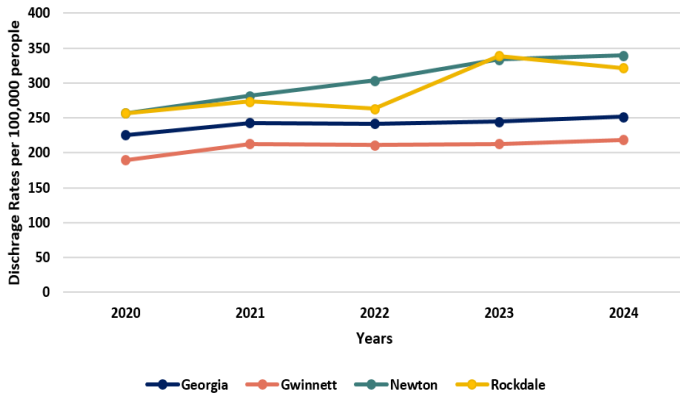
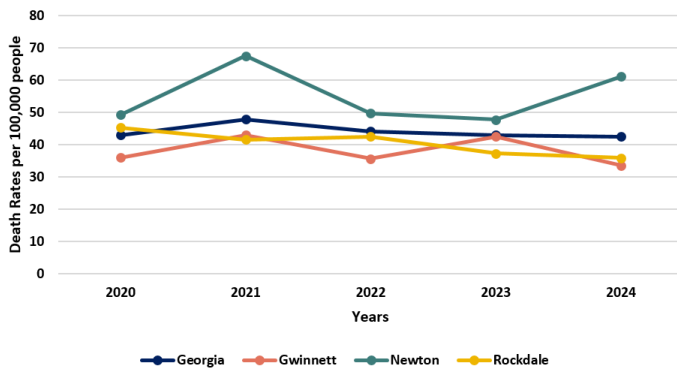


Chronic Disease Snapshot: Stroke

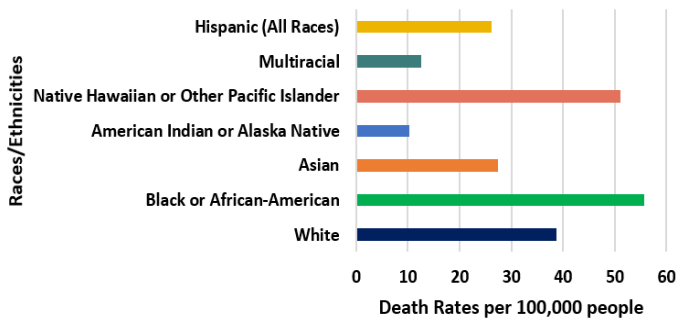
Age-Adjusted Stroke Discharge Rates in Gwinnett, Newton, Rockdale & Georgia in 2020-2024²



Age-Adjusted Stroke Death Rate in Gwinnett, Newton, Rockdale & Georgia in 2020-2024²



Age-Adjusted Death Rate by Race/Ethnicity in Georgia, 2024²



Sources:

¹Centers for Disease Control and Prevention. (n.d.). Stroke. <https://www.cdc.gov/stroke/index.html>. Retrieved April 28th, 2026.

²Georgia Department of Public Health. Online Analytical Statistical Information System (OASIS). <https://oasis.state.ga.us/>.

Stroke

Strokes occur when there is something blocking the blood flow to part of the brain (ischemic stroke) or when a blood vessel bursts in the brain (hemorrhagic stroke). Having this type of condition can cause parts of the brain to become damaged, either temporarily or long-term, and can lead to death. According to the CDC, stroke is a leading cause of serious, long-term disability.¹

Signs and Symptoms

Signs and symptoms can be identified with an acronym called F.A.S.T.:

- * **F—Face:** The person may have a droop on one side of their face or numbness in face
- * **A—Arms:** The person may lose strength in one of their arms
- * **S—Speech:** The person may have slurred speech and/or confusion
- * **T—Time:** If you or someone you are with are exhibiting any of those signs, call 911 immediately

Knowing the warning signs and symptoms of a stroke is essential to increase the chances of survival through emergency treatment. Prompt medical treatment is essential to reduce the chance for long-term effects or death from stroke.

Risk Factors

Certain risk factors and health related conditions can increase the risk of having a stroke. Health conditions that can increase the risk include transient ischemic attack (TIA), obesity, heart disease and sickle cell disease. Behaviors and lifestyle choices that can increase the risk of stroke include eating diets high in saturated fats and trans fats, not getting enough physical activity, excessive alcohol consumption and tobacco use.¹

Prevention

The risk of a stroke can be decreased by living a healthy lifestyle and working with your healthcare team to help control health conditions that can increase your risk. Living a healthy lifestyle includes eating healthy food and drinks, regular physical activity, not smoking and maintaining a healthy weight. Working with a healthcare team who checks your cholesterol, blood sugar and other health indicators can help reduce your risk for having a stroke.