

# 2007 Georgia Data Summary:

# STROKE



**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

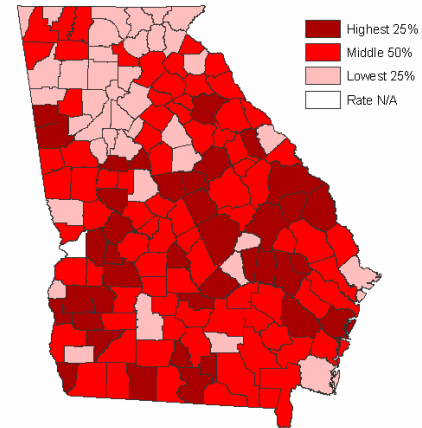
- A **stroke**, or brain tissue death, can be the result of a thrombus (blocked artery) or a hemorrhage (ruptured artery) which prevents blood flow to the brain.
- A **transient ischemic attack** is a temporary blockage of blood flow in the brain, which causes a short-lived neurological deficit.
- Some strokes can be prevented through **behavioral modification**.

## DEATHS

- Stroke was the third most frequent cause of death in Georgia, accounting for 6% of all deaths, with **3,793** stroke deaths in 2005.
- In 2005, strokes were responsible for **17%** of all cardiovascular deaths in Georgia.
- In 2004, Georgia's stroke death rate was **21% higher** than the national rate.
- The stroke death rate in Georgia was **1.4 times higher** for blacks than whites in 2005.
- **20%** of persons dying from stroke in Georgia in 2005 were less than 65 years old.

<u>Stroke Death Type</u>	<u># GA Deaths (2005)</u>
Acute, ill-defined	2,119
Other hemorrhage	775
Sequelae	401
Other, ill-defined	193
Subarachnoid hemorrhage	158
Occlusion	147
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<b>Stroke Deaths (total)</b>	<b>3,793</b>

## Age-Adjusted Stroke Death Rates by County, Georgia, 2000-2005



## HOSPITALIZATIONS

- Approximately **22,600** hospitalizations occurred among Georgia residents due to stroke in 2005.
- In 2005, **16%** of cardiovascular hospitalizations were attributable to stroke.
- The average hospitalization length of stay for stroke was **5 days** in 2005.

## ESTIMATED COSTS

- Total hospital charges for stroke in Georgia were **\$555 million** in 2005.
- The average charge per stroke hospitalization in Georgia was **\$24,500** in 2005.
- The cost of stroke in Georgia in 2005 is estimated at **\$1.4 billion**, which includes direct health care costs and lost productivity from morbidity and mortality (indirect costs).<sup>1</sup>

### Data sources:

<sup>1</sup>Derived from national estimates published by the American Heart Association. *Heart Disease and Stroke Statistics - 2005 Update*. Dallas, TX: American Heart Association; 2005.

# STROKE RISK FACTORS

## SMOKING

- **3,696** deaths due to CVD were attributable to smoking among adults ages 35 or older in 2005.
- Quitting smoking greatly reduces the risk for heart disease and stroke.
- In Georgia, **20%** of adults reported smoking cigarettes in 2006.

## LACK OF PHYSICAL ACTIVITY

- Lack of physical activity increases the risk for heart disease and stroke.
- Regular physical activity helps to maintain proper body weight and improves general health.
- In 2005, **58%** of adults in Georgia did not meet the Centers for Disease Control's recommendations for physical activity.

## POOR EATING HABITS

- Poor eating habits such as a high-fat diet can lead to obesity, ischemic heart disease, stroke and other chronic diseases.
- Eating five or more servings of fruits and vegetables a day can help prevent heart disease, cancer, and other chronic conditions.
- The majority (**77%**) of adults in Georgia did not consume the recommended five or more servings of fruits and vegetables per day in 2005.

## OBESITY

- Obesity, which is present in **27%** of adults in Georgia, increases the risk of cardiovascular disease.

## HIGH BLOOD PRESSURE

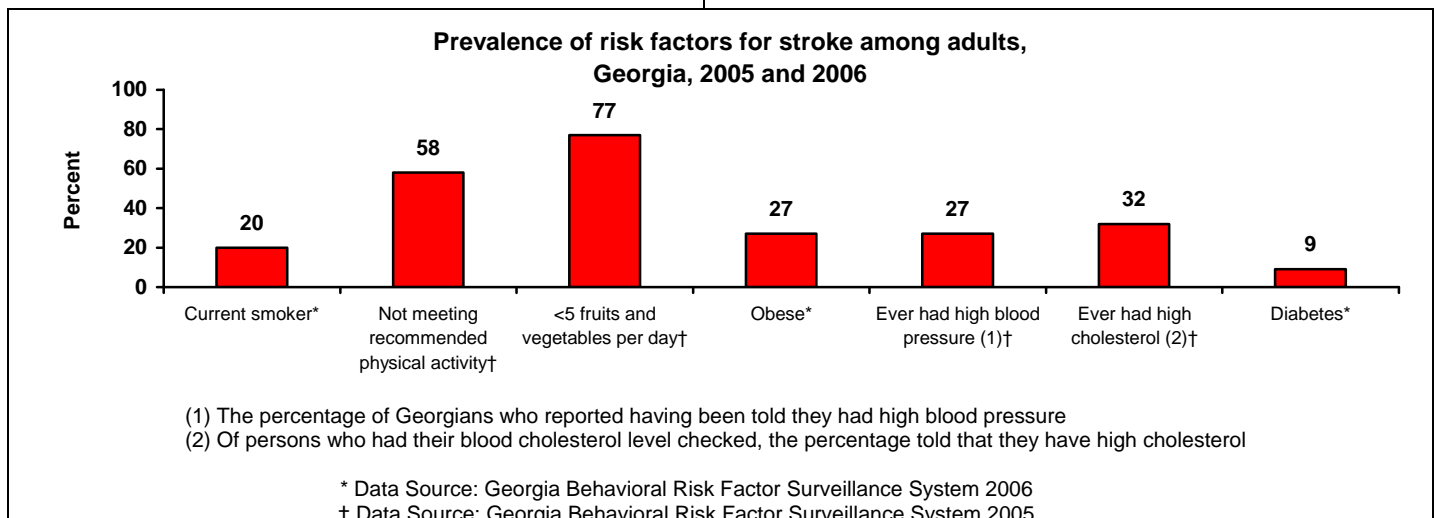
- High blood pressure can be controlled through lifestyle changes such as physical activity and healthy diet and, if necessary, medications.
- The percentage of adults in Georgia who have been told that they have high blood pressure increased from 20% in 1995 to **27%** in 2005.

## HIGH CHOLESTEROL

- Many people can control high cholesterol by modifying their diet. For those who cannot, medication can lower blood cholesterol levels.
- The percentage of adults in Georgia who have been told that they have high cholesterol increased from 22% in 1995 to **32%** in 2005.

## DIABETES

- Diabetes can cause atherosclerosis, also known as hardening of the arteries.
- Diabetes increases the risk for CVD death.
- The percentage of adults who report having diabetes increased from 4% in 1995 to **9%** in 2006.



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Visit <http://health.state.ga.us/epi/cdiee/index.asp> for more information about stroke and other chronic diseases in Georgia.