PREP NOTE: Ask the facilitator to provide a brief, written introduction to share with the program participants. Also prepare your opening remarks. For example, you may want to select an inspiring quote or reading.

• Kick off your program with a warm welcome and your opening remarks.
• Introduce the facilitator to your fellow community members. Or, if you are the facilitator, share with the group why this topic is important to you and your reason for offering to host this lesson.
Don’t Miss a Stroke
Lesson Overview

Welcome
• EmPowered To Serve and the ETS Health Check
• Program Topic and Urgent Community Need

Don’t Miss a Stroke
• Call to Action: Learn the Warning Signs of Stroke
  F.A.S.T.—Don’t Wait to Call 9-1-1
• Closing Thoughts

• Get everyone on “topic” by reading through the lesson overview.
• Let participants know that the lesson takes about 1 – 1 ½ hours to complete.
• Read the introduction to EmPowered To Serve.

• Share why you joined the ETS movement.

• Encourage anyone who has not yet joined the ETS megacommunity to go online after the program and sign up for this national movement.

• Note that ETS is a movement of the American Heart Association/American Stroke Association in partnership with community organizations across the country.

• Highlight the American Heart Association’s 2020 commitment to the country.
Blood pressure and weight check:

- Starting point for you
- Optional and anonymous, no name

**Why check blood pressure?**

High blood pressure (HBP) is a risk factor for heart disease, the No. 1 killer worldwide.

HBP is also a risk factor for stroke, the No. 2 killer worldwide.

**Why worry about being overweight?**

Nearly 70 percent of adults are either overweight or obese.

Being obese puts you at a higher risk for heart disease, stroke, HBP, diabetes, and more.

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- Explain that the EmPowered To Serve Health Check is a way for community members learn about their blood pressure and current weight.
  - Review the information on why to check blood pressure.
  - Highlight the reasons for worrying about being overweight.

- This optional health screening gives information needed to complete the My Life Check personal health assessment.

- If you have not already done so, please complete the My Life Check assessment using your unique URL. It only takes a few minutes to complete. Our goal is for 15 percent of our group to complete this simple health assessment.

- Did you already complete the My Life Check assessment?
  - Have you been working on making healthier choices?
  - You may want to go online and take the assessment again.
  - Check your score. See how you are doing!
• Ask the group:
  • Do you know anyone who has had a stroke?
• Review the information on the slide.
Some are at Higher Risk

• Hispanics/Latinos face high risks—many have HBP, overweight/obesity, and diabetes.
• African-Americans are at higher risk for heart disease and stroke.
• Stroke is a common cause of death among American Indians/Alaskan Natives.

• Review the information on the slide.
• Note that at the end of the lesson, steps to help reduce your risk for stroke will be discussed.
Program Objectives

After the lesson, you will be able to talk F.A.S.T. and share with your loved ones:

- Steps to reduce your risk of stroke
- The warning signs and what to do if you think you or a loved one is having a stroke
- The need to call 9-1-1 and get emergency help quickly

Review the program objectives.

Explain that importance of today’s lesson:
- You need to know the warning signs of stroke so you can get help right away, either for yourself or someone close to you.
- Getting help quickly can save many, many lives.
- Symptoms of stroke come on F.A.S.T.

Ask the group:
- Does anyone know what causes a stroke?
What is a Stroke?

Stroke is caused by reduced circulation of blood to the brain, called an ischemic stroke.

• A blood vessel (artery) carrying blood and oxygen (nutrients) to the brain is blocked by a clot or fatty plaque or bursts.
• When the part of the brain affected by the diseased artery cannot get enough blood and oxygen, the brain cells at that part of the brain die causing a stroke.

• Review the information on the slide.
Nearly all strokes, 80 percent, can be PREVENTED. That’s 4 out of 5 strokes that could have NOT happened.

- Review the information on the slide.
Am I at Risk?

Age
The chance of having a stroke doubles for each decade of life after age 55.

Heredity (Family History)
Your risk is higher if a grandparent, parent, sister, or brother has had a stroke.

Race
African-Americans have a much greater risk of death from stroke.

Sex
Women have more strokes than men. Stroke kills more women than men.

Prior Stroke, TIA, or Heart Attack
If you’ve already had a stroke, your risk increases.

• Ask for five volunteers to read the risk factors.
• Note that there are steps you can take to reduce your risk for stroke. Add that by calling 9-1-1 at the first sign of a stroke, you can help ensure you or your loved one gets treatment as soon as possible.
Point #1

Embrace Life’s Simple 7® to Reduce Your Risk for Stroke

1. Get Active.
2. Eat Better—choose foods that are low in saturated fat, trans fat, cholesterol, and salt.
3. Lose Weight and keep your weight under control.
4. Stop Smoking and avoid other people’s tobacco smoke.
5. Control Cholesterol.
6. Control Blood Pressure and treat high blood pressure if you have it.
7. Reduce Blood Sugar and control your blood sugar if you have diabetes.

Plus, get regular check-ups and take medicine as prescribed.

• Ask the group:
  • Have you heard of Life’s Simple 7?
  • Do you try to live by Life’s Simple 7?

