

girl scouts 
of nassau county

BE FAST Stroke Awareness Patch Program



Contents

- 4 Activity #1**
Be a Stroke Champion: BE FAST
- 6 Activity #2**
Exercise for Brain Health
- 8 Activity #3**
Sleep for Brain Health
- 10 Activity #4**
Nutrition for Brain Health
- 12 Activity #5**
Say no to tobacco, vaping and drugs
- 14 Activity #6**
Take a virtual tour of a Catholic Health hospital emergency department
- 15 Congratulations,**
you are now a stroke champion!
- 15 Additional resources**

About the BE FAST Stroke Awareness Patch Program

The Catholic Health **BE FAST Stroke Awareness Patch Program**, designed for Girl Scouts of Nassau County, engages youth with education and empowers them with the tools to recognize the signs and symptoms of stroke.

This interactive program includes in-person workshops and individual workbook activities, focused on encouraging healthy habits that support brain and heart health—eating well, exercising, getting enough sleep and understanding the harmful effects of tobacco use. Completion of these activities will help Girl Scouts:

- **Discover:** stroke prevention and identification
- **Connect:** learn how BE FAST action can make a difference in saving a life
- **Take action:** empowerment to maintain a healthy lifestyle and sharing the BE FAST message with others
- **Earn a recognition patch:** Girl Scouts will receive a unique Catholic Health stroke patch



To earn the BE FAST patch, all levels must complete Activity #1 and two other activities of their choosing.

Please note, Activity #6 is only available to Junior level and up.

Activity #1

Be a Stroke Champion: BE FAST

A stroke or “brain attack” happens when blood flow and oxygen cannot get to the brain. When this occurs, it may cause the affected person to lose muscle control and it can cause changes to any of their senses including vision, hearing, taste, touch and smell. They may lose their balance, be unable to lift an arm or leg, and their speech may sound funny or not make sense. Sometimes their face becomes droopy or their smile looks crooked. They may experience a sudden onset of blurry vision or have complete loss of vision.

If you notice someone experiencing any of these signs or symptoms, they could be having a stroke. BE FAST is a great way to remember the signs and symptoms of a stroke. When it comes to stroke and saving a brain, every second counts. You can BE FAST by calling 911.

Signs of a stroke

Any one of these sudden signs could mean a stroke

The infographic features a central illustration of a human head in profile with a red banner over the brain area that reads "STROKE SYMPTOMS". A red arrow points from the brain to a magnified view of a blood vessel with a "Blood Clot". Below this, a large red arrow points to the right with the text "LEARN THE WARNING SIGNS!". Underneath the arrow are six circular icons, each representing a letter of the acronym BE FAST:

- B**: Balance. Illustration of a woman with a dizziness symbol. Text: **BALANCE**, Loss of Balance, Headache or Dizziness
- E**: Eyes. Illustration of an eye with a blurred effect and an 'X' mark. Text: **EYES**, Blurred Vision
- F**: Face. Illustration of a woman's face with a downward arrow on the right side. Text: **FACE**, One Side of the Face Drooping
- A**: Arms. Illustration of a woman's arm and leg with downward arrows. Text: **ARMS**, Arm or Leg Weakness
- S**: Speech. Illustration of a woman's face with an 'X' mark over her mouth. Text: **SPEECH**, Speech Difficulty
- T**: Time. Illustration of a smartphone with a red emergency call icon and "911". Text: **TIME**, Time to Call for Ambulance Immediately

If you are alone with an adult and you see them experiencing any signs or symptoms of a stroke, call 911 and tell the operator you think the person is having a stroke. If you see someone suddenly experiencing these symptoms and an adult is close by, alert them and tell them the person is showing signs of having a stroke. Ask them to call 911 immediately.

Complete Activity #1

Duration: One week

Task: Remember BE FAST and learn what each letter stands for. Complete each task below.

- 1. Test your BE FAST knowledge!** Recite what each letter stands for in BE FAST.
- 2. Share your BE FAST knowledge.**
- 3. Teach your family and friends about BE FAST.** Then, ask them to identify the BE FAST signs and symptoms of stroke. You can also print a copy of BE FAST to share.
- 4. Wear your BE FAST Stroke Awareness patch.** Once you have earned your patch, proudly wear it on your vest or sash to help promote stroke awareness.



