



Public Health
England

Act F.A.S.T. 2018

Facts & Stats

January 2018



Act FAST – Hero campaign statistics for press release

- There are more than 100,000 strokes in the UK every year^{i,ii}
- There are more than 80,000 hospital stroke admissions recorded in England, Wales and Northern Ireland each year²
- On average, there are around 40,000 stroke deaths in the UK each year^{iii,iv,v} (32,000 in England each year)^{vi}
- There are around 1.2 million stroke survivors in the UK^{vii,viii,ix,x} (over 1 million of those in England)^{xi}
- Almost two-thirds of stroke survivors leave hospital with a disability^{xii}**Error! Bookmark not defined.**
- While the majority of people (93%) would call 999 if they saw a stroke, a quarter (24%) incorrectly think that they need to see two or more signs before making the call^{xiii}

Additional campaign statistics for toolkit and Q&A

Key statistics:

- Stroke is one of the largest causes of complex disability – over half of all stroke survivors have a disability^{xiv,xv}
- Stroke is the fourth single largest cause of death in the UK^{iii,iv,v}
- Stroke kills twice as many women as breast cancer and more men than prostate and testicular cancer combined a year^{iii,v}
- Black people are twice as likely to have a stroke at a younger age compared to white people^{xvi}
- Stroke has a greater disability impact on an individual than any other chronic disease^{xvii}
- Over a third of stroke survivors in the UK are dependent on others, of those 1 in 5 are cared for by family and/or friends^{xviii}

Frequency:

- Due to an ageing population, the rate of first time strokes is expected to increase by 59% in the next 20 years for people aged 45 and over^{xix}
- In the same period, the estimated number of stroke survivors is expected to rise by 123%, for people aged 45 and over^{xix}
- 1 in 4 stroke survivors will experience another stroke within five years^{xx}
- Men are at a 25% higher risk of having a stroke at a younger age compared to women^{i,xxi}
- However, as women live longer there are more total incidences of stroke in women
- The greatest risk of recurrent stroke is in the first 30 days^{xxii}
- Strokes often happen following a TIA or a mini stroke. Of all strokes than occur after TIAs about half of them happen in the following 24 hoursⁱⁱⁱ and 8% will occur within a week of a TIA^{xxiii}

Mortality:

- One in eight strokes are fatal within the first 30 days^{xxiv}
- In England and Wales alone, stroke killed 18,750 women and 13,877 men in 2016ⁱⁱⁱ
- Stroke is the fourth single largest cause of death in England and Wales^{iii,iv,v}
- 1 in 14 (6%) of all deaths in the UK is caused by stroke^{iii,iv,v}
 - Stroke causes approximately 6% of all deaths in men in the UK ^{iii,iv,v}
 - Stroke causes approximately 7% of all deaths in women in the UK ^{iii,iv,v}
- Over 40,000 people died of stroke in the UK in 2016 ^{iii,iv,v} .
- Lower mortality rates in the UK means there are more people surviving and living with stroke now than ever before

Age:

- Age is the single most important risk factor for stroke
- The risk of having a stroke doubles every decade after the age of 55^{iii,xxv}
- Men are at higher risk of having a stroke at a younger age than women.^{xxvi xxvii} However, there are a greater number of stroke related deaths in women because they live longer
- 1 in 4 (26%) of strokes in the UK occur in people under 65 years old^{xxviii}

Effects of stroke:

- Stroke causes a greater range of disabilities than any other condition^{xxix}
- The effects of a stroke depend on where it takes place in the brain and how big the damaged area is^{xxx}
- Stroke can affect walking, talking, speech, balance, co-ordination, vision, spatial awareness, swallowing, bladder control and bowel control^{xxxi}

Risk factors:

- High blood pressure can triple your risk of stroke and heart disease. The prevalence of high blood pressure in England is 13.8%^{xxxii}
- The number of people diagnosed as having high blood pressure has consistently increased since 2005 ^{x,xxxiii, xxxiv, xxxv}
- Diabetes (type 1 and type 2) almost double your risk of stroke and is a contributing factor to 20% of strokes in England, Wales and Northern Irelandⁱ
- Obese people are 80 times more likely to develop type 2 diabetes than people with a BMI under 22^{xxxvi}
- Regular consumption of large amounts of alcohol greatly increases your risk of ischaemic stroke^{xxxvii}

- One study found that heavy drinking (considered as more than two drinks per day) was found to shorten the time to stroke by 5 years^{xxxviii}
- Smoking doubles your risk of death from stroke^{xxxix}

Treatment:

- 51.3% of stroke patients in England, Wales and Northern Ireland have a brain scan within one hour of admission, and 90% within 12 hours of admission^{xl}
- An estimated 1.9 million neurons are lost every minute a stroke is untreated^{xli}
- More than half of patients who received the clot busting treatment, thrombolysis, in the UK received it within an hour of arriving at hospital in 2016-17^{i,xliii}
- 85% of all stroke patients that are eligible for thrombolysis receive it^{xliiii}
- The average time between arriving at hospital and receiving thrombolysis was 52 minutes in 2016/2017, which represents a reduction of 6 minutes since 2013/2014^{xliv}
- Patients treated with thrombolysis quicker have better outcomes. When thrombolysis is given within 3 hours, 2% more patients will be alive and able to return to their lives without added assistance^{xlv}
- For every 1,000 patients treated with thrombolysis within three hours, about 100 more will be alive and live independently than 1,000 patients not treated with thrombolysis^{xlvi}

Acting FAST:

- Since 2009, public awareness has moved on and our tracking shows that people are now more aware of the signs of stroke – with 78% of people spontaneously recognising at least one of the signs of a stroke following last year’s campaign (prompted recognition was 99%).
- This is backed up by recent qualitative research that showed people are now more aware of what a stroke is,^{xlvii} with most aware that it occurs in the brain – and is related to the flow of blood. Most people are also aware of at least one of the signs – with word of mouth driving awareness for many
- 85% of people know that if detected early, stroke can be effectively treated in many cases^{xlviii}
- When prompted:^{xlix}
 - 97% of people recognised that a face fallen on one side could be a sign of stroke
 - 95% recognised slurred speech
 - 92% recognised someone being unable to lift their arm
- However, 13% erroneously wouldn’t call 999 if they weren’t sure if someone was showing signs of having a stroke

i Royal College of Physicians Sentinel Stroke National Audit Programme (SSNAP). National clinical audit annual results portfolio March 2016-April 2017. Available: <http://bit.ly/1NHylqH> Last accessed 24 October 2017. (From SOTN Report)

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