

STROKE BURDEN

A stroke occurs when the blood supply to part of the brain is blocked or when a blood vessel in the brain bursts, causing damage to part of the brain. A stroke is sometimes called a brain attack¹.

There are two main types of stroke. An ischemic stroke occurs when there is blockage in a blood vessel supplying oxygen to the brain. Approximately 85 percent of all strokes fall into this category. A hemorrhagic stroke occurs when a blood vessel in the brain ruptures².

A transient ischemic attack (TIA) is a temporary interruption in the blood supply to the brain. Sometimes a TIA is called a mini-stroke. It starts just like a stroke, but symptoms clear within 24 hours. A TIA is a warning that the person is at risk for a more serious stroke².

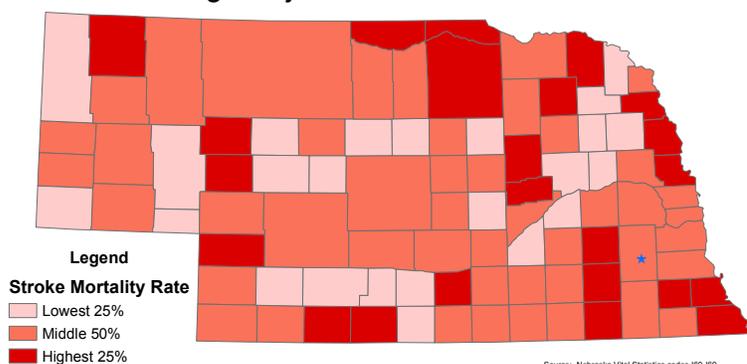
PREVALENCE³

- During 2010, approximately, 2.4 percent (33,000) of Nebraska adults reported ever being diagnosed with a stroke.

DEATH⁴

- In 2010, stroke was the **fourth leading cause of death** in Nebraska and claimed the lives of 877 Nebraska residents, accounting for approximately 1 in every 17 deaths.
- Stroke death rates increase with age but 1 in 9 persons who died from stroke between 2006 and 2010 were less than 65 years old.
- Stroke age-adjusted death rates were 16% **higher** for men than women.
- Stroke age-adjusted death rates were 63% **higher** for African Americans than whites from 2006-2010.

Stroke Mortality in Nebraska
Age-Adjusted Rates 2006-2010



HOSPITALIZATIONS⁵

- There were 3,477 hospitalizations that occurred among Nebraska residents due to stroke.

Stroke Hospitalizations Outcomes
Nebraska Residents, 2010

	Stroke Overall ⁶	Ischemic Stroke ⁷	Hemorrhagic Stroke ⁸
Number of Hospitalizations	3,477	2,668	541
Hospitalization Rate(age-adjusted) ⁹	17.0	13.0	2.7
Number of Residents that received (one or more) hospitalizations	3,142	2,466	507
Average length of Stay per Hospitalization(in days)	4.3	3.5	6.5

ESTIMATED CHARGES⁵

- Total hospital charges for stroke increased by over **\$54 million** between 2001 and 2010, from \$54 to \$108 million.
- The average charge per stroke hospitalization was \$31,100 in 2010.
- In 2010, Medicare was charged an estimated \$64 million for hospitalizations due to stroke, accounting for approximately 62% of all hospitalization charges for stroke.
- In 2007 Nebraska paid an estimated \$38.1 million for medical costs due to stroke for Medicaid enrollees¹⁰.

STROKE MODIFIABLE RISK FACTORS

HIGH BLOOD PRESSURE³

- Approximately 1 in every 4 (27.1%) Nebraska adults reported having been told by a healthcare professional that they have high blood pressure for 2009.
- African Americans (33.9%) are significantly more likely than whites (25.3%) to have diagnosed high blood pressure for the years 2007 & 2009 combined¹¹.
- Over half (58.1%) of Nebraskans age 65 and older have high blood pressure for 2009.

SMOKING³

- Approximately 1 in 6 Nebraska adults (17.2%) reported currently smoking cigarettes in 2010.
- Significantly more Native American adults (41.1%) than all other racial and ethnic populations reported smoking cigarettes for the years 2008-2010 combined¹¹.

HIGH BLOOD CHOLESTEROL³

- Approximately 1 in every 4 (26.1%) Nebraska adults have not had a blood cholesterol screening in the past five years as reported in 2009.
- Of Nebraska adults that report having had their blood cholesterol checked, more than 1 in every 3 (37.4%) reported having been told by a healthcare professional that they have high blood cholesterol in 2009.

PHYSICAL INACTIVITY³

- Approximately 1 in 3 (33.6%) adults did not meet recommended guidelines for physical activity in 2009.

UNHEALTHY EATING³

- Less than 1 in 4 Nebraska adults (20.9%) consumed five or more servings of fruits and vegetables per day in 2009.

OVERWEIGHT & OBESITY³

- Nearly 2 in 3 Nebraska adults were overweight (37.4%) or obese (27.5%) in 2010.
- Males (72.5%) were significantly more likely to be overweight or obese than females (57.2%) in 2010.
- Native Americans, (42.2%) African Americans, (40.6%) and Hispanics (34.2%) were significantly more likely to be obese than whites (26.7%) for the years 2008-2010 combined¹¹.

DIABETES³

- Nearly 1 in 13 (7.7%) Nebraska adults reported ever being diagnosed with diabetes in 2010.

MULTIPLE RISK FACTORS³

- Among Nebraska adults, more than 9 in 10 (93.0%) have one or more CVD risk factors, 2 in 3 (65.5%) have 2 or more CVD risk factors, and more than 1 in 3 (37.1%) have 3 or more CVD risk factors.

SIGNS & SYMPTOMS

HEART ATTACK

- Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body: Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath: Often occurs along with chest discomfort, but it also can occur before chest discomfort.
- Other symptoms: May include breaking out in a cold sweat, nausea, or light-headedness.

STROKE

- 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.

For more information, contact:

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5. Nebraska Hospital Discharge Data. Year 2010.
6. ICD-9 codes 430-434, 436-438
7. ICD-9 codes 433-434, 436
8. ICD-9 codes 430-432
9. Age-adjusted per 10,000 population (2000 U.S. standard population)
10. Estimated from CDC Chronic Disease Cost Calculator at <http://www.cdc.gov/nccdphp/resources/calculator.htm>
11. Data age-adjusted due to age differences in racial and ethnic groups