Burden of Stroke

Chronic Disease Prevention and Control Program | Division of Public Health

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

WHAT IS A STROKE?

A stroke occurs when the blood supply to part of the brain is blocked or when a blood vessel in the brain bursts, stopping the blood flow and causing damage to part of the brain.[1] A stroke is sometimes called a brain attack. There are two main types of stroke: ischemic and hemorrhagic stroke.[1]

An **ischemic stroke** occurs when there is blockage in a blood vessel supplying oxygen to the brain. The majority of all strokes fall into this category.

Hemorrhagic strokes occur when a blood vessel in the brain ruptures.

A **transient ischemic attack** (TIA) is a temporary blockage in the blood supply to the brain. Sometimes a TIA is called a mini-stroke. It is a warning that the person is at risk for a more serious stroke.

Stroke in Nebraska

Prevalence[2]

- In 2016, 2.8% of adults reported ever being told they had a stroke.
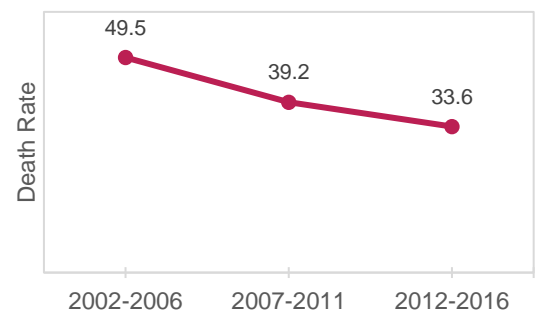- The stroke prevalence in Nebraska was **1.4** times higher for females than males in 2016.

Hospitalization[3]

- In 2016, **4,309** inpatient hospitalizations occurred among Nebraska residents due to stroke.
- The average hospitalization length of stay for stroke was **7 days** in 2016.
- Approximately **1 out of 3** persons hospitalized for stroke were under 65 years of age.

Death[4]

- Stroke was the fourth leading cause of death in Nebraska in 2016, claiming the lives of **784** residents of all deaths (with 16,207 deaths).
- In 2016, strokes were responsible for **17%** of all cardiovascular deaths in Nebraska.
- The stroke death rate in Nebraska has been steadily declining (Figure 1).

Figure 1: Nebraska 5 Year Age-Adjusted Stroke Death Rate, 2002-2016

Source: Nebraska Vital Statistics. ICD-10 codes I60-I69

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[1]Centers for Disease Control and Prevention. 2018. About Stroke. Retrieved from: https://www.cdc.gov/stroke/about.htm
[2]Nebraska Behavioral Risk Factor Surveillance System (BRFSS). 2015 & 2016.
[3]Nebraska Hospital Discharge Data. 2016. Inpatient Discharge. Primary diagnosis ICD-10 CM codes: 160-169.
[4]Nebraska Vital Records. 2016. Mortality. ICD-10 codes: 160-169

Notes: Age-adjusted rate per 100,000 population (2000 U.S standard population). Population estimates are calculated by the U.S. Department of Commerce, Bureau of the Census

Stroke Modifiable Risk Factors Among Nebraskan Adults

Anyone can have a stroke at any age, but certain factors can increase your chances of having a stroke, and it is important to understand your risk and how to lower it. 80% of strokes can be prevented.[5]
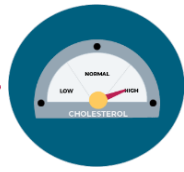
| HIGH BLOOD PRESSURE | DIABETES | SMOKING | OBESITY | HIGH BLOOD CHOLESTEROL |

Signs & Symptoms

A stroke is a serious medical condition that requires emergency care. Recognize the signs of stroke **FAST**:

Face drooping or numbness: Ask the person to smile. Does one side droop?

Arm weakness: Ask the person to raise both arms. Does one arm drift downwards?

Slurred, difficult speech: Ask the person to repeat a simple sentence. Are the words slurred?

Time to call: If the person exhibits any of these symptoms, call 9-1-1 immediately.

Stroke Resources

A list of hospitals that are designated as comprehensive stroke centers, primary stroke centers, or acute stroke ready hospitals can be found at: http://dhhs.ne.gov/publichealth/nebraskaems/Pages/Stroke.aspx

More information about strokes can be found at:

National	State
American Stroke Association https://www.strokeassociation.org	Nebraska State Stroke Association https://nebraskastroke.org
National Institute of Neurological Disorders & Stroke https://www.ninds.nih.gov	Nebraska Stroke Advisory Council https://nestrokecouncil.org
Centers for Disease Control and Prevention's Division for Heart Disease and Stroke Prevention https://www.cdc.gov/dhdsp/index.htm	DHHS Emergency Health Systems Program DHHS.EMSTraumaProgram@Nebraska.gov 402-560-4949

[5] D'Agostino, R. B. et al. (1994). Stroke Risk Profile: Adjustment for Anti-hypertensive Medication. *Stroke*, 25(1), 40-43.