



S.M.A.R.T.® PROGRAM

A program of the RTH Stroke Foundation.

Addressing Pediatric Stroke and Risk Factors

Why S.M.A.R.T.®: S.M.A.R.T.® (Students learning about stroke, Making healthy lifestyle choices, Aware of Risk factors, Teaching others stroke is 80% preventable) is a program designed to provide K-12 students with vital primary stroke education. The need for the program is highlighted in the emerging statistics that pediatric stroke, the type of stroke that occurs in the under 18 demographic, now accounts for 10% of all strokes annually. For certain demographics under the age of 18, stroke is now responsible for 3 of every 10,000 hospitalizations a year. This is due to the rise of sedentary lifestyles coupled with poor dietary choices. S.M.A.R.T.® directly addresses this by familiarizing students in participating schools with the Core 4 primary risk factors that lead to stroke (Hypertension, Diabetes/Obesity, Cardiovascular Disease, Depression), as well as educating them on the symptoms of stroke. Two of the cities that S.M.A.R.T.® has already been implemented in share a childhood obesity rate of over 40%, underscoring the desperate need for such a program.

How S.M.A.R.T.® Works: S.M.A.R.T.® targets K-12 schools in Orange and Los Angeles Counties to provide students with primary stroke education. A typical S.M.A.R.T.® session at each school consists of 3 sessions in each participating classroom. In our first session, we educate the students on stroke and the Core 4 risk factors of stroke. In our second session, we perform activities with the students to familiarize them with life after stroke—and how imperative it is for them to lower their risk factors. In the third session, we have stroke survivor testimony. A bilingual educator will be onsite to assist Spanish speaking students. Throughout these sessions we collect data to learn more about opportunities for S.M.A.R.T.® Up above in blue, see our findings and what we've done so far.



Partnered and Approved by:

**Keck School of
Medicine of USC**

What We've Done So Far

In 2016 alone, we educated approximately 1,854 students in 5 schools in over 168 hours of primary stroke education in 56 different classrooms.

We even entered into Special Education classes to educate 30 students on stroke.

Data findings from all of our 2016 sessions reveal that post S.M.A.R.T.® instruction, the students unanimously understood the symptoms of stroke and the risk factors that lead to them.

Some students even went on to save lives after identifying stroke signs away from school.

We give the students take-home assignments so they can educate family members and help prevent strokes at home.

Looking Forward

S.M.A.R.T.® is growing rapidly with a 3 year MOU already in place in one district.

We aim to educate 2,000 students by the end of 2017 in multiple districts across Los Angeles and Orange County.