Stroke Information for Champaign County, OH

For the state of Ohio and United States population, stroke is the number five cause of death. A stroke may occur when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts, leading to part of the brain not receiving enough blood and oxygen. There are two types of strokes: **ischemic stroke** is caused by a clot obstructing flow of blood to the brain and **hemorrhagic stroke** is caused by a blood vessel rupturing and preventing blood flow to the brain[1].

Figure 1: Recognizing stroke, Cheyenne Regional Medical Center

There were 247 deaths due to stroke in Champaign County between 2010-2020 with an average age of death being 83.7 years. Table 1 shows some ways to prevent stroke, it is recommended to overall lead a healthy lifestyle; however, not having a risk factor for stroke does not necessarily mean that a stroke will be avoided[2].

Preventing Stroke[3]

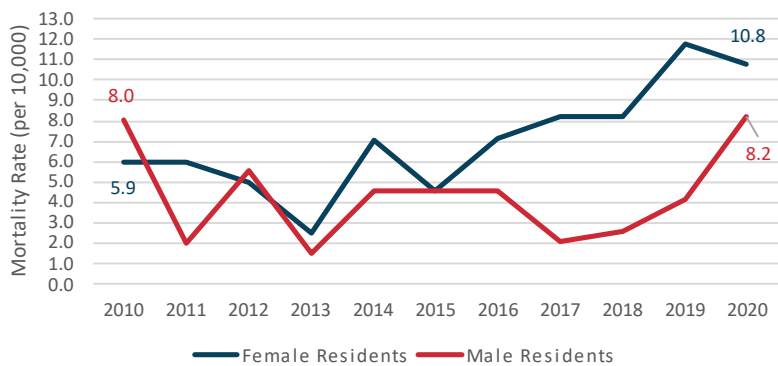| Choosing healthy foods and drinks	Keep a health weight	Get regular physical activity	Don't smoke	Limit alcohol
Check cholesterol	Control blood pressure	Control diabetes	Treat heart disease	Take your medicine

Quick Facts

- High blood pressure, high blood cholesterol, irregular heart beats, and diabetes are key risk factors for stroke
- The prevalence of stroke generally increases as age increases, but strokes can occur at any age.
- In 2019, Champaign County had an 3.9% prevalence of stroke among adults (18+)
- Each year ~795,000 Americans have a stroke, with ~160,000 dying from stroke-related causes

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[1] https://www.stroke.org/en/about-stroke

[2] https://www.ninds.nih.gov/health-information/public-education/brain-basics/brain-basics-preventing-stroke

[3] https://www.cdc.gov/stroke/prevention.htm

Stroke Mortality Rate by Gender
Champaign County, OH 2010-2020

Females (of all races) have a higher stroke mortality rate compared to males in Champaign County from 2010-2020. The mortality rate for female residents has increased 83.1% and the mortality rate for male residents has increased 2.5%. More women die from stroke, especially in older age, according to the National Institute of Neurological Disorders and Stroke.

Number of Stroke Deaths by Age Group
Champaign County, OH 2010-2020
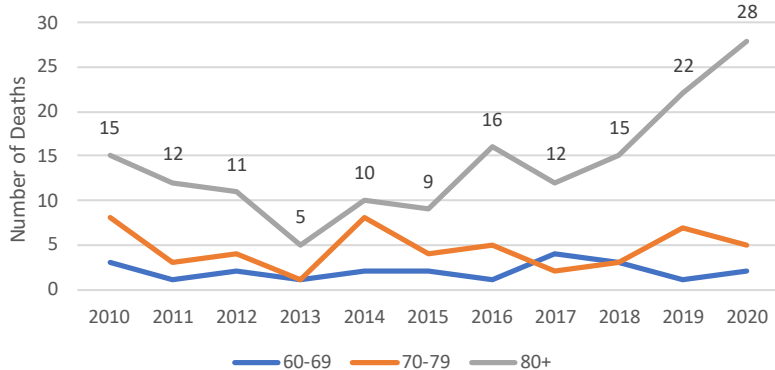
The 80+ age group consistently has the highest number of deaths, with a 86.7% increase from 2010 to 2020. The 70-79 age group has the next highest number of deaths and experienced a 37.5% decrease in rate. The 80+ and 70-79 age groups having the highest number of deaths is expected given that the risk of stroke doubles each decade between 55 and 85.