

Why should Stroke Smart Education be taught in public schools?

PROBLEM

Lives are lost because people delay — or never call — 911.

- PREVALENCE** 1 in 6 people will experience a stroke.
- TREATMENT WINDOW** Time is critical, delay can make treatment impossible.
- IMPACT** Up to 90% miss the treatment window.
- RESULT** Stroke is the #1 cause of permanent disability.
- ROOT CAUSE** too few people are *Stroke Smart* they don't call 911 immediately.

SOLUTION

Stroke Smart Schools

- STUDENTS** 15% of Virginia's population.
- EDUCATION** Teach them to be *Stroke Smart*.
- SCALE EFFECT** Students share with family and friends.
- RESULT** *the message could reach half the state — many lives saved.*

Steps to Create a Stroke Smart Students

1. **Educate Yourself:** Watch the 30-minute video. ([Watch](#))
2. **Train Health & PE Teachers:** Have them complete the same 30-minute video.
3. **Select Grades:** Decide which grades to teach (ideally all).
4. **Order Materials:** Download or request free materials. ([Link](#))
5. **Choose Lesson Plans:** 10-minute VDH lesson plans or create your own. ([Link](#))
6. **Prepare a Family Letter:** Send home information (sample on VDH site. ([Link](#)))
7. **Schedule Lessons:** Integrate into classroom activities.
8. Let us know for state level tracking and support purposes (email).

Consider Additional Stroke Smart Steps

- ✓ Educate all staff — teaching and non-teaching.
- ✓ Display posters or yard signs in key areas (same link).
- ✓ Involve sports teams, service clubs, and student groups.
- ✓ Coordinate with school nurses for additional outreach.

Other Key Links

Superintendents speak about Stroke Smart [Link \(30 sec\)](#)
 Teachers and Students Who Saved [Link \(2 min\)](#)
 VDH Stroke Smart School Website [Link](#)
 TED Talk Stroke Smart Alan Stillman [Link \(4 min\)](#)

3 Pillars of Stroke Smart Program

BE STROKE SMART

Learn what a stroke is
 Spot it fast (BE FAST)
 Stop it by calling 911.

STAY STROKE SMART

Use memory Aids that support
 Retention & Repetition.

SHARE STROKE SMART

Be a Stroke Champion—
 protect yourself, your family,
 and others.

LONG TERM GOAL



Embed Stroke Smart education in the curriculum — once in elementary, once in middle, and once in high school — to create a fully Stroke Smart community.

Alan Stillman | Founder, Stroke Smart

alan@kwikpoint.com

Spot a Stroke Stop a Stroke Save a Life