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U.S. stroke rate declining in adults 75 and older, yet rising in adults 49 and younger

by American Heart Association



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While fewer people older than age 75 are having strokes, the incidence of stroke among adults ages 49 and younger in the U.S. has continued to increase over the last 30 years, particularly among people living in the South and Midwest regions, according to preliminary research to be presented at the American Stroke Association's International Stroke Conference 2022.

"Stroke is a growing public health burden in the U.S.," said Audrey C. Leasure, B.S., lead study author and a fourth-year medical student at Yale University School of Medicine in New Haven, Connecticut.

"There are about 795,000 new or recurrent strokes each year in the U.S., and the economic and health care burden of this growing population of stroke survivors has an impact on the nationwide health care infrastructure at every level."

Using the Global Burden of Disease (GBD) 2019 study, a large-scale, peer-reviewed assessment of global trends in health, researchers evaluated U.S. stroke data from 1990 to 2019. The GBD study tracks trends for diseases and causes of death by age, sex and country. Researchers calculated