

BRFSS Fact Sheet

Stroke



Tennessee
Department of Health

Cordell Hull Bldg.
425 5th Avenue North
Nashville, TN 37247

<http://state.tn.us/health>

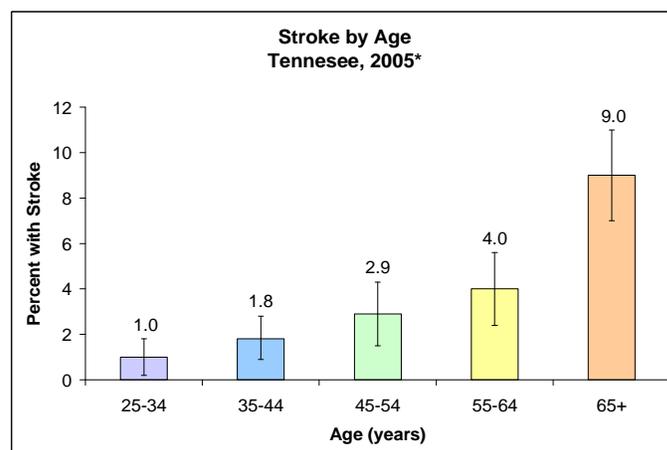
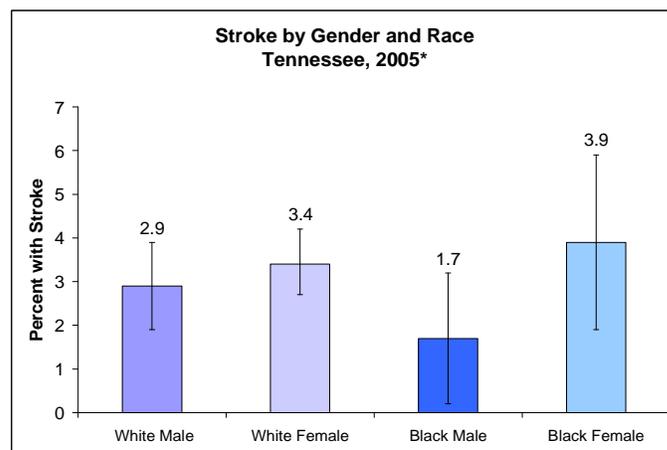
Approximately 700,000 strokes occur in the United States each year, and despite declining stroke mortality rates over the past 30 years, it remains the third leading cause of death in the U.S. and in Tennessee.¹ According to the American Heart Association, someone dies of this disease every three minutes in the U.S.¹ One of the Healthy People 2010 objectives is to reduce stroke deaths to 48/100,000 population.² Reducing risk factors for stroke (high blood pressure, high cholesterol, coronary heart disease, diabetes, overweight/obesity, smoking and excessive alcohol consumption) is important for reaching this goal and for increasing the quality and years of healthy life for all Tennesseans.

- In 2005, 3.2% of adult Tennesseans reported having ever been told by a health care provider that they had had a stroke.
- The percentage of persons having ever had a stroke was highest among black females (3.9%), followed by white females (3.4%), white males (2.9%) and black males (1.7%).[†]

- The prevalence of stroke increased with increasing age (from 1.0% in 25 to 34 year olds to 9.0% in those 65 years and older).

- Adults with less than a high school education (6.9% ± 2.2)* had the highest prevalence of stroke. The percentage of persons having had a stroke was lower in those with higher levels of education: high school graduate 2.9% (± 1.0), some post-high school 2.8% (± 0.9) and college graduate 2.1% (± 1.0).

- The percentage of persons having had a stroke decreased with increasing income.



Definition:

Stroke: A type of cardiovascular disease that occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts.

References:

1. American Heart Association. *Heart Disease and Stroke Statistics – 2006 Update*. Dallas, TX: AHA; 2006
2. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.
3. American Stroke Ass. (www.strokeassociation.org)

