

# Stroke Prevention and Awareness Coloring and Activity Book

by the Wisconsin Coverdell Stroke Program



WISCONSIN COVERDELL  
STROKE PROGRAM

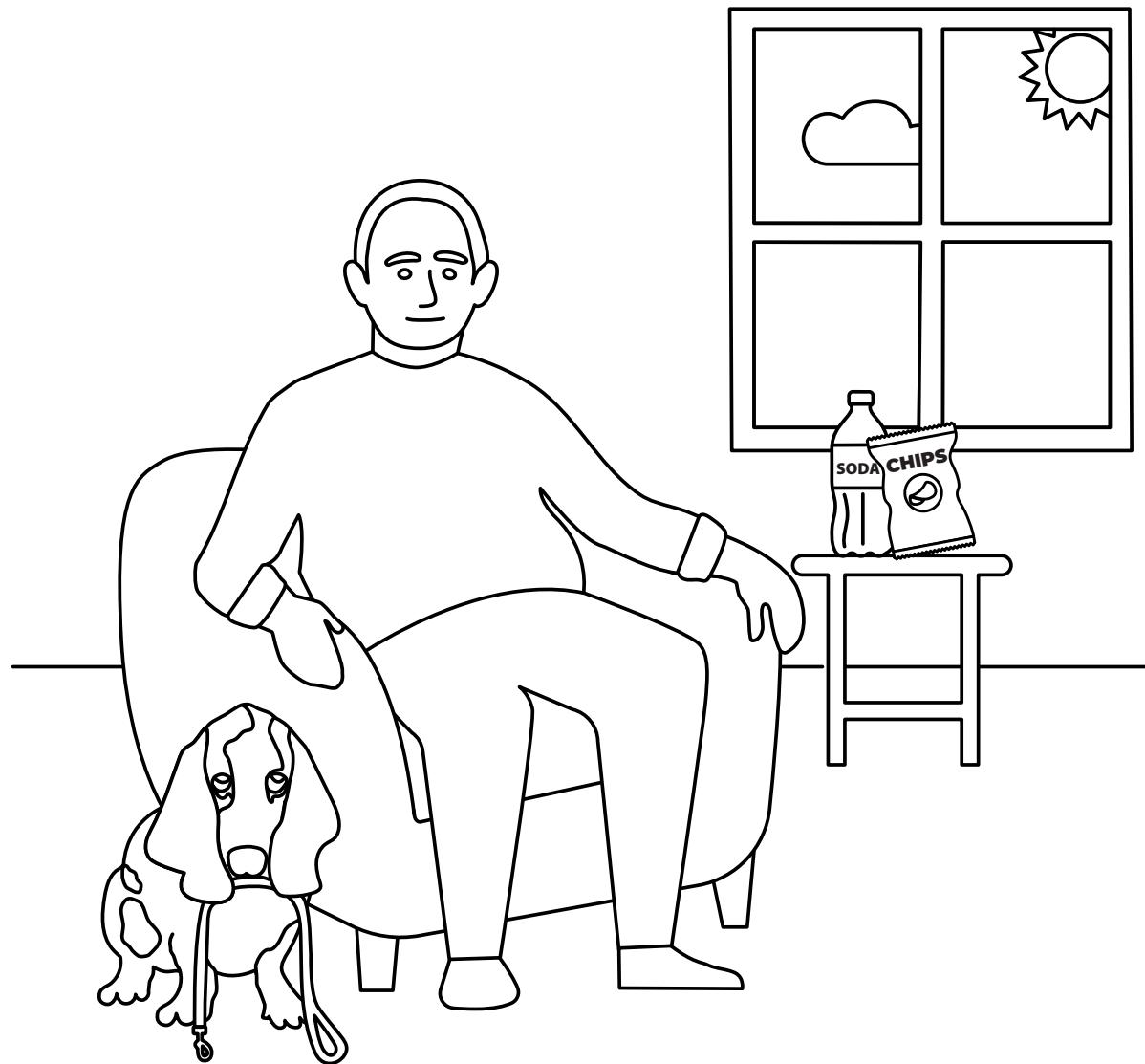


WISCONSIN DEPARTMENT  
of HEALTH SERVICES

# It's No Joke...

You can help Rick  
**REDUCE** his **RISK** of Stroke

Circle the risky activities and behaviors that increase Rick's risk of stroke.



Lack of **PHYSICAL ACTIVITY**  
increases your risk of stroke

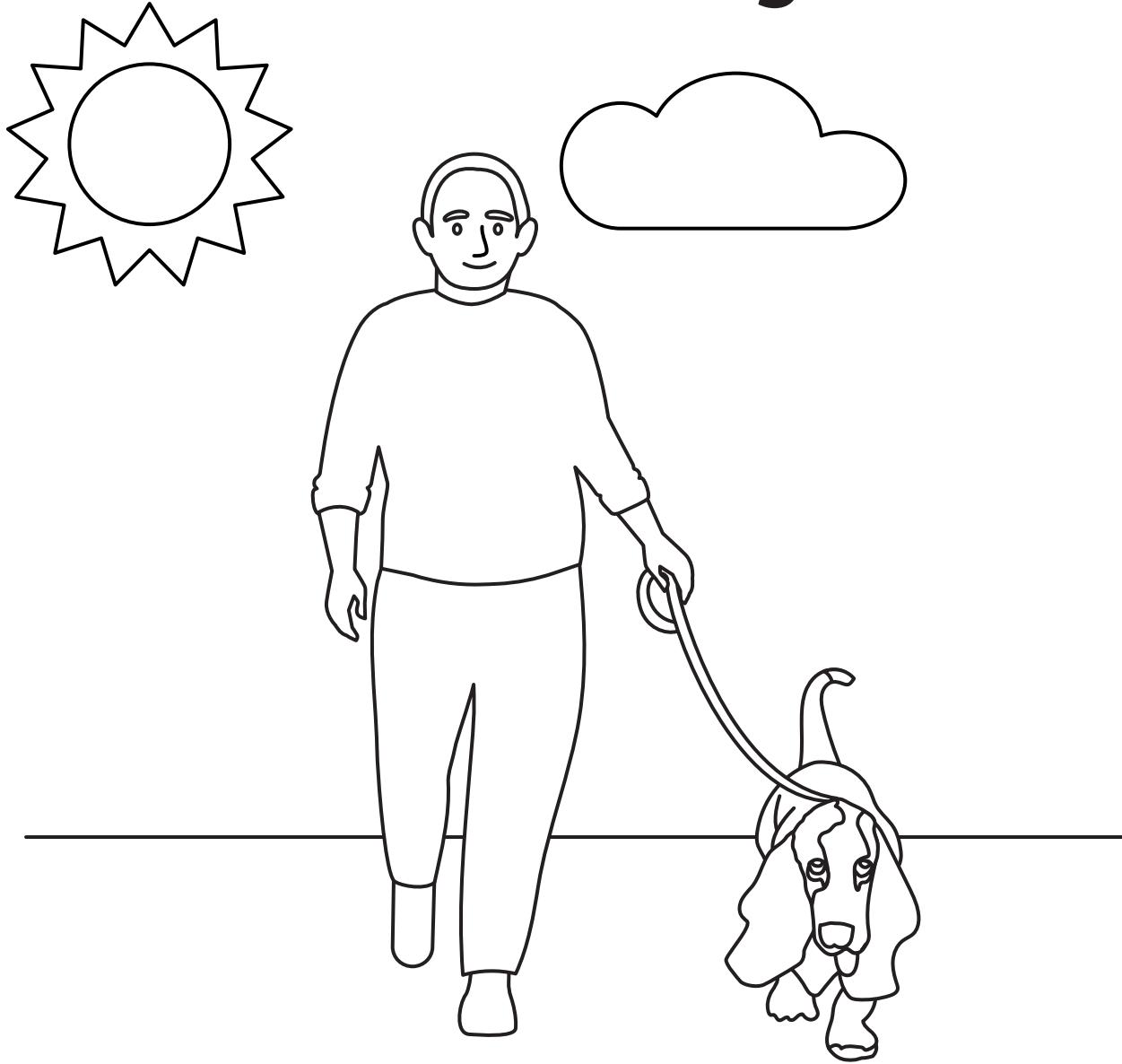
List the healthy activities and behaviors that decrease Rick's risk of stroke:

