

Stroke Message Map

Question: What are the statistics, warning signs, and groups affected by stroke?		
Audience: Partners and Stakeholders of Federal Agencies		
Key Message 1: Stroke is the 5th leading cause of death in the U.S., killing nearly 129,000 Americans each year.	Key Message 2: It's important to learn the warning signs of a stroke, recognize them, and get to a hospital immediately.	Key Message 3: Minorities have higher stroke risks, strokes at an earlier age, and more severe strokes.
1-1: Every 4 minutes, someone in the U.S. dies from a stroke.	2-1: Signs of stroke include: sudden numbness, sudden confusion, sudden trouble seeing, sudden loss of balance/coordination, and sudden severe headache.	3-1: African Americans are impacted by stroke more than other racial groups—they are nearly two times more likely to have a stroke than whites.
1-2: Stroke is a leading cause of severe disability. Those who survive a stroke may have problems with walking, talking, swallowing, emotions, thinking, and memory.	2-2: Recognizing signs and acting FAST can save a life: Face drooping, Arm or leg weakness, Speech difficulty, Time to call 9-1-1.	3-2: Cultural and language barriers are associated with lack of stroke knowledge among Spanish-speaking Hispanics and is a major reason why Hispanics are more likely to delay care than other groups.
1-3: The good news: over the past 10 years, the number of stroke deaths has dropped by about 18 percent.	2-3: Women may have different symptoms than men when it comes to stroke. These include general weakness, shortness of breath, agitation, seizures, nausea, or hallucinations.	3-3: African Americans and Hispanics are more likely to experience stroke earlier in life. This is likely due to their higher rates of risk factors, such as high blood pressure, diabetes, and obesity.

Resources:

1. [Worldwide Heart/Stroke Health](#)
2. [Women and Stroke](#)
3. [Hispanics/Latinos & Cardiovascular Diseases](#)
4. [African Americans and Cardiovascular Diseases](#)
5. [Minority Women's Health: African Americans and Stroke](#)
6. [Minorities and Stroke](#)
7. [About Stroke](#)
8. [Stroke Educational Materials](#)