

# Have Faith in Heart

## LESSON PLAN

### Call to Action

Go Red for Women strives to inspire and empower women to take charge of their health by being aware and taking action to reduce their risk for heart disease and stroke. Go Red for Women is dedicated to helping women build healthy habits, including moving more, eating better and managing blood pressure, as well as closing gender disparities in research and STEM fields. Visit [GoRedforWomen.org](https://www.GoRedforWomen.org) to learn more and join the movement that is by women for women.

### Community Need

Cardiovascular disease is the No. 1 killer of women, claiming the lives of one in three women.

- CVD kills more women than all forms of cancer combined.
- About four million stroke survivors alive today are women.
- Over 40% (about 43%) of Hispanic adult women age 20+ have CVD.
- CVD claims the lives of more black women than all forms of cancer, accidents, assaults and Alzheimer's disease – combined.

80% of cardiac events can be prevented through education and lifestyle changes, such as moving more, eating smart and managing blood pressure.

- Only one in five U.S. women is getting the recommended amount of physical activity under federal guidelines.
- About 45% of U.S. deaths caused by heart disease, stroke and Type 2 diabetes are due to poor dietary habits.
- More than 66% of women are overweight or obese.

High blood pressure, or hypertension, is the second leading cause of preventable heart disease and stroke death — second only to smoking.

- More than 30% of heart health events in women are due to hypertension.
- More than half of deaths from high blood pressure were in women.
- About 50 million women in the U.S. have hypertension.
- Hypertension rates are expected to double among women under age 45.



Disparities persist when it comes to symptom recognition, treatment times and even lifesaving support measures.

- Women having heart attacks may wait more than 30% longer than men from the moment they begin experiencing symptoms to the time they arrive at a hospital. Once there, women may experience a 20% longer wait time than men, from arrival to the moment they begin receiving care.
- Women are less likely than men to receive bystander CPR.

More work is needed to close gender disparity gaps when it comes to CVD research and clinical trials participation.

- Clinical trials have not always adequately enrolled women or analyzed sex-specific differences in the data.
- Women, especially women of color, continue to be underrepresented in research. Of the female CVD clinical trial participants globally, less than 3% represent black or African American women.

### Three Important Points

Our lives are very busy and many of us are on information overload. That's why we'll focus on three key messages:

- Understand your risk and know the warning signs for heart attack and stroke.
- Start your Journey to Better Health.
- Join Research Goes Red and Go Red for Women.

### Preparing for the Lesson

- Budget at least 30 minutes to present the lesson.
- Review the speaker notes prior to the lesson to be familiar with the information and know what additional resources are used.
- View the YouTube video featured in the lesson at [www.youtube.com/watch?v=pjl8cInDfoY](https://www.youtube.com/watch?v=pjl8cInDfoY)
- If handouts are referenced in the presentation, we recommend distributing the pages prior to beginning the lesson.



- Additional resources are available on the Resources List pdf. These could be added to lengthen the presentation or provide ideas for small group discussion. You may also provide the Resources List pdf to the attendees, so they have links to information discussed in the lesson.

### Program Materials

*No access to a slide projector? Print out the slides and put them in a three-ring binder. Use the printed slides as a script to deliver your health lesson.*

- Flip chart and markers
- Handouts (one copy per participant):
  - Know Your Numbers <http://bit.ly/36nlb5j>
  - Warning Signs Infographic <http://bit.ly/38zu7pA>
  - Research Goes Red Flyer <http://bit.ly/2sSp30z>

### Audiovisual Needs

- Projector for PowerPoint slides.
- Internet connection (optional).

### Wrap-Up

Reminder! Once your participants have left, be sure the complete the Ambassador Questionnaire.

### Slide Program with Talking Points and Discussion Questions

The “Presenters Notes” section of the PowerPoint presentation includes scripted comments for the lesson. Use these to help walk through the lesson. To engage participants, the talking points also include discussion questions. For your reference, here is a list of the discussion questions:

- How many of you have been personally affected by heart disease or stroke or have a family member who has?
- Do you or does someone in your family have high blood pressure or diabetes?

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