

# 2005 Georgia Data Summary:

# STROKE and Cerebrovascular Disease



**Stroke is the third leading cause of death in Georgia and is a major cause of disability. Education and better patient care can improve the outcome of stroke.**

## DEFINITION

- **Cerebrovascular disease** is a condition where blood flow to the brain becomes compromised due to blood vessel blockage or rupture.
- A **stroke**, or brain tissue death, can be the result of a thrombus (blocked artery) or a hemorrhage (ruptured artery) which prevents blood flow to the brain.
- A **transient ischemic attack** is a temporary blockage of cerebral blood flow, which causes a short-lived neurological deficit.

## DEATHS

- Stroke is the third leading cause of death in Georgia, accounting for 4,285 deaths in 2003<sup>1</sup>.
- In 2003, strokes were responsible for 18% of all cardiovascular deaths in Georgia<sup>1</sup>.

## ESTIMATED COST

Stroke cost Georgians an estimated \$1.5 billion in 2003, including health care costs and costs due to death and disability<sup>2</sup>.

## HOSPITALIZATIONS

In Georgia, stroke was the primary diagnosis for 23,164 hospitalizations in 2003<sup>1</sup>.

### Data sources:

<sup>1</sup>Gregory, KS, Wu, M and Kanny, D. Cardiovascular Disease in Georgia, 2005. Georgia Department of Human Resources, Division of Public Health and the American Heart Association. Southeast Affiliate, December 2005. Publication Number DPH05/094 HW.

<sup>2</sup>Georgia Department of Human Resources. Georgia Highlights: Heart Disease and Stroke, 2004: <http://health.state.ga.us/epi/cdiee/cardio.shtml>

<sup>3</sup>Kanny, D., Thompson, S., Gregory, K. and Clanton, J. Georgia Behavioral Risk Factor Surveillance System, 2003 Report. Georgia Department of Human Resources. Chronic Disease, Injury and Environmental Epidemiology Section. June 2005. Publication Number DPH05/053H. <http://health.state.ga.us/pdfs/epi/brfssreport.03.pdf>

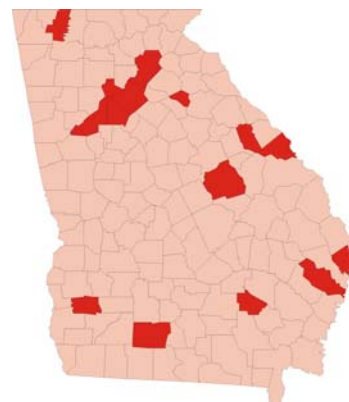
<sup>4</sup>Kanny, D. and Powell, K. 2003 Georgia Student Health Survey Report. Georgia Department of Human Resources. Division of Public Health, November, 2003. Publication Number DPH03/144. <http://health.state.ga.us/pdfs/epi/cdiee/qshsreport.0304.pdf>

## PREVENTION AND INTERVENTION MEASURES

### Paul Coverdell Stroke Registry

- Funded by the Centers for Disease Control and Prevention to enhance quality improvement in stroke care in Georgia, North Carolina, Illinois, and Massachusetts.
- The registry will measure, track, and standardize treatment practices to improve care for acute stroke patients.
- Coverdell Pilot Program demonstrated significant improvement in stroke patient care indicators.

### Georgia Coverdell Hospital Locations



### Stroke and Heart Attack Prevention Program (SHAPP)

- An education, detection and treatment program for persons with hypertension aimed at reducing illness and premature death from stroke and heart disease.
- SHAPP provides hypertension medication and lifestyle counseling to uninsured and underinsured Georgians with limited or no access to hypertension management and treatment services.

### Tri-State Stroke Network (Stroke Belt)

Is composed of Georgia, South Carolina and North Carolina to increase research on geographic disparities and the development of stroke prevention and control programs.

# RISK FACTORS FOR STROKE

## SMOKING

- Smoking has been linked to several disease processes including cerebrovascular disease.
- In 2003, 23% of Georgia adults reported smoking<sup>3</sup>.
- In 2003, 23% of Georgia high school males and 19% of the females reported smoking<sup>4</sup>.

