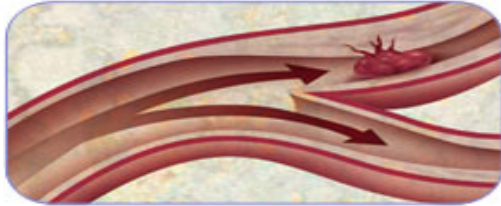




# Diversity Committee

## Fact Sheet: Stroke



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- Stroke is the 3rd leading cause of death in the U.S. and the most common cause of neurological disability (ASA, 2007a)
- About 700,000 Americans each year suffer a new or recurrent stroke (ASA, 2007a & Rosamond et al, 2007)
- Strokes kill more than 150,000 people a year (ASA, 2007a & Rosamond et al, 2007).

### Risk Factors

#### Age

After age 55, the chances of having a stroke doubles. Although strokes are common among the elderly, people under 65 also have strokes (ASA, 2007b).

#### Heredity

Stroke risk increases when a person's parent, grandparent, sister or brother have had a stroke.

#### Sex (Gender)

Strokes are more common among men than women, regardless of age (ASA, 2007b). Although more men have strokes than women, women are more likely to die from strokes (ASA, 2007b). ~46,000 more women have a stroke each year more than men (Rosamond et al, 2007).

#### Race/Ethnicity

African American men and women are at greater risk of dying from a stroke than Whites (ASA, 2007b). In 2004, 73.9% of African American male deaths were due to strokes compared to White males at 48.1% (ASA, 2007b).

#### Diet

Diets high in saturated fat, trans fat and cholesterol can raise blood cholesterol levels. Increased amounts of sodium can contribute to high blood pressure. Diets containing five or more servings of fruits and vegetables per day may reduce the risk of stroke (ASA, 2007b).

### High Blood Pressure

High blood pressure is the most controllable risk factor of stroke. Researchers believe the effective treatment of high blood pressure can decrease stroke deaths (ASA, 2007b).

### Diabetes Mellitus

Diabetes is an independent risk factor for stroke. Many people with diabetes also have high blood pressure. While diabetes is treatable, the presence of the disease increases a person's chance of stroke (ASA, 2007b).

### Tobacco Use

Cigarettes are an important risk factor for stroke. Studies have shown that the use of nicotine and carbon monoxide in cigarette smoke can damage the cardiovascular system (ASA, 2007b).

## Stroke In Racial and Ethnic Minorities

### Age-adjusted percentages of stroke among persons 18 years of age and over, 2005\*

Race	%
White	2.3
Black	3.4
American Indian/Alaska Native	Reliable data not available
Asian	2.0
Hispanic or Latino	2.2
More than 1 race	4.7

\*Table adapted from CDC (2005)

## American Indians/Alaska Natives

- 60% more likely than White's to have a stroke (USDHHS, 2007)
- According to the NHIS survey 29.7% of American Indian or Alaska Natives 18 or older have high blood pressure.
- 37.3 % of men and 28.5% of women 18 and older smoke
- 23.8% of men and 31.8% of women 18 and older report no physical activity.
- Data from the 2003 NHIS study showed 33.5 and 32.9 % of American Indian/Alaska Natives, that were 18 or older, were overweight and obese
- In 2004, 15.8% of American Indians/Alaska Natives had physician diagnosed diabetes
- The prevalence of diabetes is 1.5-2.2 times higher among American Indians/Alaska Natives compared to non-Hispanic Whites. (AHA, 2007a)

## African Americans

- Blacks have twice the risk of first ever stroke compared with whites.
- Data from the GCKSS study show that ischemic stroke patients tend to be younger, black, diabetic, hypertensive, myocardial infarction, and have high cholesterol than non-diabetic patients.
- Compared with whites, blacks develop HBP earlier in life and their average BP is higher. As a result, compared with whites, blacks have a 1.3 times greater rate of nonfatal stroke and a 1.8 times greater rate of fatal stroke.

## Hispanics/Latinos

- 3.1% of men and 1.9% of women 20 and older have had a stroke
- The 2003 stroke death rate for Hispanic/Latino males was 43.0 and 38.1 for females
- The BASIC study demonstrated an increased incidence of stroke among Mexican Americans compared to whites. The crude cumulative incidence rate was 168/10,000 in Mexican Americans and 136/10,000 for whites.
- 74.6% of men and 73.0% of women 20 and older are overweight or obese
- 11.0% of men and 10.9% of women that are Mexican American and are 20 and older have physician diagnosed diabetes (AHA, 2007c)

## Resources

*American Stroke Association*  
[www.strokeassociation.org](http://www.strokeassociation.org)

*American Heart Association*  
[www.americanheart.org](http://www.americanheart.org)

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