

FACT SHEET

Stroke in Michigan

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 Michigan.

Scope of the Problem

It is estimated that 197,000 people in Michigan are living with the aftermath of a stroke.

In 2002, 5,814 people in Michigan died of stroke.

An estimated 58.1 people per 100,000 died of stroke in Michigan in 2002.

The age-adjusted stroke mortality rate for black women was 65.9 per 100,000 compared to 53.5 per 100,000 for white women in Michigan in 2002.

The age-adjusted stroke mortality rate for black men was 80.3 per 100,000 compared to 57.1 per 100,000 for white men in Michigan in 2002.

Risk Factors

High Blood Pressure

26.8 percent of adults in Michigan had high blood pressure in 2003.

Diabetes

In Michigan, 7.9 percent of adults were told by a doctor that they have diabetes in 2003.

High Blood Cholesterol

In 2003, 38.2 percent of adults in Michigan reported they have high blood cholesterol.

Obesity

In 2003, 25.2 percent of adults in Michigan were obese (BMI of 30 or greater).

Cigarette Smoking

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

Physical Inactivity

In 2003, 21.8 percent of adults in Michigan reported they are not physically active (no leisure time physical activity in the past 30 days).

Poor Nutrition

In 2003, only 21.1 percent of Michigan adults reported eating at least five fruits and vegetables per day.

Notes and References

1. Data of stroke prevalence are from the 2002 Michigan Behavioral Risk Factor Survey.
2. Data on stroke mortality are from Michigan Department of Community Health, Vital Statistics, 2002.
2. Data on stroke risk factors are from the 2003 Behavioral Risk Factor Surveillance System survey.

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