

# Health Assessment and Evaluation

Data and Reports

## Stroke

in Clark County, 2000–2016

Updated December 2017



**CLARK COUNTY** WASHINGTON  
PUBLIC HEALTH

**Health Assessment and Evaluation Team**

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# Data and Reports

## Stroke

### Acknowledgements

This report was prepared by Clark County Public Health's Health Assessment and Evaluation team .

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### Data Sources and Technical Notes

Data Source: Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 1990-2016, October 2017.

Technical Notes: ICD10 codes I60-I699 used.

### Additional Information

[Centers for Disease Control and Prevention](#)  
[Washington State Department of Health](#)

### For Other Formats

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# Data and Reports

## Stroke

### Background

Stroke is the fifth leading cause of death in the United States and sixth leading cause of death in Washington State<sup>2</sup>, as well as a leading cause of serious long-term disability. Each year more than 795,000 people in the United States have a stroke, killing about 140,000 Americans. Stroke occurs when blood flow to the brain is blocked or when a blood vessel in the brain bursts. This results in parts of the brain dying or becoming damaged. Risk factors for stroke include genetics and family history, age, sex, race or ethnicity, unhealthy diet, physical inactivity, obesity, too much alcohol, tobacco use, high blood pressure, high cholesterol, heart disease, diabetes, sickle cell disease, and a previous stroke.<sup>1</sup>

### Status

- Clark County has a similar stroke death rate to Washington State overall.
- Stroke deaths have declined since 2000 in both Clark County and Washington State and among both males and females.
- Black/African American residents tend to experience the highest stroke death rates.

### What We Can Do

Most strokes can be prevented through modifying health behaviors and controlling certain medical conditions. Here are some ways to help prevent stroke:

- Eat a diet high in fiber and fresh fruits and vegetables.
- Eat foods low in saturated fats, trans fats and cholesterol.
- Maintain a healthy weight.
- Stay physically active.
- Do not use tobacco products.
- Avoid drinking too much alcohol.
- Check cholesterol levels.
- Control blood pressure.
- Control diabetes.
- Treat diagnosed heart disease.
- If you have been diagnosed with high cholesterol, high blood pressure, or diabetes, take medication prescribed by your doctor.<sup>1</sup>

<sup>1</sup>[Centers for Disease Control and Prevention](#)

<sup>2</sup>[National Heart, Lung and Blood Institute](#)

