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.

- 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 4,050 stroke deaths in 2004.

- In 2004, strokes were responsible for 18% of all cardiovascular deaths in Georgia.

- In 2004, Georgia’s stroke death rate was 21% higher than the national rate.

- Stroke death rate in Georgia was 1.4 times higher for blacks than whites in 2004.

- 19% of persons dying from stroke in Georgia in 2004 were less than 65 years old.

<table>
<thead>
<tr>
<th>Stroke Death Type</th>
<th># GA Deaths (2004)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sequelae</td>
<td>389</td>
</tr>
<tr>
<td>Subarachnoid hemorrhage</td>
<td>181</td>
</tr>
<tr>
<td>Other hemorrhage</td>
<td>760</td>
</tr>
<tr>
<td>Occlusion</td>
<td>244</td>
</tr>
<tr>
<td>Acute, ill-defined</td>
<td>2,290</td>
</tr>
<tr>
<td>Other, ill-defined</td>
<td>186</td>
</tr>
<tr>
<td><strong>Stroke Deaths (total)</strong></td>
<td><strong>4,050</strong></td>
</tr>
</tbody>
</table>
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.
- Thirty-six hospitals throughout Georgia were participating as of July of 2006. This number is expected to increase.

Paul Coverdell Stroke Registry Goals

- Increase quality improvement through collaborative efforts among participant hospitals.
- Lower the stroke morbidity experienced in Georgia.
- Enhance the effectiveness of secondary care and prevent recurrent strokes.
- Develop protocols to guide physician care with effective stroke management.
- Develop effective methods to care for acute stroke patients.
- Track the most effective and frequently visited facilities used by stroke patients.

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)

- A network developed between Georgia, South Carolina and North Carolina to increase research on geographic disparities and the development of stroke prevention and control programs.

STROKE RISK FACTORS

- Having high blood pressure
- Smoking
- Not performing regular physical activity
- Poor eating habits
- Being obese
- Having high cholesterol levels
- Being a diabetic

The Prevalence of Stroke Risk Factors Among Adults, Georgia, 2005

Data source: Georgia Behavioral Risk Factor Surveillance System

Date updated: July 2006
Publication number: DPH06/141HW
Visit http://health.state.ga.us/epi/cdiee/index.asp for more information about stroke and other chronic diseases in Georgia.