## LACK OF PHYSICAL ACTIVITY

- Lack of physical activity can increase the risk of experiencing a transient ischemic attack or a new or recurrent stroke.
- In 2003, 58% of adults in Georgia did not meet the Centers for Disease Control and Prevention's recommendations for physical activity<sup>1</sup>.
- In 2003, 37% of Georgia high school students did not meet the Centers for Disease Control and Prevention's recommendations for physical activity<sup>4</sup>.
- In 2003, 42% of Georgia high school students in Georgia watched more than three hours of TV on school days<sup>4</sup>.

## POOR EATING HABITS

- Eating foods high in fat increases the risk of stroke and cardiovascular disease.
- Eating a balanced diet can help prevent the occurrence of a transient ischemic attack or stroke.
- In 2003, 77% of Georgia's adults<sup>3</sup> and 83% of high school students<sup>4</sup> reported eating less than five fruits and vegetables per day.

## OBESITY

- Obesity increases the risk of transient ischemic attacks, stroke, diabetes, cardiovascular disease, and some cancers.
- In 2003, 25% of Georgia's adults<sup>3</sup> and 11% of high school students<sup>4</sup> reported being obese.

## HIGH BLOOD PRESSURE

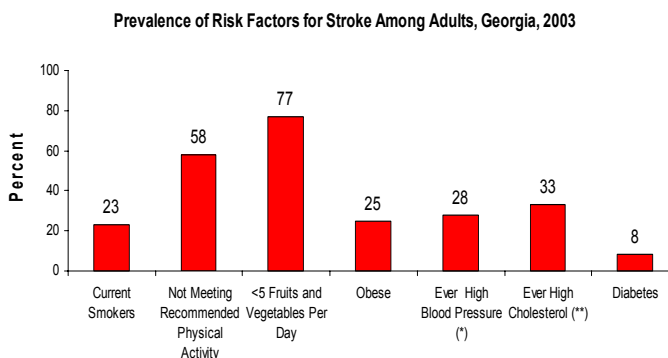
- High blood pressure is the leading risk factor for stroke.
- Hypertension can be controlled with the use of antihypertensive medications.
- Some people can control their high blood pressure by losing weight, exercising, and eating healthy.
- In 2003, 28% of Georgia's adults reported having high blood pressure<sup>3</sup>.

## HIGH BLOOD CHOLESTEROL

- Eating fruits and vegetables can help keep cholesterol levels low.
- Georgia's adults reported that in 2003, of those who had been checked 33% had high blood cholesterol<sup>3</sup>.

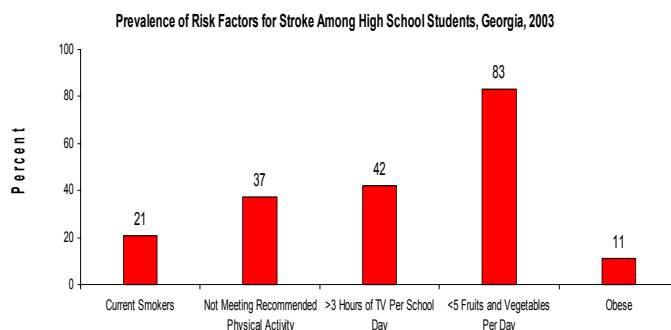
## DIABETES

- Diabetes can cause atherosclerosis or hardening of the arteries.
- Meal planning, physical activity, and weight control can help manage diabetes.
- The risk of cardiovascular death among people with diabetes is two to three times greater than the risk for people without diabetes<sup>1</sup>.
- In 2003, 8% of Georgia's adults had clinically diagnosed diabetes<sup>3</sup>.



(\*) The percentage of Georgians who reported having been told they had high blood pressure  
(\*\*) of persons who had their blood cholesterol level checked, the percentage told that they have high cholesterol

Data source: Georgia Student Health Survey



Data source: Georgia Behavioral Risk Factor Surveillance System

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Visit <http://www.health.state.ga.us/epi/cdiee/cardio.asp> for more information about cardiovascular disease in Georgia.