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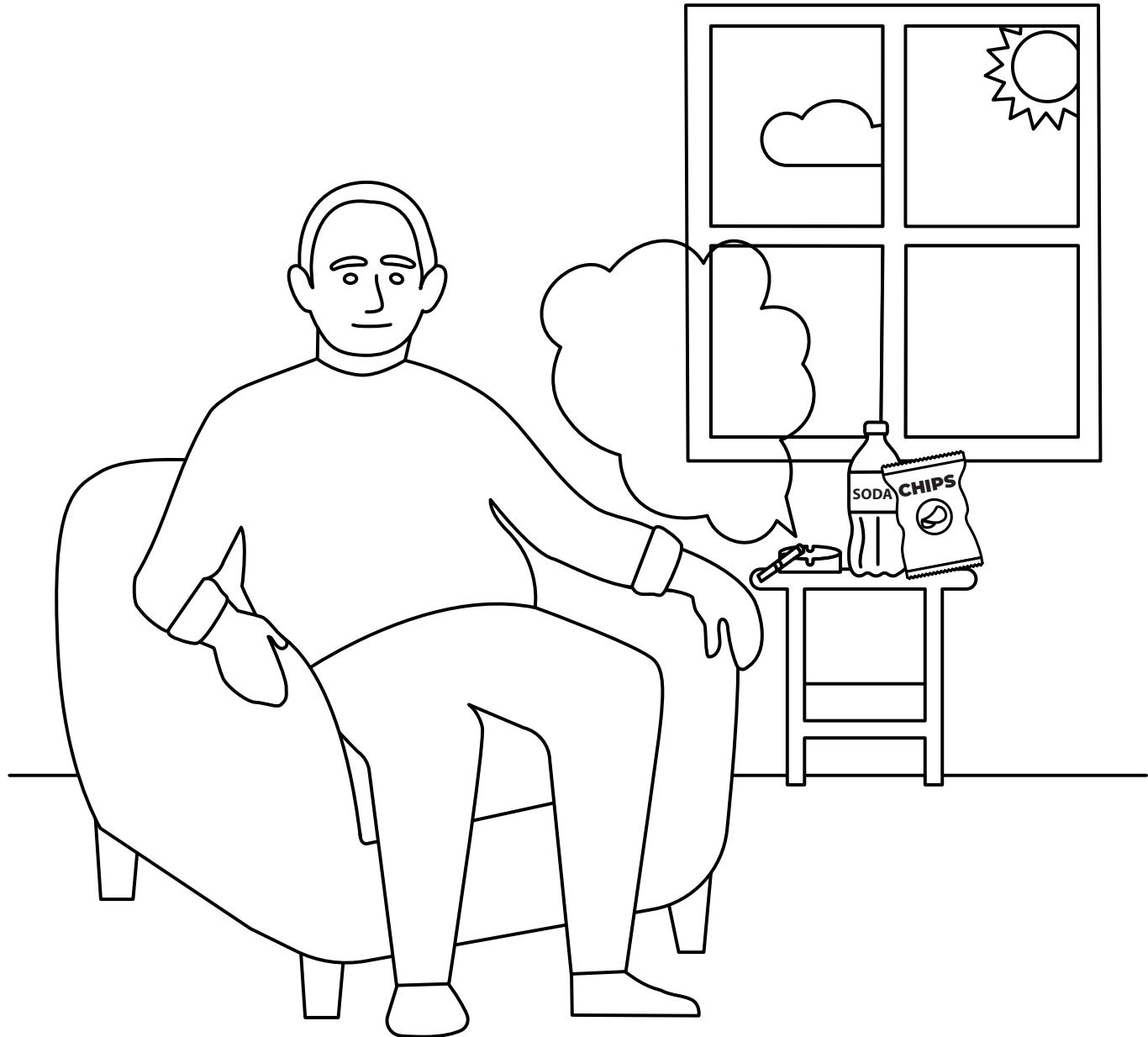
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## Get Moving!



Regular **PHYSICAL ACTIVITY**  
reduces your risk of stroke

Circle the risky activities and behaviors that increase Rick's risk of stroke.



**HIGH BLOOD PRESSURE**  
increases your risk of stroke

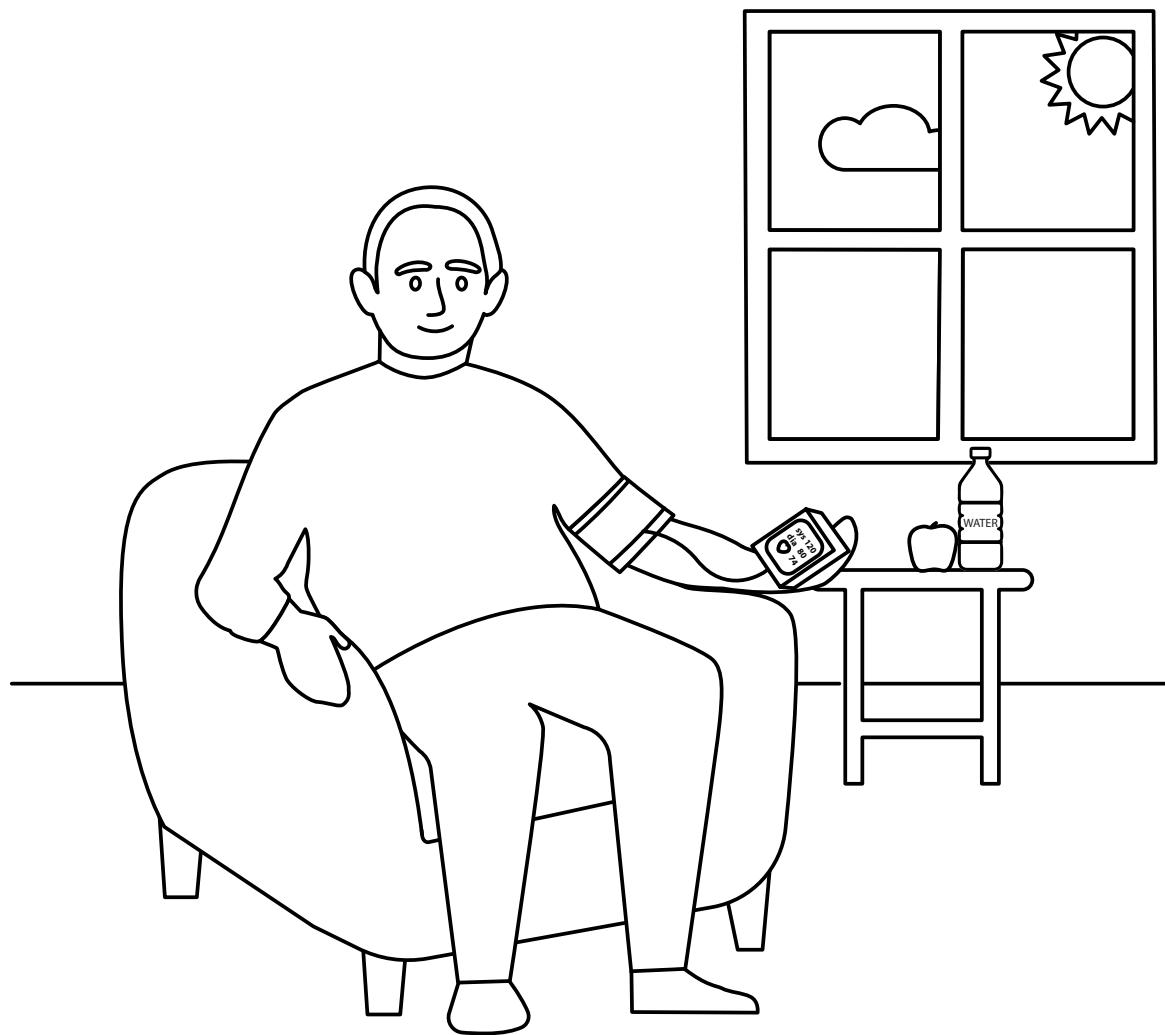
List the healthy activities and behaviors that decrease Rick's risk of stroke:

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## Know Your Numbers!



Controlling your **BLOOD PRESSURE**  
will reduce your risk of stroke

Circle the risky activities and behaviors that increase Rick's risk of stroke.



