

**FACT SHEET**

**Stroke in Minnesota**

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 Minnesota.

**Scope of the Problem**

It is estimated that 98,000 people in Minnesota are living with the aftermath of a stroke.

In 2003, more than 10,500 Minnesota stroke patients were discharged from hospitals with total charges over \$2.2 million.

In 2002, 2,706 people in Minnesota died of stroke.

An estimated 51.3 people per 100,000 died of stroke in Minnesota in 2002.

The age-adjusted stroke mortality rate for black women was 92.8 per 100,000 compared to 48.1 per 100,000 for white women in Minnesota in 2002.

The age-adjusted stroke mortality rate for black men was 87.9 per 100,000 compared to 52.4 per 100,000 for white men in Minnesota in 2002.

**Risk Factors**

**High Blood Pressure**

22.2 percent of adults in Minnesota had high blood pressure in 2003.

**Diabetes**

In Minnesota, 5.5 percent of adults were told by a doctor that they have diabetes in 2003.

**High Blood Cholesterol**

In 2003, 30.8 percent of adults in Minnesota reported they have high blood cholesterol.

**Obesity**

In 2003, 23.0 percent of adults in Minnesota were obese (BMI of 30 or greater).

**Cigarette Smoking**

21.1 percent of adults in Minnesota were current smokers in 2003.

**Physical Inactivity**

In 2003, 15.0 percent of adults in Minnesota reported they are not physically active (no leisure time physical activity in the past 30 days).

**Poor Nutrition**

In 2003, only 24.2 percent of Minnesota adults reported eating at least five fruits and vegetables per day.

**Notes and References**

1. Data on prevalence of stroke are from the 2003 Behavioral Risk Factor Surveillance System survey.
2. Data on hospital discharges are from Minnesota State Hospital Discharge Data, 2003.
3. Data on stroke mortality are from Minnesota 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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