

People's Health

Outcomes • Planning • Evaluation



Know the Facts: Stroke

DID YOU KNOW?

- Every year, more than 795,000 people in the United States have a stroke.
- Stroke is the fourth leading cause of death in the United States.
- Risk of having a first stroke is nearly twice as high for blacks as for whites, and blacks are more likely to die following a stroke than are whites.
- Stroke kills almost 130,000 Americans each year—that's 1 out of every 19 deaths and one death from stroke every 4 minutes.
- Stroke costs the United States an estimated \$36.5 billion each year.
- Signs and symptoms of stroke include: sudden numbness or weakness (especially on one side of the body), confusion, trouble speaking or understanding, loss of coordination, severe headache, dizziness and trouble walking.

WHERE WE WERE (BASELINE):

Between 1999-01, there were 55.9 deaths per 100,000 persons (age-adjusted rate, 3-year annual average) from stroke in Shasta County.

WHERE WE ARE:

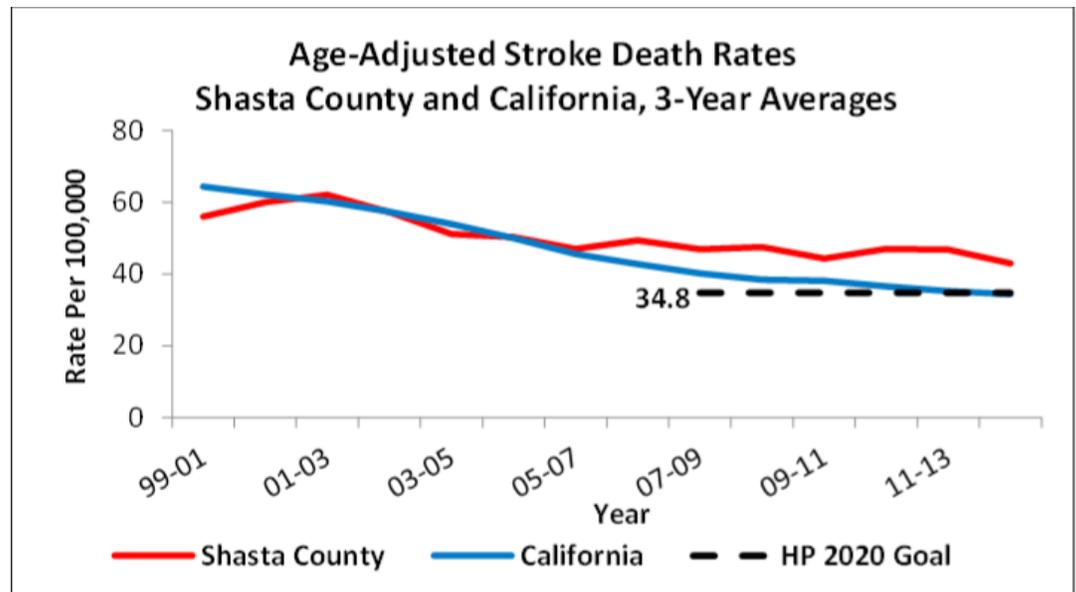
Between 2011-13, there were 46.8 deaths per 100,000 persons (age-adjusted rate, 3-year annual average) from stroke in Shasta County.

WHERE WE ARE AIMING:

The Healthy People 2020 goal is to reduce stroke deaths to 34.8 deaths per 100,000 population.

DEFINITION:

Number of deaths and death rate (age-adjusted deaths per 100,000 population) due to stroke (cerebrovascular disease) for Shasta County residents (ICD-10 codes I60-I69).



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KEY POINTS:

- Shasta County age-adjusted death rates due to stroke were much higher than the rates in California during 2011-2013 (46.8 versus 35.2 per 100,000 population).
- Stroke death rates showed a steady decline from 1999 to 2013 in California.
- The overall trend of stroke death rates has been downward in Shasta County, but has shown slight fluctuations over time.
- The 2011-13 three-year average stroke death rates for California (35.2) and Shasta County (46.8) did not reach the 2020 goal of 34.8 per 100,000 people.

PRIMARY PREVENTION ACTIVITIES:

- Monitor blood pressure regularly.
- Control high blood pressure via diet, exercise and medications.
- Refrain from tobacco use, reduce exposure to second hand smoke, and avoid the use of alcohol and other drugs, especially methamphetamine.
- Maintain a healthy weight by eating a diet low in saturated fat, salt and cholesterol and being more physically active.
- Encourage policies that require the clear and visible labeling of a food's salt, saturated fat and cholesterol content so consumers can make informed decisions.
- Offer free or low-cost and widely available blood pressure screening.
- Conduct a community education campaign cautioning that high blood pressure is dangerous and commonly leads to stroke.
- Know the warning signs and symptoms of stroke so that you can act fast if you or someone you know might be having a stroke.

From the Desk of Andrew Deckert, MD, MPH

*Shasta County
Public Health Officer*



Stroke is one of the common causes of sudden death and chronic disability. Many people die from stroke each year, and there is a huge economic burden on the country due to early deaths and cost of care and disability in those who survive. Prevention measures including knowing your blood pressure and glucose levels, decreasing sodium/salt in your diet, reducing stress, losing weight, quitting smoking and being physically active.

The chances of survival are greater when emergency treatment begins quickly, so know the warning signs and symptoms. These include sudden numbness or weakness, confusion, trouble seeing, trouble walking or severe headache. Call 911 immediately if you see someone experiencing these symptoms.

To your health!