



Workplace Toolkit

Stroke Factsheet

Key facts about stroke

- Approximately 9,500 strokes are experienced in New Zealand every year. This means that one stroke occurs every 55 minutes.
- Stroke is New Zealand's second single biggest killer and the leading cause of serious adult disability
- Stroke can affect people at any age
- Approximately 2,500 of our young people (under 65 years of age) experience a stroke each year
- Nearly 60% of strokes in Māori and Pacific people occur between the age 15 and 65
- Over 75% of strokes are preventable and high blood pressure is the number one modifiable risk factor for stroke
- The harm caused by stroke can be greatly reduced with timely treatments
- The number of people experiencing stroke has increased by 5.5% in the last three years
- Around 1 in 4 people will be affected by stroke over their lifetime.
- Sadly over 2,000 people in New Zealand will die from stroke each year

10 ways to reduce the risk of stroke

1. Check your blood pressure regularly, and follow any treatment advised by your doctor
2. Be smoke free
3. Reduce your salt intake
4. Eat healthy foods (limit fatty, sugary, salty foods)
5. Be physically active for at least 30 minutes on most days of the week
6. Maintain a healthy weight
7. Limit your alcohol intake and have at least two alcohol free days
8. Check your cholesterol level and follow any treatment advised by your doctor
9. Get checked for atrial fibrillation (irregular heartbeat)
10. If you have diabetes, manage your condition well

High blood pressure is the number one modifiable risk factor for stroke. It puts too much pressure and stress on the walls of blood vessels and increases the risk of both bleeds and blood clots. A person with high blood pressure is up to seven times more likely to have a stroke than someone with normal or low blood pressure.