

Youth Stroke Education Toolkit

Middle 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

Healthy Body = Healthy Brain

Handouts (click the images below to open PDFs)



Love Your Heart →
Help Your Brain
A brain-healthy diet

The Salty 6 for Kids
Eating less salt/sodium
means less risk of stroke

The Salty 6 for Kids
Spanish version

LOVE YOUR HEART HELP YOUR BRAIN™

Starting healthy habits and diets as kids may reduce stroke risk later in life

- 1. Healthy dietary patterns for kids**
Higher fruit and vegetable intake is associated with lower stroke risk.
- 2. Get important nutrients**
Diets rich in a variety of fruits and vegetables help you get the nutrients that are good for your heart and brain health.
- 3. Beware the SALTY SIX**
Replacing salty foods may improve your blood pressure and reduce stroke risk later in life.
- 4. Help kids prevent stroke**
Sodium intake in the U.S. is higher than recommended. Eat more foods that are high in potassium to reduce the effects of sodium to help reduce the impact to stroke in America.

Learn more at StrokeAssociation.org/prevent

2014 American Heart Association. 11/14/2013

Together to End Strokes™

THE SALTY SIX For Kids

American Heart Association. American Stroke Association. *life is why™*

- About 90% of kids eat too much sodium.
- Kids' preferences for salty-tasting foods are shaped early in life.
- Parents and caregivers can help lower sodium by influencing how foods are produced, purchased, prepared and served.

FOODS THAT ADD THE MOST SODIUM TO THE DIET, AGES 6-10:

1. PIZZA
2. BREADS & ROLLS
3. COLD CUTS & CURED MEATS
4. SAVORY SNACKS
5. SANDWICHES
6. CHEESE

The sodium kids eat comes from every meal and snack:

| | |
|-------------------|---------------|
| 15% at breakfast | 30% at lunch |
| 16% at snack time | 39% at dinner |

Most of the sodium kids eat is already in the foods they get from:

GROCERY STORES RESTAURANTS SCHOOL CAFETERIAS

...and not from the salt shaker

Learn more at heart.org/sodium

Source: http://www.cdc.gov/nchs/data/astria/astria_sodium.pdf
 Web Site: Sodium Intake Among U.S. School-Aged Children — 2006-2010

LOS SEIS SALADOS Para Los Niños

American Heart Association. American Stroke Association. *es por la vida™*

- Aproximadamente el 90% de los niños consume demasiado sodio.
- La preferencia de los niños por los alimentos salados se crea en una etapa temprana de la vida.
- Los padres y cuidadores pueden ayudar a bajar el sodio al influir en cómo se producen, compran, preparan y sirven los alimentos.

LOS ALIMENTOS QUE LE SUMAN SODIO A LA DIETA, EN EDADES DE 6 A 10:

1. PIZZA
2. PANES & ROLLOS
3. CARNES FRÍAS & AHUMADAS
4. SNACKS SALADOS
5. SÁNDWICHES
6. QUESO

El sodio que consumen los niños proviene de alimentos y snacks:

| | |
|--------------------|------------------|
| 15% en el desayuno | 30% en la comida |
| 16% de snacks | 39% en la cena |

La mayoría del sodio que consumen los niños ya viene en los alimentos que adquieren en:

TIENDAS DE ABARROTES RESTAURANTES CAFETERÍAS DE LA ESCUELA

...y no del salero.

Obtén más información en heart.org/sodium

Source: http://www.cdc.gov/nchs/data/astria/astria_sodium.pdf
 Web Site: Sodium Intake Among U.S. School-Aged Children — 2006-2010

Healthy Body = Healthy Brain

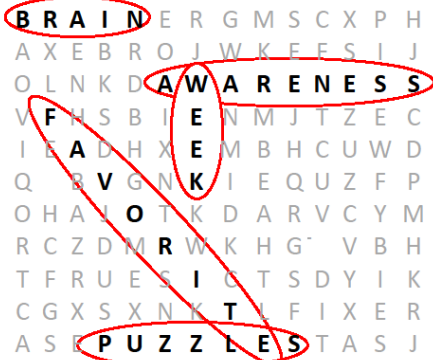
Classroom Activities



Brain Health Word Puzzles

Pick a few to print out for students – solutions included!

