

# Stroke in Utah



Cardiovascular Health  
Program

## Fact Sheet

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Stroke is the death of brain tissue usually resulting from blockage of a blood vessel that supplies blood to the brain.

### General Information

- In 2001, almost 2% of Utah adults, or an estimated 26,600 persons, reported ever having been told by a health professional that they had experienced stroke.
- In 2001, 55% of Utah adults who reported ever having had a stroke were women.
- In 2001, 58% of Utah adults who reported ever having had a stroke were age 65 or older.
- High blood pressure is the single most important risk factor for stroke.

### Mortality

- Stroke is the third leading cause of death in both the U.S. and Utah, after heart disease and cancer.
- In 2001, almost one-quarter of all cardiovascular disease deaths among Utahns 55 years of age or older were due to stroke.
- Stroke killed almost 900 Utahns in 2001; 64% of those who died were women. Nationally, at all ages, more women than men die of stroke.
- Death rates for stroke have been declining in the U.S. and in Utah. Much of this decline can be attributed to control of high blood pressure.

### Medical Emergencies

- In 2000, there were almost 3,800 emergency department visits for stroke in Utah.
- In 2000, Utah women made 56% of emergency department visits for stroke.
- In 2000, Utahns 55 years of age or older made 86% of emergency room visits for stroke.

## **Stroke continued**

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### **Hospital Discharges**

- In 2001, there were 3,400 hospitalizations for stroke in Utah.
- In 2001, Utah women were hospitalized for stroke more often than were men, and Utahns age 65 or older had the highest rate of hospitalization.
- In 2001, the average length of hospital stay in Utah with stroke as the first-listed condition was 5.3 days.

### **Stroke Aftermath**

- Stroke is a leading cause of serious, long-term disability in the U.S. and Utah.
- In 2001, Utahns 55 years of age or older who were hospitalized with stroke were 32% less likely to be discharged to routine home care and more than twice as likely to be discharged to other institutions or long-term care facilities, compared to Utahns in the same age group who were hospitalized for all other cardiovascular diseases that year.
- In 2001, Utahns 55 years of age or older who were hospitalized with stroke were also less likely to survive, compared to Utahns in the same age group who were hospitalized for all other cardiovascular diseases that year.

### **Healthcare Costs**

- In 2001, charges for Utah hospitalizations with stroke as the first-listed diagnosis totaled more than \$43 million.
- In 2001, Medicare paid for more than two-thirds of stroke hospitalization charges in Utah.

### **Data Sources**

Utah Behavioral Risk Factor Surveillance System, 2001.

Utah Department of Health, Center for Health Data, Indicator-Based Information System for Public Health. <http://health.utah.gov/ibis-ph>.

American Heart Association. *Heart Disease and Stroke Statistics—2003 Update*. Dallas, TX: American Heart Association, 2002. <http://www.americanheart.org>.

American Stroke Association. *What Are the Risk Factors for Stroke?* <http://www.strokeassociation.org>.