**Stroke (Adult)**

*Health Status*

**Indicator**: Stroke (Adults)

**Definition**: Percent of adults who have ever had a stroke.

**Why this is important**: Stroke is the sixth leading cause of death in Spokane County. Modifying risk factors for stroke can greatly reduce the risk of having a stroke and the severity of its outcomes. Risk factors for stroke, such as physical inactivity, hypertension, and smoking are also risk factors for other chronic health conditions.

**Where we are**: In 2013 in Spokane County, 3.0% of adults reported they had ever had a stroke. The proportion of adults with a history of a stroke was stable from 2011 to 2013. Spokane County had a proportion of adults with a stroke similar to that of Washington and the United States in 2013.

**Health Disparities**:

Among adults in Spokane County in 2013:

- Adults 65 years of age or older were more likely than younger adults to have had a stroke.
There was no difference in having stroke rates by race, education level, income, or between males and females.

**Data Source**
BRFSS, 2013

**Geography**
- Spokane County: 3.0% (1.9-4.7)
- Washington state: 2.5% (2.2-2.9)
- United States: 2.8%

**Trend**
11-13 No Trend

**Age**
- Adults
  - 18-34 yrs: 1.4% (0.2-.7)
  - 35-44 yrs: 0.3% (0.0-2.1)
  - 45-64 yrs: 2.4% (0.9-5.9)
  - 65+ yrs: 8.9% (5.3-14.5)

**Sex**
- Male: 3.2% (1.5-6.5)
- Female: 2.8% (1.6-5.0)

2011-2013

**Race**
- White: 2.5% (1.8-3.4)
- Non-white: 4.7% (1.6-12.8)

**Education**
- < High school: *
- High school: 4.5% (2.0-9.8)
- Some college: 2.3% (0.9-5.7)
- College graduate: 2.6% (1.4-5.0)
<table>
<thead>
<tr>
<th>Income</th>
<th>&lt;=25,000</th>
<th>2.0% (90.9-4.6)</th>
</tr>
</thead>
<tbody>
<tr>
<td>25,000-49,999</td>
<td>6.0% (2.6-11.6)</td>
<td></td>
</tr>
<tr>
<td>50,000+</td>
<td>1.8% (0.6-5.0)</td>
<td></td>
</tr>
</tbody>
</table>

*=suppressed due to small numbers

**Data Source:** Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System, supported in part by Centers for Disease Control and Prevention, Cooperative Agreement U58/SO000047-1 through 3 (2011-2013). Calculations and presentation of data by Spokane Regional Health District, Data Center.