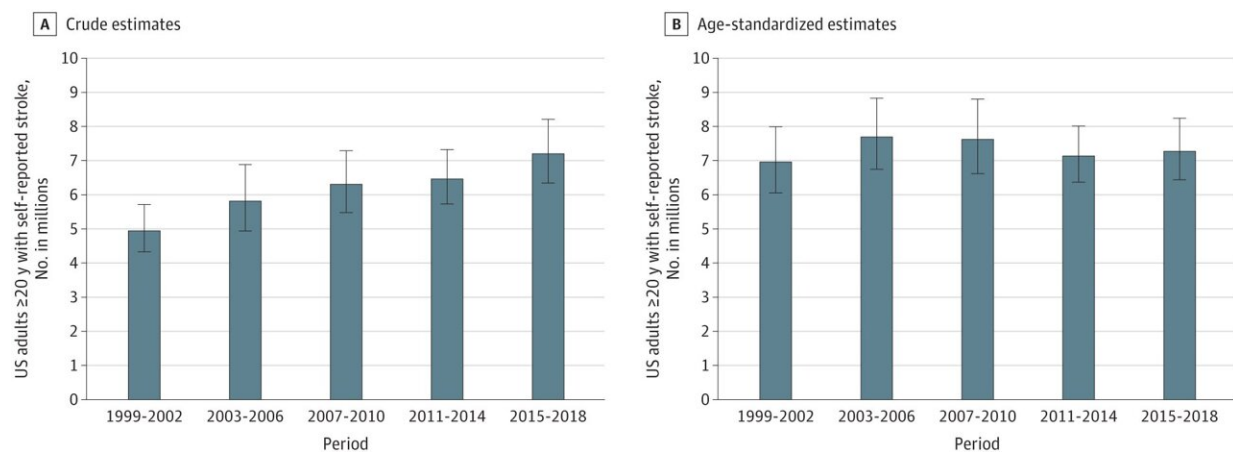


# Prevalence of stroke in US population has remained stable over past 20 years, shows study

April 25 2023, by Bob Yirka



Crude and Age-Standardized Estimated Number of US Adults 20 Years or Older With Self-Reported Stroke. A, Crude stroke prevalence estimates were applied to the 1999 to 2002 Current Population Survey (CPS), 2003 to 2006 CPS, 2007 to 2010 CPS and American Community Survey–Public Use Microdata Sample (ACS-PUMS), 2011 to 2014 ACS-PUMS, and 2015 to 2018 ACS-PUMS to calculate the number of affected individuals with stroke in each 4-year epoch. B, Stroke prevalence estimates were age-standardized to the 2017-2018 ACS-PUMS using the following age categories: 20 to 39 years, 40 to 59 years, and 60 years and older. Age-standardized stroke prevalence estimates were then applied to the 2017-2018 ACS-PUMS to calculate the age-standardized number of affected individuals with stroke in each 4-year epoch. Error bars indicate 95% CIs. Credit: *JAMA Neurology* (2023). DOI: 10.1001/jamaneurol.2023.0742

A trio of neurologists at the Perelman School of Medicine at the University of Pennsylvania has found through a study of the data in the National Health and Nutrition Examination Survey (NHANES) that the prevalence of stroke in the U.S. over the past 20 years has remained stable. Wells Andres, Aaron Rothstein and Holly Elser describe their analysis in the journal *JAMA Neurology*.

Stroke is a [medical condition](#) in which [blood flow](#) to parts of the brain becomes lost or restricted—the result is neural cell death, leaving those afflicted with minor to severe impairments. There are three main kinds of strokes: transient ischemic attack, in which an artery in the brain becomes blocked for a short period of time; [ischemic stroke](#), which is roughly the same thing but the artery does not become unblocked on its own; and [hemorrhagic stroke](#), in which a blood vessel in the brain bursts.

In this new effort, the researchers wondered if rates of stroke have been changing in recent years. To find out, they studied data from NHANES, a database created by the CDC's National Center for Health Statistics, containing information collected every year to track health trends in the United States.

The group found that overall, prevalence of stroke remained steady over the years 1999 to 2018, when taking into account population growth. For the U.S. as a whole, the rate was found to be 2.84%, which, the team notes, describes between 7 and 8 million people. One group that saw a slight increase was men—for them, the rate increased from 2.9% to 3.1%.

The researchers note that reasons for or type of stroke were not included in their study, though they suggest that it is important that medical scientists continue to look for ways of preventing strokes altogether. They note also that, as in the past, most people who have a stroke are over the age of 60. They also note that it is possible the national average

is slightly higher than their results suggested because data for people living in rehabilitation, long-term care, or medical facilities was not included.

**More information:** Wells Andres et al, Trends in the Prevalence of Stroke Among Community-Dwelling Individuals in the US, 1999-2018, *JAMA Neurology* (2023). [DOI: 10.1001/jamaneurol.2023.0742](https://doi.org/10.1001/jamaneurol.2023.0742)

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