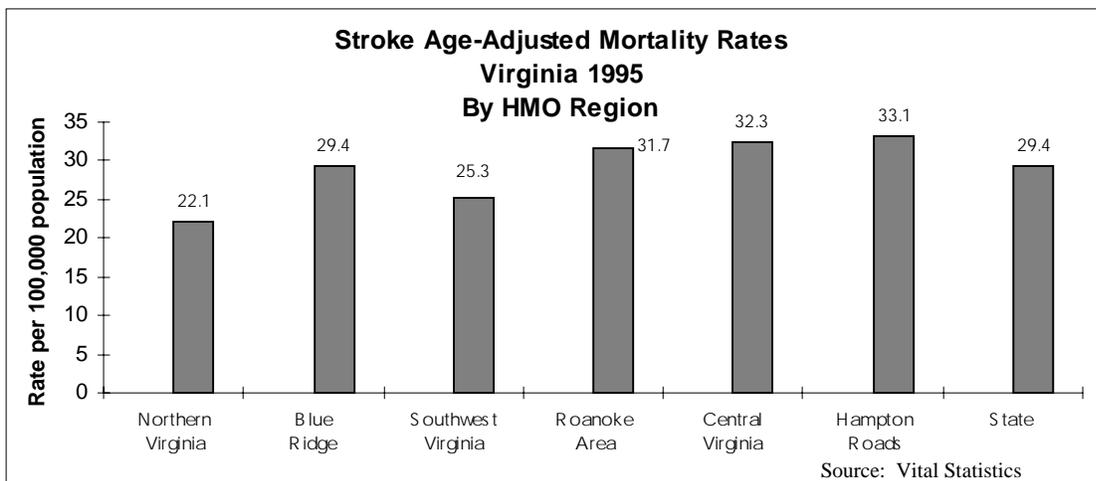
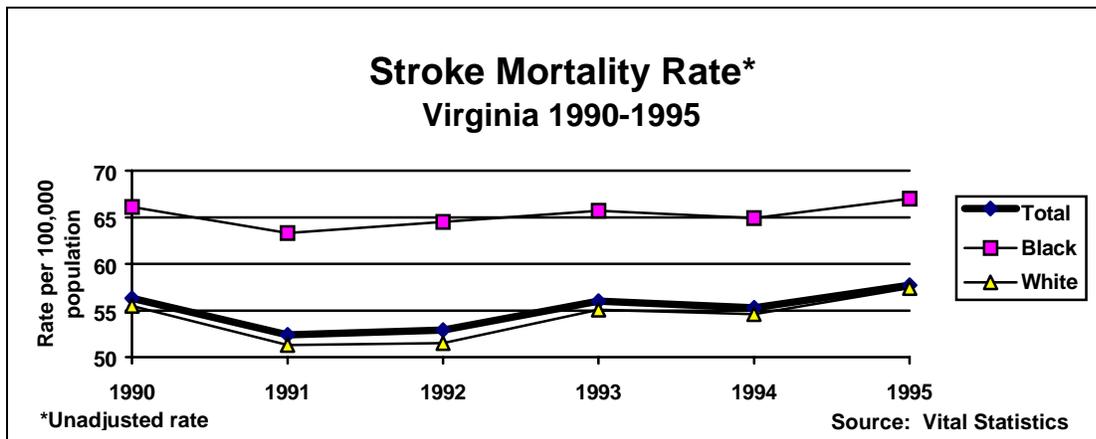


## Stroke Deaths

**Objective:** *Reduce stroke deaths to no more than 20 per 100,000 people (age-adjusted).*

Although the national death rate for stroke has dropped 60% during the past twenty years, Virginia's rate of 57.7 deaths per 100,000 people in 1995 is higher than it was at the beginning of the decade. Stroke is also a major cause of disability that creates severe physical, emotional and financial hardship for survivors and their families. The major risk factor of all strokes is high blood pressure. People with this condition have up to seven times the risk of experiencing a stroke compared to individuals with normal blood pressures. Persons who smoke and those with a family history of stroke are also at increased risk. Elevated blood cholesterol levels may also contribute to the risk of stroke.



**Stroke Age-Adjusted Death Rates\*  
by Health District, Virginia 1995**

<b>FIRST QUARTILE</b>	Fairfax	19.8	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Virginia 2000 Objective</b>   <b>20 per 100,000</b> </div>	
	Lenowisco	20.9		
	Arlington	23.1		
	Alexandria	23.2		
	West Piedmont	23.8		
	Cumberland Plateau	23.8		
	Loudoun	25.4		
	Rappahannock	26.8		
	Virginia Beach	27.0		
	Central Shenandoah	27.0		
<b>SECOND QUARTILE</b>	Chesterfield	28.5	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>U.S. Rate 1994</b>   <b>26.7 per 100,000</b> </div>	
	Alleghany	29.1		
	Mount Rogers	29.6		
	New River	29.8		
	Three Rivers	29.9		
	Lord Fairfax	30.2		
	Hampton	30.2		
	Henrico	30.5		
	Richmond	30.5		
	<b>THIRD QUARTILE</b>	Peninsula		30.6
Prince William		30.7		
Rappahannock/Rapidan		30.7		
Piedmont		30.9		
Thomas Jefferson		32.2		
Central Virginia		34.5		
Western Tidewater		35.0		
Chesapeake		35.4		
<b>FOURTH QUARTILE</b>		Pittsylvania/Danville	35.7	
		Hanover	36.4	
	Roanoke	38.7		
	Norfolk	39.0		
	Crater	39.5		
	Eastern Shore	40.4		
	Portsmouth	43.5		
	Southside	44.0		

\*Rates per 100,000 population