

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

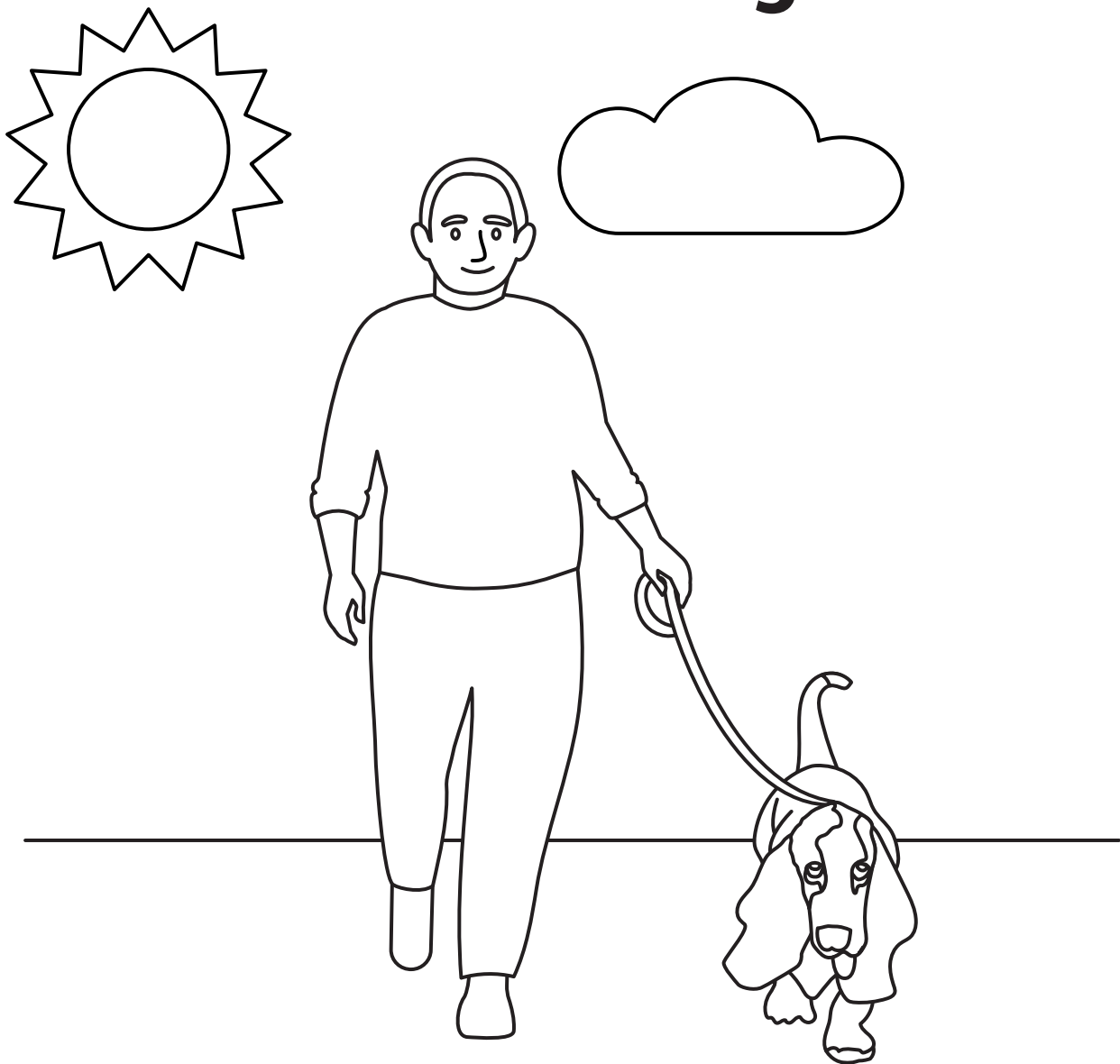
Circle the risky activities and behaviors that increase Rick's risk of stroke.



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

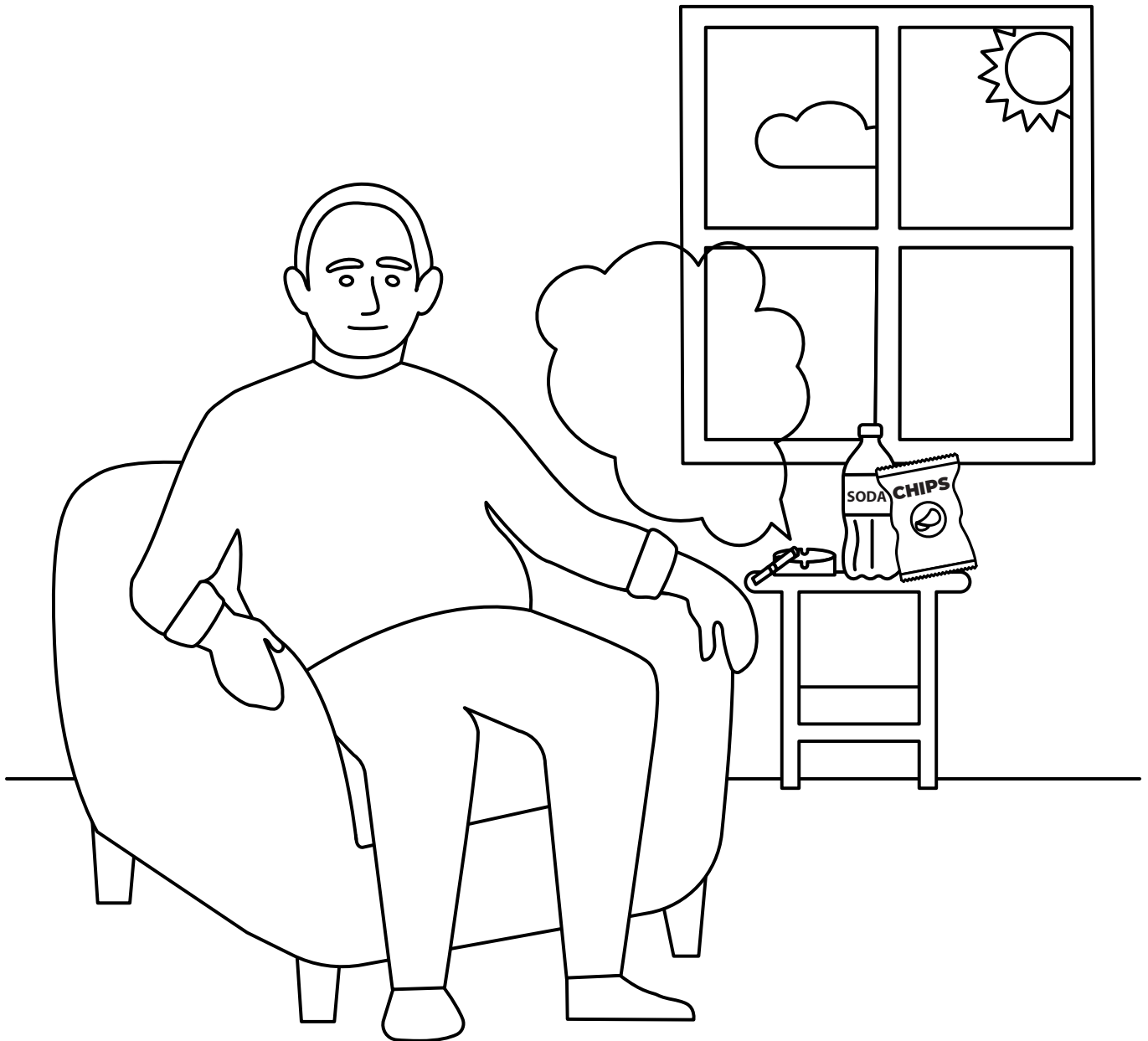
List the healthy activities and behaviors that decrease Rick's risk of stroke:

