



2010 **5,890**

2019 **8,849**



Annual number of stroke cases increased from 2010 to 2019

2010 **10%**

2019 **7%**



Proportion who died of stroke within 30 days decreased from 2010 to 2019

	Year 2010		Year 2019		Trend from 2010 to 2019 [^]	
	Male	Female	Male	Female	Male	Female
Number of strokes per 100,000 population [*]	193	124	210	122	Rise	Stable
Proportion who died of stroke within 30 days	9%	11%	5%	9%	Drop	Drop
Median age at stroke	64 years old	74 years old	67 years old	74 years old	Rise	Stable

^{*} Incidence rate of stroke is higher for males, but fatality rate due to stroke is higher for females as females tend to be older when stroke occurs.

[^] The rise/drop in trends were statistically significant.

Risk factors

	Year 2010		Year 2019		Trend from 2010 to 2019 [^]	
	Male	Female	Male	Female	Male	Female
Proportion with high cholesterol	85%	81%	84%	84%	Stable	Rise
Proportion with high blood pressure	80%	84%	81%	85%	Stable	Stable
Proportion with diabetes	41%	45%	41%	43%	Stable	Drop
Proportion with atrial fibrillation or flutter	13%	22%	16%	25%	Rise	Rise
Proportion who were current or ex-smokers	61%	11%	55%	8%	Drop	Drop

80% of stroke can be prevented by leading a healthy lifestyle



Eat healthily and in moderation



Keep blood pressure, cholesterol and glucose under control



Exercise and maintain a healthy weight



Go for regular health screening and follow up



Do not smoke

Recognise common symptoms of a stroke and act **FAST**



Face drooping



Arm weakness



Speech difficulty



Time to call 995

If a person shows any of these signs, the person needs to go to a hospital immediately

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