

| 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 attack<sup>1</sup>.

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 ruptures<sup>2</sup>.

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 stroke<sup>2</sup>.

**PREVALENCE<sup>3</sup>**

- During 2008-2010, approximately 1.7% (2,200) of all adults reported ever being diagnosed with a stroke.

**DEATH<sup>4</sup>**

- Stroke was the **fourth leading cause of death** and claimed 58 lives, accounting for approximately 1 in every 17 deaths.
- Stroke death rates increase with age but 1 in 8 people who died from stroke between 2006 and 2010 were less than 65 years of age.
- The stroke age-adjusted death rate was 10% **higher** for men than women.

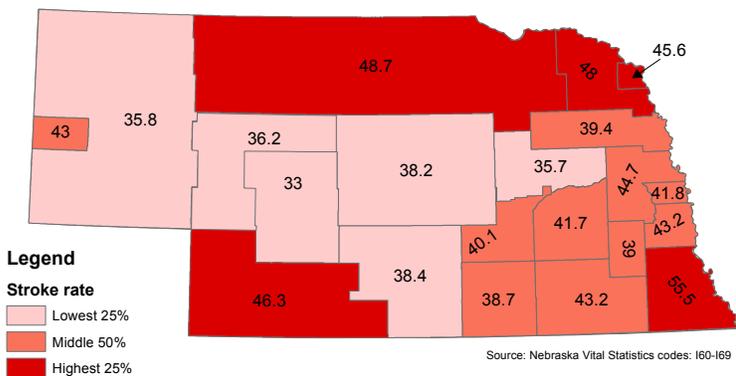
**HOSPITALIZATIONS<sup>5</sup>**

- There were 257 hospitalizations among residents due to stroke.

**Stroke Hospitalizations Outcomes**  
**Sarpy Cass Department of Health & Wellness Residents, 2010**

	Stroke Overall <sup>6</sup>	Ischemic Stroke <sup>7</sup>	Hemorrhagic Stroke <sup>8</sup>
Number of hospitalizations	257	205	32
Hospitalization rate(age-adjusted) <sup>9</sup>	17.0	13.7	2.2
Number of residents that received (one or more) hospitalizations	235	189	31
Average length of stay per hospitalization(in days)	4.0	3.5	8.2

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



**ESTIMATED CHARGES<sup>5</sup>**

- Total hospital charges for stroke increased by **\$7.4 million** between 2001 and 2010, from \$3.3 million to \$10.7 million.
- The average charge per stroke hospitalization was \$41,500 in 2010.
- In 2010, Medicare was charged an estimated \$4.7 million for hospitalizations due to stroke, accounting for approximately 44% of all hospitalization charges for stroke.

\* All information on this fact sheet is for persons that reside in counties served by Sarpy Cass Department of Health and Wellness

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

# STROKE MODIFIABLE RISK FACTORS

## HIGH BLOOD PRESSURE<sup>3</sup>

- Nearly 1 in every 4 (22.9%) adults reported being told by a healthcare professional that they had high blood pressure for the years 2007 and 2009 combined.
- Over half (61.3%) of adults age 65 and older had high blood pressure for the years 2007 and 2009 combined.

## SMOKING<sup>3</sup>

- Approximately 1 in 6 adults (16.7%) reported smoking cigarettes for the years 2007-2010 combined.

## HIGH BLOOD CHOLESTEROL<sup>3</sup>

- Approximately 1 in every 4 (26.2%) 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 (34.7%) reported being told by a healthcare professional that they had high blood cholesterol for the years 2007 and 2009 combined.
- Over half (56.4%) of adults age 65 and older had high blood cholesterol for the years 2007 and 2009 combined.

## PHYSICAL INACTIVITY<sup>3</sup>

- Approximately 1 in 3 adults (36.4%) did not meet recommended guidelines for physical activity for the years 2007 and 2009 combined.

## UNHEALTHY EATING<sup>3</sup>

- 1 in 5 adults (20.2%) consumed five or more servings of fruits and vegetables per day for 2007 and 2009 combined.
- Males (14.2%) were significantly less likely to consume five or more servings of fruits and vegetables per day than females (26.1%) for 2007 and 2009 combined.

## OVERWEIGHT & OBESITY<sup>3</sup>

- Approximately 2 in 3 adults were overweight (39.1%) or obese (27.2%) for the years 2007-2010 combined.
- Males (76.2%) were significantly more likely to be overweight or obese than females (56.3%) for 2007-2010 combined.

## DIABETES<sup>3</sup>

- Nearly 1 in 16 (6.3%) adults reported ever being diagnosed with diabetes for 2007-2010 combined.
- Almost 1 out of every 5 adults (18.3%) 65 and older reported ever being diagnosed with diabetes for the years 2007-2010 combined.

## MULTIPLE RISK FACTORS<sup>3</sup>

- Among adults, more than 9 in 10 (94.0%) had one or more CVD risk factors, approximately 2 in 3 (66.0%) had 2 or more CVD risk factors, and more than 1 in 3 (37.5%) 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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## REFERENCES

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Department of Health & Human Services



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