

## **PREVENTING HEART DISEASE AND STROKE**

- Knowledge** After working through this lesson, participants will be able to
- Attitude**
- Practice**
1. Describe what a heart attack and a stroke are, and why they are important.
  2. List some risk factors for heart disease and strokes.
  3. Describe ways to reduce these risk factors.
  4. Teach others using the *Preventing heart disease and strokes* teaching booklet.
- Overview** This series of lessons is based on the *Health Education Program for Developing Communities*, which is available from <http://hepfdc.info/>. The illustrated manual and lessons are also available for download or for purchase at <http://www.chenetwork.org/healtheducation.php>
- These lessons are accompanied by a series of health picture books on the individual topics. They are based on information and standards from the World Health Organization and can be used with adults or with older children and teens.
- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
  - Role Play
  - *Preventing Heart Disease and Stroke* Picture Book
  - Handouts:
    - *Heart Disease and Stroke*
    - *Causes and Prevention of Heart Disease and Stroke*

### **LESSON**

60 minutes

#### **Role Play** (5 minutes)

*Instructions:* An overweight man is eating a large dinner, with chocolate cake and beer. He stops to smoke a cigarette. Later, he decides to go outside to practice playing basketball, but soon stops, clutching his chest. He is short of breath.

1<sup>st</sup>: My chest hurts! It feels like an elephant is standing on my chest.

1<sup>st</sup>: And I can't breathe!

1<sup>st</sup>: (He crumples over and falls down, clutching his chest.)

Ask SHO Questions:

*What did you See?*

*What was Happening?*

*Does this happen in Our place?*

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#### **Heart Disease and Stroke** (10 minutes)

*Instructions:* Heart disease and stroke Work as a large group

**A.** What is a heart attack? Show the illustration, *Heart disease and stroke*

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1. A heart attack is a type of heart disease
  2. The arteries, or blood vessels, to the heart are blocked.
  3. It causes severe chest pain.
  4. It also can cause pain in the left arm.
  5. Many people die from heart attacks.
  6. Heart disease is now the leading cause of death worldwide.
- B. What is a stroke?**
1. A stroke is caused by the blockage of the blood vessels to the brain.
  2. Strokes cause problems like being paralyzed, or not being able to move one side of the body.
  3. Strokes also cause difficulty in talking.
- C. What do heart attacks and strokes have in common?**
1. Both heart attacks and strokes are caused by hardening of the arteries.
  2. They have the same causes or risk factors.

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### **Risk Factors for Heart Disease** (25 minutes)

*Instructions:* Divide into small groups. Each group will take one risk factor. Make a poster, sing a song, or make up a skit about reducing this risk.

- A. Risk factors for heart disease and stroke**
1. Being overweight
  2. High cholesterol level
  3. Not enough exercise
  4. Smoking
  5. Diabetes (Type II or adult onset)
  6. High blood pressure
  7. Stress
- B. Reducing the risks**
1. Being overweight:
    - Limit the food you eat.
    - Exercise 30 to 60 minutes a day.
    - Eat low fat foods.
    - Avoid foods high in sugar
    - Eat a variety of foods.
    - Lose weight.
    - Even a 10–20 pound (5 -10 kg) weight loss will reduce your risk of heart disease.
  2. High cholesterol level
    - Reduce animal fats in your diet
    - Get regular exercise.
    - There are medicines to lower your cholesterol
  3. Not enough exercise
    - Exercise helps you to lower your weight, lower your cholesterol, and lower your blood pressure
    - It also strengthens your bones and gives you more energy
    - Try to exercise for 30 to 60 minutes a day.
  4. Smoking
    - Smoking is the world’s leading preventable cause of death.
    - Smoking leads to many other health problems
    - There is a separate lesson on smoking

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5. Diabetes (type II or adult onset)
  - The key steps to control diabetes are diet, weight reduction, and exercise.
  - If you have diabetes, it is important that you never smoke.
  - Eat a regular diet, with the same amount of food at the same time each day.
  - Eat modest sized meals.
  - Take your medicines regularly.
6. High blood pressure
  - High blood pressure often has no symptoms.
  - It is often called “the silent killer”, because it causes heart disease and strokes.
  - Eat a low salt diet.
  - Eat potassium-rich foods such as bananas and fresh fruit and vegetables.
  - Don’t drink much alcohol.
  - Get regular exercise.
  - Take your medicines regularly.
7. Stress
  - Stress is another cause of heart disease.
  - Many people respond to stress by overeating.
  - Pray and live a life of faith.
  - Read your Bible.
  - Learn to love and forgive others.
  - Find other ways to reduce the stress in your life

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### **Picture Books** (20 minutes)

- A.** Divide into pairs. Practice teaching each other *Preventing heart disease and Stroke*.
  - B.** During the week, visit your friends and neighbors to teach about preventing heart disease and stroke using the teaching booklet.
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## PREVENTING HEART DISEASE AND STROKE - STARTER

### Role play:

*Instructions:* An overweight man is eating a large dinner, with chocolate cake and beer. He stops to smoke a cigarette. Later, he decides to go outside to practice playing basketball, but soon stops, clutching his chest. He is short of breath.

