

Empower Minds.
Strengthen Bodies.
Inspire Creativity.

Stroke Facts:

- In America, strokes are the 5th leading cause of death for men and the 3rd leading cause of death for women.
- African-American men have the greatest risk of stroke and have a stroke rate that is twice as high as for white men.
- One in five women in the U.S. will have a stroke and strokes kill twice as many women as breast cancer.
- Nearly 60% of stroke deaths are women.
- African-American women are more likely to have a stroke than any other group of women in the U.S. (twice as likely to have a stroke as white women). They are also more likely to have strokes at younger ages and to have more severe strokes.
- Stroke is the fourth leading cause of death for Hispanics in the U. S.
- Hispanics have some of the highest rates of high blood pressure, diabetes, and obesity which are leading risk factors for stroke.
- The risk of strokes does increase with age, but strokes can occur at any age. The risk of strokes also varies by geographic location with more strokes occurring in the southeastern U.S. also known as the "stroke belt."

Risk Factors:

- High blood pressure (HBP): one in three men/women with HBP does not know they have it.
- Being overweight or obese
- Diabetes
- Being physically inactive
- Sickle cell anemia (common genetic disorder in African Americans)
- Smoking: Risk of stroke is doubled
- Eating too much salt
- High Cholesterol
- Having previously had a stroke or a Transient Ischemic Attack (TIA)
- Family history of strokes
- Pregnancy (associated with high blood pressure)
- Unhealthy diet
- Drinking too much alcohol (can increase blood pressure)
- Mental health issues such as anxiety and depression which are twice as likely to be experienced by women than by men