Get Moving!



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

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

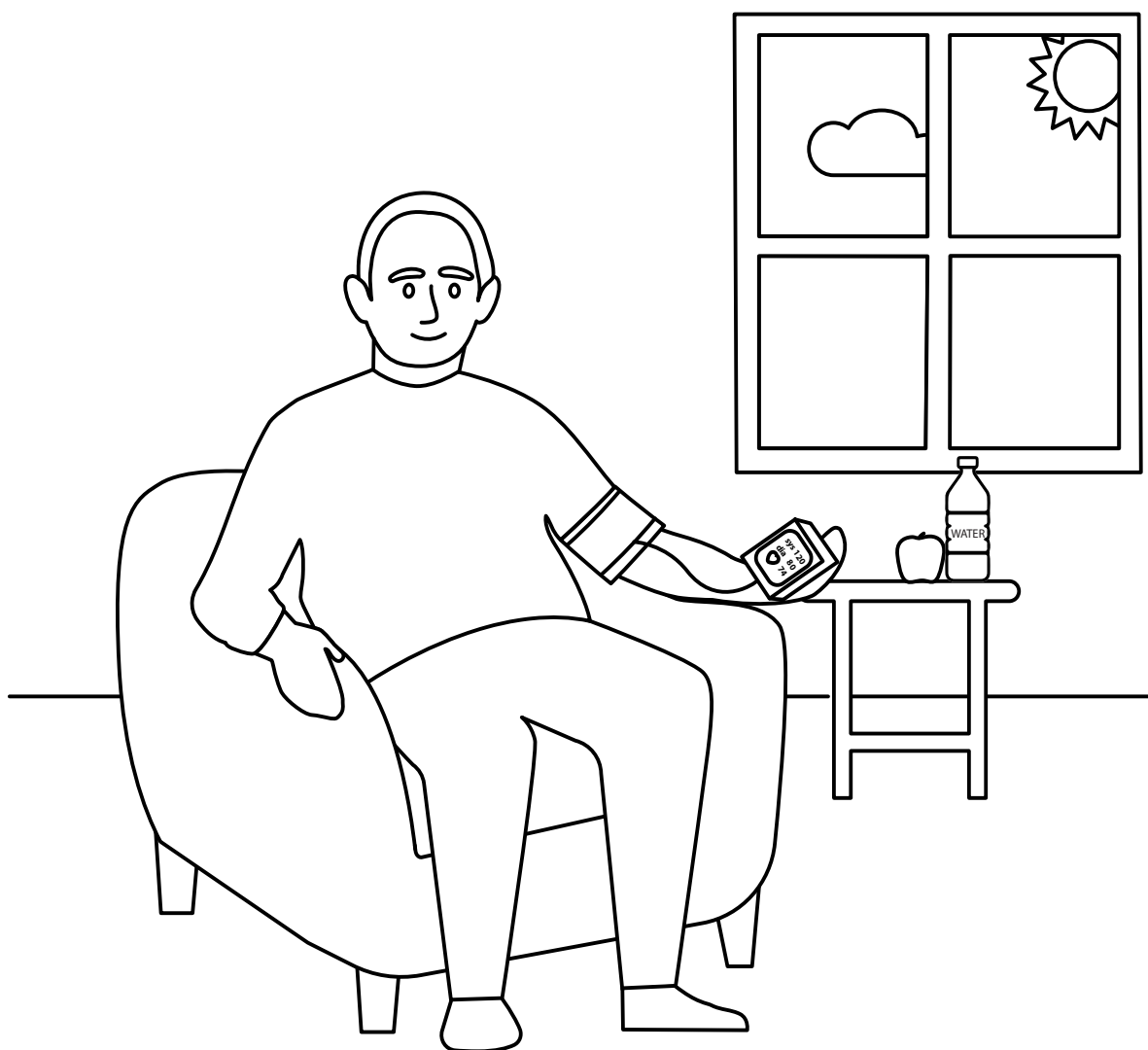


HIGH BLOOD PRESSURE

increases your risk of stroke