Activity #2

Exercise for Brain Health

It is recommended that children exercise every day for at least one hour. Exercise can be anything that gets you moving such as sports like soccer, baseball and basketball or individual activities including yoga, jumping rope, bike riding and interactive video games.

These activities make your bones and muscles strong, help brain development and reduce stress. Whether you participate in a sport, take a walk, or dance along to your favorite music in an exercise class or in your house, the key is to keep moving and to have fun doing activities that you enjoy.

Complete Activity #2

Duration: One week

Task: Pledge to be active for 60 minutes each day for a full week—to start. Keep a physical activity log to meet the daily goal of 60 minutes.

How do I fit in 60 minutes of daily exercise?

You do not have to complete one activity in one 60-minute block of time. You can add up your activities throughout the day. Keep track using an activity tracker on your phone, smart watch or you can print copies of the physical activity log provided on the next page and track your minutes of exercise each day. You can also visit girlshealth.gov for more activities and fitness information. Find fun ways to be active for a goal of 60 minutes per day!



My Physical Activity Log

Day/Date	Activity # of minutes	Activity # of minutes	Activity # of minutes	Activity # of minutes	Total # of minutes
<i>Example:</i>	<i>Soccer 20 minutes</i>	<i>Swimming 30 minutes</i>	<i>Danced in my room 20 minutes</i>		<i>60 minutes</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Activity #3

Sleep for Brain Health

Why is sleep important?

Amazing things happen when you sleep! Sleep allows your body to build brain cells, supply blood to your muscles for more energy, and release important hormones to help you grow and develop.

How much sleep should you get?

The American Academy of Pediatrics recommends children:

- 3 to 5 years of age should get 10 to 13 hours of sleep each night
- 6 to 12 years of age should get 9 to 12 hours of sleep each night
- 13 to 18 years of age should get 8 to 10 hours of sleep each night



6 out of 10 middle schoolers
do not get enough sleep

7 out of 10 high schoolers
do not get enough sleep

Source: publications.aap.org/aapnews/news/6630



Complete Activity #3

Duration: Two weeks

Task: Over the course of two weeks, test out some of the following suggestions for better sleep and see how you feel. Log your outcomes in a journal.

- 1. Follow a sleep schedule!** Go to bed and wake up at the same time each day. Do your best to stick to it, coming as close as you can on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns.
- 2. Create a sleep time ritual!** If you do the same things every night before you go to sleep, you teach your body the signals that it's time for bed. Try taking a warm bath or shower (and save time in the morning!) to help you relax.
- 3. Keep it cool!** Keep your room cool, quiet and dark. Darkness will help your body to produce the sleep hormone, melatonin.
- 4. Keep it calm!** Don't eat, drink, or exercise within a few hours of your bedtime. Stick to quiet, calm activities, such as listening to relaxing music or reading, and you'll fall asleep much more easily!
- 5. Table technology!** Do not watch TV, or use smartphones, tablets or other electronic gadgets for at least an hour before you go to bed.
- 6. Jot it in a journal!** Keep a sleep diary. A great option can be found here: sleepfoundation.org/sites/default/files/inline-files/SleepDiaryv6.pdf
- 7. Cast off caffeine!** Do not drink or eat foods containing caffeine late in the day, such as coffee, tea, soda and chocolate.
- 8. Don't delay!** Stress is a sleep buster! Don't leave homework or other projects for the last minute.

After two weeks of new sleep habits, check in with your body by answering the questions below.

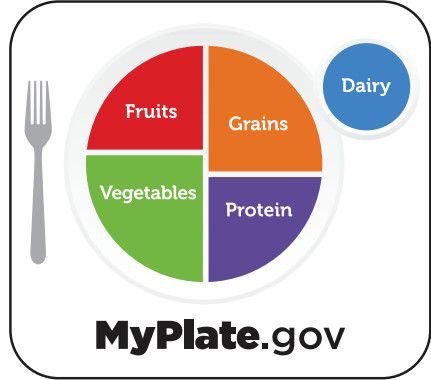
	Yes	No
Has your sleep improved?		
Do you feel more rested?		
Do you have more energy?		
Are you more alert and focused in school?		

