

U.S. Hispanic Community and Stroke

Stroke Rates Among Hispanic Individuals

- Stroke ranks as the fourth leading cause of death for Hispanic men and the third for Hispanic women in the U.S.
- The Hispanic population has experienced an increase in stroke incidence since 2013.
- A CDC report showed that just 58% of Hispanic adults could identify symptoms of a stroke, compared to their Black (64%) and white (71%) peers.

Disparities in Care

- In studies that detected racial disparities in emergency services, EMS usage was lower by as much as 40% in Hispanic patients.
- A greater proportion of white patients (37.4%) were estimated to arrive within 3 hours from onset of stroke symptoms than Hispanic (28.9%) patients.
- Hispanic patients had the highest rate of discharge to home without home health care services (49.1%) and the lowest rate of facility-based rehabilitation service utilization after stroke.
- In border states, Hispanic individuals who experienced ischemic stroke were 30% more likely to suffer in-hospital mortality vs. their non-Hispanic counterparts.

Why Is Stroke an Emergency?

- Nearly 2 million brain cells die every minute that an ischemic stroke goes untreated.
- Not all strokes are the same, which means each requires unique treatment at specialized stroke centers from highly trained stroke care teams.

Lowering Chance of Lifelong Disability or Death

- Know the signs of stroke and call 911 immediately. Modeled after BE FAST, the Spanish acronym RÁPIDO was created to raise awareness of stroke symptoms in the Hispanic community.
- **RÁPIDO**
 - Rostro caído
 - Alteración del equilibrio

- **P**érdida de fuerza en el brazo
- **I**mpedimento visual repentino
- **D**ificultad para hablar
- **O**btenga ayuda rápido
- **BE FAST**
 - **B**alance: Sudden loss of balance or coordination
 - **E**yes: Sudden trouble seeing out of one or both eyes
 - **F**ace: One side of the face drooping or feeling numb
 - **A**rms: Weakness or numbness in one arm, making it difficult to raise both arms evenly
 - **S**peech: Difficulty speaking, slurred speech, or being unable to find the right words
 - **T**ime: Time to call 911 immediately if any of these symptoms are present

How to Learn More

- Visit our website at getaheadofstroke.org for more information and educational resources to share with your community.
- Follow us on [X](#), [Facebook](#), and [Instagram](#): @SurviveStroke.