



## CEERIAS at Work News and Updates

October, 2015

**\*Soon to come, CEERIAS website for important updates and stroke information\***

### WORLD STROKE DAY - OCTOBER 29<sup>th</sup>, 2015

Did you know that in Chicago there are approximately 9000 strokes in Chicago annually? And of those stroke only about 25% of people made it to the hospital in time to receive lifesaving treatment!

How has stroke affected you and your community? This year on World Stroke Day we ask that you make it a point to tell at least 10 people about what a stroke is and why it is so important to call 911.

World Stroke Day is observed worldwide on October 29<sup>th</sup>! It was established by the World Stroke Organization in 2006 and raises awareness for the prevention and treatment of stroke.



### IMPORTANT DATES:

**November 2015:** Stroke promoter classes will continue at Trinity and Holy Cross Hospitals

**November 26, 2015** Thanksgiving is the perfect time to talk to your family about stroke. Keep your family healthy and stroke smart!

### CONTACT US

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### STROKE RISKS

#### WHO IS MOST AT RISK FOR A STROKE?

Anyone can suffer from stroke. Although many risk factors for stroke are out of our control, several can be kept in line through proper nutrition and medical care. Risk factors for stroke include the following:

- Over Age 55
- Male
- African American, Hispanic, or Asian/Pacific Islander
- High Blood Pressure
- High Cholesterol
- Smoking
- Obesity
- Cardiovascular Disease
- Heavy Alcohol Use

### "CEERIAS" ABOUT STROKE

CEERIAS is a community-partnered program to understand and overcome barriers to recognizing stroke and calling 911. We are funded by the Patient Centered Outcomes Research Institute (PCORI).

We are working closely with partners in the neighborhoods surrounding 2 Chicago primary stroke center hospitals: Advocate Trinity Hospital and Holy Cross Hospital.

**Our goal is to get more people to "get CEERIAS" about stroke!**

### TOP PROMOTERS

We will featuring the top promoters each month. These individuals are identified as going above and beyond their commitment to this project. These promoters will be spotlighted on our website as well and provide tips for other promoters on ways to disseminate the Pact to Act Fast.

### COMMUNITY PROMOTERS

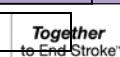
- Five training classes have already taken place! 79 stroke promoters have been trained!



- If you know somebody that would make an excellent community promoter to educate community members about strokes, please email Erin for more information at; [erin.wymore@northwestern.edu](mailto:erin.wymore@northwestern.edu)
- You will be paid for a 4 hour training session and asked to reach at least 50 people per month in targeted areas

### COMMUNITY ENGAGEMENT PARTNERS

We want to thank all of our partners who have contributed towards our goals and visions for CEERIAS. There are many additional educational institutions, faith-based, health care and community organizations that have been essential towards the success of this project. Thank you for your hard work!



Principal Investigators Shyam Prabhakaran, Neelum Aggarwal, and Knitasha Washington

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