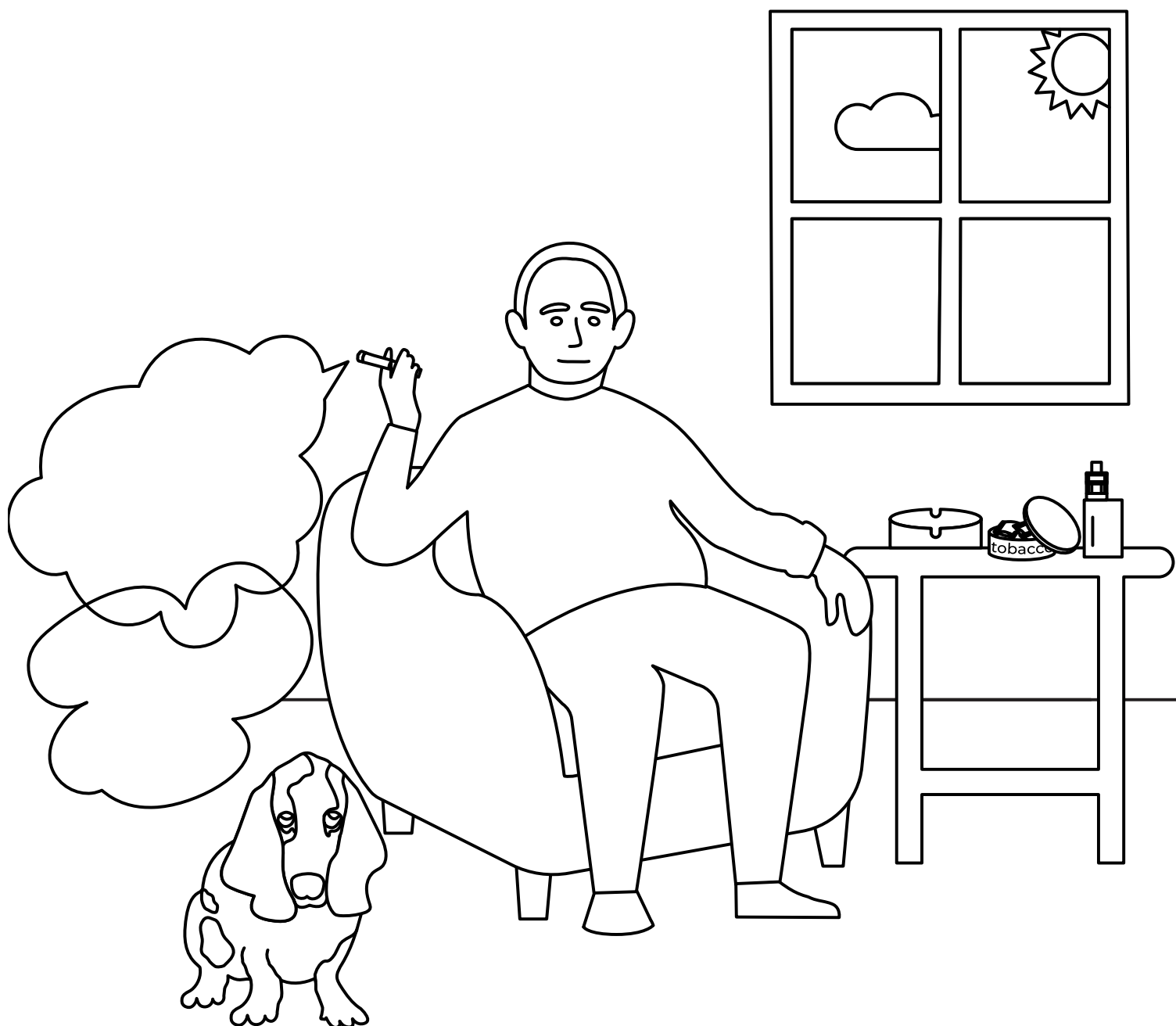
List the healthy activities and behaviors that decrease Rick's risk of stroke:

Know Your Numbers!



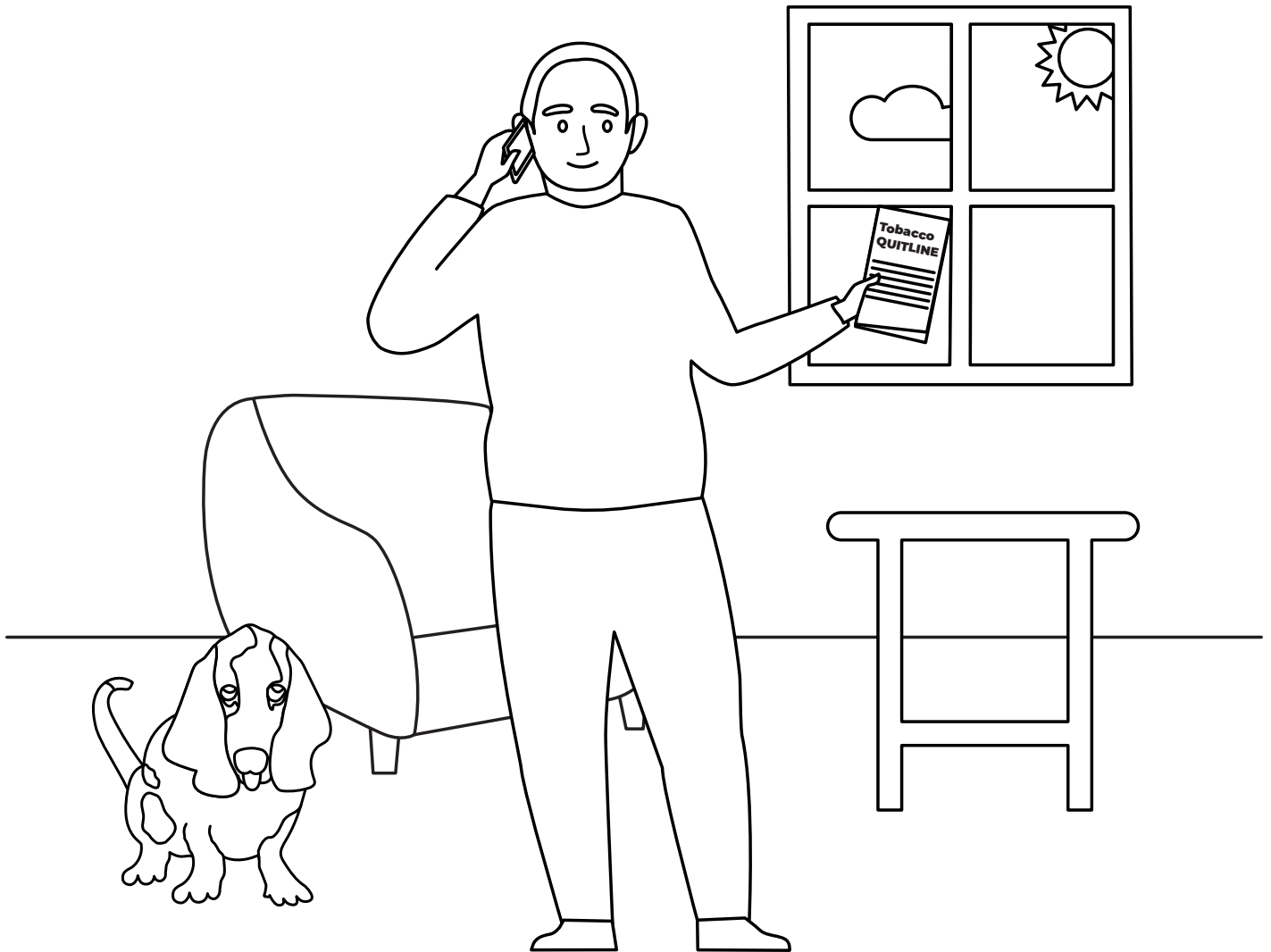
Controlling your **BLOOD PRESSURE** will reduce your risk of stroke

