



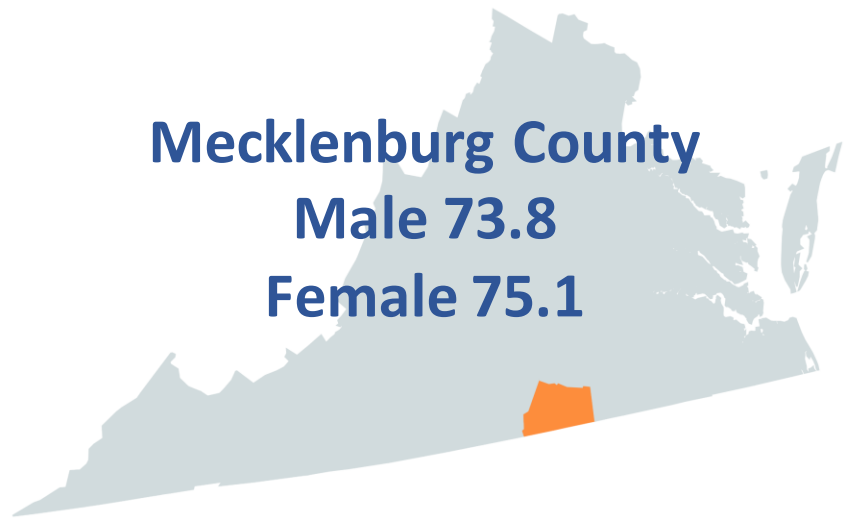
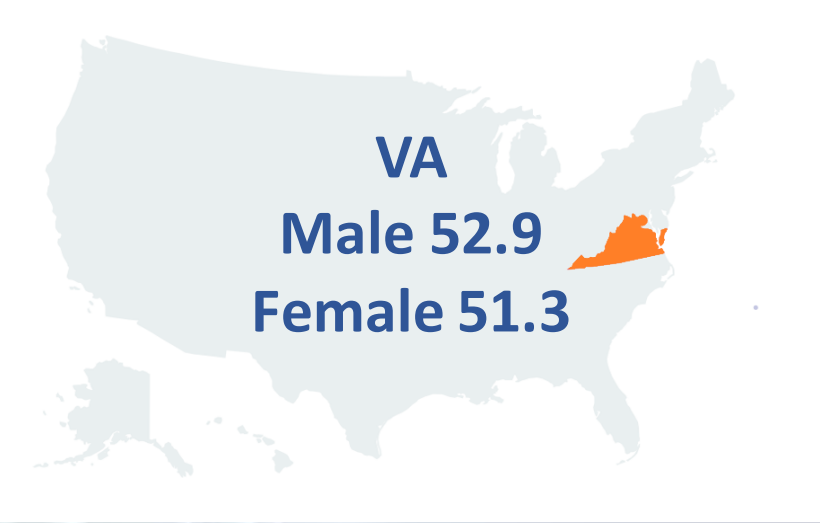
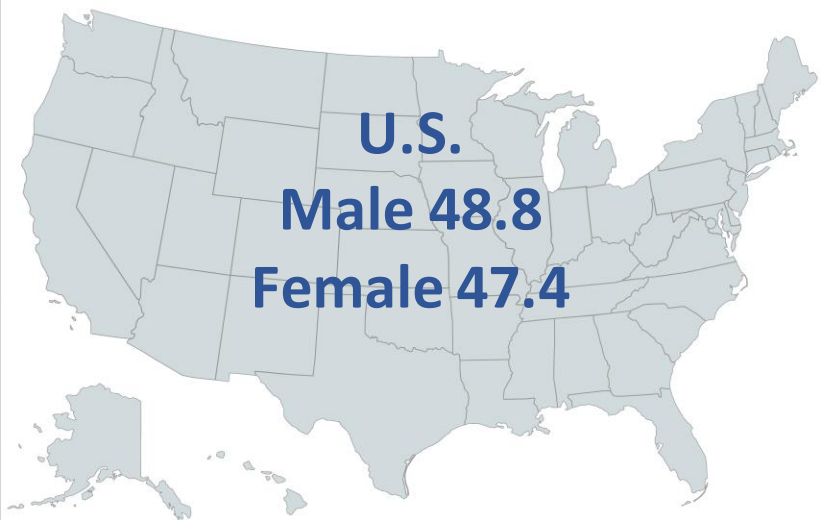
# Community Program - Stroke

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# Community Need: Stroke Rates



per 100,000

1 out of every 20  
deaths in Virginia is from stroke



# Mecklenburg County life expectancy

- **Females: 2.6 years shorter than the national average and 2.3 years shorter than the Virginia state average**
  - **Males: 3.3 years shorter than the national average and 3.7 years shorter than the Virginia state average**
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# Contributing Factors

Mecklenburg County  
compared to both national and state averages

- **Increased rates of Diabetes**
- **Higher rates of smoking**
- **Increased rates of obesity**
- **Lower physical activity rates**

# Two Project Plan

## Mission & Vision

*Provide Mecklenburg County/South Hill residents with the education and tools required to improve health and prevent stroke.*

### Educate

Host community education series that will teach at risk stroke, stroke survivors and their caregivers stroke prevention and awareness.

### Change

Improve this population's understanding of risks and provide a better understanding of healthy choices to improve outcomes.

# Project One

## Grocery Cart Intervention (GCI):



**GCI creates a pool of community-based volunteers to enhance the shopping experience of Walmart customer who have requested assistance from peers to make healthy dietary choices.**

# GCI



GCI peer volunteers explain basic nutritional information found on food labels regarding sugar, salt and carbohydrates as found on the '*Great for You*' labels of Walmart brands.



# Project Two

**Host a five part educational series for stroke survivors which will include full scale GCI**

- 1. GCI**
- 2. Physical Activity and Smoking Cessation**
- 3. Hypertension and Diabetes Management**
- 4. Managing Heart Disease and Obstructive Sleep Apnea**
- 5. Program Review and Summary with pre test and post test assessments**

**The program will include education and tools for attendees to use at home to aid in disease management and nutrition planning.**

# Projected Project Funding

- **Walmart Community Grant Program through VCU Health Community Memorial Hospital Foundation**
- **VA-SORH Community Paramedicine Programming Grant**



# Projected Timeline

Spring 2019



# Collaborative Partners



## References

Institute for Health Metrics and Evaluation (HME). (2016). *US County Profile: Mecklenburg County, Virginia*. Seattle: Institute for Health Metrics and Evaluation.

