



American Heart Association.

EmPOWERED to Serve™

# Learn the Warning Signs of a Heart Attack

## LESSON PLAN

### Call to Action

Learn the warning signs of a heart attack and why it is important to call 9-1-1 immediately.

### Community Need

About every 40 seconds, someone in the United States has a heart attack.

Some people having a heart attack wait before getting help. Some people feel it would be embarrassing to have a “false alarm.” Others are so afraid of having a heart attack that they tell themselves they aren’t having one.

Heart disease is a leading cause of death among all Americans, especially multicultural communities:

- One in four African Americans die from heart disease.
- One in six American Indians and Alaska Natives die from disease.
- One in five Latinos die from heart disease.

When blood flow to the heart is blocked, someone can have a heart attack. In contrast, if the heart malfunctions and suddenly stops beating unexpectedly someone can go into cardiac arrest. When someone is having a heart attack, they may go into cardiac arrest.

This lesson helps empower multicultural communities by increasing awareness about heart attacks and steps to take in the event of a medical emergency. Participants learn that whatever the health emergency, don’t wait to call 9-1-1. In addition, this lesson encourages everyone to take steps to reduce their risk for heart disease.

### Three Important Points

Our lives are busy. Many of us are on information overload. So, let’s focus on three key health messages:

- Learn the warning signs and causes of a heart attack.
- Don’t wait to call 9-1-1 if you or someone near you is experiencing a heart attack.





## LEARN THE WARNING SIGNS OF A HEART ATTACK | LESSON PLAN

- Embrace Life's Simple 7® to reduce your risk.

### 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=JI487DlqTA](http://www.youtube.com/watch?v=JI487DlqTA)
- 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):
  - What Is a Heart Attack? <http://bit.ly/2H9YGGG>
  - Cardiac Arrest vs. Heart Attack. <http://bit.ly/2tmPLyo>
- Pens
- Goody bags (optional): Reach out to local businesses such as hospitals, wellness centers, local clinics and other health organizations. Ask them about donating giveaways for participants. Also check out the American Heart Association online store ([shopheart.org](http://shopheart.org)) for giveaways to buy in bulk.

### Audiovisual Needs

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



### Wrap-Up

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

### Slide Program with Talking Points and Discussion Questions

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

- Do you know anyone who has had a heart attack?
- Do you have a tendency to brush off health problems?
- Do you know the difference between a heart attack and cardiac arrest?
- What are the different warning signs between heart attack and cardiac arrest?
- How long should you wait before calling 9-1-1?
- Has anyone had to call 9-1-1 for emergency care?
- Is anyone trained in CPR?
- Have you heard of Life’s Simple 7?