

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



STROKE IN TARRANT COUNTY

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts, causing brain cells to die



Someone has a stroke every 40 seconds in the United States

Cerebrovascular disease (stroke) is the 4th leading cause of death in Tarrant County

Figure 1. Stroke mortality among Tarrant County residents, 2011-2020

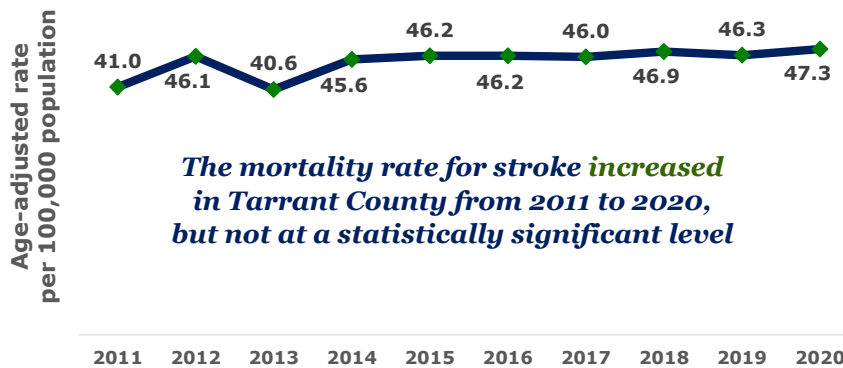


Figure 2. Stroke mortality among selected geographic areas, 2020

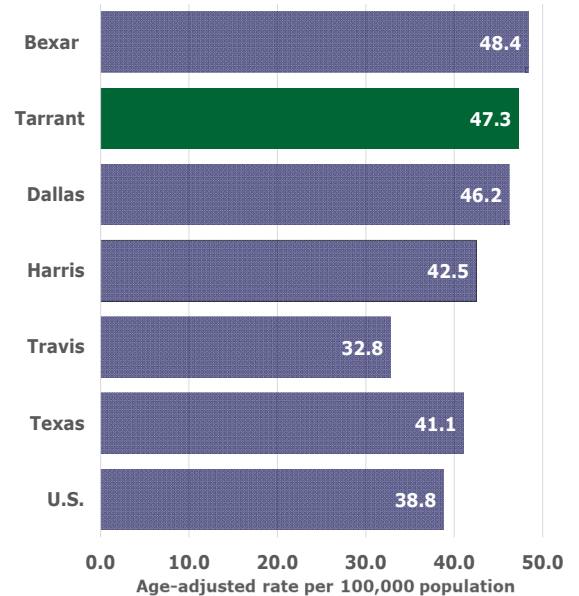
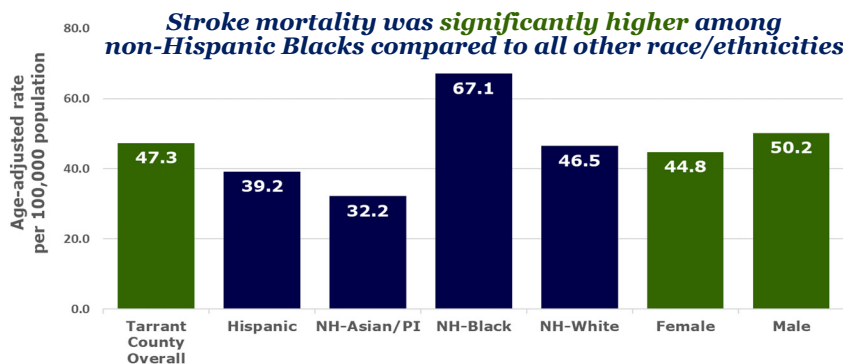
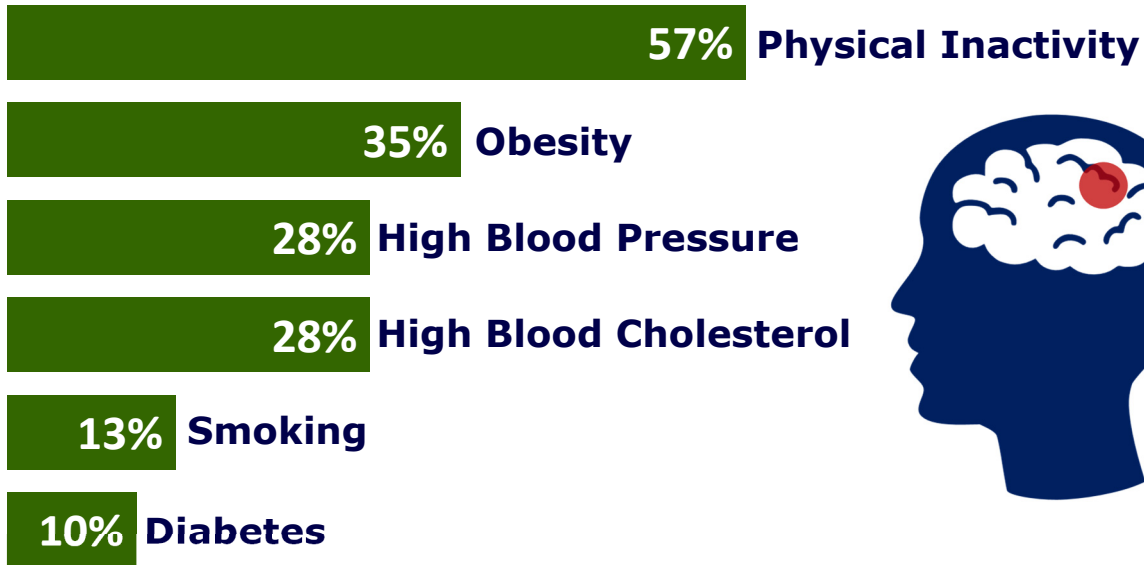


Figure 3. Stroke mortality among Tarrant County residents by selected demographics, 2020







Stroke mortality in Tarrant County was significantly higher compared to Travis County, Texas, and the U.S.

Many Tarrant County adults have **risk factors** for stroke



Recognize the signs of stroke **F.A.S.T.**

 <p>FACE Ask the person to smile. Does one side droop?</p>	 <p>ARMS Ask the person to raise both arms. Does one arm drift downwards?</p>	 <p>SPEECH Ask the person to repeat a simple sentence. Are the words slurred?</p>	 <p>TIME If the person shows any of these symptoms, call 911 immediately.</p>
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Learning the signs of stroke can HELP SAVE LIVES

Infographic from the Centers for Disease Control and Prevention



Sudden dizziness and severe headache are other warning signs of a stroke

Resources and Support

- **Tarrant County Public Health** [health.tarrantcounty.com]
 - * **Health for Me:** Self-management class for persons with diabetes, obesity, hypertension, and other chronic conditions
 - * **Live Tobacco Free:** Free tobacco cessation classes for adults
- **American Stroke Association** [StrokeAssociation.org]
- **Million Hearts** [MillionHearts.hhs.gov]
- **Centers for Disease Control and Prevention** [cdc.gov/stroke]