Activity #4

Nutrition for Brain Health

Why is nutrition important?

Eating well-balanced meals energizes your body throughout the day. Food is fuel for your body, providing nutrients to support brain health and it is essential to building strong muscles and bones. It is also important to drink plenty of water. Water is necessary for blood circulation and helps transport nutrients and oxygen to cells, organs and tissues. There are five food groups that supply all the nutrients your body needs and it is vital to have the recommended servings from each group daily.



Complete Activity #4

Duration: One week

Task: Visit the websites below to learn more about healthy eating by completing the interactive activities, games, songs or videos. Choose at least one healthy recipe that you think your family or troop would enjoy and recreate it at home.

- Become a MyPlate Champion.
 - myplate.gov/life-stages/kids
- Watch the video “Why Kids Should Eat Healthy and Exercise.”
 - youtube.com/watch?v=fstlQDBaxV0&index=1&list=PL5SUN-qc7GC5sdNv50oeLnVmWnR-EXJDV
- Learn more about healthy eating and have fun with these activity sheets, videos and resources.
 - myplate.gov/life-stages/kids
(scroll down the page to find the activity sheets)
 - fns.usda.gov/tn/games-and-activities
- Get cooking with these recipes to make delicious and healthy meals!
 - healthyeating.nhlbi.nih.gov/pdfs/KTB_Family_Cookbook_2010.pdf
 - choosemyplate.gov/myplatekitchen/recipes?f%5B0%5D=course%3A125

What's MyPlate all about?



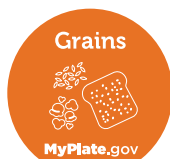
Vegetables: 3 – 5 servings per day

A serving may consist of 1 cup of raw leafy vegetables, $\frac{3}{4}$ cup of vegetable juice, or $\frac{1}{2}$ cup of other vegetables, chopped, raw or cooked.



Fruits: 2 – 4 servings per day

A serving could be $\frac{1}{2}$ cup of sliced fruit, $\frac{3}{4}$ cup of fruit juice, or a medium-size whole fruit, like an apple, banana, or pear.



Bread, cereal, or pasta: 6 – 11 servings per day

Each serving should equal 1 slice of bread, $\frac{1}{2}$ cup of rice or pasta, or 1 ounce of cereal.



Protein foods: 2 – 3 servings per day

A serving in this group is 2 – 3 ounces of cooked lean meat, poultry, or fish. Other options include $\frac{1}{2}$ cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter for each ounce of lean meat.



Dairy products: 2 – 3 servings per day

A serving size is 1 cup of low-fat milk or yogurt, or 1 $\frac{1}{2}$ ounces of natural cheese.



Source: United States Department of Agriculture
Center for Nutrition Policy and Promotion

Activity #5

Say no to tobacco, vaping and drugs

Using tobacco products of any kind, whether smoked or vaped, is not safe. Tobacco contains nicotine, a highly addictive substance, and many other toxic chemicals that are harmful to brain development in children and teens. In addition, if you start smoking or vaping at an early age, you are more likely to develop an addiction to tobacco.

Drugs are not only addictive, they are extremely harmful to the brain and body. Below is a list of resources to learn more about the effects of smoking cigarettes, vaping and other tobacco products and, facts about drugs and how they affect the brain.

Complete Activity #5

Duration: One day

Task: Visit the following websites to understand the health risks associated with drug use, smoking, vaping and other tobacco products. When complete, sign the certificate enclosed and make the pledge to be drug and tobacco free.