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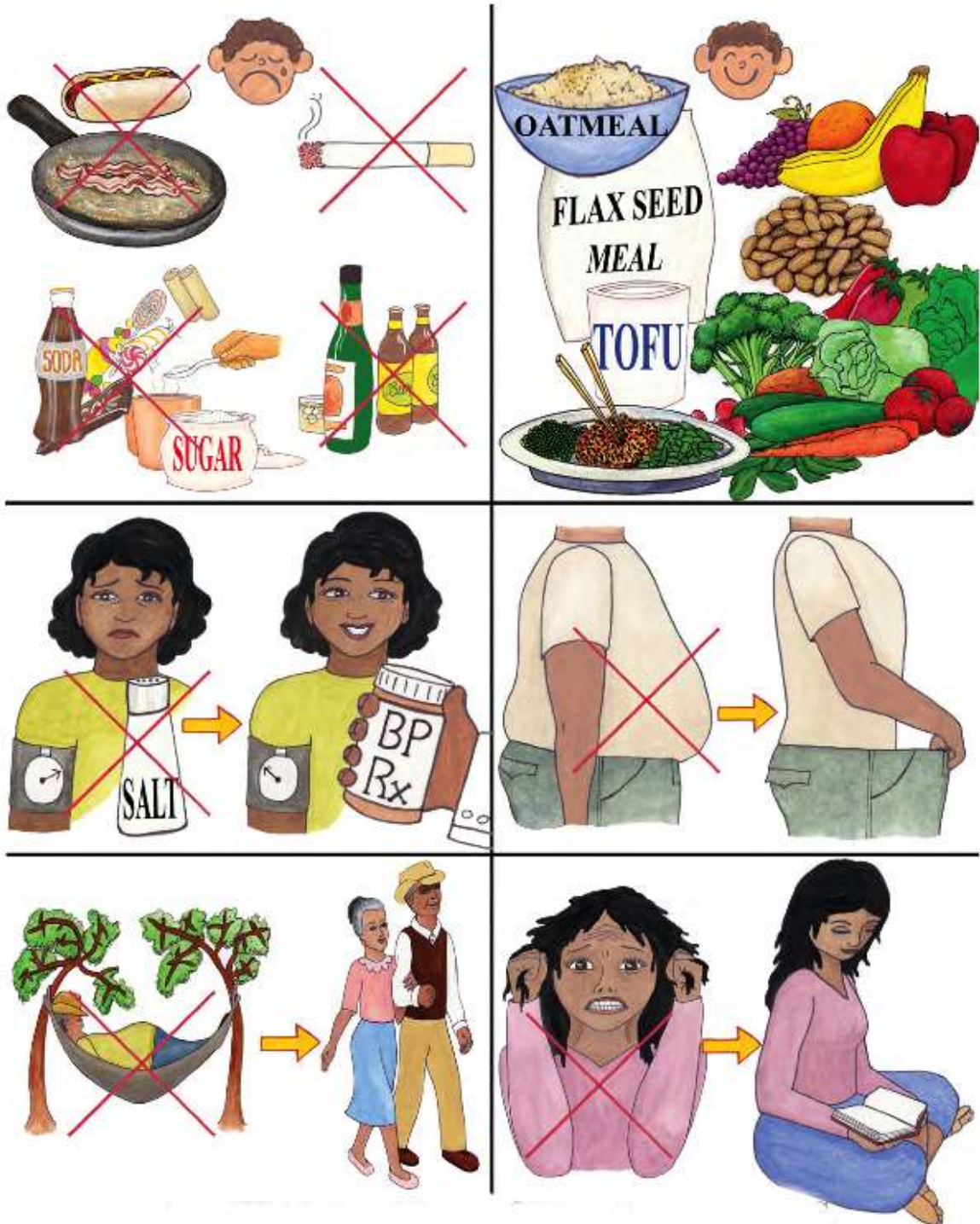
### HEART DISEASE AND STROKE



**Source:** Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

# PREVENTING HEART DISEASE AND STROKE

## CAUSES AND PREVENTION OF HEART DISEASE AND STROKE



Source: Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>