

Stroke Health Profile

May 2026

May is national stroke awareness month and it's important for individuals to understand their risk and signs of this cardiovascular condition. Strokes occur when blood flow to the brain is blocked. Strokes are one of the top ten causes of death in Wood County and the fourth most common cause in Ohio and the US. In Wood County from 2010 to 2025, over 1,000 people died from stroke. Individuals can take simple steps like knowing their health status and exercising to lower personal risk and use the acronym BEFAST to recognize the signs of a stroke.

Data retrieved from CDC National Center for Health Statistics on CDC WONDER Online Database and Ohio Department of Health Ohio Cancer Surveillance System and Bureau of Vital Statistics.

For questions, please contact:

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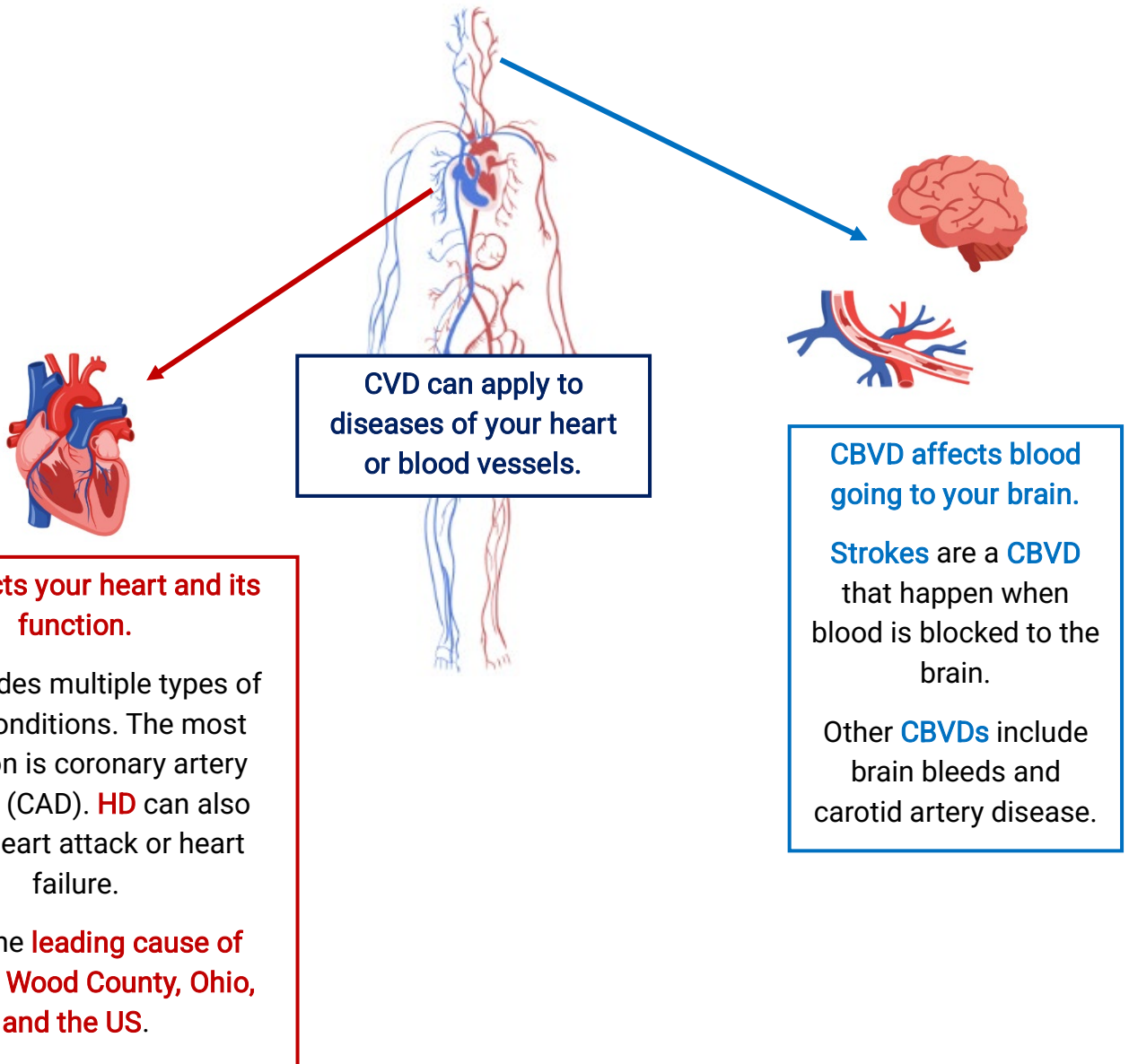
cgbrown@woodcountyohio.gov

