



American Heart Association.

EmPOWERED to Serve™

# Spot A Stroke F.A.S.T

## RESOURCE LIST

### **Call to Action:**

Embrace Life's Essential 8™ to reduce your risk for stroke. Learn the F.A.S.T. warning signs of stroke. Call 911 if you think you're having a stroke. Don't wait. Time Lost is Brain Lost.

This lesson provides suggested American Heart Association/American Stroke Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

### ***Is the program aimed at adults?***

Yes. Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

### ***No audiovisual equipment?***

No worries. Make copies of printed handouts. Ask participants to take turns reading key messages aloud.

### ***Have a projector?***

Great. Use the slides to guide your talk. And download an American Heart Association video for one of your interactive activities.

### ***Have a good Internet connection?***

Show one of the American Heart Association videos, break participants into groups to take an online quiz or give a demo of an online tool.

### ***Think about which formats best teach the health messages to your community members.***

Consider what type of information is most motivating for your community.



Amgen proudly supports the American Heart Association's EmPOWERED to Serve Initiative



The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



**Video:** Play the video and engage participants in a discussion after the viewing.



**Printed Handout:** Ask volunteers to take turns reading the information on the handout.



**Group Discussion:** Divide participants into small groups. Ask each group to review the resource and report what they learned to the full group.



**Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

## Additional Stroke Resources

### Stroke Awareness Resources

Get started on your stroke awareness campaign here! We have free materials to help you spread the word about stroke risk factors and warning signs.

[bit.ly/2x0DjTc](https://bit.ly/2x0DjTc)

### World Stroke Day

**October 29th is World Stroke Day.**

Help spread public awareness about stroke risk and the prevalence of stroke. Make a difference in your community.

Learn more about World Stroke Day: [bit.ly/2wWiylo](https://bit.ly/2wWiylo)



**Point 1: Embrace Life's Essential 8™ to reduce your risk for stroke.**



**Stroke Risk Quiz**

(5-10 minutes for small group discussion, available in English and Spanish)

[bit.ly/2x1Bnd7](https://bit.ly/2x1Bnd7)



**Stroke Risk Factors-Let's Talk About Stroke Sheet**

(3 minutes to review key points)

[bit.ly/3BbbE4b](https://bit.ly/3BbbE4b)



**Together to End Stroke**

(5-10 minutes website demo)

[bit.ly/2Fe5Rgj](https://bit.ly/2Fe5Rgj)



**What is Brain Health?**

(3-5 minutes website demo)

[bit.ly/2InxGFd](https://bit.ly/2InxGFd)



**How Cardiovascular & Stroke Risks Relate**

(3 minutes to review key points)

[bit.ly/3b1lxac](https://bit.ly/3b1lxac)



**Understanding Risky Conditions**

(3 minutes to review key points)

[bit.ly/3z3DpJy](https://bit.ly/3z3DpJy)



**High Blood Pressure Increases Risk of Stroke Infographic**

(3 minutes to review key points)

[bit.ly/2SBVhac](https://bit.ly/2SBVhac)



**Lower Your High Blood Pressure**

(5-10 minutes-website demo)

[loweryourhbp.org](https://loweryourhbp.org)



**Point 2: Learn the F.A.S.T. warning signs of stroke  
(Face. Arm. Speech. Time.)**



**Let's Talk About Stroke – Patient Information Sheets**

(3 minutes to review key points; download PDFs on a range of topics ahead of time)

[bit.ly/2WPlqWL](http://bit.ly/2WPlqWL)



**F.A.S.T Infographic**

(5-10 minutes to review as a group)

[bit.ly/3otlxS4](http://bit.ly/3otlxS4)



**Spot A Stroke F.A.S.T.**

(2 minutes)

[youtu.be/z6N3fHJch20](http://youtu.be/z6N3fHJch20)



**F.A.S.T. Warning Signs Video with Monica Brown**

(32 seconds)

[youtu.be/-uL7IGqWUps](http://youtu.be/-uL7IGqWUps)



**F.A.S.T. Song-Stroke Signs Video: featuring Dee-1 & Tha Hip Hop Doc**

[youtu.be/oyzwfstd4AE](http://youtu.be/oyzwfstd4AE)



**Learn More Stroke Warning Signs and Symptoms**

**(Beyond F.A.S.T.-Other Symptoms You Should Know)**

(3 minutes to review key points)

[bit.ly/3b6E6cS](http://bit.ly/3b6E6cS)



**Five Key Facts About Stroke-Infographic**

(5-10 minutes to review as a group)

[bit.ly/38DdA4m](http://bit.ly/38DdA4m)



**Women Have a Higher Risk of Stroke-Article**

(5-10 minutes to review as a group)

[bit.ly/2Kp1ovQ](http://bit.ly/2Kp1ovQ)



**Point 3: Think you're having a stroke? Call 911. The sooner you get medical help, the better the outcome.**



**Think You Are Having a Stroke? Call 911 Immediately.**

(5-10 minute site preview)

[bit.ly/1iaoEWG](https://bit.ly/1iaoEWG)



**Transient Ischemic Attack-Animation**

(3 minutes to walk through – internet connection required)

[bit.ly/2Fd2iHu](https://bit.ly/2Fd2iHu)



**Stroke Survivor Stories from *Stroke Connection* magazine (Survival Journeys)**

(5-10 minutes for small group discussion)

[bit.ly/3PPrd4](https://bit.ly/3PPrd4)