

| 2011** | **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 2008-2010, approximately 2.4% (900) of all adults reported ever being diagnosed with a stroke.

DEATH⁴

- Stroke was the **fourth leading cause of death** and claimed 26 lives, accounting for approximately 1 in every 21 deaths.
- Stroke death rates increase with age but 1 in 18 people who died from stroke between 2006 and 2010 were less than 65 years of age.
- The stroke age-adjusted death rate was **88% higher** for women than men.

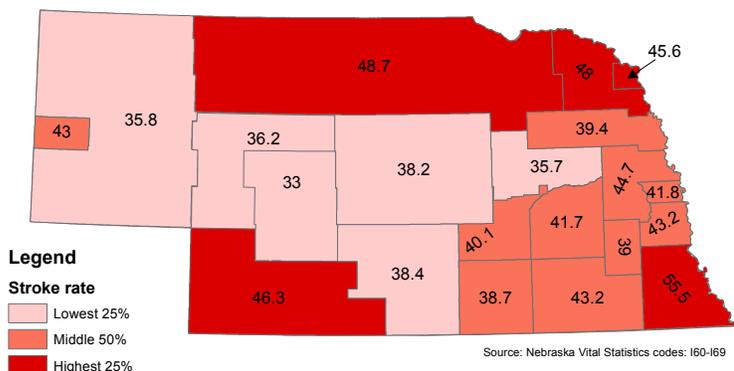
HOSPITALIZATIONS⁵

- There were 88 hospitalizations among residents due to stroke.

Stroke Hospitalizations Outcomes
Panhandle Public Health Department Residents, 2010

	Stroke Overall ⁶	Ischemic Stroke ⁷	Hemorrhagic Stroke ⁸
Number of hospitalizations	88	68	16
Hospitalization rate(age-adjusted) ⁸	12.0	9.2	2.2
Number of residents that received (one or more) hospitalizations	81	63	16
Average length of stay per hospitalization(in days)	3.2	3.3	3.0

Stroke Mortality by Local Health Departments
Age-Adjusted Rates per 100,000 population 2006-2010



ESTIMATED CHARGES⁵

- Total hospital charges for stroke increased by **\$700,000** between 2001 and 2010, from \$0.8 million to \$1.5 million.
- The average charge per stroke hospitalization was \$16,900 in 2010.
- In 2010, Medicare was charged an estimated \$1 million for hospitalizations due to stroke, accounting for approximately 67% of all hospitalization charges for stroke.

* All information on this fact sheet is for persons that reside in counties served by Panhandle Public Health Department.

** Published December 2011. All data is the most current data available at the time of publication.

STROKE MODIFIABLE RISK FACTORS

HIGH BLOOD PRESSURE³

- Nearly 1 in every 3 (31.1%) adults reported being told by a healthcare professional that they had high blood pressure for the years 2007 and 2009 combined.
- Over half (58.3%) of adults age 65 and older had high blood pressure for the years 2007 and 2009 combined.

SMOKING³

- Approximately 1 in 5 adults (19.7%) reported smoking cigarettes for the years 2007-2010 combined.

HIGH BLOOD CHOLESTEROL³

- Approximately 1 in every 4 (27.5%) adults had not had a blood cholesterol screening in the past five years for the years 2007 and 2009 combined.
- Of adults that reported having their blood cholesterol checked, more than 1 in every 3 (37.4%) reported being told by a healthcare professional that they had high blood cholesterol for the years 2007 and 2009 combined.
- Half (49.5%) of adults age 65 and older had high blood cholesterol for the years 2007 and 2009 combined.

PHYSICAL INACTIVITY³

- More than 2 in 5 adults (43.1%) did not meet recommended guidelines for physical activity for the years 2007 and 2009 combined.

UNHEALTHY EATING³

- Fewer than 1 in 4 adults (23.2%) consumed five or more servings of fruits and vegetables per day for 2007 and 2009 combined.
- Males (16.8%) were significantly less likely to consume five or more servings of fruits and vegetables per day than females (29.2%) for 2007 and 2009 combined.

OVERWEIGHT & OBESITY³

- Approximately 2 in 3 adults were overweight (39.1%) or obese (27.4%) for the years 2007-2010 combined.
- Males (73.2%) were significantly more likely to be overweight or obese than females (59.9%) for 2007-2010 combined.
- Hispanics (49.0%) were significantly more likely to be obese than whites (25.7%) for 2007-2010 combined¹⁰.

DIABETES³

- Nearly 1 in 12 (8.2%) adults reported ever being diagnosed with diabetes for 2007-2010 combined.
- Almost 1 out of every 6 adults (16.7%) 65 and older reported ever being diagnosed with diabetes for the years 2007-2010 combined.

MULTIPLE RISK FACTORS³

- Among adults, more than 9 in 10 (94.9%) had one or more CVD risk factors, approximately 2 in 3 (69.3%) had 2 or more CVD risk factors, and more than 2 in 5 (44.9%) had 3 or more CVD risk factors for 2007 and 2009 combined.

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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4. Nebraska Vital Records. Year 2010. Nebraska Department of Health and Human Services. Financial Services, Research and Performance Management.
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. Data age-adjusted due to age differences in racial and ethnic groups.