State of Stroke

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Vision and Mission

Our Vision
To promote equality and support for all impacted by stroke.

Our Mission
To reduce the incidence and impact of stroke by delivering education and programs focused on prevention, treatment, rehabilitation and support for all impacted by stroke.
Stroke FACTS

• Stroke is the fifth leading cause of death in the U.S.
• Each year nearly 800,000 people experience a new or recurrent stroke
• Over 140,000 deaths each year
• There are approximately 7 million stroke survivors in the U.S. today
Strokes are Common

- A stroke happens every 40 seconds
- Every 4 minutes someone dies from a stroke
- 1 in 20 adult deaths are due to stroke
- Stroke is a leading cause of serious, long-term adult disability
- Up to 80% of preventable strokes can be prevented by working with your healthcare provider and reducing personal risk
Newest data from CDC

- African-American’s have the highest stroke death rates among all races/ethnicities
- Stroke death rates among Hispanics have increased by 6% each year from 2013 to 2015
- Strokes are happening at younger ages
- Risk factors might not be recognized and treated in middle-aged adults (35-64 years old)
- The decline in stroke deaths has slowed since 2013
Continued to decrease

Slowed down

Death rates increasing

www.stroke.org
Hispanics and Stroke

- Higher incidence among Mexican Americans than Caucasians
- Mexican Americans are at increased risk of all types of stroke and TIA at younger ages than Caucasians
- Spanish-speaking Hispanics are less likely to know stroke symptoms than English-speaking Hispanics, African-Americans, and Caucasians
What We Do

• Provide online resources with up-to-date and reliable information about stroke, recovery and secondary stroke prevention.

• Improve the lives of stroke survivors and their circles of support.

• Offer programs that build awareness of stroke signs and symptoms.

• Advocate for prevention and issues important to stroke survivors and their families.

• Educate healthcare professionals.
Survivor Programs & Services

- **Programs-in-a-box** – Educational kits on a variety of post stroke conditions
- **Return to Work** – Road map to help those seeking a return to the workforce
- **Games & Applications** – Variety of games and apps to deliver health information, manage personal health and recovery, track lifestyle changes like nutrition and mobility
- **792 Registered Support Groups** – National-wide
- **4552 Careliving members**
Survivor and Caregiver Outreach Programs

NATIONAL STROKE ASSOCIATION
HOPE AFTER STROKE

Careliving
Caring for YOURSELF and a Stroke Survivor

STROKE RECOVERY NAVIGATOR

STROKE GROUP SUPPORT

STROKE HELP LINE
1-800-STROKES
(787-6537)
Healthcare Provider Programs & Services

• **Certified Stroke Rehabilitation Specialists (CSRS)** – rigorous program that enables therapists to become preeminent stroke clinicians – 630 current, certified specialists.

• **Provide stroke related education** programs to more than 9,000 healthcare professionals.
Stroke Recovery Navigator

- **Stroke Recovery Navigator** is a phone-based navigation program which provides one-on-one support for stroke survivors or stroke survivor caregivers for up to 6 months after discharge from a care facility.

- **Navigators partner** with program clients to create an individualized plan to identify and overcome their stroke-related barriers, attain self-advocacy skills, and access pertinent support and resources.
Government Affairs & Advocacy

Federal Government
• Action on 7 bills critical to stroke community – Healthcare Reform, Telehealth/Telestroke
• Dozens of in-person meetings with congress and staff
• Advocacy alerts, resulting in to more than 10,000 messages to representatives

State Government
• Tracked more than 100 bills in 34 States
• Sent more than 2,000 letters
Impact of our Work

- 86% of stroke survivors make behavior changes as a result of our programs
- 95% of healthcare professionals show improvement in their stroke knowledge
- 60% of healthcare professionals implement practice changes
- 70% of caregivers feel more supported
Comeback Trail 5K Events

• 5K Walk and Fun-Run for all ages and abilities.
• An opportunity for the stroke community to come together to:
  – Raise stroke awareness
  – Celebrate stroke survivorship
  – Raise money necessary to support the mission
“...The day was fabulous. The energy was off the charts. Couldn't have been better.”
CBT – Denver Participant

“The entire experience was fantastic. The volunteers, the supporters, the route--everything was really well done!”
CBT – Washington D.C. Participant
2018 Comeback Trail Locations

Returning Events
- Washington D.C.
- Denver
- Chicago
- Atlanta
- Long Island
- Fort Lauderdale

New Events
- Houston
- Phoenix
- Raleigh-Durham
- So. California
- No. California

Community Led Events
- Cincinnati
- Nashville
- Delaware
- Dallas-Fort Worth
What are we doing in Texas?

Texas
• 1,023 constituents – people utilizing NSA helpline, online resources, programs, education.
• 1,200 donors

Austin
• 100 constituents
• 70 donors