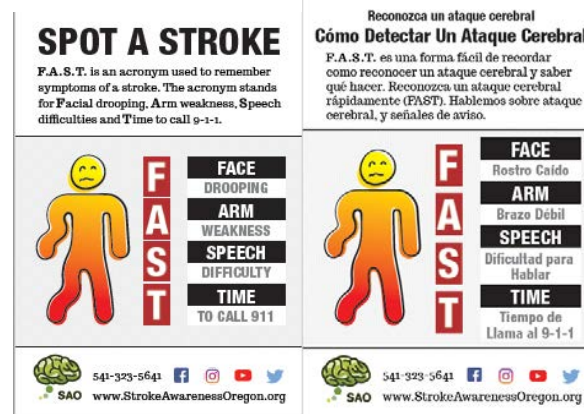


## RHIP Final Report for Stroke Awareness Oregon

## “Stroke Education and Prevention”

Reviewed by the Promote Enhanced Physical Health Workgroup

**Summary of Results:**

- In spite of the massive lock downs due to the pandemic, we distributed 1,000 Spanish FAST postcards and 500 Spanish information brochures about stroke as well as 1,500 English postcards.
- The Senior Center placed FAST postcards in meals (Eng. and Span). Post cards were distributed through multiple businesses.
- Stroke 101 education presentation was unable to be accomplished because of COVID but we have six organizations waiting for a video to be produced.
- St. Charles is very engaged, is distributing postcards and waiting for Stroke 101 training.
- The Latino Community Association is interested in a Spanish version of the video.
- To help get out the word several radio and TV nations have been airing FAST information and La Bronca is airing that information in Spanish.
- Mosaic has become engaged and requested FAST information in poster size for placement in their exam rooms.
- English: <https://www.youtube.com/channel/UCWietixgzvJWXSMjDnp5bPQ>
- Spanish: <https://www.youtube.com/channel/UCSwKS5b-ZEUEiPvgTqEDOtW>

**Story:**

A Redmond couple reported learning about FAST from SAO. The lady woke one morning and was unable to speak and felt 'strange'. Her husband recognized the symptoms of stroke, using the FAST postcard and ascertained he needed to call 9-1-1. When talking with 9-1-1 he was able to articulate the signs of a stroke. An ambulance was dispatched and at the hospital it was determined she was having an inter-cranial bleed. His knowledge of FAST and quick action saved his wife's life.