

Heart and Stroke Foundation Fact Sheet

Stroke

The Growing Burden of Heart Disease and Stroke in Canada 2003

Mortality¹

- In 2000, **15,409 Canadians died of stroke** accounting for 7% of all deaths – 9,038 women and 6,371 men.
- Between 1969 and 1999, **death** rates for cerebrovascular disease **decreased by 62%**.
- Men between 60 and 89 years had slightly higher death rates for cerebrovascular disease, after which the rate among women was higher than among men.
- In Canada, the **number of deaths** from cerebrovascular disease is **expected to increase among women until 2015**, and then plateau. Deaths are projected to **increase among men through to 2025**.

Risk Factors²

- **80.2%** of Canadians (20-59 yrs) have **at least one** of the following **risk factors** for heart disease or cerebrovascular disease: daily smoking, physical inactivity, being overweight, self-reported high blood pressure or self-reported diabetes.

Quality of Life²

In 2000, of Canadians who reported having had a stroke:

- **77.2%** need to **restrict their activities**.
- **71.2%** require **help with activities of daily living**.

Hospitalizations³

- Heart disease and stroke combined are the **number one cause of hospitalization** among men and women in Canada (18% of hospitalizations in 2000-2001).

Economic Costs⁴

- Among cardiovascular diseases, stroke was the **second largest contributor to hospital care COSTS** for CVD (\$714.4 million; 17.2% of CVD hospital costs).

¹ Statistics Canada. Mortality Files.

² Statistics Canada National Population Health Survey (NPHS); Canadian Community Health Survey (CCHS).

³ Canadian Institute for Health Information (CIHI). Hospital Morbidity Database.

⁴ Health Canada. Economic Burden of Illness in Canada, 1998.