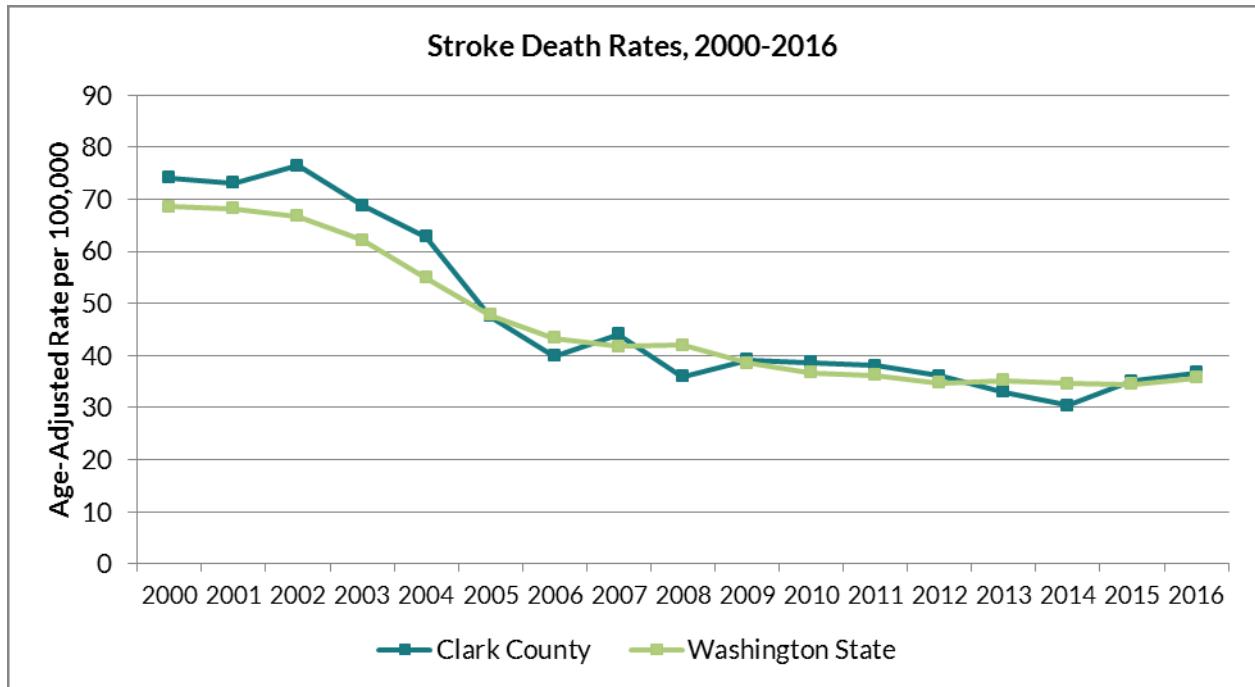


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## Stroke



Year	Clark County			Washington State		
	Count	*Rate	**95% CI	Count	*Rate	**95% CI
2007	158	44.0	(37.4, 51.6)	2681	41.8	(40.2, 43.4)
2008	134	35.9	(30.1, 42.7)	2765	41.9	(40.4, 43.6)
2009	149	39.2	(33.1, 46.1)	2584	38.5	(37.1, 40.1)
2010	152	38.6	(32.6, 45.4)	2529	36.7	(35.3, 38.2)
2011	152	38.0	(32.1, 44.7)	2554	36.2	(34.8, 37.7)
2012	148	36.0	(30.4, 42.5)	2513	34.8	(33.4, 36.2)
2013	142	33.0	(27.7, 39.1)	2610	35.2	(33.9, 36.6)
2014	134	30.5	(25.5, 36.2)	2644	34.6	(33.3, 36.0)
2015	174	35.0	(29.9, 40.8)	2693	34.4	(33.1, 35.8)
2016	184	36.7	(31.5, 42.5)	2886	35.7	(34.4, 37.1)

\*Age-adjusted rate per 100,000 population

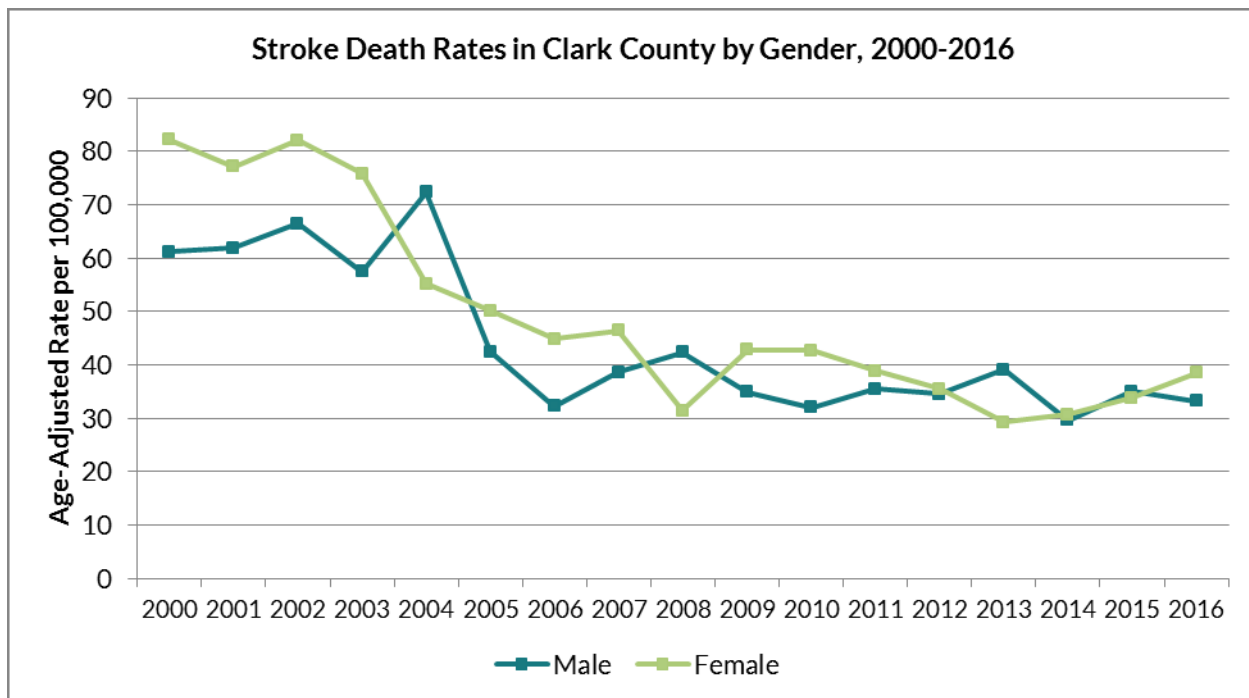
\*\*95% confidence intervals; if two confidence intervals overlap, there is generally no significant difference between rates