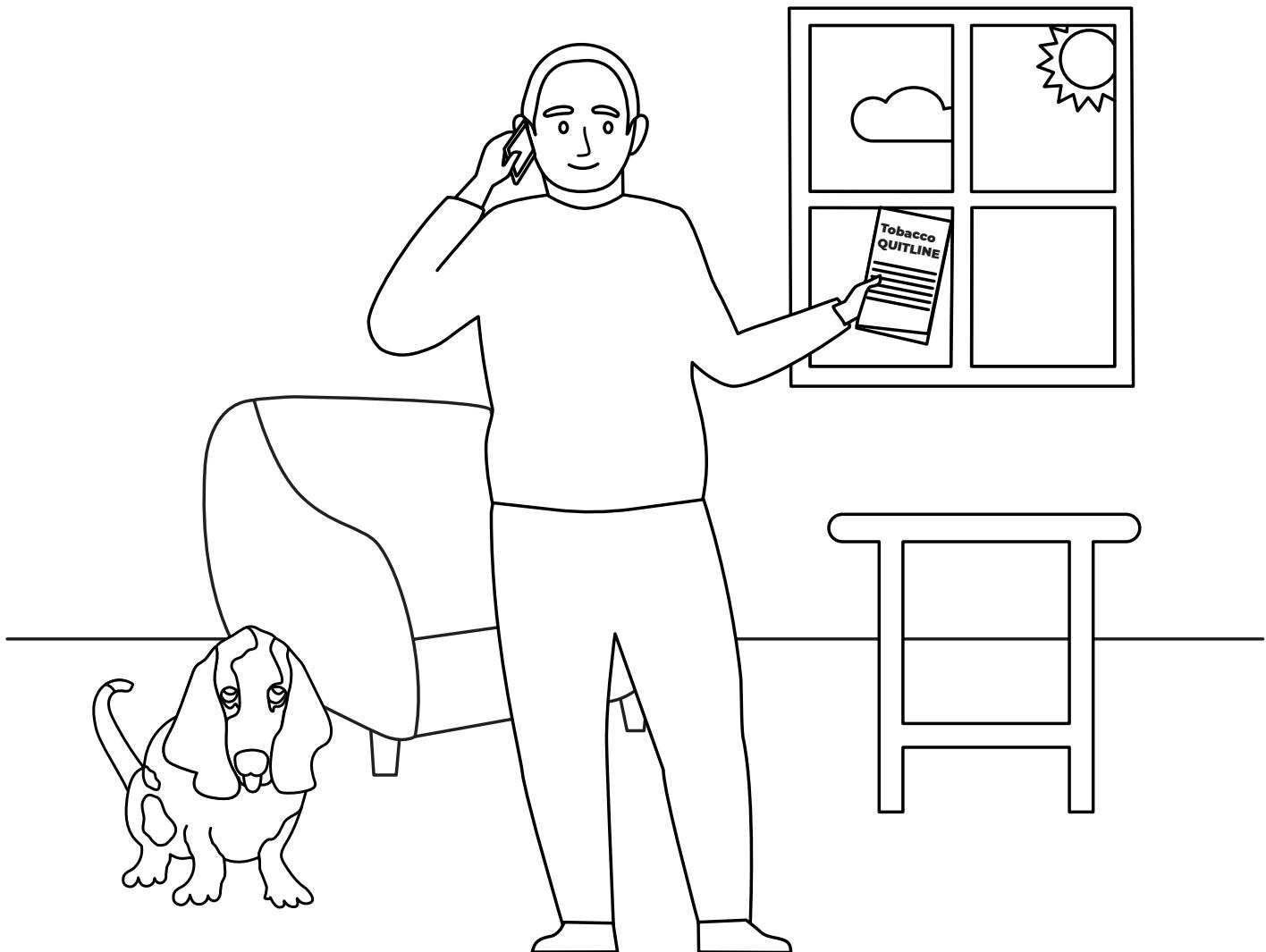
Use of **COMMERCIAL TOBACCO**  
increases your risk of stroke

List the healthy activities and behaviors that decrease Rick's risk of stroke:

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**CALL THE QUITLINE** for  
help to quit using  
commercial tobacco and  
reduce your risk of stroke



WISCONSIN TOBACCO  
**QuitLine**  
800-QUIT-NOW

Circle the risky activities and behaviors that increase Rick's risk of stroke.



**A diet HIGH IN CHOLESTEROL,  
SODIUM (SALT), SATURATED FAT,  
TRANS FAT, AND ADDED SUGAR**  
can increase your risk of stroke

List the healthy activities and behaviors that decrease Rick's risk of stroke:

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## **Healthy eating starts with healthy food choices.\***

\*Healthy Eating | American Heart Association



**EATING A BALANCED DIET** including fresh fruits and vegetables, high fiber options, and healthy sources of protein can reduce your risk of stroke

Circle the risky activities and behaviors that increase Rick's risk of stroke.



**DRINKING** an average of more than one drink per day for women and more than two drinks a day for men can increase your risk of stroke

List the healthy activities and behaviors that decrease Rick's risk of stroke:

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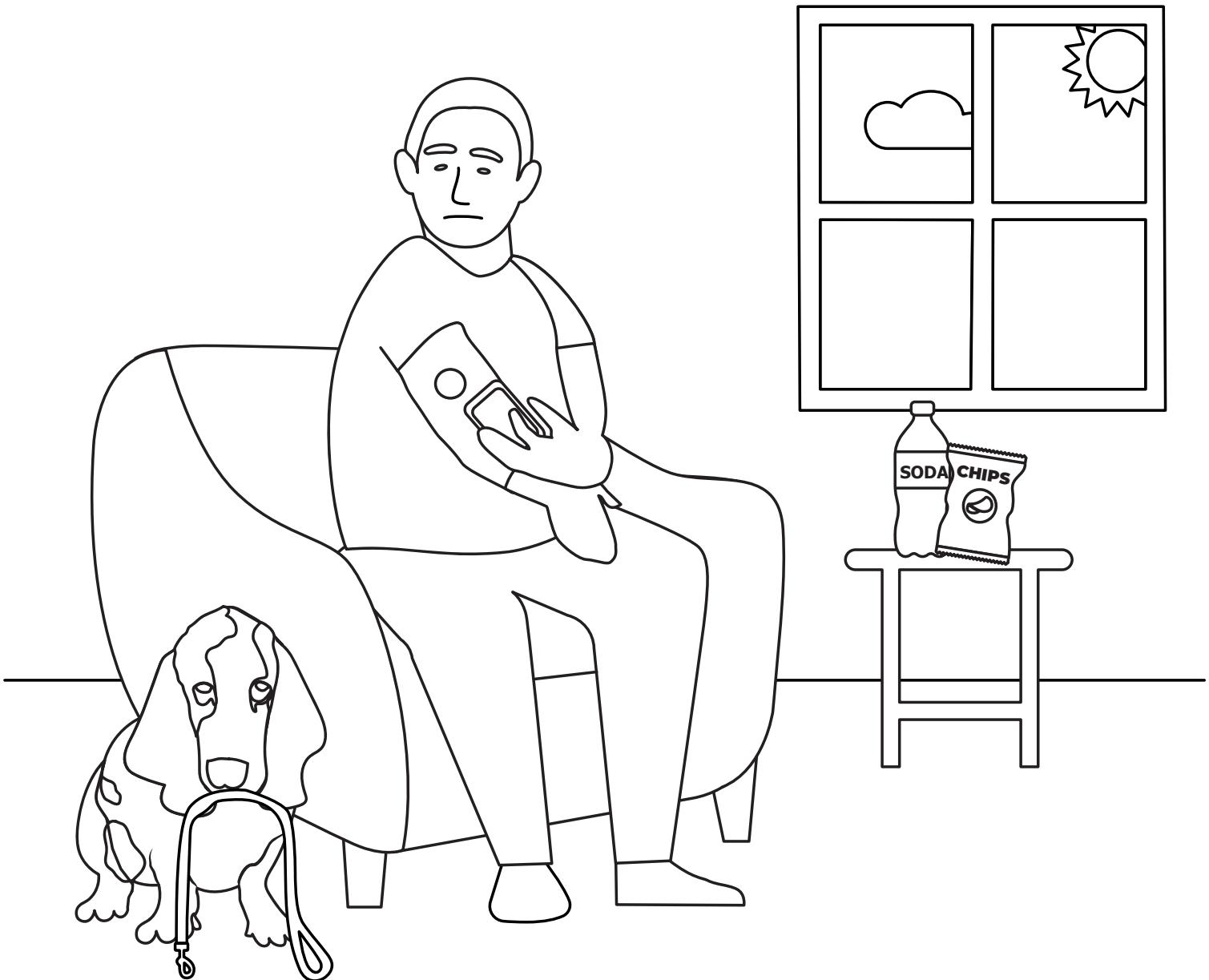
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## Sip Responsibly!



