

Health

[Business](#), [Human Resources](#)



Stroke as a Health Concern Stroke has been identified as a severe health condition resulting primarily from poor blood supply to the brain. The condition has been termed an emergency and patients should seek quicker medical attention immediately they observe symptoms. The symptoms manifest themselves in the face, arms, and speech (Steiner and Hacke 7). The face becomes disproportionate by dropping on one side, and the person may find difficulty in smiling. The arms become weak and numb while speech is normally slurred.

PART A

General Prevalence Rates

It has been determined that 795, 000 Americans suffer from stroke yearly.

On average, it means stroke attacks a person every 40 seconds.

The death toll per year due to stroke stands at 137, 000. This figure represents one out of every eighteen deaths from various causes.

Stroke is the third deadliest killer after heart diseases and cancer

On average, a person dies of stroke every four minutes

Priority Populations Affected

Females suffer from stroke mostly with the percentage standing at 60% against 40% of males.

In 2006 death rates in America per 100, 000 people due to stroke stood at 41. 7% white males, 67. 7 black males, 41. 1 white females and 57. 0 black females.

Those aged 65 and above are the most vulnerable, although stroke incidences in those under 65 stand at 25%. Children also experience a stroke, but on a lesser scale.

Asians, Africans and Caribbean people are at high risk of stroke due to the prevalence of heart diseases and diabetes in those places. These two conditions have been proven to increase chances of getting stroked.

Economic Costs to the Community

America incurs approximately 73.7 billion dollars economic costs annually to redress stroke-related medical issues.

PART B

Unhealthy diet and lack of exercise are two common risk factors that lead to stroke. Foods rich in fat often block arteries through fat build-up. Moreover, one gains weight due to consumption of fatty foods, which then leads to high blood pressure (Steiner and Hacke 26). Lack of exercise or irregular exercise makes the food not to burn up for energy, hence food is converted into fats and causes overweight and high blood pressure.

Individual

One should consume reasonable food and take recommended beverage portions at home and away.

Fruits are quite helpful in maintaining good health and one should take a variety daily (one to nine fruits per day).

One should train to walk or cycle quite often, especially for shorter distances.

Interpersonal

One should practice healthy eating habits to serve as a role model to others.

As a parent, one should walk children to school or church occasionally and allow them play quite often.

Community

People should help set up and maintain a farmers' market within the neighborhood.

People should support policies geared towards enhancing healthy eating habits.

People should take part in planning, transport within the community.

People should join groups that advocate healthy eating habits.

People should contribute to funding initiatives for setting up sidewalks along major roads within the community.

Societal

Zoning regulations should be put in place to encourage the growth of farmers' markets.

All neighborhoods should have easy access to grocery stores.

The Public health department should get adequate funding to enable it intervene effectively in promoting healthy eating habits, increasing physical activity and reducing obesity.

Transport department should be well funded to enable it facilitate walking.

The government should form contracts with soft-drink companies to deliver free health drinks to school children.

Works Cited

Steiner, Thorsten and Hacke, Werner. " Stroke: Emergency Management and Critical Care

(Update in Intensive Care and Emergency Medicine)." New York: Springer. 3-101.