- U.S. Department of Health and Human Services
Know the Real Cost of Cigarettes
– therealcost.betobaccofree.hhs.gov/cigarettes
- Listen to this important audio PSA (public service announcement) from the Surgeon General about the facts, risks and consequences of e-cigarette use by young people
– e-cigarettes.surgeongeneral.gov/
- American Lung Association smoking facts
– lung.org/stop-smoking/smoking-facts/kids-and-smoking.html
- Centers for Disease Control and Prevention Office on Smoking and Health
Risks of E-cigarettes for Kids, Teens, and Young Adults
– cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html
- National Institute on Drug Abuse for Teens, resources for teens about how different drugs affect your brain and body
– teens.drugabuse.gov/drug-facts/brain-and-addiction
– teens.drugabuse.gov/
– teens.drugabuse.gov/national-drug-alcohol-facts-week



I pledge to be drug and tobacco free



I pledge to make good choices for my health and well being



I pledge not do drugs, smoke or use any tobacco products



I pledge to try and stay away from others who do drugs or smoke



I pledge to do my best to encourage people who do smoke and use tobacco products or drugs to stop these unhealthy habits

Name

Signature

Date



**Catholic
Health**

girl scouts 
of nassau county

Activity #6

Take a virtual tour of a Catholic Health hospital emergency department

(Junior level and up)

Now that you have learned about the importance of the Catholic Health BE FAST Stroke Awareness Program, it is time to see the professionals in action.

Schedule a virtual call with a nurse stroke coordinator at a Catholic Health hospital to learn about lifesaving stroke care in an emergency department. A video reenactment will be shown to see how doctors, nurses, physician assistants and other clinicians specially trained in emergency medicine care for patients of all ages, around the clock.

This unique opportunity will offer you a realistic look into an emergency department. You will see how quickly patients are treated when they arrive in an emergency department and what signs and symptoms doctors look for to determine if it may be a stroke emergency. You will then have an opportunity to speak directly with a nurse specialized in stroke care to learn more about stroke care and nursing.

Complete Activity #6

Duration: One hour

Task: Schedule a virtual tour with Catholic Health neuroscience coordinator Lisa Lasner, email: lisa.lasner@chsli.org, tel: (631) 465-6845. Submit two preferred dates and times and have the following information prepared to schedule your virtual tour:

- Your name
- Phone number and/or email address
- Troop name and location
- Number of girls in troop
- Number of adults who may be joining the tour



Congratulations, you are now a stroke champion!

Thank you for participating in the BE FAST Stroke Awareness Patch Program with your troop. The knowledge you have gained has earned you the title of stroke champion! When you complete the program, get your patches at <https://gsnc.wufoo.com/forms/request-for-patches-for-free-patch-program/>



Additional resources

- American Heart/Stroke Association
- US Department of Health and Human Services
- Office of the Surgeon General and the Centers for Disease Control and Prevention, Office on Smoking and Health
- US Department of Agriculture Food and Nutrition Service
- Office on Women's Health
- American Academy of Pediatrics
- American Lung Association
- National Institute on Drug Abuse
- National Institutes of Health
- US Department of Health and Human Services



The BE FAST for Stroke Awareness Patch Program is made possible with collaboration from nurse stroke coordinators and staff at Catholic Health hospitals, including:

Good Samaritan Hospital
The Stroke & Brain Aneurysm Center
100 Montauk Highway
West Islip, NY 11795
(631) 376-3000

Mercy Hospital
1000 North Village Avenue
Rockville Centre, NY 11570
(516) 626-3729

St. Catherine of Siena Hospital
50 Route 25A
Smithtown, NY 11787
(631) 862-3000

St. Charles Hospital
200 Belle Terre Road
Port Jefferson, NY 11777
(631) 474-6000

St. Francis Hospital & Heart Center®
100 Port Washington Boulevard
Roslyn, NY 11576
(516) 562-6000

St. Joseph Hospital
4295 Hempstead Turnpike
Bethpage, NY 11714
(516) 579-6000

Catholic Health hospitals are New York State Department of Health-designated stroke centers and have been recognized by the American Heart Association/American Stroke Association's Get With The Guidelines® program for maintaining quality standards for rapid diagnosis and the treatment of stroke.

**To learn more about the signs and symptoms of stroke
visit chsli.org/stroke-care**

Follow Catholic Health!