Limit **ALCOHOL** intake to  
reduce your risk of stroke

Circle the risky activities and behaviors that increase Rick's risk of stroke.



**HAVING DIABETES** increases your risk of stroke

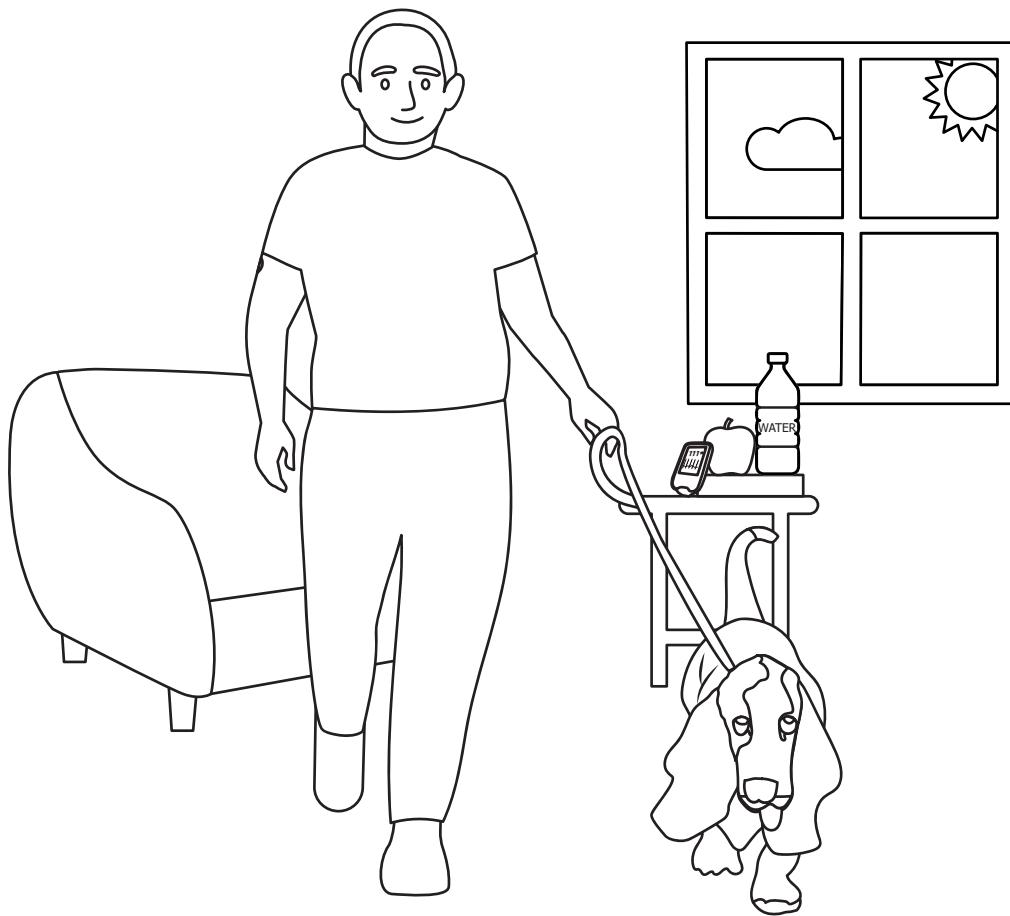
List the healthy activities and behaviors that decrease Rick's risk of stroke:

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## **Eat Well, Move More!**



Manage your diabetes by **MONITORING GLUCOSE LEVELS, GETTING ACTIVE, and EATING A BALANCED DIET** to reduce your risk of stroke

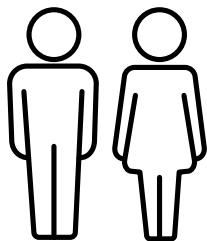
# Non-Modifiable Risk Factors of Stroke

Up to 80% of strokes can be prevented by healthy lifestyle changes, but there are still risk factors that cannot be prevented; these are called non-modifiable risk factors. It is important to commit to healthy habits to continue to reduce your risk of stroke.

As you review these risk factors, it's important to acknowledge that we all don't have the same opportunities for health. Things like where you were born and grow up, your economic standing, your exposure to trauma, and where you go to school or work can all influence your access to vital resources (like quality health care), which can then affect your long-term health. The good news is that with knowledge is power, and we can work to reduce risk factors and risk of stroke.

**Draw a line between the stroke risk factor and its corresponding description.**

SEX



**Certain genetic factors and family history of adverse health conditions and diseases can increase your likelihood of stroke. Both are helpful to understand your risk and prevent future health problems.**

