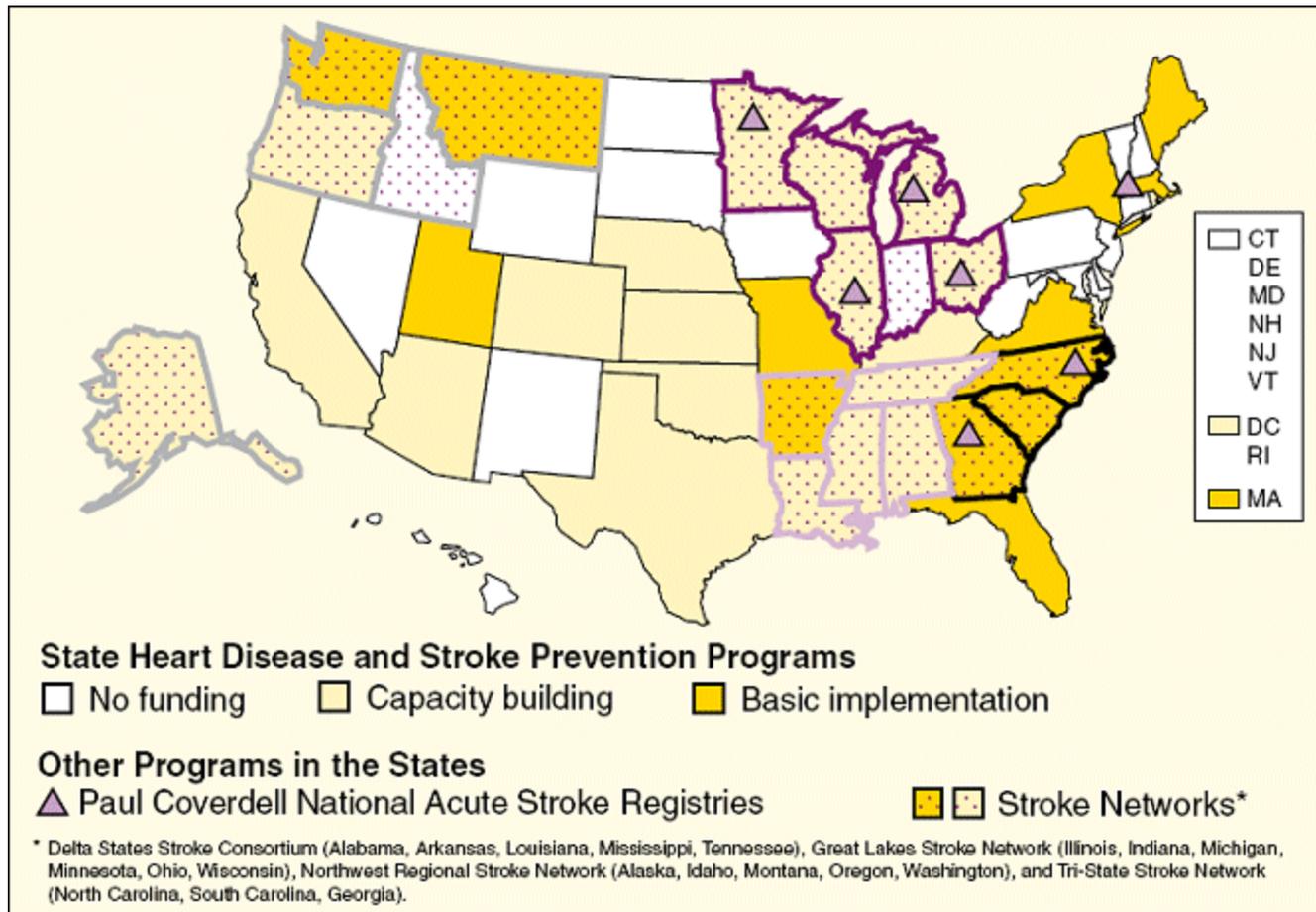
Department of Health and Human Services
Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
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Stroke Facts

- Each year, more than 150,000 people in the United States die from stroke, making stroke the third leading cause of death.¹
- In 2004, the overall stroke death rate per 100,000 people was 50.0 for the total population, 74.9 for black men, 65.5 for black women, 48.1 for white men, and 47.2 for white women.¹
- In 2004, the states with the highest age-adjusted stroke death rates per 100,000 were South Carolina (65.2), Alabama (65.0), Arkansas (65.0), Tennessee (64.7), and North Carolina (61.1).²
- Nearly 780,000 strokes occur in the United States each year. About 600,000 of these are first strokes, and nearly 180,000 occur in people who have already had a stroke.¹
- Stroke is the leading cause of serious long-term disability. In 1999, more than 1.1 million stroke survivors reported difficulty with functional limitations and daily activities.³
- For 2008, the American Heart Association estimated direct and indirect costs for stroke at \$65.5 billion.¹
- According to 2005 Behavioral Risk Factor Surveillance System data, 2.6% of U.S. adults had a history of stroke.⁴
- Common stroke warning signs include
 - Sudden numbness or weakness of the face, arm, or leg—especially on one side of the body.
 - Sudden confusion, trouble speaking or understanding.
 - Sudden trouble seeing in one or both eyes.
 - Sudden trouble walking, dizziness, loss of balance or coordination.
 - Sudden severe headache with no known cause.
- Risk factors for stroke include older age, male gender, black race/ethnicity, family history of stroke, physical inactivity and obesity, cigarette smoking, diabetes, high cholesterol, high blood pressure, atrial fibrillation, peripheral artery disease, or carotid or other artery disease.