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## Stroke by Gender



Year	Males			Females		
	Count	*Rate	**95% CI	Count	*Rate	95% CI
2007	56	38.7	(29.0, 50.6)	102	46.5	(37.8, 56.7)
2008	63	42.3	(32.3, 54.5)	71	31.4	(24.5, 39.9)
2009	53	34.9	(25.9, 45.9)	96	42.8	(34.5, 52.6)
2010	51	32.0	(23.6, 42.5)	101	42.7	(34.6, 52.2)
2011	62	35.5	(26.9, 46.0)	90	38.8	(31.1, 48.0)
2012	59	34.5	(26.11, 44.9)	89	35.4	(28.3, 44.0)
2013	69	39.0	(30.2, 49.8)	73	29.3	(22.8, 37.1)
2014	55	29.6	(22.2, 38.8)	79	30.7	(24.1, 38.5)
2015	76	35.0	(27.4, 44.3)	98	33.8	(27.3, 41.5)
2016	73	33.2	(25.8, 42.1)	111	38.5	(31.5, 46.7)

\*Age-adjusted rate per 100,000 population

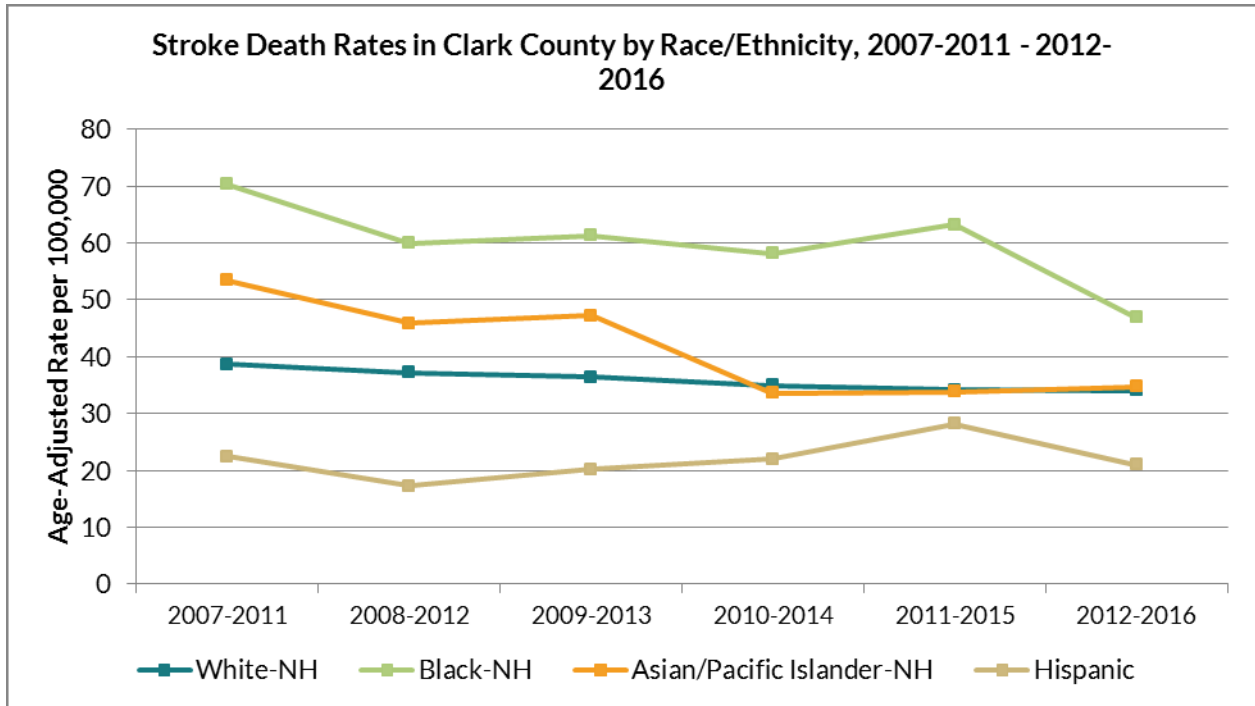
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## Stroke by Race/Ethnicity



Note: Native American/Alaska Native data were suppressed due to small numbers.

