nebraska HDSP program

SOUTH HEARTLAND
District Health Department

| 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[1].

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[2].

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[2].

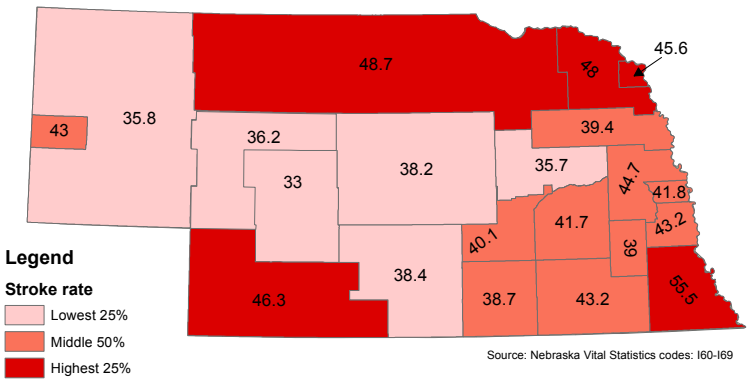
PREVALENCE[3]

- During 2008-2010, approximately 2.8% (1,000) of all adults reported ever being diagnosed with a stroke.

DEATH[4]

- Stroke was the **fourth leading cause of death** and claimed 25 lives, accounting for approximately 1 in every 20 deaths.
- Stroke death rates increase with age but 1 in 11 people who died from stroke between 2006 and 2010 were less than 65 years of age.
- The stroke age-adjusted death rate was 28% **higher** for men than women.

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



Source: Nebraska Vital Statistics codes: I60-I69

HOSPITALIZATIONS[5]

- There were 146 hospitalizations among residents due to stroke.

Stroke Hospitalizations Outcomes
South Heartland District Health Department Residents 2010

	Stroke Overall[6]	Ischemic Stroke[7]	Hemorrhagic Stroke[8]
Number of hospitalizations	146	124	13
Hospitalization rate(age-adjusted)[8]	23.6	20.4	1.9
Number of residents that received (one or more) hospitalizations	138	116	13
Average length of stay per hospitalization(in days)	2.7	2.5	4.0

ESTIMATED CHARGES[5]

- Total hospital charges for stroke increased by **$600,000** between 2001 and 2010, from $1.9 million to $2.5 million.
- The average charge per stroke hospitalization was $16,900 in 2010.
- In 2010, Medicare was charged an estimated $1.9 million for hospitalizations due to stroke, accounting for approximately 76% of all hospitalization charges for stroke.

* All information on this fact sheet is for persons that reside in counties served by South Heartland District Health Department.

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

STROKE MODIFIABLE RISK FACTORS

HIGH BLOOD PRESSURE[3]

- 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 (57.2%) of adults age 65 and older had high blood pressure for the years 2007 and 2009 combined.

SMOKING[3]

- Approximately 1 in 7 adults (15.0%) reported smoking cigarettes for the years 2007-2010 combined.

HIGH BLOOD CHOLESTEROL[3]

- Approximately 1 in every 4 (24.5%) adults had not had a blood cholesterol screening in the past five years for the years 2007 and 2009 combined.
- Males (30.5%) were significantly more likely to not have had a blood cholesterol screening in the past 5 years than females (18.9%) for 2007 & 2009 combined.
- Of adults that reported having their blood cholesterol checked, more than 1 in every 3 (40.3%) reported being told by a healthcare professional that they had high blood cholesterol for the years 2007 and 2009 combined.

PHYSICAL INACTIVITY[3]

- 2 in 5 adults (43.4%) did not meet recommended guidelines for physical activity for the years 2007 and 2009 combined.

UNHEALTHY EATING[3]

- Fewer than 1 in 4 adults (21.5%) consumed five or more servings of fruits and vegetables per day for 2007 and 2009 combined.
- Males (16.3%) were significantly less likely to to consume five or more servings of fruits and vegtables per day than females (26.3%) for 2007 and 2009 combined.

OVERWEIGHT & OBESITY[3]

- Nearly 2 in 3 adults were overweight (35.1%) or obese (30.1%) for the years 2007-2010 combined.
- Males (73.8%) were significantly more likely to be overweight or obese than females (56.8%) for 2007-2010 combined.

DIABETES[3]

- Nearly 1 in 12 (8.4%) adults reported ever being diagnosed with diabetes for 2007-2010 combined.
- Almost 1 out of every 6 adults (16.5%) 65 and older reported ever being diagnosed with diabetes for the years 2007-2010 combined.

MULTIPLE RISK FACTORS[3]

- Among adults, more than 9 in 10 (94.1%) had one or more CVD risk factors, approximately 3 in 4 (73.4%) had 2 or more CVD risk factors, and more than 2 in 5 (44.6%) 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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2. Centers for Disease Control and Prevention http://www.cdc.gov/stroke/types_of_stroke.htm
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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)

Department of Health & Human Services
DHHS
NEBRASKA

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