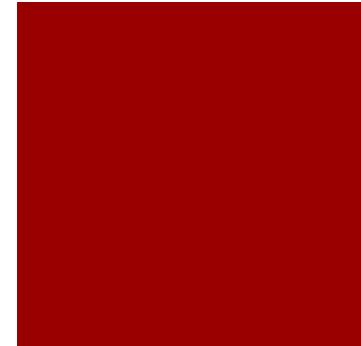




Jackson's Gap Stroke Prevention

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Jackson Gap Population



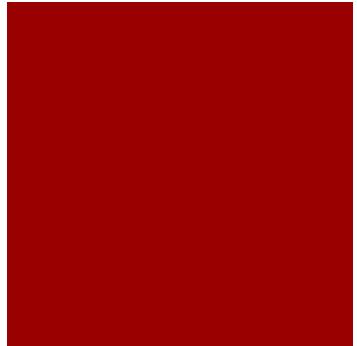
- Jackson's Gap is located in Central Tallapoosa County in east-central Alabama
 - The town covers 8.52 square miles, and as of 2010, the total population consists of 828 citizens
 - In Tallapoosa County between 2009 and 2011, 75 people died due to stroke (Alabama Department of Public Health, 2013).
 - Hypertension is the leading cause of morbidity in Tallapoosa County, affecting nearly 34% of the population
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- **Our Target Population:** Residents of Jackson's Gap, particularly residents with high blood pressure. The importance of the target population is that 37% of Alabama residents have high BP and CVD accounts for the most deaths in Tallapoosa county.

Jackson's Gap



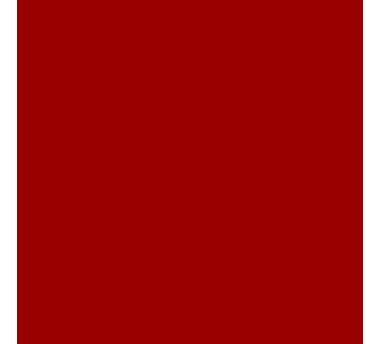
- Rural Population with the leading industries: manufacturing (42%), construction (15%), agriculture, forestry, fishing and hunting (14%).
- There are not a lot of community activity areas or places for recreation besides several churches.
- In Jackson's Gap there are no fast food or restaurant options. There is also not any grocery stores, pharmacies, or doctor's offices. People in Jackson Gap must travel to Alex City or Dadeville for these services.
- The nearest hospital is Lake Martin Community Hospital, Russell County Hospital and Southern Care in Alexander City.
- There is a Fire and Police department located in Jackson's Gap.

Healthy People 2020 Goals



- 1. Increase overall cardiovascular health in the U.S. population.
- 2. reducing the proportion of adults with hypertension in order to prevent stroke.
- 3. The target goal is to have a ten percent improvement, reducing the proportion of adults with high blood pressure to 26.9% .
- 4. Another related objective is to increase the proportion of adults who have had their blood pressure measured within the past two years and can state whether their blood pressure was normal or high.

Community Diagnosis



The identified diagnosis for Jackson's Gap is the following: Risk of stroke among residents in Tallapoosa County related to knowledge deficit about stroke, hypertension, and physical inactivity and poor diet.

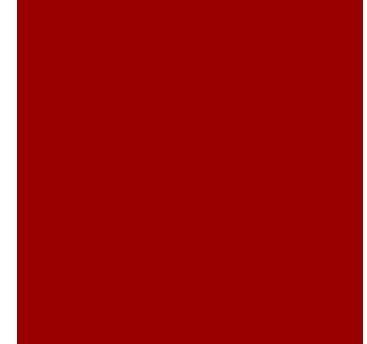
Community Intervention

- **Our intervention focuses on the following:**
 - 1) the primary prevention of stroke via health promotion to increase the proportion of adults who have had their blood pressure taken within the past two years and can state if it was normal or high, and
 - 2) the secondary prevention of stroke through blood pressure screening to reduce the number of those with hypertension.
- **Objectives of our intervention was to enable residents to:**
 - 1) understand blood pressure readings and the relation between high blood pressure and increased health risks,
 - 2) be conscious of their current blood pressure and identify ways to reduce hypertension if applicable
 - 3) raise awareness about the signs and adjustable risks of stroke.

Community Intervention Cont.

- The intervention took place at Jackson's Gap Baptist Church, following the church service.
- We took 30 residents blood pressures
- We also passed out flyers including information on how to check your blood pressure, signs and symptoms of a stroke, risk factors for stroke and life style modifications to decrease your risk for stroke.
- Educated patients on importance of taking your blood pressure regularly and maintaining a healthy lifestyle.

Handout 1



Warning Signs of a Stroke

Act FAST

- **Facial drooping?**
- **Arm weakness?**
- **Slurred speech?**
- **Time to call 9-1-1!**

Handout 2

What could help cause a STROKE?

- Common Risk Factors Include*:
 - High Blood Pressure
 - Obesity
 - High Cholesterol
 - Poor Diet
 - Cigarette Smoking
 - Heart Disease
 - Diabetes
- How can you avoid these risk factors?
 - Get your blood pressure checked or check your own blood pressure daily.
 - Get outside and exercise regularly.
 - Eat Healthy.
 - Abstain from tobacco use.

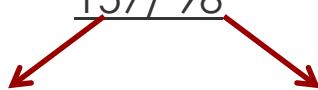
*Although the presence of the listed risk factors may increase the risk of stroke, the absence of each or all of the listed factors cannot ensure complete safety from having a stroke.

Handout 3

Know your blood pressure numbers!

What do these numbers mean?

157 / 98



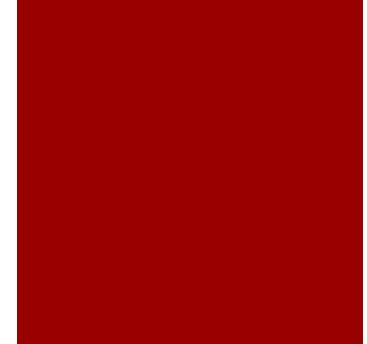
Systolic (upper): This is the amount of pressure it takes for the heart to squeeze blood to the body

Diastolic (lower): This is the amount of pressure when the heart is relaxed and filling with blood

What are the normal ranges?

- **Normal blood pressure:** Less than 120 and less than 80
 - **Prehypertension:** 120-139 and 80-89
 - **High Blood Pressure:** 140 or higher or 90 or higher
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- **How to check your blood pressure:**
 - Use a cuff that fits your arm (example: adult, large, or extra large). Ask your doctor or nurse what size to use.
 - Rest for 5 minutes before you take your blood pressure.
 - If you drink alcohol, smoke, or exercise, wait for 30 minutes before you take your blood pressure.
 - Sit with your back against a chair and both feet on the floor. Rest your arm on a table at heart level. Don't cross your legs.
 - Take your blood pressure 2 times a day at the same time for 7 days. Save your numbers on the machine or write them down. Show these numbers to your doctor or nurse.

Literature Support for Intervention



Evaluation of our Intervention



- About one-half of those who got their blood pressures checked knew what their blood pressures were normally.
- One-third of the 30 adults were hypertensive, and almost all of them were aware of their condition and took medicine daily for it.
- Few residents were eager to learn more and wanted information about how to access further educational tools on the subject of stroke prevention.
- Due to the abundant lack of knowledge related to blood pressures and stroke risk factors, future projects in Jackson's Gap can include more health promotion to raise awareness and more interactive one-on-one teaching with the residents