Year	White-NH			Black-NH		
	Count	*Rate	**95% CI	Count	*Rate	95% CI
2007-2011	694	38.6	(35.8, 41.6)	15	70.3	(36.2, 125.3)
2008-2012	686	37.2	(34.5, 40.2)	13	60.0	(29.6, 110.4)
2009-2013	690	36.4	(33.7, 39.3)	13	61.3	(30.6, 111.3)
2010-2014	681	34.9	(32.3, 37.7)	13	58.1	(29.0, 105.7)
2011-2015	695	34.1	(31.6, 36.8)	16	63.2	(33.9, 109.4)
2012-2016	728	34.1	(31.6, 36.7)	13	46.8	(23.2, 86.9)

NH = Non-Hispanic

\*Age-adjusted rate per 100,000 population

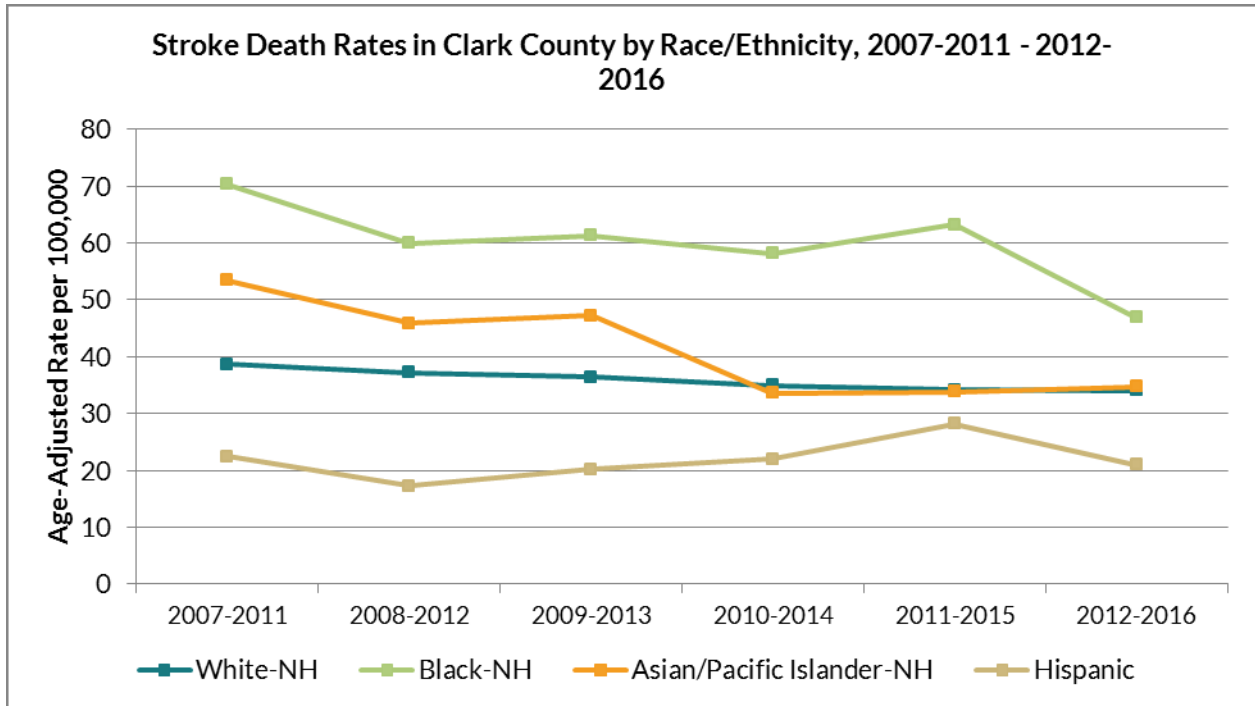
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## Stroke by Race/Ethnicity



Note: Native American/Alaska Native data were suppressed due to small numbers.

Year	Asian/Pacific Islander-NH			Hispanic		
	Count	*Rate	**95% CI	Count	*Rate	95% CI
2007-2011	25	53.4	(33.8, 80.7)	10	22.5	(8.8, 50.4)
2008-2012	23	45.9	(28.4, 70.8)	10	17.3	(6.8, 40.6)
2009-2013	25	47.2	(29.8, 71.6)	11	20.2	(8.4, 44.3)
2010-2014	19	33.6	(19.7, 54.2)	11	22.0	(9.4, 46.2)
2011-2015	20	33.9	(20.1, 54.0)	13	28.2	(13.5, 53.8)
2012-2016	23	34.7	(21.4, 53.9)	9	21.0	(8.6, 44.1)

NH = Non-Hispanic

\*Age-adjusted rate per 100,000 population

\*\*95% confidence intervals; if two confidence intervals overlap, there is generally no significant difference between rates



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