

# JSNA LIGHT BITES: STROKE

A stroke is when oxygen being delivered to the brain is reduced or blocked completely due to either damage, for example a Haemorrhagic Stroke, where a blood vessel ruptures, or a blockage in the blood vessel going to the brain, also known as an Ischaemic Stroke.

## Why is it important?

In the UK there are around 100,000 strokes every year and is a leading cause of disability and death, causing around 38,000 deaths each year. Strokes cost the NHS around £3 billion per year, with an additional cost of £4 billion through lost productivity, disability and informal care.

### Who is affected?



Whilst anyone can have a stroke, there are risk factors that increase the chances of a Stroke, such as certain medical conditions like diabetes, high blood pressure and high cholesterol, or family history, are all things that can increase the risk of stroke. In addition, Lifestyle factors, such as smoking, being overweight, eating unhealthy food and drinking too much increase Stroke chances as these can increase blood pressure and increase the chances of blood clots forming.

### Who are at a higher risk?



From known information we know the following people are more at risk of stroke:

- Males over females
- The older you are the more likely you are to have a stroke.
- Black and south Asian ethnic groups are at greater risk and have stroke at a younger age on average. People from a black ethnic background are twice as likely to have a stroke than white ethnic groups.

## What do we know locally?



The **prevalence** for stroke in 2021/2022 in **RBWM** is **1.6%**, lower than 1.8% in England.

The **mortality rate** from stroke in 2021 in RBWM is **42.5 per 100,00** which is **similar** to the value of England of 49.8.



The **under 75 mortality rate** from stroke in RBWM is **7.7 per 100,000** which is **similar** to England of 12.7



As of 20/10/23 the **prevalence of stroke** in RBWM is **1.7%** according to the Quality Outcomes Framework (QOF) Register.

The **number of deaths** from stroke in RBWM between 2016 and 2020 is **397**, **similar** to England expected value.



In 2021 **females** had a **greater mortality rate** for stroke than males.



As of 20/10/23 the **ethnicity** with the **greatest prevalence** of stroke in RBWM is **white** according to the Quality and Outcomes Framework (QOF) Register.

## What we recommend for further reading

- [OHID Public health profiles - Cardiovascular disease](#)
- [NICE - Stroke and transient ischaemic attack](#)
- [NHS England - Stroke](#)
- [Stroke Association](#)
- [Stroke advice and information - Different Strokes charity](#)