



Stroke Smart Community Overview

Goal: To establish a Stroke Smart community (city, county, town, etc.) and maximize the number of people who are Stroke Smart.

Stroke Smart Communities involves three key parts:

- **Be Stroke Smart:** Understand the basics of stroke and how to recognize it and the importance of calling 911 immediately.
- **Stay Stroke Smart:** Retain this knowledge long-term with simple visual reminders like posters, wallet cards, and magnets.
- **Spread Stroke Smart:** Become a Stroke Champion and help others learn how to save lives.

Part 1. Secure a Local Proclamation

A **proclamation** is an official statement from your local government declaring support for a cause. A Stroke Smart proclamation shows commitment to public health and stroke education. You can begin outreach even before the proclamation, but securing it strengthens the initiative and builds momentum.

Resources available on the [Stroke Smart Virginia website](#) include:

- A sample proclamation
- A process sheet to get a proclamation
- A sample email to engage your local government
- A sample presentation
- An example from the Virginia state proclamation

Part 2. Form a Stroke Smart Community Action Group (SSCAG)

Bring together local stakeholders—health professionals, educators, civic leaders, local government members—to plan and implement the Stroke Smart campaign. *Members can join as full participants or as allies who support the effort without attending regular meetings.*

Resources available on the [Stroke Smart Virginia website](#) include:

- Sample charters
- An explanation of the process to form a SSCAG
- Formal invitations and email templates to invite members

Part 3. Run Your Community Action Group

With the group in place, begin your campaign—set goals, organize events, and track your progress.

Resources available on the [Stroke Smart Virginia website](#) include:

- Information on how to develop effective strategies, track outreach and engagement, Run meetings (sample agendas provided), Show appreciation (sample thank-you notes included)
- [Free educational materials, videos and downloads](#)

A Growing Movement

This framework is based on lessons learned from Stroke Smart in Alexandria, Virginia which was launched in 2017. The tools on this website are here to help your community move faster, avoid common roadblocks, and succeed. ***Let's work together to build a nation of Stroke Smart communities—one proclamation, one champion, and one city at a time.***

For more information, visit <https://www.vdh.virginia.gov/stroke/stroke-smart-cities-and-counties/>.