RACE OR ETHNICITY



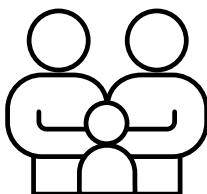
**Stroke risk increases with age.**

AGE



**Women are more likely to have stroke than men, and also more likely to die from stroke.**

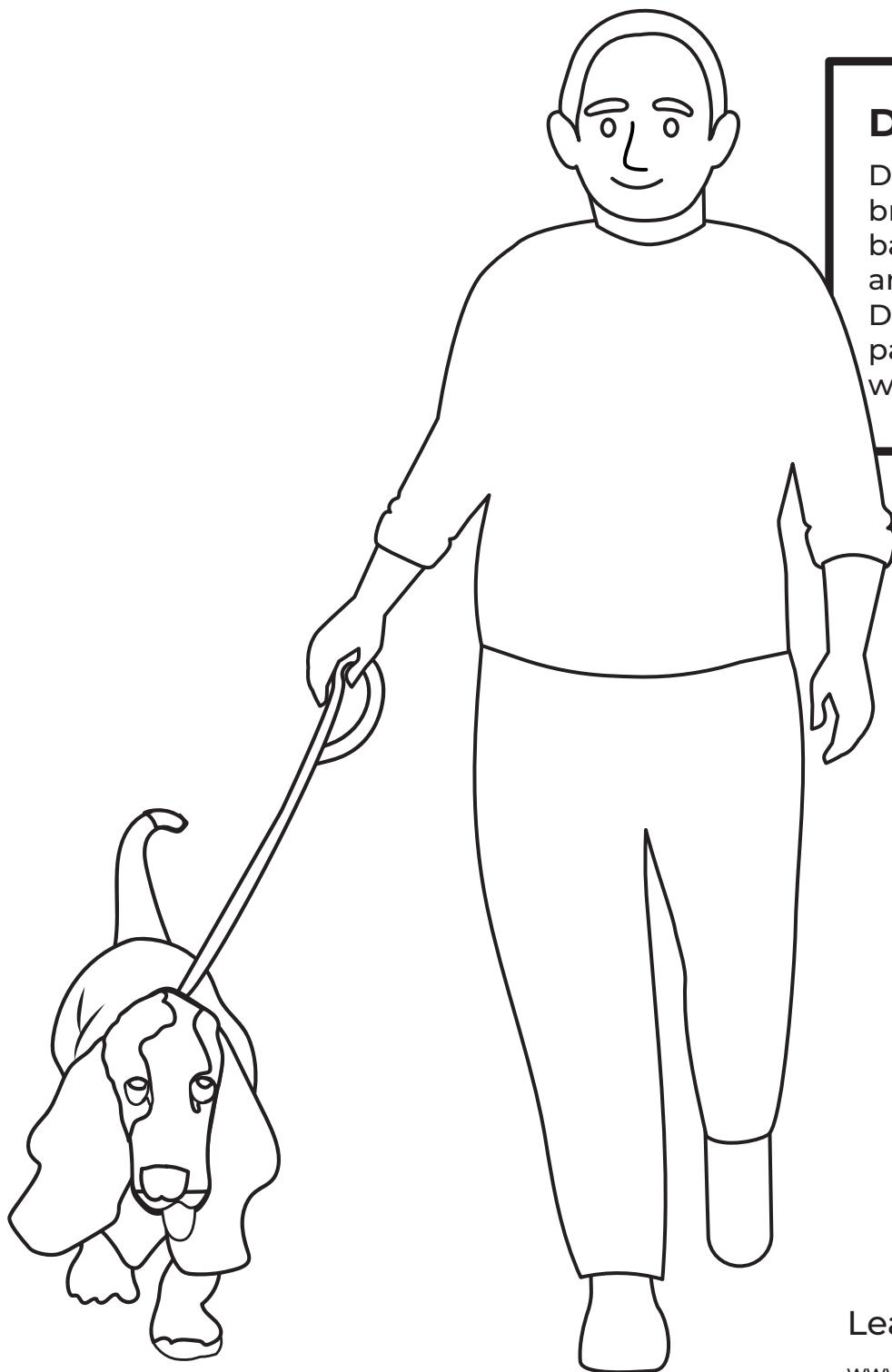
GENETICS AND FAMILY HISTORY



**Stroke death is higher in non-Hispanic Black or Pacific Islander people.**

## Did you know?

Over 2,000,000 brain cells die every minute someone is having a stroke. Calling 911 and taking an ambulance will make sure the hospital can act quickly when the person having a stroke arrives.



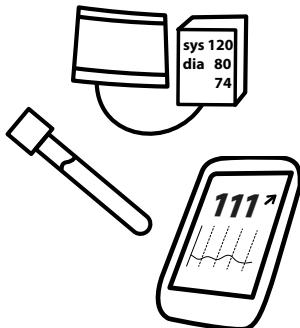
## Did you know?

Different parts of the brain help us talk, walk, balance, see, remember and learn new skills. During a stroke, a part of the brain stops working well.

Learn more:

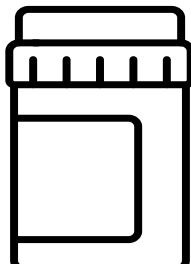
[www.cdc.gov/stroke/risk\\_factors.htm](http://www.cdc.gov/stroke/risk_factors.htm)

Preventing and managing other chronic diseases, such as diabetes and heart disease, including atrial fibrillation, reduce one's risk for stroke. You can do so by preventing and controlling high blood pressure, cholesterol, and sugar through these healthy habits:



**If you have high:**

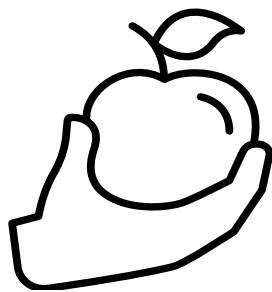
- Blood pressure, measure your blood pressure on a regular basis.<sup>1</sup>
- Cholesterol, check your cholesterol regularly.<sup>2</sup>
- Blood sugar, keep track of your blood sugar levels to see what makes them go up or down.<sup>3</sup>



**Take your medicine as prescribed by your provider.**



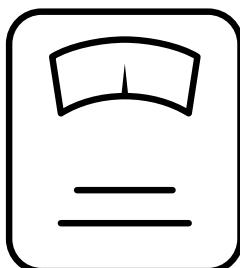
**Talk with your health care provider to establish a care plan that works best for you.**



**Eat a healthy diet.**

Choose foods that are low in saturated fat, trans fat, sodium (salt), and added sugars such as lean meats; seafood; fat-free or low-fat milk, cheese, and yogurt; whole grains; and fruits and vegetables.<sup>4</sup>

Eat foods naturally high in protein and fiber such as oatmeal and beans.<sup>4</sup>



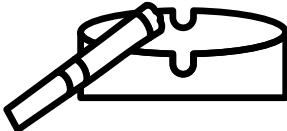
**Keep yourself at a healthy weight.**

Talk with your health care provider about what a healthy weight is for you.



### **Be physically active.**

Get approximately 150 minutes of moderate (heart pumping) physical activity per week.



### **Do not use commercial tobacco.**

Commercial tobacco includes cigarettes, e-cigarettes, chewing tobacco, snuff, cigars, vapes, and other products.

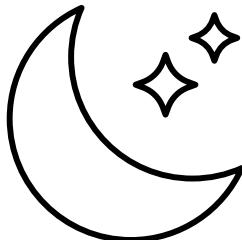


### **Do not engage in illegal drug use (including the misuse of prescription medications).**



### **Limit how much alcohol you drink.**

It is recommended that women drink no more than one alcoholic drink per day and no more than two drinks a day for men.<sup>5</sup>



### **Get enough sleep.**

Seven or more hours of sleep a night is recommended.



### **Manage your stress.**

Take breaks to ease your mind. This can include disconnecting from social media, taking care of your body, making time to decompress, connecting with loved ones, and much more.

1. Centers for Disease Control and Prevention. (2023, August 29). Manage high blood pressure. Centers for Disease Control and Prevention. <https://www.cdc.gov/bloodpressure/manage.htm>

2. Centers for Disease Control and Prevention. (2023, March 20). Treat and manage high cholesterol. Centers for Disease Control and Prevention. <https://www.cdc.gov/cholesterol/managing-cholesterol.htm>

3. Centers for Disease Control and Prevention. (2022, December 30). Monitoring your blood sugar. Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/managing/managing-blood-sugar/bloodglucosemonitoring.html>

4. Centers for Disease Control and Prevention. (2023, May 16). Prevent high cholesterol. Centers for Disease Control and Prevention. <https://www.cdc.gov/cholesterol/prevention.htm>

5. Centers for Disease Control and Prevention. (2023, March 17). Prevent high blood pressure. Centers for Disease Control and Prevention. <https://www.cdc.gov/bloodpressure/prevent.htm>

# Bella Goes Shopping

Help Bella buy foods that will protect Bella from having a stroke. The foods Bella should eat have their letters scrambled. Use the clues to unscramble the word then find the food below and color it in.

**SABEN** \_\_\_\_\_

They are hard, small, come dry in a bag, or cooked in a can. They have lots of protein, fiber, and iron.

**IBRLOCOC** \_\_\_\_\_

This vegetable looks like a small tree, is super green, and is one of the healthiest foods you can eat.

**GENRSE** \_\_\_\_\_

Examples of these include arugula, kale, collard, and spinach. These foods are some of healthiest on the planet.

**SEBERIR** \_\_\_\_\_

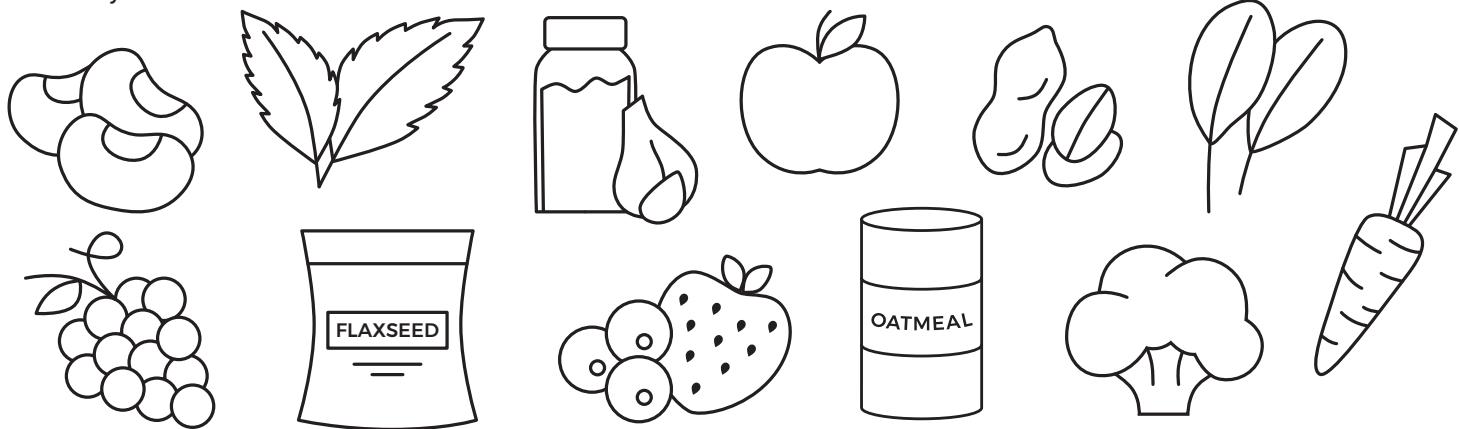
These are small, juicy, and can be sour and sweet. The darker their color, the better they are for our bodies.