CDC's Stroke Prevention Program

CDC currently funds health departments in 33 states and the District of Columbia to develop, implement, and evaluate programs that promote heart-healthy and stroke-free communities; prevent and control heart disease, stroke, and their risk factors; and eliminate disparities among populations, http://www.cdc.gov/dhdsp/state_program/. For more information on CDC state programs, including WISEWOMAN (Well-Integrated Screening and Evaluation for Women Across the Nation) and State Cardiovascular Health Examination Survey, visit <http://www.cdc.gov/wisewoman/>, and http://www.cdc.gov/dhdsp/examination_survey.htm.



CDC Activities to Reduce the Stroke Burden

CDC's Heart Disease and Stroke Prevention Program

CDC currently funds health departments in 32 states and the District of Columbia to develop effective strategies to reduce the burden of heart disease and stroke and related risk factors. This program emphasizes the need for policy and program changes that promote heart-healthy and stroke-free living and working conditions. <http://www.cdc.gov/dhdsp/>.

Paul Coverdell National Acute Stroke Registry

CDC funds four state health departments (Georgia, Illinois, Massachusetts, and North Carolina) to establish state-based Paul Coverdell National Acute Stroke Registries with the mission of monitoring, promoting, and improving the quality of acute stroke care in their states. These were established after testing and evaluating eight prototype projects. The data collected will guide quality improvement

interventions at the hospital level that will fill the gap between clinical guidelines and practice. The registries will help facilitate necessary policy and system changes at national, state, and local levels that will result in improvement in patient outcomes. The long-term goal of this program is to ensure that all Americans receive the highest quality of acute stroke care that is available to reduce untimely deaths, prevent disability, and avoid recurrent strokes. http://www.cdc.gov/dhdsp/stroke_registry.htm.

Stroke Networks

Stroke networks allow state health departments and their partners to share and coordinate prevention activities and advocacy strategies. CDC supports the Tri-State Stroke Network in Georgia, South Carolina, and North Carolina and the Delta State Stroke Consortium in Alabama, Mississippi, Louisiana, Arkansas, and Tennessee. http://www.cdc.gov/dhdsp/state_program/index.htm#4.

Resources

Atlas of Stroke Hospitalizations Among Medicare Beneficiaries

County-level maps of stroke hospitalizations by stroke subtype, race and ethnicity, discharge status, comorbidity, hospital facilities, and stroke specialists. http://www.cdc.gov/DHDSP/library/stroke_hospitalization_atlas.htm.

Web-based Interactive Maps of Heart Disease and Stroke

Downloadable county-level maps of stroke and heart disease mortality and stroke hospitalizations. <http://apps.nccd.cdc.gov/giscvh2/>.

Heart-Healthy and Stroke-Free: A Social Environment Handbook

Strategies for public health professionals and community and state leaders to assess the conditions for heart-healthy and stroke-free living in communities. http://www.cdc.gov/DHDSP/library/seh_handbook/index.htm.

Taking Action for Heart-Healthy and Stroke-Free States: A Communication Guide for Policy and Environmental Change

Information to help public health programs across the country reduce the disabling and costly national tragedy of heart disease and stroke. http://www.cdc.gov/DHDSP/library/heart_stroke_guide/index.htm.

Successful Business Strategies to Prevent Heart Disease and Stroke Toolkit

Provides examples of programs that have successfully promoted cardiovascular health and reduced people's risk for heart disease and stroke in work site and health care settings. <http://www.cdc.gov/DHDSP/library/toolkit/index.htm>.

For More Information

For more information about stroke warning signs, risk factors, prevention, treatment, and new research, please visit the following Web sites of the Centers for Disease Control and Prevention (CDC) and its partners.

- CDC's Division for Heart Disease and Stroke: <http://www.cdc.gov/dhdsp/>
- American Heart Association: <http://www.americanheart.org/>*
- American Stroke Association: <http://www.strokeassociation.org>*
- National Stroke Association: <http://www.stroke.org>*
- Brain Attack Coalition: <http://www.stroke-site.org>*
- Centers for Medicare and Medicaid Services: <http://www.cms.hhs.gov>
- National Institute of Neurological Disorders and Stroke: <http://www.ninds.nih.gov>

Resources

1. American Heart Association. *Heart Disease and Stroke Statistics—2008 Update*. Dallas, Texas: American Heart Association, 2008.
2. Minino AM, Heron MP, Murphy SL, Kochanek KD. Deaths: Final data for 2004. *Natl Vital Stat Rep 2007*;55(19):1–120.
3. Centers for Disease Control and Prevention. Prevalence of disabilities and associated health conditions among adults—United States, 1999. *MMWR* 2001;50(7):120–125.
4. Centers for Disease Control and Prevention. Prevalence of stroke—United States, 2005. *MMWR* 2007;56(19):469–474.

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