

10 Sobering Stroke Statistics to Create Awareness and Save Lives!

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The following stroke statistics might surprise you. We hope it opens your eyes to the importance of stroke awareness. If more people knew [how to identify stroke](#) and call for faster treatment, we can save lives. So we hope these stroke statistics will help motivate everyone to spread the word.

Stroke Statistics in the US

Before we dig in, you should know that a stroke is a “brain attack.” It happens when the supply of blood to the brain is compromised, which kills brain cells due to the lack of oxygen-rich blood. Treatment involves restoring normal blood flow in the brain and rehabilitating the side effects from stroke. Here are some statistics about this life-threatening condition.

1. Leading Cause of Disability

Stroke is the leading cause of disability in the US.

2. Stroke Frequency

In 2016, about **795,000 people had a stroke** in the US. That means that someone has a stroke about every 40 seconds.

3. Recurrent Stroke Frequency

About **185,000 of those were recurrent strokes** that happened to people who previously had a stroke.

4. Death Rates for Stroke

Unfortunately, about **140,323 people die from stroke each year**.

5. Leading Causes of Death

This makes stroke the **5th leading cause of death in the US**. However, just a few years ago, stroke was the 4th leading cause of death. This improvement is likely caused by better stroke treatment.

6. Stroke Awareness Statistics

Unfortunately, only 38% of people are aware of all major stroke symptoms, according to a survey reported by the [Center of Disease Control and Prevention](#) (CDC). This is a very low percentage. It means that **only 38% of people know to call 9-1-1 when a stroke is happening**. This is unacceptable since brain cells continue to die until treatment is administered. Fast treatment is essential. Time is brain!

We can reduce death rates among stroke patients by educating others about the signs of a stroke and when to call 9-1-1, which we will discuss later.

7. Stroke Statistics for Older Individuals

Nearly 75% of stroke occurs in people over the age of 65, according to the CDC. However, stroke should not just be associated with elderly populations.

8. Increasing Stroke Statistics for Younger Individuals

[Recent studies](#) have highlighted an increased occurrence of stroke among young people, too. From 2003 to 2012, ischemic stroke hospitalization rates among people age 35-44 increased by 41% for men and 30% for women.

9. Stroke Risk Factors

There are 5 major stroke risk factors: **smoking, high blood pressure, high cholesterol, obesity, and diabetes**.

10. Stroke Risk Statistics

One out of every 3 adults has at least one of these conditions or habits, according to the CDC. This could explain the high occurrence of stroke in the US. Fortunately, these are all factors that you can manage and reduce, which will reduce your risk of stroke. **Stroke prevention is very important!**

How to Identify a Stroke

Now that you know these sobering stroke statistics, let's talk about stroke awareness. By knowing the warning signs of a stroke, you will know when to call 9-1-1 if someone has a stroke.

The **National Stroke Association** has summarized these symptoms in the acronym FAST:

F – Face. If half their face droops, it might be a stroke.

A – Arms. If they cannot lift both of their arms, and one drifts downward, it might be a stroke.

S – Speech. If they slur their speech or cannot talk, it might be a stroke.

T – Time. If you observe any of these signs, call 9-1-1 immediately.

Remember, time is brain!

Fighting Stroke Through Awareness

We hope these sobering stroke statistics inspire you to educate others about stroke. Stroke is the leading cause of disability and 5th leading cause of death in the US, but those statistics can be improved through awareness and prevention.

While death rates are on the decline, stroke among younger people is on the incline. We can help fight stroke by increasing awareness so that treatment can begin as soon as possible!

Faster treatment could reduce disability and even save a life!