

# Youth Stroke Education Toolkit

High School



American Heart Association | American Stroke Association®

life is why™

# Why It Matters

## It's More Than Just The Statistics



When NBA All-Star Paul George was just 6 years old, his mom had a stroke. Hear Paul talk about how that day changed his life and why he wants everyone to act F.A.S.T. when they see the signs of stroke.

### Moms are Why



[CLICK TO PLAY VIDEO](#)

#### **Our Mission: to build healthier lives, free of cardiovascular diseases & stroke.**

- Stroke is the #5 cause of death & leading cause of long-term disability in the US
- Stroke in young people (25-44) increased 44% from 2000-2010
- Stroke can happen at any age – children, infants, and even babies in the womb can be affected
- Stroke is largely preventable, treatable, and beatable if the signs are recognized and treatment is started F.A.S.T.
- The American Heart Association/American Stroke Association wants young people to understand brain health, stroke, and how they and their families can live healthier lives together


# You're NOT "Too Young"

Your Brain Health Matters NOW ([click images for more](#))






## Love Your Heart → Help Your Brain

This is what a brain-healthy diet looks like

LOVE YOUR HEART  HELP YOUR BRAIN™

**New Research: Eating more fruits & vegetables may lower world's stroke risk\***

- 1. Eat 4-5 servings**  
The average adult should eat  
  
**4-5 SERVINGS**  
of both fruits and vegetables per day based on a 2,000-calorie diet.
- 2. Get important nutrients**  
Diets rich in a variety of colors and different fruits and vegetables can help you get nutrients that are good for your heart and brain health.
- 3. Improve health**  
Increased fruit and vegetable consumption may decrease stroke risk by lowering blood pressure and improving small vessel function.
- 4. Prevent stroke**  
Boosting fruit and vegetable consumption worldwide may reduce the global impact of stroke.

Learn more at [StrokeAssociation.org/prevent](http://StrokeAssociation.org/prevent)

Fruits and Vegetables Consumption and Risk of Stroke: A Meta-Analysis of Prospective Cohort Studies. American Heart Association's Journal Stroke - Mar 04, May 2014

American Heart Association | American Stroke Association  
Together to End Strokes®  
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Take our [QUIZ](#) to find out how to keep a teen brain in top shape for years to come

I am at my optimal brain health even though I don't eat well or regularly exercise.

TRUE

FALSE



# Healthy Diet = Healthy Brain

Food Matters! (click images to open PDFs)



## Sip Smarter

A brain-healthy diet also means drinking healthy

## The Salty 6

Eating less salt/sodium means less risk of stroke

## The Salty 6

Spanish version

BONUS INFOGRAPHIC → Did you know that access to healthy food can depend on where you live?

# When Stroke Hits Close to Home

Video Features

## Short – 05:19

Find out how Brianne survived a stroke at 24 years old, thanks to F.A.S.T. treatment.



## Long – 14:05

Watch the amazing story of 4 teenagers who all survived and thrived after stroke.

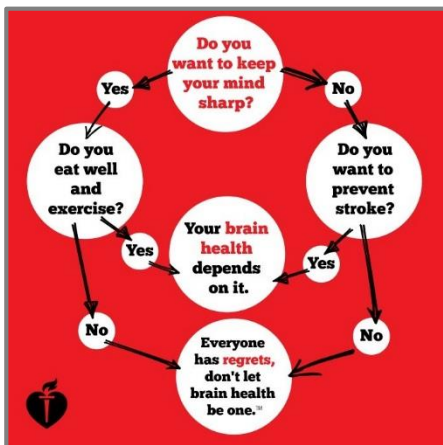


# Want to Raise Your Voice?

Be a Social Media Stroke Hero!



Share these posts:



THINGS EVERY **STROKE HERO** SHOULD KNOW!

**STROKE** is largely **TREATABLE**

Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to recover without permanent disability.

[StrokeAssociation.org/StrokeHero](http://StrokeAssociation.org/StrokeHero)

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THINGS EVERY **STROKE HERO** SHOULD KNOW!

**DO YOU HAVE A SUPERPOWER?**

[strokeheroquiz.org](http://strokeheroquiz.org)

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THINGS EVERY **STROKE HERO** SHOULD KNOW!

**FRIENDS** usually **SAVE** friends from **STROKE**

Learn to recognize the warning signs of stroke.

<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
FACE DROOPING	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL 911

[strokeheroquiz.org](http://strokeheroquiz.org)

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THINGS EVERY **STROKE HERO** SHOULD KNOW!

Even **SUPERHEROES** are in **DANGER**

**STROKE RISK** increases with age, but young adults, children, and even unborn babies can suffer strokes.

[strokeheroquiz.org](http://strokeheroquiz.org)

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BE A **STROKE HERO**

**80%**

OF ALL STROKES ARE PREVENTABLE

You have the power to prevent stroke and be a Stroke Hero by controlling your high blood pressure and taking simple steps to live a healthier lifestyle.

[StrokeAssociation.org/StrokeHero](http://StrokeAssociation.org/StrokeHero)

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BE A **STROKE HERO**

Every 40 seconds someone has a stroke in the U.S.

Learn how you can be Stroke Hero.

[StrokeAssociation.org/StrokeHero](http://StrokeAssociation.org/StrokeHero)

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BE A **STROKE HERO**

Follow and help **LIFE'S SIMPLE 7 PREVENT A STROKE**

1. Manage Blood Pressure
2. Control Cholesterol
3. Reduce Blood Sugar
4. Get Active
5. Eat Better
6. Lose Weight
7. Stop Smoking

[strokeheroquiz.org](http://strokeheroquiz.org)

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# What's Next?

If You Want To Do More, We're Here to Help!

This toolkit was assembled by the Stroke Staff Team in the Western States Affiliate of the American Heart Association/American Stroke Association. We are a small but mighty duo that works in communities to improve stroke awareness, acute treatment, and post-stroke support. Your questions and comments are welcome! Please note that we travel often – if you can't reach us by email, try our cell phones.



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**Support and guidance was provided by additional staff teams, including:**

[Youth Market \(Jump Rope for Heart\)](#)

[Teaching Gardens](#)

[Kids Cook with Heart & Teens Cook with Heart](#)

Please note that these programs are available primarily in urban areas where they are sponsored by our corporate partners. However, we have experience and interest in bringing our mission to communities of all sizes and are open to your ideas!





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