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:

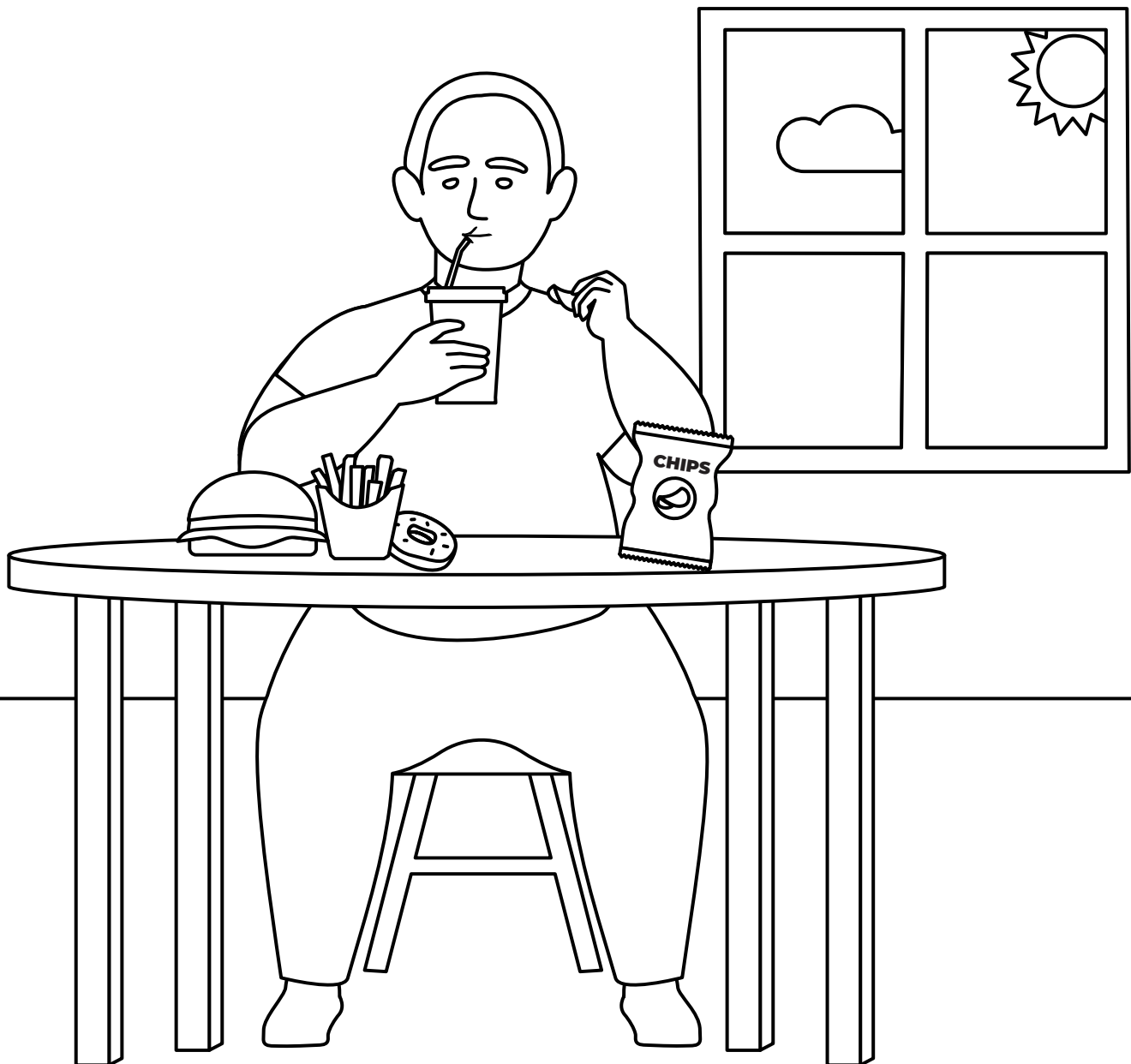


CALL THE QUITLINE for
help to quit using
commercial tobacco and
reduce your risk of stroke



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:

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

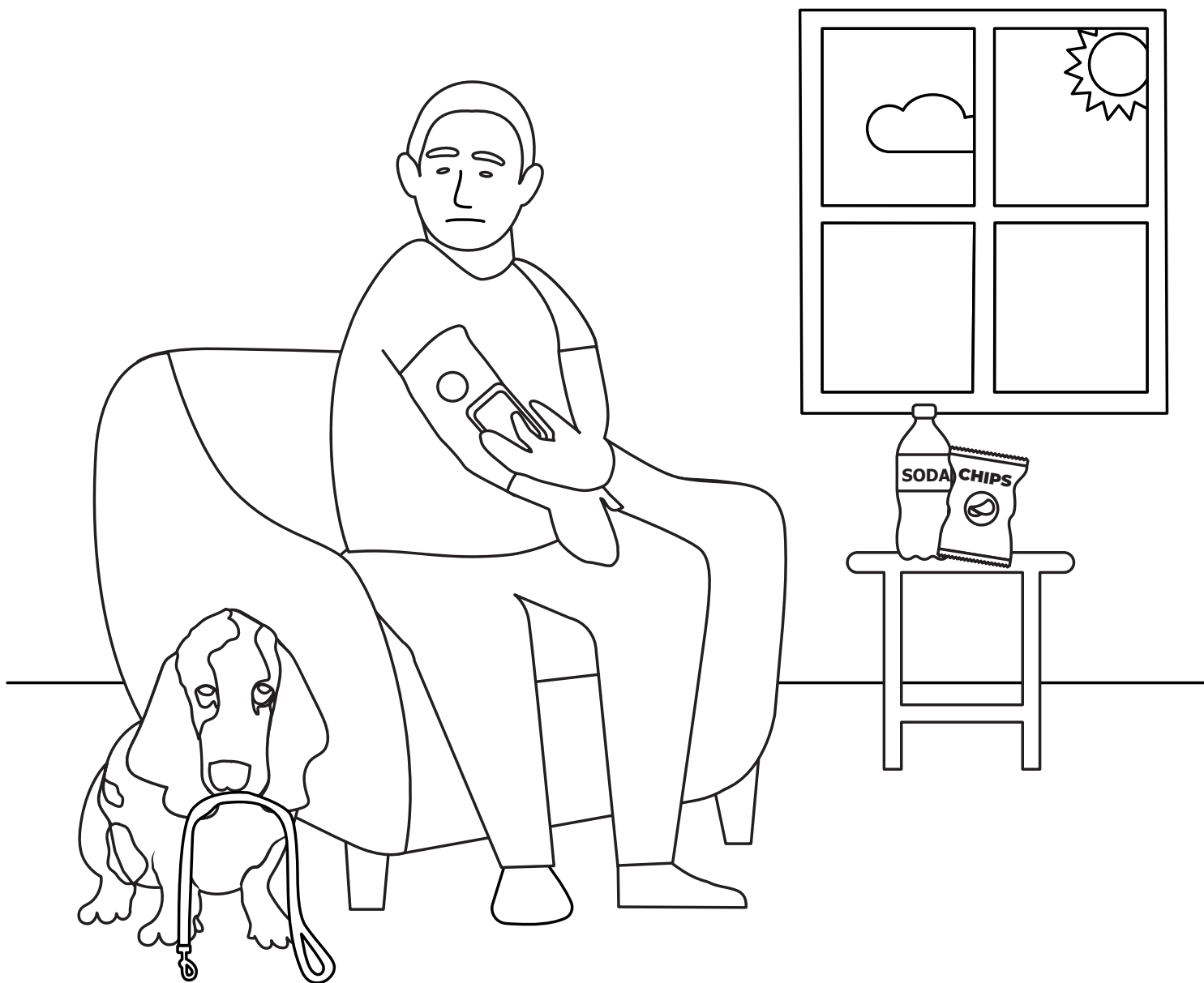
List the healthy activities and behaviors that decrease Rick's risk of stroke:

Sip Responsibly!



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

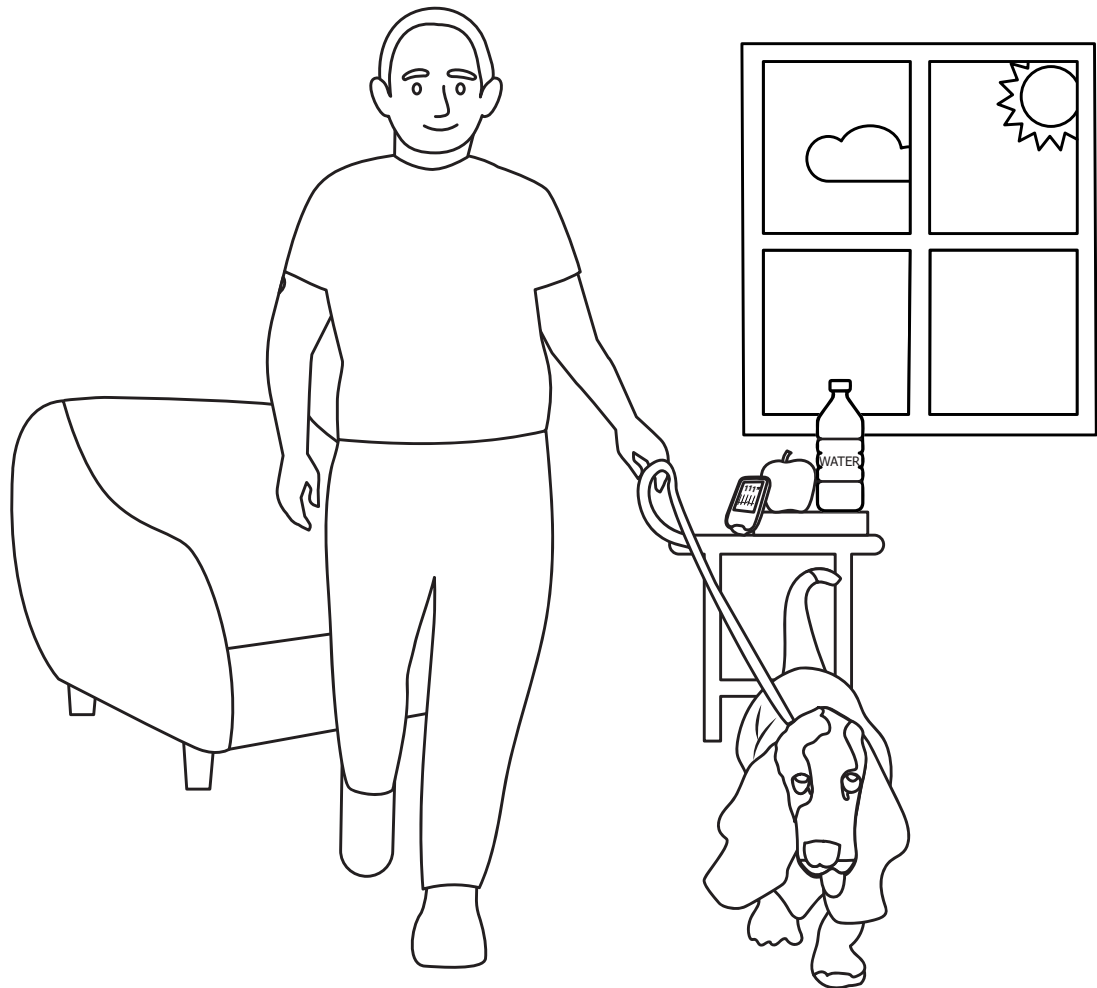
Circle the risky activities and behaviors that increase Rick's risk of stroke.



