

Stroke Information for Clark 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 brain¹.



Figure 1: Recognizing stroke, Cheyenne Regional Medical Center

There were 1,227 deaths due to stroke in Clark County between 2010-2020 with an average age of death being 79.9 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 avoided².

Preventing Stroke³

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

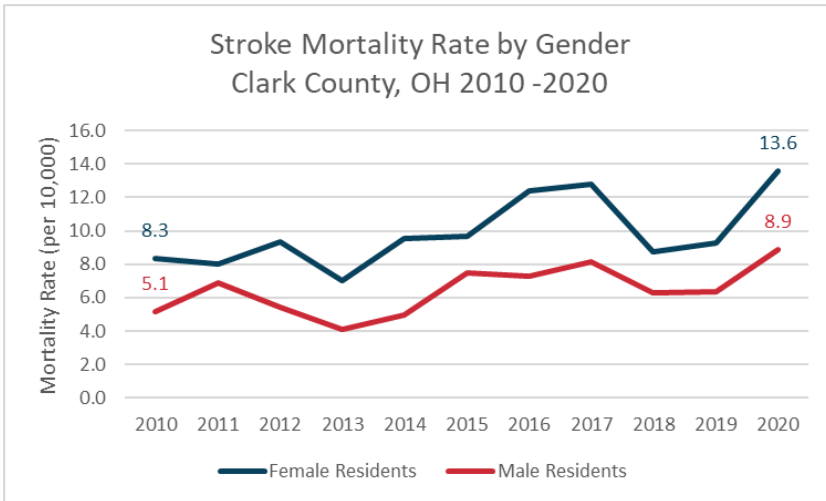
Quick Facts

- 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, Clark County had an 4.3% prevalence of stroke among adults (18+)
- Each year ~795,000 Americans have a stroke, with ~160,000 dying from stroke-related causes

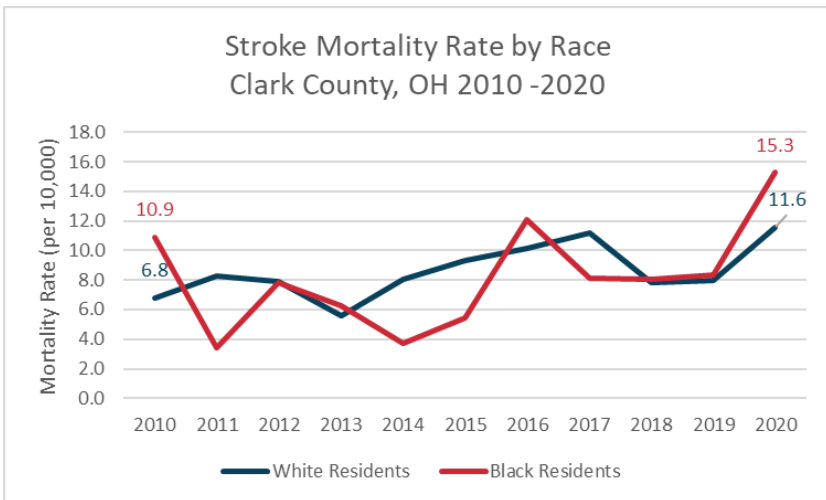
¹ <https://www.stroke.org/en/about-stroke>

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

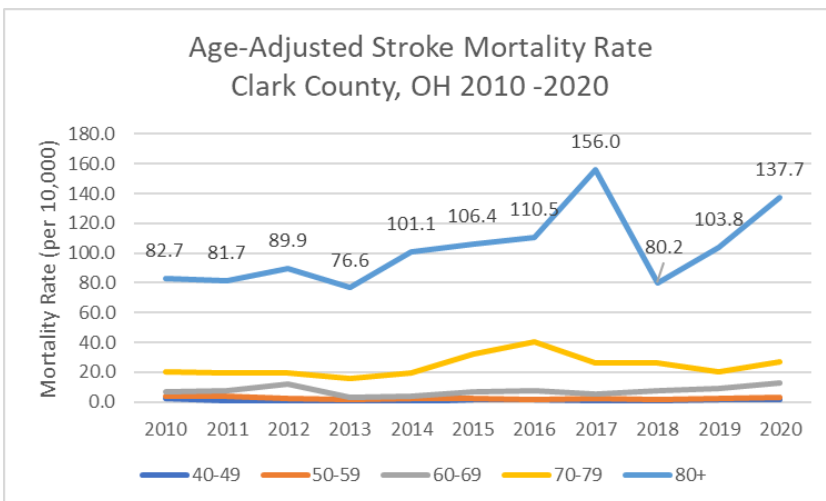
³ <https://www.cdc.gov/stroke/prevention.htm>



Females (of all races) have a higher stroke mortality rate compared to males in Clark County from 2010-2020. The mortality rate for female residents has increased 63.9% and the mortality rate for male residents has increased 74.5%. More women die from stroke, especially in older age, according to the National Institute of Neurological Disorders and Stroke.



There has been an overall upward trend in mortality rate for both Black and white residents in Clark County, with both races experiencing fluctuations in rates between 2010-2020. Black residents have seen a 40.4% increase in stroke mortality per 10,000 residents and white residents have seen 70.6% increase. Stroke is more common and more deadly for the Black population in the United States compared to any other racial or ethnic group.



The 80+ age group consistently has the highest mortality rate, with a 66.5% increase from 2010 to 2020 and a peak in 2017 with 156 deaths per 10,000 residents. The 70-79 age group has the next highest mortality rate and experienced a 31.4% increase in rate. The 80+ and 70-79 age groups having the highest mortality rate is expected given that the risk of stroke doubles each decade between 55 and 85.