• Explain that by embracing Life’s Simple 7, you are also helping to prevent a stroke. Note that top three lifestyles you can make to reduce stroke risk are to control blood pressure, control cholesterol, and stop smoking.

• Review the first bullet with the list of Life’s Simple 7 principles.

• Note that in addition to these things, it’s important to get regular check-ups and take any medicine as prescribed.
The Signs of a Stroke

Face Drooping:
Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

Arm Weakness:
Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty:
Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?

Time to Call 9-1-1:
If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you’ll know when the first symptoms appeared.

• Ask for four volunteers to read the four warning signs of stroke.

• Engage the group:
  • Let’s do a shout out. The warning signs of a stroke are F.A.S.T.
    F for _____.
    A for _____.
    S for _____.
    T for _____.
  • If someone has the F.A.S.T. warning signs, what should you do?
Video: Stroke Warning Signs

PREP NOTE: Before the program, review the resource list for this lesson. Check the URL for the “Stroke Warning Signs Symptoms—Body Language" video. If you are not going to have a live Internet connection, download the YouTube video ahead of time to your computer. Or, skip this slide.

• Play the video.
• https://www.youtube.com/watch?v=wH7k5CFp4hI
Point #2

Learn the Warning Signs of a Stroke F.A.S.T.


• F.A.S.T. is an easy way to remember the sudden signs of a stroke.
• When you can spot the signs, call 9-1-1 for help right away.

• Review the information on the slide.
• Note that stroke symptoms usually come on suddenly, in other words, they appear F.A.S.T.
If someone shows any of these symptoms, call 9-1-1 or emergency medical services.

- Sudden numbness or weakness of the leg, arm, or face
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance, or coordination
- Sudden severe headache with no known cause

Other Symptoms

- Review the information on the slide.
- Ask the group:
  - What’s the first word in each of the bulleted list of other symptoms? (sudden symptoms as in F.A.S.T.)
  - If you notice someone has these symptoms, what should you do? (call 9-1-1 F.A.S.T.)
Video: It’s Probably Nothing...NOT

PREP NOTE: Before the program, review the resource list for this lesson. Check the URL for the "Arrow PSA - American Stroke Association" video. If you are not going to have a live Internet connection, download the YouTube video ahead of time to your computer. Or, skip this slide.

• Play the video.
• https://www.youtube.com/watch?v=wH7k5CFp4hI
Point #3

Think you're having a stroke? Call 9-1-1. The sooner you get medical help, the better the outcome.

• Get to a hospital right away.
• Don't drive yourself, unless you have absolutely no other option.

Get Help F.A.S.T.

• Ask the group:
  • Has anyone had to call 9-1-1 for emergency care?
  • What do you recall about the experience?
• Review the information on the slide.
• Reinforce the message that if you or someone the F.A.S.T. warning signs or other signs of a stroke to call 9-1-1 right away.
Take These Steps Today

Before there's an emergency:

- Find out which hospitals in your area have 24-hour emergency cardiac care.
- Keep a list of emergency phone numbers next to your phone and with you at all times, just in case.
- Print info about the warning signs of stroke: www.strokeassociation.org/warningsigns

- Review the information on the slide.
- Emphasize the importance of making time to really do these things. It can save a life.
PREP NOTE: If you have an Internet Connection, plan on doing a quick 3-5 minute demo of this site.

- Share with the group that the American Heart Association / American Stroke Association offers a free online guide to finding hospitals in our area recognized for their quality stroke care.
Call to Action

Learn the Warning Signs of Stroke F.A.S.T.—Don't Wait to Call 9-1-1

* Share what you learned with five friends:
  * Tell them about F.A.S.T. and calling 9-1-1 quickly.

• Review the call to action on the slide.
• Ask the group:
  * What are the warning signs of a stroke?
  * How long should you wait before calling 9-1-1?
Create a Culture of Health

Commit to take action:

• Go to EmPoweredToServe.org.
• Use My Life Check® to check your progress.

Join Us for more ETS Programs.

• Encourage everyone to be active in the EmPowered To Serve movement.
• Share how being part of the ETS megacommunity helps you embrace a lifestyle of health.
• Encourage everyone to come to a future ETS health lesson.
Wrap-Up

We appreciate your thoughts!

• Post what you liked best online at:
  http://community.empoweredtoserve.org/home

• Thank everyone for coming.
• Thank the facilitator and all of the volunteers who help coordinate the program.
• Take a moment to share an inspirational reading or ask the group to join you in an uplifting song.
• Reminder! Once your participants have left, be sure to complete the Ambassador Questionnaire. For details, see your Ambassador Guide, page 11.
EmPoweredToServe.org

Help create a sustainable culture of health:

• Unite with others to drive lasting (sustainable) positive change.
• Learn ways to improve community beliefs and behaviors (culture) about health.
• Share best practices and develop strategies that promote sound body, mind, and spirit (health).

• Put this slide up as your closing slide and leave it up until all of the participants leave the room.
We are EmPowered To Serve

...Serve our health, serve our community

The American Heart Association requests that this document be cited as follows:
American Heart Association EmPOWERED To Serve Health Lessons. empoweredtoserve.org
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