Click image to open



Ten classic Brain Awareness Week brain teasers for puzzlers of all ages!



Find more puzzles at www.dana.org/BAW

Take our [QUIZ](#) to find out if you have the power to be a **STROKE HERO**



More Classroom Activities

Puzzles, games, videos, & more!

[Middle School](#)



The F.A.S.T. Song

Singing can save lives!



F.A.S.T. Song

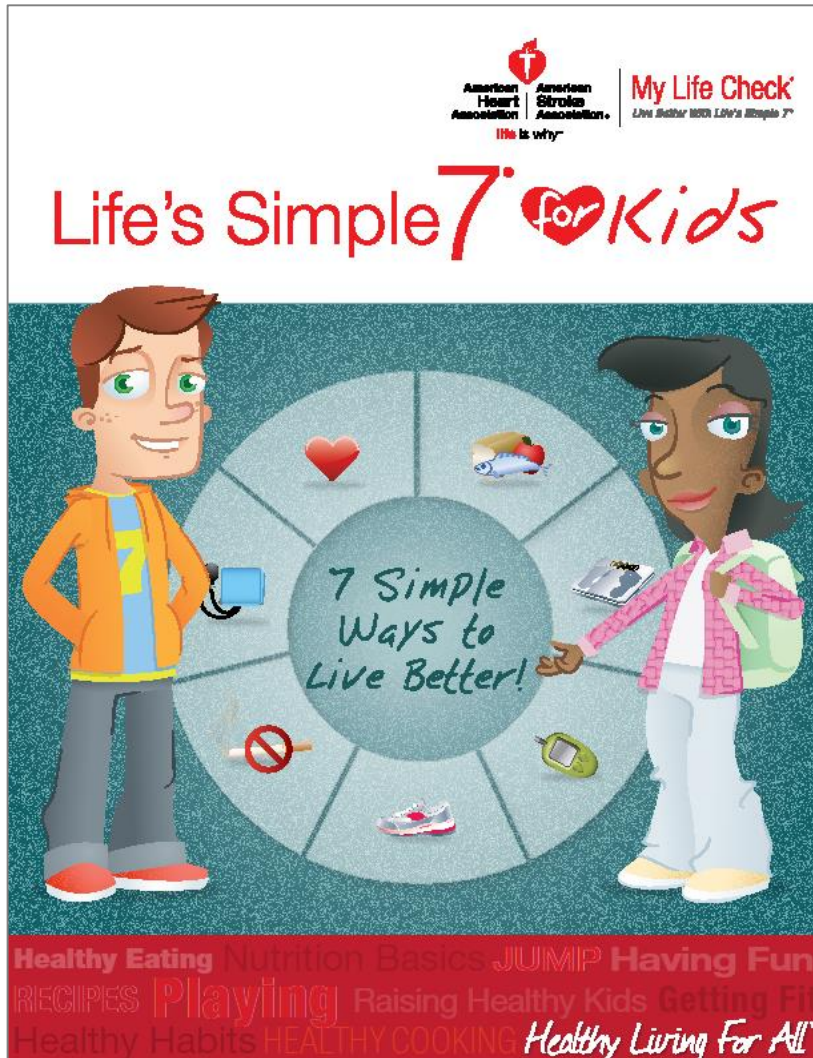
New Orleans Hip Hop artist Dee 1 sings the F.A.S.T. Song to teach signs of stroke.



← CLICK TO
PLAY VIDEO

Looking For More?

This “train the trainer” resource can help you understand and teach Life’s Simple 7



Life's Simple 7 for Kids

The American Heart Association/American Stroke Association recommends staying healthy by tracking these 7 factors: tobacco use, blood pressure, cholesterol, blood sugar, physical activity, eating habits, & BMI. Use this packet for a detailed lesson on what these factors are and how they can help you stay heart and brain healthy for life!

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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