



American Heart Association.

EmPOWERED to Serve™

# You're the Cure

## RESOURCE LIST

### Call to Action

- Learn more about *You're the Cure* at [YoureTheCure.org](http://YoureTheCure.org).
- Understand the key issues.
- Text EMPOWER to 46839 to receive text updates from *You're the Cure*.
- Connect with your local advocacy staff to do get involved in local advocacy efforts.

The 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.



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:** Break 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.

### Point 1: What is *You're the Cure*



#### **You're the Cure**

View the You're the Cure site for more information regarding advocacy efforts.  
[yourethecure.org](http://yourethecure.org)



#### **American Heart Association**

Access numerous resources, from fitness guidelines to details about individual cardiovascular diseases, where to learn CPR and caregiver support.  
[heart.org](http://heart.org)



#### **Learn how to be a *You're the Cure* Superhero**

Take a few moments and learn how you can be an advocacy superhero today!  
[youtu.be/M\\_Q43MKA8mg](https://youtu.be/M_Q43MKA8mg)



#### **Hear *You're the Cure* Advocates Tell Their Stories**

*You're the Cure* advocates tell their stories about advancing policy changes to help build healthier communities and healthier lives. (2:55)  
[youtu.be/Ys0gtNnzaAI](https://youtu.be/Ys0gtNnzaAI)



**Read About One Stroke Survivor's Advocacy Efforts**

Lisa Deck survived a stroke 22 years ago, and she has been an American Heart Association advocacy volunteer just about ever since.

[lisadeck.com/my-heart-is-full/](http://lisadeck.com/my-heart-is-full/)



**Read About and Watch a Rapper Who Advocates Against Sugary Drinks**

As Washington officials mull a tax on sugary drinks, a local artist is using poetry to educate his community on the importance of drinking more water.

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



**Heart Attack and Stroke Symptoms**

Learn the warning signs of heart attack, stroke and cardiac arrest.

[heart.org/en/about-us/heart-attack-and-stroke-symptoms](http://heart.org/en/about-us/heart-attack-and-stroke-symptoms)

**Point 2: You're the Cure Key Issues**



**Health Insurance Marketplace**

The Affordable Care Act site: info about health coverage and how the law affects you.

[HealthCare.gov/](http://HealthCare.gov/)



**You're the Cure: Access to Care**

Learn more about the access to care efforts American Heart Association currently supports.

[yourethecure.org/access\\_to\\_care](http://yourethecure.org/access_to_care)



**Youth Advocates Discuss the E-cigarette Epidemic**

AHA youth advocates discuss the e-cigarette epidemic hitting their generation. (1:16)

[youtu.be/dknSq9STx68](http://youtu.be/dknSq9STx68)



**Youth and Tobacco: A New Crisis Infographic**

Learn about the rising use of e-cigarettes and vaping products amongst kids and young adults and the efforts AHA promotes to fight this rising crisis.

[bit.ly/2F9rLkS](http://bit.ly/2F9rLkS)



**The Pulse Newsletter**

Access the latest information on the American Heart Association's *You're the Cure* advocacy efforts in your state.  
[yourethecure.org/tags/national](http://yourethecure.org/tags/national)

**Point 3: Make a Difference in Your Community**



**Sign Up to Receive Text Updates from You're the Cure**

Keep informed about the passage of major policy initiatives and the need for your help advocating for time-sensitive legislation.  
[bit.ly/2Ewcf1X](http://bit.ly/2Ewcf1X)



**Connect with Your Local AHA Representative**

Search for local AHA advocacy representatives for your state.  
[bit.ly/2ZGrH5l](http://bit.ly/2ZGrH5l)



**You're the Cure Action Center**

Access easy to use resources on American Heart Association's top advocacy efforts.  
[act.yourethecure.org/GSi3ZB3](http://act.yourethecure.org/GSi3ZB3)