

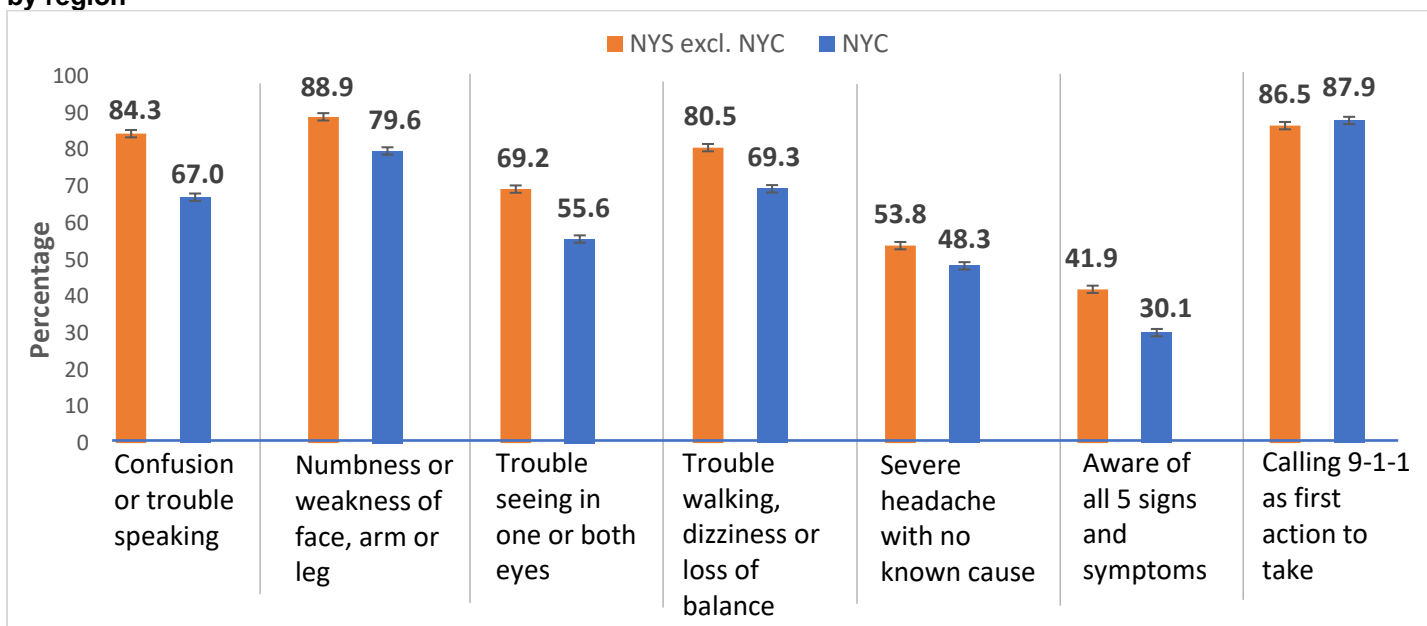
## Awareness of stroke signs and symptoms is lower among residents in New York City



Every 40 seconds someone in the United States (US) experiences a stroke and every four minutes someone dies of stroke.<sup>1</sup> In New York State (NYS) more than 6,000 people die from stroke each year and stroke remains a leading cause of disability. Recognizing the signs and symptoms of a stroke and calling 9-1-1 if someone is experiencing a stroke helps ensure timely treatment, reducing brain damage and preventing serious disability and death.

- Over 80% of adults in NYS recognize numbness or weakness of the face, arm or leg; sudden confusion or trouble speaking; and trouble walking, dizziness or loss of balance as signs of stroke.
- New Yorkers are less likely to recognize a severe headache with no known cause and trouble seeing in one or both eyes as signs of stroke.
- Residents of New York City (NYC) are less likely to recognize each of five major signs and symptoms of stroke, most notably, confusion or trouble speaking and trouble seeing in one or both eyes (Figure 1.)
- There is no difference between the NYC and the rest of NYS in knowledge regarding calling 9-1-1 as the first action to take when experiencing a stroke.

**Figure 1. Knowledge of stroke warning signs and symptoms and calling 9-1-1 as first action to take, NYS adults, by region**



Data Source: 2013, 2016 and 2017 Behavioral Risk Factor Surveillance System

### Public Health Opportunity

#### Actions for Public Health Partners and Health Care Providers

- Engage in community programs to increase awareness of the five common signs and symptoms of stroke and importance of calling 9-1-1 to facilitate access to timely and appropriate hospital care.
- Interventions that aim to increase stroke preparedness, such as public awareness campaigns to improve recognition of stroke and activation of 9-1-1, should address health literacy and cultural tailoring to high-risk communities.
- Use opportunities to educate patients on health behaviors, such as smoking, sedentary behavior, and poor diet, to control or reduce developing risk factors for stroke (hypertension, diabetes, heart disease, and obesity).

For more information, please send an e-mail to [BCDER@health.ny.gov](mailto:BCDER@health.ny.gov) with IFA #2019-13 in the subject line. To access other Information for Action reports, visit the NYSDOH public website: [http://www.health.ny.gov/statistics/prevention/injury\\_prevention/information\\_for\\_action/index.htm](http://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/index.htm)

<sup>1</sup>Benjamin EJ, Blaha MJ, Chiuve SE, et al. on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics – 2017 update: a report from the American Heart Association. *Circulation*. 2017;135:e229-e445.