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.

- In 2003, strokes were responsible for 18% of all cardiovascular deaths in Georgia.

ESTIMATED COST

Stroke cost Georgians an estimated $1.5 billion in 2003, including health care costs and costs due to death and disability.

HOSPITALIZATIONS

In Georgia, stroke was the primary diagnosis for 23,164 hospitalizations in 2003.

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.

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Data sources:
RISK FACTORS FOR STROKE

SMOKING
• Smoking has been linked to several disease processes including cerebrovascular disease.
• In 2003, 23% of Georgia adults reported smoking\(^3\).
• In 2003, 23% of Georgia high school males and 19% of the females reported smoking\(^4\).

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\(^1\).
• In 2003, 37% of Georgia high school students did not meet the Centers for Disease Control and Prevention’s recommendations for physical activity\(^4\).
• In 2003, 42% of Georgia high school students in Georgia watched more than three hours of TV on school days\(^4\).

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\(^3\) and 83% of high school students\(^4\) 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\(^3\) and 11% of high school students\(^4\) 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\(^3\).

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\(^3\).

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\(^1\).
• In 2003, 8% of Georgia’s adults had clinically diagnosed diabetes\(^3\).

Data source: Georgia Student Health Survey

Data source: Georgia Behavioral Risk Factor Surveillance System

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