May is **Stroke Awareness Month!**

Before we dive into the data let's clear up some terms about your health:

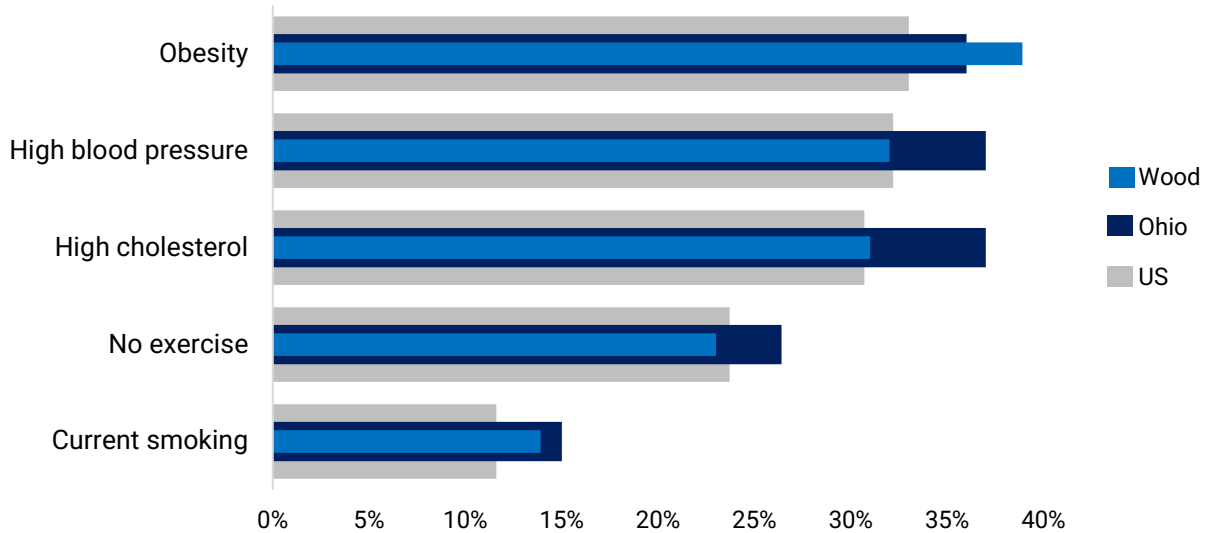
Your heart, blood vessels, and blood make up your **cardiovascular system**. Diseases that impact this system are called **cardiovascular diseases**.

Many people hear **cardiovascular disease (CVD)** and think it's the same as **heart disease (HD)**, but **HD** is actually a type of **CVD**. **Cerebrovascular disease (CBVD)** is another type of **CVD**.



Risk Factors

Although **Wood County** has the **highest** rate of obesity, other risk factors are **lower** than **Ohio** and similar to the **US**.



More adults in Wood County **exercise** than in Ohio and in the US. **Fewer** Wood County adults have **high blood pressure, high cholesterol, and smoke** than in Ohio. However, **more** adults in Wood County are **obese** compared to Ohio and the US.

Smoking, obesity, and lack of exercise can increase your risk of HD and stroke because they all negatively impact blood circulation, blood pressure, and cholesterol levels.

You can improve your heart health by **exercising, quitting smoking, and knowing your numbers!** “Knowing your numbers” means regularly checking body measures like cholesterol, blood pressure, blood sugar, and weight. Knowing your health status with these numbers can help you and your provider understand your personal risk.

Our **Mobile Health Center** offers free screenings and the **Wood County Community Health Center** is the perfect place for primary care.

