

Stroke, TIA & AF statistics

* the most up-to-date, available annual data were used

Chest
Heart &
Stroke

what's the bigger picture?

4 in 10

37% of recorded deaths were due to chest, heart or stroke conditions, (1)
Together, these conditions are the #1 cause of death across N. Ireland.



16 per day

5,828 people died due to these conditions, (1). This is about 16 per day.

17%

335,171 people are on registers for these conditions, (2) - 17% of population.

The circulatory system is your heart and blood vessels. Circulatory diseases like stroke and transient ischaemic attacks affect this system. These are sometimes called cardiovascular diseases (CVD).



39,364
Atrial Fibrillation

39,364 people are on the AF register, about 2% of the population. There could be at least another 10,000 people undiagnosed, (2) (4).

It's time to talk about AF

Atrial Fibrillation (AF) is a type of irregular heartbeat. This can cause **dizziness, shortness of breath, and tiredness**. But you can also have no obvious symptoms, so you may not even know you have AF.

AF can make your risk of a stroke 5 times higher...



AF can make your risk of a stroke five times higher, and the stroke is more likely to be severe. As we get older, our risk of developing AF increases, (4).

1 in 4

Last year, **almost 1 in 5** people who were admitted to hospital because of a stroke knew that they had AF (5). But it's likely that even more strokes - **about a quarter** - are due to AF.

About 30-40% of people won't know that they've AF until they have a stroke, (4).

40%

With a quick and simple check, we can test for AF. Call us on 02890 320184 to find out more

But the **good news** is that AF is a manageable condition, and with the right treatment, you can live your life as normal, and **reduce your risk of having a stroke**.

A **Stroke** (sometimes called a brain attack). It is a serious life-threatening medical condition that occurs when the blood supply to part of the brain is cut off, killing brain cells. There are 3 different types of stroke:

Ischaemic strokes (due to a clot);
Haemorrhagic strokes (due to a bleed); and

Transient Ischaemic Attack (or TIA for short) is sometimes called a 'mini-stroke', because the symptoms similar to those of a stroke but last a short time. It happens when a temporary blockage cuts off blood supply to the brain. A TIA is still very serious. It is a sign that there is a problem and that you are at serious risk of a further stroke.



38,234
on stroke register

38,234 people are on the stroke register (which includes TIA). This is about **2%** of the population, and almost 3% more than the previous year, (2).

1,022 deaths...
about 3 a day (1)

Since 2008, deaths due to stroke have decreased by **30%**, (1)

30%

1 in 3

Just over a third (34%) of strokes happen to people under the age of 69. (5)
15 in every 100 people who have a stroke are under 60.



In 2018/2019, **2752** people were admitted to hospital with because of a stroke. This is about **8 people a day** (5).

The majority of strokes - 87% - were ischaemic. The remainder were haemorrhagic strokes. (5)

2 in 3

Almost two thirds of stroke survivors leave hospital with a disability. (6)

Sources of information:

- 1) Registrar General Annual Report 2018.
- 2) NISRA Disease Prevalence (Quality Outcomes Framework) data 2018/19.
- 3) Hospital Activity Statistics 2018/19.
- 4) Focus on AF in Northern Ireland. An independent Inquiry (NICHs, 2020)
- 5) Annual Results Portfolio 2018-19. SSNAP, www.strokeaudit.org/results/Clinical-audit/National-Results.aspx
- 6) Kennedy, N. (2019) Struggling to recover.

With your help, we are leading the fight against chest, heart and stroke illnesses across Northern Ireland. Join the fight!

nichs.org.uk/donate