HAVING DIABETES increases your risk of stroke

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

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.



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.



Stroke risk increases with age.



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



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

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.¹
- Cholesterol, check your cholesterol regularly.²
- Blood sugar, keep track of your blood sugar levels to see what makes them go up or down.³



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.⁴



Eat foods naturally high in protein and fiber such as oatmeal and beans.⁴



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.⁵



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 the 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.

ELPAP _____

These crisp juicy sweet snacks can be red to green. The peel is the healthiest part of them.

TORRAC _____

Most are orange though some are yellow and purple, these crunchy vegetables are loaded with vitamin A.

LAMATOE _____

Small and white flakes, these whole grains protect our heart and brain and are a tasty breakfast meal.

TUNS _____

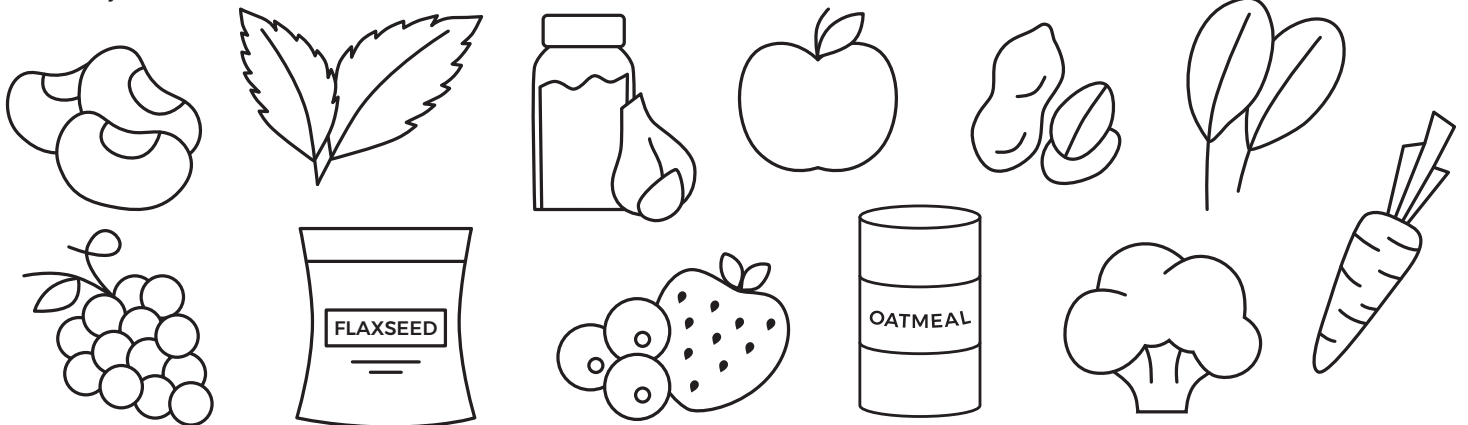
Examples of these are cashews, almonds, and walnuts. They are a crunchy plant food that is high in iron.

BERSH _____

Mint, oregano, parsley, and rosemary are examples. Eat a pinch of these each day to stay healthy.

SPAGER _____

Round, juicy, green, red or purple. Choose the red or purple ones for the best protection from stroke.



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 stroke¹.

¹Orlich MJ, et al. Vegetarian dietary patterns and mortality in Adventist Health Study 2. JAMA Intern. Med. 2013

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 O 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?

?sshlurp
rulssh?

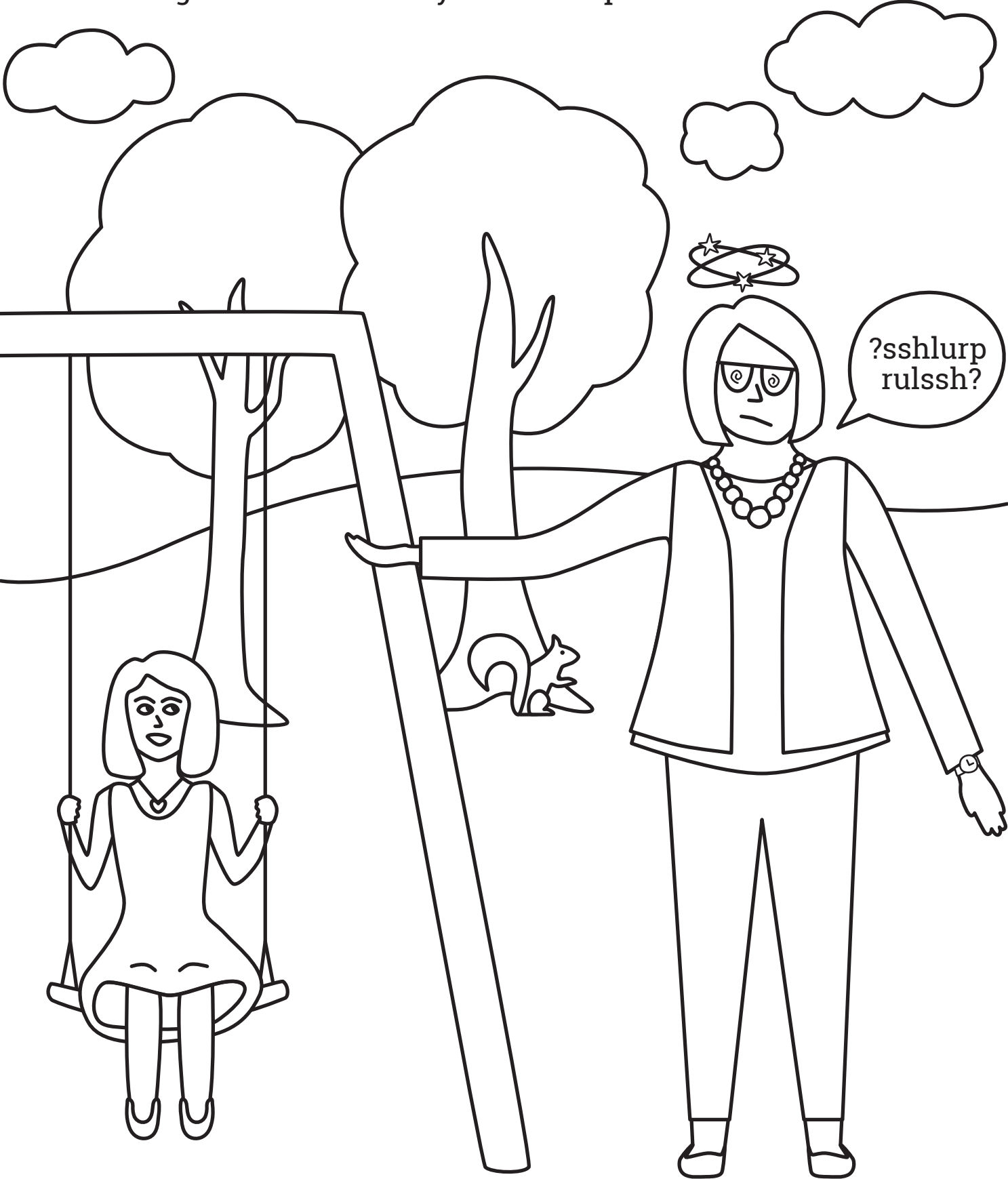
Bella is suddenly unable to maintain her **balance**.
Know the signs of a stroke so you can help Bella!