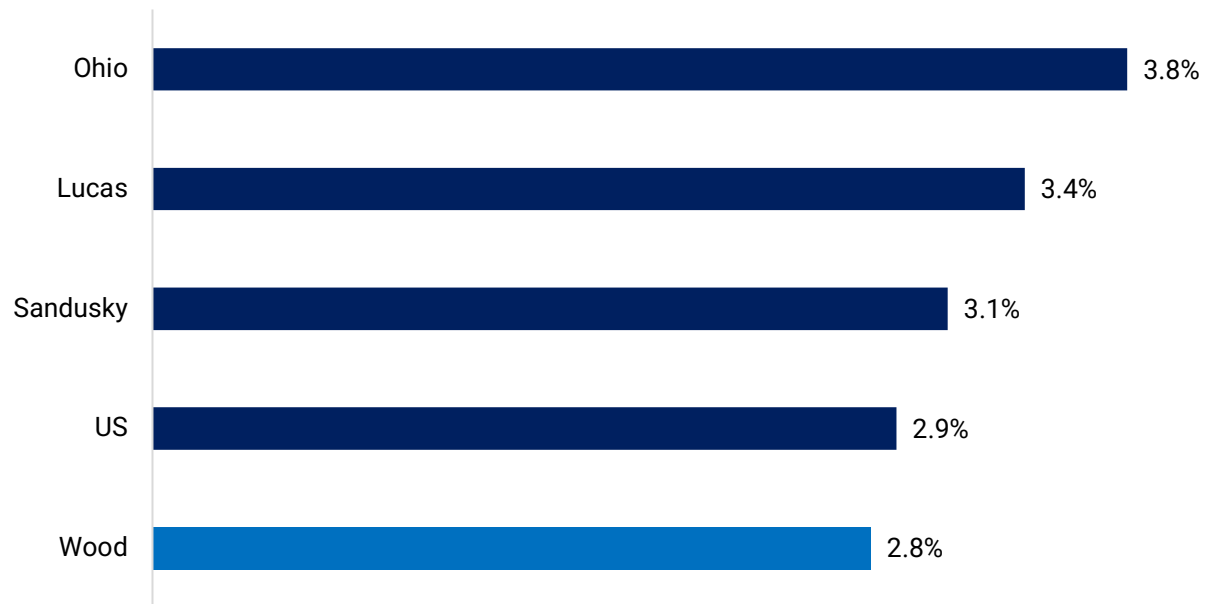
- **Mobile Health Center Schedule:** <https://woodcountyhealth.org/health-promotion-prevention/mobile-health-center/>
- **Wood County Community Health Center:** <https://woodcountyhealth.org/health-center/>

Stroke

In 2023, fewer Wood County adults had ever had a stroke than adults in Ohio, the US, and neighboring counties.

Similar to heart disease, stroke occurrences and deaths are also higher in rural areas. Increased stroke mortality has been found to be related to differences in travel time and in-hospital care between rural and urban regions.

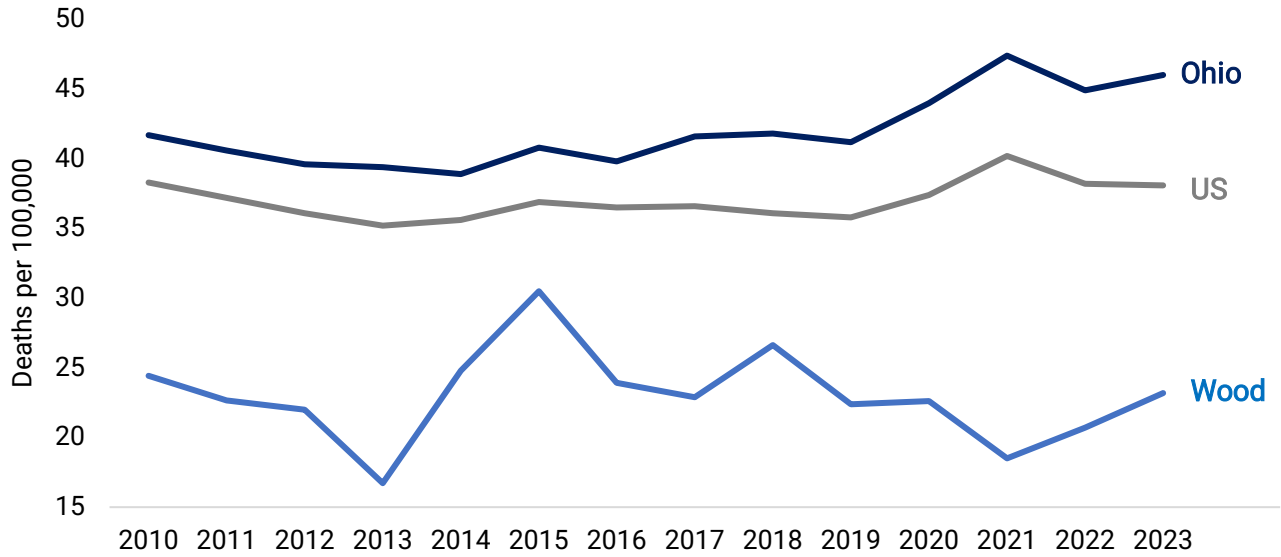
The percent of adults with a stroke was **lower** in **Wood County** than Ohio and the US.