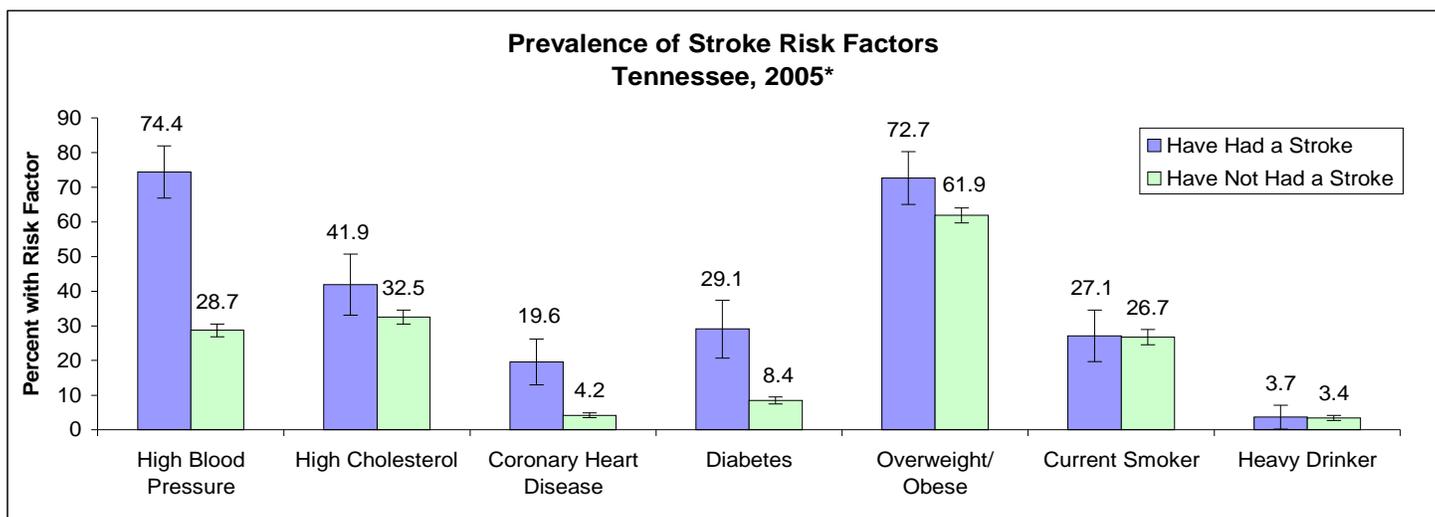
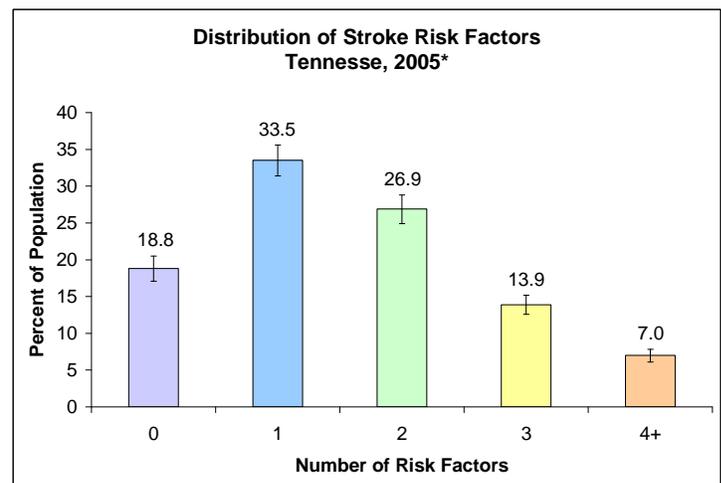
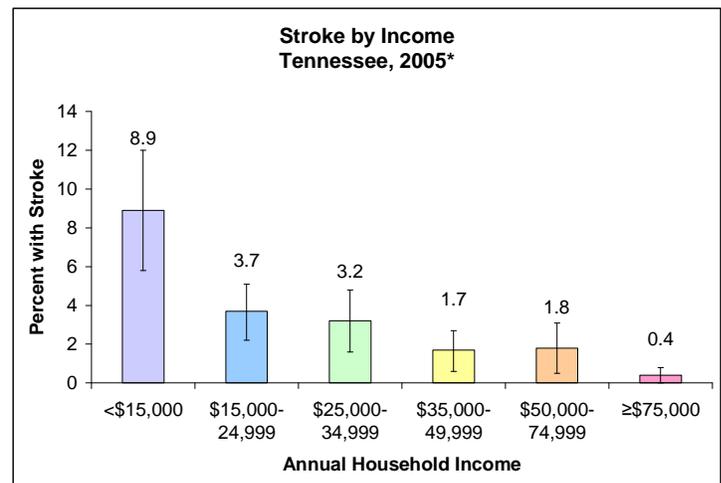
Prepared by the Tennessee Department of Health; Office of Policy, Planning and Assessment; Surveillance, Epidemiology and Evaluation section based on 2005 TN Behavioral Risk Factor Surveillance System data.

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- Among the total population, only 18.8% of adults had *none* of the seven modifiable stroke risk factors examined in this fact sheet (high blood pressure, high cholesterol, coronary heart disease, diabetes, overweight/obesity, smoking and excessive alcohol consumption). 33.5% had one risk factor, and 47.7% had 2 or more risk factors.
- High blood pressure is the most important risk factor for stroke.³ 74.4% of persons who had ever had a stroke had high blood pressure, compared to just 28.7% of those who had not had a stroke.
- Coronary heart disease was approximately 3.5 times more common in persons who had ever had a stroke than in those who had not. Diabetes was approximately 2.5 times more common.
- Although smoking and heavy drinking are important risk factors for stroke, the prevalence of these behaviors was not found to be higher in persons who had ever had a stroke compared to those who had not.



*The number above each column indicates the percent value for that column. Error bars represent 95% confidence intervals, as do ranges for percentages given in the text.

[†]Other surveys have found higher rates of stroke among black males. For example, the National Health and Nutrition Examination Survey found that the prevalence of stroke in 2003 was 2.3% in white males, 2.6% in white females, 4.0% in black males and 3.9% in black females.¹