**ICESPS** \_\_\_\_\_

Add a little of these to get a big flavor. Examples are ginger, pepper, cinnamon, turmeric, and garlic.

**LAXFEEDS** \_\_\_\_\_

Tiny brown little seeds that rhyme with "tax leads". Eat 2 tablespoons of these a day to protect your heart, brain, and body.



## Did you know?

You can protect your brain from stroke by eating fruits, vegetables, whole grains, and beans everyday. Eating meat, cheese, and eggs may increase the risk of stroke<sup>1</sup>.

Can you find the stroke related words?

Words can be found in any direction  
(including diagonals) and can overlap  
each other. Use the word bank below.

S R Q P F Z D C H Q K W D N M K O H R M  
N F X Y P H Y S I C A L A C T I V I T Y  
J I R K C Y T E C L Q Y W S P W W F W E  
U K L U W C I I W N E V U X U Z Q N O Z  
B Y M C I V D S Q J P A Z U R N E D W B  
E K X G N T V W L K Q S N Y D Z D F H A  
A N M V T Z S N G T E G Q P L I U A I L  
N U O E D Q G E G Q P A A E R P C Q X A  
S Z B W O V E G E T A B L E S O X H A N  
X V O T J N L P W X M E I T F U T R L C  
L B E F A S T I H V H M R O K T K E H E  
D M P F K O Z N U T S N S E S H S X I G  
B M C X Q P F I U O T I M E R W O Q W N  
C S L J E Z G E L Q A C S P E E C H T W  
S K D L L X B L O O D P R E S S U R E G  
Q G Q H E A D A C H E C H F J C H A Q Y  
Z T O E I W H O L E G R A I N S Q A W Q  
F B S Y J U C S A C J L Y F G P A R M S  
A Q G E D E R M A X H E F A C E T Z C H  
J P F S R Q V E N H Q E N X S Q K K R Q

### Word bank

Physical activity  
Blood pressure  
Whole grains  
Lean protein

Vegetables  
Fruits  
Nuts  
Beans

Balance  
Eyes  
Face  
Arms

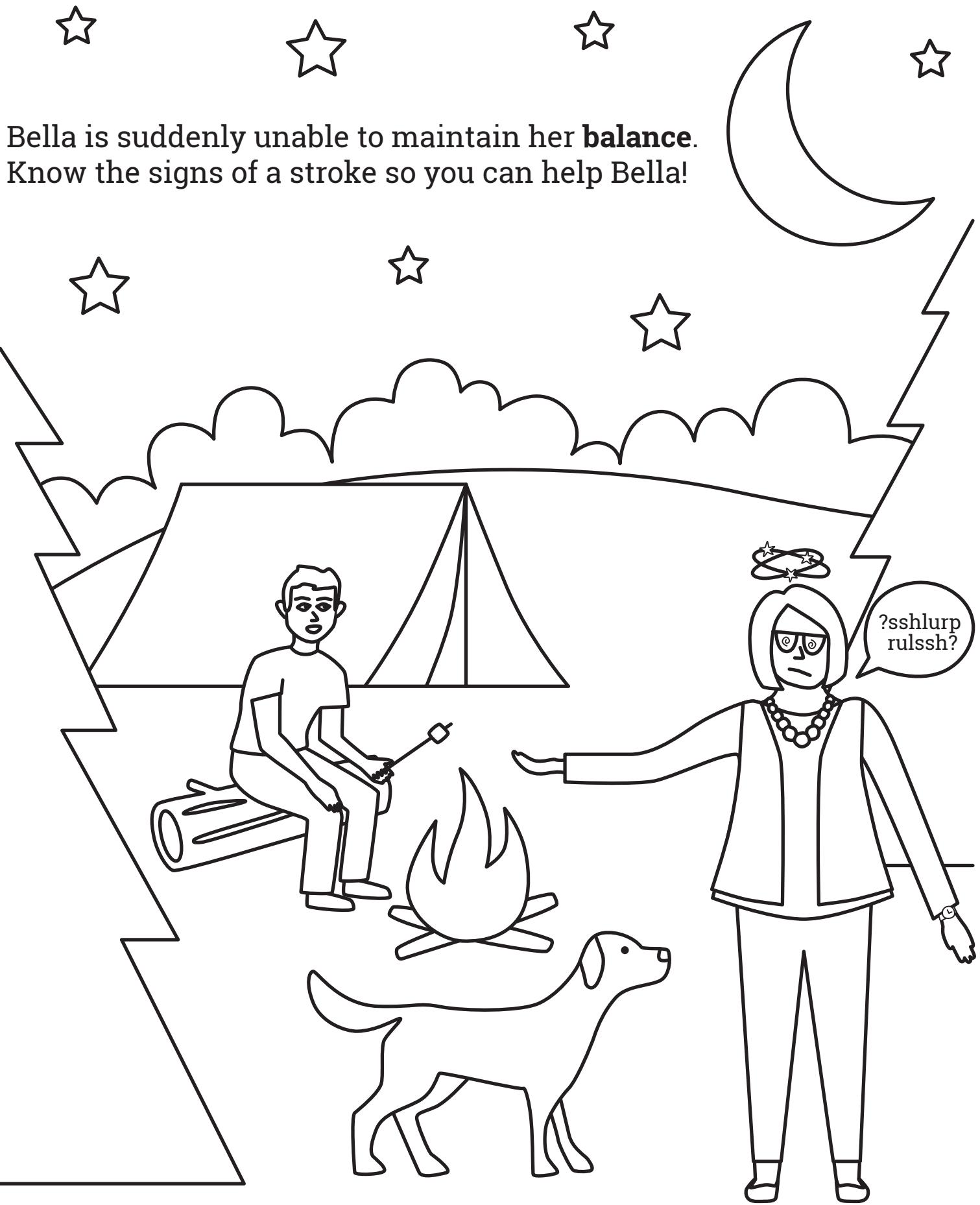
Speech  
Headache  
BEFAST  
Time





Bella is having a stroke.  
Can you BEFAST and  
spot the symptoms?

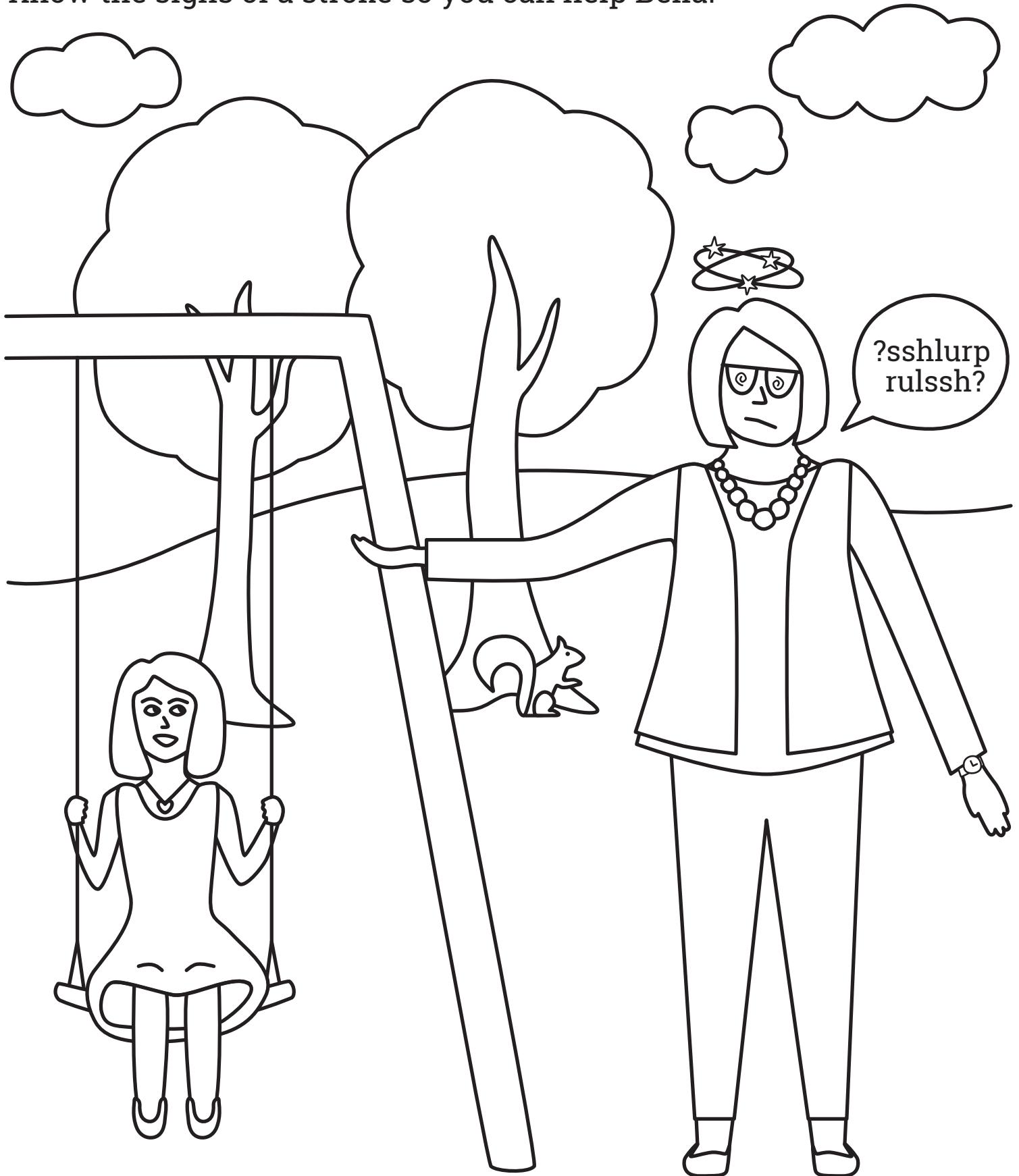
?ssh lurp  
rul ssh?