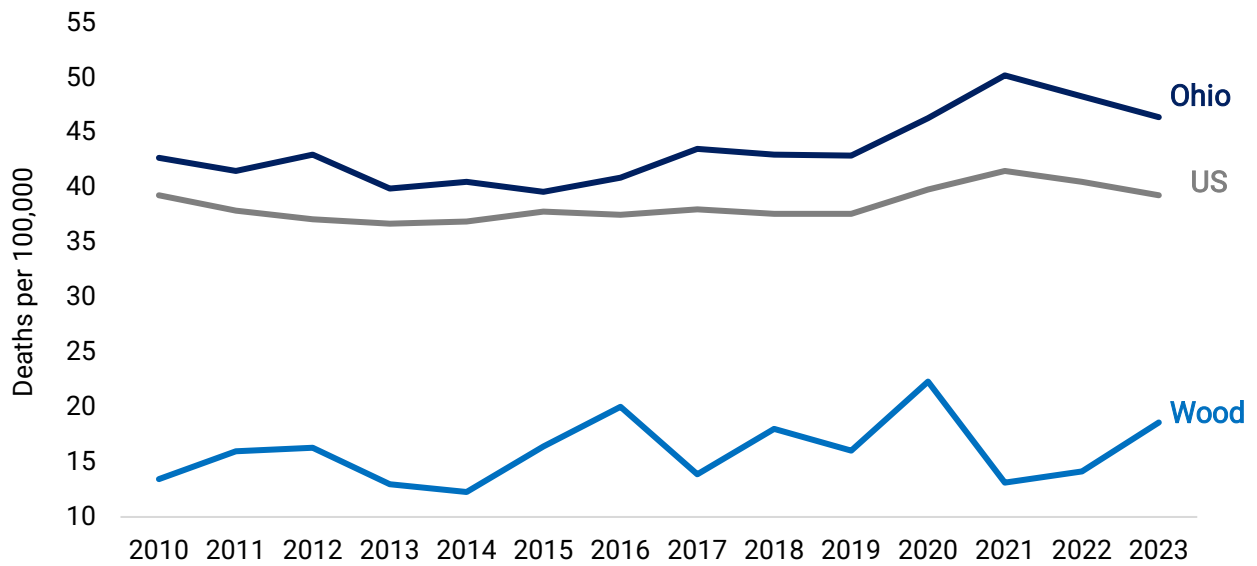
In Wood County from 2010- 2023, age-adjusted rates of deaths from strokes varied until **increasing** after 2021. In 2025, stroke mortality among women was 34.8 per 100,00 and 20.2 per 100,000 among men. **More women die** from **stroke** in Wood County than men.

Rates appear to be **slowly increasing** among men and women in Wood County, Ohio, and the US.

Fewer women in **Wood County** die from stroke than women in **Ohio** and the **US**.



