



S.M.A.R.T.® PROGRAM

Addressing Pediatric Stroke, Childhood Obesity, and Risk Factors

Why S.M.A.R.T.®: SMART 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. SMART 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. Both of the cities that SMART has already been implemented in share a childhood obesity rate of over 40%, underscoring the desperate need for such a program.

How SMART Works: SMART targets K-12 schools in Orange and Los Angeles Counties to provide students with primary stroke education. A typical SMART 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. Throughout these sessions we collect data to learn more about opportunities for SMART. Up above in red, see our findings and what we've done so far.



What We've Done So Far

In 2016 alone, we've educated over 700 students in 2 schools in over 66 hours of primary stroke education in 22 different classrooms.

SMART has even entered into Special Education classes to educate roughly 30 students on stroke.

Data findings from all of our 2016 sessions reveal that post SMART instruction, the students unanimously understood the symptoms of stroke.

Some teachers even reported healthy changes in student behavior in teacher surveys.

Data findings revealed that 46% of the parents we surveyed had only achieved Junior High level education—an opportunity for SMART to teach the parents about stroke through their students.

Looking Forward

SMART is growing aggressively with a 3 year MOU already in place in one district.

SMART aims to educate over 1,000 students by the end of 2016 and 1500-2000 by the end of 2017 in several different schools in two counties.