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!



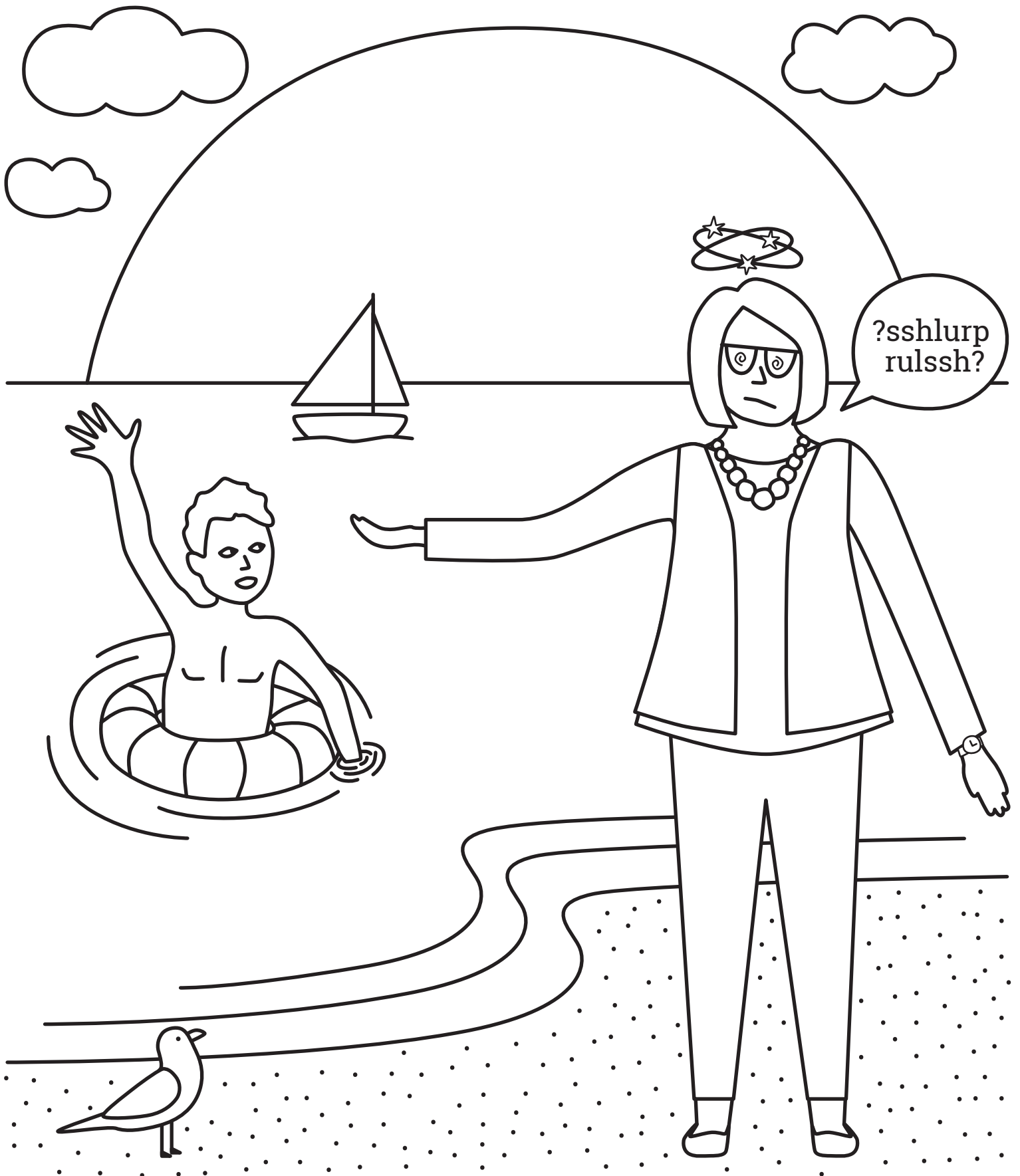
Bella's **arm** suddenly feels numb and weak.
Know the signs of a stroke so you can help Bella!