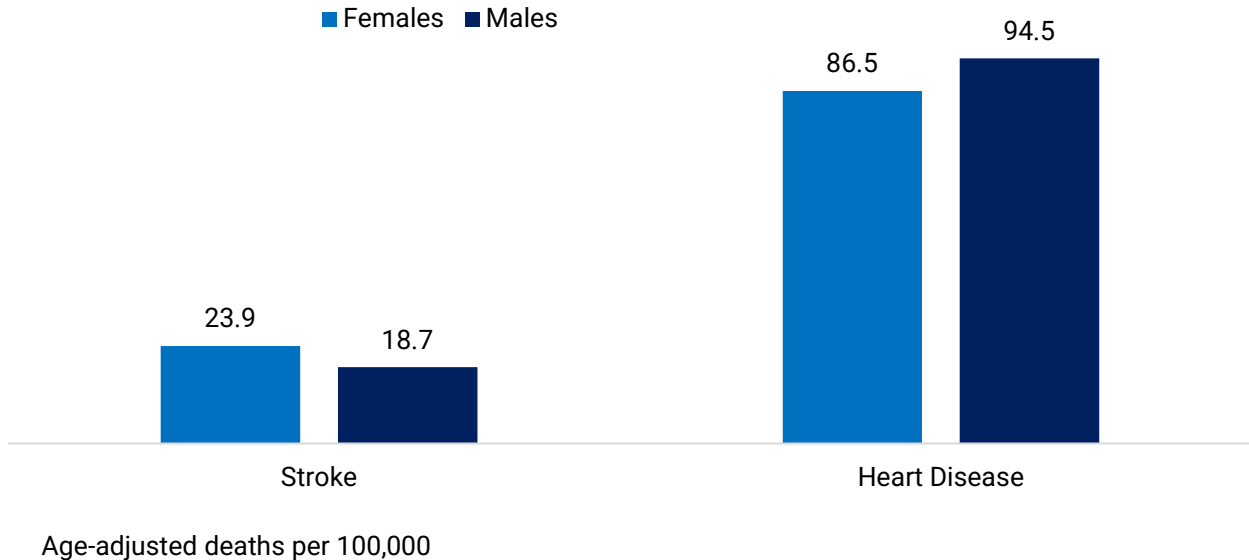
Fewer men in **Wood County** die from stroke than men in **Ohio** and the **US**.



Wood County Population Comparisons

Cardiovascular disease impacts all adults in Wood County and it is important to talk to your provider about your personal risk.

From 2020 to 2024, **females** in Wood County had **higher rates of stroke** mortality than **males**. Death from **heart disease** was **higher** among **men** than **women**.



From 2020 to 2024, mortality rates due to heart disease or stroke were **higher among urban** populations in Wood County. Average ages were between 79-years and 81-years for both conditions in either rural or urban populations.

Condition	Age-adjusted Deaths per 100,000	
	Rural	Urban
Heart Disease	85.4	95.3
Stroke	20.4	22.2

Signs of Stroke

To understand if someone is having a stroke, keep an eye out for BE FAST symptoms:

Balance Loss

Does the person have loss of balance or are they dizzy? Are they walking differently?

Eyesight Change

Can the person see out of both eyes? Do they have sudden vision loss or blurry double vision?

Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

Time to call 9-1-1

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

B E F A S T

BALANCE
Loss

EYESIGHT
Change

FACE
Drooping

ARM
Weakness

SPEECH
Difficulty

TIME to
CALL 911

BE FAST: Stroke is an Emergency!

Ohio
Department of Health

For more information about stroke: <https://odh.ohio.gov/strokebefast>



Resources

Wood County Mobile Health Center

Our clinic on wheels offers free screenings like blood pressure, blood sugar, and cholesterol. Staff also offer tips and referrals to help improve your health! Check the link below for the latest schedule.

<https://woodcountyhealth.org/health-promotion-prevention/mobile-health-center/>

Wood County Community Health Center

Our clinic located at **1840 E. Gypsy Lane Rd. in Bowling Green** is a one-stop shop for primary care, behavioral health, dental services, and pharmacy needs! Insurances are accepted and there is a sliding fee scale for those without coverage. Use the link for additional information.

<https://woodcountyhealth.org/health-center/>

American Heart Association

Curious about your heart health and how to improve it? Check out the American Heart Association to learn more about cardiovascular health and free tips to stay healthy.

<https://www.heart.org/>