



# HEALTH INDEX SCORE

## HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy®*

A stroke occurs when blood flow to an area of the brain is cut off. Due to loss of blood flow, brain cells lack oxygen and nutrients, and begin to die. This will result in loss of brain function and body function. Risk factors for stroke are:

- Being overweight
- Drinking too much alcohol
- Using illegal drugs
- Tobacco use
- Physical exercise less than 4 times a week
- High blood pressure
- Lack of fruits and vegetables in your diet
- High cholesterol
- Obstructive sleep apnea (stop breathing for short periods)
- Diabetes
- A parent having a stroke before the age of 65
- Chronic kidney disease
- Atrial fibrillation (rapid and irregular beating of the heart)

### MY STROKE HEALTH IS:

- Healthy is 0-1 risk factors linked to stroke.
- Health Risk is 2-4 risk factors linked to stroke.
- Unhealthy is 5-11 risk factors linked to stroke.

- **HEALTHY** – Look on the back side of this card to see how to keep your risk factors low.
- **HEALTH RISK** – You may be at an increased risk of stroke. Look on the back of this card to see how you can control your risk factors.
- **UNHEALTHY** – Your risk for stroke is high. Look on the back of this card to see how you can lower your risk factors.

**CRCH**  
CENTER FOR RURAL &  
COMMUNITY HEALTH

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# What to do for ...

**HEALTHY STROKE PREVENTION:** Continue living a healthy lifestyle and stay physically active. Try to increase the amount of fruits and vegetables in your diet and limit sodium and alcohol intake.

**HEALTH RISK OF STROKE:** Lower your stroke risk through exercise, stress management and maintaining a healthy weight. Limit your intake of sodium, alcohol, cholesterol, saturated fat, and trans-fat. Increase fruits and vegetables in your diet. Don't use tobacco and illegal drugs. Control diabetes, hypertension, chronic kidney disease, atrial fibrillation, and seek help for snoring or breathing issues during sleep. See your doctor for prevention of stroke.

**UNHEALTHY RISK OF STROKE:** Try to improve your health risk by the suggestions above and see your doctor to assess your high risk for stroke.

## Get more information

### **ABOUT STROKE AND HOW TO PREVENT IT BY...**

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

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