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



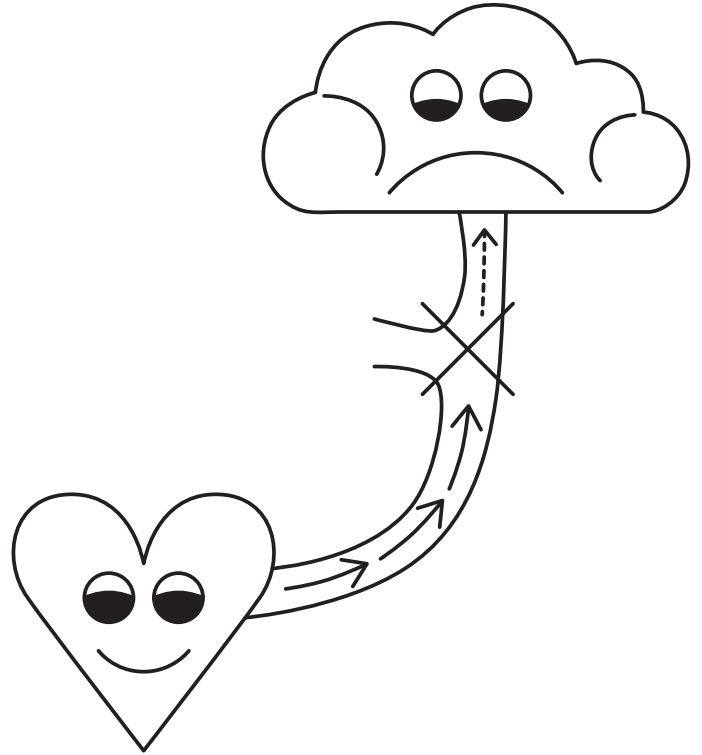
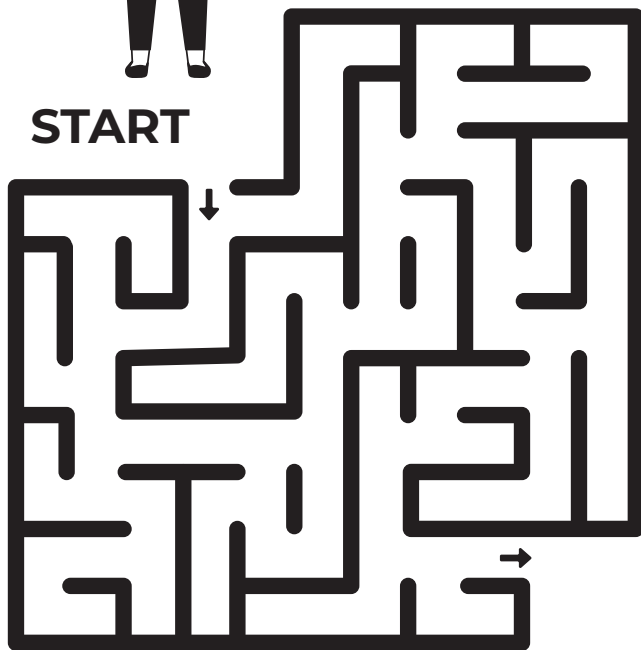
Bella suddenly has a **terrible headache**.
Know the signs of a stroke so you can help Bella!



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

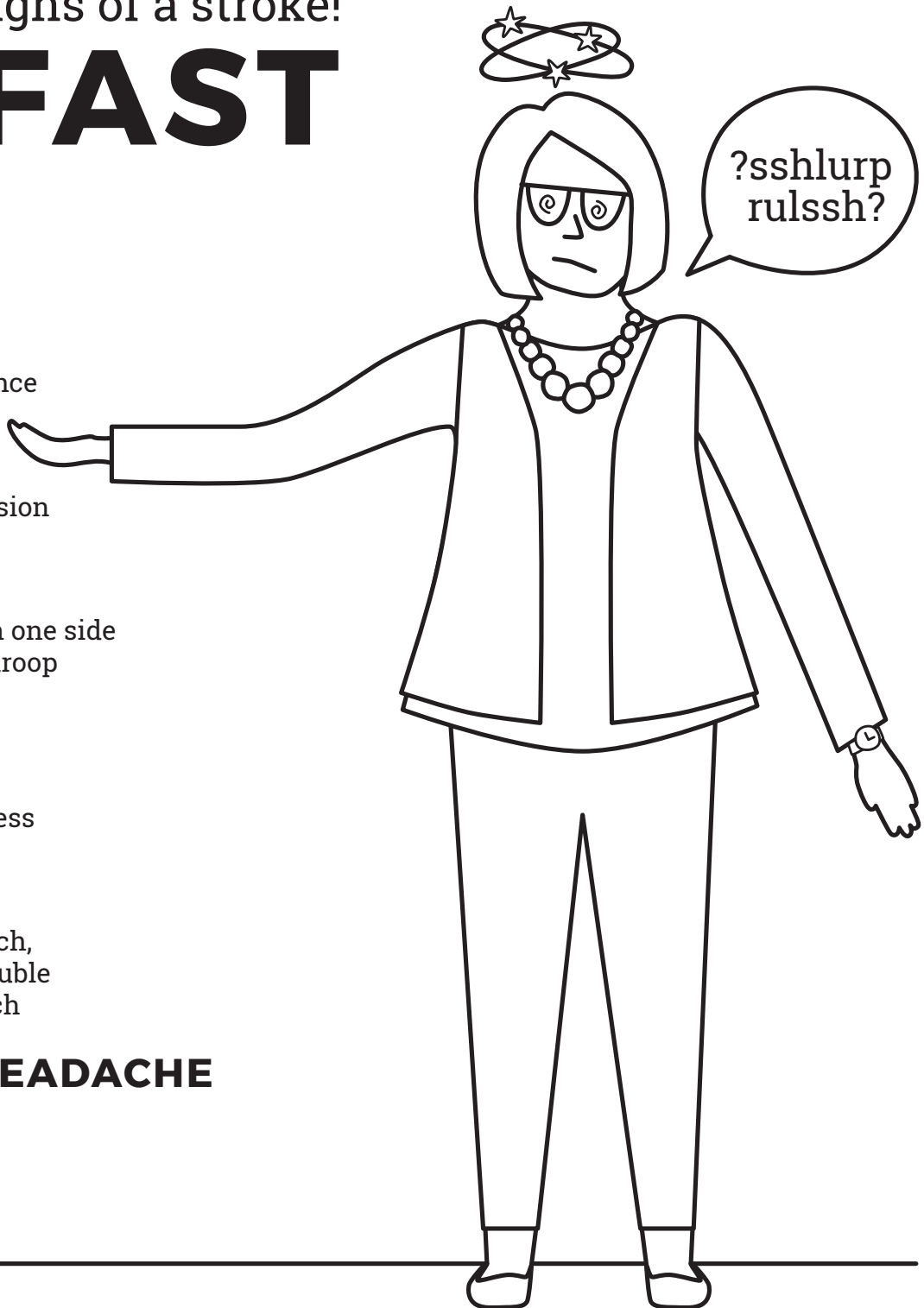
Sudden arm or leg weakness or numbness

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 (08/2024)

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