About this Release
This release from the Information Services Division provides an annual update on cerebrovascular disease in Scotland, including stroke, brain haemorrhage and ‘mini-stroke’. Information on hospital activity, operations, incidence, 30 day survival following first emergency admission, GP prescribing, mortality and ambulance service activity is included in this publication.

Key Points

- Cerebrovascular disease develops as a result of problems with the blood vessels supplying the brain. The incidence rate for cerebrovascular disease decreased over the last decade by 15.6%. Incidence rates were consistently higher in males than females.

- In the last decade, the mortality rate for stroke decreased by 39.0% (adjusted for age and sex). For the last four years, the stroke mortality rate for women was slightly higher than that for men.

- The percentage of people surviving 30 days or more following their first emergency admission to hospital with a stroke improved slightly over the last ten years from 81.6% in 2005/06 to 84.9% in 2014/15.

- The number of prescriptions for drugs to treat diseases of the circulation, including cerebrovascular and coronary heart disease, increased by 10.5% in the last ten years, although the trend has levelled off over the last six years. Despite this increase, the cost of prescriptions dispensed for these drugs has halved over the last ten years to £109.5 million in 2014/15.
Background

Although cerebrovascular disease is largely a preventable disease, there were 4,124 deaths in Scotland in 2014 where it is the underlying cause. One of the most well known types of this disease is stroke, which occurs when the blood supply to part of the brain is interrupted and the brain cells are starved of oxygen.

In the Scottish Health Survey 2014, 3.3% of men and 3.1% of women reported that they had experienced a stroke.

Scotland has a high prevalence of the risk factors associated with cerebrovascular disease such as smoking, high blood pressure, poor diet, lack of exercise and alcohol consumption above recommended limits. Treating and preventing stroke is a national clinical priority for Scotland as outlined in the Better Heart Disease and Stroke Care Action Plan.

Contact

Charles Guthrie  
Senior Information Analyst  
charles.guthrie@nhs.net  
0131 275 6340

Alex Henriquez  
Information Analyst  
ahenriquez@nhs.net  
0131 275 7999

Andrew Deas  
Principal Information Analyst  
andrew.deas@nhs.net  
0131 275 7030

Heart Disease & Stroke inbox  
nss.isdhdstroke@nhs.net

Further Information

The Information Services Division publishes a range of cerebrovascular disease-related information. You can find all our information on stroke section of the ISD website. More information is also available from the Scottish Stroke Care Audit.

Corresponding information on heart disease can be found on the heart disease section of the ISD website.

Further information can be found in the Stroke Statistics report.

The next update of this publication will be in January 2017.