Youth Stroke Education Toolkit

High School
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
Love Your Heart → Help Your Brain
This is what a brain-healthy diet looks like

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:

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.

STROKE is a SUPERPOWER?
Learn to recognize the warning signs of stroke.

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

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.

Every 40 seconds someone has a stroke in the U.S. Learn how you can be Stroke Hero.

Follow 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
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.

What’s Next?
If You Want To Do More, We’re Here to Help!

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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