Bella has a sudden change with her **eyes** – her vision is blurry.  
Know the signs of a stroke so you can help Bella!

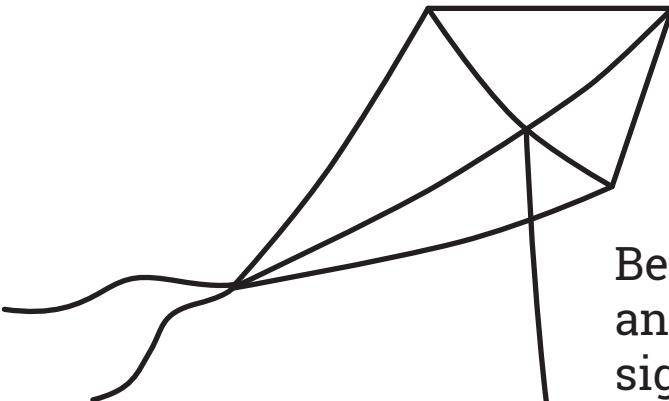


Bella tries to smile, but suddenly one side of her **face** droops.  
Know the signs of a stroke so you can help Bella!



Bella's **arm** suddenly feels numb and weak.  
Know the signs of a stroke so you can help Bella!

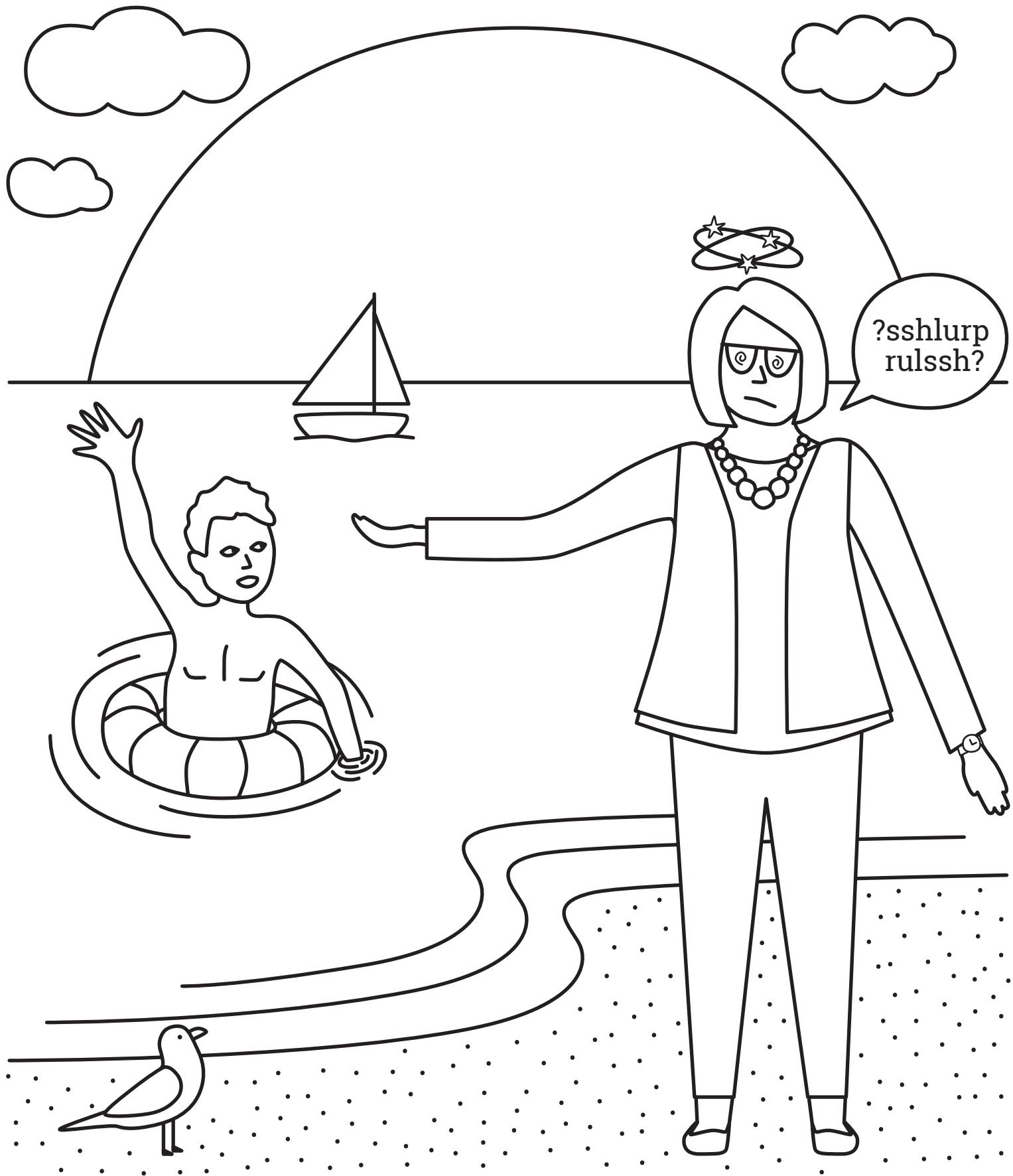




Bella's **speech** is suddenly slurred and hard to understand. Know the signs of a stroke so you can help Bella!



