

**FACT SHEET**

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**Stroke in Indiana**

Stroke is the third leading cause of death in the United States and a leading cause of disability. This fact sheet describes the burden of stroke in Indiana.

**Scope of the Problem**

It is estimated that 95,800 people in Indiana are living with the aftermath of a stroke.

In 2003, more than 19,000 stroke patients were discharged from hospitals with total charges over \$2.9 million.

In 2002, 3,717 people in Indiana died of stroke.

An estimated 60.1 people per 100,000 died of stroke in Indiana in 2002.

The age-adjusted stroke mortality rate for black women was 74.6 per 100,000 compared to 58.4 per 100,000 for white women in Indiana in 2002.

The age-adjusted stroke mortality rate for black men was 83.5 per 100,000 compared to 56.4 per 100,000 for white men in Indiana in 2002.

**Risk Factors**

**High Blood Pressure**

27.0 percent of adults in Indiana had high blood pressure in 2003.

**Diabetes**

In Indiana, 7.8 percent of adults were told by a doctor that they have diabetes in 2003.

**High Blood Cholesterol**

In 2003, 35.1 percent of adults in Indiana reported they have high blood cholesterol.

**Obesity**

In 2003, 26.0 percent of adults in Indiana were obese (BMI of 30 or greater).

**Cigarette Smoking**

26.1 percent of adults in Indiana were current smokers in 2003.

**Physical Inactivity**

In 2003, 26.2 percent of adults in Indiana reported they are not physically active (no leisure time physical activity in the past 30 days).

**Poor Nutrition**

In 2003, only 22 percent of Indiana adults reported eating at least five fruits and vegetables per day.

**Notes and References**

1. Data on prevalence of stroke are from the 2002 Behavioral Risk Factor Surveillance System survey.
2. Data on hospital discharges are from Indiana State Hospital Discharge Data, 2003.
3. Data on stroke mortality are from Indiana State Department of Health, Vital Statistics, 2002.
4. Data on stroke risk factors are from the 2003 Behavioral Risk Factor Surveillance System survey.

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*This information was prepared by the Great Lakes Regional Stroke Network and is available on the Web at <http://glrsn.uic.edu>.*

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