Critical Pathway

Stroke

Opportunities for Prevention

Primary
Demographic Risk Factors*
- Age (older)
- Genetics/family history
- Race/ethnicity (R/E)
- Sex (male incidence)
- Sex (female death)

Behavioral & Social Risk Factors*
- Tobacco use
- Alcohol/drug abuse
- Lack of physical activity
- Poor nutrition
- Poor medical care
- Stress, depression

Secondary

Intermediate Outcomes
- Prior TIA (mini stroke)
- Artery disease
- Heart disease
- High blood pressure
- High cholesterol
- Diabetes

Tertiary

Social Determinants of Health

Birth

Characteristics of Residents, San Diego County
Selected Elements from Stroke Pathway

Rate per 100,000 Population

Percent of Population

- Non-modifiable risks
- Modifiable risks
- Population rates

- R/E - White: 45.1%
- R/E - Black: 5.0%
- Ages - 65+: 14.1%
- Poverty - <100%FPL: 10.9%
- Tobacco Use (+18): 7.0%
- No Physical Activity (18+): 9.8%
- Prior Heart disease: 6.2%
- Overweight, BMI 25-29.9 (18+): 28.6%
- Obese, BMI 30+ (18+): 28.8%
- Diabetes (18+): 9.3%
- High blood pressure (18+): 22.9%
- ED Discharges - Stroke: 84.4
- Hospitalizations - Stroke: 48.3
- Deaths - Stroke: 193.9
Sources


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