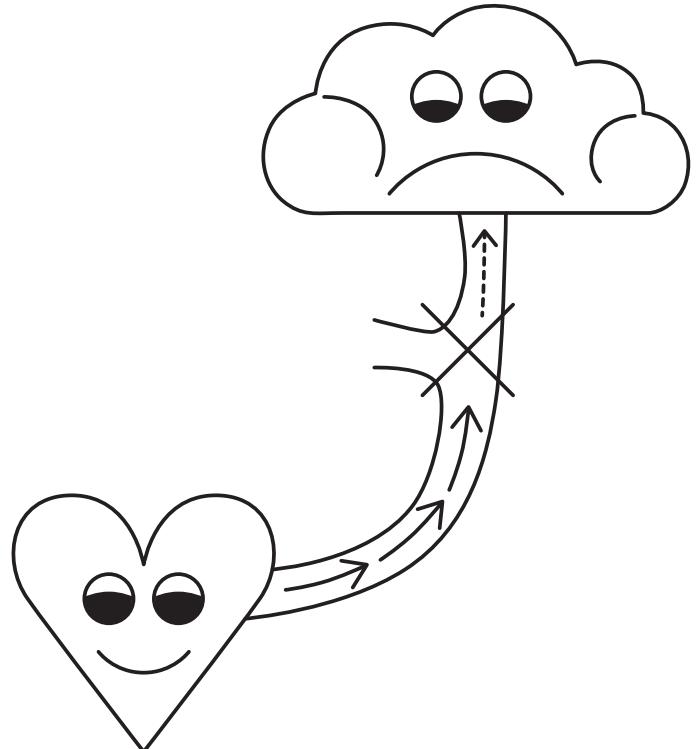
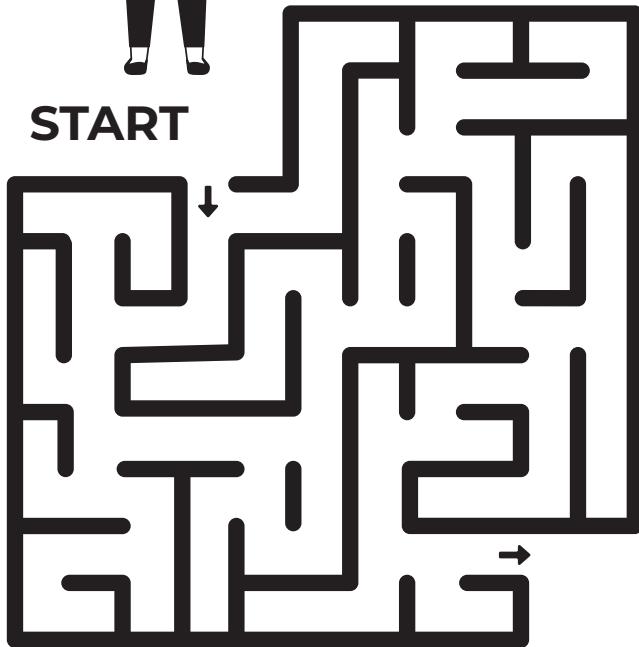
Bella suddenly has a **terrible headache**.  
Know the signs of a stroke so you can help Bella!



# What is a stroke?

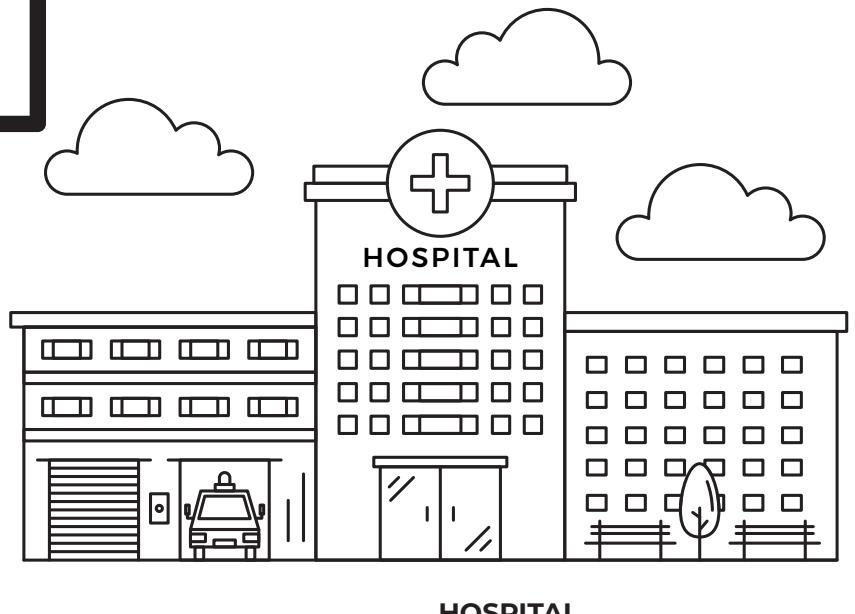
Your brain needs blood and oxygen from blood vessels 24/7. A stroke happens when your brain stops getting enough blood or oxygen.

Help Bella through the maze to get to the hospital.



## DID YOU KNOW?

Most strokes happen when a blood vessel to the brain gets blocked by a blood clot.



HOSPITAL

Know the signs of a stroke!

# BE FAST

## **BALANCE**

Sudden loss of coordination or balance

## **EYES**

Sudden change in vision

## **FACE**

Sudden weakness on one side of the face or facial droop

## **ARM**

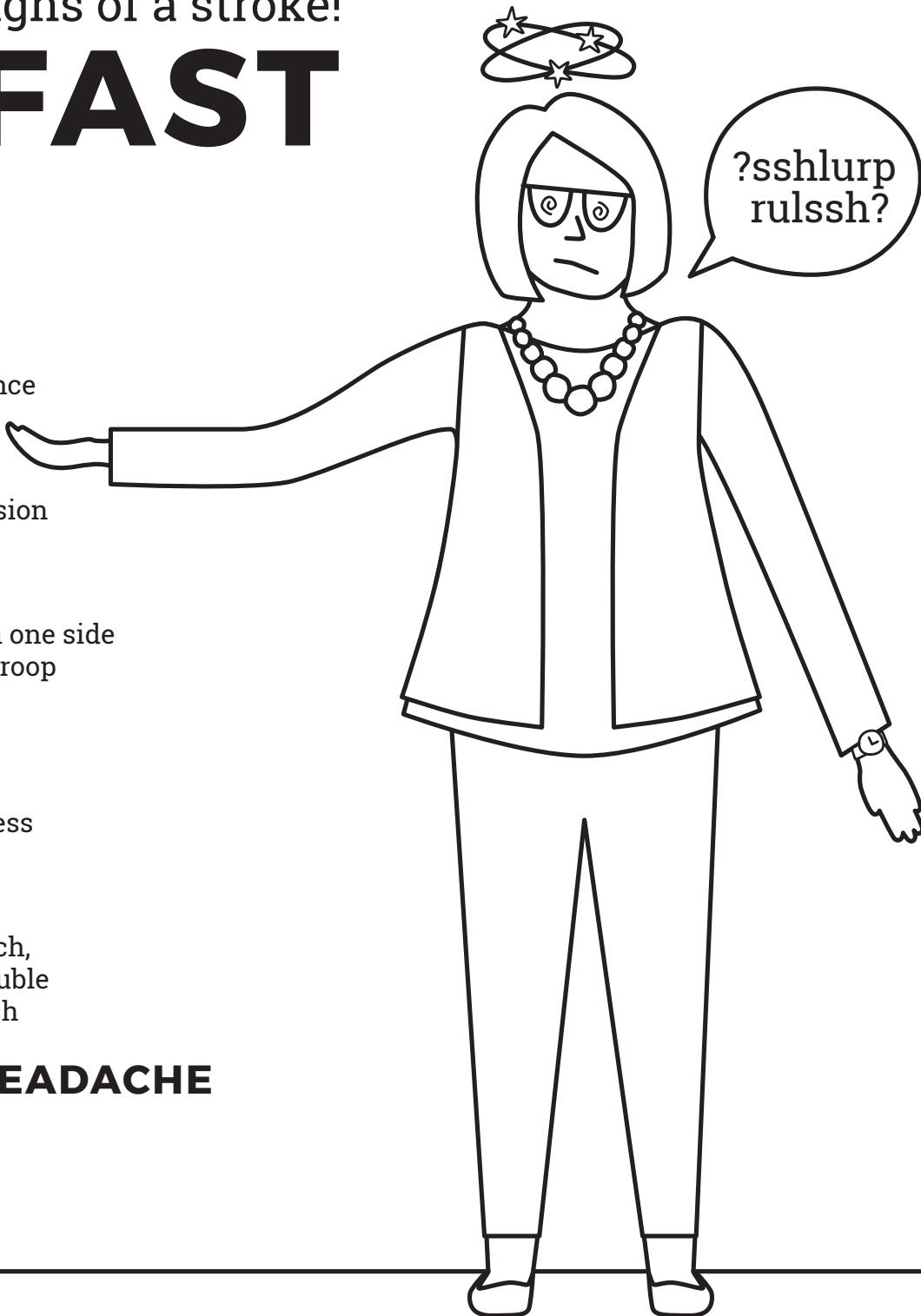
Sudden arm or leg weakness or numbness

## **SPEECH**

Sudden slurred speech, trouble speaking, trouble understanding speech

## **TERRIBLE HEADACHE**

Sudden onset of a terrible headache



WISCONSIN COVERDELL  
STROKE PROGRAM



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

P-03643 (09/2024)

**TIME TO CALL 9-1-1**  
**Every second counts!**